



KEEPING YOU INFORMED AND EDUCATED ABOUT *MEMORY MATTERS*

May 2022, ISSUE 8

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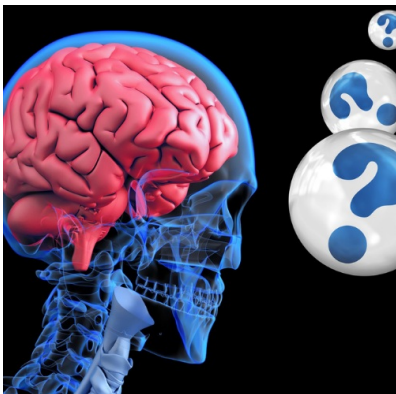
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WELCOME NEW MEMORY MATTERS BOARD MEMBERS

It's been a busy spring here at Memory Matters. In the last few months, three new Board Members have joined Memory Matters and we would like to introduce them to you. Betsy Mintz lives in Okatie with her husband. She is partially retired and has experience in Finance and as an HR Executive. Dr. Cheolsu Shin is a retired neurologist who lives in Bluffton with his wife. John Weymouth is no stranger to Memory Matters. He once served on our Board and has returned. He is a retired Engineer Executive who lives on Hilton Head Island with his wife. The Memory Matters staff is very grateful to Betsy, Cheolsu, and John for the dedication, time, and energy they give each day.

BRAIN TRIVIA



MULTIPLE CHOICE:

What percentage of blood and oxygen in your body does your brain use?

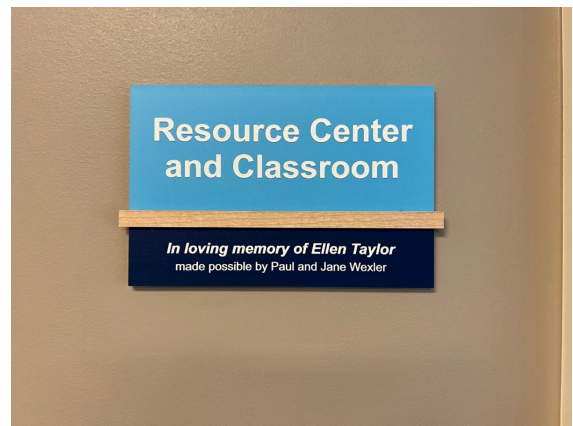
- 2%
- 5%
- 20%
- 30%

The answer is located at the bottom of the newsletter.

ROOM DEDICATIONS

Last month, we were excited to unveil three new rooms at Memory Matters. The donors that made this possible were honored for their gracious gifts.

Mr. McPheeters provided the funds to purchase the two moving rooms you see below on the left. One is a consult room for Memory Screens and Program Assessments. The other will be used to expand office space. The final room is our brand new resource center and classroom that has state-of-the-art technology. Paul and Jane Wexler as well as David Mauk are the ones who made this room possible. Our in-person/virtual support groups meet here, as well as many of our educational courses like Brain Boosters and Savvy Caregiver. Thank you to Mr. McPheeters, Mr. and Mrs. Wexler, and Mr. Mauk for these gifts in memory of their loved ones and Memory Matters' participants.



BLUFFTON PROGRAMS

Memory Matters programs are back at St. Andrews Parish Hall in Bluffton! At the beginning of April, we started our Memory Care and Memory Enhancement classes on Mondays. This is the first time we've been back to St. Andrews since COVID-19 and as you can imagine both the staff and participants are happy to be there. If you are interested in having your loved one attend one of the classes in Bluffton, hit the button below and a Memory Matters staff member will contact you.



REGISTER FOR BLUFFTON PROGRAM

VOTE FOR MEMORY MATTERS

We need your help, and all it takes is a click of a mouse. In March's edition of Memory Matters Messenger, we asked for votes to win a \$4,000 grant from Collins Group Realty. We were able to get enough votes to proceed to the next step. Please help Memory Matters receive these monies allowing us to help more LOCAL families living with Alzheimer's disease and dementia. In addition, Memory Matters is up for the Best of Bluffton honor. Voting for the Best of Bluffton competition doesn't begin until May 10th, but the Collins Group Realty's voting has begun. Click on the button below the pictures to vote.



www.MyMemoryMatters.org **memory matters**

Vote For Us!

VOTE FOR US! BEST NON-PROFIT/CHARITY ORGANIZATION

117 William Hilton Pkwy, Hilton Head Island, SC 29925
Mailing address:
PO Box 22330, Hilton Head Island, SC 29926
info@mymemorymatters.org | Mon-Fri 9 a.m. - 5 p.m.
(843) 842-6688

<https://blufftontoday.secondstreetapp.com/2022-Sun-Today-Select/gallery/>

COLLINS GROUP REALTY'S
200th
home sale
FOR CHARITY

VOTE FOR US

VOTE BEST OF BLUFFTON

SAVE THE DATE

Mark your calendar! Memory Matters will be hosting our 2nd annual Move Your Mind 5K/10K Walk/Run on September 17, 2022, at May River High School in Bluffton. Registration is already open at www.mymemorymatters.org. All walkers/runners will receive a T-shirt and the official timing of your performance. The 10K will begin at 7:45 a.m. and the 5K will begin at 8:00 a.m. While the start and finish line will be at May River, the race will take place along the pathways adjacent to New Riverside Drive. Food, Entertainment, and Fun will be part of the morning.



If interested in becoming a sponsor for the event email Development Director Stacy Floyd at stacy@mymemorymatters.org

SUN CITY HEALTH FAIR

Thank you to all the men and women who visited us at the Sun City Health Fair Thursday, April 28th. There were so many people there who had wonderful questions about their Brain Health and what they could be doing to improve their Brain Health. We had a raffle for those who visited the Memory Matters table and Maddie Cahill was the winner. She won a place in our May Brain Boosters Class which is a \$99 value. Congratulations Maddie!



SAVVY CAREGIVER CLASS

While we do care for those living with Alzheimer's and other forms of dementia, we also care for their Caregivers. This is why, monthly, there is typically a presentation or class provided by staff for the Caregiver. Later this month *The Savvy Caregiver* will be taught by Cathee Stegall, our Family Services Navigator. The six-week course will begin May 26 and end June 30. The class will meet each Thursday from 1 p.m. to 3 p.m. virtually. This allows those who are vacationing this summer to still attend the class while out of town. The cost for the six-week course is \$99 and is intended to teach and empower caregivers to thrive and survive while giving their loved ones a contented, involved life.



SAVVY CAREGIVER

EMAIL CATHEE TO
REGISTER

MEMORABLE MOMENT

This month's memorable moment comes from our traveling classroom with our own Debbie Anderson at the helm along with our Board President and Board Chef Kim Baretta. They took their skills to Hilton Head Plantation where Chef Kim gave a cooking demonstration on Brain Healthy Food that also tastes amazing. She cooked three meals - Mexican Quinoa Salad, Brown Rice Salad with Avocados, Snowpeas, and Pecans, and Mediterranean Couscous Salad. Click below for the recipes.



BRAIN HEALTHY RECIPES

1ST QUARTER GRANTS RECEIVED BY MEMORY MATTERS

Bargain Box
Belfair 1811 Charitable Fund
Church Mouse
Friends of Callawassie
Hilton Head ARPA/SLFRF COVID 19
Nancy Duvall Fund
Palmetto Dunes Cares Grant
Palmetto Electric Trust
St. Luke's Church
The Ward Foundation
Walmart
Wexford Foundation

Memory Matters is grateful and thankful for the grants we have received so far this year. To the left are the organizations, clubs, and individuals who have contributed funds to Memory Matters in order for us to continue our mission. The various areas these monies will go include our day program, fee assistance to our families, meals for our participants, and outreach to promote our programs and services to more of the new families moving to the Lowcountry.

BRUSSEL SPROUTS SLAW



The Mediterranean diet has been proven to help the brain. That's why we provide a free Mediterranean diet recipe with each edition of the Memory Matters Messenger. This month's recipe is Brussel Sprouts Slaw. Enjoy!

[CLICK FOR RECIPE](#)

Brain Trivia ANSWER:

C. 20%. With each heartbeat, arteries carry about **20 to 25 percent of your blood to your brain.** When you are thinking hard, your brain may use up to 50 percent of the fuel and oxygen.

MEMORY MATTERS
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843-842-6688

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