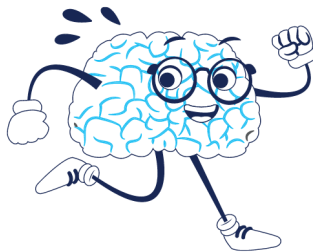


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## BRAIN TRIVIA



How many neurons does the human brain contain?

- a. 800,000
- b. 24 million
- c. 100 million
- d. 86 billion

\*The answer is located at the bottom of the newsletter.\*

## YOUR SUPPORT MATTERS

At this time of year of giving thanks, here at Memory Matters we are grateful for you, our faithful donors, and for new friends whose donations help us bring joy to families in our community. Your contributions provide free counseling for caregivers living with a loved one with Alzheimer's, a nutritious lunch to participants in our memory care program, and brain health education to anyone who wants to keep their brain healthy.

Please consider making a monetary donation before the end of the year. Donations are tax-deductible and if you are 70 and a half or older, you can transfer up to \$100,000 annually from your IRA via a qualified charitable distribution, TAX-FREE. Make a difference with your IRA distribution.



**DONATE**

## MEMORABLE MOMENTS



This month's memorable moment comes from our amazing turnout for our 1st annual *Move Your Mind 5K/10K* walk and run. We had 129 registrants and raised close to \$30,000. The family pictured below traveled from Greenville, SC, and had friends travel from Richmond, VA to participate in the race. To the left, a caregiver is pictured who lives with her mother diagnosed with Alzheimer's disease and a team crossing the finish line with their fur babies. It was a great morning with smiles, fun, awareness, and education.



## NEW EMPLOYEES

We would like to introduce you to our newest employees. Morgan Bowers and Haley Grayson are Program Specialists. Both are trained recreational therapists and have experience working with older adults with various cognitive impairments.

Morgan comes to us from Tenet Health where she conducted assessments and implemented goal-centered activities for patients. Haley is a Georgia Southern graduate who worked as a residential assistant at an Assisted Living and Memory Care center.



## DONATE YOUR PUMPKIN TO MEMORY MATTERS

If you aren't sure what to do with your pumpkin after Halloween, bring it to Memory Matters. We will be collecting pumpkins during the first week of November to use for an art project. Please bring pumpkins that are not carved and in good condition to our Hilton Head building at 117 William Hilton Parkway. Then in the weeks following, we'll show you the finished projects on Memory Matters' social media.



## HOLIDAY SCHEDULE



Thanksgiving is just a few weeks away, and then comes December full of Holiday parties and gatherings. With that said, we wanted to update you on the days Memory Matters' office and services will be closed.

We will be CLOSED Thursday, November 25th, and Friday, November 26th to allow our staff to enjoy Thanksgiving with their families. In December, we will be CLOSED Friday, December 24th through Sunday, January 2nd. We will resume normal hours for programs, support groups, and counseling on Monday, January 3rd.

## THANK YOU VOLUNTEERS



Thank you to all our volunteers who have assisted Memory Matters in the last several months. We had numerous volunteers help us at our Move Your Mind 5K/10k. We've had volunteers come to our Hilton Head location to assist with programs, support groups, and many helped in the last two weeks stuffing, sealing, and stamping 3,000 letters mailed to the community. We wouldn't be able to sustain our services to the community if it weren't for these men and women who are always willing to help do what is necessary for the betterment of Lowcountry families.

We have several different opportunities for our volunteers. If you are interested in volunteering at Memory Matters, email [info@mymemorymatters.org](mailto:info@mymemorymatters.org).

## FRIDAYS FOR CAREGIVERS



**Friday, November 12, 2021**

**2 p.m. - 3 p.m.**

**via Zoom**

**Dr. Cole Holloway**

Fridays for Caregivers is a free, monthly, online service that highlights local experts who discuss a variety of topics appealing to our families and caregivers.

This month's guest is Dr. Cole Holloway who works at Burke's Pharmacy. He specializes in the management of chronic conditions such as diabetes, high blood pressure, COPD, high cholesterol, and heart failure. He finds the best utilization for his services is during the "transition of care," as a patient moves either from the hospital or nursing facility back to their home. He uses a one-on-one specialized care plan mixed with telehealth services to maximize the benefits and lower the costs of medications for patients.

**REGISTER**

## BRAIN BOOSTERS COURSE - BLUFFTON LOCATION

A great three-week class is coming up that will give your brain a little extra boost!

Our next **Brain Boosters** class will be held this month on Tuesdays, November 9th, 16th, and 23rd. The class will help you maximize your brainpower and provide steps on how to sharpen focus, create a brain-healthy lifestyle, relax the brain, become a flexible thinker and provide memory-enhancing techniques.

Each Tuesday, the course will be held at Okatie Pines Retirement Community in Okatie from 1 p.m. - 3 p.m. The class is only \$99 and will give you peace of mind.



**REGISTER FOR BRAIN BOOSTERS**

## SATELLITE OFFICE AT OKATIE PINES - OPEN TO THE PUBLIC



Memory Matters' new satellite office at Okatie Pines Retirement Community in Okatie is staying busy. In October, the 3-week Brain Boosters class was taught to seventeen people who wanted to learn some tricks to keep their minds healthy and thriving. We also added another staff member to our Okatie Pines office on Tuesdays providing residents in Bluffton more abilities to conveniently enjoy Memory Matters' resources and experts. We will now have staff at Okatie Pines Retirement Community Tuesdays and Thursdays.

## BAKED COD WITH LEMON AND GARLIC



One of the five healthy brain interventions Memory Matters touts is to live the Mediterranean lifestyle, including a healthy diet. A healthy and tasty recipe that follows the Mediterranean diet is this baked cod. The cod can be substituted for another fish if you would like.

[CLICK FOR RECIPE](#)

### Brain Trivia ANSWER:

D - 86 billion. Information runs between these neurons in your brain for everything we see, think, or do. The fastest speed for information to pass between neurons is about 250 mph. That being said, neurons only make up 10% of the brain.

MEMORY MATTERS  
[www.mymemorymatters.org](http://www.mymemorymatters.org)  
843-842-6688

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