



KEEPING YOU INFORMED AND EDUCATED ABOUT

# MEMORY MATTERS

November 2022, ISSUE 11

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## SUCCESSFUL 25th ANNIVERSARY CELEBRATION

Our 25th Anniversary Art and Apps event was a huge success. We had a lot of different art for sale from well-known local artists as well as from our very own day program participants. Thank you to all of those who attended and enjoyed a fun evening filled with fellowship.



## BRAIN TRIVIA



MULTIPLE CHOICE:

What percentage of the body's cholesterol resides within the brain?

- a. 25%
- b. 40%
- c. 65%
- d. 80%

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

## ANNUAL APPEAL



Meet Andy, pictured above. He joined our Memory Care Day Program in April. When he first started coming, he wasn't very excited, but as you can see that changed in just a short time. Now Andy arrives each day with a smile on his face and keeps asking to come back. Andy is a loved participant whom staff and his fellow participants enjoy seeing each and every day.

The joy seen here on Andy's face and the happiness we see in our other participants is why we come to work every day and why we know the jobs we are doing are so important to Andy, Andy's family, and so many more in the community.

If you haven't already, you will probably receive this picture in the mail, along with a letter from our Executive Director Jill Horner and Board of Directors President Kim Baretta. Your donation, small or large, will keep our doors open to help more people like Andy. We ask for your support in dollars or time through volunteering. Thank you from the bottom of our hearts here at Memory Matters.

## EXTENSION TO MEMORY CARE DAY PROGRAM

Memory Matters is excited to announce the extension of our Memory Care Day Program. Beginning November 1 we started offering our Memory Care Day Program five hours a day from 10 a.m. - 3 p.m. on Tuesdays, Wednesdays, and Thursdays. Next month, on December 5 our Memory Care Day Program will be offered four days a week, Tuesdays - Fridays on Hilton Head Island. The Bluffton Memory Care Day Program will still be offered on Mondays from 10 a.m. - 12 p.m. at St. Andrews Parrish Hall. For more information on the Hilton Head and Bluffton Memory Day Program, click below.



**MEMORY CARE DAY  
PROGRAM**

## ADDITIONAL IN-PERSON MEMORY ENHANCING CLASS AVAILABLE

While our Memory Care day program is expanding its days and hours, so is the Memory Enhancing day program for individuals just diagnosed with Alzheimer's, dementia, or another cognitive impairment. Beginning December 5th, 2022 the Memory Enhancing Day Program will be offered Mondays from 10 a.m. - 12 p.m. at Memory Matters on Hilton Head. This will be in addition to our Bluffton Memory Enhancing program offered Mondays from 1 p.m. - 3 p.m. and our Wednesday program offered from 1 p.m. - 3 p.m. on Hilton Head at Memory Matters. If you would like more information about the Memory Enhancing Program, click below to contact Cathee Stegall.

**INTERESTED IN MEMORY ENHANCING PROGRAM**

## HOLIDAYS AND DEMENTIA

The holidays are often filled with opportunities for togetherness, sharing, laughter, and memories. But they can also bring stress, disappointment, and sadness. A person living with Alzheimer's may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed

maintaining traditions while providing care. Right now, before it gets too close to the holidays, think about adjusting expectations.

- Call a face-to-face meeting or arrange for a group discussion via telephone, video chat, or email for family and friends to discuss holiday celebrations. Make sure everyone understands your caregiving situation and has realistic expectations about what you can and cannot do. No one should expect you to maintain every holiday tradition or event.
- Give yourself permission to do only what you can reasonably manage. If you've always invited 15 to 20 people to your home, consider inviting five for a simpler meal. Think about having a potluck dinner, asking someone to order and bring dinner, or asking others to host.
- Familiarize others with your situation by writing a letter or email.
- Celebrate over lunch or brunch, rather than an evening meal, so you can work around the evening confusion (sundowning) if it sometimes affects the person living with Alzheimer's.
- Consider serving nonalcoholic drinks and keeping the room bright.
- Prepare for a post-holiday letdown. Arrange for in-home care so you can rest, enjoy a movie or have lunch with a friend, and reduce post-holiday stress and fatigue.



## BUILDING A BETTER BRAIN



Are you looking for a fun lunch and learn for your office or an engaging presentation to your club or organization? Building a Better Brain is an hour class that provides why maintaining a healthy brain throughout your entire life is so important. It's never too late to protect the circuit board of your body! Learn practical and fun ways to help your brain be the best it can be. Topics covered in the presentation include,

- How to preserve your brain health
- Changes in your brain as you age
- Myths of aging
- How multi-tasking affects your brain

- What you can do NOW to protect your memory

If you are interested in having an engaging presentation, hit the button below to contact Community Education Director Debbie Anderson.

**REQUEST A  
PRESENTATION**

## **SPRING SEASIDE GALA**

Memory Matters is excited to announce the date of our Spring Seaside Gala. It will be held on Thursday, May 4, 2023, at the Sonesta Resort on Hilton Head Island from 6 p.m. - 9 p.m. As always there will be fabulous food, memorable music, and amazing auction items. Tickets are \$200 a person or \$175 a couple and will go on sale in the New Year. Stay tuned to our Events page at [www.mymemorymatters.org](http://www.mymemorymatters.org).

Sponsorships for this event are available. We have commercial and private sponsorships available ranging from \$1,500 - \$10,000. Each level of sponsorship provides various benefits from complimentary tickets to the Gala and marketing availabilities. If you are interested in sponsoring the Memory Matters Spring Seaside Gala, hit the button below to contact Development Director Stacy Floyd.

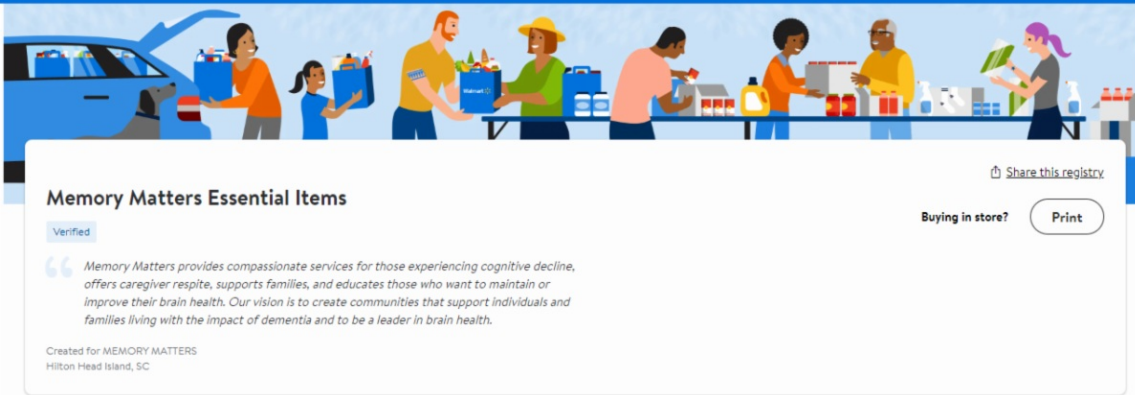
**SPONSORSHIP OPPORTUNITIES**

Thank you to the first sponsor of our Gala, Hudson's Seafood!



## **MEMORY MATTERS HOLIDAY WISH LIST**

As the holiday season approaches some put together a wish list of items they would like to receive. Memory Matters is no different. We have our very own wish list registry located at [Walmart.com](http://Walmart.com). Most items you find there are for our Day Program, but there are also books for caregivers, cleaning and office supplies, and products that would help us tremendously at outside fundraising events. You can access our Wish List below. If you so choose to purchase an item for Memory Matters, first of all, THANK YOU, but also round up your change and donate it to MEMORY MATTERS. You can do this every time you shop at [Walmart.com](http://Walmart.com). It's a small act that can lead to a big impact. To sign up for the roundup, click below.



## MEMORY MATTERS WISH LIST

### WALMART ROUNDUP

#### MEMORABLE MOMENT

This month's memorable moment comes from our faithful volunteers. We had Bob Florio, Judy Bacceti, Renee Ford, Melissa Dalton, Kitty Beverly, John and Beth Weymouth, Malcolm Maclennan, Lauri Via, Bob Engle, and Sandy Koepke work tirelessly on folding and stuffing 3,600 envelopes. We rely so heavily on volunteers to help during certain times of the year. The fall is one of those times as we prepare to mail our annual appeal. On behalf of all the Memory Matters staff, we thank you for your long hours of working to help get this mailer out to the community.

We would also like to send out a big THANK YOU to all our volunteers who helped with our *Move Your Mind 5K/10K* in September. Luckily, the rain held off that day and we had a great turnout and a great time. We raised just under \$35,000 and couldn't have done it without our volunteers or those who supported us by sponsoring, donating, walking, or running in the race.





## CREAMY SQUASH CHILI

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 a perfect fall supper - CREAMY SQUASH CHILI



[CLICK FOR RECIPE](#)

### Brain Trivia ANSWER:

**A. 25%** Cholesterol is an integral part of every brain cell. Without adequate

cholesterol, brain cells die.

**MEMORY MATTERS**

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