



KEEPING YOU INFORMED AND EDUCATED ABOUT
MEMORY MATTERS

March 2022, ISSUUE 7

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MEMORY MATTERS RETURNING TO BLUFFTON

memory matters  **IS BACK.....**
25 Years of Making Memories that Matter

.....in Bluffton at St. Gregory the Great.

Come reconnect with Memory Matters staff to discuss our Memory Care day-program & Memory Enhancing class returning in April.

TWO DATES TO CHOOSE FROM:

Monday March 14, 2022

Monday March 21, 2022

10:30 a.m. - 12:30 p.m.

**St. Gregory the Great @ St. Andrew Chapel
220 Pinckney Colony Rd., Okatie, SC 29909**

RSVP at www.mymemorymatters.org or
call 843-842-6688



REGISTER FOR INFORMATIONAL MEETING

BRAIN TRIVIA



MULTIPLE CHOICE:

What percentage of water is the brain made up of?

- a. 20%
- b. 45%
- c. 75%
- d. 90%

The answer is located at the bottom of the newsletter.

BRAIN HEALTH SUMMIT 5



MEMORY MATTERS BRAIN HEALTH SUMMIT 5

MARCH 11, 2022
8:30 AM - 12:30 PM
HILTON HEAD BEACH AND TENNIS RESORT

PURCHASE TICKETS

There are only a few days left to purchase your ticket to this year's Memory Matters Brain Health Summit. The event will be held on March 11, 2022. We are very excited to offer this year's amazing speakers both in-person and online.

Our speakers include Dr. Ali Rezai from West Virginia University Rockefeller Neuroscience Institute and Dr. Gary Small from Hackensack Medical Center in New Jersey. Both men are experts in Alzheimer's disease/dementia and brain health.

The event will be held at the Hilton Head Beach and Tennis Resort from 8:30 a.m. to 12:30 p.m. Tickets are \$40. Those attending in person will receive a light breakfast with the cost of the ticket.

VOTE FOR MEMORY MATTERS

COLLINS GROUP REALTY'S
200th
home sale
FOR CHARITY

We need your help and all it takes is a click of a mouse. Collins Group Realty is holding an online contest until March 31st. It involves hitting the button below, entering your email, and selecting Memory Matters in the dropdown column. You can vote once a day until March 31st from different email addresses. If Memory Matters receives enough votes we could be awarded \$10,000. Winners will be announced on April 4. Please help Memory Matters receive these monies allowing us to help more LOCAL families living with Alzheimer's disease and dementia.

VOTE FOR US

SPRING SOIREE IN BLUFFTON AND ON HILTON HEAD ISLAND



Memory Matters' spring soiree is coming up on April 1st in Bluffton and on Hilton Head Island. The culinary showcase will highlight signature small plates from SERG Group's award-winning chefs, along with wine pairings, and live and silent auctions. Space is limited at both locations. The evening in Bluffton will be held in Hampton Lake and the evening on Hilton Head Island will be held at Poseidon in Shelter Cove. Tickets are \$200 a person.

[PURCHASE TICKETS](#)

CLASSES OPEN TO THE COMMUNITY



A great three-week class is coming up that will give your brain a little extra boost! The **Brain Boosters** class will be held on April 5th, 12th, and 19th from 1 p.m. - 3 p.m. each week at First Presbyterian Church located at 540 William Hilton Parkway on Hilton Head Island. 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.

[REGISTER FOR BRAIN BOOSTERS](#)

The SAVVY Caregiver class is a six-week course for family caregivers of people living with Alzheimer's or other dementia-related diseases. The class will be offered in two different locations in March and April. One session will run March 15th - April 19th on Tuesdays in person at Okatie Pines Retirement Community. The second will be offered on Thursdays online, from March 17th-April 21st. Each class will be held from 1 p.m. - 3 p.m. The class is \$99. To register, click the button below and email Cathee Stegall saying you are interested in the class.

[REGISTER FOR SAVVY CAREGIVER](#)

MEMORABLE MOMENT

This month's memorable moment comes from our Compass classroom on a day in January. The participants were painting as part of our Lifelong Learning brain health intervention. Here are Ellie and Nancy. As you can see there was much concentration occurring. Each lady was taking their time making intent brush strokes and engaging their brain in each step they completed.



DONATE TO MEMORY MATTERS AND HERITAGE CLASSIC FOUNDATION WILL MATCH BY 15%

The Heritage Classic Foundation has opened its Birdies for Charity and Heritage Champions Fore Charity programs. This makes it fun and easy for you to donate to Memory Matters. With 100% of donations going directly to the donor's chosen charity, Heritage Classic Foundation will



contribute an extra 15%. The Heritage Classic Foundation has distributed \$6.28 million through the Birdies for Charity program since it was created in 2000.

The Heritage Champions Fore Charity program is designed to increase year-round support to the nonprofit organizations in our communities. The minimum contribution to a designated charity is \$1,000. Heritage Classic Foundation will contribute an extra 15%, with 100% of donations going directly to the charity. Heritage Champions Fore Charity has produced more than \$13.63 million for participating nonprofit groups since 2013.

HERITAGE CLASSIC FOUNDATION

KROGER COMMUNITY REWARDS

How many of you shop at Kroger either in Bluffton or on the Island? If so, every time you shop at Kroger, you can contribute to Memory Matters. Kroger donates annually to participating organizations based on your percentage of spending as it relates to the total spending associated with all participating Kroger Community Rewards organizations. All you need to do is hit the button below. Then follow the instructions on the page. Memory Matters can be located in the drop-down column or you can choose Civic Organizations and then select Memory Matters. It's that easy!



KROGER COMMUNITY REWARDS PROGRAM

GOLDEN BEET CARPACCIO



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.

[CLICK FOR RECIPE](#)

Brain Trivia ANSWER:

C. 75%. This means dehydration, even as small as 2% can have a negative effect

on brain functions.

MEMORY MATTERS
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843-842-6688

FOLLOW US AT

