



KEEPING YOU INFORMED AND EDUCATED ABOUT *MEMORY MATTERS*

January 2022, ISSUE 5

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HAPPY NEW YEAR FROM THE EXECUTIVE DIRECTOR



As 2022 begins and I reflect on this past year, I am filled with gratitude when I think of the community that is Memory Matters.

I think we will all agree that the past two years have been challenging, to say the least. In the beginning, things felt dark and difficult, and the road ahead felt almost impassable. And even though everyone felt uncertain in these uncharted waters, staff, volunteers, Board members, and our donors asked “what can I do to help?” This was a

testament to the generosity, selflessness, and compassion of all the wonderful people who make Memory Matters what it is.

As difficult as these times were, they were also filled with opportunity and love. We learned how to adapt to our ever-changing circumstances and devised new ways to continue to serve as a vital resource to families in our community impacted by Alzheimer's and other forms of dementia. This year, we were grateful to be able to come back together in person and we were pleased with how everyone learned to adjust to temperature checks, face coverings, and new health and safety procedures.

As I look ahead to 2022, I am optimistic about the future, confident that Memory Matters can persevere through even the toughest of times.

I wish you and your family a prosperous and joyful New Year. I look forward to seeing what we can all do together in 2022.

All my best,



Memory Matters Executive Director

UPDATED COVID-19 Protocols at Memory Matters

as of Jan. 3, 2022

If a Memory Matters employee, participant, participant's caregiver, or volunteer TESTS POSITIVE FOR COVID-19.



- Stay home for five (5) days.
- If you have no symptoms or symptoms improve, you can return to Memory Matters after initial five days.
- Continue to wear a mask at Memory Matters for additional five (5) days.

If a Memory Matters employee, participant, participant's caregiver, or volunteer is EXPOSED to someone with COVID-19.

Fully Vaccinated

- Can enter Memory Matters but **ONLY** with a mask for ten (10) days.
- Test on day 5 after exposure.
- If you test negative, continue wearing a mask for five (5) days.
- If you test positive, follow the steps listed above.

Not Fully Vaccinated

- Stay home for five (5) days.
- Test on day 5 after exposure.
- If you test negative, return to Memory Matters.
- If you test positive, follow the steps listed above.



Exposure = coming within 6 feet and spending more than 15 minutes with someone diagnosed with COVID-19 in the first five days of them testing positive.

Fully Vaccinated = 2 shots of Pfizer or Moderna over 6 months ago with booster, 1 shot of J&J over 2 months ago with booster.

In order to keep Memory Matters clients, volunteers, and employees safe, we have updated our protocol regarding those exposed or diagnosed with COVID-19. This comes after the CDC shortened the recommended time for isolation for the public. Memory Matters always follows CDC guidelines in the best interest of those we serve.

BRAIN TRIVIA



TRUE OR FALSE?

The brain can't feel pain.

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**

The Brain Health Summit is coming up 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.

Sponsorship opportunities are also still available. If interested in becoming an event sponsor or purchasing tickets click the button below.

[Purchase TICKETS](#)

[Event Sponsor](#)

BRAIN BOOSTERS and SAVVY CAREGIVER COURSES



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 Wednesdays, January 19th, 26th, and February 2nd. 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. The course will be held at Memory Matters, 117 William Hilton Parkway on Hilton Head Island from 1 p.m. - 3 p.m. The class is only \$99 and will give you peace of mind.

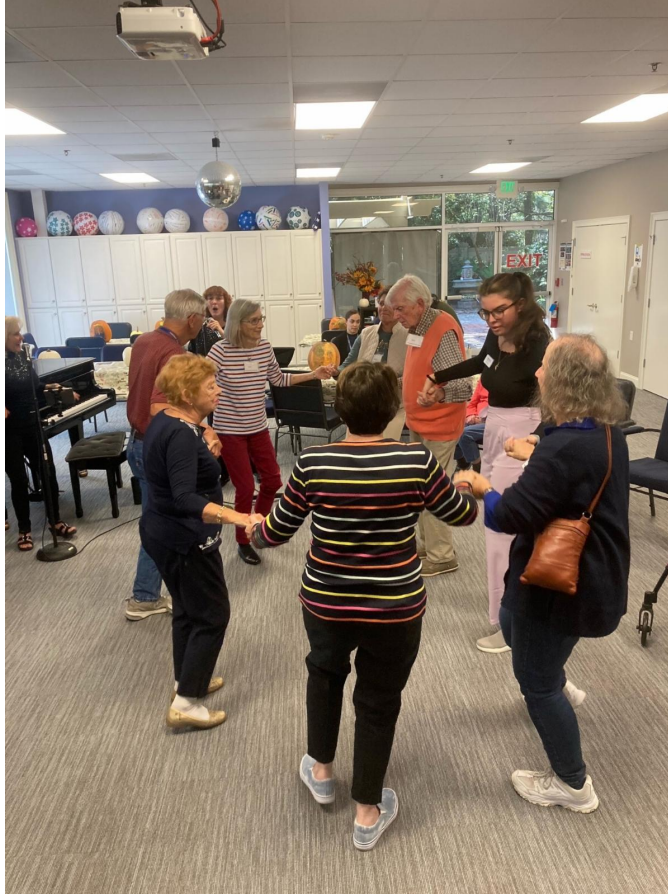
[REGISTER FOR BRAIN BOOSTERS](#)

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 on Tuesdays January 11 - February 15 at Okatie Pines Retirement Community in Okatie. The class is \$99. To register, click the button to the right 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 when we had wonderful singers perform for our participants. Many feet were tapping when all of a sudden one of our participants jumped up and went to the middle of the classroom and began dancing. It didn't take much time for several other participants to also jump up and dance. Music is a wonderful part of life, especially for those who are living with memory loss. Music can trigger the memory in an instance, taking you back to a happy moment or happy time that makes our participants smile from ear to ear. Thank you to Judy and Sandra for coming and singing to our participants.



NEW EMPLOYEE

We would like to introduce you to our newest employee Cindy Dimsey. She is our new Director of Programs and Services who started just after Thanksgiving.

Cindy comes to us with a robust background in orthopedic practice management overseeing more than 100 employees including surgeons and nurses. In addition to overseeing everyday operations, Cindy also worked closely with compliance, billing, and marketing to contribute to the overall success of various practices.

Here at Memory Matters, Cindy will manage our in-person and virtual programs as well as other services to include counseling and support groups.

Welcome Cindy!



THANK YOU!

It's a new year when new beginnings take place, but we can't move forward if we don't take a minute to say thank you for the monetary and in-person support we received in 2021. Our volunteers and donors really got us through last year. We were able to slowly reopen our doors to in-person participation, but it wasn't at the level we wanted. If it weren't for our faithful volunteers and faithful donors we don't know what we would have done. We look forward to seeing and hearing from you in 2022!

[DONATE](#)

FRIDAYS FOR CAREGIVERS



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 we are highlighting our own staff to promote services Memory Matters provides that you may not know about like,

- Difference between Compass and Connection Day Programs.
- How can counseling be helpful to caregivers?
- What Educational programs are available?
- What will I learn if I register for the SAVVY CAREGIVER class?

[REGISTER](#)

Friday, January 28, 2021

2 p.m. - 3 p.m.

via Zoom

Memory Matters staff

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 the new year, several classes are being offered, as well as, baseline memory screenings, and a place to come and speak to our staff about our resources, programs, and services. If you are in Okatie, come say hi on Tuesdays and Thursdays. We are to the right, down the main hall of Okatie Pines Retirement Community, at 142 Okatie Center Blvd., across the street from Starbucks and Cracker Barrel.

BRAIN HEALTHY INTERVENTIONS

CHICKPEA STEW



It's a new year, so you should start eating in a way that makes your brain healthy. Follow the Mediterranean diet and you will be eating fresh fruits, vegetables, and beans. The January cold weather makes this Chickpea Stew the best meal to serve tonight.

CLICK FOR RECIPE

Brain Trivia ANSWER:

True - There are no pain receptors in the brain itself. But the meninges (coverings around the brain), periosteum (coverings on the bones), and the scalp all have pain receptors. Surgery can be done on the brain and technically the brain does not feel pain.

MEMORY MATTERS
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