



KEEPING YOU INFORMED AND EDUCATED ABOUT
MEMORY MATTERS

September 2022, ISSUE 10

In this Issue:

- Cooking Demonstration in Bluffton
- Caregiver Tips
- 25th Anniversary Event
- Move Your Mind 5K/10K
- MoCA Mondays
- Brain Boosters
- Savvy Caregiver Class
- Memorable Moment
- Thank you Sponsors
- Ways to Donate
- This month's Mediterranean Recipe

WELCOME JILL HORNER



Memory Matters is very excited and honored to introduce our new Executive Director Jill Horner.

“The board is overjoyed to work with Jill as our new executive director and confident Memory Matters will be well positioned under her guidance to thrive in the years to come,” said Board of Directors President Kim Baretta.

Jill comes to the Lowcountry from Buffalo, NY where she was most recently the Executive Director of the Alzheimer’s Association of Western New York. While in this position Jill directed the WNY chapter of the Alzheimer’s Association across 8 counties with \$4.2M in annual donations, \$2M in grant funding, managed 24 employees, and 100 volunteers. Before working at the Alzheimer’s Association, Jill spent 17 years working for a national political advertising agency where she led campaigns, ballot initiatives, and

public affairs for candidates running for political office.

“The diversity of knowledge Jill is bringing to Memory Matters is quite remarkable. The Board of Directors are thrilled she is joining our family,” said Baretta.

“I appreciate the board’s confidence in me, and I’m delighted to have the opportunity to lead such a dedicated organization. Memory Matters is unique, and I can’t wait to keep moving the organization forward in providing excellent services and programs to our families,” said Horner.

Jill’s first day with Memory Matters was Monday, August 22, 2022.

BRAIN TRIVIA



MULTIPLE CHOICE:

What is the main source of communication between the brain and the body?

- a. arteries
- b. spinal cord
- c. capillaries
- d. veins

The answer is located at the bottom of the newsletter.

COOKING DEMONSTRATION IN BLUFFTON

We had such an amazing turnout for our cooking demonstration in Bluffton last month. The Hampton Lake Parkside Amenity Center was full of people wanting to learn more about Memory Matters and the Mediterranean Diet. During the demonstration, our chef and Board of Directors president Kim Baretta explained how BRAIN HEALTHY the Mediterranean diet is and showed how to construct a **Mexican Quinoa salad** and **Brown Rice salad** with snowpeas, avocado, and pecans. For more BRAIN HEALTHY recipes click on the button below.





BRAIN HEALTHY RECIPES

CAREGIVER TIPS



Are you currently caring for someone in your household that is living with Alzheimer's or another form of dementia? If so, what was once an easy task, is now more difficult. For this month's Caregiver Tip, here are some ideas on how to approach getting dressed.

- Allow twice the amount of time you think it will take for him/her to get dressed.
- Don't act rushed or in a hurry.
- Limit his/her choice to two outfits.
- Lay his/her clothes out in the order she needs to put them on.
- Talk him/her through getting dressed.
- Use short, simple, one-step instructions.
- If he/she loves one outfit and refuses to wear anything else, buy several outfits that look just like it.
- Use pants with elastic waists and pullover tops to make dressing easier.

BEST PRACTICE CAREGIVING

CELEBRATING 25 YEARS



Come join the Memory Matters staff for an evening of Art and Appetizers. It's a free event at Memory Matters on Hilton Head Island, Thursday, September 29 from 4:30 p.m. - 7:00 p.m. We will have art on display from three local artists along with paintings created by our participants. In addition, Nelle and Ora Smith will be here to sign and sell their book *Paradise: Memories of Hilton Head in the Early Days*. The community will also have the chance to tour our building and meet our new Executive Director Jill Horner. It will be an evening of good food, great art, and wonderful company.

RSVP for
EVENT

MOVE YOUR MIND



Our 2nd annual ***Move Your Mind 5K/10K Walk and Run*** is coming up Saturday, September 10 at May River High School in Bluffton. All walkers/runners will receive a T-shirt and the official timing of their 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. Strollers and Four-legged friends are welcome. Food, Entertainment, Silent Auction, and a Raffle will be part of the morning. Even if you don't want to participate in the race, come on out and enjoy a morning of resources and fun.

The race will occur rain or shine and day-of registration is available.

REGISTER FOR RACE

MoCA MONDAYS

How healthy is your brain? A thirty-minute Baseline Memory Screen can let you know. Here at Memory Matters, a certified and trained staff member can administer this FREE screen in person or virtually through Zoom.

This type of memory screening is an important aspect of overall brain health and well-being. Using the **Montreal Cognitive Assessment (MoCA)**, this screening offers a non-medical evaluation that includes consultation for next-step recommendations and program options. More than 500 studies have shown that MoCA is superior to existing cognitive screening tools to detect Alzheimer's Disease and 20 other disorders such as stroke, diabetes, high blood pressure, heart disease, sleep apnea, and kidney disease.

You can schedule a MoCA by calling us at 843-842-6688 to have one performed virtually or in person. We also have MoCA Mondays scheduled over the next few months on Hilton Head Island, in Hardeeville, and every Thursday at Okatie Pines Retirement Community.

First Presbyterian Church on HHI and Margaritaville in Hardeeville

Oct 3 - Frist Presbyterian

Oct 17 - First Presbyterian

Oct 24 - Margaritaville

Nov 7 - First Presbyterian

Nov. 14 - Margaritaville

SCHEDULE A MoCA

BRAIN BOOSTERS & SAVVY CAREGIVER CLASS

There are two great opportunities coming up in October you won't want to miss. The three-week Brain Boosters course will be held at Okatie Pines Retirement Community on Tuesdays Oct. 4, 11th, and 18th from 1 p.m. - 3 p.m. Class size is limited, so please register today. The Brain Boosters course will provide you with tips on what you can do to keep your brain healthy and thriving. The course costs \$99 for all three weeks of the class and you will receive a workbook and bag.

Beginning on Thursday, October 5th will be Memory Matters' SAVVY Caregiver six-week course designed and taught for those caring for a loved one diagnosed with Alzheimer's or another form of dementia. The class will be held every Thursday from October 5th through November 9th. This class is intended to teach and empower caregivers to thrive and survive while giving their loved ones a contented, involved life. The cost is \$99.

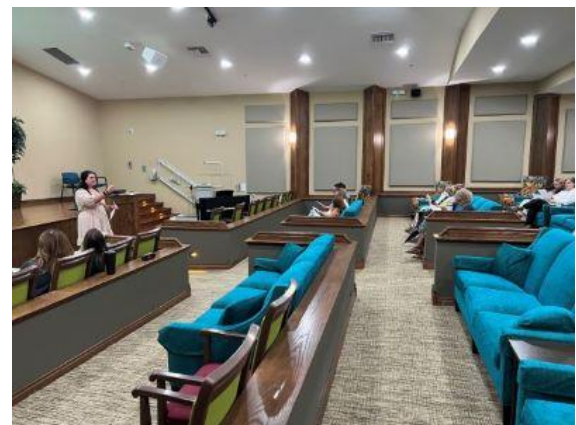


OCTOBER BRAIN BOOSTERS

OCTOBER SAVVY
COURSE

MEMORABLE MOMENT

This month's memorable moment comes from the Healthcare Networking Group's monthly meeting. Staff from various Assisted Living, Independent Living, Home Care, Hospitals, Doctors offices, and Hospice Companies meet for breakfast to stay connected and see if each can help the other. During August's meeting, Memory Matters was invited to present on the services we provide. Our lead Program Specialist, Morgan Bowers, stood before the group and explained how beneficial our day-program is for individuals diagnosed with Alzheimer's or dementia. She even tested their own cognitive abilities by doing an exercise she does with our participants. They were all surprised they didn't do as well as they thought they would. After the presentation there were a lot of people in the room who knew more about us and how their own patients would benefit from coming to Memory Matters. Overall it was a great morning making new connections and teaching more in the community on what we do.



Memory Matters has had so many wonderful individuals and companies support us in 2022. In July's edition of the Memory Matters Messenger, we acknowledged some of our sponsors for past events. Luckily, after the July edition was emailed, we were contacted by other businesses who wanted to sponsor our upcoming Move Your Mind 5K/10K happening this weekend. Because they weren't recognized in July we want to make sure they are recognized today.

Casual Living Fireside & Grillin
Sprenger Health Care Systems
Palmetto Running Company
Encompass Health
Coastal Neurology
Bayshore on Hilton Head
Hilton Head Crew
Hilton Head Honda
A Grateful Caregiver
SERG Group
South State Bank
State Farm - Kevin Sevier

Ways To Give



Those of you who receive this newsletter have at one time, donated funds, donated your time, or participated in an event. We are so grateful for this support, but we wanted to let you know there are other ways to support what we do.

You can join our Legacy Builders in the Legacy Circle of Hope. A bequest is a gift from your estate—a transfer of cash, securities, or other property made through your estate plans. You can make a bequest to Memory Matters by including language in your will or living trust, leaving a portion of your estate, or by designating Memory Matters as a beneficiary of your retirement account or life insurance policy.

Remembering Memory Matters with a bequest from your estate will help sustain and strengthen Memory Matters in years to come. Some of the advantages of creating a bequest include:

- A bequest costs nothing now, yet gives you the satisfaction of knowing you have provided for Memory Matters in the future.
- You retain control of the use of your assets during your lifetime.
- You may modify your bequest—revocable—at any time if your circumstances

change.

- Gifts to Memory Matters from your estate are exempt from federal estate taxes.
- If you let us know of your plans, we will be able to thank you now and recognize you as a member of our Legacy Builders in the Legacy Circle of Hope.

If you are interested in providing a gift from your estate to Memory Matters, speak to your Financial Advisor. Memory Matters also has a form that requires to be filled out. You can find that document by selecting the button below.

[Bequest Gift Form](#)

FETA TOAST

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 light and so yummy - FETA TOAST.



[CLICK FOR RECIPE](#)

Brain Trivia ANSWER:

B. The spinal cord. **ALS, or amyotrophic lateral sclerosis**, causes the neurons in the brain and spinal cord to die, impacting controlled muscle movement. Another disease that affects both the brain and the spinal cord is **multiple sclerosis (MS)**. In MS, the immune system attacks the protective layer that covers nerve fibers, causing communication problems between the brain and the body.

MEMORY MATTERS
info@mymemorymatters.org
843-842-6688

FOLLOW US AT

