



KEEPING YOU INFORMED AND EDUCATED ABOUT

MEMORY MATTERS

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JUNE 2024, ISSUE 20

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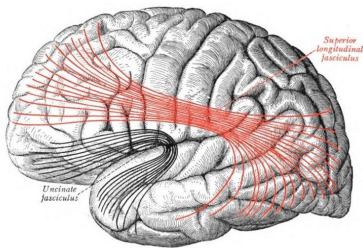
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AT RISK OF ALZHEIMER'S DISEASE?

"I have a family history of Alzheimer's disease. I wanted to understand my own risk," said Dr. Sanjay Gupta. If you haven't heard of Dr. Gupta, he is the Chief Medical Correspondent on CNN and has been reporting on various aspects of Alzheimer's disease for 20 years. Recently, he underwent a journey to find out more about his brain and if he is at risk for dementia.

[READ FULL ARTICLE](#)

BRAIN TRIVIA



How many miles of blood vessels are there in the brain?

- 100 miles
- 75,000 miles
- 100,000 miles
- 450,000 miles

The answer is located at the bottom of the newsletter.

memory matters Memories Do Matter SPEAKER SERIES

presented by Dave & Patty Ekedahl

“Prevention & Rehab”

A multi-disciplinary discussion of injury prevention and various rehabilitation therapies to help your loved one.



- **Cognitive Rehab**
Nicole Zolzer, MA, SLP-CCC
Beaufort Memorial Hospital



Ellen Glazer, MS CCC-SLP, CBIS
Encompass Health Rehabilitation Hospital



- **Music Therapy**
Ben Fleenor, OT
Colleton Medical Center



- **Pet Therapy**
Joy Nelson & Justice, Memory Matters



- **Local Caregiver** - Bruce Iler cares for his wife and will answer questions about caring for someone living with dementia.

Location: St. Gregory the Great Parish Life Center, 31 St. Gregory Drive
Bluffton, SC 29909

**June 5
10 AM**

Purchase Tickets:
www.mymemorymatters.org
\$25 per session



PURCHASE TICKETS

4TH ANNUAL MOVE YOUR MIND 5K



Lace-up those running shoes and prepare for our 4th annual Move Your Mind 5K. This year we are adding a 1-mile walk. The race will be held on Saturday, October 12th at 8 a.m. on Hilton Head Island beach via the Alder Lane Beach Access off South Forest Beach Drive. Each participant will receive a timing bib and T-shirt for the run or walk and then enjoy a FREE pancake breakfast after the race at the Providence Presbyterian Church where parking will also be available.

We are also seeking local businesses who are interested in sponsoring the race. From mile marker sponsors starting at \$500 to larger sponsorships allowing businesses to be placed in a prominent location during the after-party.

[REGISTER FOR RACE](#)

[BECOME A SPONSOR](#)

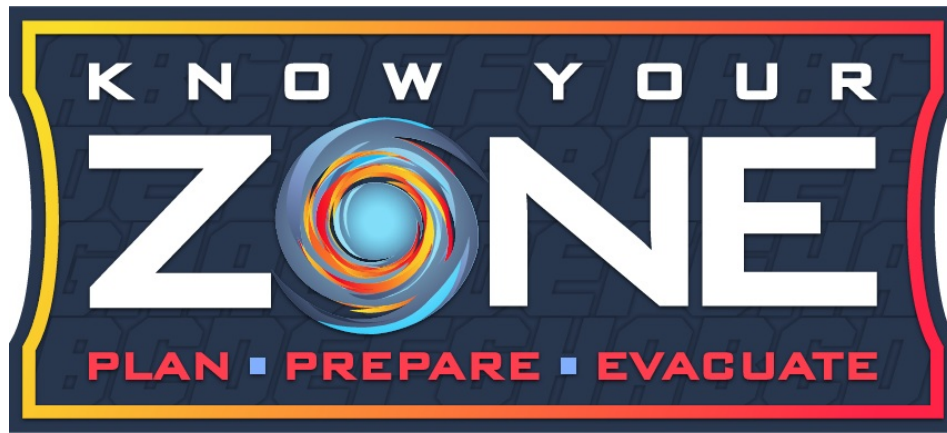
HURRICANE SEASON

Each year those of us who live in the Lowcountry must worry if we will receive an evacuation order from the Governor due to a hurricane coming our way. Hurricane season runs from June 1 through November 30. That means we must all have a plan, and have a bag ready. For families caring for a loved one with Alzheimer's or related dementia, it isn't that easy. The plan must be more detailed to ensure the loved one is ok during the evacuation. Here are some recommendations that can be part of your plan.

1. Leave Early - don't wait until the last minute when everyone else is leaving too.
2. Know where you are evacuating—call a family or friend NOW. Make arrangements with a friend or family member who lives inland (not on the coast from FL to MD) where you can evacuate. Caring for your loved one in another person's home will be easier than taking your loved one to a hotel. If you need to go to a hotel, you can call inland hotels now and ask them about their policy concerning reservations during emergencies.
3. Prepare a list of all medications and important documents needed. Also, make a list of clothes you will need to pack. When and if the evacuation comes, you won't have to think. You will have your list of documents and medications written

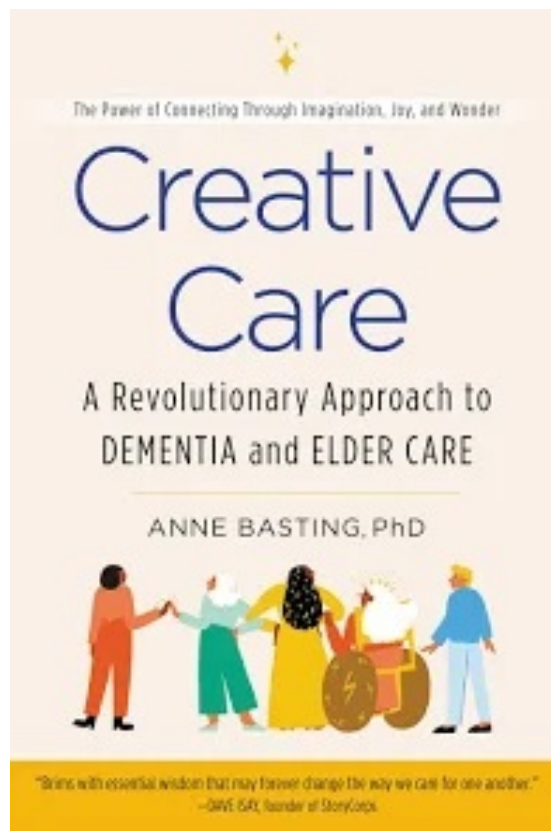
down.

4. If the loved one is in the early stages of dementia, discuss the plan with them so they feel a part of the decision-making.
5. Put bottles of water to the side and non-perishable snacks in the pantry so you can grab them quickly if you need to.
6. Place cash in an envelope that you can grab quickly. Depending on the extent of the emergency, debit and credit cards may not be applicable.



SC HURRICANE GUIDE

MEMORY MATTERS BOOK CLUB



Get ready for an exciting new chapter at Memory Matters as we launch our book club later this month! Our first meeting is scheduled for Tuesday, June 25th, via Zoom from 6 p.m. to 7 p.m. Join us monthly to delve into a thought-provoking book written by Anne Basting, PhD. For our inaugural meeting, we invite you to read the first two

chapters. If you don't have the book yet, swing by Memory Matters on Hilton Head Island to grab a complimentary copy. Hurry and secure your spot as we aim to keep our first gathering intimate with just 10 participants. To sign up for the book club, simply click the button below to email Debbie Anderson or give her a call at 843-842-2320. Don't miss out on this enriching literary journey with us!

[REGISTER FOR BOOK CLUB](#)

CAREGIVER COURSE



SAVVY CAREGIVER

CALLING ALL CAREGIVERS! If you are a family member actively caring for a loved one diagnosed with dementia or Alzheimer's disease, sign up for this amazing caregiver class. It provides you with the necessary tools to be the best caregiver you can be while understanding the dementia affecting your loved one. It costs \$99 and you will be glad you signed up for the course.

There is a five-week June class that will be held in person on Hilton Head Island and a three-week condensed July class that will be online via Zoom.

[SAVVY CAREGIVER CLASS](#)

FREE SUPPORT GROUPS

If you are currently caring for a loved one who has Alzheimer's disease or related dementia, we want you to know that we are here to help. We offer three FREE support groups a month, specifically designed for caregivers like you who are going through similar challenges. These groups are held both in person at Memory Matters on Hilton Head Island and online via Zoom, so you can choose the option that is most comfortable

for you. The schedule for the groups is below.

SUPPORT GROUPS

MEMORABLE MOMENT



It was a butterfly moment in the garden. Thanks to members from the Hilton Head Rotary, additional volunteers, and a grant from the Community Foundation of the Lowcountry our outside patio has become a beautiful, inviting sensory garden. It's a place for our participants to visit and enjoy their surroundings. On this particular day, the entire group watched two butterflies hatch, one male and one female. It was a magical experience in our enchanted garden where herbs and flowers bloom. Our participants truly enjoyed this experience of watching our sensory garden come to life!

THANK YOU!

You may have heard the saying, "It takes a village". Many of us would agree, "It takes a village to care for those living with Alzheimer's disease and related dementia." Home caregivers, professional caregivers, and staff at Memory Matters all need help. It's a team effort, and that's why we want to express our gratitude to the following organizations that provided funding for Memory Matters through events.

The Hilton Head Island Pickleball Club raised close to \$8,000 for Memory Matters with their St. Patrick's Day Pickleball Tournament.

Just a week ago, Hilton Head Mayor Allen Perry and Councilman Alex Brown held a Climb for Charity at the Hilton Head Island Recreation Center, raising more than \$800 for Memory Matters.

We would also like to thank everyone who attended our *Memories Under the Moon*

Gala on May 2. It was a wonderful evening full of generosity and fellowship. Thanks to those who purchased tickets, sponsored the evening and participated in the silent, live, and online auction. This year, more than \$350,000 was raised, which is the most ever raised during a Memory Matters Gala.

We rely on private donations, grants, and charity events to help LOCAL families living with ADRD. We don't receive government funding to help these individuals so we are extremely grateful when such events happen.



Grilled Chicken and Farro Salad with Summer Vegetables

This is a light, tasty, and healthy meal to make for yourself or the entire family. And the best part, we have Farmer's Markets on Hilton Head Island, in Bluffton, and in Beaufort where we can purchase fresh vegetables from local farmers.

RECIPE

Brain Trivia ANSWER:

1. There are 100,000 miles of **blood vessels in the brain**. The distance around the world at the equator is 24,900 miles.

MEMORY MATTERS
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843-842-6688

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AT



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