



KEEPING YOU INFORMED AND EDUCATED ABOUT
MEMORY MATTERS

Trending this Month:

- Brain Health Studies
- Memory Care Day Program
- Vacationing with Dementia
- Fall Neuro Conference
- Move Your Mind
- Savvy Caregiver Class
- Memorable Moment
- Brain Healthy Recipe
- Brain Trivia Answer



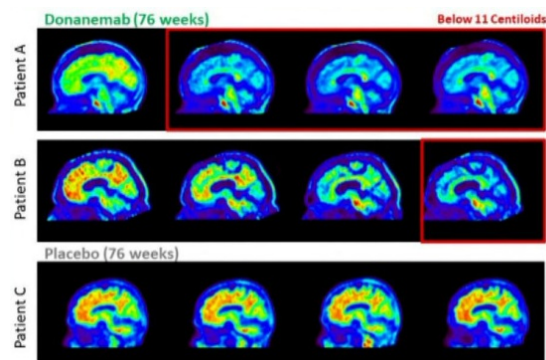
Brain Trivia

True or False?

Your brain is always active.

(answer at bottom of newsletter)

**NEW ALZHEIMER'S
 TREATMENT**



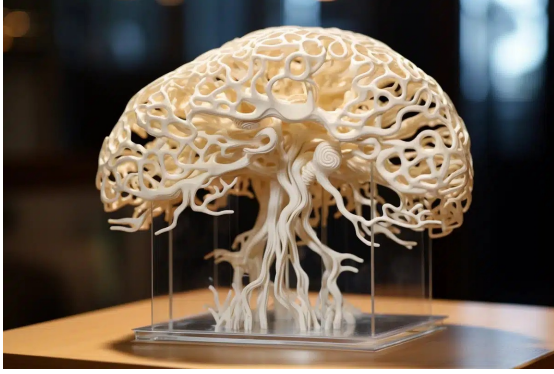
In the last week, there's been exciting news about a treatment for those diagnosed with Alzheimer's disease.

On July 2, the US Food and Drug Administration (USFDA) approved Donanemab, an anti-amyloid IV therapy administered monthly. It's intended to treat individuals diagnosed with early Alzheimer's disease, mild cognitive impairment, or mild dementia.

[Read more](#)

BRAIN HEALTH STUDIES

Donanemab and Leqembi are two treatments frequently discussed right now for cognitive impairment and Alzheimer's disease, but the U.S. Food and Drug Administration is expected to announce another promising therapy. It's something Memory Matters has been telling the public about since 2018, when we added overall Brain Health to our community



presentations.
[Read more](#)

MAINTAINING MEMORIES



Is your loved one dealing with mild cognitive impairment, Alzheimer's disease, or another form of dementia? Following the previous article, we provide two different classes tailored to meet their needs. The Memory Enhancement class is designed for those in the early stages of memory loss, while the Memory Care Day Program is tailored for those further along in their dementia journey.



The Memory Enhancement class meets once a week for two hours on HHI and in Bluffton. It offers a structured curriculum aimed at stimulating cognition, communication, and socialization. The Memory Care Day Program runs for five hours a day, five days a week in HHI and for 3.5 hours twice a week in Bluffton. This program includes activities, social engagement, lunch, and companionship, and also offers respite for the caregiver.

[Learn more](#)

VACATIONING WITH DEMENTIA

Summer is here, and it is hot! Maybe it's time to head north for a few weeks and visit family or just escape the tourists and heat. But how can you do that while caring for a loved one with dementia?

We have some tips for you.

1. Advise airlines, hotels, and tour operators that you're traveling with a person who has memory impairment.
2. Prepare identification items for your loved one, including an identification bracelet or clothing tag with their full name, your name, and phone number.
3. Time your travel to do it during the time of day your loved one is most calm.
4. Allow extra time.

[Read more](#)



FALL NEURO CONFERENCE



This FREE event will allow the first 100 people to RSVP to hear and speak with MUSC Neurologist Dr. Nick Milano. It will be held on Friday, October 11, 2024, at the Moss Creek Clubhouse at 11:30 a.m.

Dr. Milano joined the Department of Neurology at MUSC in August 2014. Before this, he completed his residency in neurology at Cleveland Clinic and a fellowship in cognitive and behavioral neurology at the University of Florida.

Dr. Milano's clinical interests include all types of cognitive and neurobehavioral disorders, including Alzheimer's disease, frontotemporal dementia, primary progressive aphasia, and other dementias.

Dr. Milano's research interests involve understanding the underlying brain mechanisms that lead to human thinking and behaviors. By understanding these mechanisms, physicians can better treat cognitive and neurobehavioral disorders.

Lunch will be provided to all 100 that attend. Thank you to Mary Ella Jones, Mary Ellen McConnell, Sharon Miller, Dave Russert, and Lorene Thornbury for making this lunch free for the public.

MOVE YOUR MIND



Join us for our 4th annual Move Your Mind 5K.

All race registrants will enjoy a beautiful morning running the 5K or walking the 1-mile on Hilton Head Island's beach. The race begins at 8 a.m. in front of the Marriott's Grand Ocean at 51 S. Forest Beach Dr.

Water will be available for all race registrants at the finish line and at the halfway marker of the 5K.

After the race, all registrants are invited back to the Providence Presbyterian Church picnic area for a free pancake breakfast. Next to the picnic area is a lovely playground for the children to run around and have fun. During the breakfast, medals will be given out to the top three men and women 5K runners in each age group. Then, we'll do some brain trivia in which winners receive gift cards from local restaurants.

Free parking will be available at Providence Presbyterian Church, located across the street from the Alder Lane Beach Access.

Register today for the race and help raise funding for LOCAL families living with Alzheimer's Disease and Related Dementia.

BE A SAVVY CAREGIVER



REGISTER FOR
SAVVY

"I don't know what I would have done if I hadn't taken this class." - Memory Matters Caregiver.

Take this 5-week educational training program for active family caregivers of those living with Alzheimer's or other dementia-related diseases. Savvy Caregiver is a best practice, evidence-based program designed to teach and empower caregivers to thrive and survive while giving their loved ones a contented, involved life. At the end of this program, caregivers will have the skills and knowledge they need to provide the highest level of care for their loved ones and themselves.

The next class will be offered beginning July 11th. The cost for the class is \$99.

MEMORABLE MOMENT



We love our Garden!

One of our participants in our Memory Care Program, Sharyn, came in early one day last week so her husband could go to his much-needed doctor's appointment for follow-up knee surgery. As she always does, Sharyn went into help mode. She set up breakfast in the kitchen and helped staff set out activities for the day. Sharyn then went outside to our garden and released four butterflies, watered the plants, and picked our first pepper! We will soon have many more veggies and herbs to give to our new chef, who plans to cook with them for the lunches he prepares each day for the Program. This is just an example of how our Sensory Garden is going full circle.

MEDITERRANEAN DIET DISH



Brown Rice Salad with Avocados, Snowpeas, and Pecans with Rice Wine Vinaigrette.

This crunchy and fresh dish is an excellent accompaniment to beef, pork, or poultry.

RECIPE

BRAIN TRIVIA ANSWER

Your brain is always active?

TRUE. Neurologists agree that the brain is always active, rapidly firing millions of neurons in the brain, even when you are sleeping.



www.mymemorymatters.org

843-842-6688



Memory Matters | P.O. Box 22330 EIN # 582291775 | Hilton Head Island, SC 29925 US

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