



KEEPING YOU INFORMED AND EDUCATED ABOUT

MEMORY MATTERS

DONATE TODAY

JANUARY 2024, ISSUE 18

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YEAR IN REVIEW AND COMING UP IN 2024



Our programs and services we offer here at Memory Matters and the families we help continue to grow. In 2023, we assisted close to 5,000 people. From our FREE memory screenings and support groups to our presentations to the community, our Memory Enhancing classes and our Memory Care Day Program, Memory Matters has touched

the lives of more than we ever have before.

As many know, navigating the journey of Alzheimer's disease and related dementias can be long and difficult. We are here to help those families and educate those who are interested in maintaining their memory for as long as possible.

Coming up in 2024 we are very excited to be adding a fifth day on Hilton Head Island to our Memory Care Day Program. The day program will run Monday - Friday from 10 a.m. to 3 p.m. It's an excellent program for those diagnosed with mild to moderate Alzheimer's or related dementia to enjoy socialization, a well-balanced lunch, art therapy, music therapy and so much more. As we add this fifth day on Hilton Head Island, we are looking for additional volunteers. If you are interested in helping in our Day program or in our kitchen to help plate the participant's food, serve the lunch, and clean the kitchen afterward, please reach out to Ginny at ginny@mymemorymatters.org. A second day of our Memory Care Program will be added in Bluffton later this spring.

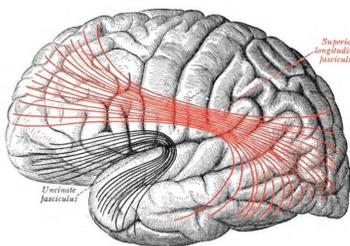
Thank you to everyone who continuously helps us help the community by providing unique programs and services. We couldn't do it without you.

COULD GENE EDITING HELP TREAT ALZHEIMER'S DISEASE?

Some researchers are hoping that gene-editing technology can conquer forms of Alzheimer's caused by genetic mutations. If proven to be true, this could mean hope for families caring for loved ones in the mild to moderate stage of the disease. Recently we've heard of drugs and trials for those just diagnosed but not much for those further along in their diagnosis. This gene editing technology could change that.

[READ FULL ARTICLE](#)

BRAIN TRIVIA



The human brain never sleeps?

1. True
2. False

The answer is located at the bottom of the newsletter.

SPEAKER SERIES COMING UP IN FEBRUARY

On February 7, 2024, we will hold our first of Memory Matters four-part speaker series sessions in which experts will address important topics affecting caregivers and family members on the journey of Alzheimer's disease and related dementias.

Our first guest will be Dr. Jacobo Mintzer from the Medical University of South Carolina (MUSC). He is a psychiatrist with special qualifications in geriatric psychiatry.

He has dedicated much of his career to finding new treatments for Alzheimer's disease. Dr. Mintzer will present to the group and at the end he will take questions. This first session of our Spring Speaker Series will be held here at Memory Matters on Hilton Head Island.

We plan on three more sessions which are listed below. Tickets are \$25 for each session or \$75 for all four.

memory matters  **Memories Do Matter**

presented by Dave & Patty Ekedahl

Four sessions with experts to help guide families and caregivers on the journey of dementia.

\$25 per session or \$75 all four

**FEB.
7
10 AM**

COGNITIVE IMPAIRMENT RESEARCH

Jacobo Mintzer, MD, MBA

Geriatric Psychiatrist at MUSC with a focus on finding new treatments for Alzheimer's disease.

Memory Matters, HHI

**MAR.
21
10 AM**

NAVIGATING DEMENTIA (Panel Discussion)

- Project Lifesaver
- Dementia & Driving
- Planning for a Senior Living Community
- Financial Planning
- Dementia Care Navigation

Grace Community Church, HHI

**APR.
10
2 PM**

NEUROPSYCHOLOGY & BRAIN HEALTH

Andrea Sartori, PhD

Neuropsych Assessment and how that differs from other assessments.

Rotary Community Center, Bluffton

**JUN.
5
10 AM**

PREVENTION AND REHAB (Panel Discussion)

- Cognitive Rehab
- Occupational Therapy
- Music Therapy
- Pet Therapy
- Social Day Program

St. Gregory the Great, Bluffton

TICKETS FOR SPEAKER SERIES

NATIONAL SELF CHECK MONTH

The month of February is probably best known for Valentine's Day and Black History Month. However, it is also National Self Check Month which means this month you should sign up for a Memory Test. It only takes 15 minutes and we provide the test completely free on Hilton Head Island, in Bluffton and Okatie. More than 6 million Americans are currently living with Alzheimer's disease. Latinos and Blacks are 2.5 times more likely to develop Alzheimer's disease or related dementia. For these reasons and so much more, it is worth having yourself checked to put your mind and your family's minds at ease.

[REGISTER FOR A MOCA](#)

SAVVY AND BRAIN BOOSTER CLASSES

In 2024, Cathee Stegall is excited to announce she will now be able to offer her SAVVY Caregiver Course in a three-week format. This class teaches home caregivers how to provide a fulfilled life for their loved ones and themselves. It is easy for caregivers to become consumed with being the best caregiver they can be which usually occurs at the expense of their health and happiness. Memory Matters is the ONLY organization in South Carolina licensed to teach this course and it is one you will never regret taking. Click on the button below to look at the dates Cathee will be teaching SAVVY so you can be part of the next class.

Brain Boosters is another class you should consider taking. Debbie Anderson teaches this three-week course that is structured for anyone who is aging and needs to learn how to better maintain their memory. Registrants learn “How to” sharpen focus, create a brain-health lifestyle, relax the brain, become flexible thinkers, memory-enhancing techniques, and how worry affects the brain. Click on the button below to see when Debbie is teaching Brain Boosters that fits your schedule.

[SAVVY COURSE](#)

[BRAIN BOOSTERS CLASS](#)

FRIDAYS FOR CAREGIVERS



Connections between brain trauma and dementia have been discussed for several years. There are thousands of articles stating if a person has sustained numerous concussions over a lifetime, they are twice as likely to develop Alzheimer's disease or related dementia. Join us Friday, January 12th to hear from trial lawyer, author, and Memory Matters Board member Jason Luckasevic. He will share his experiences with NFL and NCAA concussion lawsuits and his work to protect and represent former football players. This discussion is designed for home caregivers caring for their loved ones. It is free and will be held on Zoom. If you plan to attend, please hit the button below to receive the Zoom link.



BLUFFTON FARMER'S MARKET



Beginning in January Memory Matters' tent and table will be set up at the Bluffton Farmer's Market on the second Thursday of each month. We would love to have volunteers who can work at our table providing information about Memory Matters to the public from 12 p.m. - 4 p.m. A staff member will set up the tent, place the reading materials on the table, and break everything down at 4 p.m. If you are interested in helping us please hit the button below to email Ginny Underwood, our Volunteer

EMAIL GINNY



Our annual spring gala will be taking place May 2, 2023, at the Marriott Hilton Head Resort and Spa. Appetizers will begin the evening followed by a sit-down dinner and Silent and Live Auctions. There will also be live music throughout the evening. Tickets are \$250 apiece. For those interested in having a mini-staycation and spending the night, discounted rooms will be available to those attending the gala. This Memories under the Moon will be a night to remember!

PURCHASE TICKETS

We have several committees working hard to make this year's Gala a success. Those committee members are currently looking for businesses and individuals interested in sponsoring the event as well as items that can be part of the online, silent, and live auctions. If you are interested in sponsoring or donating an item, please email Stacy Floyd, Development Director at stacy@mymemorymatters.org.

FREE SUPPORT GROUPS

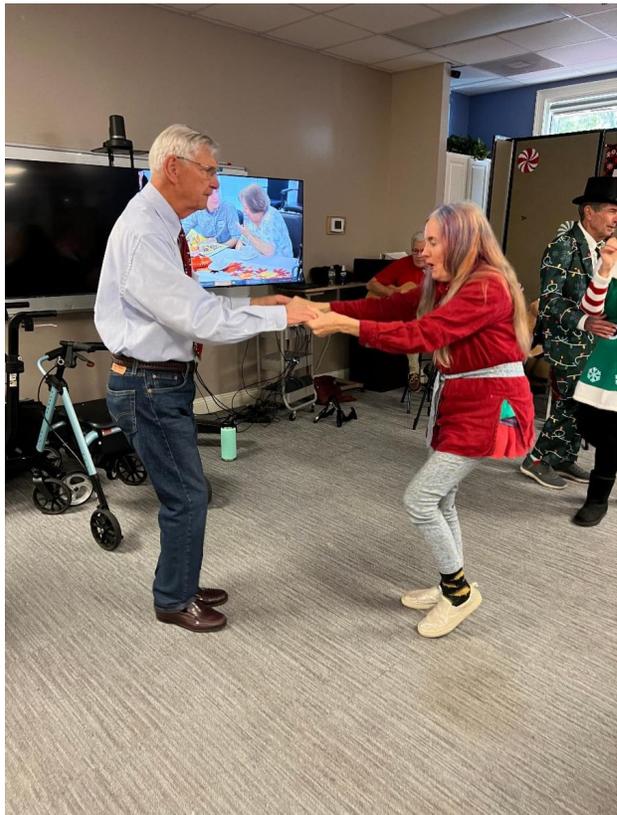
Are you caring for a loved one with Alzheimer's disease or related dementia? If so, we are here to help. Each month, we hold three FREE support groups specifically made up of other caregivers going through the same challenges you are. The first Thursday of each month is our men's group. The third Monday of each month is our women's group, and the second Thursday of each month is our co-ed group. The groups are held in

person at Memory Matters on Hilton Head Island and via Zoom allowing you to stay in the comfort of your home while attending. We plan to add a Bluffton support group later this year. For those interested in attending a support group, hit the button below to send an email to Tia Fletcher, our Family Care Coordinator.

SUPPORT GROUPS

MEMORABLE MOMENT

This month's memorable moment comes from our Holiday Party that many attended, including Santa and Mrs. Clause. There were cookies, hot chocolate, and a lot of smiling faces. We sang carols, danced, and laughed. The pictures from the day say more than words can describe.





SWEET POTATO AND BEAN ENCHILADAS



This quick sweet potato and bean enchiladas are healthier thanks to egg wraps that are lower in carbs than traditional tortillas. The vegetarian filling is both sweet and savory, while the topping adds texture and freshness. Enjoy!

CLICK FOR RECIPE

Brain Trivia ANSWER:

1. **TRUE!** It's a myth that you only use **10 percent of your brain**. You actually use all of it. (Yes, even when you are sleeping.) Neurologists confirm that your brain is always active.

MEMORY MATTERS
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AT



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