



KEEPING YOU INFORMED AND EDUCATED ABOUT *MEMORY MATTERS*

July 2022, ISSUE 9

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TEENAGE TALENT

Memory Matters hosted some special guest performers last month. The four high schoolers from Michigan are part of the Hilton Head Chamber Music Institute (HHCMI). Founded in 2018, the HHCMI provides an intensive training program focused on the art of small ensemble playing. Designed for outstanding young musicians from across the United States who possess a strong focus on chamber music performance, the program is led by world-renowned violinist, Carolyn Huebl and cellist, Felix Wang, professors at the Blair School of Music at Vanderbilt University.

The students performed and practiced while on Hilton Head for 10 days, and Memory Matters participants were also lucky enough to hear these amazing teens play. Thank you for coming and providing such joy for our participants!



[LISTEN TO THE PERFORMANCE](#)

BRAIN TRIVIA



MULTIPLE CHOICE:

How fast does information travel through the brain?

- a. 79 mph
- b. 129 mph
- c. 268 mph
- d. 378 mph

The answer is located at the bottom of the newsletter.

HURRICANE SEASON RUNS JUNE 1 - NOVEMBER 30



If a hurricane threatens our area, it can be stressful. But the situation becomes even more stressful when you are caring for someone with Alzheimer's or dementia. That's why it is important to make a plan, practice that plan, and be prepared. Each year the South Carolina Emergency Management Team puts together a SC Hurricane Guide which provides a plethora of information from making a plan, knowing your evacuation route, and how to get emergency messages from local law enforcement.

[DOWNLOAD HURRICANE GUIDE](#)

WELCOME OUR NEWEST STAFF MEMBER

Memory Matters would like to introduce our newest staff member - Haven Banks. She is a Program Specialist and works with our participants in our day program in Bluffton and on the island. She helps our participants during morning exercises, assists in various activities like painting and trivia, socializes during lunch and works with their families. Haven has a Bachelor of Arts in Interdisciplinary Studies with a Minor in Psychology. Welcome Haven!



VOTE FOR MEMORY MATTERS

We are still asking for your help if you haven't voted yet. With a click of a mouse, you can vote for Memory Matters allowing us to receive a \$4,000 grant from Collins Group Realty. These monies will allow us to help more LOCAL families living with Alzheimer's disease and dementia. All you need to do is click on the light blue box below and it will take you to the website to vote for Memory Matters. You can only vote once from a working email address and voting will end July 31st.



VOTE FOR US

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. Registration is open. All walkers/runners will receive a T-shirt and the official timing of your 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. Food, Entertainment, and Fun will be part of the morning.

We are also looking for local businesses interested in being a sponsor of the race. We have several different levels available. If you want your business affiliated with helping families living with Alzheimer's and other forms of dementia, click the sponsor button below.



2022 SPONSORSHIPS	Title Sponsor \$2,500	Rally Sponsor \$1,500	Supporting Sponsor \$1000	Mile Marker Sponsor \$300
Logo on Event T-shirts	★	★		
Race Registration	2	1	1	N/A
Sponsor Presentation	★			
Branding Opportunities	★	★	★	★
Media Exposure	★	★	★	
Exposure at Event	★	★	★	★
Collateral in Event Packets	★	★		
Volunteer Opportunities	★	★	★	★

My company/agency commits to partner with Memory Matters as the _____ Sponsor for the Move Your Mind 5K & 10K Event. We agree to pay sponsorship payment in full on or before event day, September 10, 2022. We agree to provide Memory Matters with a high-resolution publishable logo upon confirmation of commitment & agree to the benefits in the selected sponsorship.

SPONSOR NAME:

ADDRESS:

AUTHORIZED SIGNATURE:

PRINTED NAME:

CONTACT NAME/TITLE:

PHONE:

EMAIL:

AMOUNT REMITTED:

CREDIT CARD #

EXP. DATE

SEC. CODE

Contact Stacy Floyd, Development Director, for more information on becoming a sponsor at stacy@mymemorymatters.org or 843-842-2311

REGISTER FOR RACE

BECOME A SPONSOR

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 and in Hardeeville.

First Presbyterian Church on HHI and Margaritaville in Hardeeville

July 18

Sept 19

Oct 3

Oct 17

Oct 24

Nov 7

To reserve your spot at a MoCA Monday location, email info@mymemorymatters.org or call at 843-842-6688.

BRAIN BOOSTERS & SAVVY CAREGIVER CLASS

There are two great opportunities coming up in August and September for you to take our Brain Boosters course. The three-week course in August will be for Margaritaville residents held inside the community. The September class will be held at First Presbyterian Church on Hilton Head Island and is open to anyone and everyone. 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.

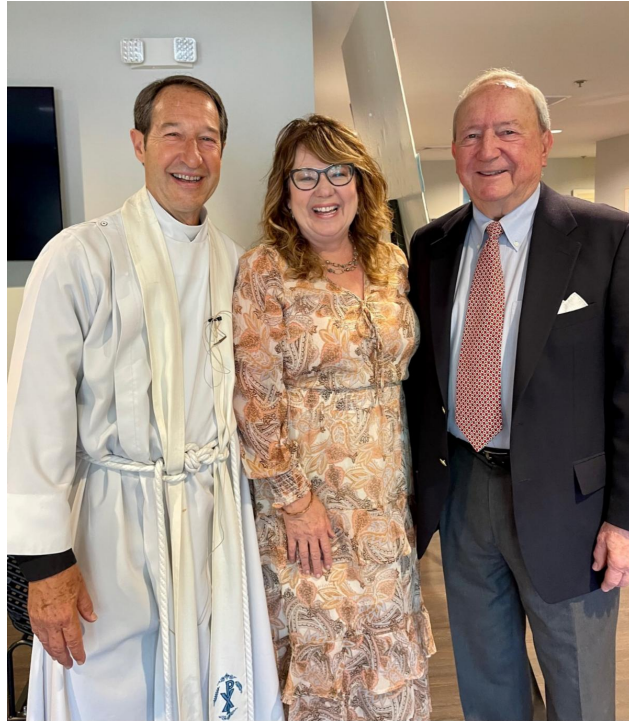
Happening in just a few weeks is the Memory Matters' SAVVY Caregiver course designed and taught for those caring for a loved one diagnosed with Alzheimer's or another form of dementia. Every Tuesday, beginning July 12 and ending August 16, this class is intended to teach and empower caregivers to thrive and survive while giving their loved ones a contented, involved life.



AUGUST BRAIN BOOSTERS

JULY SAVVY COURSE

MEMORABLE MOMENT



This month's memorable moment comes from St. Luke's Church on Hilton Head Island. Debbie Anderson, our talented Community Education Director, spoke at two services to let the members know about Memory Matters. In addition, St. Luke's chose Memory Matters as the non-profit organization of the month and donated a portion of their collections to us! Thank you St. Luke's for being Memory Matters founding location *25 years ago*. Also, thank you to Reverend Kronz who is one of the Memory Matters founding members. We are forever grateful.

THANK YOU TO OUR SPONSORS IN 2022

Memory Matters is grateful and thankful for the SPONSORS we've had so far this year. These companies and individuals came forward and were huge assets in our Brain Health Summit that occurred in March, our Spring Soiree in April, and ones who have already signed up to be sponsors for our September 5K/10K Walk and Run. In addition to the names below, we had numerous other individuals and businesses donate items, gift cards, and outing packages for our online auction that was part of our Spring Soiree. Without these partnerships and the kindness of so many, we would cease to exist.

Dave & Patty Eckedahl
4M Metals
AKD Cabinets
Burr & Forman LLP
Bloom Senior Living
Budget Blinds
Charter One Realty
Hilton Head Exterminators
Hilton Head Regional Healthcare

Accurate Lithography
Assistance LLC
Benton House
Berkshire Hathaway Home Services
Carey & Company, P.A.
Dr. Timothy Scharold
Exit Realty Hilton Head
Griswold Home Care
Home Helpers

Hudson's Seafood
Coastal States Wealth Management of
Raymond James
Connected HHI
Jolley Law Group
Scutta Advocacy Group
Preston Health Center

NHC Continuum of Care
Nurse Advocate Partners
Right at Home
Safe Harbour
The Bedminster Group

MEXICAN QUINOA SALAD



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 a perfect summer dish - Mexican Quinoa Salad. Enjoy!

[CLICK FOR RECIPE](#)

Brain Trivia ANSWER:

C. 268 mph. Brain information travels up to an impressive 268 miles per hour. When a neuron is stimulated, it generates an electrical impulse that travels from cell to cell. A disruption in this regular processing can cause an epileptic seizure.

MEMORY MATTERS
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843-842-6688

FOLLOW US AT

