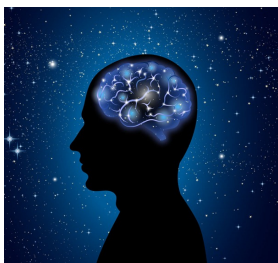


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BRAIN TRIVIA



How much does the adult brain weigh?

- a. half-pound
- b. 3 pounds
- c. 1 pound
- d. 5 pounds

Find the answer at the bottom of the newsletter.



EXTENDED PROGRAMMING

We are excited to have more participants back in our building. At the beginning of August, we extended our in-person day program to four hours on Tuesdays and Thursdays. On these days our participants will now receive a Mediterranean lifestyle lunch. On Wednesdays, we also have an in-person class for two hours in the afternoon. In addition to our in-person classes, our virtual classes on Mondays, Wednesdays, Thursdays, and Fridays will continue at the request of numerous caregivers. If interested in attending one of these classes or learning more information, call 843-842-6688 or visit www.mymemorymatters.org.

MEMORABLE MOMENTS

We had some memorable moments in August at



Memory Matters. Six exceptional flutists performed for our participants. The tapping of their hands and feet showed how excited the participants were to hear the beautiful music. We had the Coastal Discovery Museum come by with some critters to include a baby alligator that you see to the left. Can you believe this alligator is a year old? Finally, we had the Hospice Care of the Lowcountry stop by with some of their special dogs to provide Pet Therapy.



COMMUNITY IMPACT REPORT

A lot has happened and changed over the last 18 months. It's been a challenge, to say the least. However, after every challenge, there is a teachable moment, which the Memory Matters staff definitely learned. We learned, we taught, we relied upon each other, and we overcame. Here is a look into Memory Matters over the last year and a half. Please take a few minutes to read it and let us what you think.



COMMUNITY IMPACT REPORT

2020
Community
Impact Report

NEW MEMORY MATTERS WEBSITE



VISIT OUR SITE

Memory Matters has a brand new website. It is easy to find information, easy to read, and easy on the eyes. Since early spring, the staff knew it was time for a website makeover. Luckily we found Gina Miller with Lowcountry Computer Services who was able to visualize what staff was hoping for and wanting. After months of work, we are happy to introduce you, the community, to our new site. We hope you enjoy it. If there is information you are looking for and can't find, please let us know by emailing info@mymemorymatters.org.

HILTON HEAD ISLAND BRIDGE CONSTRUCTION



The Town of Hilton Head and the SC Department of Transportation continue having conversations regarding the new HHI bridge. While no official decision on a design has been decided, a new bridge will be coming. As a result of this, the Memory Matters Board of Directors has created a special task force to monitor the project and analyze how the construction might impact the delivery of our services.

MOVE YOUR MIND 5K/10K



There are only two weeks until our Memory Matters ***Move Your Mind 5K and 10K***.

If you haven't registered yet, do it now. The walk/run is happening Saturday, September 18, 2021, along the beautiful pathways on New Riverside Road in Bluffton. The start and finish line will be located at May River High School.

The 10K will start at 7:45 a.m. and the 5K will start at 8 a.m.

In addition to the race, there will be tribute flags that can be created on-site, educational booths, meditation by Soul Fire Social, chair yoga with Jen Brewer, and stretching with the Weston Group Rehabilitation Services.

[DONATE](#)

[REGISTER FOR 5K/10K](#)

BRAIN BOOSTERS COURSE - BLUFFTON LOCATION

A great three-week class is coming up that will give your brain a little extra boost!

Our next ***Brain Boosters*** class will be held later this

month on Thursdays September 23rd, 30th, and October 7th. The class will help you maximize your brainpower and provide steps on how to sharpen focus, create a brain-healthy lifestyle, relax the brain, become a flexible thinker and provide memory-enhancing techniques.

Each Thursday, the course will be held at Okatie Pines Retirement Community in Okatie from 1 p.m. - 3 p.m. The class is only \$99 and will give you peace of mind.

[REGISTER FOR BRAIN BOOSTERS](#)



SATELLITE OFFICE AT OKATIE PINES - OPEN TO THE PUBLIC



Memory Matters now has a satellite office at Okatie Pines Retirement Community in Okatie next to Beaufort Memorial Okatie Medical Pavilion and across the street from Cracker Barrel. Memory Matters will be providing the Brain Boosters class at Okatie Pines, as well as baseline memory tests, and act as a resource center. All these programs are open to anyone in the community. If you are in the area, stop by and see us on Thursdays.

[BRAIN HEALTHY INTERVENTIONS](#)

SHRIMP AND CRAB CAKES



One of the five healthy brain interventions Memory Matters touts is to live the Mediterranean lifestyle, including a healthy diet. A healthy and tasty recipe that follows the Mediterranean diet are these delicious shrimp & crab cakes.

[CLICK FOR RECIPE](#)

Brain Trivia ANSWER:

B - 3 pounds. The adult brain weighs approximately 3 pounds depending on your sex. Male brains weigh more than the female brain. Overall, the brain is about 2% of your total body weight.



MEMORY MATTERS
www.mymemorymatters.org
843-842-6688

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