



KEEPING YOU INFORMED AND EDUCATED ABOUT

MEMORY MATTERS

May 2023, ISSUE 14

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Memories by the Sea Gala

Thank you to all those who attended our annual spring Gala on May 4, 2023, at the Sonesta Resort on Hilton Head Island. The night was magical with those whom all have the bond of caring for or knowing a loved one or friend with Alzheimer's and/or dementia. Due to everyone involved in the evening, we were able to raise more than \$200,000 that will go straight to helping and serving more local families and individuals living with Alzheimer's and related dementia.





Thank you to our generous Sponsors!

Diamond Level



Winning Wines

Pati & Dick Patrick

Amber Level

*In Memory of Mary Baretta
The Bayshore of Hilton Head
Captain Woody's
D. Anderson Construciton
Dollenberg Properties
Flowers by Sue
Lindsay Bunting
Hilton Head Social Bakery
Hudson's Seafood on the Docks
Keith Funeral Services
Bill and JoAnn Kunkel
Marc and Francie Puntereri
Rollers Wine & Spirits
Uptown Auctions*

Supporting

Sea Pines Country Club & Windermere Insurance Group

BRAIN TRIVIA

What percentage of your brain is made of fat?



- a. 10%
- b. 43%
- c. 60%
- d. 72%

The answer is located at the bottom of the newsletter.



MEMORIES DO MATTER Speaker Series

presented by Dave and Patty Ekedahl



Second Session:

May 20, 2023

Ask a Neurologist - 10 a.m.
**Jill Trumble, MD, St. Joseph's
Chandler Neurology**
Memory Matters, 117 William
Hilton Parkway, HHI

Third Session:

June 7, 2023

Preparing for the Unexpected - 10 a.m.
Panel of Experts

St. Gregory the Great, Bluffton

Fourth Session:

June 21, 2023

Simple Suppers - 10 a.m.
Chef Kim Baretta

First Presbyterian Church, HHI



\$40 for entire series or \$20 each session

[TICKETS](#)

SAVVY CAREGIVER CLASS

Our next Savvy Caregiver Class will be offered in June. This five-session educational

training program is 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 for themselves. To make taking this class even more appealing, **Memory Matters is the ONLY organization in South Carolina that is licensed to teach the class.**

The program provides the following information:

The pathology of dementia diseases

Strategies for caregiver self-care

Dementia stages

Developing contented involvement for someone with dementia

Recognizing options for decision making

Making the most of family resources

CBS News published an article earlier this year about Alzheimer's disease and programs available across the country for caregivers. The SAVVY Caregiver course was specifically referenced. **[Read Article.](#)**

[Register for SAVVY](#)

MEMORY CARE PROGRAM

Scholarships to our Memory Care Day Program are currently being offered to the community. The program takes place on Hilton Head Island at our main facility just over the HHI bridges and at St. Gregory the Great's campus in Bluffton. The program runs Tuesdays - Fridays 10 a.m. - 3 p.m. on the island and on Tuesday afternoons from 1 p.m. - 4:30 p.m. in Bluffton. Participants in both programs enjoy the socialization, game playing, performances by musicians, and comradery the programs offer. Meanwhile, their caregiver is able to receive a few hours of needed respite. The price for the program depends on the number of days a week the individual comes to class. They could come just once a week or all four days. If you are interested in having a program assessment for your loved one, select the button below.

[MEMORY CARE DAY PROGRAM](#)



MEMORY ENHANCING CLASSES

Our Memory Enhancing class for individuals just diagnosed with Alzheimer's, dementia, or another cognitive impairment is offered twice a week at Memory Matters and once a week in Bluffton. This class provides curriculum-based, mind-enhancing content to encourage socialization, stimulation, and support for individuals newly diagnosed. The monthly cost for this two-hour class is \$200. FEE ASSISTANCE is available. If interested in having a program assessment, select the button below.

MEMORY ENHANCING CLASS

VOLUNTEER OPPORTUNITIES



We would like to take a quick moment and thank our current volunteers for their support in what we do here at Memory Matters. We are also looking for new individuals interested in volunteering on Hilton Head Island or in Bluffton. Immediate needs are in Bluffton at the Farmer's Market on Thursdays from noon - 5 p.m.

For those who would like to volunteer in our program either on the Island or in Bluffton, we do require you to be COVID-19 vaccinated and boosted, plus a TB blood test. This is to ensure the safety of the immune-compromised population we serve.

[Volunteer Opportunities](#)

[Volunteer Application](#)

COMING UP IN SEPTEMBER



Coming this fall will be our 3rd annual 5K Walk/Run. This year we are moving the race to Hilton Head's South Forest Beach. It will be held on Saturday, September 9, 2023, at 8:30 a.m. Proceeding the race will be a 400-meter Fun Run for children ages 6 and under. After the race pancakes will be provided to all race registrants as a thank you for coming out and *Moving Your Mind!* Thank you to Providence Church for partnering with Memory Matters for this event. Stay tuned for more information regarding registration.

We are looking for volunteers to be part of the race committee and to work the day of the race. If interested, please email joy@mymemorymatters.org.

MEMORABLE MOMENT

This month's memorable moment comes from our Memory Enhancing Class. One day the class was asked by our Staff Member, "Why in the world are we here?" "Well, it is a place where we can think freely. It is a place where we can laugh. It is a place where we can meet new people who are just like us. Actually, every Monday morning there is no other place that I would rather be." A Memory Matters program participant. — at **Memory Matters**.



Happy Mother's Day



Our Bluffton program participants decorated these flower pots in honor of Mother's Day. Didn't they turn out just precious? Here at Memory Matters, we want to wish all moms, near and far, a Happy Mother's Day!

Cannellini bean, Roasted garlic, & Sun-dried tomato dip



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 nice, light, and easy dip that can go with crackers, pretzels, or bread.

[CLICK FOR RECIPE](#)

Brain Trivia ANSWER:

C. 60% - **Sixty percent** of the human brain is made of fat. Not only does that make it the fattiest organ in the human body, but these fatty acids are crucial for your brain's performance. Make sure you're fueling it appropriately with healthy, **brain-boosting nutrients**.

MEMORY MATTERS

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