

OUR MISSION

Memory Matters provides compassionate services for those experiencing cognitive decline, offers caregiver respite, supports families, and educates those who want to maintain or improve their brain health.

We emphasize the Best Friends approach to caregiving, fostering meaningful connections and promoting dignity and respect. We prioritize comprehensive care through our Dementia Friendly Certification, equipping caregivers and families with the skills to create supportive environments. By combining these elements, we aim to nurture a community where families thrive and individuals with dementia receive the love and support they need.



ABOUT US

Founded in 1997, Memory Matters started in local churches with strong volunteer and donor support, providing vital resources for families affected by dementia. As a registered, Platinum Transparency 501(c)(3) nonprofit, we offer essential programs and services including financial assistance for those in need of care. With the support of generous donors, dedicated volunteers, and community partners, we provide comprehensive dementia services to families affected by Alzheimer's Disease and Related Dementias (ADRD).

We invite you to join us in making a difference—please consider giving to Memory Matters today to help us empower families in need.



Contact Information

Hilton Head: 117 William Hilton Parkway
Hilton Head Island, SC 29926

Bluffton: 2 Westbury Park, Suite 101
Bluffton, SC 29910

Mailing: P.O. Box 22330 HHI, SC 29925
(843) 842-6688

info@mymemorymatters.org
www.mymemorymatters.org



**Your Comprehensive
Resource for Memory Care**

SUPPORT • EDUCATION • RESPITE

BRAIN HEALTH

We're passionate about promoting brain health through a friendly and holistic approach that emphasizes the importance of lifestyle choices, like the Mediterranean diet.



This delicious way of eating focuses on fresh fruits, vibrant vegetables, whole grains, fish, and healthy fats, like olive oil, all of which are great for keeping our hearts and brains healthy. Remember, taking care of your overall health is a wonderful way to support your brain—when we feel good physically, our cognitive function benefits too! Along with a balanced diet, we encourage **five** key habits to boost cognitive wellbeing:

- **Exercise** – regular physical activity
- **Lifelong Learning** – keeping the mind engaged through challenging activities
- **Staying Connected** – nurturing social connections
- **Restfulness** – relaxation and getting quality sleep
- **Healthy Eating** – hydration and MIND/Mediterranean Diet

MEMORY CARE



Early Intervention Classes focus on empowering individuals diagnosed with early memory loss or mild cognitive impairment (MCI). This engaging class is designed to support memory retention, enhance cognitive function and promotes quality of life through stimulating brain activities and social interaction.

Adult Day Respite Programs support individuals in mild to moderate stages of dementia in a nurturing environment that fosters engagement and well-being. Available in Hilton Head and Bluffton, participants enjoy art, music therapy, yoga, relaxation techniques, and exercise. Highlights of the day include engaging opportunities for socializing, interactive dementia-specific programming, and delicious Mediterranean lunches. These programs provide caregivers a much needed break.

SUPPORT

Caregivers Support Groups provide a welcoming space for caregivers to share experiences and challenges. Participants find emotional support, practical advice, and new friendships within these groups, fostering a sense of community. No one should face this journey alone, and our groups empower caregivers to enhance their resilience and well-being.

Fridays for Caregivers is a monthly, on-line, live via zoom educational program to support and educate non-professional caregivers. Each session features a relevant topic presented by an experienced professional.

Care Planning Services help families create personalized strategies for their unique situations. Our experienced team collaborates with families to assess needs, set goals, and develop comprehensive care plans to address the physical, emotional, and social aspects of caring for a loved one with dementia.



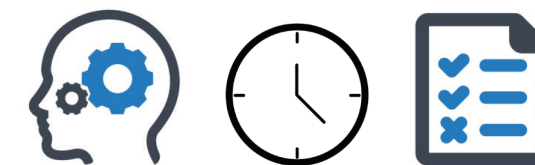
EDUCATION

Community education is a vital resource for families and professionals navigating dementia and brain health. Our programs include:

- **Brain Boosters Course:** A 6 hour course (over a 3-week period) offers students practical steps to care for the body's most vital organ, the brain. The curriculum is evidence-based featuring engaging delivery methods to show students "how" to proactively care for their brains and implement memorization techniques. Course size is limited.
- **SAVVY Caregiver Course:** A nationally recognized evidence-based training program that equips family caregivers with essential knowledge and skills. SAVVY programs reduce caregiver distress and increase confidence in their care roles.
- **Memories Do Matter – Speaker Series:** An annual series ensuring families are well-informed. Local and regional speakers cover current "hot topics" such as dementia research, treatment options, elder law, holistic methods, and more.
- **Presentations:** Professional training in dementia care and lectures on various subjects related to dementia and brain health, enriching the knowledge of caregivers and community members.

ASSESSMENTS

The Montreal Cognitive Assessment (MoCA) is a vital tool offered by Memory Matters to provide insights into cognitive health. This free assessment is available at our Hilton Head Island and Bluffton locations, as well as in the community, ensuring accessibility for all.



Scheduling a MoCA in advance is essential for early detection of cognitive changes, enabling proactive management of brain health. During the assessment, trained staff guide participants through a screening process to assess various aspects of memory and cognition. By identifying potential concerns early, we empower individuals to seek further evaluation and support, ultimately enhancing their quality of life. Taking advantage of the free MoCA is a crucial step toward understanding cognitive health, and Memory Matters is here to support you every step of the way.