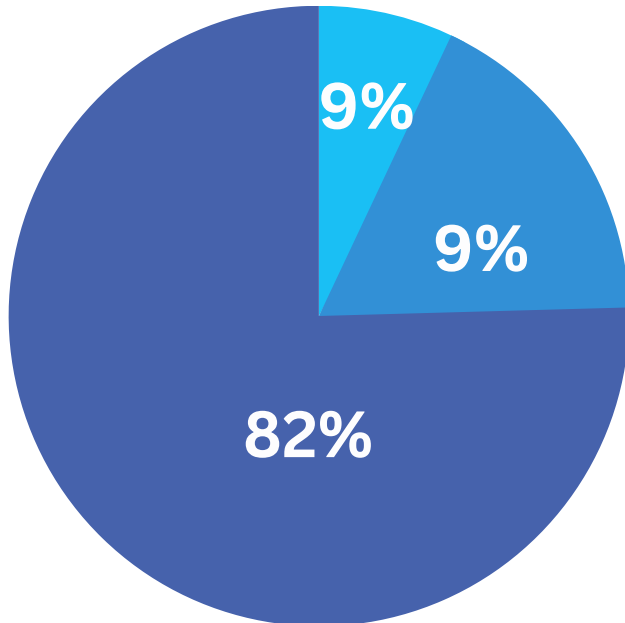


# MISSION STATEMENT

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.



Memory Matters is an organization you can trust. In the 2022 fiscal year, 82% of all operating costs were spent on programs and services, 9% was spent on fundraising, and 9% went to Administrative costs.

# CONTACT US

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Hilton Head, SC 29925

EMAIL:

[info@mymemorymatters.org](mailto:info@mymemorymatters.org)

WEBSITE:

[www.mymemorymatters.org](http://www.mymemorymatters.org)

## CONTRIBUTE

Memory Matters relies on financial gifts and volunteer time to accomplish our mission. You can significantly impact this work with your resources, which are:

### Volunteering:

- Program
- Educational
- Administrative
- Events
- Board of Directors

### Donating:

- Individual
- Matching Gifts
- Memorials
- Bequests
- Corporate
- Grants

Donations can be mailed, delivered in-person, or submitted online at [www.mymemorymatters.org](http://www.mymemorymatters.org)



# CAREGIVER SUPPORT

WHAT YOU NEED TO KNOW



Memory Matters, founded in 1997, began in churches with strong volunteer and donor support. We are a nonprofit charity registered as an IRS 501(c)3. We care for all who seek help, regardless of their ability to pay. The original mission was to provide caregivers respite while their loved one attended a memory loss day program. Today, we continue supporting caregivers, in addition to offering counseling, classes and resources on HHI, Bluffton, and virtually. We also educate the entire community about the five brain healthy interventions: Exercise, the Mediterranean Lifestyle, Lifelong Learning, Socialization, and Restfulness.

## CAREGIVER SUPPORT

Memory Matters offers two courses that will prepare and educate caregivers with various aspects of caring for someone with Alzheimer's Disease and/or Dementia.

**Fridays for Caregivers** is a FREE monthly educational program to support and educate non-professional caregivers. Each month a topic is presented by a local professional. Topics range from spiritual care and self-care, to hurricane evacuation and healthcare. This informal one-hour program allows caregivers to ask questions and hear from others who are also carrying the weight of caregiving. You are not alone in your journey. To find out when the next Fridays for Caregivers will take place, email [debbie@mymemorymatters.org](mailto:debbie@mymemorymatters.org)

Memory Matters staff members also teach a course called **Savvy Caregiver**. This is a five week course that is an evidence-based program designed to teach and empower caregivers. Each attendee of the class will develop a working plan to create individualized strategies to lower stress. The course costs \$99 which includes a caregiver manual. Memory Matters is the ONLY organization in South Carolina licensed to teach this course. To register, contact [cathee@mymemorymatters.org](mailto:cathee@mymemorymatters.org).

**Fee Assistance is available for all programs and courses.**

## SUPPORT GROUPS

Currently, all Memory Matters support groups are held virtually and in person at no cost. It's a chance for caregivers to have a safe, open setting to discuss challenges they are experiencing.

### SCHEDULE

Men's Support Group  
1st Thursday - Monthly  
10:30 a.m. - 12:00 p.m.

Women's Support Group  
3rd Monday - Monthly  
10:30 a.m. - 12:00 p.m.

Co-ed Support Group  
2nd Thursday - Monthly  
10:30 a.m. - 12:00 p.m.

To join a support group email [info@mymemorymatters.org](mailto:info@mymemorymatters.org)