

JULY 2021, ISSUE 2

The E-newsletter keeping you informed, connected, and your mind moving .

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## BRAIN TRIVIA



How long does it take the brain to reach full maturity?

- a. 8 years
- b. 13 years
- c. 18 years
- d. 25 years

Find the answer at the bottom of the newsletter.



Recently, Memory Matters Board of Directors, staff members, and Sims & Steele Inc. leadership from Asheville,

N.C., spent two days revising our Strategic Plan to include creating a new Mission Statement. This important task will be a roadmap for Memory Matters over the next three years. It will set our priorities, focus our resources, strengthen operations, and most importantly ensure that staff, Board, and clients are all on the same page.

## 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.***

FALL FUNDRAISER



Tie up those shoelaces and get ready to participate in Memory Matters [Move Your Mind 5K and 10K](#).

It's 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 step off at 7:45 a.m. and the 5K will step off at 8 a.m.

Registration prices vary. For an adult running in the 5K, it is \$30. For students and the military, it is \$25. For an adult running in the 10K, it is \$40, students and military it is \$35. For those who don't want to run or walk, please consider making a donation to Memory Matters.

[Donate Now](#)

[Register for 5K/10K](#)

## BRAIN BOOSTERS AND SAVVY CAREGIVERS TRAINING

There are two courses coming up to help caregivers and to help the active adult who may need a boost to their brain.

Our next **Brain Boosters** class will be held later this month on July 15th, 22nd, & 29th via Zoom.

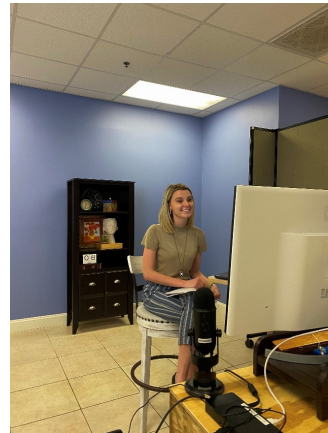
The class is only \$99 to give you peace of mind.

To register, email

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

Click below for more information.

[READ MORE](#)



Coming up in August, there will be a **Savvy Caregiver** six-week course offered via Zoom. This class 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 class will be held online Tuesdays, August 24th - September 28th from 1 p.m. - 3 p.m. The course costs \$99 which includes a caregiver manual. To register, contact [cathee@mymemorymatters.org](mailto:cathee@mymemorymatters.org)

## Brain Health Education

Are you part of a neighborhood association or organization looking for an educational and informative guest speaker? Contact Memory Matters. We have trained speakers who can come and provide insight on the services Memory Matters provides, and the five brain-healthy interventions people of all ages should live by. We all want a healthy and thriving brain. Give us a call at 843-842-6688 or email [info@mymemorymatters.org](mailto:info@mymemorymatters.org) and we can connect you with the best Memory Matters staff member.

[5 Brain Health Incentives](#)

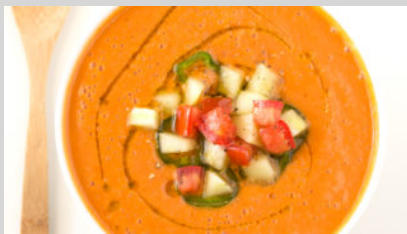
## CALLING ALL VOLUNTEERS



If you are looking for opportunities to help the community, Memory Matters is looking for volunteers. Now that we are getting back into the swing of things and our office is open, we need help in a variety of areas. You can volunteer as little or as often.

We are looking for individuals who can assist during our in-person participant classes, individuals who are tech-savvy to help with our virtual programs, and those who can help us at the front desk answering phones and handling some data entry. If this sounds like something you want to do, please give us a call at 843-842-6688.

## Spanish Summer Gazpacho



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 is this Spanish Summer Gazpacho.

[Click for Recipe](#)

## FEEDBACK



This is the second issue of the Memory Matters Messenger. We want to ensure we are sending you pertinent and interesting information. Hence, we want to know if you have found the information in the last two issues beneficial and what you want to see or learn about in future issues. The only way we can improve this means of communication is to learn what our audience wants. Please email [joy@mymemorymatters.org](mailto:joy@mymemorymatters.org) with your ideas on how we can improve the *Memory Matters Messenger*.

## Brain Trivia Answer:

D - 25 years. Research suggests most human brains take approximately 25 years to develop, though these rates can vary among men and women, and among individuals. Although the human brain matures in size during adolescence, important developments within the prefrontal cortex and other regions still take place well into one's 20s.



MEMORY MATTERS  
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