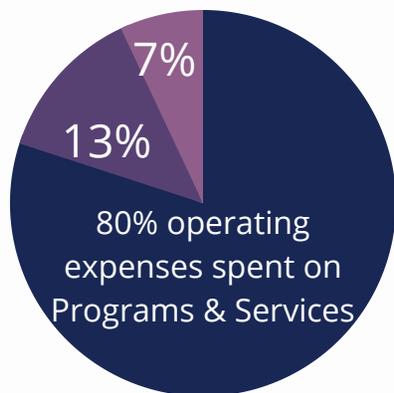


MISSION STATEMENT

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 fiscal year 2020, 80% of all operating costs were spent on programs and services, 13% was spent on fundraising, and 7% went to Administrative costs.

CONTACT US

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Hilton Head Island, SC 29926
Mailing Address: P. O. Box 22330
Hilton Head, SC 29925

info@mymemorymatters.com
www.mymemorymatters.org

(843) 842-6688

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
Customized

Donating

Individual
Matching Gifts
Memorials
Bequests
Corporate
Grants

Donations can be mailed, delivered in-person, or submitted online at www.mymemorymatters.org



CAREGIVER SUPPORT

WHAT YOU NEED TO KNOW



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ABOUT US

Memory Matters, founded in 1997, began humbly 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 EDUCATION

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

Memory Matters staff members also teach a course called **Savvy Caregiver**. This is a six-week course offered via Zoom. It 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. To register, contact cathee@mymemorymatters.org

SUPPORT GROUPS

Currently, all Memory Matters support groups are held virtually 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 Monday - Monthly, 10:15 a.m. - 11:45 a.m.

Women's Support Group

3rd Monday - Monthly, 10:15 a.m. - 11:45 a.m.

Co-ed Support Group - Wednesdays

2nd & 4th Wednesday of the month
10:15 a.m. - 11:45 a.m.

Individual Counseling Available

To join a support group or make an appointment for counseling, contact our licensed counselor Ashley Gruber at 843-842-2314 or email info@mymemorymatters.org