NEW YORK MEMORY CENTER

199 14th Street • Brooklyn, NY 11215
718.499.7701 • nymemorycenter.org



SEPTEMBER 2025 NEWSLETTER

JOIN US FOR FALLS PREVENTION DAY!

Wednesday, September 24th - 11:00 am

September is Falls Prevention Month! On Wednesday, September 24th, Columbia University Occupational Therapy interns Nicolina Guerci and Xiling Lu will come to New York Memory Center to host a dialogue for both our members and their families exploring a major concern for our community: falls. Falls are a leading cause of ER, hospital, and rehab stays, and are a key barrier that can limit one's ability to enjoy daily life and handle daily needs. The conversation will cover risk factors and strategies to prevent falls. Fall risk screenings and handouts will be available.

Please call us at **718.499.7701** or email us at **nymc@nymemorycenter.org** if you plan to join us!.



EXECUTIVE DIRECTOR'S CORNER



Audrey Swanson, LMSW

Our Annual Report for fiscal year 2025 is now available online and in print by request! We are extremely proud of our many accomplishments over the past year, serving nearly 60 families affected by memory loss across Brooklyn - up 20% from two years ago - and offering more than 16,000 hours of programs and care support plus providing over 5,000 escorted rides, and achieving exceptional outcomes.

All of this amazing work happens thanks to the generous contributions of donors like you! Thank you for standing with us. Together, we are creating a more compassionate world for those living with memory loss. We are forever grateful for your support, no matter the size. Every dollar you give makes a direct impact on the life of someone affected by memory loss.

Please consider a gift to New York Memory Center. Call us at **718.499.7701** or visit https://nymemorycenter.org/give to make a difference today!

The September 2025 program calendar is enclosed!

You can also visit us online at nymemorycenter.org for more details about upcoming activities and events at New York Memory Center! We look forward to seeing you soon! ***Please note we will be CLOSED on Monday, September 1st for the Labor Day holiday.***

VISIT US ON SOCIAL MEDIA!

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instagram.com/nymc199

twitter.com/nymemorycenter

New York Memory Center

New York Memory Center is funded in part by the New York State Office for the Aging (NYSOFA), the New York State Department of Health, New York City Aging (DFTA), and donations large and small from donors of all kinds. Thank you!

Caregiver Topic of the Month: Mobility



Mobility is one of those things we do not think about—until it becomes harder. For older adults, movement is not just about getting around. It is about dignity, independence, and the joy of showing up in the world on your own terms. For caregivers, supporting mobility can be both a challenge and a privilege.

It often starts small: a little hesitation on the stairs, a preference for the closest chair, or a reluctance to join in on a favorite outing. Sometimes it's due to pain or fatigue. Other times, it is rooted in fear—of falling, of embarrassment, of feeling "old" or "frail." And when the suggestion of using a cane or walker enters the picture, the resistance can be real. It is not just about balance or support—it becomes about identity.

That is where caregivers step in—not only with practical support, but with emotional guidance. Encouraging movement, offering a steady arm, and gently reframing the use of assistive devices as tools of empowerment can go a long way. "You will get there more safely," we might say. Or, "It is not about what you cannot do—it is what you can keep doing."

At New York Memory Center, we see this in action every day. Whether it's a group stroll around the block, stretching during music therapy, or simply encouraging someone to walk from one end of the room to the other, these moments matter. They build strength. They build confidence. And they build community.

Mobility does not exist in isolation. It is closely tied to physical health like arthritis, blood pressure and chronic pain, mental well-being like connection and community, and general quality of life. When someone stops moving, they often stop engaging. But when we support small steps—literally and figuratively—we open the door to bigger ones: attending programs, joining in community events and functions, seeing friends, participating in the rhythm of daily life.

Caregivers have the unique power to make movement feel safe again. To notice the barriers, both seen and unseen. To offer encouragement without pressure, support without judgment. And to celebrate the victories, whether that's a long walk or just standing a bit taller.

If you have helped someone take a step today, know that you have done something powerful. You have helped them keep going—on their feet and in their life. Celebrate your role as a mobility cheerleader.

Program Spotlight: Music and Movement



Music and movement are powerful tools for supporting older adults with memory loss. Familiar rhythms and songs can spark memories, lift spirits, and encourage social connection, even when words become hard to find. Movement enhances circulation, balance, and mood, Promoting physical and emotional well-being. When paired together, music and movement create joyful moments that engage the whole person: mind, body, and soul. These activities tap into preserved abilities and offer meaningful ways to connect. At any stage of memory loss, the beat of a song or sway of the body can bring comfort and joy.

Upcoming Community Integration Opportunities and Activities

All programs listed are tailored for people affected by memory loss and their caregivers.
Advance registration is required for all programs - please check websites for details!

VIRTUAL Folk Art Reflections - Thursday September 4th at 1pm on Zoom

While the American Folk Art Museum is closed for renovations and reopens later this fall, join us for our monthly online dementia-friendly program, "Folk Art Reflections." This interactive, thematic, and discussion based program for individuals with Alzheimer's and their family members or care partners brings the world of folk art to life through conversation.

Brooklyn Botanic Garden - Tuesday September 9th at 11:30am

Join us for a guided tour of the Brooklyn Botanic Garden, followed by a hands-on horticultural activity. Delight in seasonal highlights, connect with nature, and enjoy a sensory experience. This is a leisurely stroll with plenty of stopping opportunities and is wheelchair and walker friendly. Advance registration is required via the Garden's website.

Met Escapes - "Art of Oceania" - Tuesday September 9th at 2pm

Enjoy an afternoon of art, activities, and refreshments at the Metropolitan Museum of Art. This event is meant to engage people living with dementia in conversations around art, and holding space for people to socialize and connect.

JM Journeys at The Jewish Museum - Wednesday September 10th at 2pm

Join a lively and creative program that encourages creating personal connections to original works of art and each other. Join us to explore the exhibition "..." through facilitated discussions and multisensory experiences. This is a hybrid program, offered both in-person and via Zoom.

C2Baseball at Caring Kind - Wednesday September 17th at 12pm

Join a lively conversation at Caring Kind to discuss and reminisce about America's favorite pastime - Baseball! Share your memories and pride for your favorite team - Yankees, Mets, Dodgers! Advance registration is recommended through Caring Kind's website. There is also a virtual version of this program via Zoom on Tuesday, September 16th at 4pm.

Tea Dance at the Intrepid Museum - Wednesday September 17th at 2pm

Put on your dancing shoes and join the Intrepid Museum for an afternoon of dancing and engagement with music from the Intrepid's years of service (1943-1974), led by Rhythm Break Cares! Free parking and free transportation to and from the Museum are available for participants in NYC. Advance registration is required.

Stay tuned for announcements about other community activities, such as Lincoln Center Moments, Meet Me at MoMA, and Brooklyn Afternoons at The Brooklyn Museum!

Are you interested in a community integration opportunity or activity?

Please let us know at New York Memory Center! We can help you learn more about any program or suggestion listed above, and work with you and your caregivers to make arrangements to attend. Call us at 718.499.7701 or ask us in person!

NEW YORK MEMORY CENTER HAPPENINGS

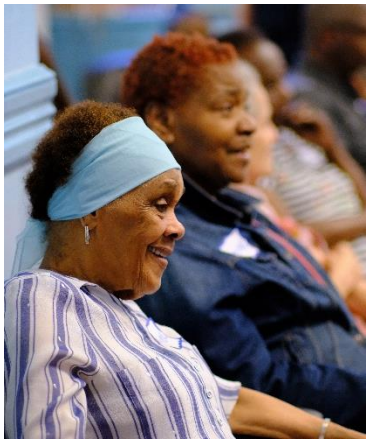
Birthdays, Photos, and Special Occasions

Join us in wishing our members a Happy Birthday this September!

14th - Marcia
15th - Doris
25th - Marvin



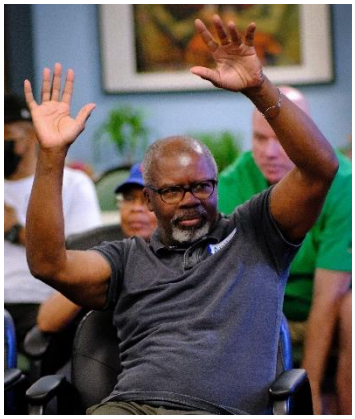
COMMUNITY DANCE PARTY with DanceStream Projects - August 13th













This August, we were joined by dance artists Magda Kaczmarska and Hilary Brown-Istrefi from DanceStream Projects for a morning of dance, music and celebration commemorating seven months of co-creative connection with our community. Through the Stories in the Moment: Building Connection program, we collaborated through dance and storytelling to establish new connections, amplify a sense of trust, dignity, confidence and purpose, and support growth of dementia inclusive spaces. Aside from a fabulous dance party, the group shared quilts created by Chilean artist Macarena Espina Diaz reflecting each community member and staff in a visual way. As Macarena shared: "May these quilts remind us that we are each part of something larger—woven into community, held by one another, and always in motion. We danced, we listened, we created—together! *Photo credits: Nuria Rius for DanceStream Projects*

NEW YORK MEMORY CENTER

THE LOTUS CLUB | MEMORY LIFE SERVICES | FAMILY RESOURCE PROGRAM | TRANSPORTATION | EVENING RESPITE | MEMORY ARTS CAFE

SEPTEMBER 2025 CALENDAR

NEW YORK MEMORY CENTER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **CENTER CLOSED LABOR DAY HOLIDAY** 	**2** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Balloon Volleyball 1:00 Table Games and Puzzles 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**3** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Common Bonds (LC) 12:00 Lunch 12:30 Name 10 If We Can 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**4** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? (LC) 12:00 Lunch 12:30 Opposites 1:00 Sing-Along 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**5** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces (LC) 12:00 Lunch 12:30 Tai Chi Moves 1:00 Dance Floor 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
8 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Places (LC) 12:00 Lunch + PIANO MUSIC 12:30 Finish the Phrase 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**9** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 20 Questions 12:00 Lunch 12:30 Would You Rather? 1:00 Art - Mixed Media 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**10** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What Would You Do? 12:00 Lunch 12:30 MAD LIBS WITH AUDREY 1:00 Sing-Along 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**11** *Patriot Day* 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 Ring Toss 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**12** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 A to Z Trivia (LC) 12:00 Lunch 12:30 Tai Chi Moves 1:00 Dance Floor 1:30 GUITAR WITH DEBBY 2:30 Afternoon Snack and Stretch
15 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 11:45 Anagrams 12:00 Lunch + PIANO MUSIC 12:30 Riddles and Jokes 1:00 Essential Oils (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**16** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Hangman / Fill in the Blank 1:00 BINGO 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**17** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces (LC) 12:00 Lunch 12:30 Balloon Volleyball 1:00 Poetry Appreciation - Autumn (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**18** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Rhyme Time 12:00 Lunch 12:30 Basketball 1:00 Art - Painting (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**19** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - True or False? (LC) 12:00 Lunch 12:30 Tai Chi Moves 1:00 Dance Floor 2:00 Gentle Stretching 2:30 Afternoon Stretch and Jukebox
22 *Rosh Hashanah (sunset)* 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Family Feud 12:00 Lunch + PIANO MUSIC 12:30 Charades 1:00 Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**23** *Rosh Hashanah* 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? (LC) 12:00 Lunch 12:30 Name 10 If We Can 1:00 Ball Toss 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**24** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT - FALLS PREVENTION DAY (LC) 12:00 Lunch 12:30 Word Grid 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**25** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Balloon Volleyball 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**26** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 Tai Chi Moves 1:00 Dance Floor 1:30 GUITAR WITH DEBBY 2:30 Afternoon Snack and Stretch
29 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch + PIANO MUSIC 12:30 Ball Toss 1:00 ART WORKSHOP WITH FOLK ART MUSEUM (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**30** 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 11:45 Finish the Phrase 12:00 Lunch 12:30 Would You Rather? 1:00 Art - Mixed Media 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	**EARLY-STAGE LOTUS CLUB** Programs marked by "LC" *Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation*	**COMMUNITY ACTIVITIES -** New York Memory Center will support you in planning to attend community activities you may enjoy. Please ask us and see our monthly newsletter and postings in the Center. **PREFER ANOTHER ACTIVITY? -** You may choose your own activities at any time.	**PEER SUPPORT** - Mondays, Wednesdays, and Thursdays **SPANISH LANGUAGE PROGRAM** - Wednesdays and Fridays **MEN'S GROUP** - Wednesdays at 11am



Funded in part by the New York State Office for the Aging (NYSOFA). All activities are subject to change without notice.