



199 14th Street • Brooklyn, NY 11215  
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## JANUARY 2025 NEWSLETTER

### NEW YORK MEMORY CENTER AWARDED NEW GRANT FROM SAMUELS FOUNDATION

In October 2024, New York Memory Center received exciting news that it will receive grant funding from the Fan Fox and Leslie R. Samuels Foundation! The funding provides for three years of support for programming focused on early memory loss.

New York Memory Center's early-stage program, The Lotus Club, is a vital social and cognitive connection for people affected by early memory loss. The impact of social isolation and lack of stimulation has a profound effect on quality of life and can accelerate decline. Thanks to The Lotus Club, members restore a sense of community, connection, belonging, and purpose. It also slows the progression of dependence and disability for a longer period of time.

Stay tuned for more developments! The Center is grateful for the Samuels Foundation's investment.



### EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



*Happy New Year!* I am delighted to share that I am healing smoothly after my medical procedure. I deeply appreciate all the thoughtful and hopeful messages from everyone, and I look forward to returning to the Center in February.

Speaking of appreciation, I would also like to extend gratitude to everyone who made a donation during our Giving Tuesday campaign last month. Because of the generosity of our donors, New York Memory Center is able to enhance and expand programs and services for people affected by memory loss and their loved ones. 2025 promises to be an exciting year for the Center, from innovative new programs and collaborations to investments and improvements in our space.

If you would like to donate but have not had the chance, *it is not too late!* Visit us online at <https://nymemorycenter.org/give> to make a gift today. You will bring a smile to someone's face!

### *The January 2025 program calendar is enclosed!*

You can also visit us online at [nymemorycenter.org](http://nymemorycenter.org) for more details about upcoming activities and events at New York Memory Center!

**We will be CLOSED for New Year's Day on  
Wednesday, January 1st and Dr. MLK Jr. Day on  
Monday, January 20th.**

### VISIT US ON SOCIAL MEDIA!



[facebook.com/nymcbrooklyn](https://facebook.com/nymcbrooklyn)

[instagram.com/nymc199](https://instagram.com/nymc199)

[twitter.com/nymemorycenter](https://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: Support Groups

### What is a support group?

Support groups are safe spaces for caregivers like yourself to connect with other caregivers who can relate to and empathize with your feelings and experiences of caregiving. It is a place for validation, guidance, and connection with others, and upholding important qualities such as confidentiality, judgement-free, and inclusive of everyone and all perspectives.

It is important to note that a support group is not the same as a "therapy" group. Rather, it is a forum for sharing, relating, and connecting. Groups typically have a group facilitator or leader who will organize group meetings, uphold group norms, moderate the flow of the group, ensure the safety of the space, and so forth. It is also important to note that groups are less about advice-giving and concrete resources for care receivers, but rather about focusing emotional, mental, and physical needs of caregivers. Therapy may also be helpful for caregivers facing unique mental health challenges beyond the scope and expertise of a group, and there are resources for this across Brooklyn and NYC.

### How do I find a support group?

Many community organizations hold support groups. It is helpful to explore all of the options as there are important differences between groups, such as whether the group is held in-person or via Zoom (or both), whether the group is oriented towards certain caregivers such as spouses or adult children, or in specific languages. Groups typically meet once or twice a month depending on the group.

Here are some resources to reach out to if you are considering joining a support group:

- ❖ Caring Kind - <https://caringkindnyc.org> - 646.744.2900
- ❖ Alzheimer's Foundation of America - <https://alzfdn.org> - 866.232.8484
- ❖ Alzheimer's Association NYC Chapter - <https://alz.org/nyc> - 800.272.3900
- ❖ Heights and Hills Caregiver Program - <https://heightsandhills.org/programs/caregiver-support> - 718.596.8789
- ❖ PSS Circle of Care Caregiver Program - <https://pssusa.org/caregivers> - 866.665.1713
- ❖ Sunnyside Caregiver Program - <https://scsnyc.org/programs/care-nyc> - 877.577.9337
- ❖ Good Neighbors of Park Slope - <https://goodneighborsofparkslope.org> - 917.947.9121

If you have other questions about support groups, or would like guidance locating one, please reach out to us at New York Memory Center!

## Program Spotlight: Jewish Museum Partnership

For several years, New York Memory Center has enjoyed a fruitful collaboration with The Jewish Museum along Museum Mile in Manhattan. Thanks to grant funding available to the Museum, the Center has hosted teaching artists for lively discussions about various artwork, themes within art, and well-known Jewish artists. The discussions are followed by hands-on artmaking using media and motifs introduced by the artwork. This winter, we are joined by teaching artist Babs Peisch. Her sessions have featured works by well-known works by artists in the Museum's collection, including Marc Chagall, Judy Pfaff, and Harvey Wang.





## Upcoming Community Activities and Events



*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!*

### Met Escapes at the Metropolitan Museum of Art - Tuesday, January 14th at 2pm

The Met's long-running access program returns this winter. Met Escapes explores the Museum's extensive collection. This session explores the exhibition "Arms and Armor". Enjoy an afternoon of art, activities, and refreshments in a relaxed, dementia-friendly atmosphere.



### C2Baseball at Caring Kind - Wednesday, January 15th at 11am

Join a lively conversation at Caring Kind to discuss and reminisce about America's favorite pastime - Baseball! Advance registration is recommended through Caring Kind's website. There is also a virtual version of this program via Zoom on Tuesday, January 21st at 4pm.



### Jazz at the American Folk-Art Museum – Wednesday, January 15th at 1pm

Enjoy jazz standards from the American Songbook with guitarist Jeff Wurtzel and special guests in The Museum's galleries. This is a popular program so advance registration and arriving early are recommended. Be sure to also check out the Museum's monthly online program "Folk Art Reflections."



### JM Journeys at the Jewish Museum – Wednesday, January 15th at 2pm

Join a lively and creative program that encourages creating personal connections to original works of art and each other. Together, we will explore the featured exhibition "Draw Them In, Paint Them Out: Trenton Doyle Hancock Confronts Philip Guston" with facilitated discussions and multi-sensory experiences.



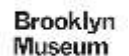
### Meet Me at MOMA – Thursday, January 23rd at 2:30pm

Join us at the Museum of Modern Art (MOMA)! The Meet Me at MOMA program is a forum for dialogue through looking at art. Specially trained Museum educators will highlight themes, artists, and exhibitions through an interactive program in the Museum's galleries.



### Brooklyn Mornings at the Brooklyn Museum – Tuesday, January 28th at 11am

Individuals with memory loss and their care partners are invited to a special exploration of the shimmering exhibition "Solid Gold," followed by artmaking. You may also enjoy the Museum's other varied exhibitions and collections.



COMING SOON! – Lincoln Center Moments Spring 2025 calendar!

**Are you interested in a community activity or event?** 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 January!**


Hilda Q. - 18th  
Lucil R. - 30th

Anesta J. - 23rd



New York Memory Center staff took a moment to gather to celebrate the holiday season at Da Nonna Rosa Italian restaurant in Park Slope. From all of us at the Center, we hope you and your family enjoyed a warm, safe, and festive holidays! Pictured from left: Julie, Irma, Susan, Donald, Jen, Audrey, and Edith. Not pictured: Cynthia, Gilberto, Ray, Ruth, Will.



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>PEER SUPPORT</b> - Mondays, Wednesdays, and Thursdays</p> <p><b>SPANISH LANGUAGE PROGRAM</b> - Mondays, Wednesdays, and Fridays</p> <p><b>PROGRAMS MARKED WITH AN ASTERISK (*)</b> are also offered via Zoom! Please reach out if you would like the link!</p>	<p><b>COMMUNITY ACTIVITIES</b> - 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.</p> <p><b>PREFER ANOTHER ACTIVITY?</b> - You may choose your own activities at any time.</p>	<p><b>1</b></p>  <p><b>CENTER CLOSED</b></p>	<p><b>2</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Finish the Phrase 12:00 Lunch 12:30 Balloon Toss 1:00 Animal Bingo 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>3</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 State Trivia 12:00 Lunch 12:30 Ring Toss 1:00 Fill in the Blanks 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p><b>6</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 What's That Symbol 1:00 Music &amp; Dance 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>7</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Coloring Pencils 1:00 Sing Along 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>8</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 10:45 STORIES IN THE MOMENT WITH MAGDA 12:00 Lunch 12:30 Charades 1:00 Bingo 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>9</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 20 Questions 12:00 Lunch 12:30 Riddles 1:00 Basketball 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>10</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling 12:00 Lunch 12:30 Name 10 If We Can 1:00 Sing Along 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p><b>13</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 Charades 1:00 Time Slips with Photos 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>14</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Current Events 12:00 Lunch 12:30 Balloon Toss 1:00 Sing Along 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>15</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 10:45 STORIES IN THE MOMENT WITH MAGDA 11:00 Target Ball 12:00 Lunch 12:30 Collage 1:00 Name That Flag 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>16</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 STORIES WITHIN with the INTREPID MUSEUM 12:00 Lunch 12:30 Call Out the Answer 1:00 Craft Projects 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>17</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Ring Toss 12:00 Lunch 12:30 Poetry Appreciation 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p><b>20</b></p>  <p><b>MLK JR DAY CENTER CLOSED</b></p>	<p><b>21</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Riddles 12:00 Lunch 12:30 Animal Bingo 1:00 Games and arts 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>22</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Guess the famous person 12:00 Lunch 12:30 Logos 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>23</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Current events 12:00 Lunch 12:30 Ring toss 1:00 Poetry reading 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>24</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Dance therapy 12:00 Lunch 12:30 Sing Along 1:00 AMERICAN FOLK-ART MUSEUM REFLECTIONS 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p><b>27</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Balloon Toss 12:00 Lunch 12:30 Sing Along 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>28</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Arts &amp; Crafts 1:00 Game Day 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>29</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 10:45 STORIES IN THE MOMENT WITH MAGDA 12:00 Lunch 12:30 Current events 1:00 Bingo 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>30</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 STORIES WITHIN with the INTREPID MUSEUM 12:00 Lunch 12:30 Bingo 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>31</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Time slips with photos 12:00 Lunch 12:30 Guess what I am 1:00 Fill in the blanks 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>

