



199 14th Street • Brooklyn, NY 11215  
718.499.7701 • [nymemorycenter.org](http://nymemorycenter.org)



## OCTOBER 2024 NEWSLETTER

### ***DON'T WAIT UNTIL IT'S TOO LATE!*** **ADVANCE DIRECTIVES SEMINAR** **THURSDAY, NOVEMBER 7th, 2024 - 6:00pm**



On Thursday, November 7th, 2024 from 6:00pm to 7:00pm, New York Memory Center will host a presentation by founding partner Pauline Yeung-Ha from Grimaldi Yeung Law Group about advance directives. This presentation will be offered both in-person at the Center, as well as online via Zoom.

To register, please call the Center at 718.499.7701 or email [nymc@nymemorycenter.org](mailto:nymc@nymemorycenter.org). To attend via Zoom, please visit the link below to sign up:  
<https://tinyurl.com/pc9ccdp6>

Advance directives are legal documents that capture a person's most important, health, legal and/or financial affairs for a time in the future when that person may not be able to express them. Please see inside for an overview of advance directives in the "Caregiver Topic of the Month" column.

### **EXECUTIVE DIRECTOR'S CORNER**

*Audrey Swanson, LMSW*



Our Annual Report for our fiscal year 2024 (July 2023 to June 2024) is now ready to view online and in print! Please visit our website to read the report or request a printed one at the office. We are proud of our many accomplishments over the past year, serving more than 50 families affected by memory loss across Brooklyn, offering more than 14,000 hours of programs and care support, and 4,800 escorted rides.

New York Memory Center thrives because of the generous financial and in-kind donations from its supporters - individuals, families, companies, foundations, and community organizations. Every donation makes a direct impact on the life of someone affected by memory loss.

You too can make an impact and support the Center's mission to improve the quality of life for people affected by memory loss. Call us at the office or visit [nymemorycenter.org/give](http://nymemorycenter.org/give) to donate today!

### ***The October 2024 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 look forward to seeing you sometime soon!

**We will be CLOSED for Indigenous Peoples' Day / Columbus Day on Monday, October 14th, 2024.**

### **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

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## Caregiver Topic of the Month: Advance Directives

### What are advance directives?

Advance directives are a family of legal documents that capture someone's important wishes in written form. They provide a reference in the event of emergencies or functional changes when someone cannot express those wishes themselves. Here are examples of common advance directives and a brief summary of their purpose:

- *Health Care Proxy* - this specifies a person to make health care decisions when someone is unable to, such as loss of consciousness or serious injury
- *Power of Attorney* - this gives a person the authority to act on another person's behalf in legal, financial, and other decision-making matters
- *Living Will* - this states a person's wishes about life-sustaining measures such as breathing machines and feeding / hydration (in medical settings, this is a doctor's order called MOLST)
- *Last Will and Testament* - this designates what happens with and who receives a person's assets and property after passing away
- *Do Not Resuscitate (DNR)* - this states a person's wishes about receiving life-saving treatments in the event of cardiac arrest or breathing stopping

### Why are advance directives important?

It is understood that these are very difficult conversations to have about very serious possibilities that could happen in the future. The presence of advance directives makes it easier and clearer for loved ones to understand how to act in accordance with their wishes and in their best interest in the event of an emergency. Without advance directives, questions can arise among loved ones and lead to fraught and painful battles at a time of heightened emotions. Additionally, when someone has a cognitive condition such as Alzheimer's disease, communication becomes more difficult and the person may lack the capacity to execute legal documents. Therefore, preparing advance directives ahead of time is critical - often long before they are ever needed.

### What if I have not set up advance directives? What if I need to make changes?

*Do not panic!* It may not be too late. We suggest reaching out to a law firm specializing in Elder Law to discuss your situation in detail. There are many firms in the area. New York Memory Center is close to Grimaldi Yeung Law Group at 652 4th Avenue (at 19th Street). Call 718.238.6960 to schedule a meeting.

### Where can I go for more information?

The New York State Bar Association has created a helpful guide about advance directives available online: <https://ag.ny.gov/sites/default/files/advancedirectives.pdf>

## Program Spotlight: Poetry Appreciation

**ALZHEIMER'S  
POETRY PROJECT**

In 2014, New York Memory Center welcomed Gary Glazner of the Alzheimer's Poetry Project. Gary is the founder of that program, capitalizing on his background in creative arts and dementia. The Project is all about creative expression through poetry, transcending expectations and boundaries about what is possible for people affected by dementia to express and share. It encourages creativity and connection and fosters a collective sense of value and unity in a group. While Gary has moved on to other projects and is currently poet-in-residence at a care home in Illinois, Gary's legacy continues at New York Memory Center through our Poetry Appreciation programs. Through both familiar poems by classic authors and original poems, our members all enjoy the opportunity to reminisce and share what the poems evoke.



## 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 Memory Cafe - Monday, October 7th 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.



### Lincoln Center Moments - Wednesday, October 9th at 11am and 1pm

Lincoln Center Moments returns this fall with a range of in-person and online programs featuring various performing arts! This October, visit Lincoln Center for a performance by AJOYO. AJOYO is the vision of Yacine Boulares, Sarah Elizabeth Charles, and Jesse Fischer, an uplifting brew blending African traditions, Jazz and Soul. Attendance is FREE but advance registration is required.



### JM Journeys at the Jewish Museum - Wednesday, October 9th 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 scale, perspective, and context through the photography of Ilit Azoulay in the exhibition Ilit Azoulay: Mere Things, with facilitated discussions and multi-sensory experiences.



### C2Baseball at Caring Kind - Wednesday, October 16th 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, October 15th at 4pm.

### Brooklyn Mornings at the Brooklyn Museum - Tuesday, October 22nd at 11am

Individuals with memory loss and their care partners are invited to a special exploration of "Elizabeth Catlett: A Black Revolutionary Artist and All That It Implies," followed by artmaking.



### Met Escapes at the Metropolitan Museum of Art - Tuesday, October 22nd at 2pm

The Met's long-running access program returns this fall. Met Escapes explores the Museum's extensive collection. This session explores Mandalas: Mapping the Buddhist Art of Tibet. Enjoy an afternoon of art, activities, and refreshments in a dementia-friendly atmosphere.



### Brooklyn Botanic Garden - SUNDAY, October 27th at 12:30pm

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.



**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 October!**

2nd - Richard L.  
18th - Melvin C.

9th - Nicholas G.  
31st - Laura H.



On Thursday, September 12th, Executive Director Audrey Swanson hosted a table at State Senator Roxanne Persaud's District 19 Senior Resource Day in Canarsie, Brooklyn. She showcased New York Memory Center's services and impact to an audience of more than 300 attendees under abundant sunshine and a pleasant breeze.



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<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>1</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 12:00 Lunch 12:30 What Would You Do? 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>2</b> <i>Rosh Hashanah (sunset)</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Crossword / Anagrams 12:00 Lunch 12:30 Ring Toss / Bean Bag Toss 1:00 Art Activity - Rainbow Stencils 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>3</b> <i>Rosh Hashanah</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Basketball 1:00 Sing-Along 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>4</b> <i>Rosh Hashanah</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Conversation Cards 1:00 Music and Movement 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>7</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music and Movement 12:00 Lunch 12:30 Fill in the Blank / Hangman 1:00 Art Activity - Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>8</b> 9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Ball Toss 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>9</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE 12:00 Lunch 12:30 Mad Libs 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>10</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Trivia - Common Bonds 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>11</b> <i>Yom Kippur (sunset)</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Finish the Phrase 12:00 Lunch 12:30 Pictionary 1:00 AMERICAN FOLK ART MUSEUM 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>14</b> <b>CENTER CLOSED INDIGENOUS PEOPLES' DAY COLUMBUS DAY HOLIDAY</b></p>	<p><b>15</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music Appreciation 12:00 Lunch 12:30 Conversation Cards 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>16</b> <i>Sukkot begins</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE 12:00 Lunch 12:30 Spot the Differences 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>17</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? 12:00 Lunch 12:30 You Be The Judge! 1:00 Art Activity - Clay Leaves 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>18</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Card Bingo (UNO) 1:15 GUITAR WITH DEBBY* 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>21</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Everyday Life 12:00 Lunch 12:30 Ring Toss / Bean Bag Toss 1:00 Sing-Along 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>22</b> 9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Simon Says 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>23</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Places 12:00 Lunch 12:30 Riddles 1:00 ORPHEUS CHAMBER ORCHESTRA 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>24</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Charades 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>25</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Would You Rather? 1:15 GUITAR WITH DEBBY* 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>28</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Leaf Prints 12:00 Lunch 12:30 Word Grid 1:00 OCTOBER BIRTHDAYS - STAFF KARAOKE 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>29</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Ball Toss 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>30</b> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE 12:00 Lunch 12:30 Rhyme Time 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>31</b> <i>Halloween</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling - Time Slips 12:00 Lunch 12:30 Fill in the Blank / Hangman 1:00 Art Activity - Pumpkin Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>PEER SUPPORT</b> - Mondays, Wednesdays, and Thursdays  <b>SPANISH LANGUAGE PROGRAM</b> - Mondays, Wednesdays, and Fridays  <b>PROGRAMS MARKED WITH AN ASTERISK (*)</b> are also offered via Zoom! Please reach out if you would like the link!</p>

