

## A Community within a Community

Caregiver support is the most critical part of our commitment to you. As your partner in care, we believe that caregiver support and actions must change to meet the progression of the disease. Perhaps you are dealing with a difficult pattern of behavior, wondering about the effectiveness of current medications, considering home care help, or have safety concerns about your home.

### Our dementia care leadership team will:

- Develop a care plan individually designed to meet your needs and, in collaboration with respected neighborhood providers, will connect you to leading experts ensuring that you consistently receive clear, measurable, and practical care
- Work with you, your existing primary care provider, and other key specialists ensuring that you receive responsive and proactive dementia care
- One-on-one phone support and care coaching
- Offer a monthly caregiver support group
- Offer wellness workshops for caregivers such as Yoga, Tai Chi, and Nutrition
- Offer educational workshops to enhance understanding of managing care through the stages
- Provide a social work team to address emerging issues
- Offer our opinions when needed to help you decide which interventions are most appropriate, at what time, and help you to evaluate your needs as things change

## Our Staff

Program staff of New York Memory Center are trained and certified as Qualified Dementia Care Professionals through the Alzheimer's Foundation of America. Collectively, our leadership team has over 50 years of experience implementing Alzheimer's support services.

## Caregiver Support Group

*For persons caring for someone with Alzheimer's disease and other forms of dementia.*

1st & 3rd Wednesdays at 6:30 pm • Free of charge

Support groups are an important place for caregivers — family members, friends, or helpers — to meet and share information, give and receive mutual support, and exchange coping strategies in relation to caring for a person with memory loss. Trained leaders help members learn new ways of dealing with issues. If you are new to the group, please call us for more information.

## Transportation & Meals

Our “home-away-from home” includes morning coffee, and a daily healthy Mediterranean-style luncheon plan. Kosher prepared meals can also be provided upon request, and specialty diets can be tailored to your needs. Our professional, experienced staff offers a caring, personal environment with everything from birthdays to holidays celebrated by all.

Round-trip transportation is wheelchair accessible, escorted, and available from most Brooklyn neighborhoods.

## Membership Fees

Our services are fee-based, offering membership through private pay, Medicaid Managed Long-Term Care plans, private long-term care insurance, and short-term scholarships. Please call us to discuss the many options that may be available to you and your loved ones.



## Recognition

We are one of just a few programs in the state to consistently receive Alzheimer's dedicated funding through the New York State Office for the Aging. We have been recognized with the following awards:

- ★ America's Best Long Term Care Provider  
*Gilbert Guide*
- ★ Outstanding Service Provider Award  
*Long Island Alzheimer's Association*
- ★ Safe Program Award  
*NYC Central Insurance*
- ★ Enhanced Project Award  
*NYC Department for the Aging*
- ★ Intergenerational Program Award  
*New York State Office for the Aging*
- ★ National Center for Excellence  
*Alzheimer's Foundation of America*
- ★ Best of Brooklyn Award  
*Best Adult Day Care 2016*



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Meeting the needs of people  
living with Alzheimer's and  
dementia-related disorders

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## A special place where all are welcome

For more than 30 years, New York Memory Center has been a pioneer in the movement to bring evidence-based home and community solutions that positively impact both the lives of adults living with memory loss and their caregivers. We are breaking new ground and setting an enlightened standard of care and support. We want the best care for individuals living with a memory disorder, and we are serious about it.

There is life after diagnosis, and exclusive membership means full access to our active programs that focus on supporting the capacity a person retains, including psychological, social, cognitive, and physical domains of health and well-being. Our program is designed to sustain functional independence, reduce agitation, improve disease-related behavioral symptoms, reduce or eliminate depression, limit excess disability, and reduce caregiver burnout.



We not only offer Brooklyn's only program tailored for those recently diagnosed with early stage Alzheimer's disease and related dementias, but we also provide a multi-faceted program that coincides with the progression of the disease.

Whether you're in your 50s and just diagnosed, in the middle to later stages and maintaining, or just somewhere in between, you are welcome at New York Memory Center.



### Membership that makes a difference

If you have been recently diagnosed with early stage Alzheimer's disease or a related disorder, you are not alone — there is a place for you! Our state-of-the-art Memory Technology Center offers a new approach to strengthening "brain skills" using the latest memory enhancement techniques. Our programming targets eight cognitive domains: short term memory, language, perceptual skills, attention, constructive abilities, orientation, problem solving, and functional abilities. Our members participate in a variety of programs in a club-like setting where one can cultivate lasting friendships, engage in personal growth, and avoid the social isolation that often accompanies an early diagnosis.

#### *The Lotus Club offers:*

- Escorted round-trip transportation to and from your home from most Brooklyn neighborhoods
- A morning snack and afternoon lunch
- Group-based and one-on-one computer cognitive training classes
- Art, music, dance, yoga, meditation, poetry, exercise, therapeutic recreation classes, and more
- Peer support group
- Special community outings
- Opportunities to engage in community projects that benefit others



### A safe haven for many families in need

Memory Life Services offers an extensive array of physical, mental, and cognitive services suitable for those with middle to later stage Alzheimer's disease. As illnesses progress, our program offers safe, supervised and supportive wellness center programming that is a haven for those battling Alzheimer's, and a needed daily respite for those charged with their care.

#### *Memory Life Services offers:*

- Wheelchair accessible round-trip transport from most Brooklyn neighborhoods (two person wheelchair transfers provided)
- Therapeutic Thematic Arts Programming (TTAP Method)
- Exercise and sensory therapy
- Group-based cognitive training
- A morning snack and afternoon lunch
- Assistance with ambulation, toileting, feeding, and specialty meal preparation
- Social interaction with staff, club members and volunteers



### Extended evening hours

We're pleased to offer extended hours for adults living with Alzheimer's disease and other forms of memory loss. Take advantage of this service: Monday thru Friday, 2 pm to 7 pm.

#### *The Evening Respite program includes:*

- Mediterranean-style dinner
- Transportation from most areas of Brooklyn
- Socializing and peer support
- Therapeutic activities: exercise, art, and music
- Computer Cognitive Training
- Worry-free respite time for caregivers to relax, do errands, or commute home from work



### We invite you to relax with your loved ones

The Memory Arts Café is a series of free cultural events for people living with Alzheimer's disease or dementia, their caregivers and the general public. The Café is co-produced by New York Memory Center and the Alzheimer's Poetry Project and features guest artists including musicians, magicians, poets and dancers. Our Café has been featured on PBS News Hour and by other media outlets.

Every Café is free and open to the public. Please join us next time — you'll be glad you did!