



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



MARCH 2025 NEWSLETTER

SWEET READERS/BERKELEY CARROLL SCHOOL INTERGENERATIONAL COLLABORATION



New York Memory Center is excited to begin a multi-part series of intergenerational programming with our members this spring! The collaboration will feature a cohort of six-grade students connecting with our members over several weeks, followed by a capstone group project with a group of eighth-grade students. *The program begins on April 10th!*

Sweet Readers empowers young people through training, transformative programs, and communities of support to revitalize adults living with Alzheimer's disease and related dementias. Sweet Readers aims to discover the person behind the masks of aging and dementia, and connect with universal human needs.

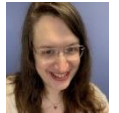
The Berkeley Carroll School is an independent, local pre-K to twelfth-grade school that fosters a passion for learning where students strive for academic excellence, discover their passions, and express and take a personal responsibility for shaping a just and peaceful world.

The March 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!

EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



I would like to take a moment to thank everyone who responded to last month's 2025 caregiver satisfaction survey. The invaluable feedback helps us measure key performance metrics for our core services, and identify priorities for growth and improvement.

As I announced in the January newsletter, New York Memory Center is relaunching the early-stage Lotus Club program pioneered by my predecessor, Josephine Brown, thanks to the generous support of the Fan Fox and Leslie R. Samuels Foundation. The first initiative of the relaunch is the introduction of "parallel programs." Parallel programs provide an option for clients to choose from two activity options at the same time. Early-stage, Lotus Club specific programs will be marked "LC" on our calendar beginning in April 2025.



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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: Mealtime Challenges and Dementia

For many people struggling with dementia, mealtimes can go from a social and enjoyable experience to something that causes stress and frustration. Challenges people can face include forgetting to eat or not remembering that they have already eaten, swallowing difficulties (dysphagia), changes in appetite, fluctuations in attention and judgement, and issues with recognizing food and using utensils.

Here are some suggestions to help make mealtimes easier:

- Creating a calm eating environment - reducing distractions such as TV or music, and avoiding busy and bold patterns on eating surfaces
- Offering familiar foods that a person would enjoy most
- Assuring food is served at the proper temperature
- Cutting food into smaller pieces
- Being flexible with mealtimes, including offering more time to eat
- Eating together - it may be helpful for a person to follow another's lead
- Placing food on a high contrast surface - such as lighter color foods on a darker color plate
- Working with adaptive eating utensils and plates
- Serving appropriate finger foods

If eating challenges lead to serious concerns such as aspirating food (choking), significant weight loss, or malnutrition, it is best to speak with a medical professional for a thorough assessment. Occupational therapy can also be helpful for maintaining everyday activities of daily living.

Further Reading and Resources for Mealtime Challenges and Dementia

From the Alzheimer's Association: <https://www.alz.org/help-support/caregiving/daily-care/food-eating>

From the Alzheimer's Foundation of America: <https://alzfdn.org/eating-tips/>

From the National Institute of Health: <https://www.nia.nih.gov/health/alzheimers-caregiving/six-tips-make-mealtimes-easier-people-alzheimers-disease>



Program Spotlight: Conversation Cards

Our memories hold the treasured stories of our personal histories. These Conversation Cards encourage people to recall unique events and experiences, and share parts of their life story. Familiar sights and sounds from the past can help reconnect with and rediscover things long forgotten. The cards show bright pictures on one side to aid with recognition, and has four kinds of questions - closed-ended (yes/no), open-ended, either/or (choice), and "did you know?" trivia. New York Memory Center members enjoy sharing their thoughts, feelings, and stories evoked by the cards. Published by Shadowbox Press.





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!*



Met Memory Cafe – Monday March 3rd 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 March 12th at 11am and 1pm

Lincoln Center Moments returns this spring with a range of in-person and online programs featuring various performing artists! This March, multi-instrumentalist and composer treya lam presents "otherland: a returning" with choreographer Marie Lloyd Paspé. "otherland" is an interdisciplinary performance offering that incorporates protest songs, movement, and film to explore radical empathy and collective liberation.



Jazz at the American Folk Art Museum - Wednesday March 12th 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. The Museum also has monthly dementia-friendly program, "Folk Art Reflections."



JM Journeys at the Jewish Museum – Wednesday March 19th 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 "The Book of Esther through the Age of Rembrandt" through music and movement.



Tea Dance at the Intrepid Museum - Wednesday March 19th at 2pm

Put on your dancing shoes and join the Intrepid Museum for an afternoon of dancing and engagement with music from 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!



Brooklyn Mornings – Tuesday March 25th at 11am

Individuals with memory loss and their care partners are invited to a special exploration of the shimmering exhibition "Breaking the Mold: The Brooklyn Museum at 200" followed by artmaking. You may also enjoy the Museum's other varied exhibitions and collections.

Brooklyn
Museum

Meet Me at MOMA – Thursday March 27th 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.



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 March!

11th - Miriam
16th - Beryl

21st - Mario
23rd - Freddie



New York Memory Center welcomes three SUNY Downstate Occupational Therapy students this spring - Tanisha Anderson, Leah Miltenberg, and Victoria Perez - for a seven-week academic rotation working with our clients, going from February 14th through April 4th. They are engaging our clients through interactive activities that promote cognitive engagement, social participation, and overall well-being. Sessions include group discussions, movement-based exercises, and creative activities tailored to support individuals with memory impairments. The students are grateful for this opportunity to apply their skills meaningfully and learn from the clients and staff!



kanterMONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Finish the Phrase 12:00 Lunch 12:30 Balloon Toss 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	4 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Conversation Cards 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 10:45 STORIES IN THE MOMENT WITH MAGDA 12:00 Lunch 12:30 Basketball 1:00 Call Out the Answer 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	6 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Spelling Quiz 12:00 Lunch 12:30 Bean Bag / Ring Toss 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	7 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 SUNY OT PROGRAM 12:00 Lunch 12:30 Rhyme Time 1:00 Watercolors 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's That Symbol? 12:00 Lunch 12:30 Simon Says 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	11 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music and Movement 12:00 Lunch 12:30 Table Games and Puzzles 1:00 Arts & Crafts: Coloring 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	12 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 STORIES IN THE MOMENT WITH MAGDA 12:00 Lunch 12:30 What Would You Do? 1:00 Ring Toss / Bean Bag 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	13 <i>Purim</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Charades 1:00 Bingo / Dominoes 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	14 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Arts & Crafts / Beads 12:00 Lunch 12:30 Word Puzzles 1:00 A to Z Trivia 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
17 <i>St. Patrick's Day</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Jokes That Keep Coming 1:00 Hangman 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	18 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Board Games 1:00 Sing Along 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	19 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 STORIES IN THE MOMENT WITH MAGDA 12:00 Lunch 12:30 Balloon Toss 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	20 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia – Common Bonds 12:00 Lunch 12:30 Price is Right 1:00 Animal Bingo 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	21 <i>First Day of Spring</i> 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 SUNY OT PROGRAM 12:00 Lunch 12:30 20 Questions 1:00 Arts & Crafts: Beading 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
24 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? 12:00 Lunch 12:30 Mad Libs 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	25 9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:00 Famous Places 12:00 Lunch 12:30 Conversation Cards 1:00 Simon Says 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	26 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 STORIES IN THE MOMENT WITH MAGDA 12:00 Lunch 12:30 Riddles 1:00 Arts & Crafts: Painting 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	27 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Table Games 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	28 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 SUNY OT PROGRAM 12:00 Lunch 12:30 Animal Bingo 1:00 Name That Tune 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
31 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 State Trivia 12:00 Lunch 12:30 Board Puzzles 1:00 FOLK ART MUSEUM 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox			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 - Mondays, Wednesdays, and Fridays PROGRAMS MARKED WITH AN ASTERISK (*) are also offered via Zoom! Please reach out if you would like the link!

