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## MARCH 2026 NEWSLETTER

### NEW YORK MEMORY CENTER TO HOST "EMPOWERED CAREGIVER" SERIES IN MAY

This May, New York Memory Center is teaming up with the [Alzheimer's Association – NYC Chapter](#) to host the five-part "Empowered Caregiver" series. It will take place on five consecutive [Wednesday evenings from May 6th to June 3rd, from 6-7pm](#). This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. It is not necessary to attend the entire series. You can attend individual courses to meet your needs.

Topics include:

- ✓ **Building Foundations of Caregiving**
- ✓ **Supporting Independence**
- ✓ **Communicating Effectively**
- ✓ **Responding to Dementia-Related Behaviors**
- ✓ **Exploring Care and Support Services**

*Details about signing up coming soon. We hope you can join us!*



### EXECUTIVE DIRECTOR'S CORNER

*Audrey Swanson, LMSW*



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



In other program news, the Memory Center is very excited to welcome back [teaching artist Babs Peisch with The Jewish Museum](#). She will lead two four-part series of art workshops over the next few months. This is part of the Museum's Access initiatives. Programs include discussions about artists and work within the Museum's collection, the ideas, motifs, and themes within them, followed by hands-on artmaking inspired by those conversations with the same or similar media used in the works by the artists. The planned series will take place [on Monday mornings from March 2nd to March 16th](#), and again from [April 13th to May 11th](#). We hope you can join us!

### *The March 2026 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 soon!

### VISIT US ON SOCIAL MEDIA!



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



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



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New York Memory Center

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## Caregiver Topic of the Month: Mental Health and Dementia

Mental health is a serious but important topic, especially for people living with dementia and their caregivers. It affects how we think, feel, manage stress, maintain relationships, and participate in daily life. Dementia is often associated with memory loss, but it also deeply impacts emotional and psychological well-being. People living with dementia can experience mood changes, anxiety, depression, and even aggression, which can be overwhelming for both the person and their care partners. Maintaining mental health can be achieved with a few thoughtful strategies. Below are some thoughtful and simple ways people living with dementia and their care partners can relieve stress.

### For Someone Living with Dementia:

- *Create a Healthy Sleep Schedule:* Consistent sleep is very important for emotional stability and cognitive function. A regular and consistent bedtime routine can help create better rest.
- *Engage in Simple Activities:* Activities like puzzles, music therapy, reading, or reminiscence therapy can help engage the mind and maintain cognitive function.
- *Use Cognitive Aids:* Tools like reminder notes, clocks, and calendars can help individuals with dementia stay oriented to time and place and lessen anxiety.
- *Organize the Home and Personal Belongings:* Keeping the home environment neat and clutter-free reduces stress and creates a more calming atmosphere.
- *Engage in Physical Activity:* Breathing exercises and regular exercise, even gentle movement such as walking or stretching, can improve mood, reduce anxiety, and enhance cognitive function.

### For Care Partners:

- *Acknowledge and Manage Stress:* Caregiving can be emotionally challenging. It is important to take moments throughout the day for stress relief, whether through relaxation techniques, taking breaks, or participating in support groups.
- *Prioritize Self-Care:* Care partners often neglect their own mental health. Taking time for personal activities, hobbies, and rest is crucial to avoid burnout and maintain a positive attitude.
- *Create a Support Network:* Reach out to other caregivers or family members for support. This can help relieve any feelings of isolation.
- *Set Realistic Expectations:* It is important to recognize that caregiving can be challenging. Setting achievable goals for the day can help caregivers avoid feeling overwhelmed.

While everyone copes differently, the above suggestions can help improve well-being. It is crucial to acknowledge your feelings and choose approaches that work best for you and your loved ones!

*Special thanks to our Yeshiva University Occupational Therapy (OT) students this winter, Mia Gerszberg and Chloe Krasne, for brainstorming and contributing to this article!*

## Program Spotlight: Kayka Filipowicz - Volunteer Pianist

New York Memory Center is thrilled to welcome back volunteer pianist Kayka Filipowicz this past month! During select lunchtime hours, Kayka graces our community with a range of familiar piano favorites spanning a range of styles. Although a rocker at heart, Kayka is trained in classical and jazz. Her piano style reflects a classical background with a haunting new age flair. She has a full sound in both her original music and creative versions of covers of other artists.





## 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 – Tuesday 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.



### Brooklyn Mornings at the Brooklyn Museum – Tuesday, March 3rd at 11am

Individuals with memory loss and their care partners are invited to a special exploration of the shimmering exhibition "Seydou Keita: A Tactile Lens," Africa's premier studio photographer of the 20th Century. The session will also include artmaking in a relaxed and social atmosphere.



### JM Journeys at the Jewish Museum – Wednesday March 11th 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 Joan Semmel: In the Flesh through facilitated discussions, multi-sensory experiences, and art making. Joan Semmel: In the Flesh juxtaposes 16 paintings by the artist, many monumental in scale, with nearly 50 modern and contemporary works.



### Lincoln Center Moments: "Dear Irving" - Wednesday March 18th at 11am and 1pm

A concert celebrating the enduring brilliance of Irving Berlin and the Great American Songbook, brought vividly to life by the award-winning Americana duo Sasha Papernik and Justin Poindexter backed by an ensemble of New York's finest musicians. Blending airtight harmonies with piano, accordion, and guitar, they weave Berlin's timeless songs a warm, witty, deeply American journey.



### Jazz at the American Folk Art Museum - Wednesday March 18th 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."



### Meet Me at MOMA – Thursday March 26th 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 Botanic Garden - Friday March 27th at 1:30pm

Join us for a special winter-season 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.



## ***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!

16th - Beryl  
21st - Mario

25th - April  
29th - Phillip



## VALENTINE'S DAY WITH YESHIVA UNIVERSITY OCCUPATIONAL THERAPY



Yeshiva University Occupational Therapy Students **Chloe Krasne** and **Mia Gerszberg** joined us this winter and led several programs with our community focused on engagement and participation in meaningful everyday activities. For Valentine's Day on February 14th, Celebrated Valentine's Day at New York Memory Center with a festive coloring program incorporating a range of media and textures. Through creativity, connection, and lots of laughter, the students and our members made meaningful memories together.



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>2</b> <i>Purim</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch - PIANO MUSIC 12:30 Trivia 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>3</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Famous Places 1:00 Music and Movement 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>4</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Poetry Appreciation (LC) 1:00 Name That Tune 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>5</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH YESHIVA OCCUPATIONAL THERAPY 12:00 Lunch 12:30 Basketball 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>6</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH SUNY DOWNSTATE OT (LC) 12:00 Lunch 12:30 Ball Toss 1:00 GUITAR WITH DEBBY 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 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch - PIANO MUSIC 12:30 Balloon Volleyball 1:00 Family Feud 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>10</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 20 Questions 1:00 Table Games and Puzzles 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>11</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Anagrams 1:00 FOLK ART REFLECTIONS WITH ELIZABETH (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>12</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Name 10 If We Can 1:00 PROGRAM WITH YESHIVA OCCUPATIONAL THERAPY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>13</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 STORIES IN THE MEMOMT WITH MAGDA (LC) 12:00 Lunch 12:30 Charades 1:00 PROGRAM WITH SUNY DOWNSTATE OT (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p><b>16</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch - PIANO MUSIC 12:30 MAD LIBS WITH AUDREY 1:00 Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>17</b> <i>St. Patrick's Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 JEOPARDY WITH AUDREY (LC) 12:00 Lunch 12:30 Roll The Dice 1:00 Art Activity - St. Patrick's Day 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>18</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Would You Rather? 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>19</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Hangman / Fill in the Blank 12:00 Lunch 12:30 What Would You Do? / You Be The Judge 1:00 Music and Movement 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>20</b> <i>Eid al-Fitr</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Would You Rather? 1:00 PROGRAM WITH SUNY DOWNSTATE OT (LC) 2:00 Gentle Stretching 2:30 Afternoon Stretch and Jukebox</p>
<p><b>23</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch - PIANO MUSIC 12:30 A to Z 1:00 FOLK ART REFLECTIONS WITH ELIZABETH (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>24</b></p> <p>9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch 12:30 Ring Toss / Bean Bag Toss 1:00 Art Activity - Mixed Media 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>25</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Name 10 If We Can 1:00 Sing-Along Songbooks 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>26</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Balloon Volleyball 1:00 BINGO 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>27</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 STORIES IN THE MOMENT WITH MAGDA (LC) 12:00 Lunch 12:30 Finish the Phrase 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p><b>30</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Painting 12:00 Lunch - PIANO MUSIC 12:30 Word Grid 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 Famous Symbols 12:00 Lunch 12:30 Trivia 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	 <p><b>EARLY-STAGE LOTUS CLUB</b> Programs marked by "LC"</p> <p><i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i></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>PEER SUPPORT</b> - Mondays, Wednesdays, and Thursdays</p> <p><b>SPANISH LANGUAGE PROGRAM</b> - Mondays, Wednesdays, and Fridays</p>				

