



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



JUNE 2025 NEWSLETTER

MEMORY ARTS CAFE COMMUNITY DANCE PARTY Wednesday, July 16 at 6:00pm New York Memory Center



Join dance artists Magda Kaczmarek and Hilary Brown-Istrefi, and New York Memory Center for an evening of dance, music, and celebration honoring seven months of co-creative connection with our community through the "Stories in the Moment" program. Through the "Stories in the Moment: Building Connection" project, we join together through co-creative dance and storytelling to foster new connections, tease away stigma, cultivate a sense of trust, dignity, confidence, and purpose, and support growth of dementia-inclusive spaces.

- *No prior dance experience needed*
- *Activities are modified to support all abilities*

See the enclosed flyer. We look forward to seeing you!

stories IN THE
moment®

The June 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



For your reference, here is the planned holiday closure schedule for New York Memory Center from July 2025 through June 2026:

<u>Holiday</u>	<u>Date of Closure</u>
Independence Day	Friday, July 4, 2025
Labor Day	Monday, Sept. 1, 2025
Columbus Day	Monday, Oct. 13, 2025
Thanksgiving	Thursday, Nov. 27, 2025 - Friday, Nov. 28, 2025
Christmas	Thursday, Dec. 25, 2025
New Year's Day	Thursday, Jan. 1, 2026
Dr. MLK Jr. Day	Monday, Jan. 19, 2026
Presidents Day	Monday, Feb. 16, 2026
Memorial Day	Monday, May 25, 2026

Thank you to everyone who has donated to our "**Spring of Smiles**" campaign so far! It is not too late to make an impact and bring joy, connection, and comfort to those who need it most. Visit <https://nymemorycenter.org/give> to make a gift today.

VISIT US ON SOCIAL MEDIA!



facebook.com/nymcbrooklyn

instagram.com/nymc199

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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: Warm Weather Safety



As summer approaches, it is wise to take a moment to prepare for hot and humid weather ahead. Both can be a risk factor for several serious health concerns, including dehydration, sunburn, heat exhaustion, and heat stroke. Here are some precautions and considerations you can take to reduce the risk of your loved one experiencing a heat-related emergency:

- ✓ *Check that air conditioners are in working order.* Often, dust and debris can accumulate inside window air conditioning units during the winter months, affecting their performance. Take a moment to clean the air filter and any loose debris on the outside of the compressor unit. Demand for air conditioner repair will soar when the first heat wave hits - act early!
- ✓ *Encourage your loved one to use the air conditioner.* As we age, our bodies can become less aware when we are getting too hot and may not feel the need to use air conditioning.
- ✓ *Stay indoors during the hottest part of the day.* Typically, this is between 11:00 AM and 5:00 PM during the summer months.
- ✓ *Wear loose fitting and light-colored clothing.* Extra layers, tight-fitting, and dark-colored clothing can exacerbate the effects of hot weather. A wide-brimmed hat can also be helpful for keeping sun out of the eyes and face.
- ✓ *Drink plenty of water.* Experts suggest drinking a minimum of 64 ounces per day, or eight 8-ounce glasses. Other fluids, such as coffee, tea, soda, and juices, may have a diuretic or dehydrating effect. If your loved one is reluctant to drink water, you can add a slight flavor by immersing foods such as lemon wedges or cucumber slices in the water and serve over ice.
- ✓ *Use sunscreen if going outdoors.* The impact of sunshine exposure goes beyond heat and humidity. Be sure to apply sunscreen with a minimum sun protection factor (SPF) of 30. Take care to reach areas like the ears, nose, and back of the neck with sunscreen.
- ✓ *Be alert for the signs of heat-related illness.* These include heavy sweating, pale skin, headache, nausea, dizziness, fainting, weakness, and muscle cramps. Other symptoms may include a rapid, weak pulse, thirst, irritability, and a high body temperature. In severe cases, like heatstroke, symptoms can include confusion, disorientation, and even loss of consciousness. Heat-related illness is a medical emergency. **If you suspect heat-related illness, call 911.**

New York Memory Center and its vehicles all have air conditioning. It will be turned on and in use during the program day during hot and humid weather. We encourage our members to bring a light sweater or cardigan that is easy to put on or take off, because air conditioning may make some people feel chilled.

Artist in Residence Spotlight: David Azarch - Rhythms 18 - Percussionist

David Azarch is a Group Empowerment Drumming facilitator and AFA Qualified Dementia Care Professional, bringing the power of expression through percussion to therapeutic recreation and activities programs in the New York metropolitan Tri-State area. David began playing drums in 1972 at the age of fourteen. His interests in music, particularly rhythm led him to explore the world of hand drums and percussion instruments, along with its cultures, styles and techniques. David's sessions at New York Memory Center promote and foster social interactions via everyone's contributions to the group dynamic playing instruments. Percussion has a unique way of bringing everyone together in creative self-expression.





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!*



JM Journeys at the Jewish Museum - Wednesday, June 4th 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 "Ben Shahn: On Nonconformity" through facilitated discussions and multisensory experiences. This is a hybrid program, offered both in-person and via Zoom.



Lincoln Center Moments - Wednesday, June 4th at 11am AND 1pm

Join us for a fun, upbeat program of hot jazz, American Songbook, tango, and more at our spring season finale: Cynthia Sayer's Hot Jazz Party! An American Banjo Hall of Famer and Steve Martin Banjo Prize winner, Cynthia and her all-star Joyride band just might get you swinging, clapping, and even singing along!



C2Baseball at Caring Kind - Wednesday, June 18th 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, June 17th at 4pm.



Tea Dance at the Intrepid Museum - Wednesday, June 18th 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. Advance registration is required.



Brooklyn Mornings at the Brooklyn Museum - Tuesday, June 24th at 11am

Join Brooklyn Museum for an exploration of the exhibition "Catch the Spirit." For 60 years, Consuelo Kanaga used her camera to confront urgent social issues of her time, from urban poverty to labor rights to racial terror and inequality. This exhibition charts the artist's groundbreaking work and life story, shedding light on this critical yet overlooked figure in modern photography.



Meet Me at MOMA - Thursday, June 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.



Stay tuned for more community activities!

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 June!**

5th - Mike M.
19th - Rose T.

16th - Donna



Special thanks to Medge Adam with PSS Circle of Care's caregiver support program for collaborating with New York Memory Center for the 2025 Brooklyn Caregiver Expo! More than thirty people attended the event to learn from both Kathleen Roche, nurse practitioner with Renewal Memory Partners, who hosted a conversation about medication-related challenges faced by people with cognitive change and their care partners, as well as Pam Edgar with Caring Kind NYC, who offered an overview about dementia and answered questions from the audience, and detailed supports through CK NYC including the Wanderer's Safety Program.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2<div><i>Shavuot (1st)</i></div></div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Trivia – True or False?</div> <div>12:00 Lunch</div> <div>12:30 Rhyme Time</div> <div>1:00 SWEET READERS AND BERKELEY CARROLL (LC)</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>3</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Music and Movement</div> <div>12:00 Lunch</div> <div>12:30 Finish the Phrase</div> <div>1:00 SWEET READERS AND BERKELEY CARROLL (LC)</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>4</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Poetry Appreciation</div> <div>12:00 Lunch</div> <div>12:30 Balloon Volleyball</div> <div>1:00 SWEET READERS AND BERKELEY CARROLL (LC)</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>5</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Name 10 If We Can</div> <div>12:00 Lunch</div> <div>12:30 Card Bingo / UNO</div> <div>1:00 SWEET READERS AND BERKELEY CARROLL (LC)</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>6<div><i>Eid al-Adha</i></div></div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 GUITAR WITH DEBBY</div> <div>12:00 Lunch</div> <div>12:30 Opposites</div> <div>1:00 Creative Storytelling / Time Slips</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>
<div>9</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC)</div> <div>12:00 Lunch</div> <div>12:30 Hangman / Fill in the Blank</div> <div>1:00 Sing-Along</div> <div>2:00 APPLE SMILES</div> <div>2:30 Afternoon Stretch and Jukebox</div>	<div>10</div> <div>9:30 Coffee and Conversation</div> <div>10:30 PERCUSSION WITH DAVID</div> <div>11:30 Stretch and Move Exercise</div> <div>12:00 Lunch</div> <div>12:30 Ball Toss</div> <div>1:00 Art Activity - Mixed Media</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>11</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 STORIES IN THE MOMENT WITH MAGDA (LC)</div> <div>12:00 Lunch</div> <div>12:30 Word Grid</div> <div>1:00 ACCORDION WITH ISMAIL</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>12</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 BROOKLYN MUSIC SCHOOL (LC)</div> <div>12:00 Lunch</div> <div>12:30 Conversation Cards</div> <div>1:00 Staff Karaoke - Songs about Summer</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>13<div><i>Flag Day (14th)</i></div></div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Music and Movement</div> <div>12:00 Lunch</div> <div>12:30 Basketball</div> <div>1:00 Art Activity - Flagmaking</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>
<div>16<div><i>Father's Day (15th)</i></div></div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC)</div> <div>12:00 Lunch</div> <div>12:30 Charades</div> <div>1:00 BINGO</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>17</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Reminiscing</div> <div>12:00 Lunch</div> <div>12:30 Table Games and Puzzles</div> <div>1:00 ACCORDION WITH ISMAIL</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>18</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Creative Storytelling / Time Slips</div> <div>12:00 Lunch</div> <div>12:30 What Would You Do? / You Be The Judge</div> <div>1:00 Bowling</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>19<div><i>Juneteenth</i></div></div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 BROOKLYN MUSIC SCHOOL (LC)</div> <div>12:00 Lunch</div> <div>12:30 Famous Faces - Black History for Juneteenth</div> <div>1:00 Staff Karaoke</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>20<div><i>First Day of Summer</i></div></div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Poetry Appreciation - Summertime (LC)</div> <div>12:00 Lunch</div> <div>12:30 Finish the Phrase</div> <div>1:00 Art Activity - Scenes of Summer</div> <div>2:00 SUMMER FRUIT SALAD</div> <div>2:30 Afternoon Stretch and Jukebox</div>
<div>23</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC)</div> <div>12:00 Lunch</div> <div>12:30 Anagrams / Find the Word</div> <div>1:00 GUITAR WITH DEBBY</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>24</div> <div>9:30 Coffee and Conversation</div> <div>10:30 PERCUSSION WITH DAVID</div> <div>11:00 Stretch and Move Exercise</div> <div>12:00 Lunch</div> <div>12:30 Conversation Cards</div> <div>1:00 Art Activity - Mixed Media</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>25</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Trivia - Everyday Life</div> <div>12:00 Lunch</div> <div>12:30 Bean Bag Toss / Ring Toss</div> <div>1:00 ART WORKSHOP WITH FOLK ART MUSEUM (LC)</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>26</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 BROOKLYN MUSIC SCHOOL (LC)</div> <div>12:00 Lunch</div> <div>12:30 Would You Rather?</div> <div>1:00 Art Activity - Painting</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>	<div>27</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 HORTICULTURAL PROGRAM - SUCCULENTS</div> <div>12:00 Lunch</div> <div>12:30 Mad Libs with Audrey</div> <div>1:00 Staff Karaoke - All Time Classics</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>
<div>30</div> <div>9:30 Coffee and Conversation</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC)</div> <div>12:00 Lunch</div> <div>12:30 Balloon Volleyball</div> <div>1:00 GUITAR WITH DEBBY</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack and Jukebox</div>		<div></div> <div>EARLY-STAGE LOTUS CLUB</div> <div>Programs marked by "LC"</div> <div>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</div>	<div>COMMUNITY ACTIVITIES -</div> <div>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.</div> <div>PREFER ANOTHER ACTIVITY? - You may choose your own activities at any time.</div>	<div>PEER SUPPORT - Mondays, Wednesdays, and Thursdays</div> <div>SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays</div> <div>PROGRAMS MARKED WITH AN ASTERISK (*) are also offered via Zoom! Please reach out if you would like the link!</div>

