



**NEW YORK
MEMORY
CENTER**

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



NOVEMBER 2024 NEWSLETTER

JOIN US FOR A CAREGIVER APPRECIATION LUNCHEON! TUESDAY, NOVEMBER 19TH

November is National Family Caregivers Month! New York Memory Center, in collaboration with the PSS Circle of Care caregiver support program, invite you to join us for a FREE, Thanksgiving-themed luncheon hosted at the Center!

The event will take place on Tuesday, November 19th, 2024 starting at 12:30pm. Enjoy a lunch prepared specially by Cornbread Farm to Soul, followed by live musical entertainment from jazz guitarist Seth Okrend at 1:30pm. Please see the enclosed flyer for more details, and feel free to reach out to us if you have any questions.

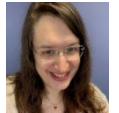
Space is limited so reserve your seat here!

<https://bit.ly/3TC1pjf>



EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



Please join me in welcoming the newest member of New York Memory Center's staff, Jennifer Westney! Jen started with us in October and she is our Activities Coordinator. She will be responsible for planning and leading our full range of programming. She comes to us with a diverse background of experience from other programs supporting older adults affected by memory loss across Brooklyn.



Jen is excited to get to know you and your loved ones. I invite you to take a moment to reach out and introduce yourself to her!

The November 2024 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 sometime soon!

We will be CLOSED for Thanksgiving on Thursday, November 28th and Friday, November 29th.

VISIT US ON SOCIAL MEDIA!



facebook.com/nymcbrooklyn



instagram.com/nymc199



twitter.com/nymemorycenter



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: Seasonal / Holiday Stress

What is "seasonal stress"?

The holiday season - Thanksgiving, Christmas, Hanukkah, Kwanzaa, and New Years - is often a time of joy, connection, and celebration with the people most important to us. But it can also be a stressful time, especially for someone who is also balancing the responsibility of caring for a loved one affected by dementia. The added demands of planning and preparing for a holiday gathering, seeing family and friends, and gift-giving can feel overwhelming and lead to exhaustion and burnout.

What are some ways to cope with stress?

Here are a few ideas that may help you reduce your stress this holiday season, suggested by the Alzheimer's Foundation of America (AFA):

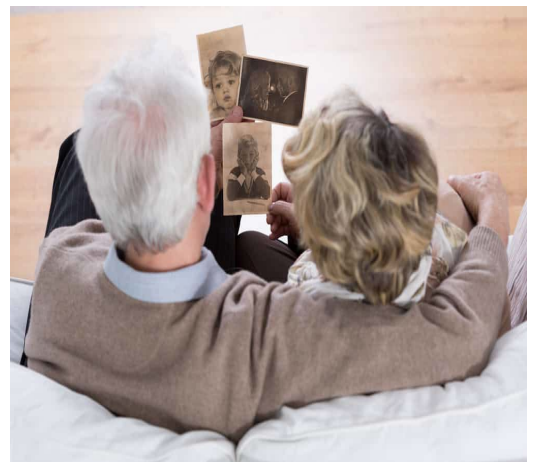
- Ask for help - support is essential! Family, friends, professional caregivers, and support programs can all offer help. *Be sure to ask and share what you need.*
- Get a good night's sleep - sleep is one of the most important ways to recharge and renew our mind and body each day. Lack of sleep can lead to irritability, low mood, and have unintended physical consequences.
- Get a little exercise - taking a short brisk walk, practicing gentle yoga, or other ways to get your muscles moving can help refocus your mind.
- Eat a healthful diet - fruits, vegetables, whole grains, proteins, and especially water nourish the body best. Alcohol, sweets, and processed foods tend to do the opposite.
- Take things one day at a time - if it is not an emergency, do not make it into one! Prioritize what is most important, and take care to set reasonable goals.
- Make time for yourself - this may be the most important suggestion of all...

Remember - self-care is not selfish!



Program Spotlight: Reminiscing

While short-term memory and recall can be a common symptom of many forms of dementia, long-term memory and recall can be much less affected. Reminiscing, or reminiscence therapy, is a type of program that evokes thoughts and feelings about past experiences and shared with others. There are several ways to do this, such as using verbal or visual prompts, memory boxes, partaking in favorite pastimes, and life storytelling. New York Memory Center incorporates reminiscing through several of the activities offered including Famous Faces, Conversation Starters, and many of the music offerings.





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!

Museum at Eldridge Street at Caring Kind - Thursday, October 31st at 2pm

Join the Museum at Eldridge Street and Caring Kind for a special tour of artist Tobi Kahn's latest exhibition, Memory and Inheritance. Look beyond the abstract and modern to find the memories, stories, and traditions at the exhibition's heart. Peer through the artist's eyes as he remembers his memories of Passover, his walks along the shore, and the place where water and sky meet.



Lincoln Center Moments - Thursday, November 7th at 1pm

Lincoln Center Moments returns this fall with a range of in-person and online programs featuring various performing arts! This November, visit Lincoln Center for "Essential Opera" with Met Opera Education. Join Met Opera staff and special guests for a fun exploration of operatic genres and styles, including arias, duets, and trios from all-time favorites. Attendance is FREE but advance registration is required.



JM Journeys at the Jewish Museum - Wednesday, November 13th at 2pm

Join a lively and creative program that encourages creating personal connections to original works of art and each other. Together, we will tour the Museum's vast collection of painting, sculpture, photography, and Judaica with facilitated discussions and multi-sensory experiences.



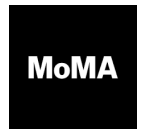
C2Baseball at Caring Kind - Wednesday, November 20th at 11am

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, November 19th at 4pm.



Meet Me at MOMA - Thursday, November 21st 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 Mornings at the Brooklyn Museum - Tuesday, November 26th at 11am

Individuals with memory loss and their care partners are invited to a special exploration of "The Brooklyn Artists Exhibition," followed by artmaking.



Holiday Train Show at New York Botanical Garden - starts Saturday, November 16th

One of New York City's most beloved holiday season traditions returns this year in mid-November, running through January 20th, 2025. Delight in a leisurely stroll through the Conservatory with its many plants, as scale-model trains wave through all-plant models of famous NYC landmarks.



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 November!**

Henry C. - 11th
Millicent J. - 23rd

Anthony Mc. - 13th



Performers from the Orpheus Chamber Orchestra on violin, viola, and cello delighted our members on Wednesday, October 23rd. They shared a medley of familiar favorites thoroughly enjoyed by all, including "Somewhere Over The Rainbow," "Morning Sunshine," "Sunrise Sunset," and "Blue Skies."



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| <p>PEER SUPPORT - Mondays, Wednesdays, and Thursdays</p> <p>SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays</p> <p>PROGRAMS MARKED WITH AN ASTERISK (*) are also offered via Zoom! Please reach out if you would like the link!</p> | <p>COMMUNITY ACTIVITIES - New York Memory Center will support you in making arrangements to attend community activities you may enjoy. Please ask us and see our monthly newsletter and postings in the Center.</p> <p>PREFER ANOTHER ACTIVITY? - You may choose your own activities at any time.</p> | <p>DON'T FORGET!</p> <p><i>Daylight Saving Time ends overnight on Saturday, November 2nd!</i></p> <p>set clocks BACK one hour</p> | | <p>1</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Common Bonds 12:00 Lunch 12:30 Basketball 1:00 Music and Movement 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> |
| <p>4</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Name 10 If We Can 1:15 GUITAR WITH DEBBY* 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> | <p>5 <i>Election Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 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>6</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE 12:00 Lunch 12:30 Clue Trivia (20 Questions) 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> | <p>7</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 What Would You Do? 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> <p>6:00 <i>ADVANCE DIRECTIVES SEMINAR - GY Law Group</i></p> | <p>8</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 A to Z 1:00 Art Activity - Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> |
| <p>11 <i>Veterans Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Veterans Day 12:00 Lunch 12:30 Anagrams / Word Scramble 1:00 Music Appreciation - Songs about America 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> | <p>12</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music and Movement 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>13</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE 12:00 Lunch 12:30 Word Grid 1:00 Sing-Along 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> | <p>14</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Finish the Phrase 12:00 Lunch 12:30 Card Bingo (UNO) 1:00 Art Activity - Wooden Stars 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> | <p>15</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Riddles 1:15 GUITAR WITH DEBBY* 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> |
| <p>18</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Places 12:00 Lunch 12:30 Charades 1:00 NOVEMBER BIRTHDAYS - STAFF KARAOKE 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> | <p>19</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Art Activity - Mixed Media 1:30 JOINT ENRICHMENT MUSIC EVENT WITH SETH OKREND 2:30 Afternoon Snack and Jukebox</p> | <p>20</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 You Be The Judge! 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> | <p>21</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Mad Libs 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> | <p>22</p> <p>9:30 Coffee and Conversation 10:30 Hello It's Me 11:00 CHAIR YOGA WITH MAY 12:00 Lunch 12:30 Conversation Cards 1:00 AMERICAN FOLK ART MUSEUM 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> |
| <p>25</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? 12:00 Lunch 12:30 Ring Toss / Bean Bag Toss 1:00 Art Activity - Thanksgiving Collage 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> | <p>26</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 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>27</p> <p>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 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> | <p>28</p> <p>CENTER CLOSED THANKSGIVING HOLIDAY</p> | <p>29</p> <p>CENTER CLOSED THANKSGIVING HOLIDAY</p> |

