



199 14th Street • Brooklyn, NY 11215  
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## MAY 2025 NEWSLETTER

**JOIN US AT THE BROOKLYN CAREGIVER EXPO**  
**Tuesday, May 20, 2025 - 1:00pm - 3:30pm**  
**Philip Howard NORC - 1655 Flatbush Avenue**  
*In partnership with PSS Circle of Care*



Join New York Memory Center and PSS Circle of Care for this year's Brooklyn Caregiver Expo, part of Older Americans Month! We are delighted to bring you an afternoon of great conversations and self-care, and we hope you can attend. Planned sessions include:

- *Medication Management Roundtable Conversation and Tips for People with Memory Loss* - Kathleen Roche, RN with Renewal Memory Partners
- *Wandering and Memory Loss: Balancing Safety and Independence* - Pam Edgar with Caring Kind, The Heart of Alzheimer's Caregiving

This is an in-person event only. Refreshments will be served. RSVP is requested - visit this link to do so!  
<https://tinyurl.com/393rncp7>

***We look forward to seeing you!***

### ***The May 2025 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! ***Please note we will be closed on Monday, May 26th for the Memorial Day Holiday.***

### **EXECUTIVE DIRECTOR'S CORNER**

*Audrey Swanson, LMSW*



***Spring is upon us at last!*** I hope you are enjoying the warmer temperatures, longer days, and blooming flowers. I know I am!

Please join me in supporting the New York Memory Center during our 2025 "***Spring of Smiles***" campaign. Thanks to the generosity of people like you, the Center is a strong and thriving community bringing joy, connection, and comfort to people who need it most. Each and every donation - no matter the size - makes a world of difference in the lives of people affected by memory loss.

*Will you join me in making a gift today?* Visit <https://nymemorycenter.org/give> to donate securely via our online partner, Network For Good. Questions about making a donation? Prefer to donate by check? Please reach out to me at 718.499.7701 x312 for details.

***Thank you in advance for your generous support!***

### **VISIT US ON SOCIAL MEDIA!**



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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: Anxiety and Cognitive Change

Anxiety is a very common experience in individuals with Alzheimer's disease and other dementias. It can be heightened by changes in the brain areas involved in emotion, side effects of medications, and cognitive confusion. Difficulty recognizing familiar people or places, communication struggles, and loss of independence can all contribute. Environmental changes, unmet physical needs (like hunger or pain), and even resurfacing past traumas may also play a role.

Some common signs of anxiety include agitation, restlessness, pacing, fidgeting, or repetitive behaviors like picking or scratching at the skin. It is important to recognize behaviors such as these as nonverbal ways of communicating feelings like anxiety, because cognitive change can impact language, expression, and understanding (this is called aphasia).

Caregivers, social workers, occupational therapists, and other providers can help ease these symptoms by making thoughtful changes to the environment and daily routine. Playing calming music, using gentle redirection, maintaining consistent routines, and offering activities like light exercise or aromatherapy can all be helpful. Encouraging a healthy diet and providing creative outlets such as painting, knitting, or puzzles may also help reduce feelings of anxiety and promote emotional well-being. Consider aspects of the physical environment that may be triggering the anxiety, such as excessive noise, excessive light, cold or hot temperatures, the need to use the restroom, and physical pain. Because of these potential causes, it is very important to consider non-pharmacological options before pursuing medications. Medications may also create side effects such as sleepiness or interactions, so great care is encouraged.

You are not alone in struggling with the challenges of anxiety and cognitive change. However, even small changes can make a big difference!

*This feature was prepared by our SUNY Downstate Occupational Therapy Interns - Tanisha Anderson, Leah Miltenberg, and Victoria Perez. We are very grateful for their contributions during their internships with us!*



## Artist in Residence Spotlight: Deborah "Debby" Karpel - Guitarist / Vocalist

Debby's early influences include Lilitin' Martha Tilton, Mildred Bailey, Danny Kaye, Dinah Washington, Peggy Lee, Patsy Cline, Sam Cooke, Dinah Shore, and many more individual singers, plus musical theater soundtracks from the 1950s. She has performed onstage including originating and singing the role of Sonny in Jeff Weiss's long-running Obie award-winning live serial Hot Keys, working with Circus Amok, and several New York opera companies. She is a frequent recitalist at Lincoln Center's Bruno Walter Auditorium and currently performs with Ismail Butera's "Velvet Jubilee". Through her work with several lezmer bands, Debby became acquainted with Yiddish language and music. She combined this growing interest with her passion for opera to create a concert, entitled "Songs My Mother Never Taught Me, for the National Yiddish Center in Amherst, MA.





## 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!*



### Brooklyn Botanic Garden - Raised Bed Planting - Tuesday May 13th at 11:30am

The Garden's Access Programs invite you and your loved ones to join for a day of collaborative planting in the Children's Garden! This promises to be an enjoyable time outside in the spring air with plenty of hands-on opportunities to contribute to the Garden's growth this season.



### Met Escapes - "Cyanotypes" - Tuesday May 13th 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.



### JM Journeys at the Jewish Museum - Wednesday, May 14th 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. This is a hybrid program - in-person and via Zoom.



### Lincoln Center Moments - Wednesday May 21st at 11am and 1pm

Join the School of American Ballet (SAB) for a program of dance performance and curriculum demonstration featuring students in SAB's Children's Division. Led by Director of Children's / Preparatory Divisions Katrina Killian, this showcase will illuminate the foundations of our training for aspiring young dancers and will be accompanied by live music.



### Jazz at the American Folk-Art Museum - Wednesday May 21st at 1pm

Enjoy jazz standards from the American Songbook with guitarist Bill Wurtzel and special guests in The Museum's galleries. This is a popular program so advance registration and arriving early are Recommended. Be sure to check out the Museum's monthly dementia-friendly program, "Folk Art Reflections."



### Brooklyn Mornings at the Brooklyn Museum - Tuesday May 27th at 11am

Join Brooklyn Museum for an exploration of the exhibition "I Will Not Bend an Inch" featuring works by Nancy Elizabeth Prophet. This is a story of unshakeable determination told through sculpture at a time of deeply entrenched racism and sexism in the first half of the 20th Century.



### Meet Me at MOMA - Thursday May 29th 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*

**Happy Mother's Day - May 11th!**

Join us in wishing our members  
a Happy Birthday this May!



6th - Chung



On March 31st, Elizabeth Gronke from the American Folk-Art Museum came to the Center to lead a discussion and art-making. Above, we are excited to share pictures from a program featuring keepsake boxes from the Museum's collection and an opportunity for our members to imagine and design their own to take home!

Thanks to grant support and a collaboration with the Brooklyn Music School's outreach program, the Center welcomed back Frederic Pommeret. He is a music psychotherapist who brings a holistic perspective to wellness. A self-taught pianist with an interest in West African djembe music traditions and a meditation and yoga background, Frederic's sessions with the Center (shown below) are vibrant and full of energy and reflection. He will join us weekly on Thursdays through the end of June.

Read more about Frederic and Brooklyn Music School:  
<https://www.brooklynmusicschool.org/frederic-pommeret>



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<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 postings in the Center and in our monthly newsletter.</p>	<p><b>PEER SUPPORT</b> - Mondays, Wednesdays, and Thursdays</p> <p><b>SPANISH LANGUAGE PROGRAM</b> - Mondays, Wednesdays, and Fridays</p> <p><b>PREFER ANOTHER ACTIVITY?</b> - You may choose your own activities at any time!</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>1</b> <i>May Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Finish the Phrase 1:00 Art Activity - Printmaking 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>2</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Bowling 1:00 Name That Tune 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>5</b> <i>Cinco de Mayo</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 12:30 Trivia - Cinco de Mayo Edition 1:00 Staff Karaoke - Latin Music 2:00 7-LAYER SNACK 2:30 Afternoon Stretch and Jukebox</p>	<p><b>6</b></p> <p>9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Balloon Volleyball 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>7</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 Charades 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>8</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 Ring Toss / Bean Bag Toss 1:00 Word Grid 2:00 Gentle Leg Stretches 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 HORTICULTURAL PROGRAM - Mother's Day 12:00 Lunch 12:30 Conversation Cards 1:00 GUITAR WITH DEBBY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>12</b> <i>Mother's Day (11th)</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 12:30 Would You Rather? 1:00 Sing-Along 2:00 Gentle Leg Stretches 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 Ball Toss 12:00 Lunch 12:30 Card Bingo / UNO 1:00 What Would You Do? / You Be The Judge 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>14</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music and Movement 12:00 Lunch 12:30 Trivia - NYC Edition 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>15</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 Basketball 1:00 ART WORKSHOP WITH FOLK ART MUSEUM (LC) 2:00 Gentle Leg Stretches 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 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Spot the Difference 1:00 Staff Karaoke - Familiar Favorites 2:00 Gentle Leg Stretches 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 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch 12:30 Famous Faces 1:00 GUITAR WITH DEBBY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>20</b></p> <p>9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 10:45 Music and Movement 12:00 Lunch 12:30 Finish the Phrase 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> <p><b>1:00 BROOKLYN CAREGIVER EXPO</b></p>	<p><b>21</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation (LC) 12:00 Lunch 12:30 Hangman / Fill in the Blank 1:00 Art Activity - Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>22</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 What's That Symbol? 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>23</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Memorial Day Edition 12:00 Lunch 12:30 Mad Libs with Audrey 1:00 Staff Karaoke - American Songbook 2:00 STAR-SPANGLED SNACK 2:30 Afternoon Stretch and Jukebox</p>
<p><b>26</b></p> <p><b>CENTER CLOSED MEMORIAL DAY HOLIDAY</b></p> 	<p><b>27</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 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><b>28</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Basketball 1:00 Staff Karaoke - Motown Classics 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>29</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 Balloon Volleyball 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 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 Reminiscing 12:00 Lunch 12:30 Name 10 If We Can 1:00 SWEET READERS AND BERKELEY CARROLL (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>

