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AUGUST 2025 NEWSLETTER

DON'T MISS YOUR COVID-19 BOOSTERS!

Even five years after the worst of the coronavirus pandemic, COVID-19 is still an ever-present concern. Vulnerable populations such as older adults are especially susceptible to serious illness or complications. New York Memory Center continues to take precautions around COVID-19. These include:

- Requiring vaccination for all staff and members
- Temperature checking at pickup or arrival
- Regular cleaning and disinfection of surfaces
- Readily available face masks and hand sanitizer
- A "stay home if you feel sick" policy

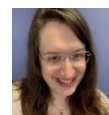
Because COVID-19 continues to evolve and there are different strains, it is recommended to stay current with boosters for the best protection. Read more from about the current recommendations for COVID-19 boosters from the New York State Department of Health:

<https://www.nyc.gov/site/doh/covid/covid-19-vaccines.page>

Thank you for your ongoing vigilance to keeping our community healthy and safe!

EXECUTIVE DIRECTOR'S CORNER

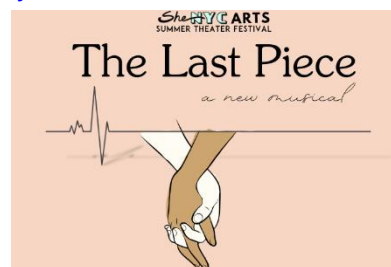
Audrey Swanson, LMSW



Last month, I had the honor of participating in a talkback conversation with Olivia Cohen of Caring Kind NYC after a screening of the musical *The Last Piece*, by Shreya Jha at Classic Stage Company in the East Village. The production is a part of SheNYC Arts's Summer Theater Festival. The musical follows the story of a man who comes back into his ex-wife's life as they both grapple with a new diagnosis of Alzheimer's disease and the impact on every aspect of their relationship.

The show was a very limited engagement. Learn more about the show here:

<https://www.simplenetix.com/e/the-last-piece-the-shenyc-summer-theater-f-tickets-220689>



The August 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!

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: Wandering



What is "wandering"?

Wandering is a term that refers to a constellation of behaviors often associated with middle-stage dementia. Essentially, it is goal-directed behavior around leaving a place to go to another. Often, the wanderer will be certain that they must be somewhere, such as at work or to meet an obligation for a child or other loved one, or express a desire to go "home," even though they may already be at home. These can be especially distressing for caregivers because of the need to ensure safety and the difficulty with planning constant supervision and activity during all hours of the day.

Causes of wandering

Wandering is a complicated behavioral challenge often associated with dementia and has no one specific etiology. However, several factors can contribute to it, such as changes in familiar routines and caregivers; a lack of structured activities during certain times of day; being in an unfamiliar environment or searching for familiar people or things; seeking ways to meet needs such as hunger, socialization, or activity; disruptions in the sleep/wake cycle; and the presence of sundowning symptoms. It is important to recognize wandering as purposeful, and it can take some detective work to understand the why behind it to better plan a solution that assures both dignity and safety.

I am concerned about my loved one wandering. What should I do?

One of the best things you can do is take precautions to prevent wandering. This can include planning structured activities during the day to create a natural sense of routine, ensuring that psychosocial needs like community, connection, purpose, and belonging are fulfilled, and scheduling events in the community with another person. Sometimes it can be helpful to put measures in place such as door chimes or cameras to keep more eyes and ears on the situation.

Caring Kind NYC (formerly the Alzheimer's Association, NYC Chapter) offers the Wanderer's Safety Program via its website. Grant funding makes it possible for first-time enrollees in the five boroughs can receive a bracelet or necklace (at no cost!) to wear to help emergency responders such as healthcare workers and police officers identify a person with dementia and connect with emergency contacts. Call 646.744.2900 or visit <https://caringkindnyc.org/maws> for more details.

Learn more about wandering from the Alzheimer's Association:

<https://www.alz.org/help-support/caregiving/stages-behaviors/wandering>

Program Spotlight: Columbia University Occupational Therapy Collaboration



COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER
PROGRAMS IN
OCCUPATIONAL THERAPY

Columbia University Occupational Therapy (CUOT) students learn firsthand from their work with the clients at the Memory Center. In conjunction with their Older Adult Curriculum, second year CUOT students complete their clinical fieldwork, learning and implementing occupational Therapy based programs. CUOT students develop and implement groups aimed at increasing participation and well-being. Using a multi-sensory approach, the students are able to engage and facilitate participation in a variety of enjoyable activities despite cognitive challenges. Whether by adapting activities, setting up the environment or helping clients participate with varied cuing systems, clients are able to enjoy the. It is a vital part of their education and often provides a great sense of excitement and insight into working with individuals with cognitive loss. Their goals for the clients: have fun, engage, and ultimately impact their quality of life.



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!*



DURING THE SUMMER SEASON, many Museums do not hold their regular access programs oriented towards people affected by memory loss and their caregivers. Be sure to check Museum websites and calendars beforehand for the most accurate offerings for their current exhibitions. Museums should resume their regular access programming in September.

Museum at Eldridge Street at CaringKind - Thursday July 24th at 2pm (HYBRID)

Join us on Zoom and at CaringKind as the Museum at Eldridge guides us through the Lower East Side 100 years ago, when the smell of pickles ruled the streets, and the sound of children playing was heard everywhere. Plus enjoy a special viewing of the Museum's exhibit, Lower East Side, 1975: Portrait of a Changing Jewish Neighborhood, showcasing the area's evolution over the past century!



Folk Art Reflections with American Folk Art Museum - Thursday August 7th at 1pm (VIRTUAL)

While the American Folk Art Museum is closed for renovations this summer, join us for our monthly online dementia-friendly program, "Folk Art Reflections." This interactive, thematic, and discussion based program for individuals with Alzheimer's and their family members or care partners brings the world of folk art to life through conversation.



Summer JAZZ at the Brooklyn Museum - SUNDAY August 10th at 2pm

C2Baseball at Caring Kind - Wednesday August 20th at 11am

Join a lively conversation at Caring Kind to discuss and reminisce about America's favorite pastime - Baseball! Share your memories and pride for your favorite team - Yankees, Mets, Dodgers! Advance registration is recommended through Caring Kind's website. There is also a virtual version of this program via Zoom on Tuesday, August 19th at 4pm.



Recommended during the summer months!

- Brooklyn Botanic Garden
- New York Botanical Garden
- Prospect Park
- Coney Island Boardwalk
- Central Park
- Prospect Park Zoo
- Bronx Zoo



Note: Check websites for details and be mindful of weather conditions for all outdoor 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 August!**

2nd - Denise
31st - Ruby

4th - Tony



Phi Mu Alpha Sinfonia, a national music fraternity, visited the New York Memory Center on Friday July 25th to share a spirited morning of songs and smiles. The fraternity's Mills Music Mission partners with elderly care and memory loss facilities to enrich their community's life with the gift of music. The New York City Alumni Chapter connected with the Center in furtherance of that mission and looks forward to returning again in the future and inviting family members and friends to join for their performance!

Learn more about Phi Mu Alpha Sinfonia on their website: <https://www.sinfonia.org/>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMMUNITY ACTIVITIES - 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.	PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays PREFER ANOTHER ACTIVITY? - You may choose your own activities at any time!	 EARLY-STAGE LOTUS CLUB Programs marked by "LC" <i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i>		1 <i>Tisha B'Av (2nd)</i> 9:30 Coffee and Current Events 10:30 Stretch and Move Exercise 11:00 GUITAR WITH DEBBY 12:00 Lunch 12:30 Basketball 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox
4 9:30 Coffee and Current Events 10:30 Stretch and Move Exercise 11:00 Art Activity - What's In Your Name? (LC) 12:00 Lunch 12:30 Name 10 If We Can 1:00 Music and Movement 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	5 9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Basketball 1:00 Dice - First to 50 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	6 9:30 Coffee and Conversation 10:30 Tai Chi and Body Stretches 11:00 Poetry Appreciation (LC) 12:00 Lunch 12:30 Anagrams / Find the Word 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox 6:00 MUSIC AND MOVEMENT FOR CAREGIVERS	7 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - True or False 12:00 Lunch 12:30 Ball Toss 1:00 ART CONVERSATIONS WITH AUDREY (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	8 9:30 Coffee and Current Events 10:30 Stretch and Move Exercise 11:00 Famous Faces (LC) 12:00 Lunch 12:30 Price Is Right 1:00 NAME THAT TUNE 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox
11 9:30 Coffee and Current Events 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Finish the Phrase 1:00 GUITAR WITH DEBBY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	12 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? 12:00 Lunch 12:30 Card Bingo / UNO 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	13 9:30 Coffee and Conversation 10:30 Tai Chi and Body Stretches 11:00 STORIES IN THE MOMENT DANCE PARTAY (LC) 12:00 Lunch 12:30 Family Feud 1:00 Staff Karaoke - Sounds of Summer 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	14 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Hangman / Fill in the Blank 12:00 Lunch 12:30 Balloon Volleyball 1:00 HORTICULTURAL PROGRAM (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	15 9:30 Coffee and Current Events 10:30 Stretch and Move Exercise 11:00 A to Z Challenge! 12:00 Lunch 12:30 Charades 1:00 Art Activity - Painting (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox
18 9:30 Coffee and Current Events 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Word Grid 1:00 Bowling 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	19 9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 20 Questions / Clue Trivia 12:00 Lunch 12:30 Ball Toss 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	20 9:30 Coffee and Conversation 10:30 Tai Chi and Body Stretches 11:00 Trivia - Everyday Life 12:00 Lunch 12:30 Basketball 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	21 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music and Movement 12:00 Lunch 12:30 What Would You Do? 1:00 ART WORKSHOP WITH FOLK ART MUSEUM (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	22 9:30 Coffee and Current Events 10:30 Stretch and Move Exercise 11:00 What's That Symbol? 12:00 Lunch 12:30 Ring Toss / Bean Bag Toss 1:00 Sing-Along 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox
25 9:30 Coffee and Current Events 10:30 Stretch and Move Exercise 11:00 Famous Places / Armchair Travel (LC) 12:00 Lunch 12:30 Would You Rather? 1:00 GUITAR WITH DEBBY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	26 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Hangman / Fill in the Blank 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	27 9:30 Coffee and Conversation 10:30 Tai Chi and Body Stretches 11:00 Famous Faces (LC) 12:00 Lunch 12:30 Balloon Volleyball 1:00 Poetry Appreciation - Dog Days of Summer (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	28 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Name 10 If We Can 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox	29 9:30 Coffee and Current Events 10:30 Stretch and Move Exercise 11:00 Trivia - U.S. History (LC) 12:00 Lunch 12:30 MAD LIBS WITH AUDREY 1:00 Staff Karaoke - Americana 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox

