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APRIL 2024 NEWSLETTER

REMEMBERING JOSEPHINE BROWN

All of us at New York Memory Center are heartbroken at the sudden passing of our former Executive Director and longtime staff member Josephine Brown. We send our deepest condolences to her husband Michael, daughters Sara and Joanna, and all of her family members and friends.

Josephine first joined the staff of Park Slope Geriatric Day Center (PSDGC) in August 2001 and worked as a Program Manager in multi-faceted facility catering to the physically frail and people with memory loss. In collaboration with a great team, she enhanced the program with therapy, peer support, and nutritional guidance creating Brooklyn's first early memory loss program which she called the Lotus Club for adults of all ages. The Lotus Club was recognized by the Brookdale Foundation as a national model program in 2007. Recognizing the need for a Center for people affected by memory loss, PSGDC rebranded to New York Memory Center (NYMC) and moved to 14th Street catering to those with Alzheimer's disease and related dementias of all types. Josephine was appointed Program Director of the new facility and continued to develop innovative programming for people living with memory loss and their caregivers. In 2014, she was an honoree of the Brooklyn Women of Distinction award for her work in the field and in 2016 became the Executive Director of NYMC. She continued her legacy for six more years, retiring in 2022.

NYMC is committed to continuing Josephine's legacy of compassion and care for people affected by memory loss. A remembrance was held in her honor at the Center on March 22nd, 2024 and live streamed on our YouTube channel.

***The April 2024 program calendar
is enclosed!***

You can also visit us online at nymemorycenter.org for more details about upcoming activities and events at the Center! We look forward to seeing you sometime soon!

VISIT US ON SOCIAL MEDIA!



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New York Memory Center

Sending virtual hugs to everyone we do not see in person!

Caregiver Topic of the Month: Aphasia

What is "aphasia"?

Aphasia (ah-FAYS-zee-uh) is a common challenge faced by people living with Alzheimer's disease and other kinds of dementia. Generally speaking, aphasia refers to difficulties around using and understanding language. Aphasia causes great distress for people experiencing it as well as those supporting them because of how it impacts connection and communication.

Types of aphasia

Aphasia can be classified into two main types:

- ❖ *Expressive aphasia* - this refers to problems speaking and generating spoken language. Often, this is seen in a person having trouble finding the right word for something, using words that sound like another word, or difficulty speaking in sentences. Great effort is often made by a person to speak. So it is important to remember that just *because someone has not responded to you, does not also mean they did not hear you, or that they did not understand you, or that they do not want to respond to you!*
- ❖ *Receptive aphasia* - this refers to problems understanding what someone has said. Typically, someone struggling with this kind of aphasia will miss some or all of the meaning of something, and as a result may do or say something different than what you may be expecting.

How can I help someone experiencing aphasia?

The best way to support someone experiencing aphasia is to adapt your communication approach to give you and the person the best chance to connect. Strategies such as using nonverbal cues like gestures, acting out words or phrases, writing words down, and speaking in short and simple language (such as yes/no questions) can facilitate communication. Avoid speaking for the person, using complicated vocabulary or long, double-barreled sentences, and giving too little time for the person to respond to you. It can also be helpful to speak with a speech and language pathologist or an audiologist for guidance.

Looking for more information? Visit the American Speech-Language-Hearing Association website: <https://www.asha.org/public/speech/disorders/aphasia/>

Artist in Residence Spotlight: Deborah Karpel

Deborah's early influences include Liltin' 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 Klezmer bands, Deborah 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 Events



*All programs listed are tailored for people with memory loss and their caregivers
Advance registration is required for all programs - please check websites for details!*

Met Memory Cafe - Monday, April 1st 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, April 10th at 2pm

Each month, join The Jewish Museum for a lively and creature program that encourages building personal connections to original works of art and each other. Together we will explore select objects, artists, and themes in the Museum's collection, through facilitated discussions and multisensory experiences, and create art of our own in the galleries and art studio.

Met Escapes at the Cloisters - Tuesday, April 16th at 2pm

Take a break from the everyday with in-person explorations and conversations about art and its history. The Cloisters is the Metropolitan Museum of Art's special museum dedicated to artwork from the medieval era, located in Fort Tryon Park in northern Manhattan. This program will take place in the Cuxa Cloister.

Lincoln Center Moments - Wednesday, April 24th at 11am and 1pm

Jazz at Lincoln Center Presents: The Music of Nat King Cole. Celebrate the extraordinary legacy of pianist and vocalist Nat King Cole in this special concert. Featuring a variety of NYC's greatest jazz singers, this tribute to Cole and his early trio will feature virtuoso pianist Reggie Thomas and legendary guitarist Michael Howell.

Meet Me at MOMA - Thursday, April 18th 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.

Met Escapes - Islamic Art - SUNDAY, April 28th at 11:00am

A special weekend offering of the Met Escapes featuring the Museum's extensive collection of Islamic Art! Enjoy a day of art, activities, and refreshments in a dementia-friendly atmosphere.

Unforgettables Chorus Rehearsals - Fridays in April from 1-3pm, at the Sanctuary of St. Michael's Church

The Unforgettables Chorus is a welcoming chorus for people with dementia and their caregivers who like to sing. No tryouts required! No need to read music! We use lyrics of familiar songs, and get together for two hours on Fridays, with a break for refreshments and conversation. You may join us at any rehearsal.

Are you interested in a community activity or event? Please let us know at the New York Memory Center! We can help you learn more about any program listed above, and work with you and your caregivers to make arrangements. 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 April!

17th - Yvonne C.
23rd - Anselmo C.



On March 11th, 2024, art educators Yung (left) and Jane (below) came to New York Memory Center from the Intrepid Museum to offer an interactive art workshop about space flight. Following a discussion about the history of space exploration, our members used their imaginations and creativity to paint colorful scenes like those that astronauts might see from the windows of their orbiters or the Space Shuttle, taking inspiration from the moon, planets, and stars.

New York Memory Center enjoys a collaborative relationship with the Intrepid Museum and other museums across New York City to offer engaging art discussions and programming to our Center members. The programming is made possible by generous grant funding that brings the city's rich museums and collections into the community for all to enjoy.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <i>April Fools Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Crazy But True! 12:00 Lunch 12:30 Riddles 1:00 Card Bingo 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>2</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Art Activity - Mixed Media 1:00 PROGRAM WITH COLUMBIA O.T. 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>3</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Time Slips 12:00 Lunch 12:30 What Would You Do? 1:00 Sing-Along 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>4</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Clay Monograms 12:00 Lunch 12:30 Would You Rather? 1:00 ACCORDION WITH ISMAIL 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>5</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH COLUMBIA O.T. 12:00 Lunch 12:30 Anagrams 1:15 GUITAR WITH DEBBY* 2:15 Jukebox 2:30 Afternoon Snack and Stretch</p>
<p>8</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Pictionary 12:00 Lunch 12:30 Trivia - Finish the Phrase 1:00 Staff Karaoke - 1960's Classics 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>9 <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 Percussion Circle 1:00 PROGRAM WITH COLUMBIA O.T. 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>10</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL 12:00 Lunch 12:30 You Be The Judge 1:00 BINGO 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>11</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 Ball Toss 1:00 Art Activity - Floral Candle Jars 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>12</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? 12:00 Lunch 12:30 Poetry Appreciation - Animals 1:00 PROGRAM WITH COLUMBIA O.T. 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>
<p>15</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces - Movie Stars 12:00 Lunch 12:30 Ring Toss 1:00 Art Activity - Keepsake Boxes 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>16</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Table Games and Puzzles 1:00 PROGRAM WITH COLUMBIA O.T. 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>17</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL 12:00 Lunch 12:30 Trivia - True or False? 1:00 Bowling 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>18</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling 12:00 Lunch 12:30 Rhyme Time 1:00 ACCORDION WITH ISMAIL 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>19</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Word Grid 12:00 Lunch 12:30 Mad Libs 1:00 PROGRAM WITH COLUMBIA O.T. 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>
<p>22 <i>Earth Day</i></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 Poetry Appreciation - Mother Nature 1:00 HORTICULTURAL PROGRAM 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>23 <i>Passover</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Sing-Along 12:00 Lunch 12:30 Conversation Cards 1:00 Art Activity - Fuzzy Posters 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>24</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL 12:00 Lunch 12:30 Charades 1:00 Staff Karaoke - The Beatles 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>25</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 A to Z 1:00 Bingo 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>26 <i>Arbor Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Tree of Joy 12:00 Lunch 12:30 Would You Rather? 1:15 GUITAR WITH DEBBY* 2:15 Jukebox 2:30 Afternoon Snack and Stretch</p>
<p>29</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 Fill in the Blank / Hangman 1:00 Name That Tune! 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>30</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music Appreciation - Classical Composers 12:00 Lunch 12:30 Ball Toss 1:00 Table Games and Puzzles 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>			<p>PEER SUPPORT - Mondays, Tuesdays, 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>

