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AUGUST 2026 NEWSLETTER

NEW YORK MEMORY CENTER NOW PARTICIPATING IN MEDICARE GUIDE MODEL

As of last month, New York Memory Center is excited to begin participating in the **Medicare GUIDE Program** (Guiding an Improved Dementia Experience) via Emerest Health. This initiative that helps people living with dementia receive more coordinated support and remain at home for as long as possible. The pilot program began in July 2024 and is an eight-year nationwide effort across the United States.

Here is an overview of the Medicare GUIDE program:

- Designed for people with dementia who have traditional "open" Medicare (Parts A and B)
- A dedicated care navigator to coordinate medical care and community services
- 24/7 access to a support line
- Caregiver education and training
- A limited amount of respite care each year to give caregivers a temporary break - *including at New York Memory Center!*

For more information about Medicare GUIDE, call us or visit the CMS website at:

<https://www.cms.gov/priorities/innovation/files/guide-model-patient-caregiver-fs.pdf>

EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



August is **National Immunization Awareness Month** in the United States! This is the ideal time to review important annual immunizations ahead of the cold and flu seasons of fall and winter, and ensure that you and your loved one remain healthy.

The two main annual immunizations recommended by doctors for older adults are the **influenza vaccine**, and the **COVID-19 boosters**. Because influenza and COVID-19 continue to evolve and there are different strains, it is recommended to stay current with annual vaccinations for the best protection. *Speak with your doctor for specific guidance.*

Read more about the current recommendations for vaccinations from the New York State Department of Health:

<https://www.health.ny.gov/prevention/immunization/>

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

The August 2026 program calendar is on page 5!

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!

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New York Memory Center

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Caregiver Topic of the Month: Unsafe Wandering



What is wandering?

Wandering is a common behavior in the middle stages of dementia. It involves a purposeful attempt to leave one place to go somewhere else, often because the person believes they need to be at work, care for a loved one, or return "home"—even if they are already there. Because dementia affects memory and judgment, wandering can become unsafe if a person leaves home alone and becomes confused or lost. For caregivers, wandering can be especially stressful, requiring ongoing supervision while also trying to understand the unmet need behind the behavior.

What causes wandering?

There is no single cause of wandering. It may be triggered by changes in routine or caregivers, a lack of meaningful activity, unfamiliar surroundings, searching for familiar people or places, unmet needs such as hunger or social connection, sleep disturbances, or sundowning. Wandering is usually purposeful rather than aimless, so identifying the underlying need can help guide a response.

What can I do if I am concerned about wandering?

Planning structured daily activities, maintaining a consistent routine, meeting physical and emotional needs, and arranging outings with a companion can help reduce wandering. Safety measures such as door chimes or motion-sensitive cameras may also provide added peace of mind. Caring Kind NYC also offers the **Wanderer's Safety Program**. Through grant funding, eligible New York City residents can receive a free bracelet or necklace that helps emergency responders identify a person living with dementia and reach emergency contacts. Call 646.744.2900 or visit <https://caringkindnyc.org/maws> for more information.

Learn more about wandering from the Alzheimer's Association:

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



Artist in Residence Spotlight: David Azarch - Percussionist / RHYTHMS 18®

David Azarch, AFA/QDCP is an approved HealthRhythms® Group Empowerment Drumming® facilitator and Alzheimer's Foundation of America (AFA), Qualified Dementia Care Professional working in the field of Recreational Music Making (RMM). As a drummer since 1972, 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 bring the power of expression through percussion to Therapeutic Recreation and Activities Programs throughout the NYC area. Each drumming session promotes and fosters social interaction. The participants get to experience reduced stress, awareness, focus, being in the moment, creative self-expression, self-esteem, and improved motor skills. As part of an evidence-based therapeutic approach, Group Drumming allows for the participation of people with varying abilities. The choice of using hand-drums and various percussion instruments is to provide an even playing field and has almost no learning curve compared to learning to play other musical instruments. Trained in Drumming and Wellness protocols, David founded RHYTHMS 18® Group Drumming in 2007. He has been a guest speaker and given demonstrations at the AFA, Five Boroughs Conference in NYC.



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.

Met Memory Cafe - Monday August 3rd 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.



Jazz at the American Folk-Art Museum - Wednesday August 5th 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 online dementia-friendly program, "Folk Art Reflections."



Summer Jazz at the Brooklyn Museum - Peter Apfelbaum Sextet - SUNDAY, August 16th at 2pm

Brooklyn-based multi-instrumentalist and composer Peter Apfelbaum leads a special set with his genre-mashing big band Hieroglyphics. Groove to their fusion of world music elements and jazz avant-garde.



C2Baseball at Caring Kind - Wednesday August 19th 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. PLAY BALL!



Recommended during the summer months!

- Brooklyn Botanic Garden
- New York Botanical Garden
- Prospect Park
- Coney Island Boardwalk
- Brooklyn Cyclones Baseball
- Central Park / Shakespeare in the Park
- Queens Botanical Garden
- 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!

1st - Luis
4th - Tony
7th - Delores

28th - Robin
31st - Ruby



meetme The MoMA Alzheimer's Project: Making Art Accessible to People with Dementia



Meet Me at MoMA is the Museum of Modern Art's program for individuals with Alzheimer's disease or other forms of dementia and their family members or care partners. It provides a forum for dialogue through looking at art. Specially trained Museum educators highlight themes, artists, and exhibitions during an interactive program in the Museum's galleries. Programs occur monthly during the fall, winter, and spring months at the Museum. There are also Meet Me at MoMA modules for outside the Museum - including at the Memory Center! Above, our members engage in a conversation with program staff and each other about modern portraiture featuring works by Pablo Picasso, Edward Hopper, and Andrew Wyeth.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch - PIANO MUSIC 12:30 Fill in the Blank 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	4 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Finish the Phrase 1:00 Table Games and Puzzles 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	5 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Name 10 If We Can 1:00 HORTICULTURE (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	6 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Parachute 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	7 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 20 Questions 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
10 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch - PIANO MUSIC 12:30 Anagrams 1:00 Sing-Along Songbooks 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	11 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 Bean Bag Toss 1:00 BINGO 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	12 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Would You Rather? 12:00 Lunch 12:30 Basketball 1:00 Name That Tune 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	13 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Balloon Volleyball 1:00 Art Activity - Painting 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	14 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch 12:30 What Would You Do? 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
17 9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch - PIANO MUSIC 12:30 A to Z 1:00 ART CONVERSATIONS (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	18 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Word Grid 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	19 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Charades 1:00 HORTICULTURE (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	20 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 Ring Toss 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	21 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 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
24 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch - PIANO MUSIC 12:30 Bean Bag Toss 1:00 Family Feud 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	25 9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch 12:30 Fill in the Blank 1:00 Art Activity - Mixed Media 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	26 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 Finish the Phrase 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	27 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Opposites 1:00 Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	28 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Rhyme Time 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
31 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch - PIANO MUSIC 12:30 Trivia 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox		 EARLY-STAGE LOTUS CLUB Programs marked by "LC" Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation	COMMUNITY ACTIVITIES - 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. PREFER ANOTHER ACTIVITY? - You may choose your own individualized activities at any time.	PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays

