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JULY 2026 NEWSLETTER

RAISING OUR VOICES PROJECT WITH DANCESTREAM PROJECTS

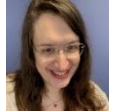
We are thrilled to share a new project starting this July with our longtime collaborators, Dance Stream Projects! Stories in the Moment: Raising Our Voices, will support people living with dementia in Brooklyn to create original dance and poetry reflecting their ideas, hopes, and experiences. For a more dementia-inclusive Brooklyn. Working with a team of dance artists and poet Mark Timmons, who also lives with dementia, we'll explore themes of belonging, challenge stereotypes surrounding dementia, and amplify our voices; voices that are too often excluded from public conversation.

The project will culminate in a community-created zine and a free public celebration this winter featuring interactive dance experiences co-created by members. We look forward to sharing this journey with you and hope you will join us as we celebrate the creativity, wisdom, and leadership of people living with dementia. Please stay tuned for more info about getting involved!

Raising Our Voices is made possible with funds from the Statewide Community Re-grants Program, a regrant program of the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature and administered by Brooklyn Arts Council. Creative Equations Fund is administered by Brooklyn Arts Council and made possible with funding from the Howard Gilman Foundation.

EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



For your reference, here is the planned holiday closure schedule for New York Memory Center from July 2026 through June 2027.

<u>Holiday</u>	<u>Date of Closure</u>
Independence Day	Friday, July 3, 2026
Labor Day	Monday, Sept. 7, 2026
Columbus Day	Monday, Oct. 12, 2026
Thanksgiving	Thursday, Nov. 26, 2026
	Friday, Nov. 27, 2026
Christmas	Friday, Dec. 25, 2026
New Year's Day	Friday, Jan. 1, 2027
Dr. MLK Jr. Day	Monday, Jan. 18, 2027
Presidents Day	Monday, Feb. 15, 2027
Memorial Day	Monday, May 31, 2027

Thank you to everyone who has donated to our "**Something Is Growing at New York Memory Center**" spring campaign! It is not too late to add your gift and make an impact. Visit <https://nymemorycenter.org/give> or call us at **718.499.7701** to make a gift today. Every gift makes moments that matter possible!

The July 2026 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! **Please note we will be closed on Friday, July 3rd to observe the Independence Day holiday.**

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: Hearing Loss

Age-related hearing loss is very common, especially after age 60. Studies have consistently found that people with untreated hearing loss have a higher risk of developing cognitive decline and dementia compared with people who hear well. Researchers **do not** believe that hearing loss directly causes dementia. Instead, hearing loss is modifiable risk factors that can influence brain health over time.

Several mechanisms may explain the connection:

1. Increased cognitive load: When hearing is impaired, the brain must work harder to understand speech, leaving fewer resources available for memory and thinking.
2. Reduced social engagement: Hearing difficulties can lead people to pull back from conversations and activities, increasing loneliness and social isolation, which are associated with cognitive decline.
3. Changes in brain stimulation: Reduced auditory input may contribute to changes in brain structure and function over time.

Audiology care can play an important role in maintaining communication, quality of life, and potentially cognitive health. Key interventions include:

- ✓ Early hearing evaluation: Identifying hearing loss before it significantly affects daily life.
- ✓ Hearing aids and assistive listening devices: Improving access to speech and environmental sounds.
- ✓ Communication strategies: Training patients and families in techniques that reduce listening effort.
- ✓ Follow-Up: Regular follow-up to ensure hearing devices are working effectively and needs are met.

What Does the Evidence Say About Hearing Aids?

Recent research suggests that treating hearing loss may help slow cognitive decline in some people, particularly those at higher risk for dementia. Large clinical studies have shown that hearing intervention can reduce the rate of cognitive decline in certain older adults. However, hearing aids are not a cure for dementia and do not guarantee prevention or delay of cognitive decline. Nevertheless, maintaining good hearing and communication is an important part of healthy aging, and treating hearing loss is a practical step that may help support long-term brain health.

Artist in Residence Spotlight: Debby Karpel - Guitarist and Soprano Vocalist

In her own words

For the past ten years, I have worked with New York Memory Center Center as an Artist in Residence. My connection to the Center began even earlier through my colleague, Ismail Butera. For many years, we performed together at the Center's holiday celebrations before he encouraged me to begin leading weekly sing-alongs in 2016. This development was life-changing. I find the Memory Center community to be unlike any other I have ever worked with. The sessions feel like an impromptu choir, with participants, caregivers, staff, and volunteers joining together through a broad range of music. Outside the Center, I am also a writer, performer, and voice teacher. I sing in classical, traditional and vintage popular styles. I enjoy helping others discover what their own voices are capable of. Inspired by the work I have done with the Center, I am pursuing my Master of Social Work degree, deepening my commitment to supporting people through creativity, connection, and community.





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 living with memory loss and their care partners. Be sure to check Museum websites and calendars beforehand for the most accurate offerings for their current exhibitions. Museums typically resume their regular curriculum in September.

Jazz at the American Folk-Art Museum - Wednesday July 1st 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."



C2Baseball at Caring Kind - Wednesday July 15th 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, July 21st at 4pm. PLAY BALL!



Disability Community Fashion Photoshoot at the Met: SATURDAY, July 25th at 5:30pm

Lights, Camera, Access! Arrive for a stylish night of mingling and fashion photography with the disability community. Come wearing clothes that make you feel your best, whether it's a favorite t-shirt or a fancy evening gown. Own your story and explore what it means to be the star! This is a fully accessible program for people of all abilities, including those living with memory loss.



Suggestions for 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 these members a
Happy Birthday this July!

14th - Barbara

18th - Dodie

Happy Birthday!

PLANTING DAY AT THE NYMC GARDEN!



Our members jumped right in and got their hands dirty during planting day for our two new raised beds in our 13th Street Garden at the Center! Led by horticultural therapist Natalie Brickajlik from the **Horticultural Society of New York**, our community planted a wide variety of species, such as tomatoes, lettuce, lavender, purple basil, and many more. Over the coming months, we will use what we have grown in a range of activities. Many thanks to the support of the **Northfield Bank Foundation** for making this program possible!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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 newsletter.</p> <p>PREFER ANOTHER ACTIVITY? - You may choose your own individualized activities any time!</p>	<p>EARLY-STAGE LOTUS CLUB Programs marked by "LC" <i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i></p> 	<p>1 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Fill in the Blank 1:00 Sing Along Songbooks - American Folk Favorites 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>2 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 MAD LIBS WITH AUDREY 1:00 Art Activity - America at 250 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>3 CENTER CLOSED INDEPENDENCE DAY</p> 
<p>6 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 Opposites 1:00 GUITAR WITH DEBBY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>7 9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Ball Toss 1:00 Name That Tune 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>8 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Word Grid 12:00 Lunch 12:30 Card Bingo / Uno 1:00 HORTICULTURE (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>9 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 Music and Movement 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>10 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 Anagrams 1:00 Bowling 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>13 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 20 Questions 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>14 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Parachute 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>15 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Basketball 1:00 FOLK ART REFLECTIONS WITH ELIZABETH (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>16 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Would You Rather? 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>17 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 GUITAR WITH DEBBY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>20 9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:00 Stretch and Move Exercise 12:00 Lunch - PIANO MUSIC 12:30 Poetry Appreciation (LC) 1:00 Balloon Volleyball 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>21 9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Common Bonds Trivia 12:00 Lunch 12:30 What Would You Do? 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>22 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 A to Z 1:00 HORTICULTURE (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>23 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Finish the Phrase 1:00 ART CONVERSATIONS (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>24 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 Ring Toss 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>27 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 Rhyme Time 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>28 9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch 12:30 Never Have I Ever 1:00 Art Activity - Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>29 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Charades 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>30 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Bean Bag Toss 1:00 Family Feud 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>31 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 JEOPARDY WITH AUDREY 12:00 Lunch 12:30 Famous Places 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>

