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## APRIL 2025 NEWSLETTER

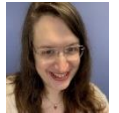
### NEED SUPPORT? NEW CAREGIVER SUPPORT GROUP BEGINS IN APRIL

We are excited to announce that New York Memory Center will host caregiver support groups beginning April 21st! Support groups are safe spaces for caregivers like yourself to connect with other caregivers who can relate to and empathize with your feelings and experiences around caregiving. It is a place for sharing, validation, guidance, and connection. Support groups are confidential, judgement-free, and inclusive of everyone. Groups will meet twice monthly in-person at New York Memory Center on Monday mornings. We are working with an experienced social worker who has generously volunteered her time to lead the group. If you have questions about the group or would like to join, please reach out by phone at **718.499.7701** or by email at [nymc@nymemorycenter.org](mailto:nymc@nymemorycenter.org).



### EXECUTIVE DIRECTOR'S CORNER

*Audrey Swanson, LMSW*



I am enthusiastic to share that New York Memory Center has recently acquired a new vehicle to add to its fleet! Transportation is a vital component of our services and the critical link that makes all of the social connection, warm community, and sense of belonging and purpose possible. This was made possible by a generous gift from the Zucker Foundation. Gifts of all kinds keep our Center flourishing. You too can make a gift this spring and touch the lives of our members. Call the office or visit us online at <https://nymemorycenter.org/give>

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I also want to encourage you to save the date for the upcoming Brooklyn Caregiver Expo to take place at New York Memory Center in partnership with PSS Circle of Care. The event will be in-person at a location to be determined in Brooklyn during the week of May 19th-23rd. Based on feedback from a planning poll, the featured talks will be about medication administration and dementia, and managing wandering behaviors. We hope to see you then.  
**Registration details to follow!**

### *The April 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!

### VISIT US ON SOCIAL MEDIA!



[facebook.com/nymcbrooklyn](https://facebook.com/nymcbrooklyn)



[instagram.com/nymc199](https://instagram.com/nymc199)



[twitter.com/nymemorycenter](https://twitter.com/nymemorycenter)



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: 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. Therefore, 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 may 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/>

**See also the Alzheimer's Association's Helpful Guide about Communication:**

<https://www.alz.org/help-support/caregiving/daily-care/communications>

## Program Spotlight: Folk Art Reflections with the American Folk Art Museum

The Folk Art Reflections series is a free, interactive program designed for adults living with Alzheimer's and other forms of dementia, provided by the American Folk Art Museum. Trained educators bring the world of folk art to life through Meaningful discussion in a series of public programs, hands-on projects during on-site visits, guided sessions in the galleries or on zoom. Elizabeth Gronke, Art Therapist and Access Educator for the museum, has been bringing programs to New York Memory Center since 2019. Every visit includes a lively discussion of Selected artworks followed by a related art activity. Elizabeth loves to visit NYMC because of the wonderful, friendly participants and staff.





## 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!*



### JM Journeys at the Jewish Museum – Wednesday April 2nd 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 with an option to join virtually via Zoom.



### Orpheus Chamber Orchestra at CaringKind - Thursday April 3rd at 2pm

Enjoy an afternoon of classical music, conversation and connection with musicians from the Orpheus Chamber Orchestra! The musicians will play, share their experiences, and answer your questions. Join us live at CaringKind's main office or live stream via Zoom. CaringKind also hosts a monthly reminiscing program called "C2Baseball" about baseball both in-person and via Zoom.



### Met Memory Cafe – Monday April 7th 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.



### Lincoln Center Moments – Wednesday April 9th at 11am and 1pm

Jazz at Lincoln Center presents a beautiful collection of rarities and favorites from the American Songbook that focuses on life outside of the big city. Featuring vocalists Hannah Gill and Charles Turner, and a host of NYC's greatest jazz musicians, we'll explore gorgeous songs by Johnny Mercer, Willard Robison and beyond in a special program hosted by Jazz at Lincoln Center's Justin Poindexter.



### Meet Me at MOMA – Thursday April 24th 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.



### Cherry Blossoms Program at Brooklyn Botanic Garden - Friday April 25th at 1:30pm

Join us for a guided tour of the Brooklyn Botanic Garden and one of its most beloved traditions, the annual cherry blossoms! This is a leisurely stroll with plenty of stopping opportunities and is wheelchair and walker friendly. The stroll will be followed by a hands-on horticultural activity. Delight in seasonal highlights, connect with nature, and enjoy a sensory experience.



## ***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 April!**

2nd - Victoria  
17th - Yvonne  
22nd - Michael B.

23rd - Anselmo  
27th - Lee  
30th - Paula



New York Memory Center is grateful for the recent generous donation it received from Northfield Bank. Bank representatives Eduard Rozenfeld from the Bay Ridge branch, and Regina Boukhvalova, Senior Vice President and Business Development Officer, visited the Center on Wednesday, February 26th. They came during our "Stories in the Moment" series and had the opportunity to experience the energy and enthusiasm of the Center firsthand! Pictured from left: Eduard Rozenfeld, NYMC Chief Operations Officer Susan Ramos, Regina Boukhvalova, Magda Kaczmarska of "Stories in the Moment," NYMC member Carmen, NYMC Executive Director Audrey Swanson, and NYMC client Denise.





| <b>MONDAY</b>                                                                                                                                                                                                                                                                       | <b>TUESDAY</b>                                                                                                                                                                                                                                                                           | <b>WEDNESDAY</b>                                                                                                                                                                                                                                                                                      | <b>THURSDAY</b>                                                                                                                                                                                                                                                             | <b>FRIDAY</b>                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>COMMUNITY ACTIVITIES -</b><br/>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>1</b> <i>April Fool's Day</i><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 Creative Storytelling<br/>12:00 Lunch<br/>12:30 Jokes and Riddles<br/>1:00 BINGO<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>               | <p><b>2</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 STORIES IN THE MOMENT WITH MAGDA (LC)<br/>12:00 Lunch<br/>12:30 Spelling Bee<br/>1:00 Staff Karaoke<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>                                 | <p><b>3</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 BROOKLYN MUSIC SCHOOL (LC)<br/>12:00 Lunch<br/>12:30 Basketball<br/>1:00 ACCORDION WITH ISMAIL<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>            | <p><b>4</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 Trivia - Everyday Life<br/>12:00 Lunch<br/>12:30 Balloon Volleyball<br/>1:00 Art Activity - Handmade<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>                        |
| <p><b>7</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 Trivia - True or False?<br/>12:00 Lunch<br/>12:30 Spot the Differences!<br/>1:00 Art Activity - Painting<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>          | <p><b>8</b><br/>9:30 Coffee and Conversation<br/>10:00 Stretch and Move Exercise<br/>11:00 Music and Movement<br/>12:00 Lunch<br/>12:30 Name 10 If We Can<br/>1:00 Table Games and Puzzles<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>                        | <p><b>9</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 STORIES IN THE MOMENT WITH MAGDA (LC)<br/>12:00 Lunch<br/>12:30 Mad Libs with Audrey<br/>1:00 Art Activity - What's In A Name?<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>      | <p><b>10</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 BROOKLYN MUSIC SCHOOL (LC)<br/>12:00 Lunch<br/>12:30 Card Bingo / UNO<br/>1:00 Reminiscing<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>               | <p><b>11</b> <i>Passover begins (12th)</i><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 SUNY OT PROGRAM (LC)<br/>12:00 Lunch<br/>12:30 Conversation Cards<br/>1:00 GUITAR WITH DEBBY<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p> |
| <p><b>14</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 Famous Faces<br/>12:00 Lunch<br/>12:30 You Be The Judge<br/>1:00 HORTICULTURAL PROGRAM (LC)<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>                      | <p><b>15</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 Trivia - Common Bonds<br/>12:00 Lunch<br/>12:30 Balloon Volleyball<br/>1:00 Art Activity - World Art<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>                  | <p><b>16</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 STORIES IN THE MOMENT WITH MAGDA (LC)<br/>12:00 Lunch<br/>12:30 Hangman / Fill in the Blank<br/>1:00 ACCORDION WITH ISMAIL<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>         | <p><b>17</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 Poetry Appreciation - Haiku (LC)<br/>12:00 Lunch<br/>12:30 Finish the Phrase<br/>1:00 Music and Movement<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p> | <p><b>18</b> <i>Good Friday</i><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 Word Grid<br/>12:00 Lunch<br/>12:30 Bean Bag / Ring Toss<br/>1:00 Staff Karaoke<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>                         |
| <p><b>21</b> <i>Easter Sunday (20th)</i><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 PERCUSSION WITH DAVID<br/>12:00 Lunch<br/>12:30 What Would You Do?<br/>1:00 BINGO<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>    | <p><b>22</b> <i>Earth Day</i><br/>9:30 Coffee and Conversation<br/>10:00 Stretch and Move Exercise<br/>10:45 PERCUSSION WITH DAVID<br/>12:00 Lunch<br/>12:30 Conversation Cards<br/>1:00 Art Activity - Earth Day<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p> | <p><b>23</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 STORIES IN THE MOMENT WITH MAGDA (LC)<br/>12:00 Lunch<br/>12:30 APRIL BIRTHDAYS - SING-ALONG<br/>1:00 Creative Storytelling<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>        | <p><b>24</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 BROOKLYN MUSIC SCHOOL (LC)<br/>12:00 Lunch<br/>12:30 Opposites<br/>1:00 Staff Karaoke<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>                    | <p><b>25</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 Reminiscing<br/>12:00 Lunch<br/>12:30 Telephone Game<br/>1:00 Art Activity - My Favorite Things<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>                            |
| <p><b>28</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC)<br/>12:00 Lunch<br/>12:30 The Price is Right<br/>1:00 GUITAR WITH DEBBY<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p> | <p><b>29</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 What's That Symbol?<br/>12:00 Lunch<br/>12:30 Basketball<br/>1:00 Table Games and Puzzles<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p>                             | <p><b>30</b><br/>9:30 Coffee and Conversation<br/>10:30 Stretch and Move Exercise<br/>11:00 Poetry Appreciation - Springtime Stories (LC)<br/>12:00 Lunch<br/>12:30 Music Appreciation - World Jazz Day<br/>1:00 Staff Karaoke<br/>2:00 Gentle Leg Stretches<br/>2:30 Afternoon Snack and Jukebox</p> |  <p><b>EARLY-STAGE LOTUS CLUB</b><br/>Programs marked by "LC"<br/><br/><i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i></p>                     | <p><b>PEER SUPPORT</b> - Mondays, Wednesdays, and Thursdays<br/><br/><b>SPANISH LANGUAGE PROGRAM</b> - Mondays, Wednesdays, and Fridays<br/><br/><b>PREFER ANOTHER ACTIVITY?</b> - You may choose your own activities at any time!</p>                                                        |

