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NOVEMBER 2026 NEWSLETTER

CAREGIVER APPRECIATION LUNCHEON Tuesday November 17th – 3:30 pm



November is National Family Caregivers Month and National Alzheimer's Awareness Month! New York Memory Center, in collaboration with the PSS Circle of Care caregiver support program, invite you to join us for a FREE, luncheon hosted at NY Memory Center and generously sponsored by PSS!

The event will take place on Tuesday, November 17th, 2026 starting at 3:30 pm. Enjoy a lunch catered by Bamboo Walk, followed by a special wellness activity, with all the supplies provided. Join us as we come together for laughter and community to celebrate and honor the incredible caregivers who give so much of themselves every day.

Space is limited! Reserve your seat by clicking on the QR code or use this link: tinyurl.com/mw3w8w7r



The November 2026 program calendar is enclosed!

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 sometime soon!

We will be CLOSED for Thanksgiving on Thursday, November 26th and Friday, November 27th 2026.

Honoring Josephine Massicotte-Brown By Susan Ramos, CEO

On Saturday, October 24, 2026 we were able to partake in the street naming ceremony for our former Executive Director, Josephine. This prestigious honor was bestowed upon her after 2 years of hard work by her family, friends, former co-workers, the City Council and a special thanks to John from MSI. We would like to thank all those who were present participated in the ceremony. Josephine was an amazing woman full of kindness, empathy, and caring. She wore her heart on her sleeve and would give you the shirt off her back because that is who she was. She was a huge advocate for those with Alzheimer's, dementia, and memory loss, giving a voice to those who otherwise did not have one. She loved the community she worked for and did it tirelessly and with love. My hope is that when people pass under this sign, they don't just think of an individual. I hope they think of the values we share: kindness, resilience, dedication, and caring for one another.



VISIT US ON SOCIAL MEDIA!

facebook.com/nymcbrooklyn



instagram.com/nymc199



YouTube 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: Tips to Help You Cope

Edited from Alzheimer's Association caregiver support resources

As a caregiver, you may find yourself with so many responsibilities that you neglect taking care of yourself. The best thing you can do for the person you are caring for is to stay physically and emotionally strong.

See the doctor: Be sure to visit your physician regularly (at least annually), and listen to what your body is telling you. Any exhaustion, stress, sleeplessness, or changes in appetite or behavior should be taken seriously. Ignoring these symptoms can cause your physical and mental health to decline. Talk to your health care provider about the seasonal flu shot. Being vaccinated protects both you and the person you are caring for.

Get moving: No doubt you know that exercise is an important part of staying healthy — it can help relieve stress, prevent disease and make you feel good. But finding the time to exercise is another story. Use these tips:

- Take friends and family members up on their offers to help — even a 30-minute break helps.
- Start small. Fit in what you can and work toward a goal.
- Exercise at home. When the person with dementia naps, pull out a yoga mat and stretch, set up a stationary bike, or try exercise tapes.
- Find something you love. If you enjoy the activity, it will be easier to make it a habit.

There also are many ways you can be active with the person that has dementia. Here are a few ideas: Take a walk together outside to enjoy the fresh air; Go to the mall and take a stroll indoors; Do seated exercises at home; Dance together to favorite music; Garden or do other routine activities that you both enjoy.

Eat well: Heart-healthy eating patterns are good for overall health and may help protect the brain. Though no single diet is best, try to limit your intake of sugar and saturated fats, and make sure to eat plenty of fruits, vegetables and whole grains. Try new recipes and involve the person with dementia.

Know you're doing your best. Remember that the care you provide makes a difference and that you are doing the best you can. You may feel guilty because you can't do more, but individual care needs change as Alzheimer's progresses. You can't promise how care will be delivered, but you can make sure that the person with the disease is well cared for and safe.



Above: On October 8th members of the Orpheus Chamber Orchestra and part of the Orpheus Reflections program played a beautiful hour of music for our members. Right: Unravelled is a play about memory loss. Members of the project brought poetry and art to the Center by sharing a book of poetry and artwork, *An ABC Book of Invertebrates*. The artist was Alice Adams, who developed dementia and poetry by her husband Robert Adams.



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!*



Met Memory Cafe - Monday November 2 at 2:30 pm

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 November 4 at 2 pm

Join a lively and creative program that encourages creating personal connections to original works of art and each other. This program will explore Sacred Splendor: Jewish Ritual Art and Christian Treasures from St. Vitus Cathedral in Prague through live music from the Diller-Quaille School of Music, discussion, and art making. This program is also offered on December 2, 2026.



VIRTUAL Folk Art Reflections - Thursday November 5 at 1pm on Zoom

This interactive and thematic program designed for those living with dementia, their care partners, and family members brings the world of folk art to life through conversation. This virtual program is free; registration is required. A Zoom link will be shared once registration is confirmed. To RSVP, email Access Educator Elizabeth Gronke: egronke@folkartmuseum.org or 212-595-9533 x 381.



Brooklyn Botanic Garden – Friday November 6 at 11:00 am

Join us for a guided tour of the Brooklyn Botanic Garden, followed by a hands-on horticultural activity. Delight in seasonal highlights, connect with nature, and enjoy a sensory experience. This is a leisurely stroll with plenty of stopping opportunities and is wheelchair and walker friendly. Advance registration is required via the Garden's website.



Meet Me at MOMA – Thursday November 19 at 2:30pm

The Meet Me at MOMA program 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. Specially trained Museum educators will highlight themes, artists, and exhibitions through an interactive program in the Museum's galleries.



Brooklyn Mornings at the Brooklyn Museum – Tuesday, November 24 at 11 am

Individuals with memory loss and their care partners are invited to experience the powerful story-telling in *Art of Manga*, the first major exhibition in the Americas to explore manga—Japanese comics and graphic novels—as an art form. Discover universes that may be familiar or supernatural, historical or futuristic, contemplative or action-packed.



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?

CaringKind.org features a Social Engagement Calendar for a one-stop shop for CaringKind's programs and those of trusted community partners. Programs include both in-person and virtual options, with all registration details listed with each event. CaringKind's Connect2 programs provide enriching opportunities to connect through creativity, conversation, and community: Connect2Culture®, Connect2Music, Connect2Cafe, and Connect2Sports.



NEW YORK MEMORY CENTER HAPPENINGS

Birthdays, Photos, and Special Occasions

**Join us in wishing our members
a Happy Birthday this November!**

Millicent - 23rd

Tony - 28th



A street is a powerful thing. It isn't just asphalt and concrete. A street is where neighbors meet to chat, where kids play, where we welcome people home, and where we set off on new journeys. It is a physical reminder of where we have been and where we are going. Thank you to all those who participated and those there in spirit.



A crowd gathered for the October 24 street naming to honor lifelong Park Slope resident and our former Executive Director Josephine Brown. Speaking is Sara Brown, Josephine's daughter. Along with her sister Joanna and with the help of John Abi-Habib and the office of City Councilor Alexa Aviles they succeeded in obtaining official permission for this loving tribute.



Above (left to right), New York Memory Center Board chair Sharon Goldzweig, John Abi-Habib from MSI, Melanie Kruvelis from Alexa Aviles office, and Susan Ramos, New York Memory Center CEO.

Right, family members, with Josephine's husband Michael Brown, Joanna and Sara, behind the sign.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC)</div> <div>12:00 Lunch</div> <div>12:30 Rhyme Time</div> <div>1:00 Balloon Volleyball</div> <div>2:00 Gentle Leg Stretches</div> <div>2:30 Afternoon Snack</div>	<div>3</div> <div>Election Day</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Word games</div> <div>12:00 Lunch</div> <div>12:30 Ring Toss</div> <div>1:00 Jigsaw Puzzles</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack</div>	<div>4</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 COLUMBIA OT</div> <div>12:00 Lunch</div> <div>12:30 Bean Bag Toss</div> <div>1:00 Time Slips</div> <div>2:00 Dance & Movement</div> <div>2:30 Afternoon Snack</div>	<div>5</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Trivia</div> <div>12:00 Lunch</div> <div>12:30 Table games</div> <div>1:00 Fall Arts & Crafts</div> <div>2:00 Upper Body Stretching</div> <div>2:30 Afternoon Snack</div>	<div>6</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 SUNY DOWNSTATE OT</div> <div>12:00 Lunch</div> <div>12:30 Basketball</div> <div>1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC)</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack</div>
<div>9</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC)</div> <div>12:00 Lunch</div> <div>12:30 Art Activity</div> <div>1:00 GUITAR W/DEBBY</div> <div>2:00 Gentle Leg Stretches</div> <div>2:30 Afternoon Snack</div>	<div>10</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Crossword puzzles</div> <div>12:00 Lunch</div> <div>12:30 Balloon Volleyball</div> <div>1:00 Table Games</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack</div>	<div>11</div> <div>Veteran's Day</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 COLUMBIA OT</div> <div>12:00 Lunch</div> <div>12:30 Honoring Veterans</div> <div>1:00 HORTICULTURE (LC)</div> <div>2:00 Dance & Movement</div> <div>2:30 Afternoon Snack</div>	<div>12</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Poetry Appreciation</div> <div>12:00 Lunch</div> <div>12:30 Bean Bag Toss</div> <div>1:00 ACCORDION W/ISMAIL</div> <div>2:00 Upper Body Stretching</div> <div>2:30 Afternoon Snack</div>	<div>13</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Poetry Appreciation</div> <div>12:00 Lunch</div> <div>12:30 Basketball</div> <div>1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC)</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack</div>
<div>16</div> <div>9:45 Sip & Snack Social</div> <div>10:30 PERCUSSION WITH DAVID</div> <div>11:30 Fill in the Blank</div> <div>12:00 Lunch + PIANO MUSIC</div> <div>12:30 Rhyme Time</div> <div>1:00 Karaoke</div> <div>2:00 Gentle Leg Stretches</div> <div>2:30 Afternoon Snack</div>	<div>17</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Poetry Appreciation</div> <div>12:00 Lunch</div> <div>12:30 Sing along</div> <div>1:00 Find the Pair</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack</div>	<div>18</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 COLUMBIA OT</div> <div>12:00 Lunch</div> <div>12:30 Name That Tune</div> <div>1:00 Time Slips</div> <div>2:00 Dance & Movement</div> <div>2:30 Afternoon Snack</div>	<div>19</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Aromatherapy</div> <div>12:00 Lunch</div> <div>12:30 Sing along</div> <div>1:00 Bingo</div> <div>2:00 Upper Body Stretching</div> <div>2:30 Afternoon Snack</div>	<div>20</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC)</div> <div>12:00 Lunch</div> <div>12:30 Poetry Appreciation</div> <div>1:00 GUITAR WITH DEBBY</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack</div>
<div>23</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Trivia</div> <div>12:00 Lunch + PIANO MUSIC</div> <div>12:30 Balloon Volleyball</div> <div>1:00 ACCORDION W/ISMAIL</div> <div>2:00 Gentle Leg Stretches</div> <div>2:30 Afternoon Snack</div>	<div>24</div> <div>9:45 Sip & Snack Social</div> <div>10:30 PERCUSSION WITH DAVID</div> <div>11:30 Art Activity</div> <div>12:00 Lunch</div> <div>12:30 Ring Toss</div> <div>1:00 Card games</div> <div>2:00 Gentle Stretching</div> <div>2:30 Afternoon Snack</div>	<div>25</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Famous Places</div> <div>12:00 Lunch</div> <div>12:30 Thanksgiving Arts & Crafts</div> <div>1:00 Bingo</div> <div>2:00 Dance & Movement</div> <div>2:30 Afternoon Snack</div>	<div>26</div> <div>CENTER CLOSED</div> <div></div>	<div>27</div> <div>CENTER CLOSED</div>
<div>30</div> <div>9:45 Sip & Snack Social</div> <div>10:30 Stretch and Move Exercise</div> <div>11:00 Time Slips</div> <div>12:00 Lunch + PIANO MUSIC</div> <div>12:30 Balloon Volleyball</div> <div>1:00 Aromatherapy</div> <div>2:00 Gentle Leg Stretches</div> <div>2:30 Afternoon Snack</div>		<div>COMMUNITY ACTIVITIES -</div> <div>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.</div> <div>PREFER ANOTHER ACTIVITY? - You may choose your own individualized activities at any time.</div>	<div></div> <div>EARLY-STAGE LOTUS CLUB</div> <div>Programs marked by "LC"</div> <div>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</div>	<div>PEER SUPPORT - Mondays, Wednesdays, and Thursdays</div> <div>SPANISH LANGUAGE PROGRAM - Wednesdays and Fridays</div>

