



199 14th Street • Brooklyn, NY 11215
718.499.7701 • nymemorycenter.org



NOVEMBER 2025 NEWSLETTER

CAREGIVER APPRECIATION LUNCHEON Tuesday November 18th - 12:00pm / noon



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, Thanksgiving-themed luncheon hosted at the Center generously sponsored by PSS!

The event will take place on Tuesday, November 18th, 2025 starting at 12:00pm / noon. Enjoy a lunch catered by Cornbread Farm to Soul, followed by a special "Painting with Friends" session with TechWorld. Please see the enclosed flyer for more details, and feel free to reach out with any questions.

Space is limited! Call us now or reserve your seat on the web at: <https://tinyurl.com/2sf7cdx3>

EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



Join us on Tuesday, December 9th at 1:00pm, when New York Memory Center will host a presentation by founding partner Pauline Yeung-Ha from Grimaldi Yeung Law Group about advance directives.



Advance directives are legal documents that capture a person's most important, health, legal and/or financial affairs for a time in the future when that person may not be able to express them. Please see inside for an overview of advance directives in the October 2025 newsletter's "Caregiver Topic of the Month" column.

To register, please contact us at 718.499.7701 or nymc@nymemorycenter.org, or RSVP on the web at <https://tinyurl.com/yc3vrdaa>

The November 2025 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 sometime soon!

We will be CLOSED for Thanksgiving on Thursday, November 27th and Friday, November 28th 2025.

VISIT US ON SOCIAL MEDIA!



facebook.com/nymcbrooklyn

instagram.com/nymc199

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: Medication Management

Managing medications can be one of the greatest day-to-day challenges for individuals living with cognitive changes caused by dementia, mild cognitive impairment, or other neurological conditions. Common difficulties include forgetting to take doses, accidentally taking medication more than once, misidentifying pills, or losing track of what each medication is for. Over time, these errors can lead to missed treatments, adverse reactions, or even emergency hospital visits.

Effective medication management starts with creating a structured, simplified system that supports memory, attention, and routine. A pill organizer—with compartments labeled by day and time—is often a helpful first step. For people taking multiple medications, pharmacy blister packs or pre-sorted bubble packs can reduce confusion by grouping doses together and labeling them clearly. These systems make it easier to verify whether a dose has been taken.

Technology can play a vital role. Alarms, smartphone apps, and smart home devices such as Alexa or Google Home can issue voice reminders at scheduled times. Automated pill dispensers can dispense the correct medication at the correct time and even lock to prevent double dosing. For some, visual cues—like a medication chart or color-coded list—also help.

Occupational therapists (OTs) are uniquely equipped to assess and personalize these strategies. They can evaluate a person's cognitive strengths, habits, and home environment to develop a system that fosters independence while maintaining safety. An OT might introduce memory aids, recommend adaptive equipment, or collaborate with caregivers to establish reliable routines. Training in using tools like reminder systems or pill organizers can be practiced during sessions to ensure comfort and confidence.

Caregivers and family members often serve as important partners in this process, helping track refills, observe for missed doses, and reinforce consistent routines. Open communication with healthcare providers—especially pharmacists and prescribers—ensures that medication lists remain current and that unnecessary complexity is reduced wherever possible. Ultimately, medication management is not just about adherence—it's about preserving dignity, autonomy, and quality of life. With the right combination of tools, technology, professional support, and compassion, individuals experiencing dementia can continue to manage their medications safely and successfully.

Special thanks to our Columbia University Occupational Therapy students this fall, Nicolina Guerri and Xiling Lu, for brainstorming and contributing to this article!

Program Spotlight: Poetry Appreciation



In 2014, New York Memory Center welcomed Gary Glazner of the Alzheimer's Poetry Project. Gary is the founder of that program, capitalizing on his background in creative arts and dementia. The Project is all about creative expression through poetry, transcending expectations and boundaries about what is possible for people affected by dementia to express and share. It encourages creativity and connection and fosters a collective sense of value and unity in a group. While Gary has moved on to other projects and is currently poet-in-residence at a care home in Illinois, Gary's legacy continues at New York Memory Center through our Poetry Appreciation programs. Through both familiar poems by classic authors and original poems, our members all enjoy the opportunity to reminisce and share what the poems evoke.



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!*



Jazz at the American Folk-Art Museum - Wednesday November 5th at 1pm

Enjoy jazz standards from the American Songbook with guitarist Jeff 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 program "Folk Art Reflections."



Brooklyn Botanic Garden - Thursday, November 6th at 11:30am

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.



JM Journeys at the Jewish Museum - Wednesday, November 12th at 2pm

Join a lively and creative program that encourages creating personal connections to original works of art and each other. Together, we will tour the Museum's vast collection of painting, sculpture, photography, and Judaica with facilitated discussions and multi-sensory experiences.



Meet Me at MOMA - Thursday November 13th 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.



Lincoln Center Moments - Thursday, November 19th at 11am and 1pm

Jazz at Lincoln Center returns to the Kaplan for a vibrant celebration of the legendary pianist and composer Thelonious Monk. Hosted by Justin Poindexter, the concert will feature some of New York City's finest jazz talent as they delve into Monk's most pivotal moments, highlighting his groundbreaking compositions and unique, innovative style that forever reshaped the jazz landscape.



Brooklyn Mornings at the Brooklyn Museum - Tuesday, November 25th at 11am

Individuals with memory loss and their care partners can immerse themselves in Claude Monet's paintings of Venice, a city he said was "too beautiful to be painted," and portrayals of the city by other artists of his time. Explore Venetian architecture, color, light, and life in the early 1900s. Plus, express yourself through art-making, and relax and enjoy one another's company.



Holiday Train Show at New York Botanical Garden - starts Saturday, November 15th

One of New York City's most beloved holiday season traditions returns this year in mid-November, running through January 11th, 2026. Delight in a leisurely stroll through the Conservatory with its many plants, as scale-model trains weave through all-plant models of famous NYC landmarks.



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 November!**

Millicent - 23rd

Tony - 28th



Orpheus



Three musicians from the Orpheus Chamber Orchestra - Ruben Rengel violin, En-Chi Cheng on viola, and James Wilson on cello - delighted all of our members on Wednesday, October 29th. The string trio shared a medley of familiar favorites thoroughly enjoyed by all, including "La Vie En Rose," "Sway," and "New York, New York." New York Memory Center would also like to extend special thanks to Orpheus for generously donating tickets to a performance of the full orchestra at Carnegie Hall on Saturday, October 25th. We all look forward to future shows!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch - PIANO MUSIC 12:30 Trivia 1:00 Family Feud 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	4 Election Day 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Bean Bag Toss 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 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Basketball 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	6 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Would You Rather? 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	7 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH COLUMBIA OT (LC) 12:00 Lunch 12:30 Charades 1:00 BINGO 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
10 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch - PIANO MUSIC 12:30 Word Grid 1:30 GUITAR WITH DEBBY 2:30 Afternoon Snack and Stretch	11 Veterans Day 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Ball Toss 1:00 Art Activity - Mixed Media 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	12 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Famous Faces 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	13 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Ring Toss 1:00 Sing-Along Songbooks 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	14 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH COLUMBIA OT (LC) 12:00 Lunch 12:30 Trivia 1:00 Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
17 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch - PIANO MUSIC 12:30 Balloon Volleyball 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 Famous Symbols 12:00 Lunch 12:30 Conversation Cards 1:00 Table Games and Puzzles 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	19 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 You Be The Judge 1:00 ART WORKSHOP WITH FOLK ART MUSEUM (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 Poetry Appreciation (LC) 12:00 Lunch 12:30 Opposites 1:00 Art Activity - Painting 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	21 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PROGRAM WITH COLUMBIA OT (LC) 12:00 Lunch 12:30 MAD LIBS WITH AUDREY 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Stretch and Jukebox
24 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Anagrams 12:00 Lunch - PIANO MUSIC 12:30 20 Questions 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	25 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 11:45 Finish the Phrase 12:00 Lunch 12:30 Basketball 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 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Hangman / Fill in the Blank 1:00 BINGO 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	27 CENTER CLOSED THANKSGIVING HOLIDAY 	28 CENTER CLOSED THANKSGIVING HOLIDAY 
		 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 activities at any time.	PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays

