



199 14th Street • Brooklyn, NY 11215
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MAY 2024 NEWSLETTER

MAY IS OLDER AMERICANS MONTH!

Join the New York Memory Center in recognizing Older Americans Month this May! This annual occasion is led by the Administration for Community Living and calls attention to the issues faced by older adults across the United States.

This year's theme is powered by connection, a very appropriate theme for the Center's work focused on issues such as social isolation, loneliness, boredom, and more as they relate to memory loss. Such challenges dramatically affect quality of life just as much as physical or cognitive challenges. The Center's rich and diverse range of programs foster a sense of community, belonging, and purpose that is embraced by all.

As part of Older Americans Month, New York Memory Center is excited to host a table at the upcoming Resource Fair at the Brooklyn Public Library at Grand Army Plaza on Friday, May 17th from 10:00am to 3:00pm. For more details about the Fair, please visit:

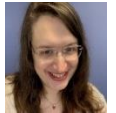
<https://www.bklynlibrary.org/calendar/older-americans-central-library-plaza-20240517>

The May 2024 program calendar is enclosed!

You can also visit us online at nymemorycenter.org for more details about upcoming activities and events at the Center! We look forward to seeing you sometime soon!

EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



Spring is upon us! I hope you are enjoying the warmer temperatures, longer days, and blooming flowers. I know I am!

Please join me in supporting the New York Memory Center during our 2024 Spring Appeal! This is an exciting time at the Center as we look ahead into the next year. I have many goals for the Center, including hiring a Recreation Coordinator to enhance our dementia-focused programming, restoring the Family Resource Program, updating our fleet of vehicles, and investing in improvements to our space. Each and every donation makes a world of difference in the lives of people affected by memory loss.

Visit <https://nymemorycenter.org/give> to donate securely via our online partner, Network For Good. Questions about making a donation? Prefer to donate by check? Please reach out to me at 718.499.7701 x312 for details. ***Thank you in advance for your generous support!***

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New York Memory Center

Sending virtual hugs to everyone we do not see in person!

Caregiver Topic of the Month: Ataxia

What is "ataxia"?

Ataxia (ah-TACKS-e-uh) is a neurological sign that indicates dysfunction of the cerebellum, or other parts of the nervous system that coordinate movement. Ataxia typically consists of poor muscle control that causes clumsy movements. This can affect balance, walking, hand coordination, speech, swallowing and eye movements. Ataxia symptoms and their progression vary greatly.

Common Types of ataxia

There are many types of ataxia, however, they can be categorized in three groups:

- *Hereditary ataxias, existing from birth or an early age (e.g. spinocerebellar ataxia)*
- *Acquired ataxias, appearing in adulthood such as sporadic ataxia and multiple system atrophy*
- *Ataxia resulting from another major medical condition, such as a dementia-related illness*

How can I help someone experiencing ataxia?

You can help someone experiencing ataxia by doing exercises with them that focus on their coordination and balance. You can also work in a professional Physical Therapy environment. You can also have the person see a Speech Therapist to improve speech and swallowing, and an Occupational Therapist to improve their ability to do their living tasks, such as walking or eating. Being patient when someone with ataxia while they are speaking is important, in addition to not speaking for them. Living with ataxia can be both physically and emotionally hard, and talking with a therapist or a counselor might help. Joining a support group is also a great way to socialize with others who also have ataxia and can share their own stories, while creating a positive atmosphere in the process. In addition, it can be very helpful to use canes, crutches, walkers, or a wheelchair for their balance and coordination issues to foster as much independence as possible.

The National Ataxia Foundation is offering resources and support for individuals with ataxia. Learn more about their work and advocacy by visiting <https://www.ataxia.org>.

Artist in Residence: Ismail Butera

Ismail — accordionist, vocalist, entertainer — has been playing with the New York Memory Center for twenty years! He loves the folk music of the world's peoples. He is a founding member of Metropolitan Klezmer and plays a breathtaking array of styles: traditional court repertoire of Zanzibar, Arabic modes, African rhythms, Indian film melodies, and Turkish musical genres, with lyrics in Ki-Swahili. He has taught at Buffalo Gap Balkan Folk Arts Camp, played traditional Greek instruments with Smyrneiki Kompania, performed with The Klezmatics, Andy Statman, Michael Alpert, Noga Group, Yale Strom's Hot P'Stromi, and Latin folk ensemble Chameleon, in addition to playing Albanian, Armenian, Israeli, Sephardic and Persian music.





Upcoming Community Events



*All programs listed are tailored for people with memory loss and their caregivers
Advance registration is required for all programs - please check websites for details!*

Tea Dance at the Intrepid Museum - Wednesday, May 1st at 2pm

Put on your dancing shoes and join the Intrepid Museum for an afternoon of dancing and engagement with music from Intrepid's years of service (1943-1974), led by Rhythm Break Cares! This program is for individuals with dementia and their care partners. Free parking and free transportation to and from the Museum by car service is available for all participants in New York City with advance registration!

Unforgettables Chorus Rehearsals - Friday May 3rd and 10th at 1-3pm, at the Sanctuary of St. Michael's Church

The Unforgettables Chorus is a welcoming chorus for people with dementia and their caregivers who like to sing. No tryouts required! No need to read music! We use lyrics of familiar songs, and get together for two hours on Fridays, with a break for refreshments and conversation. You may join us at any rehearsal.

JM Journeys at the Jewish Museum - Wednesday, May 8th at 2pm

Each month, join The Jewish Museum for a lively and creature program that encourages building personal connections to original works of art and each other. Together we will explore select objects, artists, and themes in the Museum's collection, through facilitated discussions and multisensory experiences, and create art of our own in the galleries and art studio.

Met Escapes at the Rooftop Garden - Tuesday, May 14th at 2pm

You are invited to join the Metropolitan Museum of Art for a special showing of the Rooftop Garden Commission: The Works of Petrit Halijaj. Specially oriented towards people affected by memory loss and their care partners.

Meet Me at MOMA - Thursday, May 16th 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.

Brooklyn Mornings - Hiroshige - Tuesday, May 28th at 11:00am

Individuals with memory loss and their care partners are invited to an interactive, sensory exploration of Hiroshige's 100 Famous Views of Edo (feat. Takashi Murakami). Immerse yourself in mid-nineteenth-century Edo (today's Tokyo) and experience the vibrant city's beauty and hotspots through the eyes of ordinary people. Plus, express yourself through art-making, and relax and enjoy one another's company.

Lincoln Center Moments - Wednesday, May 29th at 11am and 1pm

Join the Calidore String Quartet as they return to Lincoln Center Moments to celebrate the sounds of Spring!

Are you interested in a community activity or event? Please let us know at the New York Memory Center! We can help you learn more about any program listed above, and work with you and your caregivers to make arrangements. 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 May!

15th - Betty S.

Happy Mother's Day!

Happy Birthday



Throughout April, the New York Memory Center was fortunate to host two occupational therapy graduate students from Columbia University. Allison Pappas (left) and Anjelika Shakhnazarova (right) joined the Center over four weeks to share their knowledge and enthusiasm with our members. They particularly focused on sensory integration, a concept developed by Jean Ayres, that deals with how the brain recognizes and processes sensory information. Using this framework, Anjelika and Allison developed unique group activities enjoyed by all – including the colorful Tree of Life, where our members created flowers, leaves, and animals in their own vision to add their own contributions! The Earth Day collage is also visible on the back wall, created by manipulating paint inside a plastic bag and allowing it to dry for a tactile sensory experience perfect for the occasion!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PEER SUPPORT - Mondays, Wednesdays, and Thursdays</p> <p>SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays</p> <p>PROGRAMS MARKED WITH AN ASTERISK (*) are also offered via Zoom! Please reach out if you would like the link!</p>		<p>1</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL 12:00 Lunch 12:30 Trivia - Common Bonds 1:00 Creative Storytelling / Time Slips 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>2</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Flower Painting 12:00 Lunch 12:30 What Would You Do? 1:00 ACCORDION WITH ISMAIL 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>3</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces - Dynamic Duos 12:00 Lunch 12:30 Ball Toss / Basketball 1:00 Sing-Along 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>
<p>6 <i>Cinco de Mayo (5th)</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 Trivia - Learn a Little Spanish! 1:00 Staff Karaoke - Latin Music 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>7</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Conversation Cards 1:00 Card Bingo 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>8</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL 12:00 Lunch 12:30 Rhyme Time 1:00 BINGO 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>9</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Trivia - Finish the Phrase 1:00 ACCORDION WITH ISMAIL 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>10</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Poetry Appreciation - Mother's Day Edition 1:00 Art Activity - Clay Flower Sculpting 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>
<p>13 <i>Mother's Day (12th)</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 Would You Rather? 1:00 Sing-Along 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>14</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 MAY BIRTHDAY PARTY 1:00 Art Activity - Rainbow Stencils 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>15</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL 12:00 Lunch 12:30 Trivia - True or False? 1:00 HORTICULTURAL PROGRAM 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>16</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? 12:00 Lunch 12:30 Charades 1:00 Staff Karaoke - Soul Classics 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>17</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Giant Crossword 12:00 Lunch 12:30 You Be The Judge 1:15 GUITAR WITH DEBBY* 2:15 Jukebox 2:30 Afternoon Snack and Stretch</p>
<p>20</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 Mad Libs 1:00 Staff Karaoke - The Beatles 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>21</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Ball Toss / Basketball 1:00 Table Games and Puzzles 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>22</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL 12:00 Lunch 12:30 Pictionary 1:00 Art Activity - Flower Ornaments 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>23</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Word Grid 12:00 Lunch 12:30 Ring Toss 1:00 BINGO 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>24</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - All About America 12:00 Lunch 12:30 Poetry Appreciation - Honoring Veterans 1:15 GUITAR WITH DEBBY* 2:15 Jukebox 2:30 Afternoon Snack and Stretch</p>
<p>27</p> <p>CENTER CLOSED MEMORIAL DAY HOLIDAY</p>	<p>28</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Riddles 1:00 Art Activity - Fuzzy Posters 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>29</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Fill in the Blank / Hangman 1:00 Name That Tune! 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>30</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces - Potpourri 12:00 Lunch 12:30 Conversation Cards 1:00 ACCORDION WITH ISMAIL 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>	<p>31</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Armchair Travel / Where Is It? 12:00 Lunch 12:30 Ring Toss 1:00 Staff Karaoke - Songs of Summer 2:00 Jukebox 2:30 Afternoon Snack and Stretch</p>

