



199 14th Street • Brooklyn, NY 11215  
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## OCTOBER 2025 NEWSLETTER

### NYMC AWARDED GRANTS FROM EMMA J. ADAMS MEMORIAL FUND AND NORTHFIELD BANK FOUNDATION

The Center is excited to announce that it has received a generous grant from the Emma J. Adams Memorial Fund. This gift allows us to make investments in critical improvements in vehicles and facilities, ensures the long-term sustainability of our mission to improve the quality of life for people affected by memory loss, and keep the program accessible and affordable to families across Brooklyn.

Additionally, the Center received an award from the Northfield Bank Foundation to rejuvenate our garden on the 13th Street side of the building. The area had been covered by construction scaffolding and fallen into disrepair. The Center is partnering with the Horticultural Society of New York (The Hort) to build brand-new accessible raised planter beds, replant shade-friendly plants, and lead a series of hands-on horticultural programming with our community. Stay tuned for details as the next growing season nears!



### EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



## Orpheus

New York Memory Center has received a special invitation from the Orpheus Chamber Orchestra for its "ORPHEUS FOR ALL" Opening Night on Saturday, October 25th at 4pm.

*About the show: James Ehnes makes his Orpheus debut with irresistible French showpieces from Saint-Saëns and Chausson, and the orchestra debuts a new chamber symphony based on Ravel's Piano Trio. New York composer Jessica Meyer demonstrates her keen ear for ensemble color in the world premiere of Cartes Postales.*

**Orpheus offered FREE tickets to the NYMC community. Currently WAIT LIST ONLY.**

Email us at [nymc@nymemorycenter.org](mailto:nymc@nymemorycenter.org) or call us at 718.499.7701 to be added to the wait list.

**Orpheus will visit the NYMC community on Wednesday, October 29th!**

### The October 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! **Please note we will be CLOSED on Monday, October 13th for Indigenous People's Day / Columbus Day.**

### 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: Advance Directives



### What are advance directives?

Advance directives are a family of legal documents that capture someone's important wishes in written form. They provide a reference in the event of emergencies or functional changes when someone cannot express those wishes themselves. Here are examples of common advance directives and a brief summary of their purpose:

- *Health Care Proxy* - this specifies a person to make health care decisions when someone is unable to, such as loss of consciousness or serious injury
- *Power of Attorney* - this gives a person the authority to act on another person's behalf in legal, financial, and other decision-making matters
- *Living Will* - this states a person's wishes about life-sustaining measures such as breathing machines and feeding / hydration (in medical settings, this is a doctor's order called MOLST)
- *Last Will and Testament* - this designates what happens with and who receives a person's assets and property after passing away
- *Do Not Resuscitate (DNR)* - this states a person's wishes about receiving life-saving treatments in the event of cardiac arrest or breathing stopping

### Why are advance directives important?

It is understood that these are very difficult conversations to have about very serious possibilities that could happen in the future. Delay and avoidance are common. The presence of advance directives makes it easier and clearer for loved ones to understand how to act in accordance with their wishes and in their best interest in the event of an emergency. Without advance directives, questions can arise among loved ones and lead to fraught and painful battles at a time of heightened emotions. Additionally, when someone has a cognitive condition such as Alzheimer's disease, communication becomes more difficult and the person may lack the capacity to execute legal documents. Therefore, preparing advance directives ahead of time is critical - often long before they are ever needed.

### What if I have not set up advance directives? What if I need to make changes?

*Do not panic!* It may not be too late. We suggest reaching out to a law firm specializing in Elder Law to discuss your situation in detail. There are no wrong questions.

### Where can I go for more information?

The New York State Bar Association has created a helpful guide about advance directives available online: <https://ag.ny.gov/sites/default/files/advancedirectives.pdf>

## Program Spotlight: Coffee and Current Events - *Good News Only!*

One of the more challenging aspects of cognitive change is disorientation to time. An important way to help loved ones keep a connection to the world around them is to orient towards things happening. However, care is advised to select approachable and positive topics only and avoid news that can be distressing. Examples include the daily weather, famous birthdays and anniversaries ("today in history"), commemorations and celebrations, and topics that invite sharing. Twice per week, the Center starts the day with coffee or tea, and lively conversation about good news.





## 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 October 6th 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 October 15th at 11am and 1pm - RAGAMALA DANCE CO.

Ragamala Dance Company describes humanity's relationship with nature and the sacred. Created and performed by mother/daughters Ranees Ramaswamy, Aparna Ramaswamy, and Ashwini Ramaswamy—Founders of Ragamala Dance Company and internationally acclaimed for their mastery of the South Indian dance form of Bharatanatyam — dance, music, and poetry



### C2Baseball at Caring Kind - Wednesday October 15th at 12pm

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.



### Brooklyn Botanic Garden - Thursday October 16th at 12pm

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.



### Met Escapes - "Lorna Simpson: Source Notes" - Tuesday October 21st 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.



### Meet Me at MOMA - Thursday October 23rd 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 at the Brooklyn Museum - Tuesday October 28th at 11am

Join Brooklyn Museum for an exploration of "Art and the City" - part of the Museum's year-long Exhibition, *Breaking the Mold: Brooklyn Museum at 200*. This event showcases works depicting familiar aspects of City life and is relatable to all who call NYC home.



## ***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 October!**

2nd - Richie

9th - Nick

*Happy Birthdays*



**BROOKLYN**  
MUSIC SCHOOL



New York Memory Center is excited to welcome back Frederic Pommeret from Brooklyn Music School this fall! The Center is proud to be an outreach site for the school and is grateful for the grant support and BMS staff member Veronica Forman for the ongoing collaboration. Frederic is a music psychotherapist who brings a holistic perspective to wellness. A self-taught pianist with an interest in West African djembe music traditions and a meditation and yoga background, Frederic's sessions with the Center are vibrant and full of energy and reflection. He will join us at the Center on select Wednesdays over the next several months!



| MONDAY                                                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>COMMUNITY ACTIVITIES</b> - 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.<br><br><b>PREFER ANOTHER ACTIVITY?</b> - You may choose your own activities any time! | <b>EARLY-STAGE LOTUS CLUB</b><br>Programs marked by "LC"<br><i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i><br><br><b>PEER SUPPORT</b> - Mondays, Wednesdays, and Thursdays<br><b>SPANISH LANGUAGE PROGRAM</b> - Mondays, Wednesdays, and Fridays | <b>1</b> <i>Yom Kippur (sunset)</i><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 BROOKLYN MUSIC SCHOOL (LC)<br><br>12:00 Lunch<br>12:30 Trivia<br>1:00 Staff Karaoke<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox           | <b>2</b> <i>Yom Kippur</i><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 You Be The Judge<br>12:00 Lunch<br>12:30 20 Questions<br>1:00 BINGO<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                                | <b>3</b><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 PROGRAM WITH COLUMBIA OT (LC)<br><br>12:00 Lunch<br>12:30 Tai Chi Moves<br>1:00 ACCORDION WITH ISMAIL<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                             |
| <b>6</b> <i>Sukkot begins</i><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 Poetry Appreciation (LC)<br>12:00 Lunch - PIANO MUSIC<br>12:30 Famous Faces<br>1:30 GUITAR WITH DEBBY<br>2:30 Afternoon Snack and Stretch                                           | <b>7</b><br>9:30 Coffee and Conversation<br>10:00 Stretch and Move Exercise<br>11:00 Conversation Cards<br>12:00 Lunch<br>12:30 Basketball<br>1:00 PAINTING WITH AUDREY<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox<br><br><b>STAFF TRAINING DAY</b>                                                                                                  | <b>8</b><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 BROOKLYN MUSIC SCHOOL (LC)<br><br>12:00 Lunch<br>12:30 Family Feud<br>1:00 Sing-Along Songbooks<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                          | <b>9</b> <i>Ageism Awareness Day</i><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 Creative Storytelling / Time Slips<br><br>12:00 Lunch<br>12:30 Word Grid<br>1:00 Bowling<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox | <b>10</b><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 PROGRAM WITH COLUMBIA OT (LC)<br><br>12:00 Lunch<br>12:30 Tai Chi Moves<br>1:00 Staff Karaoke<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                                    |
| <b>13</b><br><br><b>CENTER CLOSED</b><br><b>INDIGENOUS PEOPLE'S DAY</b><br><b>COLUMBUS DAY</b><br><br>                                                                                                     | <b>14</b> <i>Shemini Atzeret</i><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 Would You Rather?<br>12:00 Lunch<br>12:30 Balloon Volleyball<br>1:00 Art Activity - Mixed Media<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                                                                                              | <b>15</b> <i>Simchat Torah</i><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 BROOKLYN MUSIC SCHOOL (LC)<br><br>12:00 Lunch<br>12:30 Anagrams /Word Scramble<br>1:00 Dance Floor<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox | <b>16</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 Name 10 If We Can<br>1:00 Charades<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                                              | <b>17</b><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 PROGRAM WITH COLUMBIA OT (LC)<br><br>12:00 Lunch<br>12:30 What's That Symbol?<br>1:30 GUITAR WITH DEBBY<br>2:30 Afternoon Snack and Stretch                                                       |
| <b>20</b><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 PERCUSSION WITH DAVID<br>12:00 Lunch - PIANO MUSIC<br>12:30 Hangman / Fill in the Blank<br>1:00 Art Activity - Collage<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                 | <b>21</b><br>9:30 Coffee and Conversation<br>10:00 Stretch and Move Exercise<br>10:45 Creative Storytelling / Time Slips<br>12:00 Lunch<br>12:30 Opposites<br>1:00 Table Games and Puzzles<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                                                                                                                | <b>22</b><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 BROOKLYN MUSIC SCHOOL (LC)<br><br>12:00 Lunch<br>12:30 Balloon Volleyball<br>1:00 BINGO<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                                 | <b>23</b><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 Poetry Appreciation (LC)<br>12:00 Lunch<br>12:30 Basketball<br>1:00 ART WORKSHOP WITH FOLK ART MUSEUM (LC)<br><br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox      | <b>24</b><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 PROGRAM WITH COLUMBIA OT (LC)<br><br>12:00 Lunch<br>12:30 Trivia<br>1:00 Sing-Along Songbooks<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                                    |
| <b>27</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><br>12:00 Lunch - PIANO MUSIC<br>12:30 Ring Toss / Bean Bag Toss<br>1:00 Staff Karaoke<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox     | <b>28</b><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 Finish the Phrase<br>1:00 Art Activity - Mixed Media<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                                                                                                                  | <b>29</b><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 BROOKLYN MUSIC SCHOOL (LC)<br><br>12:00 Lunch<br>12:30 What Would You Do?<br>1:00 ORPHEUS CHAMBER ORCHESTRA (LC)<br><br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox    | <b>30</b><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 Conversation Cards<br>12:00 Lunch<br>12:30 MAD LIBS WITH AUDREY<br>1:00 ACCORDION WITH ISMAIL<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox                       | <b>31</b> <i>Halloween</i><br>9:30 Coffee and Conversation<br>10:30 Stretch and Move Exercise<br>11:00 PROGRAM WITH COLUMBIA OT (LC)<br><br>12:00 Lunch<br>12:30 Famous Places<br>1:00 Art Activity - Pumpkin Painting<br>2:00 Gentle Leg Stretches<br>2:30 Afternoon Snack and Jukebox |

