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OCTOBER 2026 NEWSLETTER

NEW YORK MEMORY CENTER NEWS

New Program Coordinator

We would like to welcome to **Sandra Rogosic**, who joins the staff on October 1 as our **Program Coordinator**. Sandra has more than three years' experience in memory care and activities leadership with older adults. She comes to New York Memory Center after working as an Engagement Specialist at a Senior Living Facility in Manhattan. She also worked as an activities leader in a Queens nursing home and before that as a caregiver/companion to adults with memory loss. We look forward to working together. Be sure to introduce yourself to Sandra if you come by the Center.



Reminder to all caregivers: Please send in a change of clothing and a light sweater if we do not already have one here for your loved one. Please put their initials on the inside label. With the colder weather approaching please ensure your loved one is dressed properly prior to leaving the house. The clients walk about a quarter of a block before they get into the Center and are sometimes cold. If you have questions please call Susan Ramos, Chief Executive Officer, at 718-499-7701.

The October 2026 program calendar is enclosed!

Note: The center is **CLOSED** on **Columbus Day/Indigenous Peoples Day October 12** **AND** the rest of that week, **October 13-16**

Reopening Monday, October 19 on our regular schedule

WALK TO END ALZHEIMER'S

Fall has become the time for the public walk-a-thons that bring special attention to Alzheimer's Disease and other forms of dementia. The walks raise money for some of the largest organizations in NYC and throughout the U.S. that provide information, resources and support for individuals and families dealing with the disease. They also help fund research into treatment and maybe even one day prevention of memory loss. New York Memory Center often collaborates with these agencies and many more.

Two local organizations sponsor walks that include on-site information, resources, and a time to remember loved ones lost to the disease.

CaringKind Alzheimer's Walk & Brain Health Day
Saturday, October 17, 2026
Naumburg Bandshell, Central Park, NYC
Registration Opens: 9:30 am
More info: wearecaringkind.org

Alzheimer's Assoc. NYC Walk to End Alzheimer's
Staten Island – October 10
Queens – October 25
Brooklyn – November 8
Manhattan – November 14
More info: alz.org

VISIT US ON SOCIAL MEDIA!



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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: Fall Prevention

By Emily Ryklis and Cynthia Koppe, interns, Columbia University Occupational Therapy

Who is at risk for falls?

All of us are at risk for falls. However, people living with dementia are at increased risk due to changes in neurological pathways that affect balance, gait, visual-spatial awareness, and judgment. Slower reaction times, difficulty judging depth, contrast, or distance, wandering, and changes in walking patterns, such as shuffling and wall/furniture walking, can all contribute to a higher risk of falling.

Falls can lead to both fatal and nonfatal injuries, functional decline, and increased dependence.

While fall risk cannot be completely eliminated, many environmental, medical, and safety precautions can help prevent falls.

What can I do to help reduce fall risks?

For the individual:

- **Sensory checks:** Get an annual eye exam to check vision and ensure prescriptions are current. Make sure that hearing aids are working properly to address impairments that may make it difficult to navigate the environment.
- **Conduct a medication review with a primary care** provider to assess medication effects and interactions for their potential impact on balance and mobility.
- **Check footwear:** the **BEST** shoe offers full support with a back and a rubber bottom that cannot be easily slipped on or off, even in the home. **AVOID** backless slippers, flip-flops, loose socks, or worn-out soles.
- If your loved one uses a cane, walker, or other piece of adaptive equipment, make sure that it fits properly and that they are using it correctly.
- **Exercise:** keep moving safely by incorporating low-impact movements like chair stretches and guided walks.
- Consider assistive technology such as **Life Alert**, which can call emergency services if the individual has fallen and needs help.

For the home:

- **Eliminate tripping hazards: REMOVE** loose rugs, low side tables, extension cords, and clutter from walking paths.
- **Lighting:** Make sure the home is well lit, and use solid, contrasting colors for things like bathmats. Install motion-activated nightlights in the bedroom and bathroom to help prevent falls in the night.
- **Bathroom safety:** Use non-slip bath mats in and out of the bath and consider installing grab bars near the toilet and inside the shower.
- **Seating: AVOID** chairs that are too low or that do not have armrests, which can make standing up and sitting down difficult. **CHOOSE** stable, higher chairs with firm armrests.

Learn more about fall prevention and reducing fall risk from the CDC's *STEADI Patient and Caregiver*

Resources: <https://www.cdc.gov/steady/patient-resources/index.html>

NYS Department of Health resources with translations:

https://www.health.ny.gov/prevention/injury_prevention/falls.htm



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!*



VIRTUAL Folk Art Reflections - Thursday October 1st 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.



Met Memory Cafe - Monday October 5 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.



Brooklyn Botanic Garden – Friday October 9th at 1:30 pm

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.



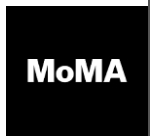
JM Journeys at The Jewish Museum - Wednesday October 21st at 2 pm

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 "... through facilitated discussions and multisensory experiences. This is a hybrid program, offered both in-person and via Zoom.



Meet Me at MOMA – Thursday October 22nd 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, October 27th at 11 am

Individuals with memory loss and their care partners are invited to discover the experimental spirit and exceptional artisanship in *Iris van Herpen: Sculpting the Senses*. Explore extraordinary fashion creations inspired by nature. The session will also include artmaking in a relaxed and social atmosphere.



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 October!

17th — Donald 21st — Reggie



Talented students who attend Bronx High School of Science volunteered to share their love of music and performance with NYMC members in August. Mingmei, Alice, Avery, Lily and Praise put together a musical showcase, performing popular songs and classical piano pieces to a very appreciative audience. Their set included a tribute to Dolly Parton with Mingmei singing "Jolene".



Babs, with [The Jewish Museum](#) arts education program, showed members two samples of artwork from the museum. She talked about the artists and history of the works. Then members got a chance to create their own artwork, copying the style or colors or drawing whatever they choose.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMMUNITY ACTIVITIES - 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. PREFER ANOTHER ACTIVITY? - You may choose your own individualized activities any time!	PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays	 EARLY-STAGE LOTUS CLUB Programs marked by "LC" <i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i>	1 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Would you rather? 12:00 Lunch 12:45 Famous places 1:00 Balloon toss 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	2 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:45 Sing Along 1:00 GUITAR W/DEBBY 2:00 Gentle Leg Stretches 2:15 Afternoon Snack
5 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch - PIANO MUSIC 12:45 Famous places 1:00 BINGO 2:00 Gentle Stretching 2:15 Afternoon Snack	6 9:45 Sip & Snack Social 10:00 Stretch and Move Exercise 11:00 Poetry Reading 12:00 Lunch 1:00 Art Activity 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	7 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT 12:00 Lunch 1:00 Time slips 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	8 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Fill in the Blank 12:00 Lunch 12:45 Trivia 1:00 ORPHEUS REFLECTIONS (LC) 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	9 <i>Ageism Awareness Day</i> 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:45 Fill in the blank 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Leg Stretches 2:15 Afternoon Snack
12 CENTER CLOSED INDIGENOUS PEOPLE'S DAY COLUMBUS DAY	13 CENTER CLOSED	14 CENTER CLOSED	15 CENTER CLOSED	16 CENTER CLOSED
19 9:45 Sip & Snack Social 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch - PIANO MUSIC 12:45 Rhyme time 1:00 GUITAR W/DEBBY 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	20 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Finish the Phrase 12:00 Lunch 12:45 Ring Toss 1:00 Balloon volleyball 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	21 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT 12:00 Lunch 12:45 Charades 1:00 UNRAVELLED 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	22 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Word guess 12:00 Lunch 12:45 Table games & puzzles 1:30 BINGO 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	23 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:45 Time slips 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Leg Stretches 2:15 Afternoon Snack
26 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch - PIANO MUSIC 12:45 Time slips 1:00 Balloon Volleyball 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	27 9:45 Sip & Snack Social 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch 12:45 Name that tune 1:00 Bean Bag toss 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	28 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT 12:00 Lunch 12:45 BINGO 1:45 Fill in the blanks 1:00 HORTICULTURE (LC) 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	29 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Poetry reading 12:00 Lunch 12:45 Sing along 1:00 ACCORDION w/ Ismail 2:00 Gentle Leg Stretches 2:15 Afternoon Snack	30 <i>Halloween (31st)</i> 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:45 Name that tune 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Leg Stretches 2:15 Afternoon Snack

