



199 14th Street • Brooklyn, NY 11215  
718.499.7701 • [nymemorycenter.org](http://nymemorycenter.org)



## APRIL 2026 NEWSLETTER

### SPRING CAREGIVER CHECK-IN: WHAT DO YOU NEED THIS SEASON?

As the days grow longer and the light begins to shift, spring can be a quiet invitation to check in. not just on the person you are caring for, but on yourself. Caregiving often runs on routine, urgency, and deep compassion, leaving little room to pause and ask: How am I doing right now?

This season, consider giving yourself permission to take stock. Has your energy changed over the winter months? Are you feeling more isolated, or in need of support? Even small signals, like fatigue, irritability, or difficulty concentrating, can be signs that you've been carrying a lot on your own.

A "reset" doesn't have to mean big changes. It might look like stepping outside for five minutes of fresh air, reaching out to a friend, or exploring a local or virtual support group. *Remember, the Memory Center is here to help you and connect you to what you need.*

Just as spring encourages growth and renewal in the world around us, it can also be a time to gently renew your own reserves. Taking care of yourself is not separate from caregiving — it is what sustains it.

### EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



We hope you can join us for some or all of the upcoming [Empowered Caregiver](#) series here at the Memory Center! We have teamed up with the [Alzheimer's Association's NYC Chapter](#) to offer this fantastic program. The series is a five-part exploration of topics and discussion around aspects of caregiving. Topics include building foundations of caregiving, supporting independence, communicating effectively, responding to dementia-related behaviors, and exploring care and support services.

The series is modular so you may attend any or all of the sessions you wish. [Programs will be held in-person at New York Memory Center: 199 14th Street, Brooklyn NY 11215.](#) The program begins on [Wednesday May 6th from 6-7pm](#) and goes for five consecutive Wednesdays through June 3rd.

Register via the [QR code](#), online at <https://tinyurl.com/8c9tvfxe>, or call us at [718.499.7701](tel:718.499.7701).



### *The April 2026 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!

### 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!*

## Feature Story: "Senses in Motion - Aromatherapy"

by Cydney Trim and Marcia Postrygacz - SUNY Downstate OT Students

Each year, New York Memory Center partners with university students to bring innovative, therapeutic programming to the members. As SUNY Downstate Occupational Therapy students, we were grateful for the opportunity to develop "Senses in Motion," a program combining physical activity with engagement of the five senses. One standout session focused on aromatherapy.

Smell is one of the most powerful ways we experience the world, closely tied to memory and emotion. Familiar scents can evoke meaningful moments, enhance well-being, and provide comfort, especially for individuals experiencing memory challenges. Because the brain processes smell alongside memory and emotion, scents can spark recognition, encourage conversation, and create a sense of calm and familiarity.

With this in mind, we introduced an aromatherapy activity designed to support creativity, comfort, and memory recall. We created personalized scent diffusers using simple materials such as cotton balls, essential oils, index cards, and art supplies. They selected from six oils—lavender, lemongrass, peppermint, tea tree, sweet orange, and eucalyptus—each offering unique calming, energizing, or refreshing properties. By decorating their cards and pairing them with a chosen scent, Center members created something both meaningful and uniquely their own.

Helpful benefits of each essential oil include:

- **Lavender** – calming properties, helping to reduce stress and promote relaxation
- **Lemongrass** – fresh, uplifting scent that can energize and improve mood
- **Peppermint** – stimulating and refreshing, often associated with increased alertness
- **Tea Tree** – clean, crisp aroma that can evoke a sense of clarity
- **Sweet Orange** – brings warmth and positivity, often linked to feelings of happiness
- **Eucalyptus** – invigorating and can promote a sense of refreshment and ease

The response was overwhelmingly positive. Everyone engaged enthusiastically, expressed pride in their creations, and enjoyed moments of relaxation and joy. Many appreciated taking their diffusers home as a lasting reminder of the experience and a source of comfort. For care partners, incorporating scent into daily routines can be a simple yet powerful way to support emotional well-being and memory engagement. Whether through structured activities or small everyday moments, aromatherapy can foster connection, comfort, and peace for everybody.

## Program Spotlight: Geri-Gadgets (special NYSOFA collaboration)

Thanks to a special collaboration with the New York State Office of the Aging, New York Memory Center is a pilot site for the Geri-Gadgets program. Geri-Gadgets are safe, washable, sensory-focused tools that can support calm, reduce restlessness, and encourage therapeutic engagement. Geri-Gadgets' founder, Angela Fairhurst, experienced the challenges that boredom, isolation, and frustration can take, and that behavior can signal unmet needs, while she cared for her mother with Lewy Body Dementia. The Memory Center is excited to make these tools available in our own community for members who may benefit from the opportunity to engage tactilely rather than verbally.

Learn more at: <https://www.geri-gadgets.com>





## Upcoming Community Integration Opportunities and Activities



*Most 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!*

### Orpheus Chamber Orchestra "Reflections" at Caring Kind NYC - Thursday April 2nd at 2pm

Enjoy an afternoon of classical music, conversation and connection with musicians from the Orpheus Chamber Orchestra! The musicians will play, share their experiences, and answer your questions. Join us live at Caring Kind's main office in Manhattan or live stream via Zoom.



### Met Memory Cafe at the Metropolitan Museum of Art - Monday April 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. *Also check out Met Escapes on Tuesday April 21st!*



### Lincoln Center Moments: "Come & Sing" – Wednesday April 15th at 11am and 1pm

Lincoln Center Moments returns this spring with a range of in-person and online programs featuring various performing artists! Join Richard Rodgers Award recipients Daniel and Patrick Lazour in a celebration of the joy and connection of singing and being together. Featuring familiar favorites and music from their original musical *Night Side Songs*, this performance is part of the participatory *Come & Sing* series, curated by Lincoln Center Visionary Artist Jeanine Tesori.



### JM Journeys at the Jewish Museum – Wednesday April 15th at 2pm

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 "The Book of Esther through the Age of Rembrandt" through music and movement.



### Meet Me at MOMA – Thursday April 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 Botanic Garden - Friday April 24th at 1:30pm

Join us for a special early spring season 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 accessible.



### Brooklyn Symphony Orchestra at the Brooklyn Museum – SUNDAY April 26th at 2pm

Spend a spring afternoon soaking in music by the Brooklyn Symphony Orchestra, conducted by Artistic Director Felipe Tristán. After Beethoven's gripping *Coriolan Overture*, internationally renowned cellist Meehae Ryo joins the orchestra for Saint-Saëns's *Cello Concerto No. 1*, a dazzling showcase of lyricism and virtuosity. Mendelssohn's joyfully radiant *Italian Symphony* acts as a grand finale. *Purchase required.*



## ***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 April!

17th - Yvonne  
21st - Joyce

28th - Dawn  
30th - Paula



## SUNY DOWNSTATE UNIVERSITY OCCUPATIONAL THERAPY COLLABORATION



SUNY Downstate Occupational Therapy Students **Marcia Postrygacz** and **Cydney Trim** joined us this winter and led several programs with our community focused on engagement and participation in meaningful everyday activities. Marcia and Cydney organized their programs focused across the five senses: sight, sound, taste, touch, and smell. Above, our members enjoy the art-inspired sight and touch program to design images evoking springtime, with tactile inclusions such as cotton, felt, and chenille stems. From the students: *"We appreciate the opportunity we've been granted to collaborate with NYMC to make everlasting memories with the wonderful members and staff through the implementation of our program. Thank you for trusting us with your loved ones!"*



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><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.</p> <p><b>PREFER ANOTHER ACTIVITY?</b> - You may choose your own activities any time!</p>	<p><b>EARLY-STAGE LOTUS CLUB</b> Programs marked by "LC" <i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i></p> 	<p><b>1</b> <i>Passover begins (sunset)</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Riddles for April Fool's Day 1:00 Trivia - Urban Myths 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>2</b></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 Charades 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>3</b> <i>Good Friday</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 STORIES IN THE MOMENT WITH MAGDA (LC) 12:00 Lunch 12:30 Famous Faces 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>6</b> <i>Easter (5th)</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 STORIES IN THE MOMENT WITH MAGDA (LC) 12:00 Lunch - PIANO MUSIC 12:30 Poetry Appreciation (LC) 1:00 Music and Movement 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>7</b></p> <p>9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Reminiscing / Convo Cards 12:00 Lunch 12:30 Parachute 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>8</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Would You Rather? 1:00 Family Feud 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>9</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Time Slips / Creative Storytelling (LC) 12:00 Lunch 12:30 MAD LIBS WITH AUDREY 1:00 Name That Tune 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>10</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 GUITAR WITH DEBBY 12:00 Lunch 12:30 Anagrams 1:00 PROGRAM WITH SUNY DOWNSTATE OT (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>13</b></p> <p>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 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>14</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Rhyme Time 12:00 Lunch 12:30 Bean Bag Toss 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>15</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Famous Symbols 1:00 Bowling 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>16</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Word Grid 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>17</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 STORIES IN THE MOMENT WITH MAGDA (LC) 12:00 Lunch 12:30 Hangman / Fill in the Blank 1:00 Music and Movement 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>20</b></p> <p>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 Famous Places 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>21</b></p> <p>9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Finish the Phrase 12:00 Lunch 12:30 Price is Right 1:00 Music and Movement 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>22</b> <i>Earth Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 20 Questions 1:00 Art Activity - Earth Day 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>23</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing / Convo Cards 12:00 Lunch 12:30 A to Z 1:00 FOLK ART REFLECTIONS WITH ELIZABETH (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>24</b> <i>Arbor Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Time Slips / Creative Storytelling (LC) 12:00 Lunch 12:30 Basketball 1:00 GUITAR WITH DEBBY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>27</b></p> <p>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 Famous Faces 1:00 Sing-Along Songbooks 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>28</b></p> <p>9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch 12:30 Ball Toss 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>29</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 What Would You Do? / You Be The Judge 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>30</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Ring Toss 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>PEER SUPPORT</b> - Mondays, Wednesdays, and Thursdays</p> <p><b>SPANISH LANGUAGE PROGRAM</b> - Mondays, Wednesdays, and Fridays</p>

