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JANUARY 2026 NEWSLETTER

DON'T MISS YOUR COVID-19 BOOSTERS!

Even nearly six years after the start of the coronavirus pandemic in 2020, COVID-19 is still an ever-present concern with rising cases and hospitalizations being reported recently. Vulnerable populations such as older adults are especially susceptible to serious illness and complications. New York Memory Center continues to take precautions around COVID-19, including:

- *Requiring vaccination for all staff and members*
- *Temperature checking at pickup or arrival*
- *Regular cleaning and disinfection of surfaces*
- *Readily available face masks and hand sanitizer*
- *A "stay home if you feel sick" policy*

Because COVID-19 continues to evolve and there are different strains, it is advised to stay current with boosters for the best protection. Read more from about the current guidance for COVID-19 boosters from the New York State Department of Health:

<https://www.nyc.gov/site/doh/covid/covid-19-vaccines.page>

Thank you for your ongoing vigilance to keeping our community healthy and safe!

EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



Happy New Year!

As we head into 2026, I want to extend gratitude to everyone who made a donation during our Moments That Matter campaign. Because of the generosity of all our donors, New York Memory Center will continue to enhance and expand programs and services for people affected by memory loss and their loved ones. The coming year promises to be an exciting one for the Center, from investments and improvements in our space to innovative new programs and activities. If you would like to give but have not had the chance, *it is not too late!* Donate today at <https://nymemorycenter.org/give> to make more moments that matter into 2026 and beyond.



The January 2026 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 will be CLOSED for New Year's Day on Thursday, January 1st and Dr. MLK Jr. Day on Monday, January 19th.

VISIT US ON SOCIAL MEDIA!



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instagram.com/nymc199

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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: Support Groups

What is a support group?

Support groups are safe spaces for caregivers like yourself to connect with other caregivers who can relate to and empathize with your feelings and experiences of caregiving. It is a place for validation, guidance, and connection with others, and upholding important qualities such as confidentiality, judgement-free, and inclusive of everyone and all perspectives.

It is important to note that a support group is not the same as a "therapy" group. Rather, it is a forum for sharing, relating, and connecting. Groups typically have a group facilitator or leader who will organize group meetings, uphold group norms, moderate the flow of the group, ensure the safety of the space, and so forth. It is also important to note that groups are less about advice-giving and concrete resources for care receivers, but rather about focusing emotional, mental, and physical needs of caregivers. Therapy may also be helpful for caregivers facing unique mental health challenges beyond the scope and expertise of a group, and there are resources for this across Brooklyn and NYC.

How do I find a support group?

Many community organizations hold support groups. It is helpful to explore all of the options as there are important differences between groups, such as whether the group is held in-person or via Zoom (or both), whether the group is oriented towards certain caregivers such as spouses or adult children, or in specific languages. Groups typically meet once or twice a month depending on the group.

Here are some resources to reach out to if you are considering joining a support group:

- ❖ Caring Kind - <https://caringkindnyc.org> - 646.744.2900
- ❖ Alzheimer's Foundation of America - <https://alzfdn.org> - 866.232.8484
- ❖ Alzheimer's Association NYC Chapter - <https://alz.org/nyc> - 800.272.3900
- ❖ Heights and Hills Caregiver Program - <https://heightsandhills.org/programs/caregiver-support> - 718.596.8789
- ❖ PSS Circle of Care Caregiver Program - <https://pssusa.org/caregivers> - 866.665.1713
- ❖ Sunnyside Caregiver Program - <https://scsny.org/programs/care-nyc> - 877.577.9337
- ❖ Good Neighbors of Park Slope - <https://goodneighborsofparkslope.org> - 917.947.9121

If you have other questions about support groups, or would like guidance locating one, please reach out to us at New York Memory Center!

Program Spotlight: Jewish Museum Partnership

For several years, New York Memory Center has enjoyed a fruitful collaboration with The Jewish Museum along Museum Mile in Manhattan. Thanks to grant funding available to the Museum, the Center has hosted teaching artists for lively discussions about various artwork, themes within art, and well-known Jewish artists. The discussions are followed by hands-on artmaking using media and motifs introduced by the artwork. This year, we are once again joined by teaching artist Babs Peisch. Her sessions have featured works by well-known works by artists in the Museum's collection, including Marc Chagall, Judy Pfaff, and Harvey Wang.





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 Escapes at the Metropolitan Museum of Art - Tuesday January 13th at 2pm

The Met's long-running access program returns this winter. Met Escapes explores the Museum's extensive collection. Enjoy an afternoon of art, activities, and refreshments in a relaxed, dementia-friendly atmosphere.



JM Journeys at the Jewish Museum – Wednesday, January 14th at 2pm

Join a lively and creative program that encourages creating personal connections to original works of art and each other. Together, we will explore the featured exhibition "Draw Them In, Paint Them Out: Trenton Doyle Hancock Confronts Philip Guston" with facilitated discussions and multi-sensory experiences.



Jazz at the American Folk-Art Museum – Wednesday, January 21st 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 also check out the Museum's monthly online program "Folk Art Reflections" on the first Thursday of each month.



C2Baseball at Caring Kind - Wednesday, January 21st at 11am

Join a lively conversation at Caring Kind to discuss and reminisce about America's favorite pastime - Baseball! Advance registration is recommended through Caring Kind's website. There is also a virtual version of this program via Zoom on Tuesday, January 20th at 4pm.



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

Individuals with memory loss and their care partners are invited to a special exploration of the shimmering exhibition "Seydou Keita: A Tactile Lens," followed by artmaking. You may also enjoy the Museum's other varied exhibitions and collections.



COMING SOON! – Lincoln Center Moments Spring 2026 calendar!

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 January!**

Hilda - 18th

Yvone - 20th

Lucil - 30th



Two holiday music programs brought joy and cheer to the New York Memory Center community this past holiday season! On Monday December 8th, 5th graders from P.S. 124 (Silas Dutcher) came to share a selection of songs and dances with our members (*top*). Then on Thursday December 11th, the Center hosted a Memory Arts Cafe with members from the Phi Mu Alpha Sinfonia men's fraternal chorus, with special guests from a women's chorus, to sing holiday favorite carols (*bottom*). Thank you both for your partnership!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p> <p>PREFER ANOTHER ACTIVITY? - You may choose your own activities any time!</p>	<p>EARLY-STAGE LOTUS CLUB Programs marked by "LC" <i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i></p> 	<p>PEER SUPPORT - Mondays, Wednesdays, and Thursdays</p> <p>SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays</p>	<p>1</p> <p>CENTER CLOSED NEW YEAR'S DAY</p> 	<p>2</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Ring Toss 1:00 GUITAR WITH DEBBY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>5</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 JEOPARDY WITH AUDREY 12:00 Lunch 12:30 Pictionary 1:00 FOLK ART REFLECTIONS WITH ELIZABETH (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>6</p> <p>9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 You Be The Judge 12:00 Lunch 12:30 20 Questions 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>7</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? 1:00 Sing-Along Songbooks 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>8</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Hangman / Fill in the Blank 1:00 Balloon Volleyball 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>9</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 Ball Toss 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>12</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 INTREPID MUSEUM - STORIES WITHIN (LC) 12:00 Lunch 12:30 Finish the Phrase 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>13</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 Trivia - NYC 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>14</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Opposites 1:00 Bowling 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>15</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Basketball 1:00 Art Activity - ? 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>16</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation (LC) 12:00 Lunch 12:30 Family Feud 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>19</p> <p>CENTER CLOSED DR. MLK JR. DAY</p> 	<p>20</p> <p>9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 MAD LIBS WITH AUDREY 1:00 Sing-Along Songbooks 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>21</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 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>22</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 A to Z 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>23</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 Rhyme Time 1:00 GUITAR WITH DEBBY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p>26</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 Charades 1:00 FOLK ART REFLECTIONS WITH ELIZABETH (LC) 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>27</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 Art Activity - Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>28</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Word Grid 1:00 Balloon Volleyball 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>29</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Anagrams 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p>30</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 Trivia - Common Bonds 1:00 Bowling 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>

