



Best Practices for Joint Enrichment: New York Memory Center's Memory Arts Café

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TOPICS > ARTS

Poetry Project Helps Dementia Patients Live in the Moment

September 12, 2013 at 12:00 AM EDT



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MORE VIDEO



Preserving the LA story, one block at a time



Using photography to peel back the image of power



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What we will cover

- ▶ Overview about our organization
- ▶ History of our Memory Arts Café
- ▶ “Ingredients” for Success in joint enrichment
- ▶ Pictures
 - ▶ Specific programs and themes
- ▶ Breakout brainstorming groups
- ▶ Closing remarks
- ▶ Questions?



About New York Memory Center

- ▶ New York Memory Center was incorporated in 1983 under the name Park Slope Geriatric Day Center. We are a freestanding, nonprofit, community-based agency providing services to adults with cognitive, physical, and emotional limitations to help them enjoy life beyond diagnosis of memory loss.



History of New York Memory Center's Memory Arts Café



- ▶ Gary Glazner has been works with New York Memory Center (NYMC) as our poet-in-residence. He is also the founder and Executive Director of Alzheimer's Poetry Project since 2003.
- ▶ NYMC began informally holding arts-based programs and including family caregivers in 2010. These programs grew and became the Memory Arts Café series in partnership with Gary Glazner in 2012.
- ▶ First officially advertised Memory Arts Café took place June 2012
- ▶ ~50 Memory Arts Cafés have taken place in the past 6 years, serving approximately 1,000 participants (duplicated). Average 20 participants per session.



Program Description

From our website:

The **Memory Arts Café** is a series of free cultural events for people living with Alzheimer's disease or dementia, their caregivers, family members, friends, and the general public.

The Café is co-produced by New York Memory Center and the Alzheimer's Poetry Project. Each program features local professional guest artists including musicians, magicians, poets and dancers. Partially funded by Axe-Houghton Foundation, Brooklyn Arts Council, New York Community Trust, New York State Department of Health, and the Poetry Foundation.

Every Café is free — and fun! Please join us — you'll be glad you did.



“Ingredients” for Success



- ▶ Think beyond food and drink.
 - ▶ How do you want participants to feel walking away from the experience?
- ▶ Date and time
 - ▶ Poll caregivers to see what time works best if you're not sure. We have had good success with weekday evening PM or Saturday late AM, require registration and track responses, communicate with staff and participants as the event draws closer.
- ▶ Focus on strengths and include topics that are widely relatable
- ▶ Cultural competence
 - ▶ Language, country of origin, religion, community tradition, etc.

“Ingredients” for Success, continued

- ▶ THINK AHEAD: Schedule dates in advance on a program calendar, create a press release, establish outreach strategy including phone calls to maximize each café.
- ▶ Require registration. Keep in mind the general cancellation rate when limiting number of registrants.
- ▶ Transportation options
- ▶ Accessibility
- ▶ Hire a consultant & utilize your staff
- ▶ Themes
- ▶ Incorporate the Arts
- ▶ Food
 - ▶ Consider size of group, time of day, environment, portability if traveling



“Ingredients” for Success, continued

- ▶ Abide by the theatre improv mantra “**Yes, and...**”
 - ▶ Go with the flow and PLAY. Set the tone for fun and playfulness .
- ▶ Meet each person where he/she is. Everyone has something to give and one of the most successful approaches of the Memory Arts Cafés is that every person is welcome and included as contributors.
- ▶ Build partnerships with the community and relationships with family caregivers and individuals with memory loss. Revisit people, places, and things that have brought success in the past and simultaneously develop new ideas and approaches.
- ▶ Doing is teaching. Many techniques used in the Memory Arts Café can be used at home for engagement.



Memory Arts Café

FEATURING

Gabriella Dennery, PERCUSSIONIST

Hosted by Gary Glazner, POET

PLUS: BBQ, socializing, singing, fun!

Wednesday, May 28

6:00 - 8:00 pm

New York Memory Center

199 14th Street, Park Slope

For those living with Alzheimer's disease, their caregivers, & friends

NEW YORK MEMORY CENTER
199 14th Street at 4th Avenue • Brooklyn, NY 11215

Born in Canada of Haitian parents, Ms. Dennery grew up with the varied grooves of Haiti and the African diaspora. After moving to NYC in 1998, she studied and now teaches African djembe drumming, shekere and Haitian traditional drumming. Her recent performances include a sold out concert at the Actors' Fund Arts Center, Roulette Theater, BAC's Harbolore Festival, Union Theological/Columbia University and the Queen's Public Library.

Free & open to the public

The Memory Arts Café is thrilled to present Brooklyn-based percussionist Gabriella Dennery, who was recently honored with a citation from the Brooklyn Borough President's Office for Women's History Month. Poet Gary Glazner will host the event.

For Info: 718-499-7701
alzpoetry.com • nymemorycenter.org

Memory Arts Café

IS A MONTHLY SERIES
OF ARTS EVENTS



Partially funded by Brooklyn Arts Council, Brooklyn Borough President Eric Adams, and the Axe-Houghton Foundation

Brooklyn Museum

Memory
Arts Café
Celebration



MEMORY ARTS CAFÉ CELEBRATION at the Brooklyn Museum

Saturday, May 25, 11 a.m.–12:30 p.m.
Rubin Pavilion, 1st Floor
Free

MEMORY ARTS CAFÉ CELEBRATION

Individuals with Alzheimer's disease, their caregivers, and the general public are all invited to join this celebration of the Memory Arts Café, featuring jazz trumpeter Jesse Neuman and the Rhythm Break Cares Dance Company with Stine Moen and Hooba. Coproduced by the Alzheimer's Poetry Project, the Brooklyn Museum, and the New York Memory Center. Hosted by Gary Glazner of the Alzheimer's Poetry Project. Reception to follow. Email access@brooklynmuseum.org for more information.

Brooklyn Museum

200 Eastern Parkway, Brooklyn, NY 11238-6052

The Brooklyn Museum also presents **Brooklyn Afternoons: Art and Conversation for Individuals with Memory Loss**, a free monthly program that invites individuals with memory loss and their caregivers to explore the Museum's collections together. Information at access@brooklynmuseum.org

The **New York Memory Center** is a Brooklyn-based agency providing services to adults with cognitive, physical, and emotional limitations to help them enjoy life beyond diagnosis of memory loss. <http://nymemorycenter.org/>

The Memory Arts Café is sponsored, in part, by the Alzheimer's Foundation of America, the Axe-Houghton Foundation, and the Greater New York Arts Development Fund of the New York City Department of Cultural Affairs, administered by the Brooklyn Arts Council.



Front: Photo by Jonathan Dorado

Flyers



Memory Arts Café

Join us for a special program in honor of
Caregiver Appreciation Month

featuring **Kazu Kumagai**
TAP DANCER EXTRAORDINAIRE!

Hosted by POET Gary Glazner

Wednesday, Nov. 2 • 6 - 8 pm
at the **New York Memory Center**
199 14th St. near 4th Ave. • Brooklyn, NY 11215

For those living with Alzheimer's
disease, their caregivers and friends.

Kazu Kumagai was born in Sendai City, Japan. He started tap dancing at 15 and came to NY at 19. He trained in Funk University, the training workshop for the big hit Broadway musical Bring in da' Noise, Bring in 'da Funk. In 2008, he opened Kaz Tap Studio in Japan. He teaches throughout Japan, including in his hometown of Sendai City, site of severe damage in the 2011 earthquake and tsunami.

Free and Open to the Public



Partially funded by Axe-Houghton Foundation,
Brooklyn Arts Council, New York Community Trust,
and New York State Department of Health.

Please join Kazu and Gary for this
special evening of entertainment and
the creation and performance of our
own exciting new work combining
poetry and dance that honors
caregivers and celebrates Caregiver
Appreciation Month this November!

For Info: 718-499-7701
alzpoetry.com • nymemorycenter.org

Memory Arts Café

A CULTURAL SERIES PRODUCED BY
NEW YORK MEMORY CENTER AND
ALZHEIMER'S POETRY PROJECT

Photo by Leslie Kcc



Memory Arts Café

It's that time of year! Come to the
Holiday Party!
HOSTED BY POET Gary Glazner
Wed., December 6 * 6:00 pm

New York Memory Center
199 14th Street • Brooklyn, NY 11215

For those living with Alzheimer's
disease, their caregivers & friends

Please let us know how many are coming.
RSVP to the Center at (718) 499-7701.

The event will feature delicious
holiday snacks and singing well-
known songs and holiday classics.
NYMC teaching artists will help
the audience experience a range of
arts including, dance, music, poetry
and visual art.

Free • RSVP required

*Please join us as we
dance, sing, laugh, create art,
and — of course — write
and recite our very own
poem for the holiday season
with Gary Glazner*

More Info: 718-499-7701
alzpoetry.com • nymemorycenter.org



Partially funded by Axe-Houghton Foundation, Brooklyn Arts
Council, New York Community Trust, New York State Department
of Health, and the Poetry Foundation.

Memory Arts Café

A CULTURAL SERIES PRODUCED BY
ALZHEIMER'S POETRY PROJECT AND
NEW YORK MEMORY CENTER

Flyers

Press release (Example)

FOR IMMEDIATE RELEASE

Contact:
Megan Christ, LMSW
New York Memory Center
MChrist@nymemorycenter.org
718-499-7701

New York Memory Center & Alzheimer's Poetry Project Present

Holiday Party!

Featuring the New York Memory Center Teaching Artists

Memory Arts Café is series of free art events for people living with Alzheimer's disease, their caregivers and the general public and is co-produced by New York Memory Center (NYMC) and the Alzheimer's Poetry Project. The series includes light refreshments and the opportunity to chat with the guest artists.

Wednesday December 6th, 6 to 8pm
New York Memory Center, 199 14th Street, Brooklyn, NY 11215
For info: call (718) 499-7701 or visit alzpoetry.com

The event will feature delicious holiday snacks and singing well-know songs and holiday classics. NYMC teaching artists will help the audience experience a range of the arts provided NYMC including, dance, music, poetry and visual art.

The event is co-produced by New York Memory Center and the Alzheimer's Poetry Project.

About the producers:

Founded in 1983, the mission of New York Memory Center is to help older adults who have cognitive, physical, and emotional limitations, to maintain or improve their level of functioning so that they may enjoy their later years at home and within the community. Through an innovative wellness center, New York Memory Center meets the needs of individuals living with Alzheimer's and related dementia disorders and their Caregivers. NYMC offers two primary programs: Lotus Club, an early intervention and support program for those experiencing the earliest stages of Alzheimer's and related dementias; and Memory Life Services, a program which provides more extensive services suitable for adults in the community with middle to later stage memory loss. For additional information, please visit nymemorycenter.org.

Gary Glazner founded the Alzheimer's Poetry Project (APP) in 2003. The APP was the recipient of the 2013, Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiving Legacy Award and the 2012 MetLife Foundation Creativity and Aging in America Leadership Award in the category of Community Engagement. The National Endowment for the Arts listed the APP as a "best practice" for their Arts and Aging initiative. PBS NewHour, NBC's "Today" show, NPR's "All Things Considered" and Voice of America have featured segments on the APP.



Photo Gallery





June 2012
First Official Kickoff
Memory Arts Café



August 2012



September 2012



December 2012



March 2013



April 2013



May 2013



May 2014





June 2014





September 2014



www.nymemorycenter.org



December 2014



February 2015



May 2015





February 2016





May 2016





August 2016



November 2016





February 2017



April 2017



May 2017





July 2017



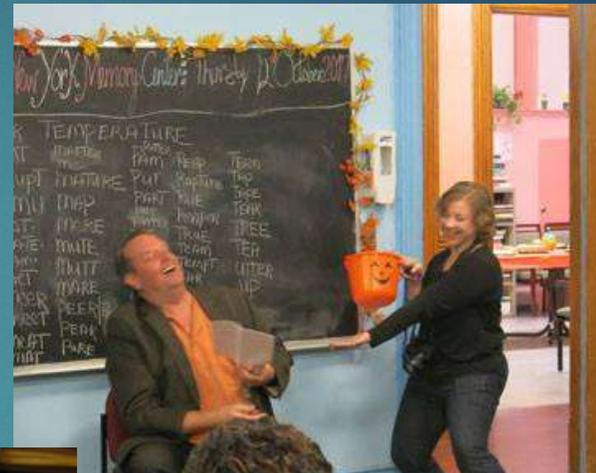


September
2017





October 2017





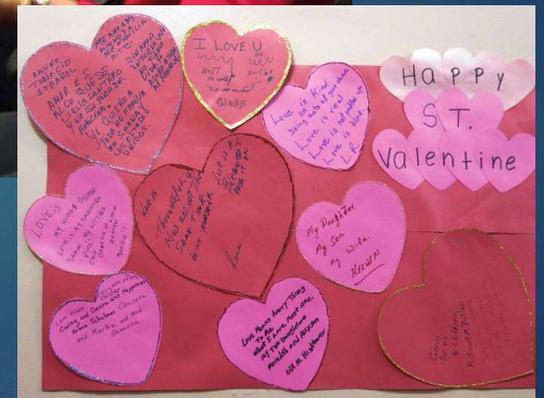
November 2017



December 2017



February 2018



March 2018





April 2018



Breakout Session

- ▶ Goal: Brainstorm ideas for joint enrichment in your caregiver program. (Pick one program if group members are from different organizations.)
 - ▶ Innovate, don't duplicate.
- ▶ What would you like to improve or change about your current program?
- ▶ What is the environment?
 - ▶ Consider community
 - ▶ Consider transportation
 - ▶ Consider potential venues
 - ▶ Consider date and time
 - ▶ Consider community partners, allies, sponsors, support/resources (ex: from NYS DOH)
- ▶ Tactics/Plan
- ▶ Who are the caregivers you serve? Who are the individuals living with AD/D you serve? Ages? Special considerations?
- ▶ What are some special hobbies or interests that might connect to a theme? Possible obstacles?
- ▶ How will you measure success?

Questions?



Important Links

- ▶ <http://nymemorycenter.org/>
- ▶ <http://www.alzpoetry.com/dementia-arts-book/>
- ▶ <http://www.alzpoetry.com/sparking-memories/>