



## Newsletter #5 - May 2021

In this issue of our newsletter we want to bring you up to date on our event calendar where we have expanded the coverage to incorporate a number of new organizations both in NYC and in the surrounding area. One of the advantages of the Zoom format is that we can now attend programs in other cities and states. Secondly, we are initiating a new activity designed to capture what folks have been doing called “Share Your Experiences” and listing additional programs as we become aware of them.

### Webinars

#### New York City

- Inspir Senior Living – [www.inspirinfo@inspirsl.com](mailto:www.inspirinfo@inspirsl.com).  
We are not endorsing Inspir, but they run interesting programs for residents that are open to the public.
- PSS Life University – <https://pssusa.org/psslifeu/>.  
Conduct a wide variety of programs for caregivers and others.
- Zuckerman Institute at Columbia University –  
<https://zuckermaninstitute.columbia.edu/>.  
Programs for Caregivers.

#### Outside of NYC

- University of Pennsylvania Health Services – <https://penmemorycenter.org/>.  
Penn Memory Center Conducts Memory cafes and also publish a regular newsletter along with other activities.
- Positive Approach to Care – <https://teepasnow.com/>.  
This is Teepa Snow’s organization and they conduct a variety of programs. Some are free others have a fee attached to them.
- Being Patient – Deborah Kan – <https://www.beingpatient.com/>  
Run monthly webinars for caregivers.

## Home based Video Programs

In addition to the above organizations we have also identified several organizations that have developed video-based programs for at home use. All are subscription programs. They are:

- Joygage – <https://www.joygage.com/>.
- Photavia – <https://www.photavia.net/>.
- saltboxtv – <https://www.saltboxtv.com/about>.

Note: Our listing of these programs should not be interpreted as an endorsement; just a listing.

## NYC Based Programs

New York has many outstanding organizations providing services to those living with Alzheimer's and their caregivers. In this issue of the newsletter we are highlighting two of those programs. Coming issues will highlight additional programs.

- **Arts & Minds** – Arts and Minds provides online interactive sessions of art dialogue and art making every weekday afternoon at 2:00. Look at art. Talk about art. Make art if you choose. English or Spanish language programs feature the art of New York City museums. Teaching artists and art historians work with participants to create positive emotional and cognitive experiences, enhance verbal and non-verbal communication, reduce isolation and build community. <http://www.artsandminds.org>.
- **Lincoln Center Moments** – Lincoln Center Moments is a free performance-based program specially designed for individuals with dementia and their caregivers. Join us as we bring Lincoln Center's unparalleled artistry to an intimate and supportive setting. Each program includes a performance followed by activities facilitated by educators and music therapists, exploring the work through discussion, movement, music, and art making. The spring season takes place virtually and is free of charge, but registration is required. To register for the remaining programs in our Spring 2021 season, fill out [this form](#) or contact [access@lincolncenter.org](mailto:access@lincolncenter.org) or 212.875.5375.

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**Special Note:** Caregiver Support - Leaf Study. A study is being conducted jointly by researchers at Northwestern and UCSF is now open to caregivers. The study is designed to **increase levels of positive emotion**, which in turn can **help lower stress and support ways of coping** with the stresses of caregiving. The link is <https://leafstudy.ucsf.edu/>.

## Share Your Experiences

Tell us what you have been doing!

As the weather has gotten better, many of us are finally getting out into the world around us. We want to know what you have been doing. Drop us a brief note along with a picture or video and we will post it on our website and feature it in our next newsletter.

This is what we did recently . . .

- Sandy, Michele and Ira – This past Tuesday we went to Central Park, enjoyed the passing scene, had a great dumpling-based picnic lunch, visited the Zoo and took a Hansom Cab ride. It was a great day and we all had a fun time.



- Sandy, Ira and Francesca – On a recent Saturday, we visited the South Street Seaport and had lunch at a restaurant on Peck Slip. Pier 17 is a great place to sit, watch the water and just relax.
- Sandy, Michele and Ira – We also visited Governors Island. A great place but a lot of walking.

You're Next!

Share YOUR experiences. Send your text, photos, videos to:

[contact@adrcnyc.org](mailto:contact@adrcnyc.org)