

The Alzheimer's & Dementia Resource Directory



Compiled by

The Alzheimer's & Dementia Resource Center
of NYC

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Note: Because of the frequency with which program schedules change, they are not included in this version of the directory. Please refer to the Event Calendar in our website for current program schedules.

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About this Directory

The new **Alzheimer's and Dementia Resource Center of NYC** is compiling this directory of recreational, educational, and therapeutic Alzheimer's and dementia resources available in the Metro-NYC area. We do not provide resources; we only publish information about them.

The Alzheimer's & Dementia Resource Directory is a work in progress. Should you know of other organizations or programs that we should list, please email us at: contact@adrcnyc.org or call us at: 212-243-0782.

The Directory is not intended to include medical resources from hospitals, clinics, or private medical practices.

The Resource Center maintains the Directory on our website and makes it available for free download in PDF format. This downloadable version of the Directory is only updated approximately bi-annually. Please refer to the website for the most current information.

Please note that the links to resources are only operative when viewing this directory on-line.

We welcome new resource listings from NYC-Metro area organizations. Listings can be submitted through an interactive form on our website.

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About the Founders

Sandy and Ira Asherman are the founders of the Alzheimer's and Dementia Resource Center of NYC. They are retired management consultants who spent much of their professional life consulting to the pharmaceutical industry. Sandy is currently dealing with an Alzheimer's diagnosis while Ira works to be a competent caregiver. In addition to developing this web site they have continued their interest in the theatre and dance. They are also taking advantage of the many programs available to Alzheimer's patients and their caregivers. Sandy was so excited by the Tea dance run by Rhythm Break Cares that she persuaded Ira that dancing lessons should be their next adventure and they are now arguing over who is the better dancer. Sandy has had Type One - Diabetes for over sixty years and is also a Breast Cancer survivor. Sandy has written an article about the years after her Diabetes diagnosis and Sandy and Ira have collaborated on an article about Breast cancer from a husband's perspective. They have written a number of professional articles and books on negotiation and edited a book of readings on the topic. With all that writing and working together, many of their friends are amazed that they still talk to each other.

The design, construction, and maintenance of the website and directory are proudly contributed by Technical Directors **Gary and Marcy Garb**.

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Programs

Museum-based Programs:

Organization: The Met Cloisters
Address: 99 Margaret Corbin Drive, New York, New York 10040
Phone Number: 212-650-2280
Email: cloister.programs@metmuseum.org
Website: [Sights & Scents at The Met Cloisters](#)
Contact Name: The Met Cloisters Education Department

Program Provided:

Sights & Scents at The Met Cloisters: Enjoy the serenity of the enclosed gardens and peaceful views at The Met Cloisters with this specially designed gallery program for visitors with dementia and their care partners. Be transported to the world of the Middle Ages by treasures from medieval manors and sacred spaces. Connect through discussion, drawing, and multisensory exploration of the beauty of medieval artwork and gardens. Sights & Scents is a monthly program offered free of charge, but places are limited and reservations are required. To make a reservation, or for more information, call 212-650-2280 or email cloister.programs@metmuseum.org. You may also request to be added to the mailing list.

Organization: The Metropolitan Museum of Art
Address: 1000 Fifth Avenue, New York, NY 10028
Phone Number: 212-650-2010
Email: access@metmuseum.org
Website: [Met Escapes](#)
Contact Name: Accessibility

Program provided:

Take a break from the everyday with handling sessions, discussions about art, art making, and other interactive and multisensory activities in the galleries and classrooms.

- Met Escapes - Gallery Tour
- Met Escapes - Exploring Works of Art through Touch
- Met Escapes - Art-Making Workshop

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Museum-based Programs, cont'd:

Organization: The Rubin Museum of Art
Address: 150 West 17th Street, New York, NY 10011
Phone Number: (212) 620-5000 x319
Email: Access@rubinmuseum.org
Website: <http://www.rubinmuseum.org>
Contact Title: Manager of Docent and Access Programs
Contact Name: Laura Sloan

Program Provided:

Mindful Connections is our program for visitors with Dementia and their care partners. Every month trained guides facilitate a gallery experience designed to promote engagement with works of art and each other. Our program meets the third Friday of every month. The tour is from 2:00-3:00pm and visitors are welcome to arrive early at 1:30pm to meet in our cafe for complimentary tea and conversation. The program and admission is free for participants.

RSVP is required for the program. Participants are welcome to complete our online registration form: <http://rubinmuseum.org/form/mindful-connections-registration/>.

For any questions, please contact: access@rubinmuseum.org.

Organization: The Jewish Museum
Address: 1109 5th Avenue (Entrance on 92nd Street), New York, NY 10128
Phone Number: 212-423-3289
Email: access@thejm.org
Website: www.thejewishmuseum.org
Contact Title: Director of Operations
Contact Name: Access Team

Program Provided:

Visitors with memory loss and their care partners are invited to make personal connections with original works of art through discussions, art making, and multi-sensory activities facilitated by educators in the galleries and art studio.

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Museum-based Programs, cont'd:

Organization: Brooklyn Museum
Address: 200 Eastern Parkway, Brooklyn, NY 11238
Phone Number: 718-501-6520
Email: access@brooklynmuseum.org
Website: www.brooklynmuseum.org
Contact Title: Access Programs Coordinator
Contact Name: Lindsay Reuter

Program Provided:

One Tuesday per month, the Brooklyn Museum hosts Brooklyn Afternoons: Individuals with memory loss and their care partners are invited to experience our collection together when our galleries are not open to the public. Each program offers an opportunity to enjoy conversation, works of art, and one another's company. Light refreshments are provided, and assistive listening devices and wheelchairs are available.

Organization: American Folk Art Museum
Address: 2 Lincoln Square, New York, NY 10023
Phone Number: 212-265-0605
Email: education@folkartmuseum.org
Website: folkartmuseum.org
Contact Title: Director of Education
Contact Name: Rachel Rosen
Contact Phone: 212-265-0605
Contact Email: rosen@folkartmuseum.org

Program Provided:

First Thursday of every month, 2:30-3:30 pm. This interactive and discussion-based program for individuals with Alzheimer's and their family members or care partners brings the world of folk art to life through conversation. Museum admission and program are free. Registration is required. Stools are provided.

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Museum-based Programs, cont'd:

Organization: The Museum of Modern Art
Address: 11 West 53 Street, New York, NY 10019
Phone Number: 212-408-6447
Email: accessprograms@moma.org
Website: <http://www.moma.org/access>
Contact Title: Access Programs/ Meet Me at MoMA Program
Contact Name: Numerous staff are available to answer questions

Program provided:

Please join us for The Museum of Modern Art's monthly program for individuals with dementia and their family members or caregivers. Meet Me at MoMA provides a forum for dialogue through looking at and making art. Specially trained Museum educators highlight themes, artists, and exhibitions during an interactive program in the Museum's galleries and classrooms. FM assistive listening devices (headsets and neck loops) are available. Meet Me at MoMA is free of charge. Space is limited and preregistration is required. For more information or to register, please call Access Programs at (212) 408-6447 or (212) 247-1230 (TTY), or email accessprograms@moma.org. Programs for groups of visitors with dementia can also be arranged. Choose a one-hour private gallery tour, a two-hour private gallery tour and art-making studio, or a multi-visit private program which includes an educator visiting your organization for a pre- and post-visit as well as a visit to the Museum. Group size: Up to 15. All participants receive one family pass (admits up to five visitors), good for one free visit to MoMA. These visits are free of charge but require advance planning and registration. They include a pre-arranged and dedicated arrival-time slot for your group. You can schedule these programs all year. To book a program, please contact the Museum's Group Services department four weeks in advance of your desired visit date. You can contact Group Services via email at groupservices@moma.org or via phone at (212) 708-9685.

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Museum-based Programs, cont'd:

Organization: Queens Museum
Address: New York City Building, Flushing Meadows Corona Park, Queens, NY
11368
Phone Number: 718-592-9700
Email: mitra@queensmuseum.org
Website: www.queensmuseum.org
Contact Title: Manager of ArtAccess and Autism Initiatives
Contact Name: Mitra Dejkameh

Program provided:

Art Workshops

Organization: Intrepid Sea, Air & Space Museum
Address: One Intrepid Square, 46th Street & 12th Avenue (Pier 86), New York , NY
10035
Phone Number: 646-381-5158
Email: access@intrepidmuseum.org
Website: intrepidmuseum.org
Contact Title: Museum Educator
Contact Name: Brigid Tuschen

Program provided:

The Intrepid Museum offers Stories Within for individuals with dementia and their care partners. Educators lead small groups on a multisensory experience, including historic photographs, handling objects, singing songs and sharing stories. Limited funding is available for NYC-based organizations to arrange a customized group program. Stories Within programs are free but registration is required. To register, please contact access@intrepidmuseum.org or call **646-381-5158**.

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Museum-based Programs, cont'd:

Organization: Mount Vernon Hotel Museum & Garden
Address: 421 East 61st Street, New York, NY 10085
Phone Number: 212-838-6878
Email: nfo@mvhm.org
Website: www.mvhm.org
Contact Title: Director
Contact Name: Terri Daly
Contact Email: t.daly@mvhm.org

Program provided:

Hand-in-Hand is a special program designed for visitors with memory loss and their care partners. Explore the Museum's historic rooms and its collection and reflect on the theme of the day. Connections between life today and life in the 19th-century are nurtured through conversation and a handicraft workshop.

Admission is free but reservations are required by calling **212-838-6878** or emailing **info@mvhm.org**

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Social Programs:

Organization: Beginnings
Address: 247 E 53 St, New York, NY 10022
Phone Number: 212-498-9600 x703
Email: Randi@renewalcare.org
Website: [Beginnings](#)
Contact Title: Program manager
Contact Name: Randi Schwartz

Program Provided:

"Beginnings" is a social gathering for older adults with early or mid-stage Alzheimer's disease, dementia, and other neurocognitive disorders. Each meeting offers social, intellectual, and physical engagement in an uplifting and safe environment. Our goal is for each of our members to experience authentic joy and connection with others whenever they join us.

Organization: Sweet Readers
Address: 115 East 92nd Street, New York, NY 10128
Phone Number: 917-828- 2970
TTY Phone Number: 917-828-2970
Email: info@sweetreaders.org
Website: www.sweetreaders.org
Contact Title: Founder
Contact Name: Karen Young

Program Provided:

Sweet Readers pairs adults with early to mid-stage Alzheimer's with trained middle school students who care passionately about older adults. During our programs (five - six 1-hour weekly session) 1 -2 Sweet Readers are paired with and adult (and their care partners when appropriate) in an intimate group setting and together they explore and create art, music, poetry and stories as they discover each other. All session are led by trained Sweet Readers Facilitators utilizing a customized Sweet Reader Curriculum. The Sweet Reader programs surround and support participants, empowering each with renewed purpose and creating a warm, engaged community. Over the course of a program cycle the adults and student Sweet Readers together create a

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collaborative work and build lasting bonds with each other. Programs are held in schools and/or museums. For more information please visit us at www.sweetreaders.org.

Music, Dance, and Arts Programs:

Organization: Lincoln Center for the Performing Arts
Address: 165 W 65th Street, New York, NY 10023
Phone Number: 212-875-5375
Email: access@lincolncenter.org
Website: [Lincoln Center Moments](#)
Contact Name: Accessibility at Lincoln Center

Program provided:

Lincoln Center Moments - A free performance and workshop series for adults with dementia and their caregivers.

Organization: Rhythm Break Cares
Address: 1261 Broadway, suite 309, New York, NY 10001
Phone Number: 646 742 9014
TTY Phone Number: 646 742 9014
Email: rbcares@gmail.com
Website: www.rbcares.org
Contact Title: Director of Operations
Contact Name: Stine Moen

Program provided:

Our mission is to provide the restorative power of music, movement, and touch to older adults with dementia. Since 2009, we have utilized our love and knowledge of dance to improve the quality of life for those with all stages of dementia residing in the community or in a memory care facility. Our dance artists are professionally trained Ballroom and Modern dancers who have completed training to work with older adults with dementia.

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Music, Dance, and Arts Programs, cont'd:

Organization: The Unforgettables Chorus
Address: 619 Lexington Avenue on 54th Street, New York, NY 10022
Phone Number: 347-351-1247
Email: unforgettables.chorus@gmail.com
Website: [Unforgettables Chorus](http://UnforgettablesChorus.com)
Contact Title: Director of The Unforgettables Chorus
Contact Name: Tania Papayannopoulou

Program Provided:

The Unforgettables chorus is a chorus for people with dementia and their family or friend caregiver. They both join together as active members of the chorus singing in rehearsals and concerts prepared by the directors, Tania Papayannopoulou and Dale Lamb.

Organization: Arts & Minds
Address: PO Box 250073, Columbia University Station, New York, NY 10025
Phone Number: 646-755-3726
Email: chalpinhealy@artsandminds.org
Website: www.artsandminds.org
Contact Title: Program Coordinator
Contact Name: Nellie Escalante
Contact Email: chalpinhealy@artsandminds.org

Program provided:

Museum based experiences for adults with memory disorders and their care partners. Through gallery discussions and hands-on art activities, Arts & Minds opens a window to creativity and well-being. Programs take place at 5 museums in NYC. All programs are free, but reservations are required.

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Multi-Purpose Organizations

Organization: New York Memory Center
Address: 199 14th Street, 1st Floor, Brooklyn, NY 11215
Phone Number: 718-499-7701
Email: jbrown@nymemorycenter.org
Website: www.nymemorycenter.org
Contact Title: Executive Director
Contact Name: Josephine Brown

Resources Provided:

social adult day services, evening services (social adult day), extended hours (social adult day), creative arts based therapies, round-trip transportation, cognitive exercises, cognitive computer training, nutritious meals, caregiver support group, caregiver coaching, caregiver navigation, caregiver education, caregiver wellness classes (yoga, tai chi, nutrition), Memory Arts Cafe.

Organization: Alzheimer's Foundation of America
Address: 322 8th Avenue - Suite 800, New York, NY 10001
Phone Number: 866-232-8484
Email: info@alzfdn.org
Website: www.alzfdn.org
Contact Title: Director of Educational and Social Services
Contact Name: Molly Fogel

Resources provided:

The Alzheimer's Foundation of America, based in New York, is a non-profit organization that unites more than 2,600 member organizations nationwide in the goal of providing optimal care and services to individuals living with dementia, and to their caregivers and families. Its services include a national, toll-free helpline (866-232-8484) staffed by licensed social workers, telephone based support groups, therapeutic community classes, professional training and workshops, free, monthly webinars, educational conferences and materials, a free quarterly magazine for caregivers, the National Memory Screening Program, and "AFA Partners in Care" dementia care training for healthcare professionals. For more information about AFA, call 866-232-8484, visit www.alzfdn.org, follow us on Twitter, or connect with us on Facebook or LinkedIn.

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Multi-Purpose Organizations, cont'd

Organization: CaringKind
Address: 360 Lexington Avenue, 4th Floor, New York, NY 10017
Phone Number: 646-744-2900
Email: helpline@caringkindnyc.org
Website: www.caringkindnyc.org

Resources provided:

We are at the heart of Alzheimer's Caregiving. For over thirty years, CaringKind has focused on equipping New Yorkers with the time, space and skills they need to be able to care with confidence and make today a little bit brighter.

Organization: NYU Alzheimer's Disease and Related Dementias Family Support Program
Address: 145 East 32nd Street, 8th Floor, New York, NY 10016
Phone Number: 646-754-2277
Email: family.support@nyumc.org
Website: nyulangone.org/memorydisordersupport
Contact Title: Community Health Representative

Resources provided:

We offer consultation and support to families caring for relatives who have trouble with thinking and memory.

Organization: Alzheimer's Association, NYC Chapter
Address: 60 East 42nd Street, Suite 2240, New York, NY 10165
Phone Number: 646-418-4466
Email: NYCinfo@alz.org
Website: alz.org/nyc

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Government Agencies

Government agencies at all levels provide information on Alzheimer's and related diseases. Following are a selection from some of those agencies.

- Federal government - National Institute of Health (National Institute of Aging):
 - [Alzheimer's Disease Fact Sheet](#)
 - [Alzheimer's Caregiving](#)
 - [Free Publications](#)
- [New York State Department of Health: Where Can I Get Help?](#)
- [New York City Department for the Aging - Alzheimer's and Caregiver Resource Center](#)

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Clinical Trials

To learn how clinical trials are designed and conducted, see this [Wikipedia Article](#).

For a comprehensive list of all clinical trials being conducted world-wide, visit: <https://clinicaltrials.gov/>.

New York specific information can be obtained at: www.centerwatch.com

Directories:

Organization: Alzheimer's Association
Address: 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601
Phone Number: 800-272-3900
TTY Phone Number: 866-403-3073
Website: [Alzheimer's Association TrialMatch](#)

Resource provided:

Alzheimer's Association TrialMatch® is a free, easy-to-use clinical studies matching service that generates customized lists of studies based on user-provided information. You can easily see what studies you may qualify for. Our continually updated database contains more than 250 studies, including both pharmacological (drug) and non-pharmacological (non-drug) studies being conducted at sites across the country and online.

Organization: Antidote
Address: 450 Lexington Ave., New York, NY 10017
Phone Number: 888-509-1308
Website: [Antidote Alzheimer's Clinical Trials](#)

Resource provided:

We connect people like you with medical research studies, in the fastest and easiest way possible. All you need to do is answer a few questions, and we'll find the right trials for you.

We've built a smart, easy way to organize the world's research information – and transform the way people and researchers connect. You gain access to the latest medical developments and world-class care. Researchers complete their studies even faster. And medical breakthroughs are accelerated for everyone.

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Researchers:

Organization: New York State Psychiatric Institute and Columbia University
Department of Psychiatry
Address: 1051 Riverside Drive, New York, NY 10032
Phone Number: (212) 305-6001
Website: <https://www.columbiapsychiatry.org/join-study>

Organization: Montefiore Medical center, Albert Einstein College of Medicine
Principal Investigator: Yasmin Mossavar-Rahmani, PhD
Email: yasmin.mossavar-rahmani@einstein.yu.edu
Address: 111 East 210th Street, Bronx, NY 10467
Phone Number: 718-920-4321
Website: <http://www.montefiore.org/research>

Clinical Trial:

[Multicultural Healthy Diet to Reduce Cognitive Decline & Alzheimer's Disease Risk](#)

Organization: Alzheimer's Disease Research Center (ADRC) at the Icahn School of
Medicine at Mount Sinai
Address: One Gustave L. Levy Place, Box 1230, New York, NY 10029
Phone Number: 212-241-8329
Website: <http://icahn.mssm.edu/research/adrc>

Organization: The NYU Alzheimer's Disease Center
Address: NYU Langone Medical Center, 145 East 32nd Street (2nd Floor), New
York, NY 10016
Phone Number: 212-263-8088
Website: <https://med.nyu.edu/adc/participate-research/research-opportunities/>

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Technology

Organization: Memory Lane
Website: www.openmemorylane.com
Contact Title: CCO SoundMind Intelligence, Inc.
Contact Name: Andy Kropa
Contact Phone: 917-561-1324
Contact Email: info@openmemorylane.com

Resource Provided:

Voice computing application for Alexa-enabled devices

Organization: GreyMatters Care LLC
Website: www.greymatterstous.com
Contact Phone: 646-734-6093
Contact Email: info@greymatterscare.com

Resource Provided:

GreyMatters is an interactive life storybook app for the tablet that aims to improve quality of life for people with dementia and their caregivers. Through visual reminiscence, paired with music and games, the app helps patients and families preserve yesterday's memories, as well as share today's joyful moments.

Organization: Dementia Mentors
Address: 17244 Hwy US 41, Spring Hill, FL 34610
Phone Number: 352-345-6270
Email: dementiamentors@gmail.com
Website: www.dementiamentors.org
Contact Title: Founder
Contact Name: Gary Joseph LeBlanc

Resources Provided:

Helping the newly diagnosed with dementia find their footing and helping remain social. Resources are provided via interactive website.

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Technology, cont'd

Organization: Music & Memory
Address: 17 West 17th Street 7th Floor, New York, NY 10011
Phone Number: 212-602-1331
Email: rchamberlain@musicandmemory.org
Website: www.musicandmemory.org
Contact Title: Director of Development and Operations
Contact Name: Robin Chamberlain
Contact Phone: 917-865-6530

Resource Provided:

Music & Memory offers training and support for caregivers to provide personalized music on digital devices to individuals with Alzheimer's and dementia. Through education and resources we seek to improve quality of life for those living in long-term care and aging in place.

Organization: Pop-doc
Address: 131 W 33rd St - 12E, New York, NY 10001
Phone Number: 212-244-4244
Email: info@pop-doc.com
Website: www.pop-doc.com
Contact Title: CEO
Contact Name: David T. Neuman, MD

Resource Provided:

Appropriate exercise has been shown to diminish joint pain and slow the progress of cognitive decline. At Pop-doc.com we offer a mobile resource to help those with dementia combat the cognitive decline through exercise. The platform helps preserve joint function, allowing users to be more mobile, have more stability, stay independent and have less pain. These easy-to-follow 'joint preservation' exercises are done from a seated position, and are effective at increasing blood flow to the joints and extremities. In as little as 5-7 minutes a day, the exercise groupings can elevate mood and slow the progress of dementia.

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Technology, cont'd

Organization: The Scent Guru Group, LLC
Address: 69 Byram Shore Road, Greenwich, CT 06830
Phone Number: 203-912-2811
Email: thescentgurugroup@gmail.com
Website: www.thescentgurugroup.com
Contact Title: Founder
Contact Name: Ruth Sutcliffe

Resource Provided:

Essential Awakenings™ Smell & Memory tool kits

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Publications & Media

- **[VIDEOS]** [Dementia Q and A with Dr. Marc Rothman](#) - "Dr. Marc Rothman is a geriatrician with expertise in aging, dementia, post- acute/long term care and end of life care. Dr. Rothman is a graduate of the NYU School of medicine and completed his post graduate training in internal and geriatric medicine at Yale. He is board certified in Internal Medicine, Geriatric Medicine and Hospice and Palliative Medicine. For full transparency, he and his family are long - time friends. Despite this, I think the videos are useful and well worth your time."
[Bio by Ira Asherman]
- **[PUBLICATIONS]** [Science Daily](#) - Timely articles from research journals and news reports. Get daily newsletter.
- **[PUBLICATIONS]** [Medical News Today](#) - Timely articles from research journals and news reports. Get daily and weekly newsletter.
- **[BLOGS]** [My Voyage Through Early-Onset Alzheimer's](#) - "I have a story to tell you and time is of the essence. I'm an American baby boomer, and I have been diagnosed with early-onset Alzheimer's disease."
- **[BLOGS]** [Knocking on a Patient's Front Door at the Intersection of Dementia and Firearm-Safety](#) - Important insight by an MD Geriatrician.
- **[BLOGS]** [Top 40 Alzheimer Blogs, Websites & Newsletters To Follow in 2019](#) - Extensive list of links to blog sites by patients, care-givers, and physicians.
- **[PODCASTS]** [PlayerFM](#) - Extensive library of high-quality podcasts from sources worldwide. Mobile app available.
- **[VIDEOS] [PUBLICATIONS]** [Alzheimer's Weekly](#) - A very comprehensive collection of articles and videos, with a special sections featuring Diet & Nutrition and Books & Technology.
- **[PUBLICATIONS]** [Alzheimer's Disease Resource Center](#) - Organization serving the greater New York Metropolitan area. Website provides a wealth of information and the organization participates in local events.
- **[PUBLICATIONS]** [Alzheimer's Reading Room](#) - Provides a searchable database of over 5,000 articles to answer questions, and provide solutions to the problems that caregivers face in Alzheimer's and dementia care.
- **[PODCASTS]** [Being Patient](#) - An editorially independent news site covering the latest research on Alzheimer's disease. Articles and Podcasts
- **[VIDEOS]** [The Best Alzheimer's Disease Videos of the Year](#) - More than five million people in the United States are living with Alzheimer's, according to the Alzheimer's Association. For these people and their families, finding resources early on can make the progression of the disease easier to bear. We've rounded up the best and newest videos that offer everything from disease education to heartwarming stories.

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Publications & Media, cont'd

- **[VIDEOS]** [Video collection from the Northern California and Northern Nevada Chapter of the Alzheimer's Association](#) - The videos provided are short, educational clips of high quality on a variety of topics of interest to the dementia caregiver, early stage person with dementia, family members and professionals.
- **[DVDS]** [Nine touching movies about dementia and Alzheimer's](#) - Oscar nominations over the years have included multiple nods for performances in movies that deal with Alzheimer's disease and dementia. Here are nine movies you shouldn't miss that handle this difficult subject with grace, dignity, and realism.
- **[PUBLICATIONS]** [The New York Times](#) - The paper has numerous articles on Alzheimer's and dementia. However, these articles are only available to digital subscribers.