

2024 Dementia Resource Directory of New York City

Prepared by:
The Alzheimer's and Dementia Resource Center of NYC and
Renewal Memory Partners

This directory is lovingly dedicated to Ira Asherman, whose vision, passion, and steadfast efforts made this work possible. Thank you, Ira, for always inspiring us to spread joy.

Introduction

Our goal is to provide a directory of New York City based information and programming that may support and enrich the lives of those affected by dementia. This directory is designed for people caring for someone with dementia and professionals supporting those care partners.

Unless otherwise indicated, all programs listed are free, available in English only, and require participants to arrange their own transportation.

Multi-Service Organizations

Multi-service organizations provide a range of programs and services for people with dementia and their care partners, including support groups and social programs, both in-person and virtual. Many find it most helpful to contact these organizations early in the care planning journey.

Alzheimer's Association	New York City Chapter 60 East 42 nd Street Suite 2240 New York, NY 10165 Helpline: 800-272-3900	https://www.alz.org/
Alzheimer's Foundation	322 Eighth Avenue 16 th Floor New York, NY 10001 Helpline: 866-232-8484	https://alzfdn.org/
CaringKind *Webinars may be available in multiple languages.	360 Lexington Avenue 3 rd Floor New York, NY 10017 Helpline: 646-744-2900	https://www.caringkindnyc.org/contact

New York Memory Center	199 14 th Street Brooklyn, NY 11215 718-499-7701	https://www.nymemorycenter.org/
NYU Langone Alzheimer's Disease & Related Dementias Family Support Program	145 East 32 nd Street 8 th Floor New York, NY 10016 646-754-2277	https://NewYorkulangone.org/locations/alzheimers-disease-related-dementias-family-support-program
PSS Circle of Care	2095 Broadway, Suite 409 New York, NY 10023 212-874-6633, ext. 3 careinfo@pssusa.org	https://pssusa.org/caregivers/
Sunnyside Community Services	43-31 39 th Street Sunnyside, NY 11104 718-784-6173 info@scsny.org	https://www.scsny.org/programs/care-nyc/

Museums

Many NYC museums run programs for people with dementia and their care partners. All programs listed here are led by docents trained to work with those with dementia and similar conditions to explore, discuss, and create art. Some museums have email newsletters that can help you stay current with their programming.

Note: For simplicity, we have listed the homepages for each museum. After you visit the homepage, look for subpages dedicated to “Accessibility” or “Accommodating People with Disabilities” to find details about their dementia programs.

Museum	Contact	Website
American Folk Art Museum	2 Lincoln Square New York, NY 10023 212-595-9533	https://folkartmuseum.org/
Brooklyn Museum	200 Eastern Parkway Brooklyn, NY 11238 718-638-5000	https://www.brooklynmuseum.org/
Intrepid Museum <i>*Transportation may be available upon request</i>	Pier 86, West 46 th Street and 12 th Avenue, New York, NY 10036 212-245-0072	https://intrepidmuseum.org/
Jewish Museum	1109 5 th Avenue New York, NY 10128 212-423-3200	https://thejewishmuseum.org/
Metropolitan Museum of Art	1000 5 th Avenue New York, NY 10028 212-535-7710	https://www.metmuseum.org/
MoMA	11 West 53 rd Street New York, NY 10019 212-708-1900	https://www.moma.org/
Rubin Museum	150 West 17 th Street New York, NY 10011 212-620-5000	https://rubinmuseum.org/

Social Programs

Social programs provide group settings for people with dementia to come together in supportive, nurturing, and engaging environments. Each program is unique in terms of schedule, programming, and group dynamics. Typically, programs meet regularly and run in “semesters” that range from weeks to months. Some programs serve people in early-stage dementia, and others serve people in mid/late-stage dementia.

Note that some social programs have fees. When exploring these options, contact the sponsoring organization to determine whether their program may be a good fit for the person you care for. If the program has a fee you cannot pay, we also encourage you to inquire about financial aid.

Program	Contact	Website
92NY (The 92nd Street Y) Program for Cognitive Strength and Ability (PCSA) <i>Strength-based program for individuals with mild to moderate cognitive impairment.</i>	1395 Lexington Avenue New York, NY 10128 Arielle Silverman 212-413-8812	https://www.92ny.org/himan-brown/program-for-cognitive-strength-and-ability
Alzheimer's Foundation Teal Room <i>Community classes offering a range of in-person therapeutic programs.</i>	322 Eighth Avenue 16 th Floor New York, NY 10001 Jackie Gatto 866-232-8484 jgatto@alzfdn.org	https://alzfdn.org/communityclasses/
CaringKind Early-Stage Program <i>An array of specialized programming for people with Mild Cognitive Impairment (MCI) or early-stage dementia, including</i>	360 Lexington Avenue 3 rd Floor New York, NY 10017 646-744-2900 helpline@caringkindnyc.org	https://www.caringkindnyc.org/

Program	Contact	Website
<i>support groups, mentorships, a theater program, and Cognitive Stimulation Therapy.</i>		
Catholic Charities Social Adult Day Programs <i>Comprehensive support, including case management, counseling, group activities & caregiver support for individuals aged 60 and over diagnosed with Alzheimer's or related dementia.</i>	190-04 119 th Avenue St. Albans, NY 11432 718-358-3541	https://www.ccbq.org/service/social-adult-day-programs-for-seniors-diagnosed-with-alzheimers-disease/
Commonpoint Queens Dementia Care Programs <i>A variety of social programs, respite programs and support groups for both people with dementia and their loved ones.</i>	Sam Field Center 58-20 Little Neck Parkway Little Neck, NY 11362 Alissa Pizzutiello 718-225-6750 ext. 331	https://www.commonpointqueens.org/program/dementia-care-programs
JCC of Staten Island Memory Loss Programs <i>Specialized memory loss programs providing alternatives to institutional placement and in-home care.</i>	Various Locations Allisyn Wise-Ortiz, Director of Caregiver Support Center 718-475-5287 awise@sijcc.com	https://www.sijcc.org/memory-loss-programs.html
Lenox Hill Neighborhood House CARE Program <i>An arts-based day program. To enroll, clients must be 60 years or older and unable to function independently. A dementia</i>	331 East 70 th Street New York, NY 10021 Olivia-Anne Felibrico, Care Director 212-218-0407 ofelibrico@lenoxhill.org	https://www.lenoxhill.org/careprogram

Program	Contact	Website
<i>diagnosis is required to participate in the program.</i>		
Marlene Meyerson JCC <i>The Memory Project Specially designed programs and support emphasizing engagement in music and the arts for individuals experiencing cognitive decline.</i>	344 Amsterdam Avenue New York, NY 10023 Program Director Judy Margolis 646-505-4398 jmargolis@mmjccm.org	https://mmjccm.org/the-memory-project
NCJW LINC Program <i>Recreational activities, including art, music, movement, and pet therapy, for individuals with memory impairment and their caregivers.</i>	241 West 72 nd Street New York, NY 10023 Letitia Maun 646-884-9471	https://www.ncjwny.org/programs/council-lifetime-learning/
New York Memory Center Lotus Club <i>Support for those recently diagnosed with early-stage Alzheimer's or related disorders, offering memory enhancement techniques while fostering social connections and personal growth in a club-like setting.</i>	199 14 th Street Brooklyn, NY 11215 718-499-7701 sramos@nymemorycenter.org	https://www.nymemorycenter.org/the-lotus-club

Program	Contact	Website
Queens Community House Social Adult Day Program <i>Social day care services and support services are designed to foster confidence and self-worth in older adults with physical frailty, social isolation, and memory impairment.</i>	108 – 69 62 nd Drive Queens, NY 11375 Brooke Samuelson, Director 718-592-5757 ext. 230 bsamuelson@qchnyc.org Daniel Gussin, Coordinator 718-592-5757 ext. 240 dgussin@qchnyc.org	https://qchnyc.org/programs/older-adult-services/social-adult-day-services
Riverstone Senior Life Services Memory Center <i>A social adult day center for individuals with memory loss, offering a safe space for activities like singing, dancing, and discussions, as well as providing caregivers with support, including benefits assistance, exercise classes, and respite services.</i>	99 Fort Washington Avenue New York, 10032 Carmen Nunez, Director 212-927-5600, ext. 116	https://www.riverstonenyc.org/

Program	Contact	Website
Stein Senior Center Serenity Program <i>A safe and stimulating social experience for adults with early-stage dementia, with a focus on fostering friendships, socialization, and engagement through activities such as music, exercise, creative writing, Q&A, and painting.</i>	204 East 23 rd Street 2nd Floor New York, NY 10010 646-395-8083 mgreen@steinseniorcenter.org	https://www.steinseniorcenter.org/SpecialPrograms
Sunnyside Community Services Adult Day Program <i>Specialized support and activities for older adults with cognitive impairments, offering an alternative to nursing home placement and in-home care services for family caregivers.</i>	43-31 39 th Street Sunnyside, NY 11104 718-784-6173 info@scsny.org	https://www.scsny.org/programs/care-nyc/

Additional Local Programs

Program	Contact	Website
Arts and Minds <i>Committed to improving quality of life for all people living with Alzheimer's disease and other dementias through engagement with art.</i>	Several NYC locations 646-755-3726	https://artsandminds.org/

Program	Contact	Website
Brooklyn Botanical Gardens: Seasonal Drop-In Memory Program <i>Designed to enable those with dementia and care partners to enjoy gardening activities in accessible raised planting beds.</i>	990 Washington Avenue Brooklyn, NY 11225 Joanne D'Auria: idauria@bbg.org	https://www.bbg.org/visit/accessibility
Concerts in Motion <i>Concerts in Motion offers personalized live music experiences for a diverse range of isolated residents, including older adults, veterans, individuals with disabilities, and medical patients.</i>	PO Box 231097 New York, NY 10023 212-498-9868 info@concertsinmotion.org	https://www.concertsinmotion.org/
DOROT <i>A variety of services for older adults, including support groups for caregivers of people with dementia.</i>	171 West 85 th Street New York, NY 10024 212-769-2850	https://www.dorotusa.org/
Lincoln Center Moments <i>Performance-based programs, both in-person and virtual, specially designed for individuals with dementia and their caregivers.</i>	150 West 65 th Street New York, NY 10023 212-875-5375 access@lincolncenter.org	https://www.lincolncenter.org/series/accessibility-at-lincoln-center

Program	Contact	Website
Orpheus Chamber Orchestra <i>Intimate musical performances and socialization opportunities with Orpheus musicians, harnessing the positive impact of music for individuals living with dementia and their caregivers.</i>	490 Riverside Drive 11 th Floor New York, NY 10027 212-896-1700	https://orpheusnyc.org/education-and-community
Rhythm Break Cares <i>Provides the restorative power of music, movement, and touch to older adults with dementia in cooperation with the Intrepid Museum.</i>	646-742-9014 rbcare@gmail.com	https://www.intrepidmuseum.org/education/stories-within
SAGE <i>Dedicated to helping LGBTQ+ older adults thrive, SAGE offers support groups for people living with dementia.</i>	305 Seventh Avenue 15 th Floor New York, NY 10001 212-741-2247	https://www.sageusa.org/
Sweet Readers <i>Brings together trained middle school students and adults with Alzheimer's in arts-based programs.</i>	110 W 42 nd Street New York, NY 10036 917-828-2970	https://www.sweetreaders.org/
The Unforgettables Chorus <i>A chorus for people with memory loss.</i>	Tania Papayannopoulou 347-351-1247 unforgettables.chorus@gmail.com	https://www.adrcnyc.org/program-unforgettables.htm

Alzheimer's Disease Research Centers (ADRCs)

Funded by the National Institute on Aging, ADRCs are specialized research facilities dedicated to advancing understanding of Alzheimer's and related dementias through research on dementia causes, diagnosis, treatment, and prevention. In addition to providing a wide range of resources and support for scientists, people with dementia, and care partners, many have active clinical trials you can be part of regardless of whether you have dementia.

Facility	Contact	Website
Columbia University	Columbia University 617 West 168 th Street New York, NY 10032 Dr. Scott Small, Director: sas68@cumc.columbia.edu u	https://www.cumc.columbia.edu/adrc/
Mount Sinai	Manhattan One Gustave L. Levy Place Box 1230 New York, NY 10029 212-241-8329 adrc@mssm.edu Bronx James J. Peters VA Medical Center 130 West Kingsbridge Rd. Bronx, NY 10468 adrc@mssm.edu 718-584-9000 ext. 5199	https://icahn.mssm.edu/research/adrc
New York University	145 East 32 nd Street 2 nd Floor	https://med.nyu.edu/centers-

Facility	Contact	Website
	<p>New York, NY 10016</p> <p>General information, appointments, and study information: 212-263-8088</p> <p>Clinical trials: 212-263-5708 adrc-info@nyulangone.org</p>	<p>programs/alzheimers -disease-research/</p>

Additional National and/or Virtual Resources

The Association for Frontotemporal Degeneration (AFTD) <i>Dedicated to improving the quality of life for individuals affected by frontotemporal dementia (FTD).</i>	https://www.theaftd.org/
Aliveinside.org <i>Bringing music into the lives of people with dementia.</i>	https://www.aliveinside.org/
Being Patient <i>Alzheimer's news, advice, stories, and support.</i>	https://www.beingpatient.com/
Dementia Action Alliance <i>Online discussion groups, podcasts, and newsletters.</i>	https://daanow.org/
Dementia Spring <i>A bridge between the dementia and arts communities.</i>	https://dementiaspring.org/
Hilarity for Charity <i>Offering respite grants and virtual support groups.</i>	https://www.wearehfc.org/
Lewy Body Dementia Resource Center <i>Information, professional listings, therapeutic activities, a 24/7 helpline, and a supportive community for individuals concerned about a loved one with a Lewy Body Dementia diagnosis.</i>	https://lewybodyresourcecenter.org/
Lorenzo's House <i>Support for families and children affected by younger-onset dementia.</i>	https://lorenzoshouse.org/
Penn Memory Center <i>Evaluation, diagnosis, treatment, information, virtual programs, and research opportunities.</i>	https://pennmemorycenter.org/

Government Agencies

National Institute on Aging	https://www.nia.nih.gov/
NYC Department for the Aging	https://www.nyc.gov/site/dfta/index.page
NYS Department of Aging	https://aging.ny.gov/get-assistance
U.S Department of Health and Human Services (HHS)	https://aspe.hhs.gov/topics/aging-disability/alzheimers-dementia

APPENDIX

Dementia Overview

Dementia is an umbrella term for several different progressive brain disorders that affect memory, thinking, behavior, and the ability to perform daily activities. It is preceded by Mild Cognitive Impairment (MCI), which progresses to dementia in about half of all cases. When MCI does progress, the types of dementia listed below in order of prevalence are most diagnosed.

Alzheimer's disease, believed to make up over half of dementia cases, is characterized by the buildup of amyloid plaques and tau tangles in the brain.

Frontotemporal dementia is a progressive neurodegenerative disorder primarily affecting the frontal and temporal lobes of the brain, leading to changes in behavior, personality, language, and executive functions.

Huntington's disease is a genetic neurodegenerative disorder characterized by involuntary movements, cognitive decline, and psychiatric symptoms, caused by a mutation in the huntingtin gene (HTT).

Lewy body dementia involves the accumulation of abnormal protein deposits called Lewy bodies in the brain, which can cause fluctuations in cognition, hallucinations, and movement difficulties.

Mixed dementia is a condition characterized by the coexistence of multiple types of dementia, typically Alzheimer's disease and vascular dementia, leading to a combination of their respective symptoms and cognitive decline.

Parkinson's disease with dementia involves the development of cognitive impairment and dementia in individuals with Parkinson's disease, in addition to the characteristic motor symptoms such as tremors, rigidity, and bradykinesia.

Vascular dementia results from damage to the blood vessels that supply the brain and is believed to account for about one in ten dementia cases.

About the Alzheimer's and Dementia Resource Center of NYC



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The Alzheimer's and Dementia Resource Center of NYC maintains a comprehensive online directory of resources for people with dementia and care partners in the greater NYC area and distributes a newsletter highlighting current events and insights for those affected by Alzheimer's and dementia.

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About Renewal Memory Partners

Renewal Memory Partners is a licensed homecare agency specializing in dementia care. Supporting clients from early to late stage, Renewal's team includes college-educated companions, certified home health aides, and registered nurses. Renewal is also committed to providing affirming care to LGBTQ+ older adults. Services are available to residents of New York City and Southern Westchester County.

Contact:

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www.renewalmemory.org

COMMENTS & SUGGESTIONS

We value your feedback! This Directory will always be a “work in progress” as programming continues to evolve and expand throughout New York City. Our goal is to make this Directory as inclusive and comprehensive as possible. To submit a new resource or inform us of an update/correction to an existing resource, please email info@renewalmemory.org