

connect 2 culture®

For more information about
connect2culture
call our 24-hour Helpline
646-744-2900
or visit
caringkindnyc.org/connect2culture

The mission of CaringKind* is to create, deliver, and promote comprehensive and compassionate care and support services for individuals and families affected by Alzheimer's disease and related dementias, and to eliminate Alzheimer's disease through the advancement of research. We achieve our mission by providing programs and services for individuals with dementia, their family and professional caregivers; increasing public awareness; collaborating with research centers; and informing public policy through advocacy.

caringkind

The Heart of Alzheimer's Caregiving

360 Lexington Avenue, 4th Floor
New York, New York 10017
24-hour Helpline: 646-744-2900
www.caringkindnyc.org

[/caringkindnyc](#) [@caringkindnyc](#) [@caringkindnyc](#)

*Formerly known as the Alzheimer's Association, NYC Chapter

CaringKind wishes to acknowledge the generosity of Art for Alzheimer's for supporting the development, design, and printing of the connect2culture brochure and related information.

Cultural partners include:

9/11 MEMORIAL & MUSEUM
AMERICAN FOLK ART MUSEUM
ARTS & MINDS
BROOKLYN BOTANIC GARDEN
BROOKLYN MUSEUM
BROOKLYN PUBLIC LIBRARY
INTREPID SEA, AIR & SPACE MUSEUM
THE JEWISH MUSEUM
LINCOLN CENTER FOR THE PERFORMING ARTS
MANHATTAN SCHOOL OF MUSIC
THE METROPOLITAN MUSEUM OF ART
MUSEUM OF MODERN ART
NEW YORK BOTANICAL GARDEN
ORPHEUS CHAMBER ORCHESTRA
QUEENS MUSEUM
RHYTHM BREAK CARES
RUBIN MUSEUM OF ART
UNFORGETTABLES CHORUS

Connect2culture thanks all of its partners in their pursuit of excellent and engaging programs for people with dementia and their caregivers.

Lincoln Center Moments. Photo: Kevin Yatarola

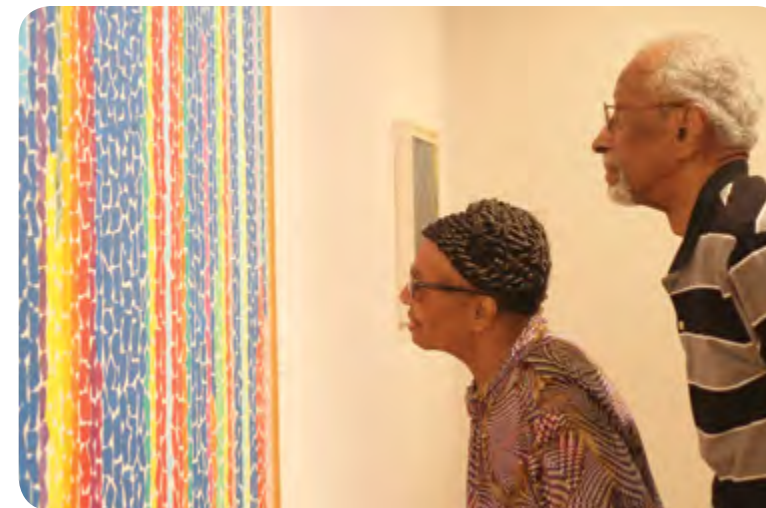


Photo: Arts & Minds

“Creativity in its multi-faceted expression lies at the essential core of what makes us well. Every creative engagement enriches life and generates a positive cascade of physical, mental, emotional, psychosocial, and spiritual benefits that empower us to flourish across the lifespan.”

— Greg Finch,
Director of Field Services,
National Center for Creative Aging

“The best thing is to spend time with people and make new friends.”

— Memory Tour participant,
Brooklyn Botanic Garden

“...She connected with the music instantly and remained engaged throughout the entire program. The joy this program brought her was priceless...and lasted the entire day.”

— Lincoln Center Moments participant,
Lincoln Center for the Performing Arts

caringkind

connect 2 culture®



Photo: Ben Gabbe/SocialShutterbug.com

A resource for families seeking cultural programs in New York City that engage people with dementia and their caregivers through creative programming.



Photo: Joanne D'Auria

Connect2culture® seeks to build a bridge between cultural institutions in New York's five boroughs and individuals with dementia and their caregivers. Using art, dance, music, science, history, natural history, and living collections, these organizations understand that you and the person you're caring for are looking for ways to share experiences outside of your daily routine.

Educators have been trained to support connections and stimulate memories for participants through multi-sensory experiences. For instance, the smell of herbs at a botanic garden might suggest a favorite food memory, or touching a piece of velvet while looking at a portrait of someone wearing a velvet gown might bring the painting to life.

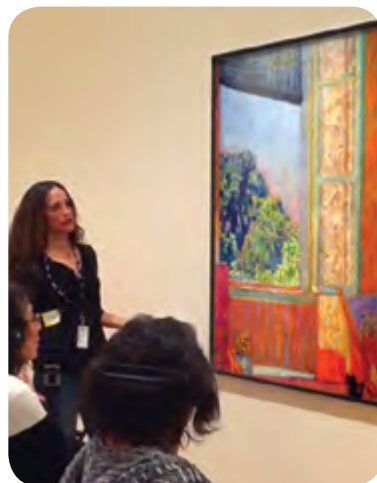
For more information about available cultural programs, please call our 24-hour Helpline at 646-744-2900 or visit caringkindnyc.org/connect2culture

Visual arts programs engage people through looking and storytelling.

What do you see in the artwork in front of you? The story starts with your responses to sensory stimuli – visual or tactile clues, sounds or music, and even scents. Programs that involve a short discussion in the galleries followed by related art-making activities offer different ways of exploring art and memory. The reward is the enjoyment of a shared experience, and being emotionally and intellectually stimulated in a creative, enriching, and non-judgmental environment.

“Art taps into cognition, emotion, and memory and takes us to the heart of what it means to be human.... Through shared artistic experiences, care partners learn that, despite cognitive changes, they are able to interact with a greater sense of who they are.”

— Carolyn Halpin-Healy
Executive Director, Arts & Minds



Photos: CaringKind



Photo: Jesse Chan-Norris

Dance programs provide dynamic experiences.

These programs combine three essential elements to improving mood: music, movement, and touch. Music stimulates long-term memory, making those recollections more easily accessible for the person with dementia. A generation of songs that are connected to life moments can have someone moving in their chair or on the dance floor. While movement and music go hand in hand, touch introduces social interaction and physical connection. With these components wrapped up in one activity, the result can be improved mood and engagement.

“There is spirit and joy abounding here. It is tangible. There is extraordinary and unusual magic of connection that is fostered in this setting for all who attend!”

— K.W.
Professional Care Partner,
Rhythm Break Cares Touch Social Tea Dance

Music programs help to build social and emotional connections to memories long after the initial diagnosis.

When a person hears a familiar song, it may inspire them to move to the rhythm, hum the tune, or to sing the lyrics. Since memories of favorite songs are stored long-term, a person living with dementia can access and connect to that part of their lives and discover emotional connections. These connections have been known to lift mood and encourage positive interaction.

“After singing together *In the Good Old Summertime*, we asked one of our members to sing it as a solo. When he got to 'she's my tootsey-wootsey,' tears were rolling down his cheeks remembering his beloved wife.”

— Participant,
Unforgettables Chorus

Photo: CaringKind

