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Financial Planning Workshop

In these challenging economic times, MRHS would like to present some discussion of financial management this fall. We encourage residents **of all ages** to participate. The focus of the first talk is the topic, Keys to the Execution of Your Estate Plan. This includes how to prepare, key documents to have, questions, and other things to consider. The date is **Thursday, October 15 at 7:00 PM** in the Tuttle Center. Presentation by William Wu, CFP® | Kramer Financial Group, LLC.

Yang Style Tai Chi Chuan

--- with **Carl M. Jones, Ed. D.**

To be alive is to be in a state of constant motion. We all want to move with grace, style and elegance as we mature. **Carl Jones**, a cooperater here at Morningside, is launching ***Life Is Movement: Body Maintenance through movement*** - emphasizing Yang style Tai Chi Chuan. Tai Chi Chuan is a body movement system that helps you achieve the goal of graceful movement. Come join Carl on this journey to moving gracefully while, also, taking care of a variety of health needs.

Classes are on eight Wednesdays, starting on **October 14 at 7:00 PM** in the Thurgood Marshall Room, 80 La Salle, first floor. The fee is \$25.00 for the series. Contact MRHS at 212-666-4000 to enroll.

Great Decisions

The popular monthly discussion program on U.S. foreign policy issues meets this month on **Tuesday, October 6 at 7:00 PM**. The topic is "Global Food Supply." The meeting takes place in the Tuttle Center, 100 La Salle, #MC. Articles related to this topic are available in the MRHS office. **Ken and Peggy Thomas** are facilitators.

Trip to Winery and Goat Farm

Join MRHS as we venture to the North Fork of Long Island to visit the **Jamesport Winery** and the **Catapano Dairy Farm**. We will have a guided tour of the winery followed by a tasting of several of their wines. Wines will be available for purchase in their shop afterwards. After a lunch stop on Love Lane in Mattituck where you can enjoy lunch on your own, we will again board the bus for our tour of the Catapano goat farm with a cheese tasting. Homemade goat cheese products are available for sale afterwards.

DATE: Wednesday Oct. 7 **DEPART:** 8:45 AM
PRICE: \$45.00 **RETURN:** 7:00 PM (approx.)

Special Screening at MRHS

On Thursday, **October 8 at 7:00 PM**, MRHS will screen the film, ***Grandmother to Grandmother, New York to Tanzania*** with cinematographer and Gardens resident, **Nick Blair**. Beautifully filmed on location, the film introduces two projects --- one in the Bronx, one in Tanzania --- that support grandmothers who have been struggling to raise children and rescue them from the streets.

It's Flu Shot Time!

It's that time of year again. This season the program is a little different. We plan three separate (but shorter) sessions. The first is on **Monday, October 19 from 1:30 PM to 3:30 PM in the Recreation Center, Building I**. The second is on **Monday, October 26 from 10:30 to 11:30 AM**. The ***influenza shots*** will be given to those over 60 on a priority basis. If have a health condition that calls for a flu shot you are also eligible. A November date will be announced soon. Meanwhile, please call to reserve or learn more, at 212-666-4000.

FRIA

No one wants to think of the negative effects of aging, but it's good to know where you can turn when and if you need long term care information or advocacy. FRIA is a not-for-profit New York City-based organization dedicated to fostering the dignity and independence of seniors in long term care settings, with a special focus on nursing home residents, and to ensuring that they receive prompt, high quality, compassionate care. FRIA seeks to accomplish this by helping friends and relatives become more informed and effective caregivers for their loved ones.

FRIA's free telephone Helpline provides information on a wide array of long term care issues, including residents' rights in nursing homes or assisted living facilities, how long term care is paid for, long term care options and how to go about selecting the long term care setting that is right for you or your loved one. Trained counselors can answer your questions or concerns while providing guidance on how to advocate for your loved one or yourself in a long term care setting.

FRIA is not affiliated with any nursing home, health care facility or government agency. FRIA strives to make a better life for elders by working to ensure that aging New Yorkers receive high quality long term health care so that they can be maintained in the most independent setting possible. For more information on FRIA, log on to www.fria.org, or call the HELPLINE, Monday through Friday, from 10:00 AM to 5:00 PM at (212) 732 4455.

INTERNATIONAL FAIR will be held on Columbia University's Low Plaza, 116th St. campus, **Tuesday October 13 & Wednesday October 14, 10:00 AM to 6:00 PM.** Vendors will sell crafts, clothing, jewelry, Music CDs, Macintosh accessories, posters, photographs. Parents of the Red Balloon PreSchool Center will sell home-made foods from many cultures. In case of rain, we will be there Thursday, October 15. The fair benefits the preschool program.

Happy October Birthday!!

To: Hazel Bertz, Mary Grace Bookhardt, Alan Borthwick, Mary Borthwick, Aram Boyajian, Robert Broadwell, Chia-hua Chang, Melva Currier, Geruth Graham, Mary Lowry, Mary McDonald, George Mapp, Pat Moore, Seong Moy, Aline Multare, Kay Murray, Seymour Newman, Mary Pallas, Angel (Rosario) Palovacini, Ivy Polk, Margaret Stuhlman, Dorothy Tefteau, Ramsey Togo, Eloise Valdez, Sydney Weinberg, Monica Williams, Margaret Yi, and Asa Zatz.

Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in October are all invited to our Birthday Party! Come on **Tuesday, October 20 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Oct. 3 The Bucket List (2007) 1 hr., 37 min.

A quirky pair of geezers (Jack Nicholson, Morgan Freeman) escape from a cancer ward to pursue experiences they always wanted to have - like gambling at Monte Carlo and driving sports cars.

Oct. 10 Inside Man (2006) 2 hrs., 9 min.

A crime-action drama directed by Spike Lee and starring Denzel Washington, who plays a NYPD detective dealing with the unexpected complexities of a bank robbery.

Oct. 17 Atonement (2007) 2 hrs., 3 min.

Based on the novel by Ian McEwan, this film got mixed reviews. It has scenes of World War II and good acting by a British cast that includes Vanessa Redgrave and Brenda Blethyn, along with Keira Knightly in the lead role.

Oct. 24 What a Way to Go! (1964) 1 hr., 51 min.

In this dark comedy Paul Newman is one of Shirley MacLaine's four husbands, all of whom die prematurely, leaving her progressively wealthier. The focus is on the comically odd circumstances of each demise.

Oct. 31 Young Frankenstein (1974) 1 hr., 45 min.

For Halloween we offer this Mel Brooks version of a monster movie. Gene Wilder plays the son of the original Dr. F., trying to replicate Dad's achievement. This has been called "one of the funniest movies of all time."

Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.

Birthday Party – Remember it's the 3rd Tuesday of the month at 12:30 PM and everyone is invited.

MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:15 PM**.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 6	8 – 6	8 – 6	8 – 5	9 – 5

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 5	9 – 5	9 – 5	9 – 5	9 – 5

Hypertension Screening – The blood pressure screening program takes place on - **Alternate Wednesdays from 9:00 – 11:00 A.M.**

Oct. 7, 21, Nov., 4, 18

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

Nurse Marie Phillips' "Take Charge of Your Health" group will meet this month on **Thursday, October 22 at 2:30 PM**.

"Later Life Transitions" group meets this month on **Thursday October 8 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, November 4 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Out Stealing Horses by Per Petterson**.

The Low Vision Support group meets this month on **Friday, October 9** and **Friday, October 23 at 2:00 PM**

Big Apple Senior Strollers Walking Group
Here's the fall schedule – Oct. 1, 8, 15, 22, and 29. Destinations to be decided by participants.

MRHS is closed on Monday, October 12 for Columbus Day.

Do You Love to Play Bridge?

Now you can join your neighbors and pursue this popular pastime. The MRHS Bridge Club meets (usually at 100 La Salle, #MC) every Wednesday at 7:00 PM. It is open to people at all levels of bridge-playing. Led by Gardens resident and experienced bridge player, *Sharon Carr*, the club was started up as a result of popular demand. If interested, please call the MRHS office (212-666-4000) during office hours and further information will be provided.

For Your Information

If you have information that you think will be useful to Morningside Gardens' residents and you want it announced, please send the information to the MRHS office by the third Friday of the month (i.e. Friday, October 16.) Please print clearly or type all information that you want included in the Newsletter. *

***Due to space limitations, it may not be possible to include all information submitted.**

On Tuesday, October 27, the Lawyers Division of Judges and Lawyers Breast Cancer Alert (JALBCA) will fund free mammograms on a Mobile Mammography Van at the Harlem Community Justice Center, 170 East 121st Street. Mammograms will be available starting at 8:00 AM for women 40 and older who have not had a mammogram in the past year. Call 1-800-564-6868 for an appointment.

Aging Collaboratory

In an effort to enrich students' development, Columbia University Social Work faculty are developing an "educational collaboratory" in the field of aging. As part of this initiative, older adults are invited to participate in a course on advanced clinical practice in aging. Your role in the course would be to "play the role" of a social work client. With permission, we would videotape and archive these assessment interviews. A modest stipend of \$50.00 will be provided. For further information, please contact **Prof. Denise Burnette** at 212.851.2188 or jdb5@columbia.edu

Relearning How to Move

The older we get, the cleverer we must become. As we age, it becomes more important than ever to use our bodies efficiently. We must improve our quality and ease of motion, our coordination, our sense of balance, control and comfort.

The **Feldenkrais method** was developed by Dr. Moshe Feldenkrais (1904-1984) as a way to teach himself to walk after severe knee injuries. The method combines gentle movement with awareness training to improve the coordination of the whole self in action.

Awareness Through Movement (ATM)

In these simple lessons the teacher guides you through a sequence of movements. You are encouraged to go slowly and take time to sense, feel, rest and to avoid mechanical, mindless repetition – the precursor of many injuries. ATM lessons help to perform in an easier way activities like sitting up, standing and walking; reduce pain and/or stiffness in the neck, back, hips, knees, ankles and feet; promote a deeper and sounder sleep and an overall sense of wellness. This class is suitable for everyone.

The classes will be led by Physical Therapist, **Thais Bicalho Silva**. Ms. Silva was a professional dancer for 12 years. In 2004, she graduated from the Federal University of Pernambuco in Brazil, as a Physical Therapist. She is an authorized teacher of the Awareness Through Movement program.

Alternate Fridays - October 9, October 23, 10:00 – 11:00 AM, Tuttle Center *No fee!*

Welcome Michael!!

MRHS extends a warm welcome to **Michael Nguyen**, Social Work intern from Columbia University, who will be with us on Mondays, Thursdays, and Fridays through December.

Publication of the Newsletter is made possible by a grant from Columbia Community Services.

Office Hours for Chinese-Speaking Residents

MRHS has happily begun office hours for Chinese-speaking residents who may not be comfortable with English. **Every Tuesday morning from 10:00 AM to 11:00 AM**, MRHS has a Chinese-speaking volunteer on-hand to help translate for anyone who needs assistance from MRHS. Please call 212-666-4000 or visit us during those hours

Flea Market News

We continue to accept donations **every Thursday afternoon from 2:30 PM to 4:00 PM**. In addition this month donations will be accepted on **Tuesday, October 6, 13, 20 and 27 from 7:00 to 9:00 PM**. Volunteers will be available in the Recreation Center (library room) by the entrance to the basement of 100 La Salle. We are grateful for all donations but we do ask that items be in good condition and clean. If you can pack donations in a box, that is helpful. Please note that we are *not accepting televisions, computers or clothing*. If you need to make donations at a different time you may call the office at 212-666-4000 to make arrangements. The Flea Market dates are **Nov. 13, 14, 15, 2009**.

We are seeking volunteers to assist with the collection of these donations. Volunteers who participate in the sorting and collecting will be allowed to purchase a limited number of items before the actual sale. Contact MRHS to sign up for one day or every day we're collecting. We need volunteers for the following times: Thursdays from 2:30 PM – 4:00 PM and Tuesday evenings from 7:00 PM to 9:00 PM.

**Return this form to MRHS on the first floor of
100 LaSalle, #MC, or call MRHS at 212-666-4000.**