
Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050 Executive Director: Ronald Bruno

News on MRHS Fall Classes

MRHS is planning an exciting slate of activities and classes for fall 2009. We have our newest program – a sewing and needlecraft circle. In addition, some of our most popular programs will have an updated look. Instead of holding an open registration program, we are planning an evening event to enable everyone in the Gardens to attend.

To facilitate registration a list of all programs along with a registration form will be put under your door some time in the first week of September. You may fill out the forms and deliver them to the office at 100 La Salle, #MC. The evening program is an opportunity to meet the instructors and learn more about the programs. There will be some light refreshments to enjoy and the company of your neighbors to share.

So come join us for the **MRHS Fall Program Forum on Wednesday, September 9, from 7:00 to 9:00 PM in the Recreation Center, Building One, Basement Level.**

Are You Crafty?

Do you crochet, knit, embroider (cross stitch, crewel), needlepoint, quilt or appliqué? Would you like to share your needlework skills, designs and techniques with others, or just work in friendly company?

We are forming a **Circle of Hands** (both men's and women's) to meet **Monday evenings at 7:30 PM** starting **Monday, September 14** in the Tuttle Center at MRHS. Give some thought to what you might work on and gather your materials; or dig out some unfinished project from the back of the closet. Join us in September to work on it or on items that may be donated to MRHS or other organizations. Questions? Call Mary Davidson, Bldg. IV, at 212-316-0140.

Low Vision Services Talk

The Low Vision group will be meeting on **Friday, September 25 at 2:00 PM.** **Robin Gilman-Capon** from The Commission for the Blind and Visually Handicapped (CBVH) will be presenting information on the various services provided by CBVH. CBVH is an office within the NY State Office of Children and Family Services.

They provide rehabilitation services to New Yorkers of any age who are legally blind and who are able to benefit from these services. They are staffed, here in New York City, by Vocational Rehabilitation Counselors who can help eligible consumers decide which services can help them reach their personal goals. Primarily, they assist legally blind people to achieve employment; however they also provide services to children, adolescents, and people who have already passed their working years. They have three offices that serve New York City. Their downtown 80 Maiden Lane office serves lower Manhattan, Brooklyn, and Staten Island; Hempstead office serves Queens, and Harlem office at 163 W. 125th Street serves the Bronx and the rest of Manhattan. Please join us in the **MRHS Tuttle Center, 100 La Salle, #MC.**

Great Decisions

The popular monthly discussions on U.S. foreign policy issues return this fall on **Tuesday, September 1 at 7:00 PM.** The topic is "Egypt." 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.

MRHS is closed on Monday, September 7 for Labor Day. A happy Holiday to all!

Kathy Hinton Book Published

Congratulations to **MRHS President Kathy Hinton** on the recent publication of her book, ***The Ellipses of Katherine Ch'iu Hinton: Real Life Stories of an International Development Worker***, available from the University Press of America (univpress.com.)

From the University Press website: "***The Ellipses of Katherine Ch'iu Hinton*** reveals the human side of completing research and managing programs in China, Kenya and Mongolia. Hinton, trained in epidemiology, spent over twenty years working overseas; first, testing the safety and effectiveness of a male contraceptive drug on volunteers in Beijing, and secondly, carrying out an HIV prevention study among prostitutes in Nairobi. Her UNICEF assignment engaged her in poverty alleviation work, specifically maternal and child health, girl's education, income-generating for poor rural women, safe drinking water, sanitation, and iodine eradication, in China's ten outlying provinces (Xinjiang, Tibet, Yunnan, Guizhou, Sichuan, Honan, Shaanxi, Anhui, Qinghai, and Gansu), as well as in Mongolia. While the scientific side of her research has been published in various professional journals, the author now recounts her experiences in narrative form."

Kathy is making her book available through MRHS for the reduced price of \$20.00, with all proceeds being donated to MRHS. Contact MRHS at 212-666-4000 or stop by at 100 LaSalle St. to pick up a copy!

Institute For Senior Action

Enrollment for JPAC's Institute For Senior Action (IFSA) is now open. IFSA provides leadership opportunities for older adults (55+) in New York. IFSA's 10-week program will take place on Thursdays from September 24 to December 10, from 10 AM to 2:30 PM, at the Hudson Guild Center (441 W. 26th Street.) Tuition is \$50. Call JPAC at 212-273-5261 or stop by MRHS for more information.

Happy September Birthday!!

To: Ethel Baziotes, Tonia Blair, Gilda Brodsky, Dorothy Carter, Norma De Paur, Mary Harkins, Peggy Haskins, John Johnson, Jean Landon, Leila Lieberman, Erwin Muscat, Maurice Nixon, Yonk-Ki Pak, Helen Poole, Winifred Price, Anita Rothfeld, Dorothy Savage, Shau-fen Tang, Yen Tang, Celestine Twining, Joanna Wang, Audraine Wilson, and John Yoshinaga.

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 September are all invited to our Birthday Party! Come on **Tuesday, September 15 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Sept. 5 *The Curious Case of Benjamin Button* (2008) 2 hrs., 46 min. The case is curious because the title character, played by Brad Pitt, is living his life backward, starting as an old man and growing progressively younger.

Sept. 12 *Seven Pounds* (2008) 2 hrs., 3 min. Will Smith plays a man who slowly emerges from his depression after his wife's death. One reviewer called it "unabashedly emotional and cautiously hopeful."

Sept. 19 *The Prize* (1963) 2 hrs., 14 min. Another Paul Newman film in our ongoing retrospective. He plays a novelist in Stockholm to receive a Nobel Prize who gets caught up in an international espionage mystery. The cast includes Edward G. Robinson and Elke Sommer.

Sept. 26 *The Wiz* (1978) 2 hrs., 15 min. The Wizard of Oz transformed into a lavish Motown musical. The performances are what you would expect from Diana Ross, Michael Jackson, Lena Horne, Richard Pryor, and other gifted players.

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:

Monday Tuesday Wednesday Thursday Friday
8 – 6 8 – 6 8 – 6 8 – 5 9 – 5

Nurse's Hours – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 5 9 – 5 9 – 5 9 – 5 9 – 5

Hypertension Screening – The blood pressure screening program resumes for the Fall season. **Alternate Wednesdays from 9:00 – 11:00 A.M.**

Sept. 9, 23, Oct. 7, 21

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 resume on Thursday, September 24 at 2:30 PM.

"Later Life Transitions" group meets this month on **Thursday, September 10 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, September 9 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Netherland by Joseph O'Neill**.

The Low Vision Support group resumes on **Friday, September 25 at 2:00 PM** with a presentation from the *Commission for the Blind and Visually Handicapped (CBVH)*. (See p.1.)

Big Apple Senior Strollers Walking Group
Here's the schedule for fall –

- September 3: Riverside Park
- September 10: Riverbank and beyond
- September 17: Harlem Meer
- September 24: The new High Line on the West Side (bus or subway to 14th)

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, September 18.) 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.***

SAVE THE DATE: On Thursday, **October 8** at 7:00 PM, MRHS will screen the film, "Grandmother to Grandmother, New York to Tanzania" with cinematographer Nick Blair.

Announcing Memory Walks

Join the Alzheimer's Association for their 2009 *Memory Walks!* at Riverside Park on Sunday morning, October 25. Register- Start a Team- Become an Official Sponsor- Donate Generously- Volunteer! Go to **www.alznyc.org/memorywalk** or call the *Memory Walk* Hotline at 646-744-2997. Let's Walk together to end Alzheimer's!

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.

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

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, September 1, 15, and 29 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 – 4:00 PM and Tuesday evenings from 7:00 to 9:00 PM. (*Three Tuesday evenings in September and four in October.*)

North Fork Wine-Tasting Tour

Join MRHS on a tour of Long Island's famous wine vineyard area. Date and other details will be announced soon. Look for the notices.

Tech Resources at MRHS

MRHS has a wireless internet connection that may be accessed from the Tuttle Center, as well as a flat screen that may be utilized for a laptop connection. We also offer the use of a web camera for anyone interested in trying video chat with family and friends around the country and the world. Video chat is a free service that allows you to speak live with family and friends. Contact MRHS to learn more.

Supper Club News

Thank you to **Massawa** for providing the Supper Club with a delicious sampling of Eritrean/Ethiopian food in July. This month our Supper Club will be meeting on **Thursday, September 24**. The menu is to be announced. Cost is \$13.50. Please call 212-666-4000 to reserve

It's Almost Flu Shot Time Again

It's that time of year again. This season the program is a little different. There were be four 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 **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. Future dates will be announced soon. Meanwhile, please call to reserve or learn more, at 212-666-4000.

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

MRHS ACTIVITIES FOR FALL 2009

Mondays

Chair Yoga with Video

Relaxing, restorative, strengthening. Poses and stretches are done both standing and using the chair. Weekly, 10:00 AM. Ongoing.

Memory Tree

Program for those with mild memory problems and for those caring for someone with these problems. Weekly, 3 – 6 PM. Starts September 14.

Monday Night Yoga

Led by Gardens resident Melissa Hull, M.D., this class is perfect for everyone and especially for those who need a more gentle Yoga. Every Monday night at 6:30 PM. Ongoing.

Circle of Hands

For those who crochet, knit, embroider, do needlepoint, quilting, etc. Come to share your needlework skills with others. Weekly from 7:30 to 8:30 PM. Starts September 14

Tuesdays

Chi Gong

A Chinese Healing Art using gentle movements and working with energy. The exercise enhances the immune system and the meditative aspect calms the nervous system. Can be done sitting or standing. Tuesdays from 10-10:45 AM. Taught by Gardens resident Marjorie Nissen. Registration fee: \$25.00 for ten classes. Starts September 15. Reduced fee for both Chi Gong and Tai Chi participants.

Tai Chi

Slow relaxed movements for total self development.

A combination of body and balance exercises, mind concentration and meditation. Tai chi is done standing. Taught by Gardens resident Xiao Chuan Ping. Tuesdays from 11:00 -11:45 AM. Registration fee: \$25.00 for ten classes. Starts September 15. Reduced fee for those who also take Chi Gong.

Tuesday Lunch

Bring your lunch and enjoy the company of others. MRHS supplies the coffee, tea, cookies and conversation. Ongoing, 12:30 PM.

Birthday Party

Come celebrate your birthday with us. The party begins at 12:30 PM. MRHS supplies the coffee, tea, and birthday cake. Always takes place on the third Tuesday of the month.

Sing-Along with Gil

Brighten your day with music, laughter and Gil on the guitar. Ongoing, Starts at 1:15 PM.

Spanish Class

Led by Luis Argueta, a lively class including instruction and conversation with audio aids. Weekly, 3 – 4 PM. Ongoing. Returning on September 15.

Great Decisions Program

This is an opportunity to discuss important foreign affairs utilizing the resources of this highly respected program. Led by the MRHS Program Committee and volunteers from the Gardens community. First Tuesday of the month at 7:00 PM, monthly. Resumes September 1.

Wednesdays

Stretch and Tone

Exercise with Lucienne Yoshinaga to stay lithe and limber. Weekly, 10 AM. Starts September 17. Held in the Recreation Center.

Hypertension Screening

Alternate weeks, 9 to 11 AM. Starts September 9.

Writing from Life Experience

Awaken your creativity and capture your memories on paper. Taught by Susan Willerman. 10 weeks. Registration Fee: \$50. 2:30 PM. Starts September 16. New members welcome.

Book Club

If you love to read and talk about novels, come to the MRHS Book Club. 2:30 PM. The next meeting is September 9.

Chinese Language Class

Learn Mandarin Chinese with a native speaker and experienced language teacher. Wednesdays from 11:00 to 12:00 noon. Ongoing.

Bridge Club

If you love playing bridge, whether you are a long-time player or relative newcomer, you may want to explore this group. Meets Wednesday evenings at 7:00 P.M. Led by Sharon Carr. For more information contact MRHS at 212-666-4000.

Thursdays

Walking Club

This group is for more active participants. They will take walks to, Riverbank Park, the Harlem Meer and others places around the city. Thursdays at 9:30 A.M. Led by Joanna Stolove and volunteer Leslie Kiss. Resumes on September 3.

Book Discussion This literate discussion group begins reading *The Hemmingses of Monticello* by Annette Gordon-Reed. Led by Bea Gottlieb. Alternate weeks, 2:00 – 4:00 PM. Begins September 17. Limited space.

Later Life Transitions Discussion in this lively group centers around issues of later life, based on readings by and about older people. Monthly, 3:00 – 4:30 PM. Recently by Frances Geer, the group is self-leading at this time. Next meets September 10.

Take Charge of Your Health Led by nurse, Marie Phillips, this group will discuss topical health issues and concerns. Monthly, 2:30 PM. Ongoing; back from summer break on September 24..

Friday

Stress Reduction Through Exercise

A complete workout ending with relaxation. Warm up with breathing, stretching and exercise. Cool down with Stress Reduction techniques from Yoga and Chi Gong. Sitting or standing according to ability. Led by Marjorie Nissen. Ten Sessions. Registration : \$25. Weekly, 11:45 AM to 12:45 PM. Starts September 18.

Mambo-Swing-Meringue Dance Exercise Class

Experienced dance teacher Kathy Sanson leads this exciting class. Start with easy stretch warm up exercises and learn dance steps as you go. No partner necessary. Fridays from 1:00 to 2:00 PM. Start date tba.

Low Vision Support Group

For persons who are experiencing a vision problem or want to learn more about this concern. Alternate Fridays at 2:00 PM. Led by Joanna Stolove. Resumes on September 25.

Saturday

DanceFit for Seniors Movement/exercise class for everyone. Taught by Suzy Frazer. 10 week session. 9:30 – 10:30 AM. Fee: \$25. Starts Sept. 12. NOTE: Limited space.

Saturday Movies

See a different movie every Saturday at 2:00 PM. \$1.00 Donation. Program resumes September 5.