MRHS
Morningside Retirement & Health Services
Helping Elders. Building Community.

newsletter

Celebrating our 60th Year!

August 1, 2026
Vol. XLV, No. 8

100 LaSalle Street, NY, NY 10027 (212) 666-4000 **President: B. Chandra Chandrasekaran**
www.mrhsny.org **Executive Director: Ronald Bruno**

Take Charge of Your Health

"All You Need to Know about Water"

Water plays a vital role in keeping your body healthy, but many people are unsure how much they need or how to recognize dehydration. Join us for **"All You Need to Know About Water"** to learn practical hydration tips, debunk common myths, and find out how drinking enough water can support healthy aging. Led by MRHS nurse, *Stacia Steen, RN, BSN*.

Tuesday, August 11, 11:30 AM
MRHS, 100 LaSalle St., #MC

Blood Pressure Screening

Blood Pressure Screening has returned to MRHS! *Stacey Steen*, MRHS nurse and healthcare coordinator, is available to take your blood pressure on ***Tuesdays, from 11:00 AM to 1:00 PM at MRHS***. Stacey will also be available to answer any questions you may have during that time. Everyone is welcome, so feel free to stop by.

A Perfect Combination: Art and Food!

Our day will start with an early lunch at one of our local eateries. We will be picked up at the restaurant by our private bus to journey to **The Met** so we can enjoy our guided tour of several galleries. The perfect ending to this perfect trip will be our chance to create our own art in **The Met's** studio before we return home in our private bus.

Thursday, August 20 **Cost $50.00**
Depart: 10:45 AM **Return: 3:30 PM**

If you would like to join us or if you would like more information call MRHS at 212-666-4000 or email Robin Aloi at Robina@mrhsny.org

OT Intern Focus Group

"We are occupational therapy students, completing fieldwork this fall at MRHS, and are hosting a resident focus group to learn more about your experiences, interests, and ideas for activities and services within the community. Your feedback is valuable and will help guide future programs. Whether you have many ideas or just a few, we would love to hear from you! All residents are welcome. We hope you'll join us and look forward to meeting you!"

--- Ellie Dunn and Julia Bonvino

Wednesday, August 12, 1:00 PM
MRHS, 100 LaSalle St., #MC

Life Story Club

You're invited to join the ***Life Story Club***, which meets online **every Tuesday at 11:00 AM.** In this virtual group, you'll gather weekly to share stories inspired by prompt questions such as, "What did you get in trouble for as a child?" and "Can you describe the neighborhood where you grew up?" The prompts will range from humorous and light-hearted to more thoughtful and reflective. You and other participants will take turns sharing short life stories and reminiscing together.

As a member of this ***Life Story Club***, you'll have the chance to record and preserve your stories on special recording days.

Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a spot for this class.

****** Our annual special summer event, the Ice Cream Social is coming soon! It will take place at the end of August or in early September. Exact date to be announced. ******

Tech Fireside Chat

Seeing Loved Ones Safely: Video Calling Made Simple

Miss seeing the grandkids' faces — or need an easy way to connect with a care provider or family member? Come learn how to video call with ease using FaceTime, WhatsApp, and Zoom — no tech jargon, just friendly, knowledge share. We'll also discuss simple tips to keep your calls safe and private, so you can connect with confidence.

All skill levels welcome — bring your questions (and your phone, or Tablet!). Hosted by **Dan, MRHS Tech Coordinator**. Call:212-666-1000 to reserve a spot.

Light refreshments served — grab some Tea, Cookies and pull up a chair, and let's chat tech together!

Monday, August 24, 1:00 PM, at MRHS

Monthly Movie Matinee

"South Pacific"

Hosted By Usa Ungsunan

Rogers & Hammerstein's South Pacific is a towering musical masterpiece and the tender love story of a naive young nurse and an older French Plantation owner on a U.S. occupied South Sea Island. The breathtaking score is highlighted by some of the most romantic songs ever written. "Some Enchanted Evening", "There is Nothing Like a Dame", "Younger than Springtime" and more. South Pacific ranks among the most cerebrated of Rogers & Hammerstein's acclaimed musical.

Monday, August 3, 1:00 PM, at MRHS

MRHS Men's Group

The **Men's Group** meets for lunch at MRHS, now led by longtime MG resident, *Tom Goodhue*. The next meeting will be **Thursday, August 27, 1:00 PM.** *Lunch will be served. Cost: $10.* Any questions, please contact Margaret Bianchi: MargaretB@mrhsny.org or 212-666-4000.

Happy August Birthday!!

To: Anne Burley, Monika Butler, Jin Cao, Laila Elder, Estela Flores, Eduardo Gill-Lopez, Corliss Hanson, Robert Komatsu, Fred Kramer, Joseph LePique, Dana Minaya, Steven Hsing Onne, Joyce Polistena, Allan Ramsay, Mary Safrai, Kathy Sanson, Shu Lien Wang, Susan Wersan, Lou Williams, Ralph Kinnard Williams, Yongxiu Yang, and Lucienne Yoshinaga.

MRHS Board Game Café

Please join us **Friday, August 28 at 2:30 PM** to play board games or cards with other MG residents. We have lots of games on hand or you could bring your own.

Afternoon Tea in the Lounge!

Stop by the MRHS lounge on **Friday, August 28, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Cribbage

Cribbage has arrived at MRHS. This game is usually played on the second and fourth Sundays of the month from 2:00 PM to 6:00 PM or whenever you want to come or leave. If you don't play, please join us and we will teach you. If you already are a player, then join us to have a good time while playing a fun game.

Sundays, August 9 and 23, 2:00 – 6:00 PM MRHS, 100 LaSalle St., #MC

MRHS Book Group

The next meeting of the MRHS Book Group will be **Wednesday, August 12, at 3:00 PM** to discuss ***Pachinko*** by *Min Jin Lee.* Then on Wednesday, September 16 at 3:00 PM, the group will discuss *Good Dirt* by Charmaine Wilkerson, who is planning to attend the meeting. The programs are on Zoom. All are welcome. For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at margaretb@mrhsny.org.

MRHS Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly on Mondays, from 11:00 – 1:00 PM. *No experience necessary.*

Please feel free to contact Stephanie Low with questions: stephanielow52@gmail.com. If you are interested in participating, contact Margaret Bianchi at margaretb@mrhsny.org.

Upcoming Dates:
August 3, 17, September 14, 28

MRHS Memory Café!

Thursday, August 13, 4:00 to 5:00 PM
Dear Mama Café, 611 W. 129 St.
(Inside the Jerome Greene Science Center)

Experience includes light refreshments from the café. Please call MRHS at 212.666.4000 or email margaretb@mrhsny.org with any questions or to RSVP.

Sing Along With Herb!

The *MRHS Singalong* is back. Building V resident, Herb Michael, leads the group in traditional folk tunes and other popular favorites.

August 13, 20, 25; Sept. 28, at 1:00 PM
MRHS, 100 LaSalle Street, #MC

The MET Brings Us Art Boxes!

The Metropolitan Museum of Art is pleased to share the beauty and wonder of art with us every month. The materials included in the **art boxes** are designed to inspire group discussions about art, culture, favorite activities, and other topics.

Every participant receives a draw stringed bag that includes four images of art, a booklet that describes the art, crafting materials and a **Friend and Family Pass** to all *MET* locations.

Please note the program will be meeting on **Friday, August 21 at 1:00 PM.** For more information, please call MRHS at *212-666-4000* or email *Robina@mrhsny.org*

Looking Ahead

--- Pain Management Talk–
September 3, 11:00 AM

--- Cybersecurity Awareness –
September 11, 12:30 PM

--- Balance Screening –
September 29, 2:00 – 5:00 PM –

--- Cardiovascular Health –
September 30, 1:00 PM

--- Flu Shots –
October 2, 10:00 AM – 1:00 PM

--- Life Story Club special program –
October 9, 2:00 PM

Arts & Minds

The Arts & Minds program continues to bring joy to participants! Each session provides the chance to discuss, as well as create, meaningful works of art. Arts & Minds was developed to enrich the lives of people with cognitive decline and their care partners through artistic expression.

Programs are held in person on the first and third Tuesdays of the month from 2:00 - 3:15 PM. The upcoming meetings are **August 18, 21.**

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot.

**** All information, statements, and material contained in the MRHS newsletter, brochures, classes, and programs of any kind are offered in good faith for the general information, education and/or recreation of our clients and other attendees. There is no intent to indicate an implicit or explicit endorsement of any content by MRHS. ****

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

****** MRHS thanks NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. ******

Super Saturday Screenings!

The positive response to July's **Super Saturday Movie Event** has inspired us at MRHS to continue showing classic movies and offer traditional movie snacks one Saturday each month. The August movie, the classic New York love story, ***When Harry Met Sally*** will be shown on **Saturday, August 22 at 1:00 PM.**

If you would like more information, please call MRHS at 212-666-4000 or email Robin Aloi at Robina@mrhsny.org

Refreshing Fruits and Vegetables

The NYC Department for the Aging, (DFTA), **Farmer's Market Nutrition Program** has returned for the summer! **MRHS** has been provided with a small supply of coupon books that can be used by eligible New Yorkers who are 60 years old or beyond. Each book has five coupons that are valued at $5.00 each. The coupons are accepted at participating farmers markets for all fresh fruits, vegetables and herbs that are grown in **New York State.**

If you are interested in the coupon books, or if you would like more information regarding income eligibility requirements, please call Robin Aloi at MRHS (212-666-4000) or email her at *Robina@mrhsny.org*

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, August 21, 2026). 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.

Can You Suggest a Speaker?

The Men's Group is seeking people with expertise to guide our discussion on the following topic:

--Why are so many people in America and Europe embracing authoritarian leaders, particularly at a time when we are not in the middle of a depression? What can we do about this?

If you have anyone to suggest, please contact Tom Goodhue at twgoodhue@gmail.com.

The Men's Group meets at MRHS over lunch on Thursdays at 1:00 PM, usually the fourth Thursday of the month, but the third Thursday of November and December to avoid conflicts with the High Holidays, Eid, and such.

Falls Prevention Bingo

Falls are a leading cause of injuries such as traumatic brain injury, hip fracture, and broken bones. One in five falls cause serious injury, and falls can also lead to a fear of falling and future restriction of activities.

Many falls are preventable. Understanding fall risk factors and ways to prevent falls is an important first step in fall prevention. **Fall Prevention Bingo** is a fun and engaging educational tool that can be used to improve knowledge of fall risks. **Fall Prevention Bingo** is played like traditional bingo, except the bingo numbers have been replaced with fall prevention information. Presented by *Austin Wilson, Injury Prevention & Community Outreach Coordinator, Mt. Sinai Morningside.*

Friday, August 7, 11:30 AM
MRHS, 100 LaSalle Street, #MC

Walk-In Tech Help with Dan

Dan Baruah is available for tech support at MRHS every **Wednesday, between the hours of 12:00 and 4:00 PM.** No appointment needed, just bring in your device and Dan will do his best to help resolve your tech issues. Dan is also available by appointment and for home visits outside of these walk-in hours.

Life Story Club

LIFE STORY CLUB 中文人生故事會, 每週四下午3-4點，下樓來MRHS長者中心，我們一起聊聊大家的人生故事～

本週故事話題是： 1）你堅持過最久的一件事是什麼？是怎麼開始的？2）請分享一個你曾作出的承諾，可以是對自己的，也可以是對他人的？

關於人生故事會：在十週內，我們免费為長者組織15人以內，每週一次的小型聚會, 一起分享人生故事、建立友誼。在故事會的最後，我們还可以為有意願的長者紀錄您的故事、無須寫字。讓對您重要的故事永久保存、可以分享給妳想分享的人~!

更多信息歡迎瀏覽我們的官網：
https://lifestoryclub.org/

有任何疑問，歡迎撥打主持人譚小姐電話302-321-4199！

我們週四4點見！Chinese LIFE STORY CLUB, **every Thursday at 3:00 PM**, at MRHS.

Please feel free to contact the facilitator, *Effy, at 302-321-4199.*

DVP - MRHS class will remain on Thursdays, so 9/10 to 12/17.

West Harlem Development Corporation
Solutions through collaborations™

MRHS would like to thank the West Harlem Development Corporation for its support.

Mission of MRHS

The Mission of MRHS is twofold:

1) to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes comfortably, safely, and with as much independence as possible for as long as they can; and
2) to provide programs which promote health and provide opportunities for education, socialization and recreation for all older residents of Morningside Gardens, with particular attention to the special needs of the infirm, homebound, and isolated.