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

newsletter

Celebrating our 60th Year!

July1, 2026
Vol. XLV, No. 7

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

Healthy Eating Workshop

Let's talk about "*Nutrition & Longevity*!"

Come learn about:

- How active older adults are living longer, healthier lives
- The nutrition secrets behind the Blue Zones
- How to overcome common obstacles and thrive into your 80s, 90s, and beyond!

Presented by:

Art Gillman, MS, RDN, CDN, Registered Dietitian Nutritionist, New York-Presbyterian

Monday, July 20, 2:00 PM
MRHS, 100 LaSalle St., #MC

Where are We Going?!?!

Taking a trip to a cemetery may seem odd but **The Woodlawn Cemetery** in the Bronx was established in 1863 and is recognized as one of America's most iconic properties – with a history to match. The cemetery's natural environment is as impressive as its legacy. Its park-like setting is home to an extensive array of flora, fauna, birds, and insects virtually lost from much of the area's environs, and it is also a refuge for local wildlife.

We will be taking a private, guided trolley tour through the grounds to soak up the history and the beauty. We will end our trip with a bountiful lunch at the nearby Irish restaurant, **The Rambling House.**

Friday, July 24 **Cost $50.00**
Depart: 9:30 AM **Return: 4:30 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

****** MRHS will be closed on Friday, July 3, for Independence Day. ******

Super Saturday Screenings!

MRHS has a new volunteer, *Emmy Mozdzen,* who is excited to show movies on the MRHS large screen on one Saturday each month. Please join Emmy to see classic movies and enjoy snacks while enjoying the company of your neighbors! The first viewing will be ***Moonstruck*** shown on **Saturday, July 25, 1:00 PM.**

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

Cut the Cord (Or Don't)

Exploring Free TV in 2026

Ever wonder what happened to the good old antenna? Spoiler: it's still around, and it's way better than it used to be. Join us for a friendly exploration of cord-cutting, over-the-air TV, and how to access channels without monthly cable bills. We'll talk about what's available in our neighborhood and what might work for your setup. No pressure, no sales pitch — just honest conversation. Whether you're curious or ready to experiment, come hang out.

Snacks included!

Thursday, July 30, 1:00 PM, at MRHS

MRHS Foot Clinic

Join us at MRHS for a specialized **Senior Foot Health Clinic.** Podiatrist, *Dr. Mazel Baptist,* will be on-site to offer foot screenings, footwear safety checks, and professional advice on managing arthritis, corns, bunions, or nerve pain. Call MRHS at 212.666.4000 or email us at margaretb@mrhsny.org with any questions or to reserve your slot.

Wednesday, July 22, 3:00–5:00, at MRHS

Director's Column

MRHS has a long history of volunteerism. Volunteers founded the organization in 1966 and until the late 1980's completely ran and staffed MRHS. At about that time, the MRHS Board of Directors realized that a professional staff was needed for the growing needs of a growing older adult population. But volunteers continued to play a crucial role in the organization, which continues to this day.

In the early 1990's, recognizing the value of its volunteers, the MRHS Board created an annual "Volunteer Recognition" event. Last month, on June 15, MRHS celebrated the latest iteration of this annual ritual at the Assembly Hall of Riverside Church, honoring our 2025 volunteers. A longstanding tradition at these events is to honor special volunteers and this year MRHS honored Stephanie Low, Eleanor Haray, Ira Tobert, and Jana Titus. Volunteer-led activities play an important role in carrying out the second part of MRHS's mission statement, which reads "to provide programs which promote health and provide opportunities for education, socialization and recreation for all older residents of Morningside Gardens." Each of the volunteer honorees this year led such a program at MRHS.

Since 2022, Stephanie Low has led the "Beading Group," which is a jewelry-making crafts group. There are many benefits from this group: creativity, socialization, using fine motor skills, and most of all, fun. An example of a program that was suggested and is led by a Gardens resident is the Women's Group, which started up in February 2023. The program was proposed by Eleanor Haray, who is a social worker and trained therapist. The purpose of this program is to provide a supportive environment for women to discuss issues of concern and interest. This program demonstrates how MRHS utilizes the skills and talents present in the community. One of MRHS's oldest activities is the Book Group. A few years ago the group was in need of a leader and, fortunately, Ira Tobert stepped forward and has been leading the group ever since. The group moved online for the pandemic and has been meeting online each month ever since. Jana Titus volunteered to lead an activity that we all need, a Stress Reduction group, which quickly became very popular. Before that Jana had led a Chair Yoga group.

We appreciate Stephanie, Eleanor, Ira, Jana, and all of our program volunteers for lending their skills and talents to the MRHS tapestry of programs.

Happy July Birthday!!

To: Jun Atienza, Rhonda Barkow, Sarah Borenstein, Sharon Carter, Celeste Dubosky, Iretha Fletcher, Tova Francus, Peggy Griffin-Jackman, Elice Higginbotham, Donald Johnson, Dorothy Khosrovi, Helene Lorber, Michele Mais, William Martin, Kevin McGee, Diana Multare, Barbara O'Farrell, Maryellen Peinelt, Patricia Pell, Karen Pohlig, Cecilia Ridett, Mary Lou Russell, Angela Schramm, Elaine Steele, Alan Stricoff, Courtney Worthington, Chien (Charles) Wu, and Thelma Young.

MRHS Board Game Café

Please join us **Friday, July 31 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, July 31, 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, July 12 and 26, 2:00 – 6:00 PM
MRHS, 100 LaSalle St., #MC

MRHS Library Summer 2026

This July the MRHS Library celebrates the 250th Anniversary of the United States declaring independence from Great Britain with a collection of relevant books located to your left as you enter the Lounge Area. A limited number of brochures including the Declaration of Independence and the U.S. Constitution are also available on the Special Collection shelf as long the supply lasts.

On June 15 MRHS honored our 2025 volunteers at the annual Volunteer Recognition Luncheon, at Riverside Church. Pictured (l. to r.) are special awardees Stephanie Low, Eleanor Haray, and Ira Tobert, with Ron Bruno. Read the Director's Column to learn about their contributions to MRHS.

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:

July 6, 20
August 3, 17
September 7, 28
October 5, 19
November 2, 16
December 7, 21

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.

Thursdays, July 2 and July 16, at 1:00 PM
MRHS, 100 LaSalle Street, #MC

Take Charge of Your Health

Take Charge of Your Health with MRHS nurse, *Stacey Steen, RN, BSN,* will take a break in July and will resume in August.

Stacey, however, is always available for one-to-one consultations, questions, or chats. Just stop by MRHS and ask for Stacey. She also may be reached at 212-666-4000 or stacias@mrhsny.org. We especially recommend that you contact Stacey if you are planning to have a medical procedure.

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.

**** 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. ******

Dalcroze Class

From the Bloomingdale School of Music

Emile Jaques-Dalcroze was a Swiss composer who developed an approach to music education called Eurhythmics, wherein musical ideas are learned through movement.

Classes are sequential, skill-building, and experiential. Focusing on simple musical concepts, participants will apply new skills toward improvising vocally, with instruments, and in movement. This work features music-based movement, which involves a motor-cognitive connection, simultaneously engaging participants' muscles and the cognitive processes of the brain. Everyone can benefit from these classes, including musicians, teachers, dancers, and *anyone who loves to listen to music!*

Wednesdays, 1:00 PM
Building I Community Center

MRHS Memory Café!

Thursday, July 23, From 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.

Monthly Movie Matinee

"The King And I"

Hosted By Usa Ungsunan

Winner of 5 academy awards, Rodgers & Hammerstein's regal classic tells the true story of Anna Leonowens (Deborah Kerr), an English widow who travels to Siam in 1863 to serve as governess to the king's (Yul Brynner) children. She soon finds herself at odds with the stubborn monarch, but after "getting to know" each other, Anna and the king ultimately develop an extraordinary friendship that surprises them both.

Monday, July 6, 1:00 PM, at MRHS

Falls Prevention

Falls are one of the most serious health and safety issues affecting older adults. Falls can lead to fractures, head injuries, and loss of independence. The encouraging part is that many falls are preventable. This program will address how falls happen and ways to reduce them from happening. Balance and strength exercises to help prevent falls will be offered. Presented by *Austin Wilson, Injury Prevention & Community Outreach Coordinator, Mount Sinai Morningside.*

Friday, July 24, 2:00 PM
MRHS, 100 LaSalle St., #MC

West Harlem Development Corporation
Solutions through collaborations™

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

Looking Ahead

--- Falls Prevention Bingo –

August 7, 11:30 PM

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, July 17, 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.

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

Stories That Stay With Us

A Live Storytelling Circle

Inspired by The Moth Storytelling Hour, *Stories That Stay With Us* is a monthly storytelling circle where residents are invited to gather and share true stories from their lives in a relaxed and welcoming setting. The focus is on real moments told in your own voice, stories about unexpected turns, meaningful encounters, risks taken, plans gone wrong, or memories that still make you laugh or pause years later.

Each session will draw from Moth storytelling prompts designed to spark memories and help uncover stories you may not have thought to tell before. Participants are welcome to come with a story prepared, come simply to listen, or decide to share on a whim as inspiration strikes. No writing or storytelling experience is needed, only a willingness to enjoy an evening of stories and connection.

Thursday, July 2, 4:30 PM to 5:45 PM
MRHS, 100 LaSalle St., #MC

Residents interested in learning more may email Social Work intern, Laura Mocker, at lauram@mrhsny.org.

Come listen, come share, and discover the stories waiting to be told.

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.*

Life Story Club

The English-language Life Story Club meets online every Tuesday at 11:00 AM. Please call MRHS at 212-666-4000 if interested. This virtual group gathers weekly to share stories.

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, July 23, 1:00 PM.** *Lunch will be served. Cost: $10.* Any questions, please contact Margaret Bianchi: MargaretB@mrhsny.org or 212-666-4000.

MRHS Book Group

There is no meeting in July, as the Group, as usual, takes a summer break. 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.

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, July 17 at 1:00 PM.** For more information, please call MRHS at *212-666-4000* or email *Robina@mrhsny.org*

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 **July 7, 21.**

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

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.