MRHS

Morningside Retirement & Health Services

Helping Elders. Building Community.

**October, 2026**

Greetings to our Morningside Gardens residents, old-timers and newcomers. Welcome to the new residents. MHHC is an amazing community and MRHS is one of its jewels. I invite both the newcomers and continuing residents to visit MRHS and participate in one or more of its programs, both to enjoy them and to learn about MRHS.

In the mid-1960's, a group of visionaries living in the Gardens recognized that many of our neighbors were growing older, that our complex of buildings was becoming what has come to be called a "Naturally Occurring Retirement Community," and imagined an organization that could help people age in their homes. MRHS was established in 1966 with the support of the MHHC Board. **MRHS seeks to promote the independence of older people and prevent their isolation, and to do this with respect for their dignity and autonomy.**

Volunteers and professionals together provide a variety of services for our aging neighbors. A look at our website, www.mrhsny.org and the monthly newsletters shows the astonishing variety of services provided to help older people stay active and socially and mentally engaged. Here's a sample: movies, dance classes, music classes, a book club, yoga and tai chi lessons, lecture-discussions on world events, talks on financial scams targeting the elderly, a life story club, and the annual ice cream social for the whole community. MRHS organizes volunteers to escort patients to medical appointments. Social workers from MRHS help older people manage their financial affairs and visit them for wellness checks. A nurse provides first line medical care.

All this takes money. MHHC provides financial support, as do state and city agencies created to help older citizens. These funds provide the core of our operating funds. A heart-warming, and validating, source of support is bequests left for MRHS in their wills by our residents, some of whom received extensive help from MRHS in their final years. The bequests are their testimony about what MRHS has meant to them.

Another extremely important source of support for our operations is the donations from all of us living here in the co-op. Kind residents periodically write checks to help provide funds to help MRHS perform its mission. MRHS depends for almost a tenth of its operating budget on funds raised through our Annual Appeal. In addition to directly funding our work, we use the success of the Annual Appeal and MMHC support to provide evidence to our granting agencies of required community support. MRHS doesn't take this generosity for granted. Each year, the Board and the staff of MRHS work to make sure that the organization earns your donations by the services it provides.

Enclosed is a Donation Form for you to fill out and return to MRHS either by mail or in person at our offices. You can also donate online by going to mrhsny.org/donate and scrolling down to the yellow "Donate" button. Please contribute and help us keep Morningside Gardens an outstanding place to live for residents of all ages.

Sincerely yours,

B. "Chandra" Chandrasekaran
President, Board of Directors

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