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

newsletter

Celebrating our 60th Year!

October 1, 2026
Vol. XLV, No. 10

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

Flu Vaccination

MRHS and *Mt. Sinai Hospital* will be distributing the ***flu vaccine*** on **October 2, from 10:00 AM to 1:00 PM at MRHS.** The stronger dose vaccination for older adults will be available. Please call MRHS at 212-666 4000 or stop by to make an appointment. You can also email *Margaret Bianchi* at **MargaretB@mrhsny.org** to schedule an appointment.

Friday, October 2, 10:00 AM
MRHS Center, 100 LaSalle St.

Life Story Club

Everyone has a story worth telling. Join us for a special introduction to **Life Story Club**, a welcoming community where older adults come together to share life experiences, spark meaningful conversations, and build lasting friendships. Through fun, thought-provoking story prompts, participants connect over memories, laughter, and the moments that have shaped their lives. There is never any pressure to share—you are always welcome to simply listen.

Meetings are held weekly by phone or Zoom, making it easy to participate from home. Join us on **October 9** to learn more about **Life Story Club**, meet facilitator Phil Corin, and discover how sharing your stories—and listening to others—can create meaningful connections and a true sense of community.

Friday, October 9, 2:00 PM
MRHS, 100 LaSalle St., #MC

****** MRHS is closed on Monday, October 12 for Columbus Day / Indigenous Peoples' Day. ******

Take Charge of Your Health

Dizziness & Vertigo

Understanding dizziness and vertigo: how they can affect balance, and their connection to fall risk. Dizziness and vertigo are common symptoms that can cause feelings of lightheadedness, imbalance, or a sensation that you or your surroundings are spinning. Join us for a discussion of this important healthcare topic led by MRHS nurse, *Stacey Steen, RN, BSN*.

Tuesday, October 13, 11:30 AM
MRHS, 100 LaSalle St., #MC

Upcoming Topics:

November - *Fiber: How Fiber Can Keep Your System Going*
December - *Coping with the Holidays*
January - *Energize Your Energy*

Stop The Bleed

Mount Sinai Morningside's Injury Prevention Program is bringing a free **Stop the Bleed** class to Morningside Gardens. **Stop the Bleed** is a national program that teaches everyday people how to respond to life threatening bleeding emergencies before first responders arrive. In this hands-on class, participants will learn three core techniques: applying direct pressure, wound packing, and tourniquet application. No medical experience is necessary. This is a great opportunity for community members to walk away with a skill that could save a life.

Presented by *Austin Wilson, Injury Prevention & Community Outreach Coordinator, Mount Sinai Morningside.*

Friday, October 23, 2:00 PM
MRHS, 100 LaSalle St., #MC

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, October 1 and 8, at 1:00 PM
MRHS, 100 LaSalle Street, #MC

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 – Movement Speaks

Dances For a Variable Population (DVP) MOVEMENT SPEAKS® is a sequential weekly dance program promoting strong and creative movement for older adults for improved health and quality of life. Classes are one hour in length with cardio fitness, dance improvisation, emphasis on correct alignment and dance making for fun and friendship.

Thursdays at 10:30 AM
Building I Community Center

Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve.

Happy October Birthday!!

To: John Barrow, Cassie Darling, Michael De Borja, Deanna Gates, Carol Haupt, Thuyet Le, Mary Lowry, Charles Macdonald, George Mapp, Norma Martin, Marie Pascale Pieretti, Cecile Russo, Dorothy Teffeau, Nataline Delisle Vandeburg, and Theresa Thompson Ziegler.

Don't Be "Spooked" By Estate Planning

A Path With No Pitfalls Awaits You

Please join *Sherri Hughes* on **Thursday, October 29, at 1:00PM** for an introduction to understanding Wills, Trusts, the Probate process and how to protect your assets, including your MHHC apartment. This presentation will dispel myths about estate planning and explain how Wills and Trusts work to distribute your estate; practical considerations when selecting one instrument versus another and what happens when a Will goes through the probate process versus passing without a Will.

Discussion about tasks to attend to before a life emergency hits and a review of legal documents that will protect you and your loved ones when your life veers off its path; Health Care Proxy, Living Will (Medical Directive), Power of Attorney, Will, Trust/Revocable and Irrevocable.

Come one, come all. It is time to stare the boogey man down, take control and expand your understanding of how estate planning can work for you and those closest to your heart.

MRHS Board Game Café

Please join us **Friday, October 30 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.

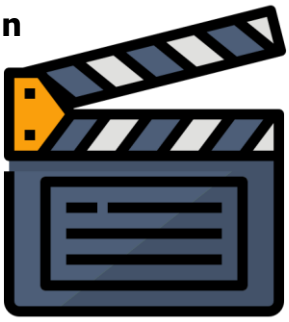
Afternoon Tea in the Lounge!

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

Monthly Movie Matinee

"*The Sound of Music*"

Hosted By Usa Ungsunan



The Sound of Music is a movie based on the real-life story of the Von Trapp Family singers, one of the world's best-known concert groups in the era immediately preceding World War II. Julie Andrews plays the role of Maria, the tomboyish postulant at an Austrian abbey who becomes a governess in the home of a widowed naval Captain von Trapp (Christopher Plummer) with his seven children, and brings a new love of life and music into the home.

Tuesday, October 13, 1:00 PM
MRHS, 100 LaSalle St., #MC

Tech Fireside Chat

"AI and You"

AI is everywhere these days — but what does it actually mean for you? Join us for a friendly, no-jargon conversation about artificial intelligence: what it is, how it's already part of daily life, and how it can help you stay connected and independent. Light refreshments and good company — see you there! Hosted by **Dan Baruah, MRHS Tech Coordinator**. Call 212-666-4000 to reserve your spot.

Thursday, October 15, 1:00 PM
MRHS, 100 LaSalle St., #MC

**** 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. ****

Brooklyn Bus Tour

A wonderful way to celebrate our country's 250th birthday! We will be escorted to **Brooklyn's Revolutionary War Highlights** by *Dom Gervasi* who has guided us on previous trips to Brooklyn neighborhoods. Dom has a very enjoyable and informative take on the sights he escorts our group to see. The Revolutionary history of Brooklyn is pivotal to the founding of our country.

We will start our tour by picking up delicious Italian sandwiches from **Lioni's** in Brooklyn. In between visiting historic sites, we will enjoy our feast in a park along our route, (or in our private bus if the weather is inclement). Join us to enjoy this fascinating and enjoyable outing! *The seating on the bus is limited so it would be advised that you make your paid reservation two weeks or more before the trip.*

Wednesday, October 28 Cost $50.00
Depart MRHS: 9:45 AM Return: 4:30 PM

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

Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom, sponsored by MRHS. This month's topic of discussion will be **"U.S. Engagement of Africa,"** facilitated by Building III resident, *Dana Minaya.*

Africa's geopolitical role is growing. What lessons can the U.S. learn from China's presence there, and how might it strengthen ties, especially with leading nations like Nigeria? What tools of statecraft might the U.S. bring to its engagement with Africa? For Zoom link, please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000.

Tuesday, October 6, 7:00 PM, Via Zoom

Healthy Eating Workshop

Let's talk about *"Eating for Diabetes & Prediabetes!"*

Come learn about:

--- How diabetes & prediabetes affect the body

--- What impacts blood sugar levels

--- How to eat to balance blood sugar levels

Presented by:

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

Monday, October 19, 2:00 PM
MRHS, 100 LaSalle St., #MC

Strengthen Your Soul

We are *Ellie Dunn and Julia Bonvino*, Occupational Therapy (OT) students from Columbia University, and are excited to introduce our new group: ***Strengthen Your Soul - Mind and Body Wellness Group.*** This group will take place on Fridays at 11:15 AM beginning on **October 2**, and each weekly session will focus on a different aspect of wellness and will include fun and meaningful activities! We look forward to meeting you! The sessions include:

October 2: *Strengthen your body - Introduction and stretching*

October 9: *Strengthen your body - Tai Chi*

October 16: *Strengthen your safety - Fall prevention day*

October 23: *Strengthen your knowledge - Brain games, cognition strategies*

October 30: *Strengthen your knowledge - Technology navigation*

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

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

Super Saturday Screenings!

This month's **Saturday Movie Event** is a perfect NYC and Halloween movie!! Join us for laughs and screams as we show the original ***Ghostbusters***. We will be costumed and/or masked, and we encourage everyone else to come in costume if you choose. Spend time with your neighbors and nosh Halloween themed movie snacks and have a great time!! We will show the movie on **Saturday, October 31 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

MRHS Memory Café!

Thursday, October 15, 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.

MRHS Book Group

The next meeting of the MRHS Book Group will be **Wednesday, October 14, at 3:00 PM** to discuss ***Fonseca*** by *Jessica Francis Kane*. Then on Wednesday, November 18 at 3:00 PM, the group will discuss *Invitation to a Beheading by* Vladimir Nabokov. 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.

Gentle Yoga

Join MRHS for a series of **Gentle Yoga** classes with *Hilary Nudell,* long-time Morningside Gardens' resident and Yoga teacher.

Thursdays, 4:00 PM
Thurgood Marshall Room, 80 LaSalle St.

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, Oct. 11 and 25, 2:00 – 6:00 PM
MRHS, 100 LaSalle St., #MC

Salsa/Swing/Dance Class

Returns with Kathy Sanson

Mambo, Cha-Cha, Samba, Swing, Lindyhop, Jazz

No partner needed, for mature adults and for all levels, especially beginners. Fluid warm-up to begin to avoid any stress on your muscles while you have fun dancing. **Tuesdays, 2:00 PM, through November 24,** in the **Thurgood Marshall Room, Building III.**

If interested, please contact MargaretB@mrhsny.org to sign up. (For more information call or text or email dance instructor Kathy Sanson at 917-535-0582 kjsanson@gmail.com)

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, 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.

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.

Life Story Club

You're invited to join the ***Life Story Club***, which meets online **Tuesdays 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. Participants 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.

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.

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, October 22, 1:00 PM.** *Lunch will be served. Cost: $10.* Any questions, please contact Margaret Bianchi: MargaretB@mrhsny.org or 212-666-4000.

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: October 5, 19

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 **October 6 and 20.**

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

Intergenerational Program

Interested in an intergenerational program with high school students about civic education? **Dorot** is offering a 6-week in-person program on Mondays at their Manhattan location: 171 West 85th Street.

Civic Spirit

DOROT | Mondays, Oct 19, 26; Nov 2, 9, 16, 30; Dec 7 | 4:30 - 6:00 PM

In partnership with ***Civic Spirit***, this intergenerational workshop marks America's 250th birthday through reflection on American identity, listening across differences, and civic engagement.

For more information reach out to Joanna at Joannas@mrhsny.org or 212-666-4000.

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, October 16 at 1:00 PM.** For more information, please call MRHS at *212-666-4000* or email *Robina@mrhsny.org*

Looking Ahead

--- Covid Vaccination –
November 5, 11:30 AM

Bloomingdale School of Music

Music Appreciation Series via Zoom

Thursdays from 7:00-8:00 PM, October 8 - 29

with Marc Peloquin

"The Joy of Listening: Bach, Beethoven, Brahms"

Bloomingdale School of Music is excited to continue its partnership with MRHS! If you are interested in joining the *Online Music Appreciation Series* with Marc Peloquin this Fall and Winter, you are welcome to join on Thursday evenings via the Zoom link here: **https://us02web.zoom.us/j/6810011585**

No need to register online, just go to the Zoom link on the day of the program.

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.