

100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Eileen Canty
Executive Director: Ronald Bruno

Focused Reminiscing at MRHS

Come to MRHS for air-conditioning, light refreshments and ***focused reminiscing!*** Research shows Reminiscence Therapy can provide meaningful assistance to older adults in reducing depression, boosting well-being and recognizing and appreciating inner strengths and resources. It may also help one find meaning in significant life events of the past that shape the present.

Please join MRHS Social Work Intern, ***Saudia Garnette***, who will facilitate 6 one-hour weekly group sessions of Reminiscence Therapy.

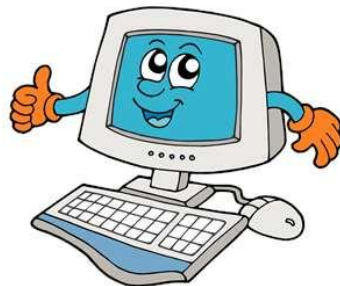
Tuesdays, starting August 1 at 3:30 PM and running through Tuesday, Sept. 5

Weekly Discussion Topics are listed below:

My first job; I was a hero/adventure story/greatest achievement; A person who made a difference in my life; Overcoming fear/Advice to my younger self; Turning point/Defining moment /Event that changed me and how I see the world; Starting over /Transformation.

Help With Technology

We're excited to again welcome back students from the ***Columbia University Summer Program for High School Students***. If you've never joined us for this program, you're missing out! The students will present one more time this summer on **Thursday, August 3 at 1:30 PM** for a program on ***Skype***. All welcome.



Hidden Library

Did you know that MRHS has a library from which you may borrow books? There are fiction and non-fiction books, including mysteries, biographies, and art collections. **Plus we have a section of LARGE PRINT BOOKS recently donated by the Cragmoor Free Library upstate!**

During the remaining hot days of summer, stop by MRHS. The library is located in the hall on the west (left) side of MRHS just before you enter the Community Space where you can usually find a snack to eat and coffee or tea to drink. It's air conditioned so you may grab a book, sit in the cool, and escape into another world as you start to read.

There is no due date for a book's return; you may read at leisure and then return your choice. We ask only that if you permanently take a book, that you donate a book. Book donations should be placed on one of the bottom shelves of the bookcases so that we may label them and enter them into the MRHS collection.

If you have questions, contact Mary Davidson at [212-316-0140](tel:212-316-0140).

Concerts In Motion Returns

Concerts in Motion is providing us with a free concert on **Monday, July 31 at 1:00 PM at the New MRHS Center**. We'll be treated to a performance by Mariella Gonzalez, singer, and Nick Demopoulos, guitarist. They'll be performing oldies, swing, pop, jazz, country, and latin.

Following the concert, the performers will be providing in-home concerts for some of our home-bound older adults.

New York State Farmers Market Nutrition Program

Thanks to the New York City Department for the Aging, MRHS has been provided with vouchers to be used at Farmers Markets as part of the "New York State Farmers Market Nutrition Program."

Booklets of vouchers worth \$20 will be available on a first-come, first-served basis, to be distributed on Monday, August 14, from 1:00 PM to 3:00 PM at MRHS. *There is a limit of one booklet (\$20 value) per household.*

The state requires that each recipient sign a "Statement of Eligibility," indicating that you are at least 60 years of age and meet the following income limits:

--- Below \$1,860 per month for a one-person household

--- Below \$2,504 per month for a two-person household

--- Below \$3,149 per month for a three-person household

Or

Currently receiving or eligible to receive SSI or public assistance.

Please pass along this information to friends and neighbors.

In Memoriam: Alan Borthwick

We are sorry to report that longtime Morningside Gardens resident, Alan Borthwick, passed away on July 3 in Columbus, Ohio, in the company of his family. Alan was a good friend of MRHS, serving on the MRHS Board of Directors as Treasurer from 2003 to 2007.

Condolences to the family may be sent care of Karina Harding, 1050 Broadview Ave., Columbus, OH 43212. Alan's family has requested that contributions in memory of Alan be made to MRHS. A brief biography of Alan's life may be found by clicking on the "In Memoriam" link on MRHS's website or by going to:

<http://www.mrhsny.org/in-memoriam>

Happy August Birthday!!

To: Anne Burley, Fungying Chao, Carlotta Damanda, Corliss Hanson, Marjorie Horton, Ruby Johnson, Phyllis Mais, Dana Minaya, Rajdai Puran, Iris Shen, Lotte Strauss, Susan Wersan, Llewellyn Williams, and Lucienne 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 August are all invited to our Birthday Party! Come on **Tuesday, August 15 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies resume on September 2.

MRHS Film Committee Presents

First Wednesday Films

Next screening on **August 2 at 7:30 PM**

Featuring:

Yi-Yi

(2000) 2 hrs. 53 min.

An enthralling chronicle of a year in a middle-class family's life in Taipei, seen through three generations. It garnered the Best Director award at Cannes; was hailed by Susan Sontag as the best film of the year; and selected by the *New York Times* last month as one of the 25 Best Films of the 21st century so far. In Chinese, with English subtitles.

The New MRHS Center, 100 La Salle, #MC
\$1.00 suggested donation

Please Note: MRHS e-mails can be sent to you in a larger text if you would like. Just contact us at 212-666-4000 or joannas@mrhsny.org to sign up for the larger version.

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the New MRHS Center.

MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:00 PM**.

MRHS Office Hours – The following is the New MRHS Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 6	9 – 6	8 – 6	9 – 6	8 – 6

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday

Resumes on September 6.

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

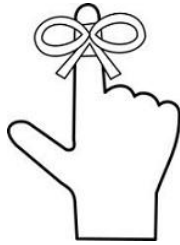
Nurse Marie Phillips' "Take Charge of Your Health" will be on break until the fall.

The **MRHS Book Club** meets next on **Wednesday, August 30 at 3:00 PM** to discuss the novel **1984** by George Orwell – a discussion begun last month. This is an opportunity to focus on this very thought-provoking work. Even if you have only read some of the novel, please consider joining. All welcome!

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 17, 2017). 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.***



MEN: A Message For YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor on **Wednesday, August 9 at 1:00 PM**. Please call 212 666 4000 to RSVP. The luncheons are a great opportunity to make new friends, learn, and have fun. Men's Group luncheons take place on the second Wednesday of the month.

The cost of the lunch is \$10. Please bring a check payable to MRHS.

MRHS Trip News

Join us on **Wednesday, August 23** for a trip to the **NY Botanical Gardens and Arthur Avenue** for lunch. Our journey will begin with a 45-minute guided tram tour of the grounds. Our tour will include artwork by world-renowned artist **Dale Chihuly**.

CHIHULY showcases more than 20 installations and includes drawings and early works that reveal the evolution and development of Chihuly's artistic process during his celebrated career. We'll have approximately an hour to independently explore the grounds following the tram ride.

Lunch will be at **Mario's** Arthur Avenue. The restaurant has been making its robust, first-rate Neapolitan fare the same way for 92 years. Lunch includes salad, pasta and a choice of veal, chicken or fish. Wine, coffee and dessert are included.

Following lunch we've scheduled time to explore the Arthur Avenue Retail Market. Mayor Fiorello LaGuardia spear-headed one of the neighborhood's most beloved attractions, the Arthur Avenue Retail Market – a kind of covered Italian bazaar that brings together under one roof all the shopping also found on nearby streets, from sausage makers to bread bakers, cafe's to florists.

Wed., August 23
Cost: \$60.00

Departing 9AM
Returning 3PM

Upcoming trips:

- CIA lunch and tour, September 28
- Long Island Wineries, October 23

Fall Fair 2017

The Fall Fair will be held on **Sunday, September 24, from 12:00 Noon to 3:00 PM on the Plaza between Buildings One and Two.** MRHS will again be partnering with MHC's Family Activities Committee and the Players to provide intergeneration fun. Stay tuned for specifics. In the event of rain, the Recreation Center has been reserved.

MHC residents are invited to rent tables for \$25 to sell their own items and keep the proceeds. Alone or partnered with friends and neighbors, they can stock a table with anything from holiday decorations to craft items. Rental forms are available in the MRHS office. Tables will be available on a first come basis. As in the past, space will be free for kids aged 16 and under who are encouraged to offer books, games, and sports equipment. They should provide their own ground covering.

Fall Calendar Preview

Fall promises to be a busy season for MRHS so put these dates on your calendar now.

Sunday, September 10

Luncheon closing the year-long celebration of MRHS' Fiftieth Year of Service. Riverside Church is providing a special venue for us in recognition of the partnership we have shared. Suggested donation to cover luncheon costs: \$25.

Sunday, September 24

Fall Fair in partnership with other MHC groups. *(See notice above.)*

Thursday, November 23

Thanksgiving Dinner. Details will be available closer to the date.

September through November

Collections for Flea Market Donations will start in September.

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

Mt. Sinai Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai Hospital **geriatrician Joyce Fogel, MD,** and **geriatric psychologist Gregory Hinrichsen, PhD,** have been working with the MRHS community on various issues related to aging. The program is called **Memory Matters.** *Please see an article by Dr. Fogel on the Newsletter insert.*

Upcoming programs:

Ask the Doc, Friday, August 11 at

2:30 PM: *Sign up to meet with Dr. Fogel and ask her questions, one-to one.*

Alcohol and Memory, Thursday, August 17

at 2:30 PM: *Dr. Hinrichsen will explore the relationship of alcohol and memory in this group session.*

****** 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. ******

Summer: Use MRHS Services

As the heat of summer begins, safeguard your health by using MRHS Shopping and Laundry Services. Every Tuesday the MRHS Health Aide does shopping for people who need help. Please call MRHS at 212-666-4000 to arrange for Laundry service. On the day scheduled for service, the Health Aide will call you to let you know what time she will be at your apartment.

