

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Mt. Sinai / MRHS Program

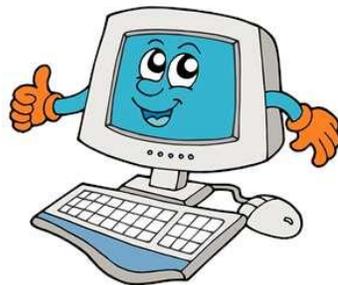
Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai School of Medicine has been working with the MRHS community on various issues related to aging in a program called ***Mind Matters***:

Dr. Greg Hinrichsen, Psychologist at the Icahn School of Medicine at Mount Sinai will lead a presentation on ***Adaptability and Successful Aging in Older Adults***.

Thursday, August 16, 2:30 PM
The New MRHS Center, 100 LaSalle St.

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 2 at 11:30 AM** for a program on ***Skype***. All welcome.



Summer Ice Cream Social

Save the date! MRHS, along with MGCA, will be offering an ice cream social to the Morningside Gardens community on **Wednesday, August 1 from 6:30 to 8:30 PM** in the plaza in front of building II. We hope this will be a fun intergenerational event to celebrate summer.

MRHS board members and staff will be present to provide information, but the main focus of the event will be fun and fellowship!

Everyone is invited to attend including, of course, children of all ages!

MRHS Travels

Join us on our trip to **City Island** on **August 21!** City Island is a former fishing and seafaring village located in the northeast corner of the Bronx. Famous for its boatyards and refreshing waterfront dining, you will feel you are in a seaside New England town. The trip includes lunch at the ***Lobster Box Restaurant*** and a tour of the island. The menu will include, shrimp, filet of sole, salmon or chicken. More details will be forthcoming. Pictured below is our last trip to West Point.



MRHS Travelers Overlooking the Hudson Valley on a Tour of West Point in July.

Fire Safety Talk

Please join us for an important discussion with the New York City Fire Department on ***Fire Safety in the Home***.

Topics will include cooking at home; electrical issues; wires and cables; smoke detectors and alarms; and what to do in the event of a fire.

Monday, August 20, 2:00 PM
The New MRHS Center, 100 LaSalle St.

Director's Column

In recent columns I've written about the importance of partnerships for small nonprofits such as MRHS. A critical partnership that is often overlooked is with the government. MRHS is a partner with the city and the state departments of the aging, from which we receive funding and provide services. But we also rely on federal government programs to provide support for our older residents, especially Medicare. We might take Medicare for granted, but without this federal health insurance program MRHS would hardly be able to achieve its mission of enabling older adults to remain living safely and comfortably in their own homes, in their own community.

Medicare is celebrating its 53-year anniversary in 2018. Prior to the passage of Medicare in 1965 only 48% of seniors had health insurance; 35% of seniors were in poverty; and life expectancy was just 70 years (66 years for men.) Having been born in the 1950's and growing up in the Bronx, I can recall when it was a common sight to see old people who were poor and desperate. In fact, as a kid I thought becoming poor was part of the process of growing old, especially if you didn't belong to a large and close-knit family. In my mind getting old meant adding wrinkles and running out of money!

It's easy to forget this was commonplace in America just a few generations ago. The lack of health care coverage drove many older people into bankruptcy or forced them to go untreated. While many still struggle on fixed incomes, only 2% of elders lack health care coverage today, thanks mostly to the Medicare program. The poverty rate among people aged 65 and older has been reduced dramatically, from 35% to 14.5%. So when we talk about the partners that enable MRHS to carry out its mission let's not forget the silent partners, the Medicare and Social Security programs that provide a critical safety net as we age.



Happy August Birthday!!

To: Anne Burley, Fungying Chao, Carlotta Damanda, Corliss Hanson, Marjorie Horton, 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 21, 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Building Link Assistance

MRHS staff is available to help residents sign up for Morningside Gardens' **Building Link**. If you don't have a computer MRHS computers are available, along with assistance from staff. Building Link is an online service that offers Gardens residents a host of services, including email updates, online service requests, online reservations for spaces, and building document access. For assistance, just call MRHS at 212-666-4000 or email Margaret Bianchi at margaretb@mrhsny.org.

Scam Alert

Please be aware that several Morningside Gardens residents have reported receiving a call from an individual purporting to be from the Social Security Administration. The caller states that your Social Security payments are going to be suspended for "committing fraudulent and suspicious activity" in another state. You are then told to call a number.

If you receive this call, just hang up. Do not call the number and ***never give your Social Security number or other personal information to a caller over the telephone***. Any important information that is required of you will arrive by mail, not by telephone.

**Saturday Afternoon Movies resume
on September 1.**

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:

Monday Tuesday Wednesday Thursday Friday
8 – 5 9 – 5 8 – 5 9 – 5 8 – 5

Nurse's Hours – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 4 9 – 4 9 – 4 9 – 4 9 – 4

Hypertension Screening on Wednesday
Resumes September 5 (9 to 11 AM)

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" resumes in the September.

The **MRHS Book Club's** next meeting will be on **Tuesday, August 21 at 3:00 PM** in the New MRHS Center. They will discuss **Midnight's Children** by Salman Rushdie. 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, 2018). 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.**

Film Committee Presents **On Friday, August 3 at 7:30 PM**

Two Daughters

(1961) 1 hr. 52 minutes

Stories by Nobel Laureate Rabindranath Tagore about a rural postmaster who teaches an orphan girl to read and write, and a law student who marries the village tomboy.

Audrey Hepburn presented an honorary Oscar at the 1992 Academy Awards to director Satyajit Ray "in recognition of his rare mastery of the art of motion pictures, and of his profound humanitarian outlook, which has had an indelible influence on filmmakers and audiences throughout the world."

With English subtitles.

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

Chinese Dance Group

The MRHS Chinese Dance Group Presents a Variety Show! Come see your friends and neighbors perform traditional Chinese dances, songs and play the Chinese harp. **Show time is 2:30 PM to 3:30 PM.** Come support your talented neighbors and enjoy the show!

Sunday, July 29 at 2:30 PM
Recreation Center, 100 LaSalle

***** 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. *****

Film Committee News

The MRHS Film Committee seeks a volunteer to show one Saturday film a month. Will train and support. If interested please call the MRHS office at 212-666-4000.

Please Note:

The Great Decisions 2018 program will resume in September.

The Men's Group Luncheon will meet again on the second Wednesday in September. (September 12)

Textile and Shredding Event

On Saturday, August 18, from noon until 4:00 PM, the *Sanitation Coalition* will conduct its summer textile recycling/reuse event as well as sponsoring a shredder truck. These events will take place in the usual spot, on La Salle Street in front of 3150 Broadway (Grant Houses).

Please bring your used but clean textiles and any papers you wish to shred. (It is NOT necessary to take out staples and/or paper clips.)

August 18 is Family Day for the residents of Grant Houses. No cars will be permitted on La Salle Street between Broadway and Amsterdam that day.

We wish to thank our donors for making these events possible.

See you on August 18.

Joan Levine and Sarah Martin

Sanitation Coalition Chairs

Jslevine100@msn.com

212-666-6157

MRHS thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for making these programs possible.

Low Vision Group

The low vision group offers people with impaired vision a friendly space to talk about the things they experience due to vision loss. We learn from each other how to manage changes and develop coping skills; we also share ideas about visual aids and ways to enjoy our city by finding activities geared for people with low vision. Interesting and Rewarding!

Meeting times for the month are **Monday, August 13** and **Monday, August 27, 3:30-4:30 PM.**

New Medicare Cards

New Medicare Cards are Arriving in New York Mailboxes.

The Centers for Medicare & Medicaid Services (CMS) is mailing new Medicare cards to protect the safety and security of people with Medicare benefits. The new Medicare cards no longer contain a person's Social Security number, but rather a unique, randomly-assigned Medicare number that protects the identities of people with Medicare reduces fraud and offers better safeguards of important health and financial information.

Aging In A Zen Garden

"In Japan there is an entire authentic tradition founded on the appreciation of aging, as in the Zen gardens whose moss and trees spend time softening, enclosing, expanding, like life itself, or in the magic of an old vessel, greenish and burnt with time, as if layers of meaning are contained therein. Wrinkles and growths, whether on people or trees, demonstrate their endurance and solidity despite existential vagaries."

Maria Jaoudi,

Christian Mysticism East and West

(From the Human Values in Aging Newsletter, July 1, 2018, H.R. Moody, Editor)

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