



newsletter

Celebrating Our 51st Year! September 1, 2018
Vol. XLII, No. 9

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Fall Fair 2018

The Fall Fair will be held on **Sunday, September 30, 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, indoor spaces have 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.

Falls Prevention Workshop: Presentation And Screening

Did you know older adult falls are largely preventable?

By attending the Falls Prevention Workshop, you will learn what causes falls in older adults; what you can do to protect yourself and your loved ones from a fall; and the role of occupational therapy practitioners in reducing your fall risk.

Falls Screening Assessments will be included.

The program will be presented by Columbia University Occupational Therapy students.

Wednesday, September 26 at 11:15 AM
The New MRHS Center, 100 La Salle, #MC

Virtual Senior Center

The **Virtual Senior Center (VSC)** is a revolutionary system developed by Selfhelp that uses computer, video chat, and Internet technology to connect older adults who are homebound due to chronic disease or functional disabilities. Through the VSC, participants are able to reestablish connections to their community by viewing a wide variety of classes: Art/Music appreciation, Health, History, Brain Games, Exercise, Computer Training, Travel, as well as Cultural/Religious programming. Participants can also use the all-in-one Senior-friendly computer to learn email, play games, connect to online learning/news and much more. Led by **Hang Liu, LMSW**, Program Director, Selfhelp Community Services, Inc. Virtual Senior Center

Tuesday, September 4 at 2:00 PM
The New MRHS Center, 100 La Salle, #MC

Summer Ice Cream Social New Date!!

Save the date! MRHS, along with MGCA, will be offering an ice cream social to the Morningside Gardens community on **Tuesday, September 4 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 is closed on Monday, September 3 for Labor Day. We wish everyone a good holiday. *****

Director's Column

During the last week of September MRHS board members will be coming to your building. On either Monday, Wednesday or Thursday evening of that week, MRHS board members will be stationed in your building lobby with information to share and will be available to answer questions.

MRHS is frequently in the position of trying to explain itself, I would like to think because of the wide variety of programs and services we provide. As I write, I just got off the phone with a social worker from a local hospital asking if we provided "senior housing or were a nursing home or something like that." When the word NORC didn't register, I went into my explanation about "aging in place" and how MRHS provides services that enable frail older adults to live at home safely; and provides programs that enhance the quality of life of community residents. (I refrained from specifying the Ice Cream Social as an example.) I usually don't mention another important goal of a NORC program — community building — unless I have a captive audience. But MRHS sees itself as an essential part of the Morningside Gardens community with deep historical ties, adding value to the community, and with a responsibility for promoting the community's growth and welfare.

Consequently, we will be reaching out to Gardens residents to tell you more about MRHS through our board members, according to the schedule below. Also feel free to call the MRHS office at 212-666-4000 during business hours. We look forward to speaking with you.



MRHS Building Outreach

**5:00 to 7:00 PM each evening,
in building lobbies:**

Buildings 1 and 2: Monday, September 24

Buildings 3 and 4: Wednesday, September 26

Buildings 5 and 6: Thursday, September 27

Happy September Birthday!!

To: Tonia Blair, Gilda Brodsky, Joyce Davis, Ralph Della Cava, Norma De Paur, Peggy Haskins, John Johnson, John Kapner, Leila Lieberman, Rachel Martin, Yong-Ki Pak, Dorothy Savage, Katherine Scheuer, Gwen Simmons, Yen Tang, Celestine Twining, Roderick Wallace, Audraine Wilson, Margaret Yi, and John 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 September are all invited to our Birthday Party! Come on **Tuesday, September 18, 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Sept. 1 **A Beautiful Life** (2008) 1 hr, 21 min
A love story about the encounter of two drifting souls. A woman stays the night with an illegal immigrant friend of a friend. The two fall in love, but face turmoil. Not Rated

Sept. 8 **The Settlers** (2016) 1 hr, 46 min
Stands out in terms of the substantial access it obtained to several generations of the movement's leaders. Veteran Israeli director Shimon Dotan tells the story with the intensity of a feature-film drama. With English subtitles. Not Rated

Sept. 15 **Molly's Game** (2017) 2 hr, 20 min
The true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high stakes poker game and became an FBI target. Jessica Chastain stars as Molly. Rated R

Sept. 22 **Boyhood** (2014) 2 hr, 46 min
The joys and pitfalls of growing up are seen through the eyes of a child named Mason, his parents and sister. Vignettes filmed with the same cast over the course of 12 years capture family meals, road trips, birthday parties, graduations and other milestones. Stars Patricia Arquette and Ethan Hawke. Not Rated

Sept. 29 **The Sapphires** (2012) 1 hr, 43 min
Based on a true story—it's 1968, and four young, talented Australian Aboriginal girls learn about love, friendship and war when their all-girl group The Sapphires entertain the US troops in Vietnam. PG-13

Movies start at 2:00 PM. Please arrive early. Suggested donation: \$1.00.

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 – 5	9 – 5	8 – 5	9 – 5	8 – 5

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

Sept. 5

Sept. 19

9:00 AM to 11:00 AM

100 La Salle, #MC

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 on **Thursday, September 20 at 2:30 PM**.

The **MRHS Book Club's** next meeting will be on **Tuesday, September 18 at 3:00 PM** in the New MRHS Center. They will discuss ***The Sound and the Fury*** by William Faulkner. 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, September 21, 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

Wednesday, September 5

at 7:30 PM

**Che: Part One –
The Argentine**

(2015) 2 hr. 8 minutes

Steven Soderbergh's epic biography is not written from the point of view of history, but from Guevara's own point of view, based on his writings. Benicio Del Toro gives a heroic performance, not least because it's self-effacing, winning the Best Actor Award at the Cannes Film Festival.

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

Great Decisions 2018

The Great Decisions 2018 program will resume on **Thursday, September 6**. Ken Thomas will lead a discussion on "Turkey: a Partner in Crisis." The program takes place at **7:00 PM** in the new MRHS Center, 100 La Salle, #MC. For those who do not have books, readings for the September 6 discussion will be available in the MRHS office.

Seniors Farmers Market Nutrition Program

If you are 60 years of age or older and have limited income (\$1,872/month or less for a single household), come to MRHS to learn if you qualify for vouchers in the amount of \$20 to be used at Farmers Markets.

****** 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 Screening: *The U Turn*

Gardens Resident Luis Argueta's Third Documentary of his immigration trilogy.

"At a time when family separation is a cruel reality for immigrant children and their parents resulting from the current administration's "zero-tolerance" policy, my documentary film THE U TURN, tells the story of a group of immigrant women and child-workers who lost their fear of speaking out and -thanks to community solidarity and the U Visa- were able to transform their lives."

Luis Argueta, Director and Producer

"THE U TURN gives credence to the memory, the struggle for justice, and the willingness to continue to raise the voice in the name of the rights of immigrants. Within the present anti-immigrant context that is lived in the modern world, this trilogy is an indispensable resource to contemplate the face of immigration.

Esteban Loustaunau, Assumption College

Tuesday, September 18 at 7:00 PM
The New MRHS Center, 100 La Salle, #MC

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***.

Thursday, September 6

There will be a presentation from 2:30 to 3:30 PM on ***"Urinary Symptoms,"*** led by Dr. Simma Chiang.

Thursday, September 13

"Getting the Most Out of Your Doctor Visit" with Dr. Joyce Fogel from 2:30 to 3:30 PM.

Friday, September 21: Ask the Doc

Dr. Joyce Fogel, Mt. Sinai Geriatrician, 2:30 PM

Thursday, September 27: Ask the Doc

Dr. Greg Hinrichsen, Psychologist at the Icahn School of Medicine at Mount Sinai, 2:30 PM

Please contact MRHS in advance to schedule a one-to-one "Ask the Doc" session.

Why the MRHS Men's Group?

When Frank Munzer and I started the Men's Group about three years ago, we based it on the Old Guard of White Plains. Deciding to make our group similar to theirs by focusing on friendship, we met monthly for lunch, had extraordinary conversations along with presentations by doctors, a Pulitzer Prize winning photographer, and a renowned opera reviewer.

Recently, I was quite surprised when Frank showed me an article from the NY Times (6/28/2016) titled "The Challenges of Male Friendships." Based on an Australian study, "friendships increased life expectancy by as much as 22 percent." Another statement pointed out, "it's better to build a regular pattern of activities rather than having to make a special effort to see one another."

We seem to be doing things that men like so please come join us at the next Men's Group lunch on Wed, Sept. 12, 2018 at 1:00 pm at the New MRHS office. Cost is \$10. Please call 212-666-4000 if you plan to attend.

Thanks,

Michael S. Davidson, President of MRHS

Relaxation Exercises Resume

We start with warm-ups followed by relaxation and meditation exercises. These are based on Yoga and Chi Gong (Chinese healing exercises). The Class is by a multi-certified instructor, and MG resident, ***Marge Nissen***

All are welcome – no prior experience needed. Guaranteed to leave you feeling relaxed. First two classes are free followed by six additional sessions for the minimal price of \$25.00

Begins Tuesday, September 18 at 11:00 AM. Please call 212-666-4000 to reserve.

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

MRHS Travels

Join the MRHS travelers on a tour of the Gardens and galleries at **Wave Hill**. There will be a box lunch from the Garden Café. Wave Hill is a 28-acre public garden and cultural center in the Bronx overlooking the Hudson River and Palisades. Its mission is to celebrate the artistry and legacy of its gardens and landscapes, to preserve its magnificent views, and to explore human connections to the natural world through programs in horticulture, education and the arts.

Monday, September 17

Depart: 10:00 AM

Return: 4:00 PM (approximate)

Cost: \$60.00

Primary Election Day: Thursday, September 13

Buildings 1,2,3, and 6 vote at 80 La Salle Street. Buildings 4 and 5 vote at 1295 Amsterdam Avenue. If you need assistance walking to a polling site, please call MRHS at 212-666-4000 for help.

Please Note: The General Election takes place on Tuesday, November 6.

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 time for the month of September is:

Monday, September 24, 3:30-4:30 PM

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.

Tai Chi for Arthritis Returns

"Tai Chi for Arthritis" led by Gardens resident and trained instructor, Dr. Carl Jones, starts up again on **Monday, September 10 at 11:00 AM**. This is an Evidence Based course and has been approved as a therapeutic procedure. Many past students attest to its effectiveness. It is required that participants commit to enrolling for all 16 classes.

The course will run for eight weeks on Mondays and Wednesdays at 11:00 AM (no class on October 8) concluding on November 5. Classes take place in the Recreation Center in the basement of 100 La Salle. There is a fee of \$20.00. Please call MRHS to sign up at 212-666-4000 or to get more information.

Playwrights Group Presents Readings in September

The Morningside Players invite you to a reading of new work from the Playwrights Group. This year the focus is 10-minute plays. The playwrights are John Barrow, Roberta Berman, Marilyn Crockett, Tim Kelley, Sarah Kelly, Pamela Kellner, Fred Kramer and Marjorie Nissen.

The reading will take place in the Recreation Center (Bldg. 1) on Sunday, Sept. 16 at 4pm. Due to the larger number of writers this year we anticipate a larger audience. To avoid disappointment, please reserve your seat by calling 646-200-5089, or using the TMP website, which is **www.morningsideplayers.org**.

Please pass along this information to friends and neighbors.

Mark Your Calendar

Everyone is invited to the annual meeting of the Sanitation Coalition on **Thursday, October 11 at 7:00 PM** in the Recreation Center of Building I. The topic will be, "The power of youth in the environmental justice movement."

Joan Levine, Bldg. I