

**100 LaSalle Street, NY, NY 10027 (212) 666-4000**  
**[www.mrhsny.org](http://www.mrhsny.org)**

**President: Dr. Michael Davidson**  
**Executive Director: Ronald Bruno**

## Flu Shots

As in years past, MRHS and Mt Sinai Hospital will be providing flu vaccinations at no cost in the Building I Recreation Center.

Please call MRHS at **212-666-4000** or contact Margaret Bianchi at **MargaretB@mrhsny.org** to register. You must register in advance to receive a shot. You will be asked to select a specific time slot and arrive at that time to ensure social distancing. Everyone over the age of 18 is invited to sign up.

Here are the protocols provided by Mt Sinai Hospital:

1. You must wear a mask to get vaccinated.
2. You will be standing the whole time.
3. Please wear appropriate clothes to be able to get arm in and out easily for vaccination.
4. No fever the day of vaccination.
5. Please show up on time for your scheduled time slot, not before, not after, or you won't be able to get the flu shot.
6. Social distancing will be maintained and required the whole time.
7. The whole process should take between 10-15 minutes.

Please Note: The "regular" flu vaccination, not the stronger "senior" shot, will be distributed. For the stronger shot, please contact your doctor or check with local pharmacies.

**Monday, Nov. 2, 10:00 AM to 3:00 PM**  
**Building I Recreation Center**

## Creativity Circle Program On Zoom!

*This is a pilot program.*

**MRHS** and the **Foundation for Art and Healing** are pleased to offer an 8-week program to help manage the challenges related to aging and strategies to help us feel more connected.

Through this program, we will:

- Learn ways to manage challenges as they arise in daily life.
- Experience fun art-based activities and exercises.
- Meet others experiencing many of the same challenges.
- Engage in reflective discussion exploring issues and feelings around aging.
- Develop skills and insights as we engage with each other and form new friendships.
- Find new ways to reduce stress, enjoy the world around us, and experience life more fully --- even at this challenging moment of the COVID19 pandemic.

*Please contact MRHS at 212-666-4000 by **October 2nd** to sign up! Art supplies will be provided at no charge.*

**Thursdays, 12:00 to 1:00 PM**  
**Start Date: October 8, 2020**

## Welcome Gina!

We would like to welcome Social Work Intern **Ajinah (Gina) Blount** to MRHS. Gina is studying for her Master of Social Work (MSW) degree at the University of Denver, which offers an online program while students perform internships in person.

## Voting

If you need help with voting, including assistance with absentee ballots, obtaining absentee ballot applications, early voting information and poll locations, please contact MRHS at **212-666-4000**.

## Director's Column

As we shift into the fall season, MRHS continues to move forward with our response to the coronavirus pandemic. Many programs have transitioned to an online platform and we are adding new programs as we go along. The NYC Department for the Aging has not yet granted permission for in-person group programs, so Zoom will have to do for now. I never knew how much I would miss lifting and dragging tables to set up for MRHS programs! I've had to compensate by adding weight-bearing exercises and pushups to my exercise routine.

Our social workers and nurse continue to reach out to the older adult population primarily by telephone. The MRHS office must remain closed to the general community, though the staff has been coming in to keep the office open to respond to emergencies and provide needed services such as sending faxes and lending out medical equipment. The staff has not missed a single day of keeping the office open, though on any given day most of us are working from home, checking in for our daily Zoom meeting first thing in the morning.

I cannot thank the MRHS staff enough for their dedication to keeping our older adult population safe during the crisis. Of course there is safety from COVID-19, but there is also safety from social isolation, a particularly insidious experience among the older adult population. The health risks of social isolation are well-documented, in some studies demonstrated to be the equivalent of smoking a pack or two of cigarettes a day. But there is also the deeper loss that results from unwanted social isolation: the lost opportunity to enjoy the company of others (even if it's only virtual.) The staff has been addressing this "safety" issue too.

In addition to the staff, I want to acknowledge the MRHS volunteers who have stepped up during the pandemic, some helping neighbors with shopping and other errands; some continuing to work on the EBay project that raises funds for MRHS; some helping their neighbors to vote; and some who have been giving their time and energy to oversee MRHS by serving on the MRHS Board of Directors. All have contributed to making the MRHS community, well, a community.



## Happy October Birthday!!

To: Jimmy Arnold,  
Ghia-hua Chang, Gruth  
Graham, Mary Lowry,  
George Mapp, Mary  
McDonald, Ivy Polk,  
Dorothy Tefteau, and  
Sydney Weinberg.



## Happy 100<sup>th</sup> Ivy Polk!

Happy Birthday to Building VI resident **Ivy Polk**, who will turn 100 years old on October 12.

## Lotte Strauss (1913-2020)

We are saddened to report that Building II resident **Lotte Strauss** passed away on Sunday, September 6, at the age of 107.

Many of you know that Lotte was a Holocaust survivor who wrote a memoir about her and her husband, Herbert's, escape from the Nazis. Lotte lived a full life before and after her escape, and remained an engaged member of the Morningside Gardens community up until her final days.

The board and staff of MRHS extend our deepest condolences to the family and many friends of Lotte. Jane Jones, Lotte's daughter, said she would like to let people in Morningside Gardens know how much her mother appreciated the kindness of people here and how much she felt at home.

## Contact Information

MRHS is still closed to the community but staff is available by calling 212-666-4000 or email:

Ron Bruno – [ronb@mrhsny.org](mailto:ronb@mrhsny.org)

Joanna Stolove – [joannas@mrhsny.org](mailto:joannas@mrhsny.org)

Saudia Garnette – [saudiag@mrhsny.org](mailto:saudiag@mrhsny.org)

Stacia Steen – [stacias@mrhsny.org](mailto:stacias@mrhsny.org)

Margaret Bianchi – [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org)

Paul Fleischmann – [paulf@mrhsny.org](mailto:paulf@mrhsny.org)

Gina Blount – [ajinah.blount@gmail.com](mailto:ajinah.blount@gmail.com)

## Current MRHS Online Classes

### MONDAY

#### **Stronger Seniors Workout**

(Strength & Stretch), 10:00am – 11:00am

#### **Concerts In Motion (*new time*)**

(live classical music), 11:00am – 12:00pm

#### **Writing Group, 2:30pm - 3:30pm**

#### **Naam Yoga,**

5:00pm - 6:30pm

### TUESDAY

#### **Life Story Workshop, 11:00am – 12:00pm**

#### **Salsa and Jazz Dance Class (*new class*)**

11:00am – 12:30pm, starting September 29

### WEDNESDAY

#### **10 Years Younger Workout**

(Cardio & Aerobics), 10:00am – 11:00am

#### **Concerts In Motion (*new program*)**

(live Chinese music), 1:00pm – 2:00pm

#### **MRHS Book Group**

3:00pm – 4:00pm, meets once per month

#### **Memory Tree, 3:00pm – 5:00pm**

### THURSDAY

#### **ZUMBA Workout**

(Cardio & Dance), 10:00am – 11:00am

#### **Creativity Circle Program (*new class*)**

12:00pm – 1:00pm, starting October 8

### FRIDAY

#### **Bloomington Music Class (*resumes 10/2*)**

1:00pm – 2:30pm

*All MRHS programs are free of cost at this time. Programs may be joined by going to [www.mrhsny.org](http://www.mrhsny.org), clicking the "Virtual Online Classes" button and then clicking on the Zoom link for the class you would like to join when the class begins. Please do not click on the Zoom link at other times.*

*To join programs that do not have Zoom links listed, or if you would like to attend a class by telephone, or otherwise need help, please contact MRHS at 212-666-4000.*

## Concerts In Motion

There will be a **live Chinese music concert** via Zoom

**Wednesday, September 30, at 1:00 PM.**

Meeting ID: The meeting ID is: 829 0688 1632

Virtual ChineseMusic concerts will be taking place *every Wednesday at 1:00 PM*, thanks to *Concerts In Motion!*

流动音乐机构

这个星期三·九月三十日·下午一点 中国音乐会

线上Zoom链接：

<https://us02web.zoom.us/j/82906881632#success>

会议号码：829 0688 1632

线上中国音乐会每星期三下午一点开始·感谢流动音乐机构提供的这个活动!

## Face Masks

MRHS has a variety of face masks available provided by Building VI resident Nancy Ross, the NYC Department for the Aging (DFTA), and a generous donor. If you need a mask, please call MRHS at 212-666-4000 and we will arrange a time for you to come by and pick them up.

## MRHS Book Group

The next scheduled virtual gathering of the Book Group is set for **Wednesday, October 14 at 3:00 PM.** The group will discuss ***Bastard Out of Carolina*** by **Dorothy Allison.**

***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.***

## Hello from Mount Sinai Doctors!

My name is **Dr. Stephanie Wang** and I am the Medical Director of Mount Sinai Doctors Faculty Practice Primary Care at W. 91st Street. Together with MRHS, it is my pleasure to invite you to join us for a series of health education talks hosted by Mount Sinai Doctors via Zoom on **Thursday afternoons from 1:00 - 2:00 PM** during in the months of October and November.

Three of our physicians are currently scheduled as presenters and I am sure you will find them engaging and informative. As of now, we are offering the following:

**October 22 – Khalida Ismailova, MD**  
***Topic TBD***

**November 5 – Cecilia Jang, MD**  
***Colorectal Cancer Screening***

**November 19 – Karina Jordan, MD**  
***Weight Management***

If there is interest, we will be happy to offer others in the future.

Mount Sinai Doctors Primary Care  
638 Columbus Avenue at W. 91<sup>st</sup> Street  
New York, NY 10024  
Phone: 212-523-8672

*We look forward to working with you for your health & safety!*

## EPIC to Return Soon!

We are happy to report that the EPIC lecture series, sponsored by MRHS, Emeritus Professors in Columbia (EPIC), and the Columbia School of Professional Studies (SPS) is planning to return soon with online talks and programs.

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

## 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, 2020). 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.***

## Salsa and Jazz Dance Class

### New Online Class with Kathy Sanson!

Classes will focus on Mambo, Cha-Cha, Samba, Swing, Jazz Funk, Soul, Rhythm & Blues and, of course, stretching in order to stay flexible, healthy, and pain free. Via Zoom.

For more information about the dance class please feel free to call Kathy at 917 535-0582.

To sign up, please call MRHS at 212-666-4000 or email Margaret at [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org)

**Tuesdays, 11:00 AM to 12:30 PM**  
**September 29 – November 10**

***\*\* 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. \*\****