



newsletter

Celebrating our 54th Year!

November 1, 2020
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100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

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:

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

Cecilia Jang, MD, is a board certified physician in Internal Medicine, and she is excited to have this opportunity to reach out to our community and discuss colorectal cancer prevention strategies. Dr. Jang's focus is on Preventive Medicine. The core values of Preventive Medicine are based on promoting health and well-being to prevent disease development. She is thrilled to discuss different strategies to prevent one of the most commonly diagnosed cancers in the United States.

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. 91st Street
New York, NY 10024
Phone: 212-523-8672

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

Preserving Your Family Photos & Documents

The **Center for Jewish History in New York City** makes history come alive through exhibitions, public programs, and its world-renowned research library. The Center provides a collaborative home for five partner organizations --- the American Jewish Historical Society, American Sephardi Federation, Leo Baeck Institute, Yeshiva University Museum, and YIVO Institute for Jewish Research --- that comprise the world's largest and most comprehensive archive of the modern Jewish experience outside of Israel. In addition, the Center is home to the Ackman & Ziff Family Genealogy Institute, where anyone can access its vast resources and expert guidance to assist them in discovering their heritage and their family's place in history.

Have you been meaning to get your family photos and documents under control and to ensure that they will be preserved for future generations? While it may seem like a daunting process, it's not insurmountable if you tackle it step by step. In an interactive online presentation, the Center for Jewish History's reference librarians will explain how you can organize, digitize, and safely store your family photos and documents through manageable, affordable steps. Then, they'll answer your questions about your specific preservation needs and challenges.

Online: Thursday, December 10, 2:00 PM

****** MRHS is closed on Wednesday, November 11 for Veterans Day and on Thursday, November 26 for Thanksgiving. We wish everyone a good holiday. ******

Director's Column

MRHS is happy to report that we have a new health care partner as of October 1: Visiting Nurse Service of New York (VNSNY.) Many of you are aware of the history and reputation of the Visiting Nurse Service in providing community-based healthcare. This is not so much a new marriage as a re-marriage between MRHS and VNSNY, since our two agencies worked as partners from the mid-1990's to 2014.

NORC programs such as MRHS work with a healthcare partner to provide needed nursing and other healthcare services to their communities. VNSNY presently provides healthcare services at more than thirty NORC programs in the metropolitan area. Our nurse of more than one year, Stacia Steen, is now employed by VNSNY, so we have been able to maintain a continuity of care with Stacia.

VNSNY offers their partners a range of programs in addition to the NORC nurse. These programs include hospice care, community mental health services, a program for veterans, as well as online exercise and other health promotion activities. Especially in the time of Covid, we look forward to accessing these programs for the MRHS community.



New Book From Joy Carol

Former Morningsider and MRHS friend **Joy Carol's** newest book ***Nine Lives of Joy: the journey of a life*** has just been published this week, available from Amazon.

Joy's newest book is for those who yearn for inspiration and purpose. As Joy's life unrolls before us, we see the magic tapestry of strength, empathy, and humor that she has woven. Her dedication to empowering and educating others coupled with her thirst for adventure do not allow for the possibility of giving in to injury or illness. If anything, each event only causes her to look deeper and further her commitment to her life and work.

Happy November Birthday!!

To: Marion Butler-Mills, Israel Francus, Deloris Gruber, Rita Laughlin, Susan Opotow, Leah Stenzler, Mary Taylor, Mamie Thomas, and Kristina Vician.



Shirley Davidson (1930 – 2020)

We are saddened to report that **Shirley Davidson**, longtime resident of building I, died on October 18.

Shirley grew up in Boro Park where her parents owned a wholesale candy store and expected their only daughter to help run it. But Shirley set her sights on college and graduated Brooklyn college in 1947, earning BS in History. She went on to Syracuse for a masters. She then went on to Radcliff, did all the course work for PhD in history. Coming back to NYC, she got a job as a schoolteacher, to support herself till she finished dissertation.

While Shirley never completed the PhD, she enjoyed teaching and wound up as a Librarian in JHS 45, near Fordham road. She and her husband, Erwin, moved into the Gardens in 1966. Shirley took the D train up to Fordham Rd till she retired in 1992.

She loved her retirement years in the Gardens, and she walk the grounds regularly, and she took part in the many clubs and activities at MRHS. She is survived by her son Len, who is grateful to all the neighbors & friends, the MRHS social workers and nurse, physical therapists, and aides who helped make Shirley's final years so pleasant.

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

Joanna Stolove – joannas@mrhsny.org

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Current MRHS Online Classes

MONDAY

Stronger Seniors Workout

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

Concerts In Motion

(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

11:00am – 12:30pm

WEDNESDAY

10 Years Younger Workout

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

Concerts In Motion

(live Chinese music), 1:00pm – 2:00pm

Cultural Connections, 2:00pm – 3:00pm

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree, 3:00pm – 5:00pm

THURSDAY

ZUMBA Workout

(Cardio & Dance), 10:00am – 11:00am

Creativity Circle Program

12:00pm – 1:00pm, starting October 8

FRIDAY

Bloomingdale Music Class

1:00pm – 2:30pm

*Most MRHS programs are free of cost at this time. Programs may be joined by going to 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

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

Here is the Zoom link:

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

Meeting ID: The meeting ID is: 829 0688 1632

流动音乐机构

星期三下午一点 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！

This concert will be presented in Mandarin and English, with full Cantonese translation provided.

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, November 18 at 3:00 PM**. The group will discuss ***A Star Shines Over Mt. Morris Park*** by **Henry Roth**. It is the first volume of the trilogy, ***Mercy of a Rude Stream***.

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.

Music Appreciation Class

Marc Peloquin,
Instructor,
Bloomington School
of Music

Fall and Winter Music Series Schedule



You must confirm your virtual "attendance" in advance by calling 212-666-4000 or emailing Margaret Bianchi at margaretb@mrhsny.org.

Bach to Bernstein: A Crash Course in Listening

October 30 - November 20

Fridays, 1:00 pm - 2:30 pm

Enhance your historical perspective of music beginning with J.S. Bach and going through the 21st century. This course will survey different styles, techniques, and some of the major composers from each musical period.

Diverse Musical World

January 8 - January 29

Fridays, 1:00 pm - 2:30 pm

A celebration of diversity in music, this course will celebrate the invaluable contributions of women and LGBTQ composers, and will highlight African-American music and the music of Latin America.

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, November 20, 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.***

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

Dementia and COVID: Quick facts from Dr. Fogel

--- Dementia itself does not increase the risk of COVID.

--- Those with dementia may have other conditions that increase risk – age, other medical illnesses, other behaviors, and difficulty with hand hygiene and mask wearing.

--- Change in the "norm" can cause confusion. The routine of those with dementia and their caregivers has disrupted. Adult day care programs, and support groups have shut down or moved online, there is less social and mental stimulation and more social isolation.

--- More confused. Confusion is often the first symptom of any illness. Do not just assume "it's the dementia. Contact your health care provider for advice.

--- Cognitive impairment increases delirium. Delirium is a new short-term state of confusion, awareness and alertness. It can be caused by medical as well as environmental factors. Older people as well as those with dementia are at increased risk.

--- Older people hospitalized with COVID are at increased risk for delirium --- this can be related to a direct effect on the brain, inflammation, low oxygen. other organ system failure, medications, being on a respirator, immobilization, isolation, protective gear of healthcare workers and a strained workforce

--- Masking, good hand hygiene and social distancing is important for everyone!!

Dr. Joyce F. Fogel, Department of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai

***** 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. *****