



October, 2023

Dear Neighbors and Friends of MRHS:

Thank you for taking the time to read our Annual Appeal fundraising letter. Morningside Retirement and Health Services (MRHS) has been serving the Morningside Gardens (MG) community since 1966. **Founded on the principle of “neighbors helping neighbors,”** we developed a set of values that encompass “promoting a caring community, preserving the dignity and human rights of older people, promoting independence, preventing isolation, reflecting integrity and a commitment to diversity.”

Within those concepts you will find that we provide families with professional advice about dealing with social, financial, or health problems. Our trained staff may be called on when cognitive impairment causes issues, and we work with MHHC Security in emergency cases. We also reduce social isolation by visiting the housebound in their apartments and providing social and learning opportunities in our office space. Volunteers take residents to medical appointments.

Building our multi-cultural community is also important. While Covid has limited our ability to hold programs in our offices, we have been able to offer a wide variety of programs that stimulate your mind, protect your body, improve your skills, raise your spirits and offer lots of fun and friendship. In the past year attendance rose to 5,090, a dramatic increase of 49% from the year before, for programs ranging from Great Decisions (a discussion of world events) to book groups and music appreciation, to art and writing classes, to various exercise classes including tai chi, yoga, and dance, to seminars on Medicare, Fall Prevention, Cooking and Meal Preparation, Advance Directives, and Retirement and Estate Planning. At MRHS, computers are available, there is a free circulating library, and coffee, tea, and snacks are available daily in our lounge.

We are classified as a NORC (Naturally Occurring Retirement Community), and have contracts with DFTA (NYC Dept. For The Aging) and SOFA (NY State Office for the Aging). Additional DFTA- and SOFA- required funding is provided by MHHC (Morningside Heights Housing Corp). Several other private and governmental agencies make generous contributions. And, of course, you, our residents and friends.

Our Annual Appeal, the one time each year that we ask you to donate to MRHS. We are seeking your help, please, be it small or large. Everything you give goes toward operating funds. Last year, over 250 individuals, couples, and families supported us. This shows belief in our values and what we can do together.

Attached is a Donation Form for you to fill out and return to MRHS either by mail or in person at our offices.

Sincerely yours,

Robert T. Hill
President, Board of Directors

I/We want to support MRHS with a tax-deductible gift of \$500 ____ \$300 ____ \$200 ____ \$ Other ____

Name(s): _____

Address, City, State: _____ Zip _____

Email Address: _____

This gift is in honor of: _____

This gift is in memory of: _____

I do not want my name/honorees listed in the MRHS newsletter _____

My employer will match my gift. _____