



Morningside Retirement & Health Services

Helping Elders. Building Community.

Since 1966

2022 Annual Report

www.mrhsny.org

Morningside Retirement and Health Services

100 La Salle Street, #MC, New York, NY 10027

212-666-4000

www.mrhsny.org

Board of Directors

Michael Davidson, *President*
Tonia Papke, *Vice-President*
Alice Lilly, *Secretary*
Robert Hill, *Treasurer*

Nora Armani
B. Chandrasekaran
David Dewey
Jeff Edelson
Carl Jones
Joan Levine
Harriet Chan King
Molly Sweeney

Major Supporters

Government	NYC Aging New York State Office for the Aging Mark Levine, Manhattan Borough President Daniel O'Donnell, State Assembly Member Shaun Abreu, City Council Member NYS Department of Health
Foundation	Metzger-Price Fund Geraldine R. Dodge Foundation West Harlem Development Corporation Lower Manhattan Cultural Council
Community	Morningside Heights Housing Corporation Columbia Community Services Morningside Heights Community Coalition
Individual	Residents and friends of Morningside Gardens

Staff

Ronald Bruno, LMSW
Joanna Stolove, LCSW
Saudia Garnette, LCSW
Robin Aloï, LMSW
Margaret Bianchi
Jenn Hutton, Jenna Smith-Lorenzetti
Lauren Mitchell and Megan Sofield
Stacia Steen, RN, BSN
Eileen Eng
Paul Fleischmann
Marisol Baez

Executive Director
Assistant Director
Social Worker
Social Worker
Office Manager
Social Work Interns
Occupational Therapy Interns
Nurse/Coordinator of Health Care
Comptroller
Volunteer / Technology Coordinator
Home Health Aide

The 110 people who volunteered services to MRHS in 2022 are listed towards the back of this report.

Executive Director's Report

The year 2022 saw an expansion of MRHS programs and services as we bounced back from the worst days of the pandemic. NYC Aging (formerly DFTA) lifted the requirement for mask wearing and, at the same time, more residents felt comfortable coming to MRHS's indoor activities. As a result we expanded the MRHS schedule of in-person group programs. While more in-person programs were introduced, we continued to offer many others in a hybrid or online platform. Attendance at all MRHS programs and events rose to 5,090 in 2022, a steep increase of 49% from 2021. We are not yet back to our 2019 pre-pandemic level of 8,808 attendance, but we are gradually getting there.

New in-person exercise groups were introduced in 2022, such as "Moving For Life" and "Tai Chi for Arthritis;" in-person arts & crafts and support programs were added, such as the "Beading" group, while others returned to an in-person format. In our proposal to NYC Aging in 2021, MRHS outlined some *new directions* for our programs and services. Despite some limitations imposed by the pandemic at the beginning of the year, we have implemented many of these initiatives, coordinated by social worker, Robin Aloï. We were happy to welcome Robin to the MRHS staff in 2022, made possible by MRHS's winning a contract during the most recent round of proposal bids conducted by NYC Aging.

MRHS has been providing *caregiver support* for some time, but we are determined to increase our efforts. The toll on caregivers providing care to family members has been well-documented – a report from the Family Caregiver Alliance found that 40%-70% of caregivers have symptoms of depression. Providing care for a family member with cognitive challenges can be particularly difficult. In response, MRHS introduced the "Arts & Minds" program to the Morningside community in 2022. "Arts & Minds" was created to bring the joy of art to people with cognitive decline and their care partners.

Another initiative involves reaching out to *those who are preparing for retirement or have recently retired*. MRHS put together a series of talks called *Finances and Insurance Made Simple*. Since preparation for retirement and living in retirement involves more than finances, MRHS presented psychologist, Jill Steinberg, for a presentation called "Finding Purpose." Other programs we offered that welcomed younger residents have included "Paint Nite" and "CantaNYC in the Gardens," a joint musical (choral) project between MRHS and CantaNYC.

The "core services" of MRHS, which are the critical linchpin in enabling residents to remain living safely and comfortably at home, provided by the MRHS social workers and our nurse, also increased in 2022. We provided 2,906 units of case management and case assistance services during the year, an increase of 39% from 2021. We also provided 1,614 units of healthcare management and healthcare assistance in 2022, an increase of 15% from 2021.

As has been well-documented, the older adult population is rising significantly in the U.S. due to the aging of the baby boom generation, as well as increasing longevity. In a recent report from the Center For an Urban Future called *Keeping Pace With an Aging New York State*, the authors point out that New York's 65-and-over population grew by 800,000 over the past decade, or 31 percent. As of 2021, 18 percent of all New Yorkers are 65 and older, "a larger share of the state's population than ever before." In New York City, 16.2 percent of residents are over 65 years old. MRHS and other NORC programs are uniquely positioned to handle this wave of older adults, having created programs rooted in the communities where an aging population already exists. MRHS looks forward to serving the Morningside Gardens community in this regard for many years to come.

Ron Bruno, MRHS Executive Director

Background and History of the MRHS Program

Morningside Retirement and Health Services (MRHS) was founded in 1966 on two principles: self-help for older adults and neighbors helping neighbors. The founders were a group of residents in Morningside Gardens, a middle-income cooperative housing complex in Morningside Heights/West Harlem. The apartment complex was constructed with government assistance and opened for occupancy in 1957 to house approximately 2,000 individuals. A group of forward-thinking older residents organized MRHS nine years later to serve those elderly residents who needed assistance to continue to live comfortably and safely in their homes.

For the first 20 years of the program, MRHS was staffed and run by older residents, working as volunteers. But by its twentieth year of service, the MRHS Board of Directors recognized that many of the original volunteers had “aged in place,” and themselves needed assistance. Morningside Gardens had become a “NORC” — Naturally Occurring Retirement Community — with more than half of the apartments occupied by residents over the age of 60. To address the multitude of problems elderly residents were facing, professional support was needed to guide and supplement the work of volunteers. Several MRHS volunteers formed a committee to raise funds for this purpose, and in 1986 the first professional social worker was hired.

Since that time, the program – still governed primarily by Morningside Gardens residents – has assisted and enriched the lives of hundreds of older residents. Working in conjunction with the professional staff, 110 volunteers offered their time and expertise to MRHS in 2022.

MRHS was one of fourteen programs chosen by New York State in 1995 to receive funding as a NORC program. In 1999 New York City created its own funding stream for existing and new NORC programs. MRHS was one of the programs chosen to receive city support and was selected in 2006, 2014 and again in 2021, after Request for Proposals were issued by the city.

Through these special contracts and with foundation support, in 1995 MRHS began providing healthcare services in addition to social services. These services include on-site nursing, health education, health care screenings and cluster care laundry and shopping. MRHS was able to enhance the medical care provided to residents thanks to an arrangement with then St. Luke’s Hospital for the placement of a medical office on the premises of Morningside Gardens, which opened in November, 2000.

All these changes and additions have not altered MRHS’s fundamental commitment to its mission. MRHS provided 2,906 units of case management and case assistance services in 2022, an increase of 39% from the prior year. We also provided 1,614 units of healthcare management and healthcare assistance in 2022, an increase of 15% from 2021.

Attendance at group programs has increased steadily since the new MRHS Center was opened in 2017, though this trend was interrupted in 2020 due to the pandemic and the closing of the Center to the community. But attendance rose to 5,090 in 2022 as we began to emerge from the pandemic, a dramatic increase of 49% from the year before. The total number of residents utilizing MRHS services in 2022 was 329.

Mission of MRHS

The Mission of MRHS is twofold:

- 1) to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes comfortably, safely, and with as much independence as possible for as long as they can; and
- 2) to provide programs which promote health and provide opportunities for education, socialization and recreation for all older residents of Morningside Gardens, with particular attention to the special needs of the infirm, homebound, and isolated.

Values of MRHS

The board, staff, and volunteers of MRHS are committed to offering services that enable older residents of Morningside Gardens to remain in their own homes by:

- Promoting a caring community and enriching community life;
- Preserving the dignity and human rights of older people;
- Promoting and supporting independence by actively involving individuals in managing their own care;
- Preventing isolation by keeping older residents connected to the larger Morningside Gardens community;
- Reflecting integrity, professionalism, responsibility, warmth and respect, and a commitment to diversity.

The MRHS Center

The Renovation of the MRHS Program and Office Space was completed on April 3, 2017. With the opening of the new MRHS Center in 2017 program attendance increased dramatically. Total attendance at MRHS programs that year was 7,579, an increase of 38% from the prior year, and continued to climb in subsequent years until the onset of the pandemic.

The renovated space utilizes principles of Universal Design, making the space accessible to the older adult and disabled community. The architect, Matthias Hollwich of HWKN, and interior designer, Susanne Wagner, incorporated the following design elements into the new center:

- grab bars integrated throughout the space for balance and mobility
- flooring composed of a rubberized, slip-resistant material that promotes easy mobility as well as cushioning falls
- sturdy furniture items throughout the space, which promote stability and easy movement for users
- special lighting that reduces shadows and utilizes natural light, beneficial for those with the vision-impairment
- contrasting color schemes throughout the space to promote easy navigation, particularly for users with cognitive design or vision impairment
- fixtures and accessories that are accessible and easy to use, requiring a minimum of stretching

In addition, a media lounge was constructed, which promotes socialization and the use of a community space, since isolation has been recognized as a leading cause of decline in the aging population.

In 2020 ADA-approved handrails were added to the corridor leading to the MRHS Center from outside.

MRHS in the Community

NORC programs are meant to operate as a hub of services and programs for older adults. MRHS works closely with several service providers in the community.

In recent years MRHS has established programs with the Mount Sinai School of Medicine and with Columbia University's EPIC program. Mount Sinai works with MRHS in providing physician visits to homebound NORC residents, while Columbia Doctors, affiliated with New York Presbyterian Hospital, provides nurse practitioner visits.

MRHS established a new health care partnership in October 2020, with the VNS Health. MRHS and VNS Health worked together as partners from the mid-1990's to 2014, so this was a reunion of our agencies. VNS Health not only brings a wealth of experience and resources in working with the aging population, they also make it possible for us to retain our nurse, Stacia Steen. MRHS has also had a health care partnership with the New Jewish Home (NJH) since 2013.

Staff from Mount Sinai Morningside Hospital distribute seasonal flu shots every fall. On November 7 MRHS partnered with Mt. Sinai to provide flu shots to 85 Gardens residents at no cost, during a clinic held at our program space. Mt. Sinai was able to provide the "senior shot" to those residents who qualified.

Over the years MRHS has also worked with Mount Sinai in providing health care screenings and health promotion events, as well as developing grant proposals for new programs to serve the community.

MRHS works with Dr. Michael Correa, whose office is located on the grounds of Morningside Gardens on Amsterdam Avenue, and who treats many older residents. MRHS also works with Isabella Community and Home Care to coordinate meals-on-wheels and home care services to residents of Morningside Gardens.

MRHS and the Early Alzheimer's Foundation have been working in partnership since 2006 to present the Memory Tree program. This support program was developed to address the needs of people in the early stages of Alzheimer's disease, as well as those who have self-identified memory issues.

As a site for interns from various graduate programs in Social Work and for Occupational Therapy interns from Columbia's College of Physicians and Surgeons, MRHS works alongside leading practitioners in the field. MRHS also works with cultural and service organizations such as the Teachers & Writers Collaborative, Arts & Minds, Concerts in Motion, Dances For a Variable Population, ReServe, Moving For Life, and the Bloomingdale School of Music.

As a member of the Uptown Inter-Agency Council (UIC), LiveOn NY, Nonprofit New York, NYCON, the Human Services Council, and State-Wide Senior Action, MRHS consults and coordinates activities regularly with representatives of other community agencies. The MRHS Executive Director is co-chair of the NORC Directors meeting group, which holds quarterly meetings. MRHS staff and volunteers regularly make presentations at the annual conference of the American Society on Aging, as well as at other professional meetings.

New Partnerships, Platforms, and Programs

Emerging from the pandemic, MRHS was able to introduce new partnerships and new programs in 2022, with organizations as varied as Arts & Minds, Moving For Life, and CantaNYC working in conjunction with MRHS for the first time. In-person exercise groups, such as “Moving For Life” and “Tai Chi for Arthritis,” were introduced in 2022, while in-person arts and crafts programs were also added to our schedule, such as the new, volunteer-led “Beading Group.” In our proposal to the city’s Department for the Aging (DFTA) in 2021, MRHS outlined some new directions for our programs and services. Despite limitations imposed by the pandemic at the beginning of 2022, MRHS implemented many of these initiatives, described below.

Arts & Minds

MRHS has been providing caregiver support for some time, but we are determined to increase our efforts. The toll on caregivers providing care to family members has been well-documented – a report from the Family Caregiver Alliance found that 40%-70% of caregivers have symptoms of depression. Providing care for a family member with dementia can be particularly challenging. In response, MRHS introduced the “Arts & Minds” program to the Morningside community in 2022. “Arts & Minds” was created to bring the joy of art to people with cognitive decline and their care partners. Professional caregivers may also experience the stress of caregiving, frequently overlooked and typically unrecognized. In response, MRHS has been assembling gift packages for home health aides in our community, as a small symbol of the great appreciation we feel for the critical work that these essential workers carry out.

Finances and Insurance Made Simple.

Another initiative of MRHS in 2022 involves reaching out to those who are preparing for retirement or have recently retired. MRHS put together a series of talks called *Finances and Insurance Made Simple*. Presentations included “The Tax Control Triangle” and “The Road Map to Retirement.” Though relevant for people of all ages, these programs were designed to appeal to a younger group than MRHS has traditionally served. Since preparation for retirement and living in retirement involves much more than finances, MRHS presented psychologist, Jill Steinberg, for a presentation called “Finding Purpose.” Dr. Steinberg discussed the skills that can be acquired to identify one’s purpose regardless of life stage, but especially important in the retirement years. Other programs that we offered to invite younger residents have included “Paint Nite” and “CantaNYC in the Gardens,” a joint musical (choral) project between MRHS and CantaNYC.

The above programs were coordinated by social worker, Robin Aloï. We were happy to welcome Robin to the MRHS staff in 2022, made possible by MRHS’s winning a contract during the most recent round of proposal bids conducted by DFTA, now known as NYC Aging.

It should be stated that these new initiatives in no way change MRHS’s primary commitment, which is made to the older adult population living in Morningside Gardens as stated in our Mission Statement. Also, many MRHS programs continue to be offered online or in a hybrid (in-person and online) fashion, which has allowed us to open those classes to a limited number of people in the wider community.

Ongoing Programs and Projects

Black History Month

Due to the pandemic MRHS was unable to celebrate Black History Month in person with a special event in February, as is our custom. However, led by Program Committee chair Alice Lilly, we observed by providing a Black History News Quiz as an insert in our Newsletter, which is distributed to all residents of Morningside Gardens, and is also distributed outside the Gardens by mail and electronically by email. The Newsletter also contained a list of resources for various Black History programs available through PBS and online, such as *American Experience: The American Diplomat* and *America ReFramed: Fannie Lou Hamer's America*.

EBay Project

The MRHS EBay team is led by volunteers, Angela Schramm and Marion Wright. The team is dedicated to giving back to their community and has learned the skills of online marketing, selling and distributing through EBay. In 2022, the team raised more than \$17,000 for the benefit of MRHS.

"For the programs and services from MRHS, I continue to be most appreciative..."
— Morningside Gardens Resident

Hybrid Exercise Classes

MRHS continued to offer Exercise Classes three times each week at 10:00 AM. These popular classes, coordinated by Paul Fleischmann on Zoom and simultaneously in person, had an attendance of 1,286 in 2022, more than double the prior year. The online exercise classes were a lifeline for health and socialization in the early days of the pandemic, and were switched to hybrid as conditions allowed.

Special Programs

Thanksgiving Program

MRHS introduced a special Thanksgiving program in 2022. We provided 42 Thanksgiving meals to older adult residents, their home health aides and family caregivers, thanks to the generosity and efforts of Assistant Director Joanna Stolove and her family partners. The Thanksgiving meals, ordered from nearby Sylvia's Restaurant, were made possible by the fundraising work of Ms. Stolove's son, Max, and the generous donation of her brother, Kevin.

MRHS hosted several special programs in 2022, both virtual and in-person. For example, in May we hosted an in-person program by Physical Therapist, Robin Stoller, called "Posture: The Key to Good Health." More than twenty residents attended this presentation, which included individual assessments. In July, we offered a hybrid program attended by thirty people, called "Preparedness As a Means of Control." This program was an introduction to estate planning and preserving shareholder assets, covering wills and trusts.

"It is enormously comforting to know you are here for us, both to enrich our daily lives, and guide us through challenging times." — Morningside Gardens Resident

In August MRHS staff presented, "How Can MRHS Help?" This program discussed how MRHS can assist residents in remaining in their own homes as they age, answering questions such as "When do I start to think about hiring a home health aide?" and "What if I need help paying bills?" In October, MRHS opened its doors for an "Open House" that included "food, fun and prizes." More than sixty people stopped by to enjoy the refreshments and especially the company of friends and neighbors. Then in December we hosted a Winter Open House with more than fifty residents in attendance.

Volunteers in 2022

John Aloï
Linda Aristondo
Nora Armani
Emily Baldwin
Alan Bentz-Letts
Amy Berg
Anderson Bruno
John W. Carter
Sharon Lockhart Carter
B. Chandrasekaran (Chandra)
Chi Chaoyuan
Susan Chimonas
Anisa Costa
Gregory Darling
Mary Davidson
Michael Davidson
Michael De Borja
Parvati Devi
Jeffrey Edelson
Nancy Eder
Sarah Eggleston
Edward Fortier
Liliana Franklin
Conor Gaffney
Corinne Gaffney
Deanna Gates
Marie-Louise Guinier
Candy Gulko
Eleanor Haray
Lynn Casteel Harper
Beatrice Hawkins
Jane Hunt
Margaret Johnson
Carl Jones
Sherry Kane
Pamela Kellner
Harriet Chan King
Leslie Kiss
Robert Komatsu
Madelyne Kraft
Albertina Lal
Tiana Leonard
Joan Levine

Esther Lichtman
Naomi Lichtman
Noah Lichtman
Sara Lichtman
Alice Lilly
Marc Liu
Suqing Liu
Stephanie Low
Charles Macdonald
Suzanne Mack
Weilin Li Marabello
Aliza Mazor
Allison McDermott
Vera Meehan
Liz Mellen
Susan Miller
Dana Minaya
Gregory Minaya
Melinda Moore
Galila Morahg
Gil Morahg
Ozier Muhammad
Barbara O'Farrell
Tonia Papke
Wendi Paster
Chris Pawelski
Mary Ellen Peinelt
Daniel Pekarsky
Patricia Pell
Michele Pellar
Edna Philiba
Sylvia Pirani
Rita Marie Pullium
Elise Rackmill
Craig Roberts
Eugene Rodriguez
Grizenny Rosario
Lea Rose
Nancy Ross
Neil Rothfeld
Cecile Russo
Mary Safrai
Yokiko Sato

(Volunteers continued)

Jacob Schneider
Kevin Schneider
Maya Schneider
Mumtaz Schneider
Angela Schramm
Maggie Sears
Mark Speyer
Marc Stolove
Max Stolove
Alan Stricoff
Molly Sweeney
Ken Thomas

Peggy Thomas
Christina Thompson
Karl Tiedemann
Ira Tobert
Nataline deLisle Vanderburg
Shu-lian Wang
Lori Weisenberg
Susan Wersan
Liz Wiesen
Marion Wright
Linda Zehnder
Katie Zellner
Theresa Thompson Ziegler



“Moving For Life”: September, 2022

Treasurer's Report and Committee Reports

Treasurer's Report

I joined the Board of MRHS in March 2018, and it has been a wonderful experience to be part of an organization that provides support and services to our community. Having served as the Treasurer for 2022, I came to understand how the roles and responsibilities outlined in our by-laws truly maintain a transparent, well-regulated, and trusted organization. Nowhere is this more apparent than with the accounting of our money and the day-to-day and long-term management of our finances.

The responsibilities of the Treasurer at MRHS include presenting a financial statement at monthly board meetings, serving on the Finance & Audit committee, monitoring bank accounts and balances, and signing checks.

On the operating side MRHS has adequate financial resources that enable it to cover ongoing operating expenses and provide program activities that are integral to a Naturally Occurring Retirement Community (NORC). It's not only the financial resources that sustain and continue to grow the activities of MRHS, but the people involved in making this happen. They are the staff and the volunteers who work in partnership to serve the community. They ensure that programs and facilities are tailored to meet the requirements of the users. This is done mindful of the financial budget, and they have succeeded in providing programs and activities at a lower cost than might be expected.

In 2022, MRHS received program funding from the New York State Office for the Aging (SOFA) and NYC Department for the Aging (DFTA). Other sources of funding included Columbia Community Services, the Metzger-Price Fund, Morningside Heights Community Coalition and West Harlem Development Corporation. In addition, MHHC has continued to provide very generous support to MRHS and without which we would not be able to provide the full range of services currently on offer. MRHS is additionally supported by contributions to our annual fund from the Morningside Gardens community and beyond. In 2022 our annual fund appeal raised more than fifty-six thousand dollars (\$56,000)! Other current and prior sources of revenue include proceeds from eBay sales, a silent auction during the Holiday Party, the annual Holiday Bazaar, and bequests to MRHS from members of our Legacy Society.

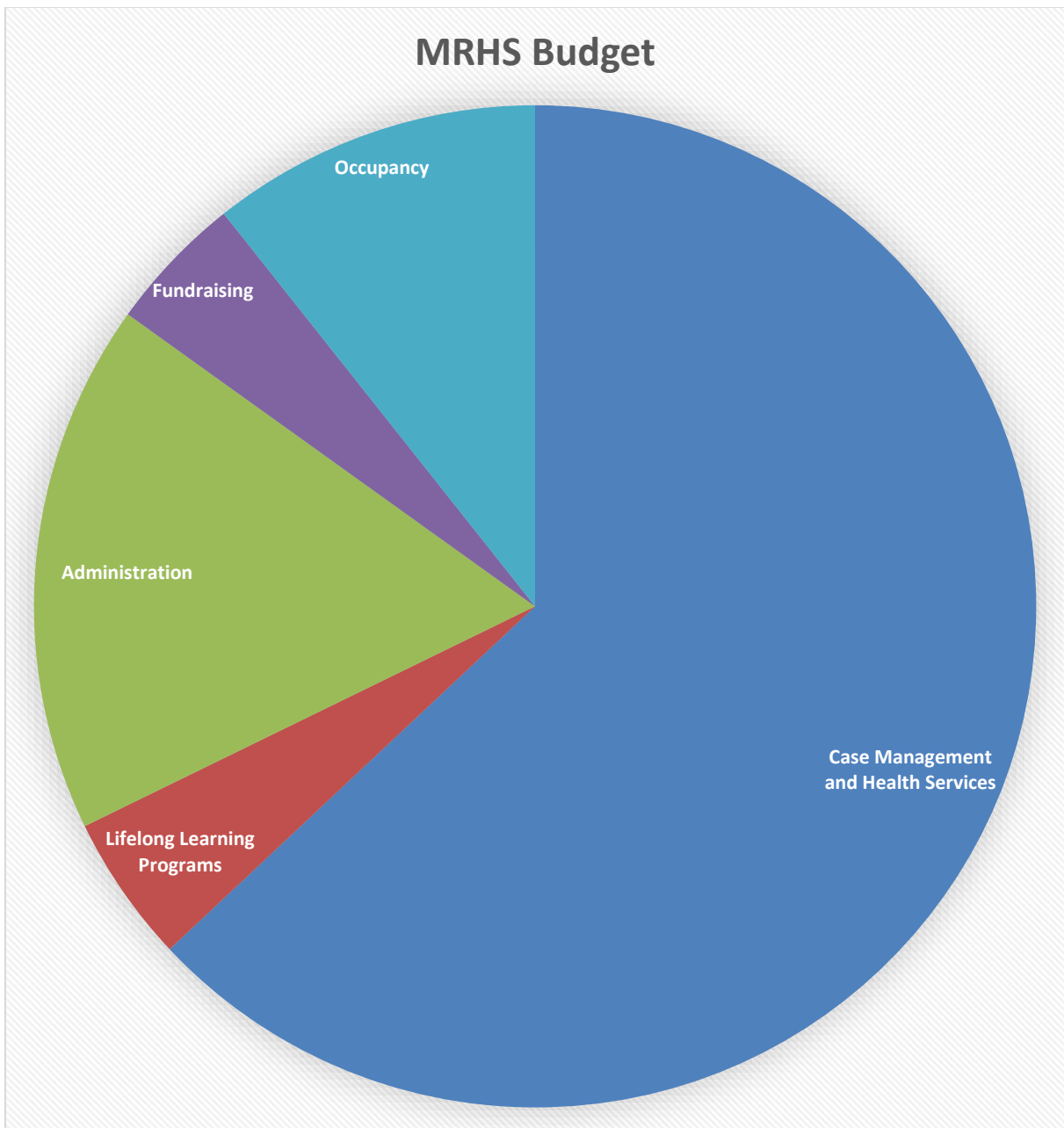
MRHS holds their primary checking accounts along with reserve fund accounts with Citibank. Business money-market accounts of liquid reserve funds are also with Citibank. A board-designated reserve fund is held with New York Community Trust Fund. In addition, we maintain an Investment Account with Charles Schwab.

I'm happy to say that MRHS is a debt-free organization.

As MRHS continues to provide and expand the range of services it offers, the board and staff are very aware of the need to maintain fiscal responsibility. Integral to the fiscal oversight of MRHS is the Finance and Audit Committee with responsibility for creating, reviewing, and finalizing the annual budget of the organization.

MRHS has been and continues to be a great achievement on the part of all involved and I sincerely thank our community at large as well as our staff and the volunteers for making this happen.

Thank you,
Robert Hill, Treasurer



**Copies of the MRHS Financial Report are available at the MRHS Office,
100 LaSalle Street, #MC, New York, NY.**

MRHS Finance and Audit Committee Report FY 2022

The Finance & Audit Committee was comprised of the following members in 2022:

Voting Committee Members:

Tonia Papke Waterbury (Committee Chair)

Conor Gaffney (Treasurer)

Robert Hill (Board Member and Treasurer)

Jeff Edelson (Board Member)

Non-Voting Members:

Michael Davidson (Board President)

Ron Bruno (Executive Director)

Alan Stricoff (Controller)

The MRHS Finance & Audit Committee has the following responsibilities:

- Propose the annual operating budget to the board for approval.
- Review audits, internal financial statements, and 990's.
- Review and put into place policies governing MRHS Finances;
- Review and make suggestions on the investment of MRHS funds;
- Meet with the auditor before and after the audit. Review any major findings with the audit firm.
- Make recommendations to the board with respect to the overall financial health and funding of MRHS;

Financial Highlights for the Year:

- The FY21 audit report was unqualified.
- We had a strong year. Revenue was slightly below budget. Expenses were \$ 35,000 below budget because we had budgeted costs for in-person programs; however, we relied heavily on Zoom to provide robust and diverse services to the community. This resulted in a small surplus of \$ 30,000 before depreciation.
- In 2022, after hiring an investment advisor in 2021, we began to slowly invest board-designated funds in an investment account. By the end of the year, we had over \$400,000 invested in a diversified portfolio.

The unaudited preliminary financial statements for FY22 are included below.

Both the annual audit and 990 are available for view in the MRHS Office.

Respectfully submitted,

Tonia Papke Waterbury, Chair

Nominating Committee

The Nominating Committee is responsible for identifying and recruiting new board members, and candidates for Board Officers (President, VP, Secretary). The Committee aims to recruit candidates who reflect the diversity of the Gardens community and who have skills, talent, and life experiences that would help advance MRHS's mission.

The current committee is composed of Michele Pellar, B. Chandrasekaran and Jeff Edelson.

During 2022, the Committee nominated, and the Board approved, the following for Board membership:

Jeffrey Edelson
Carl Jones
Joan Studer Levine
Molly Sweeney

Tonia Papke Waterbury was nominated and elected Vice President in 2022. The Committee thanks all the nominees for offering to serve.

Submitted by B. Chandrasekaran, Michele Pellar and Jeff Edelson.

Daily Money Management Committee

This committee performs the board oversight of MRHS social workers who assist participating resident elders with management of their immediate expenses. Staff is bonded to handle small amounts of cash for payment to, for example, home health aides. Staff also helps with opening mail, as requested, and making sure monthly bills are paid. This service permits elders to stay in their homes with less anxiety about personal business matters.

The DMM committee meets with the MRHS Assistant Director, Joanna Stolove LCSW, twice a year for an update on the provision of money management services. Typically, a detailed account of a case is presented, anonymously, so that the committee fully understands typical staff activity. Residents in need of this service are identified by social workers, our nurse, neighbors, friends or family members who may notice that personal business needs support, and it is strictly confidential and voluntary. Staff social workers perform the services with great sensitivity and care. MRHS wants the community to understand that this free service is available to all at any time.

Program Committee

2022 was another year of managing our lives while living with the impact of Covid. Choosing to put safety first, for a third year, the committee continued not to hold meetings in person but maintained the spirit of creativity, looking for opportunities to show up safely in our community. Toward the later part of the year the metrics improved and there was some relaxation of rules governing in-door activities, but not to the extent that we could return to our large annual events, i.e. Ice Cream Social, Recognition Luncheon for Volunteers and Winter Party.

We found an opportunity for our creative spirit in our annual celebration of Black History Month. Almost everyone reads the New York Times so it was decided to lean on that well known and accessible publication (available in print and on-line). An invitation was offered in our monthly newsletter to all in the community to participate in a Black History News Quiz. The challenge began with a page of photos—10 Black Americans, known in their various fields. Below the photos was a list of New York Times headlines to be matched to the correct photo. Then the final step-- to read the stories of those Black Americans written in the NY Times. The quiz sought to create a lasting interest in Black History here in our community and a desire to read and learn more. Of course an answer key was provided. While definitely not an opportunity to meet up across the table for dining, it was an invitation and opportunity to come together across the pages of history.

Covid remained a strong presence this year, but we were and remain fortunate for a presence that is significantly stronger and even more determined. That presence and determination shows up every day in the team that forms MRHS. The extraordinary leadership together with a staff that brings their “A” game every day must be recognized. It was their time, skill and dedication that transitioned the bulk of in-person programs to Zoom and then the time spent teaching seniors how to use the technology, all of which assured the majority of programs to continue. This is only one of the myriad ways that the team went above and beyond, outpacing Covid at every turn.

At the end of this 3rd year managing our lives through Covid, we remain resilient and filled with pride for the privilege to be a part of the amazing organization that is MRHS.

Alice Lilly, Co-Chair



“CantaNYC”: Choral Program, June, 2022

Personnel Committee

During 2022 the Personnel Committee approved the increase in premiums for the medical insurance coverage provided to the MRHS staff, as well as an additional annual salary increase. In addition, the PC approved an increase to one of the staff for completing additional educational and licensing qualifications, to bring that staff member's salary up to prevailing standards.

The Personnel Committee was also involved in MRHS's hiring of a new social worker in 2022.

Harriet Chan King, Chair

Technology and Website Committee

The Technology and Website Committee addresses the internet, technology, and website needs of MRHS. This year, the members were Robert Hill, Ron Bruno, Joanna Stolove, Paul Fleischman, Mike Davidson, and B. Chandrasekaran.

The 2022-23 term was relatively quiet after the accomplishments of the previous year. A few analytics highlights for 2022 include:

- Behavior Flow metrics show a strong pattern of starting on the home page, then progressing to the virtual online class, calendar, and contact us pages. This is consistent year over year.
- Average pageviews are around 200 per month, with spikes up to 400. This is consistent year over year.
- The ability to accept online donations via PayPal is tested regularly and is reliable.

The committee also addressed whether to provide free guest wi-fi access to the newly renovated Community Center, which lies directly beneath the MRHS offices. The external website and technology consultant made sure to set up guest wi-fi in a manner that was segregated from the business network, for security purposes.

The committee also continued annual assessments of MRHS's use of best practices from the Nonprofit New York Organizational Health Assessment, based on their Key Areas of Nonprofit Excellence document. By asking organizations to identify where they are in the process of implementing these practices, this tool helps nonprofits identify their management strengths and areas for improvement. MRHS continues to rate very high in these ongoing assessments.

Respectfully submitted,

Robert Hill, Chair

Donors in 2022

Abbey, Linda	Chansky, Dorothy
Adler, Ellen and Moshe	Chaudhary, Rani
Al-Hallaq, Rana	Chi, Chaoyuan
Aramburo, Ana P. and Butron, Ramiro	Chilton, Mary and Callaway, Jamie
Arkininstall, Jane	Chimonas, Susan and Dirnbach, Eric
Armani, Nora	Clark, Barbara and Bob
Back, Sara	Clarkson, Marcia and Bill
Barrett, Elizabeth and Furand, Douglas	Cooke, Joy
Barrow, John	Cramer, David
Baylen, Harris	Curtain, Moira and Singh, Karun
Beirne, Jennifer and Shafer, Stephen	Cutter, Alan
Benjamin, Adria and Rhodes, Laurie	Dalton, Elizabeth
Berg, Amy and Chris	Darling, Gregory J.
Berman, Roberta	Daubert, Frederick
Berson, Robert J.	Davidson, Len
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