



newsletter

Celebrating our 56th Year!

August 1, 2022
Vol. XLVI, No. 8

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www.mrhsny.org

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

How Can MRHS Help?

Presented by MRHS Staff: Joanna Stolove, Saudia Garnette, Stacia Steen

Learn how MRHS can assist you to remain living in your own apartment as you age. We offer a wealth of experience and knowledge to guide you through every stage of the journey. A sample or questions you may have:

When do I start to think about hiring a home health aide? What if I need help paying bills? How can the MRHS nurse help me? Can you monitor my blood pressure? Can you help me after I return home from the hospital? Should I consider Medicare Advantage? Can you help me understand my Long-Term Care policy?

Please join us for a brief presentation on the core case management services provided by MRHS. We'll devote most of the time to questions and answers by our staff.

Thursday, August 11, 7:00 PM, Via Zoom

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to receive the Zoom link.

Protecting Assets:

Pooled Trusts, Medicaid, Other Options

The popular "Finances Made Simple" series returns! This month's topic will focus on protecting assets and the pros and cons of Medicaid and pooled trusts. Join Gardens resident **Weilin Li Marabello** and attorney **Lin Wang** as they discuss what can be a complicated subject.

Thursday, August 18, 7:00 - 8:00 PM
In person at MRHS and via Zoom

Masks and social distancing will be required. Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot in person or to receive the Zoom link.

Medicare Webinar

Dr. Gil Kunken,
Medicare Consultant,
Health Insurance
Information Counseling
and Assistance Program,



NYC Department for the Aging will discuss what Medicare is, how and when one can enroll, what the out-of-pocket costs are with original, traditional Medicare for Parts A and B because original, traditional Medicare is not free, and what it means if providers do or do not accept assignment.

Dr. Kunken will cover the Part D prescription drug benefit, and what one can do to help cover out-of-pocket costs including special assistance income-based programs. He will illustrate how original traditional Medicare differs from Medicare Advantage programs and provide an update for NYC retirees on their Medicare retiree health benefit program. Finally, Dr. Kunken will point out opportunities where one can save money by comparison shopping supplemental plans and prescription drug plans, as well as how to choose a Medicare Advantage program.

Please send questions and issues you would like Dr. Kunken to cover to Ron Bruno at ronb@mrhsny.org and we will pass them along.

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to receive the Zoom link.

Thursday, August 4 at 3:00 PM, Via Zoom

***During the hot summer months,
cool off at MRHS!***

***Please stop by if you need
to escape the heat.***

***And please check in to make sure your
neighbors are OK.***

MRHS Legacy Society

Membership in the MRHS Legacy Society is open to anyone who establishes a planned gift for the benefit of MRHS, including those who have made a bequest to MRHS in their will.

Information relating to planned gifts to MRHS will be held in confidence and the names, only, of the members of the MRHS Legacy Society may be acknowledged in the MRHS Newsletter and Annual Report. Donors may be listed anonymously if they prefer.

If you have any questions about the MRHS Legacy Society or would like information about making a planned gift to MRHS, please contact MRHS at 212-666-4000 or info@mrhsny.org.

MRHS Men's Group

Please note that the Men's Group will not be meeting for the rest of the summer but plans to start up again in September.

The King Of Instruments

Annual Summer Organ Concert Series at Riverside Church

The summer concert series spotlights one of the largest and most acclaimed organs in the world, featuring outstanding organists from across the country pulling out all the stops performing a mixed variety of repertoire from traditional music to orchestral transcriptions.

Audience members watch the performers via video projection in the air-conditioned nave of the historic Riverside Church. This year includes a screening of the 1928 silent film comedy classic *The Cameraman* starring Buster Keaton, with live organ improvisation.

Concerts are on Tuesday evenings 7:00 PM, July 12 through August 2. Tickets available at the door and online, \$20, \$15 for seniors/students.

For more information visit <https://www.trcnyc.org/2022summerorganseries/>.

Happy August Birthday!!

To: Mark Barth, Anne Burley, Monika Butler, Carlotta Damanda, Laila Elder, Corliss Hanson, Marjorie Horton, Robert Komatsu, Dana Minaya, Rajdai Puran, Kathy Sanson, Maria Teusaba, Susan Wersan, Lou Williams, Ralph Kinnard Williams, Yongxiu Yang, and Lucienne Yoshinaga.



MRHS Beading Group

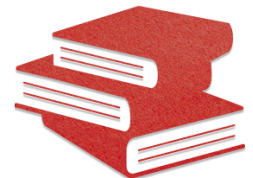
The beaded jewelry group which started in March at MRHS continues to meet and we would love to welcome new participants. We meet twice monthly, on the first and third Mondays of the month, from 11:00 – 1:00 PM. While the group was started by Stephanie Low, Building 2, the spirit of cooperation in the group encourages members to support one another as we each work on our own projects. We have a wide selection of beads available, and you are welcome to bring any supplies you have on hand, including broken beaded jewelry you would like to repair or repurpose.

No experience necessary.

Please feel free to contact Stephanie with questions: stephanielow52@gmail.com. If you are interested in participating, contact Margaret Bianchi at MRHS: margaretb@mrhsny.org

MRHS Book Group

The next meeting is **Wednesday, August 3, at 3:00 PM** to discuss the historical novel, ***The Corner that Held Them***, by *Sylvia Townsend Warner*.



Via Zoom. All are welcome.

For further information please contact MRHS at **212-666-4000** or by email to Margaret Bianchi at margaretb@mrhsny.org.

MRHS Online Classes

MONDAY

Stronger Seniors Workout

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

Writing Group

2:30pm - 3:30pm



TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

10 Years Younger Workout

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

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree

3:00pm – 5:00pm

THURSDAY

MRHS's "Great Movies" Series

2:00pm, monthly

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

Exercise/ Workout

10:00am – 11:00am

**** 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. ***

MRHS Board Game Café

Please join us **Friday, August 26 at 2:30 PM** to play board games or cards with other MG residents. We have lots of games on hand or you could bring your own.

Afternoon Tea in the Lounge!

Stop by the MRHS lounge on **Friday, August 26, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Please note that at the present time we will have to follow distancing and mask-wearing protocols required by the NYC Department for the Aging for all in-person programs.

Great Decisions

This lively discussion series on political and social topics of interest will be on hiatus for the summer. But the program will be back in the Fall!

Great Decisions Fall Schedule

- September 6: "Quad Alliance" (U.S., India, Japan, and Australia)
- October 4: "Drug Policy in Latin America"
- November 1: "Industrial Policy"

Booster Shots

Call MRHS at 212-666-4000 if you need help scheduling a booster shot. Center Pharmacy, located close by on Amsterdam Ave., has walk-in service for vaccinations.

***** 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. *****

"Ideally, old age can be a time of great liberation and freedom. It is a time when a lot of the social mystification and mythology calms down, and you return to the essence of things... we were taught to prepare for life rather than to live it."

- From John O'Donohue, *Walking in Wonder*

MRHS's "Great Movies" Series

"Lucia"

(1968) 2 hrs., 40 min.

A black-and-white pageant that dramatizes the situation of three women, all named Lucía, at cusp moments of Cuban history --- the 1890s war of independence, the 1930s uprising against the dictatorship of Gerardo Machado and the post-revolutionary '60s. Each story has its own style, and each "Lucía" represents a different social class.



A tour de force, considered by many as Cuban cinema's peak accomplishment, and its most elaborate and expensive movie ever. New 4k restoration.

In Spanish, with English subtitles.

Thursday, August 18, 2:00 PM via Zoom
Contact MRHS for the Zoom link.

This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.

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, August 19, 2022). 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. ******

Arts & Minds

The **Arts & Minds** program continues to bring joy to participants! Each session provides the chance to discuss, as well as create, meaningful works of art.

Arts & Minds was developed to enrich the lives of people with cognitive decline and their care partners through artistic expression.

Programs are held in person the **first and third Tuesdays of the month from 2:00-3:15 PM. The next session will be held on Tuesday, August 2.**

Masks will be required. Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot.

DOROT Smartphone Series

Our partners at DOROT will be hosting a new two-part Zoom series this summer. It will cover how to make smartphone technology more accessible for people with a range of vision loss. The program will feature a panel of experts using real-time demonstrations. The first session on Wednesday, July 20 at 1:00 PM, will focus on the Android smartphone and the second session on **Wednesday, August 10 at 1:00 PM**, will focus on the iPhone.

We thought this event series would be of interest and benefit to your constituents. Would you please help us spread the word by including the event in your e-news to constituents?

For questions and the registration link, call 917-441-3706, email technologyhelp@dorotusa.org, or go to dorotusa.org.

Low Vision Group

Join our circle of support!

Share your personal experiences, feelings, challenges, and coping strategies with other group members. We'll also explore most helpful tools and devices. Meetings will be on **Thursday, August 4 and August 18 at 4:00 PM**. For more information, please call MRHS at 212.666.4000. Walk ins welcome!