

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

**President: B. Chandra Chandrasekaran**  
**Executive Director: Ronald Bruno**

## Ice Cream Social!

MRHS will be offering its annual Ice Cream Social to the Morningside Gardens community!

MRHS board members and staff will be present to provide information, but the focus of the event will be fun, neighborliness and *free ice cream!*

*Everyone is invited including, of course, children of all ages!*

**Thursday, August 29, 6:00 to 7:30**  
**Outdoors, in front of Bldg. 5, 501 W. 123<sup>rd</sup>**

## “The Biggest Little Farm”

The *Biggest Little Farm* is a 2018 documentary film directed by John Chester. The film profiles the life of John Chester and his wife Molly as they acquire and establish themselves on Apricot Lane Farms in Moorpark, California. Inspired by their pet dog, the couple embarks on an eight-year adventure of triumph and heartbreak in biodiverse farming.

The film showcases their efforts to revitalize a 200-acre plot of land into a fully functioning and self-sustaining farmland. Building V resident, David Vassar, will lead a brief conversation after the film for those who would like to stay.

**Friday, August 23, 2:00 PM**  
**MRHS Center, 100 LaSalle St., #MC**

## “Financial Exploitation, Scams & Best Banking Practices”

Learn about the dangers of financial scams and how to avoid becoming a victim of them. Presented by the Carter Burden Network’s Elder Justice Program.

**Tuesday, August 13, 11:00 AM**  
**MRHS Center, 100 LaSalle St., #MC**

## Soothing River Breezes

**Wave Hill** is often called “one of the greatest living works of art.” This spectacular public garden and cultural center overlooks the majestic Hudson River and Palisades in the Riverdale section of the Bronx. In addition to our private tour of the gardens and landscapes, we will enjoy the indoor gallery tour led by one of the Curatorial Fellows who will provide an insightful tour of cutting-edge contemporary artwork in **Glyndor Gallery** and the **Sunroom Project Space**.

Following our expedition, we will have a pleasurable al fresco lunch on the **Kate French Terrace** before returning home.

**Wednesday, August 21**      **Cost \$50.00**  
**Depart MRHS: 10:30 AM**    **Return 3:00 PM**

*Please contact MRHS to sign up or for more information at 212-666-4000 or email Robin Aloï at [Robina@mrhsny.org](mailto:Robina@mrhsny.org).*

## Take the Walk to the Talk!

Join us for the short walk to the **Wallach Art Gallery** to see the temporary exhibit, **Growing Sideways: Performing Childhood**. This exhibit explores how artists have turned to and repurposed aspects of childhood to counter inherited belief systems, identities and cultural memories in the public sphere. Our private tour will be led by **Jennifer Mock**, the Associate Director of Education and Programs at the gallery.

**Wednesday, August 7**

**We will depart MRHS at 11:45 AM and we will return at 1:15 PM.**

*If you would like to join us or if you would like more information please call MRHS at 212-666-4000 or email Robin Aloï at [Robina@mrhsny.org](mailto:Robina@mrhsny.org).*

## Director's Column

In the June MRHS Newsletter I made reference to a recent "Healthy Aging" article published by the Mount Sinai Icahn School of Medicine. That article cited a research study on "aging in place." The study, published in the Journal of the American Geriatrics Society, found that a "range of interventions," rather than a single factor, was needed to enable older adults to remain in their own homes safely and comfortably. As I wrote in June, this finding reflects the approach of NORC programs such as MRHS, which rely on a multitude of programs and services to achieve their goals.

The study grouped interventions that are effective into five categories, all of which are provided by MRHS either directly or indirectly. I described two of those categories in June – "Services provided by social workers who specialize in geriatric social work" and "Home-based interventions from visiting nurses" – both of which make up the very core of MRHS's work. I said I would return to two other categories, "Programs that combine a range of intervention elements" and "Cognitive stimulation/reminiscence therapy."

Describing "Programs that combine a range of intervention elements," the study specifically cites counseling and physical therapy. MRHS has three social workers who provide counseling services, including two, Joanna Stolove and Saudia Garnette, who have received clinical social work training. MRHS and other NORC programs also serve as a kind of hub of activity, so we have contacts in the wider community when an individual's counseling needs require outside intervention. MRHS also has contacts for physical therapy services, working with individual therapists as well as agencies. As a service hub with more than 25 years of experience as a NORC program, MRHS is able to access a wide range of interventions for residents. Regarding "Cognitive stimulation/reminiscence therapy," MRHS offers various programs, including the Memory Tree/Brain Fitness program; "Arts & Minds;" and the Memory Tree Music Program.

In 1966 the founders of MRHS recognized "aging in place" as their vision for an aging society. Sixty or so years later MRHS has grown into the NORC program with the capacity to realize that vision.



## Happy August Birthday!!

To: Alan Bentz-Letts, Anne Burley, Monika Butler, Laila Elder, Corliss Hanson, Marjorie Horton, Robert Komatsu, Dana Minaya, Kathy Sanson, Susan Wersan, Lou Williams, Ralph Kinnard Williams, Yongxiu Yang, and Lucienne Yoshinaga.

## Salsa/Swing Dance Class

Kathy Sanson's **Salsa/Swing Dance Class** has been extended for two more weeks in August. The dates are Tuesday, August 20 and 27, 1:00 to 2:30 PM. Kathy will be returning from teaching a Latin/jazz workshop in Puerto Rico for the first 2 weeks of August. Everyone is welcome to get your last hit of the summer to dance mambo, cha cha and swing, so you can go dancing in the streets of Harlem and Lincoln Center.

For more info contact Margaret at MRHS or Kathy at [kjsanson@gmail.com](mailto:kjsanson@gmail.com)

## MRHS Board Game Café

Please join us **Friday, August 30 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 30, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

## Great Decisions

Great Decisions is taking a summer break and will resume in the fall with the following topics:

- *Understanding Indonesia*, September 3
- *High Seas Treaty*, October 1
- *Pandemic Preparedness*, November 5

\*\*\* **Please Note:** The **MRHS Men's Group** will not meet during July and August but will return in September. \*\*\*

## MRHS Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly on Mondays, from 11:00 – 1:00 PM. *No experience necessary.*

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

Upcoming Dates: August 12, 19

## 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 meeting is **August 6**. *Please contact Robin Aloi at 212-666-4000 or [RobinA@mrhsny.org](mailto:RobinA@mrhsny.org) to reserve.*

## 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 16, 2024). 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.***

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***\*\*\* MRHS thanks NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. \*\*\****

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## MRHS Book Group

Our summer selection of **One Hundred Years of Solitude** by *Gabriel Garcia Marquez* will be discussed on **Wednesday, August 14 at 3:00 PM**. On Wednesday, September 11 at 3:00 PM we will discuss *The Morningside* by *Tea Obrecht*.

All are welcome! For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

## Summer Specials At The MRHS Library

July and August are good months to sit in the shade or near an air conditioner and not lift a finger unless it is to turn a page. When you read you may solve a **mystery** or catch a spy in a **thriller**. If you grab a **biography** you may find in it a new friend. Never say you cannot take a trip when **travel** books can take you anywhere and answer your questions about a culture, a city, an area's history and even take you for a walk on trails along a country's coastline. Perhaps the most important reads this summer before you vote in November are the **U.S. Declaration of Independence** and the **U.S. Constitution**.

There are 25 booklets containing both of these documents that you probably haven't read since high school and may now reread. The booklets are on the top shelf where new contributions to the library are placed. This is on the left before you enter the lounge. Summer is **D.E.A.R., Drop Everything And Read!** Please return books you borrow to MRHS's Library so others may enjoy.



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***MRHS would like to thank the West Harlem Development Corporation for its support.***

## Refreshing Fruits & Vegetables

The NYC Department for the Aging, (DFTA), **Farmer's Market Nutrition Program** has returned for the summer! **MRHS** has been provided with a small supply of coupon books that can be used by eligible New Yorkers who are 60 years old or beyond. Each book has five coupons that are valued at \$5.00 each. The coupons are accepted at participating farmers market for all fresh fruits, vegetables and herbs that are grown in **New York State**.

If you are interested in the coupon books, or if you would like more information regarding income eligibility requirements, please call Robin Aloï at MRHS (212-666-4000) or email her at [Robina@mrhsny.org](mailto:Robina@mrhsny.org)

## Life Story Club

LIFE STORY CLUB 中文人生故事會，每週四下午3-4點，下樓來MRHS長者中心，我們一起聊聊大家的人生故事～

**本週故事話題是：**1) 你堅持過最久的一件事是什麼？是怎麼開始的？2) 請分享一個你會作出的承諾，可以是對自己的，也可以是對他人的？

**關於人生故事會：**在十週內，我們免費為長者組織15人以內，每週一次的小型聚會，一起分享人生故事、建立友誼。在故事會的最後，我們還可以為有意願的長者紀錄您的故事、無須寫字。讓對您重要的故事永久保存、可以分享給妳想分享的人～!

更多信息歡迎瀏覽我們的官網：

<https://lifestoryclub.org/>

有任何疑問，歡迎撥打主持人譚小姐電話302-321-4199！

我們週四4點見！

Chinese LIFE STORY CLUB, **every Thursday at 3:00 PM**, come to the MRHS Center, and let's share our life stories together! If you have any questions, please feel free to contact the facilitator, *Effy*, at 302-321-4199!

***Please note: The English-language Life Story Club meets online every Tuesday at 11:00 AM. Please call MRHS at 212-666-4000 if interested.***

## Collage Class

Create your own collage from a selection of papers hand printed and prepared for MRHS by artist, *Tyshawn Henry*, who has a special grant to present this class.

**Tuesday, August 13, 3:00 PM**  
**MRHS Center, 100 LaSalle St., #MC**

## There's Magic in Music!

Join us for the newest zoom program at *The Memory Tree*, "**There's Magic in Music**", on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from **2:00-3:30**. NBC's Today Show contributor, **James Oppenheim**, guides participants on an exploration of music from Bach to Broadway. Enjoy listening to the wide variety of music, learn about its history, and play trivia.

**Tuesdays, August 13 and August 27**  
**MRHS Center, 100 LaSalle St., #MC**

## The MET Brings Us Art Boxes!

**The Metropolitan Museum of Art** is pleased to share the beauty and wonder of art with us every month. The materials included in the **art boxes** are designed to inspire group discussions about art, culture, favorite activities, and other topics. Every participant receives a draw stringed bag that includes four images of art, a booklet that describes the art, crafting materials and a **Friend and Family Pass** to all *The MET's* locations.

The program is held on the third Friday of each month at the **MRHS Center, 100 LaSalle St., #MC. Friday, August 16, 1:00 PM**

*For more information, please call MRHS at 212-666-4000 or email [Robina@mrhsny.org](mailto:Robina@mrhsny.org)*

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