



# newsletter

December 1, 2013  
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100 LaSalle Street, NY, NY 10027 (212) 666-4000  
[www.mrhsny.org](http://www.mrhsny.org)

President: Rita Marie Pullium  
Executive Director: Ronald Bruno

## Winter Party and Silent Auction

Come one, come all to the 2013 Winter Celebration at MRHS! It's that time of year again – winter's coming and that means winter holidays and parties. MRHS announces one to look forward to, our annual Winter Party Fest. This year it is planned for **Wednesday, December 11** from **4:00 PM to 7:00 PM**. The festivities take place in the **Recreation Center, basement of 100 La Salle**.

Entertainment by Vocal Ease begins at 6:00 PM. We will have good food and drink, singing, and conviviality. This is a great opportunity for everyone who lives in Morningside Gardens to come and celebrate!

MRHS will also be holding a silent auction during the party featuring the following items, as well as vouchers for local restaurants:

- Tiffany Beads Earrings in Sterling Silver
- Tiffany Beads Necklace in Sterling Silver
- Tiffany Beads Bracelet in Sterling Silver
- Montblanc Meisterstuck Classique Ballpoint Pen

## Second Chance for Flu Shots

On **Tuesday, December 3** from **1:00 PM to 2:30 PM** the seasonal *influenza shots* will be given in the Recreation Center, Building I, Basement. The program is sponsored by MRHS and St. Luke's-Roosevelt Hospital Center. There is no out-of-pocket cost.

Please note: if you have a health condition that calls for a flu shot, or if you work with the elderly, it is very advisable for you to receive a shot.

**Appointments are necessary. Call MRHS at 212-666-4000. (If you need to cancel an appointment please let us know.)**

## Monday Night Discussion Group

**Topic: Home for the Holidays: Family Traditions through the year.**

What are your family holiday traditions? Do they include special foods, games or dress? Bring /wear a sample to share with your neighbors as we discuss our holiday traditions – what we cherish most about them – and why they are important to us.

**Monday, December 16, 7:30 – 9:00 PM**  
**MRHS Tuttle Center, Building I, MC**

**Our Next Monday Night Discussion is January 13: The Politics of Fear: McCarthyism and Beyond.** Do you remember the Red Scare of McCarthyism that swept the country in the first half of the 1950's? Did it affect you, your family, and your neighbors? Have we moved away from politicians' use of fear to manipulate us, our vote and our view of the world? Come share your experiences and opinions.

*Recollect Learn Discuss*  
*Participate Celebrate*

## Supper Club

The MRHS Supper Club is back! Save the date for **Friday, December 6**, at **5:30 PM**. This month we anticipate catering in from a local Greek restaurant *Symposium*. For those of you who enjoy tasty food and good company, please call 212-666-4000 to RSVP. Cost is \$15.00

**MRHS is closed on Wednesday, December 25 for Christmas Day. We wish everyone a Happy Holiday!**

## Flea Market Thanks!

MRHS wishes to express a warm thank you to all the 2013 Flea Market volunteers and MRHS staff for the excellent job they did! We had more than 80 volunteers and 7 teen/pre-teens who helped during the setup and sale. We especially want to thank **Dana Minaya, Margaret Johnson, and Angela Schramm** for all their work in coordinating the event and counting the Flea Market proceeds and to **Paul Nikolaidis** and **Margaret Bianchi** for leading the staff effort.

There are many volunteers who have devoted themselves to this yearly community project year after year, and in so doing have created an event that the community eagerly anticipates and appreciates! This year the Flea market raised **\$8,266** for the benefit of MRHS, with a few items still remaining to be sold on eBay.

## MRHS Website

Did you know that the MRHS website includes a blog? We're inviting the community to participate on our blog by contributing your writing – a poem, an article, an insight. If you're interested in sharing on our blog, please contact **Joanna Stolove** for more information. Or send your contribution directly to [Joannas@mrhsny.org](mailto:Joannas@mrhsny.org).

## Join us at The Memory Tree™

It's hard to believe that it was eight years ago that The Memory Tree™ started its first program at MRHS. For the last eight years residents of MRHS along with people in the neighborhood with mild memory problems have come together for classes and workshops. The Memory Tree™ offers a wide variety of programs for those with mild memory problems.

The Memory Tree™ is offered once a week at MRHS, now on Friday mornings from 9:30 AM - 12:00 PM. Program fees apply. If you are interested in joining us at The Memory Tree™, or know of someone in the community who could benefit from our program please contact **Elizabeth Fine, LCSW, at 917-656-0558.**

## Happy December Birthday!!

To: John Beard, Ruth Bendersky, Vivian Bergman, Mabel Carter, Dollie Cooper, Alan Cutter, Winifred Eileen Derryck, Heber Jones, Kamu Kamadoli, Douglas Knight, Shirley Korn, Gary Lee, Boyd Lowry, Joan McCann, Florence Robinson, Reka Schoumaker, Manowar Sikdar.

Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in December are all invited to our Birthday Party! Come on **Tuesday, December 17 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**Dec. 7 Floating Clouds** (1955) 2 hrs, 3 min. Details an affair between wartime lovers in postwar Japan. The woman's attempts to initiate commitment mirror her country's turbulent milieu. Polled as the third greatest Japanese movie of all time. Japanese with English subtitles. Unrated.

**Dec. 14 Hannah and Her Sisters** (1986) 1 hr., 43 min. One of Woody Allen's gems with a great Manhattan backdrop and an Oscar winning cast including Diane Weist, Barbara Hersey, and Mia Farrow. Rated PG 13.

**Dec. 21 Amahl and the Night Visitors** (1951) 55 min. TV premier of a beautiful Christmas opera written for children by Gian Carlo Menotti. One night in Judea a disabled shepherd boy turned beggar and his mother are visited by three kings on their way to see a special child. Rated G.

**Dec. 28 The More the Merrier** (1943) 1 hr., 44 min. A comedy with Jean Arthur and Joel McCrae. During the WWII housing shortage in Washington, D.C., two men and a woman share an apartment and the older man plays cupid to the other two. Rated G.

**Coming Attraction** – On Saturday, January 4, 2014 we will show the musical classic, **Seven Brides for Seven Brothers.** It's a great movie for all ages. Children are welcome and popcorn will be served.

**Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.**

## Just a Reminder

**Tuesday Lunch** – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.



**MRHS Sing-Along** – Come to the Sing-Along every **Tuesday at 1:00 PM**.

**MRHS Office Hours** – The following is the MRHS Tuttle Center schedule:

Monday Tuesday Wednesday Thursday Friday  
9 – 6    9 – 6    9 – 6    9 – 6    9 – 6

**Nurse's Hours** – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday  
9 – 4    9 – 4    9 – 4    9 – 4    9 – 4

**Hypertension Screening –Alternate Wednesdays from 9:00 to 11:00 AM**

12/4, 12/18

**The Fairway Shuttle** departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

**Nurse Marie Phillips' "Take Charge of Your Health"** group will resume on Thursday, **December 19 at 2:30 PM**.

**"Later Life Transitions"** group meets this month on **Thursday, December 12 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be on **Tuesday, December 17 at 3:00 PM** in the Tuttle Center. All are welcome.

## Low Vision Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. It is a way for people to gather together and share their experiences about living with low vision. The date for December is **Friday, December 6** from **2:00-3:00 PM** in the MRHS Tuttle Center. Please call 212-666-4000 to sign up.

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

## Technology For You

### MRHS "techNet"

### "Favorite Apps and Favorite Desserts"

The next MRHS "techNet" meeting will be on **Thursday, December 19 at 7:30 PM** in the **MRHS Tuttle Center**. We will have a light hearted view of your **"favorite apps,"** followed by a "bring your **favorite dessert**" party. Since this is the third year in a row that we scheduled a party, I guess it is now an annual event.

If you are on our email list, you will get a message in December asking if you have an application that you really enjoy, be it on your computer, tablet or smart phone. Maybe someone will even find a holiday season app that we might appreciate learning about. And, we will ask that a few people bring their favorite desserts.

Also, for future reference, **Marcia Clarkson, Mike Davidson or Tiana Leonard** will be happy to assist MHC residents in using the iMac, iPad, iPhone or Android phone (Tiana only). Please call Margaret Bianchi (212-666-4000) to set up an appointment to meet at MRHS.

For more information about any of the above, or if you wish to be added to our email list, send a message to

**DrMichaelSDavidson@Gmail.com**  
or call the office.

### **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 December 20). 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.**

## Clear Your Mind by Clearing Your Clutter

Are you overwhelmed by clutter? You're not alone! Clutter impacts 1.2 million Americans. MRHS's social work intern, **Aissata Kebe**, will be addressing the issues associated with clutter through a 9-week program. Topics include: decluttering our emotions, donating to give back to the community, consequences of cluttered living, etc. The group will begin each session with a mindfulness activity to "declutter your mind."

The group is scheduled for Tuesdays from 2:00 - 3:00 PM, beginning January 21, 2014.

**Registration is required.** Please contact Aissata for more information at 212-666-4000.

## SNAP Assistance

MRHS will be providing special help to apply for the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, on **Tuesdays, December 3 and December 17 from 10:00 AM to 12:00 Noon at the MRHS Tuttle Center.** Assistance will be available in **English and Chinese** from representatives of the Department for the Aging. Monthly gross income limits of \$1,862 (single) and \$2,522 (couple) do apply, but please come by if you're unsure or want to find out more.

“晨興退休醫療服務中心”

將在以下日期在突桃中心(Tuttle Center) 提供幫助申請紐約市補充營養援助計劃之福利服務[SNAP, 前稱 Food Stamps/糧食卷]:

12月3日及17日, 下午10時至12時

屆時會有本市”高齡人仕部門”英文及中文代表在場協助。不同年齡及收入的市民都可能有資格獲得這種援助。有興趣人仕, 可在該預設時間到來中心諮詢或申請。

## Computer Help

If you need help with your computer in any way, call MRHS at 212-666-4000 and ask for intern **Turkeshia Bridgewater.**

## In Memoriam

It is with deep sadness that we learned of the passing of **Ann Jackson.** Ann was an original shareholder and for many years a very active volunteer for MRHS. All who knew Ann will remember her wisdom, gracious demeanor, service to the community and passion for the arts. She was an extraordinary woman who will be greatly missed.

## Circle of Hands & Ceramics Club Join For Holiday Sale

Don't miss this great chance to buy some beautiful hand-made items for the holiday season. On **Friday evening, December 13** from **7:00 to 9:00 PM** and on **Saturday, December 14** from **10:00 AM to 4:00 PM,** the Morningside Gardens Workshop's Ceramics Club will host its Annual Holiday Sale.

This year MRHS's Circle of Hands needlework group will take part in the sale too. Come and see your neighbors' handiwork and maybe pick up some great holiday gifts. Note: the sale will take place in **100 La Salle, Suite MB.**

## Free Concert Tickets Available

Once again, The Cecilia Chorus of NY (formerly "St. Cecilia Chorus) is celebrating the great choral masterpieces with a performance of Handel's Messiah at Carnegie Hall at 8:00 PM, Friday December 13 under the direction of Music Director Mark Shapiro. MRHS will have a limited number of tickets available. Please call to request tickets on a first-come, first served basis. (212-666-4000)

## Great Decisions Program

On **Tuesday, December 3** at **7:00 PM** the Great Decisions Program will meet with a discussion entitled "**Assessing Threats to the U.S.A.**" Ken and Peggy Thomas are program facilitators. **Tuttle Center, 100 La Salle, #MC.** Resource materials are available.

