

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

**President: Victor Quintana**  
**Executive Director: Ronald Bruno**

## Winter Celebration And Silent Auction

Come one, come all to MRHS's Winter Celebration! MRHS announces our annual Winter Celebration Fest will take place on **Wednesday, December 13 from 4:00 PM to 7:00 PM**. The festivities take place in the **Recreation Center, basement of 100 LaSalle**.

Residents of all ages, including children, are invited to the celebration!

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.

## What Brings You Joy?

Friends of MRHS,

My name is Adriana and I'm a resident of Morningside Gardens. I'm a designer interested in learning more about what's important to members of MRHS – what gives you joy, what doesn't and why.

Come join our creative workshop led by research expert Tammy Sachs on **Friday, December 8 between 4:00 PM and 6:00 PM** to brainstorm ideas for how to enhance the lives of people 60+ who decide to live in a community like Morningside Gardens. If you are interested, please RSVP by emailing Ron Bruno, Executive Director MRHS at ([ronb@mrhsny.org](mailto:ronb@mrhsny.org)) by December 1 since spots are limited.

*Workshop will take place at The New MRHS Center and will be followed by coffee, tea and dinner.*

## Talk on Creches

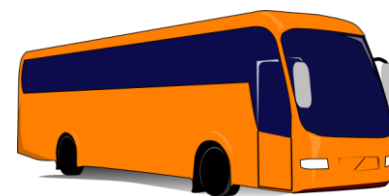
**Eileen Canty** will help celebrate the holiday season by sharing a presentation she developed for Riverside Church on "Creches: Animal, Vegetable, and Mineral."

For many years a major collector of creches, Eileen served on the board of *Friends of the Creche*, the national association of those who collect and otherwise honor the Christmas creche. Her collection numbered over one thousand items from more than 90 countries and 40 states. Prior to moving to Morningside Gardens, she donated the majority of the collection retaining only about 100 items and it is on these that her talk will focus.

**Monday, December 18 at 7:00 PM**  
**The New MRHS Center, 100 La Salle, #MC**

## Peddler's Village Trip

**Peddler's Village** at holiday time! A day of food, shopping and fun at charming Peddler's Village in



Lahaska Pennsylvania. The Village's holiday displays will dazzle as you walk the cobblestone paths that connect the Village's 60 plus shops.

Lunch is included in the cost of the trip. For more information call 212-666-4000. Menu choices will be provided when you reserve. The menu will also be posted on the on-line version of the newsletter.

**Date: Wed., Dec. 6 Departing at 9:00 AM**  
**Cost: \$60.00 Returning at 6:00 PM**

***\*\*\* MRHS is closed on Monday, December 25 for Christmas. We wish everyone a happy holiday!***

## Director's Column

MRHS has been able to sustain itself for more than fifty years for many reasons. Among them has been the ability to attract and maintain a strong Board of Directors. Many nonprofits are known for recruiting high-powered board members with dynamic connections. MRHS has always concentrated on nurturing homegrown talent – people with an understanding and a commitment to the community.

The vision of MRHS's founders in the 1960's was to create and maintain a grassroots organization to serve Morningside Gardens. So they wrote into the by-laws that at least twelve of the fifteen MRHS board members must reside in the Gardens. Presently fourteen of the fifteen directors are Gardens residents and most of them are past the age of sixty. We can accurately say that the MRHS staff is accountable to the very population it serves.

The MRHS Boards of Directors I have served under for the past twenty years have carefully nurtured the vision of the founders. Seeing the vulnerability of older residents living in the community, MRHS's founders set about creating programs to provide protection and comfort. MRHS's board leaders saw fit to expand these programs through the years, to meet growing needs. In the 1980's the MRHS Board hired its first professional social worker in order to provide more robust services. Further additions of service followed in the ensuing years.

During my time at MRHS I have witnessed the growing maturity of the MRHS Board, into a more deliberative and reflective body. Recent years have seen the addition of members from diverse professions and backgrounds, giving the board a cosmopolitan air that it lacked in the 1990's. Decision-making has been distributed across a wider range of members so that it comes closer to the founders' vision of a community democracy in action.

So as I write these words on Thanksgiving eve, on behalf of the Morningside Gardens community I want to thank all those who have volunteered their time and effort to sustain and prosper MRHS by serving as board members.



## Happy December Birthday!!

To: Alan Cutter, Heber Jones, Kamu Kamadoli, Shirley Korn, Gary Lee, Boyd Lowry, 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 19 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

Dec. 2 **Kapò** (1959) 1 hr, 54 min  
Before he left his mark on cinema forever with *The Battle of Algiers*, Gillo Pontecorvo directed this drama about a young Jewish woman (Susan Strasberg) in a Nazi concentration camp. Unflinching, emotionally complex. Oscar-nominated. In Italian, with English subtitles. Not rated.

Dec. 9 **La Land** (2016) 2 hr, 8 min  
Navigating their careers in Los Angeles, jazz musician Sebastian (Ryan Gosling) and aspiring actress Mia (Emma Stone) are drawn together by a common desire to do what they love. But as success mounts, they are faced with a decision that begins to fray the fabric of their lives and the dreams they've worked hard to maintain. Won 6 Oscars. Rated PG-13

Dec. 16 **The Station Agent** (2003) 1 hr, 29 min  
When his only friend dies, a man with dwarfism moves to rural New Jersey to live a life of solitude, only to meet a chatty hot dog vendor and a woman dealing with her own personal loss. Rated R

Dec. 23 **Babette's Feast** (1986) 1 hr, 43 min  
Two devout and elderly sisters allow their cook, a French refugee, to prepare a feast in honor of their late father's 100<sup>th</sup> birthday, despite their spiritual concerns over the sensuality and decadence of French cuisine. With English Subtitles. Rated G

Dec. 30 **The Chorus** (2004) *Les choristes* (original title) 1 hr, 37 min  
Set in 1948, the new teacher at a severely administered boys' boarding school works to positively affect the students' lives through music. Stars: Gerard Jugnot, Francois Berleand, Jean-Baptiste Maunier. Foreign languages with English subtitles. Rated PG-13

**Movies start at 2:00 PM. Please arrive early. Suggested donation: \$1.00.**

## Just a Reminder

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

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

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

**Hypertension Screening on Wednesday**

**Dec. 13, Dec. 27**

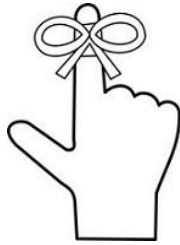
9:00 AM to 11:00 AM

100 La Salle, #MC

**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"** will meet on **Thursday, December 21 at 2:30 PM in the MRHS Center**.

The **MRHS Book Club's** next meeting will be announced soon. The group discusses literary works, both fiction and non-fiction. Please consider joining. All welcome!



## 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 15, 2017). 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.***

## Film Committee Presents

### ***First Wednesday Films***

Next screening on **December 6 at 7:30 PM**

### **Neruda**

(2016) 1 hour 47 minutes

A Chilean police official vows to find and capture Pablo Neruda. A heady blend of fact and fancy that is at once a loving, kaleidoscopic recreation of the great poet's flight and exile after his 1948 denunciation of his government's leadership; a comical cat-and-mouse game; and a pocket epic. In Spanish with English subtitles.

**The New MRHS Center, 100 La Salle, #MC**  
\$1.00 suggested donation

## Great Decisions 2017

Great Decisions continues on **Tuesday, December 5 at 7:00 PM** with a discussion on "Nuclear Security." The meeting will take place in the **MRHS Tuttle Center, 100 La Salle, #MC**. Reading material for the discussion is available from the MRHS office.

## The Cecelia Chorus Concert

The Cecelia Chorus has donated 10 tickets to MRHS for their annual holiday concert. The program will take place on **Saturday, December 9 at 8:00 PM** at Carnegie Hall. Please contact MRHS at 212-666-4000 to reserve. Tickets will be distributed on first come, first served basis. They will present J. S. Bach's joyous ***Christmas Oratorio***.

***MRHS would like to thank our elected officials: Borough President Gale Brewer, State Senator Brian Benjamin and especially Assembly Member Danny O'Donnell, for their efforts in having MRHS's state funding restored.***

***MRHS thanks the New York City Department for the Aging (DFTA) for its ongoing support.***



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

## Talent Wanted

### MRHS to Host Intergenerational Variety Show

Do you sing, act or dance? Can you play an instrument, tell a few jokes or perform a magic trick? Do you have an unusual skill or talent?

MRHS is looking for Morningside Gardens residents, both children and older adults, to help us create an intergenerational variety show. If you have talent, let us know! **Be part of the Fun!!!**

Please contact MRHS at 212-666-4000 or email [saudia100@aol.com](mailto:saudia100@aol.com)

## Men's Group to Meet at Columbia Faculty House

The MRHS Men's Group will have its annual holiday luncheon at the Columbia Faculty House on **Friday, Dec. 15, 2017 at 12:30 PM.**

Please join us in this beautiful setting as we celebrate old friendships, begin new ones and have a fantastic meal, especially if you like desserts. Cost is \$15 plus drinks. If you plan to attend, please call Margaret Bianchi at [212-666-4000](tel:212-666-4000) or email [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

The address of the Faculty House is 64 Morningside Drive near 116th Street. The dining room is on the 4th Floor, De Witt Clinton Dining Room.

NOTE: Columbia Faculty House is indeed at 64 Morningside Drive, but you can't get there from Morningside Drive. You have to come in on the north side of 116th Street by Wien Hall.

## Mt. Sinai Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai Hospital has been working with the MRHS community on various issues related to aging:

**December 22, 3:30 – 4:30 PM**

***Ask the Doc, Dr. Joyce Fogel***

**December 28, 2:30 PM**

***Hospice and Palliative Medicine, Dr. Joyce Fogel and Dr. Nathan Goldstein***

## You And Your Co-Op

Learn how to make your co-op work for you, says **Sherri Hughes**, an attorney with extensive experience working with MHHC residents. Ms. Hughes has worked with Morningside residents for over 20 years and will share her collective insights. MHHC has strict rules about legacy giving and now is the time for you learn about them. Learn about revocable and irrevocable Trusts, reversible mortgages and whether you can leave your children your cooperative apartment.

If you are unable to attend the presentation and would like to speak with Ms. Hughes directly, please contact her at 212 569-6099.

**Monday, December 11 at 2:00 PM**

**The New MRHS Center, 100 La Salle, #MC**

### **Are you caring for someone with memory loss due to Alzheimer's or other forms of dementia?**

#### **You do not have to go through this alone**

In collaboration with MRHS, Riverstone Senior Life Services\* will be starting a support group for family members who are caring for someone with Alzheimer's or other form of dementia.

Support groups provide participants an opportunity to meet others going through a similar journey. With the guidance of a skilled social worker a support group can:

Help find strategies to handle difficult situations. Make you feel less lonely, isolated or judged. Reduce distress, depression, anxiety or fatigue. Help you find a way to navigate your path as a family caregiver. Instill Hope. Create new friendships.

If you are interested in attending a weekly or monthly support group, please **contact Margaret Bianchi** at MRHS (**212-666-4000**) to register your interest.

The Support Group will start up in January. Time to be determined based on interest.

\*Riverstone Senior Life Services has offered vital services for people with memory loss **AND** for their family caregivers for over 30 years.