

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

**President: Dr. Michael Davidson**  
**Executive Director: Ronald Bruno**

## Mt. Sinai / MRHS Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai School of Medicine has been working with the MRHS community on various issues related to aging in a program called ***Mind Matters***.

**Thursday, December 13: Ask the Doc at 2:30 PM** with *Dr. Gregory Hinrichsen, Clinical Psychologist, Mount Sinai Department of Geriatrics and Palliative Care.*

**You must contact MRHS in advance to schedule a one-to-one "Ask the Doc" session.**

**Thursday, December 27, 2:30 PM**  
***Some Basic Ways to Manage Everyday Worries and Anxiety*** with *Dr. Gregory Hinrichsen, Clinical Psychologist, Mount Sinai Department of Geriatrics and Palliative Care.*

## Great Decisions 2018

The Great Decisions 2018 program will resume on **Tuesday, December 4**. *Bez Khosrovi and Liz Mellen* will lead a discussion on "Global Health: Problems and Challenges."

The program takes place at **7:00 PM** in the New MRHS Center, 100 La Salle, #MC. For those who do not have books, readings for the December discussion will be available in the MRHS office.

***\*\*\* MRHS is closed on Tuesday, December 25 for Christmas Day. The office will re-open on Wednesday, December 26. We wish everyone a Happy Holiday!***



## Winter Celebration

Come one, come all to MRHS's Winter Celebration! MRHS announces our annual Winter Celebration Fest will take place on **Wednesday, December 12 from 4:00 PM to 7:00 PM**. This year the festivities will take place at the Riverside Church in the 9<sup>th</sup> floor Tower Room.

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

Entertainment by **Vocal Ease** begins at 6:15 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!

## 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 **Wednesday, December 5 at 1:00 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.

## Director's Column

A few years ago there was an article in the *New Yorker* by Eric Klinenberg that a friend brought to my attention. Klinenberg, a sociologist at NYU, wrote about the deadly 1995 Chicago heat wave that resulted in more than 700 people dying, most of them elderly, poor and isolated. Not only was the heatwave tragic, there was also something puzzling: adjacent neighborhoods with almost identical demographics had vastly different outcomes. While some neighborhoods sustained high fatality rates (thirty-three deaths per 100,000 in Englewood), others had far fewer (three per 100,000 in adjacent Auburn Gresham.) What accounted for the difference?

Klinenberg's article revealed something remarkable: "The key difference between neighborhoods like Auburn Gresham and others that are demographically similar turned out to be the sidewalks, stores, restaurants, and community organizations that bring people into contact with friends and neighbors." Klinenberg had uncovered what he calls "social infrastructure," defined as the structures in a community that bring people together and promote socialization. It turned out that people living in Auburn Gresham knew of each other, thanks largely to active places to meet like grocery stores, barbershops and community organizations, and so had created a quiet platform to look out for each other. Researchers calculated that the value of this social infrastructure to residents was the equivalent of having an air-conditioner in each room during the heatwave.

But social infrastructure isn't only about emergency preparedness. In his recent book, *Palaces For the People*, Klinenberg discusses the value of social infrastructure in promoting day-to-day quality of life, especially in a digitized world. He even views these social structures as a way to challenge our current state of political polarization, describing how he met and engaged with parents of all political persuasions when his son played on a local soccer team.

An important value of MRHS and other NORC programs is to provide the social infrastructure that Klinenberg recommends. In addition to the clinical intervention that MRHS's exceptional staff provides to older adults, there is the critical value of providing a place and programs for neighbors to engage with neighbors on a regular basis.



## Happy December Birthday!!

To: Alan Cutter, Heber Jones, Kamu Kamadoli, Shirley Korn, Boyd Lowry, Florence Robinson, Reka Schoumaker and 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 18, 12:30 PM. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

Dec. 1 **Icarus** (2017) 2 hr, 1 min In his Oscar-winning documentary, Bryan Fogel an American cyclist plunges into a vast doping scandal involving a Russian scientist—Putin's most-wanted whistleblower. Bryan Fogel stars and directs.

Dec. 8 **I, Daniel Blake** (2016) 1 hr, 40 min A carpenter recovering from a heart attack befriends a single mother and her two kids as they navigate through the Kafkaesque benefits system. With humor, warmth and despair, the journey is heartfelt and emotional. From legendary British director Ken Loach. Winner of the Palme d'Or at the Cannes Film Festival. Rated R for language

Dec. 15 **The Good Lie** (2014) 1 hr, 50 min Based on a true story. A group of Sudanese refugees given the chance to resettle in America arrive in Kansas City, Missouri, where their encounter with an employment agency counselor forever changes all of their lives. Directed by Philippe Falardeau. Rated PG-13

Dec. 22 **Barry Lyndon** (1975) 3 hr, 23 min Based on the Victorian novel by William Makepeace Thackeray, this film tells the complex story of a sensitive intelligent, and ambitious man trapped in a society which has no use for him. Despite the obstacle of his Irish birth, Raymond manages to become the wealthy but ill-respected Barry Lyndon. Directed Stanley Kubrick. Rated PG

Dec. 29 **Woodstock** (1970) 3 hr, 4 min The film chronicle of the legendary August, 1969 music festival. Won the Oscar as Best Documentary. Stars Joan Baez, Richie Havens, Roger Daltrey, Jimi Hendrix and more. Directed by Michael Wadleigh. Rated R

**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:

Monday	Tuesday	Wednesday	Thursday	Friday
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

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

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

**Hypertension Screening on Wednesday**

**December 12**

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.

The **MRHS Book Club's** next meeting will be on **Tuesday, December 18 at 3:00 PM** in the New MRHS Center. They will discuss the novella ***A Simple Heart*** by Gustave Flaubert. Note that this is available in ***Three Stories*** as well as a single volume. 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 21, 2018). 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.***

## Film Committee Presents

**Wednesday, December 5**

**at 7:30 PM**

(1998) 1 hour 47 minutes

**Autumn Tale**

Magali, forty-something, is a winemaker and a widow. Her friends Rosine and Isabelle both want to find a husband for her. "As sublimely warming an experience as the autumn sun that shines benevolently on the vineyard" (New York Times). Delightfully unpredictable, nuanced, civilized entertainment., it mines emotional truth from tiny moments with exquisite finesse. Directed by Eric Rohmer. In French, with English subtitles.

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

## A Matter of Balance

MRHS is happy to sponsor ***A Matter of Balance***, an evidence-based course to help you maintain your balance and prevent a fall. The eight-session course is organized through the New York City Department for the Aging (DFTA), and will be held twice a week **beginning Tuesday, January 15 and every Tuesday and Friday through February 8. The hours are 1:00 to 3:00 PM.** The course will be held in the **Building I Rec. Center.**

Studies show that the fear of falling is the #1 concern of older adults – more than the death of a spouse or financial insecurity. Do you have a fear of falling? What are some risks in your everyday life that add to your fear? How does this fear affect your lifestyle? Do uneven sidewalks on the streets of New York City give you fear? Fear no longer!

Course leaders are ***Terry Quinn and Richard Thomas***. Both are experienced coaches who live by the motto "Falling is not an inevitable consequence of aging." Join us and learn new strategies and techniques to prevent falling. Start 2019 on the right foot and make ***A Matter of Balance*** your New Year's Resolution.