

100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Winter Celebration

Come one, come all to MRHS's **Winter Celebration!** MRHS announces our annual Winter Celebration Fest will take place on **Wednesday, December 18 from 4:00 PM to 7:00 PM.** The festivities will take place at the Riverside Church in the 9th floor Tower Room.

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

Entertainment by **Vocal Ease** begins at 6:15 PM. There will be good food and drink, singing, and conviviality. This is a great opportunity for everyone who lives in Morningside Gardens to come and celebrate!

This year MRHS encourages you to bring along winter garments to donate to Riverside's clothing distribution ministry. New or gently used coats, gloves, hats, scarves, and other warm items would be most welcome. There will be a collection bin.

The Eighth Annual MRHS Holiday Bazaar Is Coming!

Mark your calendar for the 2019 Holiday Bazaar where you will find new handcrafted gifts for family and friends made by your Gardens neighbors plus unique picks from the MRHS eBay Group. Bring a friend and start your holiday shopping without leaving the Gardens. All sales benefit MRHS.

Where: Thurgood Marshall Room,
West entrance of 80 La Salle Street

When:

Friday, December 6, 12:00 Noon – 7:00 PM
Saturday, December 7, 10:00 AM - 4:00 PM
Sunday, December 8, 12:00 Noon – 2:00 PM
(Lottery drawing at 1:30 PM on Sunday)

“When I Am Italian: *quando sono italiana*”

“My Italian village in America was in Waterbury, Connecticut.” In this sentence, Building VI resident **Joanna Clapps Herman** raises the central question of this book: To what extent can a person born outside of Italy be considered Italian? Joanna will share some of the stories from her new book. There will also be an opportunity for those present to share their own family stories.

The granddaughter of Italian immigrants who arrived in the United States in the early 1900s, Joanna Herman takes a complicated and nuanced look at the question of to whom and to which culture she ultimately belongs.

Joanna Clapps Herman (yes Clapps is an Italian name) is the author of *The Anarchist Bastard: Growing Up Italian in America* and *No Longer and Not Yet: Stories*, both published by SUNY Press. She is also the coeditor of two books about the Italian-American experience.

Thursday, December 5, 7:00 PM
MRHS Center, 100 La Salle, #MC

Winter Concert!

MRHS is pleased to host a special **Winter Concert** featuring the youth group, **Every Voice Choirs.** Please join us on **Thursday, December 12 at 4:30 PM.** The concert will be held in the Recreation Center of 100 La Salle, basement level. *All children and adults are invited!*

***** MRHS is closed on Wednesday, December 25 for Christmas Day. We will re-open on Thursday, December 26. We wish everyone a wonderful holiday! *****

Women's Group News

The women's meditation group that meets on **Mondays at 7:00 - 8:00 PM** in the MRHS café room (Building 1) has enough space to accommodate a few more women. We meditate for about half the time and talk about our experiences the other half. If you are interested, just come to our Monday evening sessions a few minutes before 7:00. You need not be a senior who uses MRHS services in order to attend.

“Funny You Never Knew”

Back for a repeat performance! Please join us for a screening of this film featuring Fred Willard and Kevin Pollak who examine the work of three neglected TV comedians: George Gobel, Imogene Coca, and Martha Raye. FYNK contains generous excerpts of video archival material, giving viewers a chance to see many segments that have not been available for public viewing since the live telecasts first went out more than sixty years ago. The clips also feature such guest stars as James Stewart, Shirley MaLaine, Angela Lansbury, Henry Fonda, and Jack Benny.

Also included are interviews with eye-witnesses of our stars' talents, including Bob Newhart, Lily Tomlin, Carol Channing, Carl Reiner, George Schlatter, Norman Lear, Hal Kanter, Tommy Smothers, Alan Young, Jack Carter, Mitzi Gaynor and Kaye Ballard. FYNK provides not only a look at the forgotten work of three dynamic comedians but a glimpse of a lost era of American comedy.

Karl Tiedemann, (Bldg. II) a New York City native, studied film production at NYU. One of his short films, *King of the Z's*, led to a stint on the writing staff of NBC's *Late Night* with David Letterman and an Emmy nomination. He is the author, or co-author, of several comedy plays which have been produced both in Europe and in many of these United States.

Wed., December 4, 7:00 to 9:00 PM
MRHS Center, 100 La Salle, #MC

Happy December Birthday!!

To: Alan Cutter, Heber Jones, Kamu Kamadoli, Shirley Korn, Boyd Lowry, Florence Robinson, and Reka Schoumaker.

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 *The Company You Keep* (2013)

2 hr 5 min. Reflective thriller-melodrama with Robert Redford as a lawyer forced to go on the run when former fellow Weather Underground



member Susan Sarandon is arrested. Also with Julie Christie, Nick Nolte, Chris Cooper, Stanley Tucci, Shia LaBeouf. Rated R.

Dec. 14 *Sorry to Bother You* (2018)

1 hr, 51 min. An American absurdist dark comedy film written and directed by Boots Riley, in his directional debut. It follows a young African-American telemarketer who adopts a white accent in order to thrive at his job. Once he does, he rapidly gets swept up into a conspiracy, and must choose between making money at the expense of humanity or joining with his activist friends to organize labor. Rated R

Dec. 21 *RGB - Documentary, Biography* (2018)

1 hr, 38 min RGB is a 2018 American documentary film exploring U.S. Supreme Court Justice Ruth Bader Ginsburg's exceptional life and career. At the age of 84, she has developed a breathtaking legal legacy. Stars, Ruth Bader Ginsburg, Ann Kitner and Harriet Heisel. Directed by Betsy West and Julie Cohen. Rated PG

Dec. 28 *Young at Heart* (2007) 1hr 47 min

A documentary on a chorus of senior citizens from Massachusetts who cover songs by Jimi Hendrix, Coldplay, Sonic Youth, and other unexpected musicians. Stars Joe Benoit, Helen Boston and Louise Canady. Directed by Stephen Walker and Sally George. Rated PG

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 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 |
|--------|---------|-----------|----------|--------|
| 9 – 5 | 9 – 5 | 9 – 5 | 9 – 5 | 9 – 5 |

Nurse's Hours – Nurse's schedule:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 9 – 5 | 9 – 5 | 9 – 5 | 9 – 5 | 9 – 5 |

Hypertension Screening on Wednesday

Will resume on Wednesday, December 11, 9:00 AM to 11:00 AM

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

Pop Up Movie Sneak Preview

Marriage Story (2019) 2 hr 16 min.

A couple negotiate their divorce. Harrowing, hilarious, and deeply moving. "Funny and sad, sometimes within a single scene" (New York Times). With Adam Driver, Scarlett Johansson, Laura Dern, Alan Alda, Ray Liotta, and a couple of Stephen Sondheim song and dance numbers. Directed by Noah Baumbach.

Wednesday, December 11, 7:00 PM
MRHS Center, 100 La Salle St.

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, 2019). 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.***

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 11 at 1:15 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 or email 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 / MRHS Program

Thursday, December 5, 3:00 PM

"Hearing and Memory" with *Dr. Maura Cosetti*. Hearing loss is extremely common affecting 1 in 4 people over the age of 65. Come learn about the different types of hearing loss and common treatments.

Friday, December 13, 3:00 PM

"Advance Directives" with *Dr. Caitlyn Kuwata*, Geriatric Fellow and *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.

Friday, December 20, 3:30 PM

"Ask the Doc" with *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.

You must contact MRHS in advance to schedule an "Ask the Doc" session.

**** MRHS presents these programs in partnership with the Mt Sinai School of Medicine, with support from the UJA Federation of New York. ****

Great Decisions 2019

Great Decisions 2019 resumes on **Tuesday, December 2.** *Hilah Thomas* will lead a discussion on "State of the State Department and Diplomacy." The program takes place at **7:00 PM at MRHS.** For those who do not have books, readings for the December discussion will be available in the MRHS office.

MRHS Unforgettables Chorus

The chorus group is for individuals with dementia and their caregivers with an emphasis on social interaction. Music has been shown to have a positive impact on mood and memory for those diagnosed with dementia. The goal of the MRHS chorus is to improve both the quality of life and the relationship between the person with dementia and their caregivers. For more information please contact MRHS social work intern *Danieal Sanzo* at the MRHS office, **212-666-4000.**

***** 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. *****

Low Vision Support Group

The **Low Vision Support Group** will meet again in January on **Monday, January 13 and Monday, January 27 from 3:30 to 4:30 PM.** In a safe and confidential setting, members will have the opportunity to discuss their feelings, share experiences and offer mutual support.

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

Save the Dates



- **2020 Estates and Trusts Seminar** presented by MHHC in the Building I Recreation Center: Saturday, January 11, 2:00 – 3:30 PM and Thursday, January 16, 7:00 – 8:30 PM
- **Music Appreciation Class** presented by the *Bloomington School of Music.* This will be a series of four-week music courses to be hosted by MRHS: Fridays, 1:00 – 2:30 PM, starting January 10. There will be a modest fee (amount TBA) for the classes.

Do You Love Movies?

The Saturday movie committee needs a volunteer who will show one film a month. We'll train and support you. Simply select a film you will show and relay the information by email to the committee. Contact Margaret at MRHS, 212-666-4000.

Social Connectedness Focus Group

Blooming Health is looking for older adults (65-85) to participate in a two-hour focus group on the topic of social connectedness and overcoming isolation. They are looking to understand some of the day to day challenges and explore ways this could be improved.

If you are interested, please email *Blooming Health* at team@gobloominghealth.com with your name and they will get back to you with more information.

About Blooming Health: We are a team of scientists and technologists with a mission to develop ways older adults can strengthen their connections to friends, family, caregivers, and their community through the use of friendly technology.

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

