

Back To Basics 101: MHHC and Your Cooperative Apartment

**In Person and by Zoom:
Friday, December 10 at 2:00 PM**

In person seating is limited, so please contact Margaret Bianchi at 212-666-4000 to save a place. Zoom will be available for all other residents who wish to attend the presentation.

For many MHHC residents, numerous years have passed since you purchased your cooperative apartment. While your home is where your heart is, it is also an asset that has likely grown exponentially in value.

This Primer will teach you how to protect your home/asset and what to expect when the time comes to sell or pass it on. Learn what you can and cannot do with your apartment when formulating your estate plan. MHHC has strict rules about legacy giving. Now is the time for you learn about them. Learn about revocable and irrevocable trusts, reverse mortgages and whether you can directly or indirectly leave your children your cooperative apartment.

It is never too late to learn the best strategies for protecting what you love and have invested in over the years. There may be some homework after Back to Basics 101. Have no fear, being empowered with knowledge will make your task easy to complete.

Stay well until we meet.
Sherri Hughes

If you are unable to attend the presentation either in person or through Zoom, and would like to speak with Ms. Hughes directly, please contact Sherri Hughes at 212-569-6099.

Dances For A Variable Population (DVP)

DVP Presents

"Dances For Seniors"

Featuring a Performance and Interactive Dance Workshop with Legendary Guest Artists!

Sharing Fun and Friendship!

Wednesday, December 1 at 2:00 PM
Thurgood Marshall Room, Building III

Masks and social distancing will be required, and seating will be limited. Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a spot.

MRHS Board Game Café

Please join us **Friday, December 17 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, December 17 between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Please note that at the present time we will have to follow mask-wearing protocols required by the Department for the Aging.

MRHS will be closed on Friday, December 24 for Christmas and on Friday, December 31 for New Year's. We wish everyone a happy holiday season.



Director's Column

I'm happy to announce that MRHS has been awarded a NORC (naturally occurring retirement community) contract by the city's Department for the Aging (DFTA) during its recent round of RFP's (Request for Proposals -- - and I promise, no more acronyms.) MRHS has been contracted with DFTA since 1999 and this award will be good for three more years until 2024, with the possibility of renewal for three additional years.

DFTA has been MRHS's largest funder for many years now, followed by, sorry just one more acronym, NYSOFA (New York State Office for the Aging), which has been providing support to MRHS since 1996 when the state became a trailblazer in supporting this innovative program model as an alternative to institutional care. Leaders from MRHS, especially Mary A. Thompson, and Penn South Senior Services were instrumental in advocating for public NORC funding in the early 1990's, which has made this funding possible ever since.

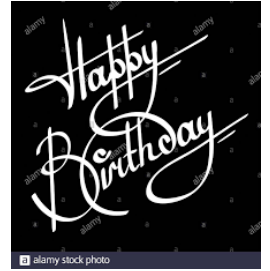
As many of you know, state and city NORC funding is contingent on support from the housing entity where the NORC program is located – in our case, MHHC, which has been generously supporting MRHS since the 1990's and providing program space since 1966. MRHS is very appreciative of this support. The reason for the housing contribution requirement is that NORC programs were designed as public-private partnerships, requiring community support and "buy-in" from NORC residents. The Morningside Gardens community has been very supportive and, in return, MRHS has been providing extensive NORC social services and healthcare services to some of the Gardens' most vulnerable residents, along with a range of the health promotion and educational/recreational programs described in these pages.

You have all endured so much during this pandemic. We hope MRHS has made this difficult journey a little easier and will continue to do so going forward.



Happy December Birthday!!

To: Alan Cutter,
Sheila Geist, Kamu
Kamadoli, Harriet King,
Wang Li, Su Qing Liu,
Boyd Lowry, Frank
Minaya, Rekha
Schoumaker, and Ping
Zhang.



Music Mondays Presents

Jennifer Koh: "Bridge to Beethoven"

**Jennifer Koh, violin, and
Thomas Sauer, piano**

Monday, December 6, 7:30 PM

Forward-thinking violinist Jennifer Koh is widely admired for her commanding performances of "stirring intensity" (New York Times); she has also promoted inclusivity in classical music by commissioning over 70 new works from a truly diverse range of composers. Here, she expands upon her Bridge to Beethoven project with two world premieres (commissioned by Music Mondays), alongside Beethoven's "Kreutzer" Sonata and his first violin sonata, op. 12, no. 1.

Program:

- Beethoven: Violin Sonata in D Major
- Selections from Alone Together to include world premieres of works by Daniel Bernard Roumain and his mentee Deanna Rusnock
- Beethoven: Violin Sonata in A Major

FREE concert: We welcome guests with proof of vaccination. Face masks must be worn at all times. Advent Lutheran Church, 2504 Broadway

MRHS Book Group

The next meeting is **Wednesday, December 8 at 3:00 PM** to discuss the novel, ***This is Happiness***, by Niall Williams.

Via Zoom. All are welcome.

For further information please contact MRHS at **212-666-4000** or by email to Margaret Bianchi at **margaretb@mrhsny.org**.

Current MRHS Online Classes

MONDAY

Stronger Seniors Workout

(Strength & Stretch), 10:00am – 11:00am

Writing Group

2:30pm - 3:30pm

TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

10 Years Younger Workout

(Cardio & Aerobics), 10:00am – 11:00am

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree

3:00pm – 5:00pm

THURSDAY

MRHS's "Great Movies" Series

2:00pm, monthly

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

TBD Workout

10:00am – 11:00am

Music Appreciation

1:00pm – 2:30pm

****** MRHS participated in the Fresh Food for Seniors, Grow New York program this fall. We would like to thank the Manhattan Borough President's Office and Council Member Helen Rosenthal and her staff for making this possible. ******

****** 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. ******

Message From HWKN Architecture

HWKN Architecture (Architect for the MRHS Space) is inviting interested Morningside residents to take part in a short interview. The discussion led by HWKN Founder, *Matthias Hollwich*, will be focusing on what is needed to create the best home to support healthy and happy aging.

The material may possibly be used for a future TV production.

For more details and information, please reach out to the HWKN Architecture team at [**info@hwkn.com**](mailto:info@hwkn.com).

Great Decisions

Great Decisions 2022 Schedule

- February 8: "Changing Demographics"
- March 1: "Outer Space"
- April 5: "Climate Change"
- May 3: "Russia and the U.S."
- June 7: "Myanmar and ASEAN"
- September 6: "Quad Alliance" (U.S., India, Japan and Australia)
- October 4: "Drug Policy in Latin America"
- November 1: "Industrial Policy"
- December 6: "Biden's Agenda"

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 17, 2021). 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.***

**Donors to MRHS Annual Fund Drive as of
November 16, 2021.**

(continued from insert)

Sweeney, Molly and Michael, Herb
In memory of Olga Hughes

Teel, Mary Lou *In memory of Harry Arpadi*

Thomas, Margaret and Kenneth

Udris, Dace

Ungsunan, Usa *In memory of Eileen Canty*

Voisk, Rose *In honor of MRHS*

Walrich, Joan and Garcia, Vincent
In memory of Valerie Luizer

Welch, Eva D. *In memory of Henry Welch*

Williams-Henry, Barbara
*In memory of Valerie L. Cornell,
daughter, and Franklin D. Williams,
brother*

Winderbaum, Larry

Wu, Shuli and Chien

Yaniv, Elaine

Yoshinaga, Lucienne
*In honor of Margret Bianchi and Joanna
Stolove and in memory of my dear
husband, Tsugio John Yoshinaga*

Yu, Peter and Pui Ha

Zacone, June *In honor of MRHS Staff*

Zehnder, Linda K. *In memory of Eileen Canty*

Zimiles, Herbert

MRHS Men's Group

The next meeting of the Men's Group will take place via Zoom on **Wednesday, December 22 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

**** 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. ****

Annual Fund Drive

MRHS has developed an Annual Appeal database that lets us compare individual donations for the past six years. This will provide a reminder of what you've given in the past.

If you would like to receive this information, just send an email to Ron Bruno, our Executive Director, asking him to forward your six year donation list and he will respond in a short period of time. His email address is RonB@mrhsny.org

Thanks for all that you do for MRHS.

Michael S. Davidson. Ed.D.

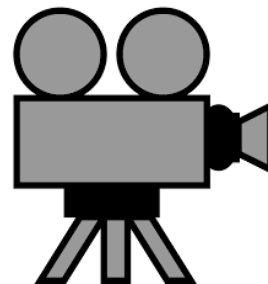
President, MRHS

MRHS's "Great Movies" Series

"Wendy and Lucy"

(2008) 1 hr., 20 min.

A young woman named Wendy passes through a Pacific Northwest town on her way to Alaska, where she hopes to find work. She has a little bit of money, an unreliable car and her dog, Lucy. A stripped-down tale of desperation and hope in hard times - a Raymond Carver story for the Great Recession - it was named in 2017 as one of the "Best Films of the 21st Century So Far" by The New York Times. Starring Michelle Williams, and directed by Kelly Reichardt ("Old Joy", "Meek's Cutoff.")



**Thursday, Dec. 16, 2:00 PM via Zoom
Contact MRHS for the Zoom link.**

This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.

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