

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Winter Holiday Open House

Come to MRHS's first ever **Winter Holiday Open House!** MRHS invites Morningside Gardens residents of all ages to stop by for some holiday treats, good cheer, and an opportunity to catch up with friends and neighbors. The doors will be open between the hours of **3:00 PM and 7:00 PM on Thursday, December 15.** Stay for a while or just drop by to say hello! If you would like to donate a baked good to the Open House, please contact Joanna Stolove at joannas@mrhsny.org or 212-666-4000.

Thanks To the Stolove and Schneider Families!

MRHS provided 42 Thanksgiving meals to older adult Morningside Gardens residents, their home health aides and their family caregivers, thanks to the generosity and efforts of Assistant Director Joanna Stolove and her family.



The Thanksgiving meals, ordered from Sylvia's Restaurant, were made possible by the fundraising work of Joanna's son, Max (*pictured above*), and the generous donation of Joanna's brother, Kevin Schneider, and sister-in-law, Mumtaz. Max made beautiful origami holiday cards to sell to family, friends and neighbors, raising more than \$800 in the process.

The special holiday meals were delivered to each door by Stolove/Schneider family members on the eve of Thanksgiving, with help from Building 2 resident Noah Lichtman, whose daughters, Naomi and Esther, made cards to go with the meals. Many thanks for bringing this special holiday cheer to the Morningside community!

Women's Group Forming

A woman's group is being formed at MRHS. We are thinking of once weekly for 8 weeks, to start in the new year. The subjects will be "as you like it" ...from ageing and adult children to art, literature, and politics. Want to take a field trip? Let's talk and plan it. Your thoughts, feelings and ideas are wanted.

We are thinking of Mondays at 4:00 PM. Is this a good time for you? Please contact Margaret Bianchi at MRHS at 212-666-4000 or MargaretB@mrhsny.org if you are interested.

Latin/Swing/Jazz Dance Class

Extended by popular demand through the month of December, ending December 29.

Salsa, Mambo, Cha-Cha, Samba, Swing, Lindyhop, Jitterbug & Jazz.

No partner needed, for mature adults and for all levels, especially beginners. Fluid warm-up to begin to avoid any stress on your muscles while you have fun dancing.

Every Thursday morning at 10:30 AM to 12:00 noon, in the **Thurgood Marshall Room**, Building III. (No class on November 24 for Thanksgiving)

If interested, you can just come by. For more information you can call or text or email dance instructor **Kathy Sanson** at 917-535-0582 kjsanson@gmail.com.

MRHS will be closed on Monday, December 26 for Christmas and on Monday, January 2 for New Year's. We wish everyone a happy holiday season.



Notice To Cooperators From the MHC Elections Committee

The Elections Committee will run a Special Election* to Maintain an Independent Elections Committee.

Voting will conclude on December 19, 2022. Detailed information on the Special Election has been circulated on Building Link and hard copies are available in all lobbies.

Questions? Email: mhcselections@gmail.com or call: 917-623-7043 (Shelley Miller) or 917-968-0178 (Jim Ellis)

Beware Of Scams

We've observed an increase in the number of scams in recent weeks. People are receiving calls, for example, from someone purporting to be from their cable provider, only to obtain sensitive credit card information. Please be aware that even calls where the caller says they are from your telephone company, cable provider, bank or any other provider that you use, are likely to be a scam. If you receive such a call, you should hang up, and call the provider yourself if you want to follow up – or call MRHS and we'll help.

MRHS Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly, on the first and third Mondays of the month, from 11:00 – 1:00 PM. While the group was started by Stephanie Low, Building 2, the spirit of cooperation in the group encourages members to support one another as we each work on our own projects. We have a wide selection of beads available, and you are welcome to bring any supplies you have on hand, including broken beaded jewelry you would like to repair or repurpose.

No experience necessary. Please feel free to contact Stephanie with questions: stephanielow52@gmail.com. If you are interested in participating, contact Margaret Bianchi at MRHS: margaretb@mrhsny.org.

Happy December Birthday!!

To: Sheila Geist, Harriet King, Wang Li, Sui Qing Liu, Boyd Lowry, Frank Minaya, Rekha Schumaker, and Ping (Lydia) Zhang.



MRHS's "Great Movies" Series

"The Motorcycle Diaries"

(2004) 2 hr., 6 min.

On a break before his last semester of medical school, Ernesto "Che" Guevara (Gael García Bernal) travels with a friend from Brazil to Peru by motorcycle. The two soon witness the great disparities in South America, encountering poor peasants and observing the exploitation of labor. When they reach a leper colony in Peru, Ernesto's values have changed so much that he sides with the sufferers, forgetting his own comfort. From executive producer Robert Redford and director Walter Salles ("Central Station") comes a life-changing journey.



In Spanish, with English subtitles.

Thursday, Dec. 15, 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.

***** MRHS would like to thank the Morningside Heights Community Coalition for its recent grant in support of MRHS. We would also like to thank them for their advocacy efforts alongside MRHS, as we work to bring a passenger elevator to the 125th St. #1 subway station. *****

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 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

Exercise/ Workout
10:00am – 11:00am

**** 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. ***

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

MRHS Board Game Café

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

Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom, sponsored by MRHS. This month's topic of discussion will be **Biden's Foreign Policy Agenda**.

The new administration in Washington promised to reverse many of the policies of the past administration, especially in foreign policy. How will issues such as climate, the pandemic, and alliances be treated under the Biden administration?

Tuesday, December 6, 7:00 PM, Via Zoom

COVID Test Kits / Vaccinations

MRHS has Covid Test kits available. If you need help performing the test, please contact MRHS at 212-666-4000. ***And don't forget to get your booster shot. Contact MRHS if you need help.***

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 16, 2022). 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.***

Bloomington School of Music

Music Appreciation Series via Zoom

**"From the Podium: The Great Conductors"
with Marc Peloquin**

January 6 – January 27

Fridays from 1:00-2:30 PM

Have you ever wondered what makes a great conductor? This course will explore the role of the conductor and focus on great performances by some of the most important conductors of all time including Leonard Bernstein, Seiji Ozawa, JoAnn Falletta, and Gustavo Dudamel.

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to register.

Moving For Life Will Return

Coming in January, the popular Moving For Life program will return to MRHS, meeting in the newly-renovated Building 1 Community Center. Moving For Life classes use gentle aerobic exercise to motivate older adults and people of all ages **following cancer or other major health issues** to move towards greater health. These classes include adaptable movements that can be completed seated or standing and help to improve physical health while increasing range of motion, easing joint pain, and improving balance.

Class starts with a gentle warm-up, then moves to gentle aerobics and strength training through dance moves then a cool down. Exercise increases energy levels, boosts immunity, helps with weight management, and eases symptoms of many chronic illnesses.

Fridays, 3:00 PM to 4:00 PM

Starting January 13, 2023

Community Center, Building 1 Basement

***** 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. *****

Arts & Minds

The **Arts & Minds** program continues to bring joy to participants! Each session provides the chance to discuss, as well as create, meaningful works of art. **Arts & Minds** was developed to enrich the lives of people with cognitive decline and their care partners through artistic expression.

Programs are held in person the **first and third Tuesdays of the month from 2:00-3:15 PM. The next session will be held on Tuesday, December 6.**

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot.

MRHS Men's Group

The next meeting of the Men's Group will take place on **Wednesday, December 28 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

Low Vision Group

Join our circle of support!

Share your personal experiences, feelings, challenges, and coping strategies with other group members. We'll also explore most helpful tools and devices. Next meeting will be on **Thursdays, December 1 at 2:00 PM**. For more information, please call MRHS at 212.666.4000. Walk ins welcome!

MRHS Book Group

MRHS Book Group will not meet in December. The next meeting is **Wednesday, January 18, at 4:00 PM** to discuss ***The Manhattan Girls: a Novel of Dorothy Parker and Her Friends***, by Gill Paul. 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.



Morningside Retirement & Health Services

Helping Elders. Building Community.

October, 2022

Dear Neighbors and Friends of MRHS:

Thank you for taking the time to read our Annual Appeal fundraising letter. Morningside Retirement and Health Services (MRHS) has been serving the Morningside Gardens (MG) community since 1966. **Founded on the principle of "neighbors helping neighbors,"** we developed a set of values that encompass "promoting a caring community, preserving the dignity and human rights of older people, promoting independence, preventing isolation, reflecting integrity and a commitment to diversity."

How Can MRHS Help? Recently our staff answered that question using Zoom to discuss Case Management Services and Healthcare Case Management. See <https://www.mrhsny.org/speakers--forums.html>.)

Within those concepts you will find that we provide families with professional advice about dealing with social, financial, or health problems. Our trained staff may be called on when cognitive impairment causes issues, and we work with MHHC Security in emergency cases. We also reduce social isolation by visiting the housebound in their apartments and providing social and learning opportunities in our office space. Volunteers take residents to medical appointments.

Building our multi-cultural community is also important. While Covid has limited our ability to hold programs in our offices, we have been able to offer a wide variety of programs that stimulate your mind, protect your body, improve your skills, raise your spirits and offer lots of fun and friendship. In the past year there were 4420 registrations for programs sponsored by MRHS ranging from Great Decisions (a discussion of world events) to Zumba (exercise) to seminars on Medicare, Improving Your Physical Health, Restoring Your Fitness and Balance, Advance Planning Directives and Estate Planning. At MRHS, computers are available, there is a free circulating library, and coffee, tea and snacks are available daily in our lounge.

We are classified as a NORC (Naturally Occurring Retirement Community), and have contracts with DFTA (NYC Dept. For The Aging) and SOFA (NY State Office for the Aging). Additional DFTA and SOFA required funding is provided by MHHC (Morningside Heights Housing Corp). Several other private and governmental agencies make generous contributions. And, of course, you our residents and friends.

Our Annual Appeal, the one time each year that we ask you to donate to MRHS, seeks your help be it small or large. Everything you give goes toward operating funds. Last year over 300 individuals, couples and families supported us. This shows belief in our values and what we can do together.

Sincerely yours,

Michael S. Davidson, Ed.D.
President, Board of Directors

(DETACH FORM BELOW DOTTED LINE AND RETURN)

I/We want to support MRHS with a tax-deductible gift of: \$500 _____ \$300 _____ \$200 _____ Other \$ _____

Name: _____

Address, City, State: _____ Zip _____

Email Address: _____

This gift is in honor of: _____

This gift is in memory of: _____

I do **not** want my name/honorees listed in the MRHS newsletter.

My employer will match my gift.

Donors to MRHS Annual Fund Drive as of November 16, 2022.

Thank you one and all: More donors will be listed next month!

Pieretti, Marie-Pascale
Pirani, Sylvia and Barth, Mark
Pohlig, Karen and Goodhue, Thomas
Pullium, Rita

*In honor of MRHS Staff and
in memory Of Rush Pullium*

Putman, Mary
Rackmill, Elise
Riddett, Cecelia

*In memory of My brother,
John Anthony Ward*

Robinovich, Eduardo D.
Rodriguez, Eugene and Eglsaer, Rita
Rosenblum, Edward
Scheuer, Katherine
Schramm, Angela
Scott-Clayton, Judith and Clayton, Kyle

*In honor of Our New Neighbors
(we just moved in!)*

Shafer, Stephen and Jennifer Beirne
Skoff, Debra
Smith, Alene L.

*In memory of
George Bundy Smith*

Solomon, Judith
Speyer, Mark and Stern, Catherine

Stauber, Susan B.
Stewart, V.J.
St. John-Parsons, Susan
Tang, Yen

In honor of Staff Members

Thomas, Hilah
*In praise & memory of
Beatrice Gottlieb*

Udris, Dace
Ungsunan, Usa
Voisk, Rose

In honor of MRHS

Wang, William
Weaver, David
Widder, Lynnette
Worthington, Carrie and Niemann, T. C.
Wright, Marion
Wunsch, Sarah
Yeh, Marion H.
Zaccone, June

In honor of MRHS Staff

Zehnder, Linda
In memory of Shirley Korn

Donors to MRHS Annual Fund Drive as of November 16, 2022.

Thank you one and all: More donors will be listed next month!

Abbey, Linda and Wallis, Mervyn

In memory of Chris Romilly

Ackerman, Andrew and Fridlind, Ann

In honor of Ms. Ivy Polk

Arkininstall, Jane

Auslander, Stuart and Joseph, Anne

Barrowclough, George and Karen

Baylen, Harris

Bentz-Letts, Alan and Wersan Susan

Broderick, Linda and James Michael

Brown, Bernice and Harvey

Chandrasekaran, B. and Roberts, Craige

Clarkson, Bill and Marcia

Darling, Gregory J.

In memory of Justine and

Oliver Darling

Dunsker, Alice and Kruger, Stanley

Eder, Nancy

Eng, Amber

Field, Cynthia

Frazer, Susanna and Hofmaier, Mark

In memory of Lee and Oan Frazer

Friar, Maureen

Garcia, Vincent and Walrich, Joan

In memory of Valerie Luizer

Gill-Lopez, Eduardo i

In honor of Margaret Bianchi and

Joanna Stolove

Gomes, Julian and Elizabeth

Green, Jerry

In memory of Daniel J. Sullivan

Greene, Michael

In honor of Saudia Garnette

Hinton, Katherine C.

Hughes, Helen

In memory of Charles and

Howard Hughes

Janis, Roberta

In memory of Eileen Canty

Johnson, John N.

In memory of Phyllis E. Johnson

Johnson, Meg and Dave

Kane, Sherry

Kapner, Joanna M.

In memory of My Parents, Sophia

and Gene Mehrer

Khosrovi, Bezhad and Dorothy

Kramer, Fred

Kretschmer, Carol and Robert

Krueger, Karin and Byrd, Roy

LaRacuenta, Joan and Harry

Leonard, Tiana

Linder, Barbara

Lowry, Boyd and Mary

Mapp, George W.

Martin, William

McKenna, Wendy and Kessler, Suzanne

Mellen, Elizabeth and Allen

Miller, Thomas

Mills, Marion Butler

In memory of Josephine G. Butler

Minaya, Frank and Dana

In honor of Devoted Social

Worker, Saudia Garnette

Molloy, John J.

Morahg, Galila and Gil

In honor of Ron, Margaret and

the MRHS Staff

Moy, Sui Yung

Muhammad, Ozier and Lisa Redd

Noisy, Yanick

Norton, Leslie

O'Farrell, Barbara

In memory of Winifred Shearer

Onne, Steven

In memory of Tih Lou Onne;

Tsing May Onne

Perl, Rebecca