



newsletter

January 1, 2014
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100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Rita Marie Pullium
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Fall Prevention Program

According to The New York City Department of Health unintentional falls are the leading cause of injury-related death and hospitalization in adults 65 and older. Each year NYC hospitals treat and release about 21,000 older adults in their emergency departments and admit another 16,000 for falls.

Older adults may fall because of changes that affect walking, coordination, and balance, medication side effects, poor vision, environmental hazards, and diminished strength and reflexes. Risk for falls increases with the number of risk factors a person has.

Our new health care partner, Jewish Home Lifecare, will be presenting a Fall Prevention Program on **Tuesday, January 21 from, 2:00 Pm to 4:00 PM**. One part of the program will be the therapist's screening of resident's gait and balance.

If you are interested in attending this presentation and want to be screened please call MRHS at 212-666-4000 or email Margaret Bianchi at margaretb@mrhsny.org.

Monday Night Discussion Group

Topic: The Politics of Fear: McCarthyism and Beyond

Do you remember the Red Scare of McCarthyism that swept the country in the first half of the 1950's? Did it affect you, your family, and your neighbors? Have we moved away from politicians' use of fear to manipulate us, our, vote and our view of the world? Come share your experiences and opinions.

Monday, January 13, 7:30 – 9:00 PM
MRHS Tuttle Center, Building I, MC

Note: Next month's Monday Night Discussion is February 10 from 7:30 – 9:00 PM: Breaking Barriers: The Search for Equality. According to Aristotle, "Equality consists in the same treatment of similar persons", but what does equality really mean to you? Have you participated in the search for civil equality, women's equality, gay equality, or any other form of equality? Let's learn from each other.

*Recollect Learn Discuss
Participate Celebrate*

Clear Your Mind by Clearing Your Clutter

Are you overwhelmed by clutter? You're not alone! Clutter impacts 1.2 million Americans. MRHS's social work intern, **Aissata Kebe**, will be addressing the issues associated with clutter through a 6-week program. Topics include: decluttering our emotions, donating to give back to the community, consequences of cluttered living, etc. The group will begin each session with a mindfulness activity to "declutter your mind."

The group is scheduled for **Tuesdays afternoons**; on **January 21, 2014** the meeting is **at 1:00 PM** and thereafter at 2:00 PM. **Registration is required.** Please contact Aissata for more information at 212-666-4000.

***** MRHS is closed on Wednesday, January 1 for New Year's Day and on Monday, January 20 for Martin Luther King Day. We wish everyone a Happy New Year! *****

Holiday Fairs a Great Success!

The MRHS Winter Celebration was a great success, with more than one hundred people in attendance. We want to thank all the volunteers for their efforts in making the party a success and also everyone who attended. We also would like to thank the following establishments for their generous donation of platters:

- **Fairway Market**
- **Nikko**
- **Toast**
- **Whole Foods**

For the first time MRHS held a Silent Auction at the party, which raised \$774. We want to thank the following donors to the auction:

- **Bettolona**
- **China Place**
- **International Wines and Spirits**
- **Kuro Kuma**
- **Pisticci**
- **University Housewares**
- **West Side Market**

as well as Kamu Kamodoli, Anisa Costa, and Alice Lilly for their donations and time.

We are also happy to report that the Holiday Sale sponsored by the **MG Ceramics Club and the MRHS Circle of Hands Program** raised more than \$700 for the benefit of MRHS and provided many beautiful handmade items to holiday shoppers!

Low Vision Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. It is a way for people to gather together and share their experiences about living with low vision. The dates for January will be on **Friday, the 10th and Friday, the 24th** from **2:00-3:00 PM** in the MRHS community center. Please call 212-666-4000 to sign up.

Happy January Birthday!!

To: Judith Anderson, Sandra Czajkowski, Joy Cooke, Shirley Davidson, Ann Foshay, Paul Haskins, Beatrice Hawkins, Florence Keller, Ruth Kivette, Lydia La Fleur, Beulah Lawless, Marie Ledoux, Ruther Miller, Rita Pullium, , Gloria Robotham, Edward Rosenblum, Marion Rothenberg, and Seth Wohl.

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 January are all invited to our Birthday Party! Come on **Tuesday, January 21** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Jan. 4 **Seven Brides for Seven Brothers**

(1954) 1 hr, 42 min. The musical leading the way to all the MGM musicals. Seven brothers living isolated lives decide to take wives in their own characteristic ways. Michael Kidd was the choreographer – a gem. Rated G.

Jan. 11 **Radio Days** (1987) 1 hr., 28 min.

Woody Allen reminiscences about the golden age of radio through a series of vignettes involving radio personalities who affect the life of a working class family in Rockaway Beach in the 1940s. Warm, funny, and ultimately touching. Rated PG.

Jan. 18 **The Last of the Mohicans** (1992)

1 hr., 52 min. James Fenimore Cooper's novel recalling the French/Indian war is vividly brought to life by Daniel Day Lewis's outstanding portrayal of Hawkeye. Rated R.

Jan. 25 **Intouchables** (2011) 1 hr., 52 min.

Affluent paraplegic Philippe develops an unexpectedly close bond with his gruff aide, Driss, in this affecting comedy/drama inspired by a true story. French with English subtitles. Rated R.

Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.

MRHS has been selected to host an artist-in-residence through Seniors Partnering with Artists Citywide (SPARC). Starting Jan. 1, Fulbright grantee Anna Adler, just back from Prague, will join us.

Just a Reminder

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

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

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 6 9 – 6 9 – 6 9 – 6 9 – 6

Nurse's Hours – Marie Phillips' schedule:

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

Hypertension Screening –Alternate Wednesdays from 9:00 to 11:00 AM

01/08, 01/22

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" group will resume on Thursday, **January 23 at 2:30 PM**.

"Later Life Transitions" group meets this month on **Thursday, January 9 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be on **Wednesday, January 29 at 3:00 PM** in the Tuttle Center. The group will discuss the novel, ***The Secret History of Costaguana*** by Juan Gabriel Vazquez, one of the foremost contemporary authors in Latin America. All are 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 January 17 20). 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.***

Technology For You MRHS "techNet" "Security"

The MRHS "techNet" group will meet in January at a date and time to be announced in the **MRHS Tuttle Center**. Look for notices about this event, which will appear soon in your building.

Also, for future reference, **Marcia Clarkson, Mike Davidson, or Tiana Leonard** will be happy to assist MHC residents in using the iMac, iPad, iPhone or Android phone (Tiana only). Please call Margaret Bianchi at MRHS to set up an appointment to meet.

For more information about any of the above, or if you wish to be added to our email list, send a message to **DrMichaelSDavidson@Gmail.com** or call the office.

Join us at The Memory Tree™

It's hard to believe that it was eight years ago that The Memory Tree™ started at MRHS. For the last eight years residents of MRHS, along with people in the neighborhood with mild memory problems, have come together for classes and workshops. The Memory Tree™ offers a wide variety of programs for those with mild memory problems.

The Memory Tree™ is offered once a week at MRHS, now on **Friday mornings from 9:30 AM -12:00 PM**. Program fees apply. If you are interested in joining us at The Memory Tree™, or know of someone in the community who could benefit from our program please contact **Elizabeth Fine, LCSW, at 917-656-0558**.

Building VI resident and MRHS volunteer Joy Carol has a new book out. She would like you to know that the book, "Seasons of Joy," can be found at Amazon.com.

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

SNAP Assistance

MRHS will be providing special help to apply for the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, on **Tuesdays, January 7 and January 21 from 10:00 AM to 3:00 PM at the MRHS Tuttle Center**. Assistance will be available in **English and Chinese** from representatives of the Department for the Aging. Monthly gross income limits of \$1,862 (single) and \$2,522 (couple) do apply, but please come by if you're unsure or want to find out more.

“晨興退休醫療服務中心”

將在以下日期在突桃中心(Tuttle Center) 提供幫助申請紐約市補充營養援助計劃之福利服務[SNAP, 前稱 Food Stamps/糧食卷]:

1月7日及21日, 下午10時至3時

屆時會有本市”高齡人仕部門”英文及中文代表在場協助。不同年齡及收入的市民都可能有資格獲得這種援助。有興趣人仕, 可在該預設時間到來中心諮詢或申請。

Hands Across the Street

On **Saturday, January 18**, the Friends of Hands Across Street and Morningside Gardens Community Relations Committee and the Grant Houses Residents' Association will hold their 20th Annual "Hands Across the Street" celebration and dinner at **7:00 PM in the Jackie Robinson Senior Center, 1301 Amsterdam (right across from Citibank)**.

For admission, please bring a dish to feed at least 4 people. It can be an appetizer, main dish or dessert. Dance or just enjoy jazz at its best provided by the Swing Tones and led by Albert Sheldon of Bldg. 4.

"The Hands Across the Street" event celebrates the 20 years that Morningside Gardens and Grant Houses have worked together for community betterment and friendship. This event is held yearly at Morningside or Grant Houses and is an important event for our two complexes. So cook up (or purchase) your favorite dish and come enjoy yourself with new friends and old.

Joan Levine (Bldg. 1)

MRHS Website

Did you know that the MRHS website includes a blog? We're inviting the community to participate on our blog by contributing your writing – a poem, an article, an insight. If you're interested in sharing on our blog, please contact **Joanna Stolove** for more information. Or send your contribution directly to Joannas@mrhsny.org.

Talented Pianist to Perform

Alice Tully Hall and MidAmerica Productions have just announced that a special senior ticket rate of \$23.50 will be available for the Saturday, February 8, Lincoln Center debut of pianist Jiaxin Tian. Ms. Tian is a Masters and Professional Studies graduate of MSM, where she won the school's highest piano recognition, the Harold Bauer Award. She has recently emerged as a rising star here, as well as in Asia and Europe; her Carnegie Hall debut was last winter.

You can hear some of her recent performances by clicking on the Video and Audio links on her website, jiaxintian.com. Susannah Jacobi of Building IV (646-290-8404) is organizing a group from MRHS so that Morningsiders can get access to cut-rate advance tickets without a prior trip downtown.

In Memoriam: Elmer Lokkins

Former resident and MRHS volunteer **Elmer Lokkins** passed away on October 12, 2013 at his home in Marco Island, Florida where he lived with family members. Elmer and his spouse and lifelong partner, Gustavo Archilla, were very active volunteers for MRHS, well known to those who attend the Sing Along events and Birthday parties.

They were well known in the MG community for their public service and neighborly spirit. If you wish to make a donation you may give to Cure PSP, Alzheimer's Foundation of America, or Marriage Equality USA.

