

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

President: Victor Quintana
Executive Director: Ronald Bruno

Not Falling For It:

Fall Prevention Strategies to Promote Aging in Place

Through an affiliation with Columbia University, Masters students of Occupational Therapy, **Staley Alexander** and **Maggie Boelter**, will be running an evidence-based falls prevention program. Every other Wednesday, new topics will be presented using the latest research regarding factors that contribute to falls and strategies to counteract these factors. This is in collaboration with environmental home assessments and the implementation of possible recommendations. The overall goal of this program is to decrease risks for falling in order to promote active engagement in meaningful occupations!

Upcoming Program:

Wednesday, January 31 at 1:00 P.M.

Intergenerational Talent Show

Come see your friends and neighbors perform in an intergenerational variety show sponsored through a grant from the UJA Federation. **Show time is 4:00 PM to 5:00 PM.** The show will be followed by a pizza party! Come support your talented neighbors and enjoy the show!



Sunday, January 28, 4:00 PM
Recreation Center, Building I

***** MRHS is closed on Monday, January 1 for New Year's Day. We wish everyone a happy 2018! We are also closed on Monday, January 15 for Martin Luther King Day. *****

Aging, Memory Loss, and Dementia

What Can We Do to Help Ourselves?

This talk will help you understand how memory loss is objectively evaluated in older adults ("what kind of a doctor do I need to see?" "what tests do I need to take?") and what treatment options are offered ("What does the medicine really do for my memory?" and "Is there anything other than medicine that can help me to improve my memory?").

Lifestyle factors will be reviewed for their potential to improve cognitive aging and there will be an emphasis on non-pharmacological treatment approaches to improving one's level of cognitive functioning.

Led by **Stella Karantzoulis, Ph.D.**

Thursday, January 11 at 2:30 PM

The New MRHS Center, 100 La Salle, #MC

This presentation is part of the *Mt. Sinai School of Medicine Department of Geriatrics Program at MRHS*. Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai **geriatrician Joyce Fogel, MD**, and **geriatric psychologist Gregory Hinrichsen, PhD**, have been working with the MRHS community on various issues related to aging. The program is called **Memory Matters**. Please see an article by Dr. Hinrichsen elsewhere in the Newsletter.

Thank You!

MRHS would also like to thank **Toast and Fairway Market** for their generous contributions to the MRHS Winter Celebration.



Hands Across the Street

The Annual *Hands Across the Street* celebration and dinner will take place on **Saturday, January 13, 2018 at 7:00 PM** in the **Recreation Center, 100 La Salle Street**. This event is sponsored by the Sanitation Coalition, The Morningside Gardens Community Relations Committee and Grant House Residents. For admission, please bring a dish to share for at least four people. It can be an appetizer, main dish, or dessert. Dance or just enjoy jazz at its best provided by the Swing Tones.

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.

*** **Look for the News:**

Supper Club Planned for January.***

Low Vision Support Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. Come join the **Low Vision Group** and help us collaborate on the agenda for the rest of the year. We need your expertise!

On Monday, January 8 we'll be showing a video of *Bernhard Sabel* presenting an introduction lecture on the topic of "**Low Vision and the Brain**". We will be discussing the video afterwards.

Monday, January 8 and Monday, January 22 at 3:30 PM. Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

Great Decisions 2018

Great Decisions takes a break in January and resumes on **Tuesday, February 6 at 7:00 PM**. Look for the notices coming soon.

Happy January Birthday!!

To: Sandra Czajkowski, Joy Cooke, Shirley Davidson, Ann Foshay, Beatrice Hawkins, Lydia La Fleur, Marie Ledoux, Ruther Miller, Rita Pullium, Edward Rosenblum, and Marion Rothenberg.

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 16 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Jan. 6 **Who's Afraid of Virginia Wolfe** (1966) 2 hr, 11 min On a serene New England campus emasculated professor, George (Richard Burton) and his rancorous wife (Elizabeth Taylor) turn an evening of cocktails into an unrelenting onslaught of wrenching disclosures and belittled epithets. Winner of 5 Oscars, directed by Mike Nichols. Not Rated

Jan. 13 **Eve's Bayou** (1997) 1 hr, 49 min Set in 1962 Louisiana we see the life of the Batiste family headed by a charming doctor (Samuel L. Jackson). Although married to beautiful Roz (Lynn Whitfield) he has a roving eye. His behavior does not go unnoticed by his 10-year old daughter, Eve (Jurnee Smollet) who takes matter into her own hands and changes the lives of the family forever. Written and Directed by Kasi Lemmons. Rated R

Jan. 20 **Pursuit of Happyness** (2006) 1 hr, 57 min In 1981 a San Francisco salesman, Chris Gardner (Will Smith) takes custody of his son (Smith's son Jaden) as he struggles to begin a life-changing profession. Based on a true story, Gardner went on to form his own multimillion-dollar firm. Directed by Gabriele Muccino. Rated PG-13

Jan. 27 **Guess Who's Coming to Dinner** (1967) 1 hr, 48 min A couple's attitudes are challenged when their daughter introduces them to her African American fiancé. Stars: Katherine Hepburn, Spencer Tracy, Sidney Poitier. Directed by Stanley Kramer and written by William Rose. Nominated for 10 Academy Awards. Unrated

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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday

Jan. 10, Jan. 24

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.

Nurse Marie Phillips' "Take Charge of Your Health" will meet on **Thursday, January 25 at 2:30 PM in the MRHS Center.**

The **MRHS Book Club's** next meeting will be on **Wednesday, January 24 at 3:00 PM** in the New MRHS Center. The group will discuss the novel, **Blood Dark**, by Louis Guilloux, a philosophical novel set during World War I. Please consider joining. 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, January 19, 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.***

Film Committee Presents

First Wednesday Films

Next screening on **January 3 at 7:30 PM**

Bridge of Spies

(2015) 2 hours 21 minutes

With Cold War tensions at their height, a Brooklyn insurance lawyer defends KGB spy Rudolf Abel and negotiates the release of CIA U-2 spy-plane pilot Gary Powers. A meticulously composed and enjoyable thriller, with reliably outstanding work from Steven Spielberg and Tom Hanks and authentic recreations of the period. Academy Award for Best Supporting Actor (Mark Rylance as KGB spy). Six Oscar nominations, including Best Picture.

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



Borough President Gale Brewer with MG resident and BP staff member Edith Valentine, and BP staff member Andre Davis, at MRHS for Edith's birthday celebration.

***** A convenient UPS Store has just opened at 42 Tiemann Place, one block south of 125th & Broadway. *****

MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, January 10 at 1:00 PM**. Please call 212 666 4000 to RSVP. The luncheons are a great opportunity to make new friends, learn, and have fun. Men's Group luncheons take place on the second Wednesday of the month. The cost of the lunch is \$10. Please bring a check payable to MRHS.

Looking For a New Year's Resolution?

Please consider doing a good deed by volunteering to escort a senior to a Doctor's appointment. More information: MRHS 212-666-4000.

Film Committee News

The MRHS Film Committee continues to welcome one or more new member to help with the work of presenting the weekly films. Members are expected to show one film per month. If interested please call the MRHS office at 212-666-4000

MRHS thanks the New York City Department for the Aging (DFTA) for its ongoing support.



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

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

Special MLK Day Program

Once again MRHS will be hosting a special Martin Luther King Day Concert. This year the **Young Men's Choir** and **Audition Prep** will present the program on **Monday, January 15**, in the late morning. Exact time to be announced. *All children and adults are invited!*

Insomnia in Later Life

By Gregory A. Hinrichsen, Ph.D., Dept. of Geriatrics, Icahn School of Medicine

Have problems falling asleep at night? Join the 30% of people 65 years and older who also have insomnia. Insomnia is defined as problems with falling asleep, staying asleep, and/or waking up earlier than you want.

While almost everyone has some poor nights of sleep, insomnia lasts for months or even years. One woman once told me that her insomnia started as a child when she was living in London during the "blitz" when the Germans regularly bombed London. Scientists have found that insomnia is not good for the body, brain, or the mood. Younger as well as older people with insomnia don't think as clearly or those who get a good night's sleep. While sleep medication (whether prescribed by the doctor or "over the counter," that is, purchased at the drug store) can be helpful if used for a few days or weeks, these medications can become a problem if used for long periods of time. For example, long-term use of sleep medications can increase risk for falls.

Effective "behavioral" treatments for insomnia exist that don't involve use of drugs. General advice if you have insomnia: Have a regular time to go to bed, get up at the same time every day, don't take naps later in the afternoon or evening, don't drink alcohol in the evening, and sleep in a bedroom that is preferably quiet, cool, and dark. Oh, that woman who developed insomnia as a kid in London? After treatment with a behavioral therapy for insomnia, her sleep was much improved and stayed improved.

