



newsletter

Celebrating our 58th Year!

January 1, 2024
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100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Robert Hill
Executive Director: Ronald Bruno

Repair Cafe

Enjoy the triumphant return of the **Repair Café** to the Gardens in the New Year! The event will take place on **Saturday, January 13**, from **12:00 PM to 5:00 PM** in the **Community Center** in the lower level of Building 1, 100 LaSalle. Volunteers will satisfy a plethora of small repair needs for attendees. More information regarding the exact type of repairs that will be offered will be available in early January, as flyers with the descriptions will be posted in all the building lobbies. In addition, there will be a regifting table for anyone who would like to leave an item, take one, or do both! If you would like more information, please call MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org.

Dances For A Variable Population (DVP)

MOVEMENT SPEAKS® is a sequential weekly dance program promoting strong and creative movement for older adults for improved health and quality of life. Classes are one hour in length with cardio fitness, dance improvisation, emphasis on correct alignment and dance making for fun and friendship.

Thursdays at 10:00 AM
January 11 – March 28, 2024
Location to be announced

Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a spot for this class.

****** MRHS will be closed on Monday, January 1 for New Year's Day and Monday, January 15, for Rev. Martin Luther King, Jr. Day. ******

Financial Planning Seminar

Year-Start Strategies to Protect and Maximize Your Investments and Build an Investment Strategy for Volatile Market Conditions, Today and in the Future.

Brief Description: Investment Planning and Risk Management Strategies for Peace of Mind. Learn about some *year start* strategies you can use and how to avoid some common retirement planning pitfalls.

Review strategies for Protecting Your Investments; Retirement Planning; and Risk Management

More information about *Wharton Wealth Planning*, may be found at <https://whartonwealthplanning.com/>.

David B. Rosenstock, MBA, Certified Financial Planner CFP®, Director of Financial Planning.

Thursday, January 18, at 7:00 PM
MRHS Center, 100 LaSalle St., #MC

Dealing With Stress

In Stressful Times

This is a how-to workshop about releasing the tensions – physical, mental and emotional – caused by the stress of chronic health issues, anxiety, pain, and simply coping with our crazy daily lives. Using breath, visualization and movement, you'll learn simple, user-friendly techniques to maintain greater calm; to access energy even when you're exhausted; and recognize the habits that create tension.

Building I resident, **Jana Titus**, has taught Alexander Technique, Qi Gong, Yoga and CranioSacral Therapy for over 40 years. This workshop integrates these disciplines into a mind/body practice of deep tension release.

Tuesday, January 23, at 10:00 AM
MRHS Center, 100 LaSalle St., #MC

Director's Column

As we enter into a new year we can look back at 2023 and see that MRHS has moved back to our normal programming and services, perhaps even with some enhancements. The lessons we learned about virtual and hybrid programming has enabled us to continue some programs in those modes when it's preferred and beneficial. Several new programs and activities were added in 2023. And, of course, we were able to hold our major events -- the Volunteer Recognition Luncheon, Winter Celebration, and Ice Cream Social --- for the first time in many years.

Moving into a new year also gives us a prompt to reflect on the value of the NORC (naturally occurring retirement community) model that MRHS embodies. In September former NYC Health Commissioner Dave Chokshi wrote an op-ed piece for the Times called "Forget About Living to 100. Let's Live Healthier Instead." In the article he wrote how most older adults are interested less in longevity for its own sake than in many healthy years with a good quality of life, what he calls "health span." Many of the goals he proposed were in sync with the goals of MRHS and other NORC programs. Chokshi refers to the value of primary care, early detection, and disease prevention --- goals that stand at the core of MRHS's health promotion programs, as well as the activities of our full-time nurse, Stacia Steen.

Chokshi discusses "developing better ways to stall cognitive and physical decline, particularly by facilitating behavioral changes like reducing sedentary time." NORC programs such as MRHS offer an array of activities, as well as a physical location, to draw older adults into a community space where they can meet neighbors and perhaps make new friends. "A lack of social connection can increase the risk of depression and dementia." Some of us are more solitary than others, but MRHS tries to offer the *opportunity* to make connections in line with individual preferences and proclivities. Critically, NORC programs recognize the unique volunteer contributions that older adults can make, with lifetimes of experience and expertise, enriching both the lives of the volunteers and the effectiveness of the program. MRHS has been particularly fortunate in our wealth of volunteers, in 2023, in years past and, we hope, for many years to come.



Happy January Birthday!!

To: Linda Aristondo, Millie Biggs, Joy Cooke, Rita Eglsaer, Calvin Fieldings, Tom Goodridge, Beatrice Hawkins, Joanna Herman, Behzad Khosrovi, Tiana Leonard, Ruther Miller, Greg Minaya, Jan Powell, Rita Pullium, Cecelia Riddett, Edward Rosenblum, and Marion Rothenberg.

MRHS Board Game Café

Please join us **Friday, January 26 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, January 26, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

MRHS Men's Group

The Men's Group has returned to holding regular lunch meetings in person at MRHS. The next meeting is scheduled for **Thursday, January 25 at 1:00 PM**. *Lunch will be served. Cost: \$10.* Any questions, please email Michael Davidson: davidsonm_10027@yahoo.com.

Monthly Supper Club

Join the social work interns of MRHS, **Nina & Myra**, for the MRHS Supper Club, on **Tuesday, January 23, at 5:00 PM**. Come not only for the meal, but for the opportunity to meet friends and enjoy conversation in a pleasant setting. If interested, please contact Nina or Myra at MRHS at 212-666-4000.

Upcoming Programs/Events

Manhattan School of Music

Thursday, February 22, 7:00 PM Concert
Building 1 Community Center

Black History Month Film Celebration

Monday, February 26, evening
MRHS Center, 100 LaSalle St., #MC

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 meeting is **January 2**.

Please contact Robin Aloï at 212-666-4000 or RobinA@mrhsny.org to reserve.

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, 2024). 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.***

Covid Tests Kits Available

MRHS has a supply of Covid Test Kits from NYC Health & Hospitals. Please don't hesitate to call MRHS at 212-666-4000 or come by MRHS for the free test kits. If you need help performing the test, please contact MRHS and we can assist.



West Harlem
Development
Corporation

Solutions through collaborations™

MRHS would like to thank the West Harlem Development Corporation for its support.

MRHS Book Group

The next discussion of the **MRHS Book Group** will be **Wednesday, January 17, at 3:00 PM**. The reading selection is the novel, ***The Book of Goose*** by *Yiyun Li*. The Program is on Zoom. All are welcome! For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at margaretb@mrhsny.org.

Bloomingdale School of Music

Music Appreciation Series via Zoom

"Romantic Masterworks"
with Marc Peloquin

January 5 – January 26

Fridays from 1:00-2:30 PM

The 19th century produced some of the most passionate and virtuosic masterpieces in music history. Participants will develop a deeper appreciation of Chopin's beautiful piano music, Brahms' monumental symphonies, Verdi's grand operas, and Clara Schumann's intimate chamber music. Join us for this enriching exploration of the great Romantics.

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

Music Mondays

Music Mondays presents the Harlem Quartet, leading a special program in honor of MLK Day. Music by Beethoven, spirituals, and African American and contemporary composers. Soprano Karen Slack and pianist Aaron Wunsch join them for the New York Premiere of *Kids Who Die*, composed by Scott Gendel, words by Langston Hughes. Free Concert!

Monday, January 15, 7:30 PM

Music Mondays at Advent Lutheran Church,
2504 Broadway at 93rd Street

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

Too Cold? Snowing Outside? Read On!

Come to the MRHS Library located in the MRHS Offices, Building 1. Tuck yourself in to keep warm and read or listen to a good book at home. Our newest contributions are located outside the kitchen-lounge area on the west side of the main office area. We have mysteries and thrillers, general fiction, non-fiction, biographies and travel books. There is a collection of books in large print and on disk for listening. Because of space limitations, we do not have children's books for when the grandchildren visit. You DO NOT need a library card to borrow a book! **We ask only that you return the books you borrow when you finish them.** Learn something new, solve a crime, visit a foreign country all from your armchair. JUST READ ON and let the cold stay outside!

Circle Of Hands Springs Ahead In 2024

Circle of Hands will resume meeting on Wednesday nights, starting February 7, from 7:00 PM to 8:30 PM in MRHS's West Room. Both beginners and veterans are welcome to join us to work on handcraft projects such as knitting, crocheting, embroidery, quilting, needle work. Bring along a project you may be working on or start something new. Supplies are available to help start you off in knitting or crocheting. We are a friendly group and help each other out as needed.

If you have questions or would like a Spring 2024 schedule, please contact Mary Davidson by email at: marywickens@gmail.com. The full calendar should be available at the end of January.

Please Note:

***** Great Decisions will not meet in January, but will be meeting again in February. *****

Israel Francus (1926-2023)

Professor Israel Francus, a longtime resident of Morningside Gardens, passed away on November 15th at the age of 97. He earned acclaim as a scholar and teacher at the Jewish Theological Seminary (JTS), where he held the Judge Abraham Lieberman Distinguished Service Chair of Talmudic Exegesis. In the words of one student, "The joy of taking Dr. Francus' class cannot be overstated. In the span of just one class, he could make you laugh to your core with his lightning-fast quips, remind you of the great care rabbis have always taken in understanding our tradition, lift you up with a compliment that inspired you to work harder, and make you cry as he shared heartfelt stories and lessons...of his teachers."

Professor Francus was born in Sdunzka Wola, Poland, on November 3, 1926. He endured the horrors of the Holocaust and was a survivor of Dachau and Auschwitz. Following the end of World War II and a sojourn in two displaced persons camps in Germany, he emigrated to the United States, docking in New York in the middle of a blizzard on December 25, 1947. He worked odd jobs and pursued an education, earning a BA from JTS and Columbia in 1956, an M.A. from Teachers College in 1958, and rabbinic ordination from JTS and a Ph.D. in Talmud from the Hebrew University in Jerusalem in 1962. Following his ordination, he joined the faculty of JTS. Professor Francus is survived by his wife, Tova Francus (Shulzinger), their three sons, Yoseff, Yitzchak, and Yaacov, ten grandchildren, and a great-granddaughter.

**** 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. ***

***** MRHS thanks NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. *****