

Home Care Update

Thinking about having home care for someone you know or yourself? Home care continues to change as we deal with the impact of COVID, staffing challenges and changes by NY State, all affecting home care. Learn about how agencies deal with COVID, how accessible services and staff are, as well as the new rules for applying for Medicaid home care. New mandated minimum wages will be implemented for all home care workers in October.

Educate yourself about how you can better prepare for when you or someone you care for may need more assistance at home. **Laura Radensky, LCSW** is the Executive Director of Concerned Home Managers for the Elderly Home Care Program. She has worked for over 30 years in home care providing both private pay and Medicare/Medicaid home care services. Come with your questions ready

Thursday, July 21, 7:00 PM, Via Zoom

“Your Life, Your Legacy”

Funeral Preparation and Advance Planning from Dignity Memorial

Most of us plan for important life events, such as weddings, our children’s education and retirement. But few of us prepare for the inevitable. The *Your Life, Your Legacy* presentation addresses the importance of making your final arrangements in advance and the steps to take. Led by **Thomas Murphy and Jamie Koatz**, licensed funeral directors from *Dignity Memorial*, join us for a conversation on how you want to be remembered.

Wednesday, July 13, 7:00 PM, Via Zoom

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to receive the Zoom link for the programs listed above.

“Preparedness As a Means of Control”

Planning now can save you anguish later: an Introduction to Estate Planning and preserving your shareholder asset in MHC

Join **Sherri Hughes and Douglas J. Chu**, attorneys-at-law, in person or via Zoom, for a general introduction to understanding Wills, Trusts, the Probate process and how to protect your assets, including your MHC apartment. The goal of this presentation is to dispel myths about estate planning, to explain how Wills and Trusts work to distribute your estate, practical considerations when selecting one instrument versus the other and what happens when a Will goes through probate or if you pass without a Will.

Our presentation will set forth useful tasks to address before a life emergency hits, as well as an overview of legal documents that will protect you and your loved ones when life veers off its path; Health Care Proxy, Living Will, Power of Attorney, Will, Trust/Revocable and Irrevocable.

To attend in person, please register with Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org. Zoom link will be provided closer to the date for those who wish to attend online.

Wednesday, July 20 at 1:00 PM
MRHS Center, 100 LaSalle St., #MC
or Via Zoom

Please note: MRHS will be closed on Monday, July 4 in honor of Independence Day.



MRHS Legacy Society

Membership in the MRHS Legacy Society is open to anyone who establishes a planned gift for the benefit of MRHS, including those who have made a bequest to MRHS in their will.

Information relating to planned gifts to MRHS will be held in confidence and the names, only, of the members of the MRHS Legacy Society will be acknowledged in the MRHS Newsletter and Annual Report. Donors may be listed anonymously if they prefer.

If you have any questions about the MRHS Legacy Society or would like information about making a planned gift to MRHS, please contact MRHS at 212-666-4000 or info@mrhsny.org.

MRHS Men's Group

The next meeting of the Men's Group will take place via Zoom on **Wednesday, July 27 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

The King Of Instruments

Annual Summer Organ Concert Series at Riverside Church

The summer concert series spotlights one of the largest and most acclaimed organs in the world, featuring outstanding organists from across the country pulling out all the stops performing a mixed variety of repertoire from traditional music to orchestral transcriptions.

Audience members watch the performers via video projection in the air-conditioned nave of the historic Riverside Church. This year includes a screening of the 1928 silent film comedy classic *The Cameraman* starring Buster Keaton, with live organ improvisation. Concerts are on Tuesday evenings 7:00 PM, July 12 through August 2. Tickets available at the door and online, \$20, \$15 for seniors/students.

For more information visit <https://www.trcnyc.org/2022summerorganseries/>.

Happy July Birthday!!

To: Jun Atienza, Sarah Borenstein, Celeste Dubosky, Iretha Fletcher, Tova Francus, Michael Greene, Peggy Griffin-Jackman, Kathy Hinton, Donald Johnson, Dorothy Khosrovi, Sui Yung Moy, Diana Multare, Barbara O'Farrell, Maryellen Peinelt, Mary Lou Russell, Angela Schramm, Elaine Steele, Alan Stricoff, Ann Tholfsen, and Chien (Charles) Wu.



MRHS Beading Group

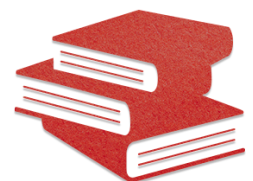
The beaded jewelry group which started in March at MRHS continues to meet and we would love to welcome new participants. We meet twice monthly, on the first and third Mondays of the month, from 11:00 – 1:00 PM. While the group was started by Stephanie Low, Building 2, the spirit of cooperation in the 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

MRHS Book Group

The next meeting is **Wednesday, August 3, at 3:00 PM** to discuss the historical novel, ***The Corner that Held Them***, by *Sylvia Townsend Warner*.



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.

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

Digital Histories Program from Su Casa

3:00pm – 5:00pm

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

Music Appreciation

1:00pm – 2:30pm



MRHS Board Game Café

Please join us **Friday, July 29 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, July 29, 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 distancing and mask-wearing protocols required by the NYC Department for the Aging for all in-person programs.

Great Decisions

This lively discussion series on political and social topics of interest will be on hiatus for the summer. But the program will be back in the Fall!

Great Decisions Fall Schedule

- September 6: "Quad Alliance" (U.S., India, Japan, and Australia)
- October 4: "Drug Policy in Latin America"
- November 1: "Industrial Policy"

Booster Shots

Call MRHS at 212-666-4000 if you need help scheduling a booster shot. Center Pharmacy, located close by on Amsterdam Ave., has walk-in service for vaccinations.

***** 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. *****

"Old age and the wear of time teach many things."

- Sophocles, d. 406 BC, aged 90

**** 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's "Great Movies" Series

"The Human Condition, Part One: No Greater Love"

(1959) 3 hrs., 28 min.

A Japanese mine supervisor's kindly treatment of prisoner-of-war laborers during World War II incurs the wrath of his superiors.

"Unquestionably the greatest film ever made" (David Shipman, *The Story of Cinema*). "This monumental film can clarify and enrich your understanding of what it is to be alive" (A.O. Scott, New York Times). Riveting, gorgeously filmed epic - novelistic cinema at its best.

Directed by Masaki Kobayashi.

With English subtitles.

Thursday, July 21, 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.

Digital Arts Program

The Final Presentation of the Digital Arts Program will take place on the flat screen at MRHS on **Wednesday, July 6, from 11:00 AM to 5:00 PM.**

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, July 15, 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.***

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

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, July 5.**

Masks will be required. Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot.

DOROT Smartphone Series

Our partners at DOROT will be hosting a new two-part Zoom series this summer. It will cover how to make smartphone technology more accessible for people with a range of vision loss. The program will feature a panel of experts using real-time demonstrations. The first session on Wednesday, July 20 at 1:00 PM, will focus on the Android smartphone and the second session on Wednesday, August 10 at 1:00 PM, will focus on the iPhone.

We thought this event series would be of interest and benefit to your constituents. Would you please help us spread the word by including the event in your e-news to constituents?

For questions and the registration link, call 917-441-3706, email technologyhelp@dorotusa.org, or go to dorotusa.org.

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. Meetings will be on **Thursday, July 7 and July 21 at 4:00 PM.** For more information, please call MRHS at 212.666.4000. Walk ins welcome!