

Aging In Place 101

**** What you need to know if you choose home for long term care ****

How do you know when it is the right time to bring care into the home? Do you have essential documents in order? How much will it cost and how can I fund it? Having a better idea of what is needed to set up in home care can save you time, money and a lot of aggravation.

Presented by Incare Home Health Care

Monday, June 7, 1:00 PM via Zoom
Contact MRHS for the Zoom link.

Creating a Vision-Friendly Environment

Presented by the Lighthouse Guild

There are some key elements to help people feel in control and safe at home. People should keep spaces free of obstacles or clutter that may be a trip hazard. Proper lighting is essential for safety. Individuals with certain vision conditions may have increased difficulty seeing in extreme light or dark. Doors, floor molding and handrails should be painted a contrasting color to make them stand out.

These and other issues will be discussed to create a vision-friendly environment.

Thursday, June 24, 2:00 PM via Zoom
Contact MRHS for the Zoom link.

Music Mondays

Music Mondays Presents

Everyone is welcome to the final concert of the **Music Mondays** season!

The Dover Quartet

("sublime," N Y Times) is currently one of the most in-demand ensembles in the world. Critically acclaimed everywhere, they have performed in recent seasons at Carnegie Hall (with Emanuel Ax) and at Wigmore Hall in London.

As they prepare to record the late quartets of Beethoven, hear them perform his String Quartet, op. 130, paired with the Lyric Quartette by the great African-American composer, William Grant Still (1895-1978).

Watch LIVE on **Monday, May 31 at 7:30 PM** on the Music Mondays Facebook Page or YouTube Channel. The concert is available until June 13.



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 "**Struggles Over the Melting Arctic**" facilitated by Building III resident Dana Minaya.

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to receive the link or look for it in an email blast from MRHS. If you do not have the 2021 Great Decisions briefing book, you may also request a copy of the article from Margaret.

Tuesday, June 1, 7:00 PM Via Zoom

Upcoming Great Decisions 2021 Topics

- July 6: China's Role in Africa
- August 3: The Korean Peninsula
- October 5: Roles of International Organizations in a Global Pandemic
- November 2: The End of Globalization?

MRHS Book Group

The next scheduled virtual gathering of the Book Group via Zoom is set for **Wednesday, June 16 at 3:00 PM**. The group will discuss ***The Sympathizer***, a novel by **Viet Thanh Nguyen**. All are welcome.

For further information contact MRHS at **212-666-4000** or by email to Margaret Bianchi at margaretb@mrhsny.org.

MRHS's "Great Movies" Series

'Fahrenheit 11-9'

(2018) 2 hr., 7 min.

Michael Moore's provocative and comedic look at the Trump Era, exploring the questions: How did we get here, and how do we get out? Moore also takes an in-depth look at voting, the Electoral College, gun violence, and the water crisis in his hometown of Flint, Michigan, while highlighting the power of grassroots democratic movements. Best Documentary Screenplay nomination from the Writers Guild of America. "Moore's best film in years" - Brian Tallerico, rogerebert.com.

Thursday, June 17, 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.

From the MG Grounds Committee

STAY TUNED: Bill Logan, who is an international expert on trees, a prize-winning author, and our very own Arborist, will speak to us about the incredible culture, beauty and diversity of the trees at Morningside Gardens.

Bill is a delightful speaker and an incredible resource. The virtual presentation will be held on **Tuesday, June 15 at 6:00 PM**; information on how to access the talk will be forthcoming.

Happy June Birthday!!

To: Victor Acosta, Eleen Canty, Sharon Carr, Ling-wan Chao, Liu Chien, Mary Davidson, Michael Davidson, Xiang Dejeun, Johnnie Gilbert, Alla Gurvich, Betsy Harris, Bridget Leicester, Ted Leslie, Joan Levine, Joan Morford, Betty Reardon, Mildred Roxborough, Alene Smith, Alberta Walker, Debbie Weinberg, Shuli Wu, and Mingming Zhang

MEN: A Message for YOU!

The next Men's Group will take place via Zoom on **Wednesday, June 23 at 1:00 PM**.

Please email Margaret Bianchi at **MargaretB@mrhsny.org** or call **212-666-4000** to RSVP. The group provides a great opportunity to make new friends, learn, and have fun. Newcomers are always welcome to join the group.

Horticultural Society of NY

The Horticultural Society's greenhouse and gardens in Denny Farrell Riverbank State Park is offering tours. On Saturdays throughout June, they will be providing free tours to the community of their herb and vegetable garden, as well as the pollinator garden. The tours are just under an hour and involve some walking.

The gardens and greenhouse are located roughly a six-minute walk from the entrance of Riverbank. The tours are being offered at 10:00 am and noon. If you have any questions, please contact the "Hort" at education@thehort.org or at 917-902-3940.

Contact Information

The MRHS program space is still closed to the community but staff is available by calling 212-666-4000 or by email:

Ron Bruno – ronb@mrhsny.org

Joanna Stolove – joannas@mrhsny.org

Saudia Garnette – saudiag@mrhsny.org

Stacia Steen – stacias@mrhsny.org

Margaret Bianchi – margaretb@mrhsny.org

Paul Fleischmann – paulf@mrhsny.org

Current MRHS Online Classes

MONDAY

Stronger Seniors Workout

(Strength & Stretch), 10:00am – 11:00am

Concerts In Motion

(live classical music), 11:00am – 12:00pm

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

Concerts In Motion

(live Chinese music), 1:00pm – 2:00pm

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

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

TBD Workout

10:00am – 11:00am

Programs may be joined by going to www.mrhsny.org, clicking the "Virtual Online Classes" button and then clicking on the Zoom link for the class you would like to join.

To join programs that do not have Zoom links listed, or if you would like to attend a class by telephone, or otherwise need help, please contact MRHS at 212-666-4000.

DOROT's Summer Virtual Volunteer Opportunity for Adults 65+

Join in the fun with teens participating in DOROT's prestigious Summer Teen Internship program, a unique experience that brings teens and older adults together to share stories, learn new skills and bridge the generation gap.

- Summer Session runs June 27- August 18.
- Volunteer for a few hours per week, over a 4-week or 8-week period.

Choose from activities such as:

--- Intergenerational Discussion Groups -

As a volunteer, you can participate in weekly intergenerational discussion groups on current topical issues, led by DOROT's Teen Interns. The program provides a structure for teens and older adults to exchange ideas, opinions, and personal stories in order to learn from one another and create connections. The group selects each weekly topic, and the teens work together in pairs to craft the discussion plan and lead the intergenerational session, with support from DOROT staff.

--- Interactive "Brain Games" - All are welcome at DOROT's Interactive Online Games! You will be paired with a teen to learn to play online games that are challenging and fun!

--- Weekly Workshops (Legacy Projects, Creative Arts, Music) -

You won't want to miss the professionally facilitated workshops! Last year, during last year's virtual DOROT Jewish Summer Teen Internship Program, Oliver (teen) and Ted (volunteer) worked together to create a documentary film about Ted's life and decades of experience as a Jewish communal professional.

To learn more, sign up for an information session by emailing: Sharemywisdom.org

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.

Voting Information

For NYC June 2021 Primary Election

On June 22, NYC will hold Primary elections for local offices including Mayor, Public Advocate, Comptroller, Borough President, City Council and District Attorney.

IMPORTANT DEADLINES/DATES:

- MAY 28th - last day to REGISTER to vote - online (with valid NYS DMV ID), by mail, or in person at a Board of Elections office
- JUNE 15th - last day to SUBMIT APPLICATION for ABSENTEE BALLOT - online or by mail.

ELECTION DAY is **Tuesday, June 22nd** from **6 am. to 9 pm.**

Our voting sites are:

- **80 La Salle St.** (bldg. 3) (Thurgood Marshall Room) for voters from buildings 1, 2, 3 & 6.
- **1295 Amsterdam Ave.** (Grant Houses at NE side of W. 123rd St. & Amsterdam) for voters from buildings 4 & 5.

EARLY VOTING DATES for registered voters are **June 12th to June 20th** as follows:

Saturday, June 12th 8 am to 5 pm
Sunday, June 13th 8 am to 5 pm
Monday, June 14th 7 am to 4 pm
Tuesday, June 15th 10 am to 8 pm
Wednesday, June 16th 10 am to 8 pm
Thursday, June 17th 10 am to 8 pm
Friday, June 18th 7 am to 4 pm
Saturday, June 19th 8 am to 5 pm
Sunday, June 20th 8 am to 4 pm

Early voting site for Morningside Gardens is the Forum at 125th St. & Broadway

(continued at right, above)

This year voters can rank their choices for candidates for Mayor, Public Advocate, Comptroller, Borough President, City Council. Voters can rank up to 5 candidates in order of preference. If no candidate wins 51% of the vote then second, and third etc. choices come into play.

MRHS has on hand Absentee Ballot applications. A volunteer will be available to assist in the completion of forms, and with a further explanation of ranked choice voting. In addition, ***vote.nyc*** is the online site to check for Ranked Choice Voting instructions and a list of the candidates.

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, June 18, 2021). 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.

***** 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.***