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President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Layers Of Protection Cybersecurity for Elders

One must take the necessary steps to protect oneself. Cybersecurity has become a must-know in recent years. Cybercriminals and con artists have socially engineered ways to get your hard-earned money and identity and could impersonate the people you love.

Learn the layers and steps to protect yourself. Join *Information Security Specialist, Golvis Tavarez*, for an informative presentation about protecting yourself online, and the different ways cybercriminals can try to scam you.

Tues., June 21, 7:00 – 8:30 PM, Via Zoom

How Can MRHS Help?

Presented by MRHS Staff: Joanna Stolove, Saudia Garnette, Stacia Steen

Learn how MRHS can assist you to remain living in your own apartment as you age. We offer a wealth of experience and knowledge to guide you through every stage of the journey. A sample or questions you may have:

When do I start to think about hiring a home health aide? What if I need help paying bills? How can the MRHS nurse help me? Can you monitor my blood pressure? Can you help me after I return home from the hospital? Should I consider a Medicare Advantage plan? Can you help me understand my Long-Term Care policy?

Please join us for a brief presentation on the core case management services provided by MRHS. We'll devote most of the time to questions and answers by our staff.

Thursday, June 23, 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.

Your Public Library – More Than Just Books!

The **New York Public Library** is open and offering more resources and services than ever before. Join a librarian from the local *George Bruce* branch to learn about everything that's available, from books and audiobooks to CDs and DVDs, programs, museum passes, and more. Don't have a library card? This is your chance to sign up!



There will also be an overview of the library's SimplyE app, which you can use to access free e-books and e-audiobooks from home. Bring your device (smartphone, tablet, laptop, etc.) for hands-on help getting started. *All ages invited to attend!*

Tuesday, June 14 at 2:00 PM
MRHS Center, 100 LaSalle, #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 session will be held on Tuesday, June 7.**

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

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, June 22 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, June 28, and 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 June Birthday!!

To: Victor Acosta, 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 Morord, Betty Reardon, Mildred Roxborough, Alene Smith, Alberta Walker, Debbie Weinberg, Shuli Wu, and Ming Ming Zhou.

Choral Project

Especially looking for Tenors and Basses at this time.

A joint venture has been established between MRHS and CantaNYC. It will be fun, light singing for summer and nobody should be worried about being out of practice. If you sang as a kid or in high school, you will likely have a good time. MRHS wants to encourage community, not only for our retired friends, but for all generations.

This is why everyone aged 18+ will be welcome in this chorus, provided they can sing in tune, fit in a group, and preferably already have some choral experience. Maestro **Claude Lévy** will be the conductor. Mr. Lévy is a former "agrégé" music professor and has been conducting choruses for people of all ages since the 1970's.

A first series of rehearsals will start on **Thursday, June 9, from 7:30 to 9:30 PM at MRHS, followed by June 16 and 23**. A short concert is planned for Sunday, June 26.

If interested, please reach out to Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org in order to secure a spot in an audition on June 7.

MRHS Book Group

The next meeting is **Wednesday, June 22 at 3:00 PM** to discuss *The Sweetness of Water*, by *Nathan Harris*.

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.

Current 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, June 24 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, June 24, 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

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 **Myanmar and ASEAN**, facilitated by *Building I resident Ken Thomas*.

The situation in Myanmar, including the coup by the military in February 2021 and the ongoing human rights crises, coupled with civil resistance by those opposed to the regime, has led to chaos in the Southeast Asian country. How are neighboring countries reacting, and what role will ASEAN play?

Tuesday, June 7, 7:00 PM, Via Zoom

Great Decisions Upcoming Schedule

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

***** Be sure to get your booster shots! Call MRHS at 212-666-4000 if you need help. Center Pharmacy, located close by on Amsterdam Ave., has walk-in service for vaccinations. *****

***** 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. ****

MRHS's "Great Movies" Series

"Seeing Red: Stories of American Communists"

(1983) 1 hr., 40 min.

An engaging, funny and poignant portrait of 50 years of Red activism from its salad days in the 1930s and '40s, through the witch hunts of the 1950s, to its precipitous decline in the wake of Khrushchev's denunciation of Stalin. Dorothy Healey, Bill Bailey, Pete Seeger and others share personal stories. It received an Academy Award nomination for Best Documentary Feature. Directed by Jim Klein and Julia Reichert (subsequently, Oscar winners for "American Factory.")

Thursday, June 16, 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.

Please note: This is Michael DeBorja's 120th film showing at MRHS. He selects, introduces, and helps discuss the mostly art house films, some of which are hard to find or not widely known. MRHS is extremely appreciative of Michael's efforts, particularly during the isolation days of the pandemic.

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 17, 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.***

MRHS Mission Statement

The Mission of MRHS is twofold:

- 1) to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes comfortably, safely, and with as much independence as possible for as long as they can; and
- 2) to provide programs which promote health and provide opportunities for education, socialization and recreation for all older residents of Morningside Gardens, with particular attention to the special needs of the infirm, homebound, and isolated.

Latin/Swing Dance Class

Get ready to dance this summer in Lincoln Center, Central Park and along the Hudson.

Latin/Swing dance class with Kathy Sanson: learning Salsa: Mambo, Cha-cha, Merengue, Samba, Tango and, of course, Swing: Jitterbug and Lindihop.

No partner necessary, for mature adults and for all levels, especially beginners. Fluid warm-up to begin so your body is ready when you have fun dancing. Classes begin May 19; Thursday mornings at 10:00 to 11:30 A.M. in the Thurgood Marshall Room, Building III. If interested, please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to sign up.

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, June 9 and June 23 at 4:00 PM.** For more information, please call MRHS at 212.666.4000. Walk ins welcome!

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

New Directions:

Reaching Out To Caregivers, Pre-Retirees, and the Wider Community

In our proposal to the city's Department for the Aging (DFTA) in 2021, MRHS outlined some **new directions** for our programs and services. Despite the limitations imposed by the pandemic, we have begun to implement some of these new initiatives, led by our new social worker, Robin Aloï. It should be stated that these new initiatives in no way change MRHS's primary commitment, which is made to the older adult population living in Morningside Gardens as stated in our Mission Statement (see page 4.)

While MRHS has been providing **caregiver support** for some time, we are determined to increase our efforts. The toll on caregivers providing care to family members has been well-documented – a report from the Family Caregiver Alliance found that 40%-70% of caregivers have symptoms of depression. Providing care for a family member with dementia can be particularly challenging. In response, MRHS has introduced the "Arts & Minds" program to the Morningside community. "Arts & Minds" was created to bring the joy of art to people with cognitive decline and their care partners. The program takes place twice a month at MRHS. Professional caregivers may also experience the stress of caregiving, frequently overlooked and typically unrecognized. In response to this concern, MRHS has been assembling gift packages for home health aides in our community, as a small symbol of the great appreciation we feel for the critical work that these essential workers carry out.

Another initiative involves reaching out to **those who are preparing for retirement or have recently retired**. MRHS has put together a series of talks called *Finances and Insurance Made Simple*. Presentations have included "The Tax Control Triangle" and "The Road Map to Retirement," with more programs to come. Though relevant for people of all ages, these programs were designed to appeal to a younger group than MRHS has traditionally served. Since preparation for retirement and living in retirement involves much more than finances, in May MRHS presented psychologist, Jill Steinberg, for a presentation called "Finding Purpose." Dr. Steinberg discussed the skills that can be acquired to identify one's purpose regardless of life stage, but especially important in the retirement years. Other programs that we offered and are continuing to offer to invite younger residents have included "Paint Nite" in May and "CantaNYC in the Gardens," a joint musical (choral) project between MRHS and CantaNYC.

As we have developed the skills to offer virtual programming over the course of the pandemic, including hybrid programs, MRHS can now offer these virtual programs to a **wider audience**, beyond the Gardens. There is ample "space" in our Zoom presentations for more attendees to gain the benefits from these programs, especially those that are lecture-based. Even post-pandemic, we foresee offering some classes and presentations online, or in a hybrid manner, to make them available to the wider Morningside Heights and West Harlem community.

All in all, we have big plans to move forward at MRHS without losing our essential core mission.

--- Ron Bruno, Executive Director