



newsletter

Celebrating our 57th Year!

June 1, 2023
Vol. XLVII, No. 6

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

President: Robert Hill
Executive Director: Ronald Bruno

Fall Prevention Bingo

Mt. Sinai Morningside Trauma Program

Purpose: The game is intended to promote awareness and understanding of fall prevention strategies among older adults, as falls are a common and serious health concern.

Program Description: Falls can be devastating for an older adult; they are a leading cause of injuries such as traumatic brain injury, hip fracture, and broken bones. One in five falls cause serious injury, and falls can also lead to a fear of falling and future restriction of activities. Many falls are preventable. Understanding fall risk factors and ways to prevent falls is an important first step in fall prevention. Fall Prevention Bingo is a fun and engaging educational tool that can be used to improve knowledge of fall risks. Fall Prevention Bingo is played like traditional bingo, except the bingo numbers have been replaced with evidence-based fall prevention information.

Presented by:

Charla Sarabia, Injury Prevention and Community Outreach Coordinator

Thursday, June 8, at 2:00 PM
MRHS Center, 100 LaSalle St., #MC

Save The Date!

Talk back with *John Barrow* regarding the locally acclaimed play "We Have to Do Something." Come to have a closer look at the projections of materials from that era, learn of John's process, what he may have learned that he could not include in the play, plus Q&A.

Thursday, June 15, at 7:00 PM
Community Center (B1 basement level)

Refreshments will be served.

MRHS Trips are Back!

Join us for our first post-Pandemic trip. On **Wednesday, June 28** we will be enjoying a guided tour of the installations of celebrated contemporary artist **Ebony G. Patterson**. The artist brings her signature style to the **Enid A Haupt Conservatory**, and **NYBG's landscape and galleries**. Following the tour, we will sit down and relax at the **NYBG Pine Tree Cafe** to partake in the delicious Garden Market Basket boxed meals; the lunches include fruit, chips, a freshly baked cookie, and a bottle of water. The sandwich choices are: roasted chicken, tuna salad, or mozzarella. We will be returning to MRHS after lunch.

Date: Wednesday, June 28 Cost: \$50.00
Departing 10:00 AM Returning 2:00 PM

To reserve a spot and select a sandwich choice, or if you would like more information about the trip, please call **MRHS at 212-666-4000** or email **Robin Aloi at Robina@mrhsny.org**

Salsa/Swing Dance Class

Salsa, Mambo, Cha-Cha, Samba, Swing, Lindyhop, Jitterbug & Jazz.

No partner needed, for mature adults and for all levels, especially beginners. Fluid warm-up to begin to avoid any stress on your muscles.

Classes continue through July 5, Wednesday morning at **10:30 AM to 12:00 noon, in the Thurgood Marshall Room**, Building III. For more information you can call or text or email dance instructor Kathy Sanson at 917-535-0582 kjsanson@gmail.com. *Or just come by!*

MRHS will be closed on Monday, June 19, in honor of Juneteenth. We wish everyone a great holiday!

MRHS Board of Directors, 2023-2024

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MRHS Monthly Film Series

Introducing a new monthly, in-person film series. We will be showing a different film **every second Monday of the month at 1:00 PM at MRHS**, beginning with:

"Nomadland"
(2020) 1 hr, 47 min.

A woman in her sixties (Frances McDormand), after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. A poetic character study on the forgotten and downtrodden, it beautifully captures the restlessness left in the wake of the recession. It may even help you appreciate your own life more. It won Academy Awards for Best Picture, Best Director, and Best Actress.

Monday, June 12, at 1:00 PM
MRHS Center, 100 LaSalle St., #MC

MRHS Board Game Café

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

Happy June Birthday!!

To: Sharon Carr, Ling -Wan Chao, 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 Ming Ming Zhou.

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 **Politics in Latin America**, moderated by Building II resident, *Sarah Eggleston*.

Electoral results in Latin America over the past four years have led many observers of the regional/political scene to discern a left-wing surge in the hemisphere, reminiscent of the so-called "Pink Tide" that swept the area some 20 years ago. But how much do these politicians actually have in common? What implication does their ascendancy have for the region?

Tuesday, June 6, 7:00 PM, Via Zoom

MRHS Book Group

The next meeting of the MRHS Book Group is **Wednesday, June 21, at 3:00 PM** to discuss ***The Dutch House*** by *Ann Patchett*. Via Zoom. There will be no meeting in July. On August 23 at 3:00 PM the discussion will be on ***The Betrothed*** by Alessandro Manzoni. All are welcome.

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

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, June 29 at 1:00 PM**. *Lunch will be served.*
Cost: \$10.

Any questions, please email Michael Davidson: davidsonm_10027@yahoo.com.

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 6.**

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve.

Phishing Scams Awareness Event

Assembly Member O'Donnell's Office
OdonnellD@nyassembly.gov
212-866-3900

Did you know that phishing attacks are one of the most common online scams? According to the FTC, the total reported losses for consumers in 2022 increased to \$8 billion. While this form of attack is becoming increasingly sophisticated and pervasive, it is clear that consumers need help understanding what phishing attacks are.

The Office of Assembly Member O'Donnell, in collaboration with the Carter Burden Network, and the Center at the Red Oak, will host an in-person informational session to equip you with the information needed to understand what phishing scams are, how to detect one, and what to do after receiving one.

Join us on Monday, June 5, from 11:00 AM-12:00 PM at 135 West 106th Street (between Columbus & Amsterdam Avenue) for this event. If you would like to RSVP or have any questions, please contact Assemblyman O'Donnell's office at OdonnellD@nyassembly.gov or 212-866-3970.

SAFE Disposal Event

Get rid of your harmful household products safely.

Sunday June 11, 10:00 AM to 4:00 PM
(rain or shine)

West 120th Street,
between Broadway & Amsterdam Ave.

Paint, solvents, batteries, compact fluorescent bulbs, expired meds, aerosols, etc.

See nyc.gov/safedisposal for more information.

All of Us Research Program

There's a gap in medical research that only you can fill. The *All of Us* Research Program is a historic effort to accelerate research that may improve health by gathering data from one million or more people living in the United States.

By taking into account individual differences in lifestyle, environment, and biology, researchers will have the information to better understand health and disease. The more we know about what makes people unique, the more customized health care we can become.

For more information:

Visit: JoinAllofUs.org/nyc

Call (833) 268-5646

Email: nyc@joinallofus.org

MRHS Program Calendar

Paper copies of the MRHS Program Calendar are now available in the lobby of your building and at MRHS. The Program Calendar is also available on our website at www.mrhsny.org.



West Harlem
Development
Corporation

Solutions through collaborations™

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

Low Vision Support Group

Come join the Low Vision Group! This group meets at MRHS twice a month on Wednesdays. The purpose of this group is to facilitate open discussion related to eye conditions and research, living with visual impairment, as well as incorporate field trips and guest speakers. This group is open to both individuals with visual impairment as well as their sighted support individuals.

June 14: **3:00PM** - This session *only* will be held from 3:00PM-4:00PM to accommodate a Zoom presentation from Lighthouse Guild.

June 28: **No session** - attend the MRHS trip to the Botanical Gardens!

Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits.

Sounds of Summer Fest

The *Sounds of Summer Fest* is a free lunchtime concert series that features up-and-coming New York City artists curated across genres over four days in June and August. On June 8 the series begins with **Bandits on the Run**. Don't miss an afternoon full of live music, free giveaways, and delicious snacks.

Location: Italian Academy Teatro
1161 Amsterdam Ave., New York, NY 10027
Time: June 8, 12:30 – 1:30 PM

Bandits on the Run is an indie-folk-pop-Americana outfit consisting of singers, guitar, cello, suitcase drum, accordion, and toy instruments. For further information please contact sps-events@columbia.edu.

On June 20 the series continues with **Juice**. Blending rock, pop, R&B, and hip-hop, Juice embraces the diversity of their signature sound.

**** 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 Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly on Mondays, from 11:00 – 1:00 PM. *No experience necessary.* Please feel free to contact Stephanie Low with questions: stephanielow52@gmail.com. If you are interested in participating, contact Margaret Bianchi at MRHS: margaretb@mrhsny.org.

Covid Tests Kits Available

MRHS has a supply of Covid Test Kits from NYC Health & Hospitals. Please 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.

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 16, 2023). 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.***

Columbia Course Auditing

The Columbia University School of Professional Studies invites residents of Morningside Gardens to attend selected classes *free of charge*. For more information call 212-854-9666 or go to auditing@sps.columbia.edu.

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

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