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Travel Right...Come Back

Today 40.3 Million Americans are age 65 and older (13% of the population). By 2050 this population will be represented by 89 million people. Older adults will represent 22% of the world population by 2050.

Due to increased life expectancies, and energetic life styles, many will live 20-25% of their lives in active retirement. Many older adults have sufficient discretionary financial resources to spend on vacation travel, and many mature professionals travel on business. By 2025 1 in every 5 drivers will be over the age of 65. Baby Boomers are exceptionally active and will continue to hike, swim, ski, travel to the mountains, beaches and islands to be where the physical and intellectual action is.

Although one has traveled all of their lives, it is important to understand that an individual's driving and travel ability can change with age. In order to continue traveling safely, awareness of when these changes are happening, getting help when they do, and the willingness to listen if others voice concerns is paramount. Even if individual warning signs appear minor, they could put a seasoned traveler and others in substantial risk.

Travel and driving require complex cognitive functions. During this presentation and discussion we will review how travel stress, exhaustion, changes in environment and mild cognitive impairment can effect memory, and more specifically route finding. You will learn not only the basics but, the essentials for preparing a safe and fun travel experience. Travel Right and Come Back!

Tashia Amstislavski, MA, MSW, a resident of the Gardens, has a Masters in Social Work.

Wednesday, September 12, 7:00 PM
Tuttle Center, 100 La Salle, #MC.

Facing the Challenges and Joys of "Being Alone"

In our Western culture, many people fear being alone or being "lonely." They often choose to be with anyone rather than to be by themselves - even though the company they are with may be boring, or unhealthy, even destructive. We may



have been socialized to think that people who are "loners" are outsiders who wish they could "be on the inside," rather than people who might be content with their own company. We may have been conditioned to believe that when we are alone, we will ache for the company of others. We may even believe that a solitary existence would be the harshest lifestyle possible - perhaps a punishment.

Yet more and more of us are or will be alone due to divorce, death of a partner, even a conscious choice to remain single. This workshop addresses such topics as: finding special gifts and lessons in solitude; learning how we can experience joy and expand our horizons when we are alone; discovering peace of mind and a calmness of spirit in solitude; and finding new meaning and clarity in our lives that we might not have been able to do in the hustle and bustle of a busy life.

Led by Gardens resident, Author, Speaker, Workshop/ Retreat Leader, and Spiritual Director **Joy Carol**.

Thursday, September 13, 7:00 – 8:30 PM
Tuttle Center, 100 La Salle, #MC.

MRHS is closed on Monday, September 3 for Labor Day. We wish everyone a good holiday.

I'm 55+, Now What? Attend GUSTO

MRHS will offer an innovative workshop series, GUSTO, this October to introduce and connect residents 55+ to the many opportunities that exist to remain active, engaged, and productive. [See our special newsletter insert](#) for more details including the many exciting community organizations that will participate. Space is limited and reservations are required, so don't forget to **call MRHS (212-666-4000)** to reserve your spot!

Rediscover the Barnes in Philadelphia

In May 2012, the Barnes unveiled its new Philadelphia home. In rooms reflective of the intimate layout and unique character of the original Merion galleries, the renowned art collection is now accessible to the public as never before. Celebrated for its exceptional breadth, depth, and quality, the Barnes Foundation's art collection includes works by some of the greatest European and American masters of impressionist, post-impressionist, and early modern art. An early lunch is included at Water Works Restaurant and Lounge, Philadelphia's Landmark Dining Experience!

DATE: Thurs., Sept. 27 PRICE: \$50.00
DEPART: 8:30 AM RETURN: 5:00 PM

MRHS needs two or three new volunteers to serve on the [Movie Committee](#). The committee makes it possible for lots of people to see a variety of films (old and new) right in your own backyard! Please consider volunteering or recommend someone who might be willing to show [one Saturday afternoon movie each month](#), and attend [one movie-selection meeting every six weeks](#). That is all a member of the committee has to do. We have been short handed for some time and even discussed stopping the movies for lack of help. If you can volunteer or think of a possible candidate, please call Margaret at MRHS.

Happy September Birthday!!

To: Tonia Blair, Gilda Brodsky, Dorothy Carter, Joyce Davis, Ralph Della Cava, Norma De Paur, Peggy Haskins, Ludovit Jacz, John Johnson, John Kapner, Leila Lieberman, Erwin Muscat, Maurice Nixon, Yonk-Ki Pak, Helen Poole, Winifred Price, Dorothy Savage, Katherine Scheuer, Gwen Simmons, Shau-fen Tang, Yen Tang, Celestine Twining, Una Tuttle, Roderick Wallace, Joanna Wang, Audraine Wilson, Margaret Yi, and John Yoshinaga.

Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in September are all invited to our Birthday Party! Come on **Tuesday, September 18 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Sept. 1 *Salt of the Earth* (1954) 1 hr., 30 min.

The tale of a strike by Mexican-American miners in a New Mexico town, when the wives assert themselves in the struggle for safe working conditions and dignified treatment.

Sept. 8 *Born Yesterday* (1950) 1 hr., 43 min.

Junk dealer made good Broderick Crawford hires William Holden to teach culture to girlfriend Judy Holliday in this hilarious Garson Kanin comedy. Directed by George Cukor.

Sept. 15 *The Iron Lady* (2011) 1 hr., 45 min..

Meryl Streep's acclaimed portrayal of Margaret Thatcher across four decades. Flashbacks examine historical events including the rising unemployment related to Thatcher's monetarist policies and her friendship with Ronald Reagan.

Sept. 22 *The Ides of March* (2011) 1 hr., 41 min.

Idealistic young press spokesman (Ryan Gosling) in a cutthroat presidential campaign inspired by the real-life experiences of an aide who worked on Howard Dean's 2004 run.

Sept. 29 *The Descendants* (2011)

1 hr., 55 min. George Clooney plays the scion of a Hawaiian family deciding whether to keep the land unspoiled or sell it to developers to please an army of cousins led by Beau Bridges.

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.



MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:00 PM**.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 5	9 – 5	9 – 5	9 – 5	9 – 5

Hypertension Screening –Alternate Wednesdays from 9:00 to 11:00 AM

September 12. September 26

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

"Later Life Transitions" group resumes on Thursday, September 13 at 3:00 PM.

The **MRHS Book Club's** next meeting will take place soon. All are welcome to participate in this stimulating group.

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, September 21). 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.*

Congratulations to Harold Landon, who celebrated his 100th Birthday on August 19th, 2012!

Flea Market/Holiday Bazaar

MRHS is now accepting donations for this fall's Flea Market **one evening a month (next on Tuesday, September 18 between 7:00 and 9:00 PM) and one afternoon per week from 2:30 to 4:00 PM (this month on Thursday, September 6, 13, 20, 27)**. Volunteers will be available to collect donated items in the Recreation Center (library room) by the entrance to the basement of 100 La Salle. Flea Market dates are **November 16, 17, and 18, 2012**.

Volunteers Needed: to assist with the collection. Morningside teenagers welcome to join in. Community-service credit is available. Contact the MRHS office at 212-666-4000 to volunteer.

Volunteers who participate in the sorting and collecting will be allowed to purchase a limited number of items before the actual sale.

Contact MRHS to sign up. Also, please see the insert for volunteering at the Flea Market sale.

MRHS Fall Programs

MRHS has exciting programs lined up for this fall. Please look for the complete schedule and registration materials to be delivered to your doors very soon.

Local Businesses Support Our 60+ Residents

The following discounts are available from local businesses:

Bettolona – 10% discount

Fairway – 10% discount (65+, must take Fairway Shuttle from bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM)

Met Foods – 10% discount (60+, Tuesdays and Thursdays only)

If you are a business or know of a business that offers discounts to our 60+ residents please let us know, and we will mention the discount in our newsletter!

Yoga and You

What is Yoga *really* and how can it impact your life?

Most people think of yoga as a system of exercise, which is great, but what about *life*? What about the daily grind. Those times you're stressed out and tired out - facing difficult decisions and dealing with difficult transitions? What does yoga have to do with that?

This workshop will introduce you to Yoga as a powerful, empowering and user-friendly means of staying centered, energized and positive; a practical practice that helps you meet with the challenges and stresses of day-to-day life. We'll explore techniques of breathing and visualization that connect you to inner resources of energy and calm you might not be aware you even possess. Most of all you'll learn a set of yoga 'coping tools' that can be drawn upon for support and centering wherever you are, whatever you're doing.

So bring your questions, issues you think yoga could positively address, and a sense of adventure - and find out how yoga can enrich, empower and fortify your life. This workshop is led by Yoga Teacher, Life Coach, Integrative Healer, Workshop/Retreat leader and Yogi.

Jana Titus (Bldg. 1).

Tuesday, September 11, 7:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

Great Decisions Returns

On **Tuesday, September 4** at **7:00 PM** the Great Decisions Program will meet with a discussion entitled "Exit from Afghanistan and Iraq." Ken and Peggy Thomas are program facilitators. **Tuttle Center, 100 La Salle, #MC.** Resource materials are available.



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

Hands on with Digital Photography: 2-part Activity

Sponsored by MRHS "TechNet"

Part I: Thursday, September 20,
7:30-8:30 PM

MRHS Tuttle Center, 100 La Salle, #MC

Part II: Friday, September 21,
10:00 AM-12:00 PM

Teachers College, Columbia Computer Lab, 525 West 120 Street

Cost: Free

Have you ever wanted to "try out" a digital camera or do you need more "guided practice" on using one as well?

Are you interested in sending those digital pictures to your family, grandchildren or editing pictures using those software programs? Would you like to check out the **Telikin computer** in MRHS to see if this might be of assistance?

Have you ever wondered what do you do once you take those digital pictures...how do you get them to print or send?

Well...come for a "quick tour" of the digital world with some "hands on" guided practice. This is a 2-session activity if you're interested **BUT you must have gone through Session 1 to get to Session 2 (computer lab).**

*Registration Required by September 14 –
Limited to 20 Participants*

(Call Margaret at MRHS (212) 666-4000)

We will provide a Kodak digital camera for each participant so DO NOT BRING YOUR OWN CAMERA.

Resident Publishes Memoirs

John Seaman, MG resident, artist and photographer, has published a memoir "**Bloody But Unbowed**" now available at McNally Jackson bookstore at 52 Prince Street in Soho. It's print on demand. Buyers must call, pay for a copy with a credit card, and then pick it up 48 hours later. Call (212) 274-1160. Price is \$29.50, plus tax.

Something New and Fun!!! Tap Dancing Hands Down™

Tap Dancing Hands Down™ is a patent pending method of tap dancing using your hands, with taps on gloves, as opposed to your feet with tap shoes. The benefits of Tap Dancing Hands Down™ include:

- I. Stimulates mental activity by learning new patterns and sequences at every class.
- II. Creates a mind and body connection.
- III. Builds strength and flexibility in arms and hands.
- IV. Builds community through working in a group and having fun.

Mary Six Rupert will be teaching a 4-week workshop on Fridays in October. Mary Six was a Radio City Rockette for 13 years and has performed in many tap musicals. She currently teaches dance at Bridge for Dance and will be the adjunct professor of tap dance at Wagner College in the Fall.

Dates: October 5,12,19,26 Price: FREE

Time: 2:00 – 3:00 PM