

I'm 55+, What do I do now?: 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!

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:

- Stimulates mental activity by learning new patterns and sequences at every class.
- Creates a mind and body connection.
- Builds strength and flexibility in arms and hands.
- 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

Flu Shot Distribution

On **Tuesday October 16 from 1:00 to 2:00 PM** the seasonal *influenza shots* will be given. Come to the **Recreation Center, Building I, basement**. A second and final session will be offered on **Tuesday, November 20 from 1:00 to 2:00 PM**. The program is sponsored by MRHS and St. Luke's-Roosevelt Hospital Center. There is no out-of-pocket cost.

Please note, if you have a health condition that calls for a flu shot, or if you work with the elderly, it is very advisable for you. **Appointments are necessary.** (If you need to cancel an appointment please let us know.)

Call MRHS at 212-666-4000 to reserve a spot or to learn more.

In Memoriam

Dorothy Carter, a former MRHS board member and a member of the MRHS Legacy Society, died at home on September 14 at the age of 94. Dorothy was a former stage actress who starred in the adaptation of the groundbreaking novel "Strange Fruit" on Broadway and later became an educator at Bank Street College and an accomplished children's book author. She was a huge booster of MRHS and believed passionately in our mission. Her vibrant presence in the community will be missed.

Great Decisions Returns

On **Tuesday, October 2 at 7:00 PM** the Great Decisions Program will meet with a discussion entitled "State of the Oceans: Waves of Change." Ken and Peggy Thomas are program facilitators. **Tuttle Center, 100 La Salle, #MC**. Resource materials are available.

Director's Column

As you've no doubt heard by now, MRHS has acquired the apartment across the corridor from our current space in Building I. This provides the MRHS community with an opportunity to think anew about the mission and function of MRHS.

Practically speaking, we will be working in more space, as we relinquish the smaller nurse's office in Building VI in exchange for the larger confines of Apartment MB in Building I. Thanks to the location of MB, we're provided with an opportunity to consolidate our operations, working out of contiguous offices instead of two offices far afield (well, a block away.) It seems to me this consolidation in itself reflects the holistic model that MRHS has always promoted – integrating health care with other life-affirming principles such as access to social work services, educational and recreational opportunities, community-building activities and opportunities to volunteer and contribute to the community.

At the same time, we are living in a new age. In recent years we've come to recognize that for the first time in human history people can expect to live well and productively into old age, in reasonably good health. At the turn of the 20th Century average life expectancy was 49 years in the U.S. Today it's close to 80 years – truly a revolution. But our thinking is often stuck in the past. If you've grown up in an environment where people turning sixty-five are expected to retire and sink slowly into frailty and oblivion, it's not easy to come to terms with this new reality. The situation may be analogous to the awakening in the 1960's and 70's to the changing role of women in our society.

So how will the MRHS community utilize our new space to embrace this new reality? MRHS has a Transition Committee to lead the way, but we will be looking to the MRHS community for guidance and support. This issue of the Newsletter includes an insert that provides an opportunity to give us your ideas and suggestions.

Happy October Birthday!!

To: Jimmy Arnold, Hazel Bertz, Mary Grace Bookhardt, Alan Borthwick, Mary Borthwick, Aram Boyajian, Robert Broadwell, Chia-hua Chang, Colin Chang, Melva Currier, Geruth Graham, Mary Lowry, Mary McDonald, George Mapp, Aline Multare, Kay Murray, Seymour Newman, Ivy Polk, Reynaldo Silva, Dorothy Tefteau, Ramsey Togo, Sydney Weinberg, Asa Zatz.

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 October are all invited to our Birthday Party! Come on **Tuesday, October 16** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Oct. 6 *We Have a Pope* (2011) 1 hr., 41 mins.

In this film the pope has died, and the congress of cardinals has chosen his successor. But what happens if the newly elected pontiff doesn't want the job? This comedy follows the Vatican's travails as it strives to make one cardinal accept his destiny.

Oct. 13 *Tokyo Story* (1953) 2 hrs., 15 min.

A plot summary of this film does not do justice to the power that Director Yasujiro Ozu lends to this sad, understated tale. An elderly couple leaves their small coastal village in southern Japan to visit their married children in Tokyo who are too busy to spend time with them.

Oct. 20 *Footnote* (2011) 1 hr., 46 min..

Long-buried tensions erupt in this witty drama, which follows the strained relationship between a reserved Talmudic scholar and his ambitious son -- both professors at the same university -- when the father wins a prestigious award the son covets.

Oct. 27 *A Separation* (2011) 2 hr., 3 min.

An Iranian husband and wife split up over his decision to stay and care for his aging father instead of leaving the country with his family. But his fateful choice to hire a stranger to do most of the caretaking breeds unexpected consequences.

Discover Fall Foliage at the New York Botanical Garden

In every season, The New York Botanical Garden is alive with treasures of the natural world. The Garden's 250-acre National Historic Landmark site features 50 gardens and plant collections set amid dramatic rock outcroppings, a cascading waterfall, radiant ponds, and a tranquil, 50-acre Native Forest. We will take a 45 minute escorted tram tour, which offers the best way to see much of the Garden's 250 acres in a short visit, with narration offering an overview of the Garden and its history. Lunch will be at the Garden Café. Lunch is not included in the tour price.

DATE: Thurs. October 25 PRICE: \$35.00
DEPART: 10:30 AM RETURN: 3:00 PM

In Memoriam

MRHS is sad to report that Building III resident **Stewart Benson** passed away on September 6. Stewart was a faithful volunteer at MRHS for many years, especially during the annual Flea Market. He will be sorely missed.

iPad Presentation

The next **MRHS "techNet"** presentation will feature a demonstration of the Apple iPad on **Thursday, October 18 at 7:30 PM** in the Tuttle Center. **Mike Davidson** will show and discuss this remarkable device that has changed the way many around the world learn, communicate and interrelate.

He will also show how it is similar to the iPhone and how it is different. Some of the over 250,000 iPad apps will be demonstrated including how to get "live" TV, how to use the iPad as a level, for Mail, for the Internet and much, much more.

For more information or if you wish to be added to our email list, send a message to DrMichaelSDavidson@gmail.com or call the office (212-666-4000).

Congratulations to resident Margaret King who celebrated her 100th birthday in August.

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:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 5	9 – 5	9 – 5	9 – 5	9 – 5

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

October 10, October 24

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

Marie Phillips, R.N. will hold "**Take Charge of Your Health**" on Thursday, October 25 at 2:30 PM in the Tuttle Center.

"**Later Life Transitions**" group resumes on Thursday, October 11 at 3:00 PM.

The **MRHS Book Club's** next meeting will take place on Wednesday October 24 at 3:00 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, October 19). 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.*

The Morningside Gardens Grounds Committee invites you to meet new arborist, William "Bill" Logan. October 1, 4:30-6:30 PM, Thurgood Marshall Room. Light Refreshments will be served.

Flea Market/Holiday Bazaar

MRHS continues to accept donations for this fall's Flea Market. We will accept donations **two evenings in October, Tuesday, October 9 and Tuesday, October 23, between 7:00 and 9:00 PM and every Thursday afternoon (10/4, 10/11, 10/18, 10/25) from 2:30 to 4:00 PM.** 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 **11/16, 17, & 18.**

Volunteers Needed: to assist with the collection of these donations; to serve on committees (Community Outreach, Publicity; Collection/Pricing). 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 for one day or every day we're collecting. NOTE: Please return the insert enclosed for volunteering for Flea Market Set Up and Sale.

Local Businesses Support Our 60+ Residents

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., Mon. at 1:00 PM, Fri. at 10:00 AM)

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

C Town (125th St.) – 10% discount (65+, Tuesdays and Thursdays only)

Claremont Chemists – 10% discount (65+, non-prescription items)

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!

Storytelling Project: *Young at Heart*

Life itself is the most wonderful fairytale of all.
— Hans Christian Andersen

Do you have a story you want to share and record about your childhood or past life experiences? Or do you have a story about the relationships, community, or activities that keep you Young at Heart? Beginning in November MRHS is starting a yearlong storytelling project. We will be collecting stories centered on the theme *Young at Heart*.

Sign up today to reserve a one hour appointment to record your story. Recording sessions will take place on Mondays, Tuesdays, and Fridays. No previous story telling experience necessary. Please call **Laura Avila**, Social Work intern, at 212-666-4000 for more information.

Low Vision Support Group

The MRHS Low Vision Support Group will be meeting on Friday, October 12 and Friday, October 26 from 3:00 PM to 4:00 PM. This group will share ideas and thoughts about having low vision. Please come help us explore low vision activities and trips for future group meetings. Please contact Social Work Interns, **Laura Avila and Brenda Talbot**, at 212-666-4000 with any questions.

Supper Club Returns!

The MRHS Supper Club event will resume Tuesday, October 16th. We have a special evening planned: the dinner will take place at our neighborhood restaurant, **Pisticci**. Share salad, bread and Penne Pisticci – a signature dish – while enjoying the company of your neighbors! Join us at 6:00 PM at 125 LaSalle Street (on the corner of LaSalle and Broadway). Cost is \$15.00 and reservations are required and limited to 15 people. Please call us at 212-666-4000 to reserve your spot.

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