

## TechNet: Technology for You

### Learn About the New MRHS Website!

We've been expanding our website, [www.mrhsny.org](http://www.mrhsny.org), as well as our presence on the social media site, Facebook. Did you know that our website now has a searchable newsletter archive dating back to the 1980's? Come to the next **TechNet** meeting on **Thursday, October 17 at 7:30 PM** in the **MRHS Tuttle Center**, to learn more about navigating our new site. In addition to showing off our new site, **MRHS Assistant Director Joanna Stolove** will provide basic instruction on developing your own website.

If you wish to be added to the TechNet email list, contact [DrMichaelSDavidson@Gmail.com](mailto:DrMichaelSDavidson@Gmail.com).

## Supper Club

The MRHS Supper Club is back in action! Save the date for **Friday, October 25 at 5:30 PM**. This month we anticipate dining at a local restaurant, to be determined soon. For those of you who enjoy tasty food and good company, please call 212-666-4000 to confirm your reservation. Cost is \$15.00

## Financial Planning Workshop

On **Tuesday, October 8 at 7:00 PM** **Ray Henri** will lead a workshop on the topic of **Five Ways to Improve your Retirement and Health Care Planning**. Ray Henri is a Registered Principal with Cadaret, Grant & Company. He is a Certified Retirement Financial Advisor (CRFA) and regional director of the American College Foundation. For more than 18 years, Ray Henri has advised business entrepreneurs, professionals and retirees with health and retirement plans.

## Visit Storm King Art Center

Join MRHS for our last trip of 2013 as we visit the **Storm King Art Center**. Widely celebrated as one of the world's leading sculpture parks, **Storm King Art Center** has welcomed visitors from across the globe for fifty years. It is located only one hour north of New York City, in the lower Hudson Valley, where its pristine 500-acre landscape of fields, hills, and woodlands provides the setting for a collection of more than 100 carefully sited sculptures created by some of the most acclaimed artists of our time.

We will have a docent led tour of the grounds. A picnic lunch at **Storm King Art Center** is included.

**DATE:** Wed., Oct. 30      **DEPART:** 10:00 AM  
**PRICE:** \$50.00      **RETURN:** 5:00 PM

## Flu Shot Distribution

On **Wednesday, November 6 from 1:00 PM to 3:00 PM** the seasonal **influenza shots** will be given in the Recreation Center, Building I, Basement. 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 to receive a shot.

**Appointments are necessary. Call MRHS at 212-666-4000. (If you need to cancel an appointment please let us know.)**

**Congratulations to Helen Poole who celebrated her 100<sup>th</sup> birthday on September 20!**

**MRHS will be closed on Monday, October 14 for Columbus Day.**

## Director's Column

Unless the Tea Party succeeds in its 250<sup>th</sup> attempt to defund the Affordable Care Act (ACA, also known as Obamacare) before October 1, some of the strongest provisions of the ACA will go into effect soon. While the program will be most beneficial to those who have been unable to afford health insurance, including people in their 50's and early 60's, it will also be of benefit to adults over 65 and their caregivers. The ACA is creating new models of service delivery such as patient-centered "medical homes." As a report in "Aging Today" states, "Older women have the most to gain from these new models, because they tend to live with chronic conditions and to care for frail, elderly loved ones who can no longer care for themselves." Thanks to the ACA, preventive services such as mammograms, bone density tests, colonoscopies and Pap tests no longer require a 20% co-payment, which was a significant burden for many on fixed incomes.

There has been much misinformation about the ACA that needs clarification, provided here with help from Diane Lutwak at the Volunteers of Legal Services and a report in the U.S. News & World Report. The ACA is not replacing Medicare but is making Medicare stronger. "In fact, the ACA adds eight years to the solvency of Medicare's Part A Trust Fund, increasing the years of the program's guaranteed benefits to 2026, 10 years longer than before the ACA," according to U.S. News. People with Medicare are not required to purchase additional insurance to comply with the ACA. Unless you are an individual with income above \$85,000 (couples above \$170,000) who will pay slightly higher premiums, the cost of prescription medications will be less. The ACA has been closing the Part D doughnut hole "and according to a recent CMS press release, more than 6 million seniors had saved over \$7 billion on prescription drugs at the end of June 2013" (U.S. News.) Medicare premiums are not rising due to the ACA. Says U.S. News, "According to the most recent Medicare Trustees' Report, the Medicare Part B premium will remain relatively unchanged between 2013 and 2014."

So, as they say, don't believe the (Tea Party) hype! The ACA has been and will continue to be beneficial to our older adult population.



## Happy October Birthday!!

To: Jimmy Arnold, Hazel Bertz, Mary Grace Bookhardt, Alan Borthwick, Mary Borthwick, Aram Boyajian, 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, and 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 15** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

### **Oct. 5 The Man Who Knew Too Much**

(1935) 1 hr, 5 min. Alfred Hitchcock's first go-around with this story about a couple on holiday who stumble upon political intrigue and murder as they try to retrieve their kidnapped daughter. Toss in Peter Lorre, and you can't go wrong. Unrated, equivalent to PG.

### **Oct. 12 My Fair Lady** (1964) 2 hrs., 50 min.

Musical adaptation of the stage musical, stars Audrey Hepburn; Rex Harrison and Stanley Holloway. The film won 8 Oscars, including Best Picture, Best Actor and Best Director. Rated G.

### **Oct. 19 The Age of Innocence** (1993)

2 hrs., 8 min. Martin Scorsese's adaptation of Edith Wharton's novel of a doomed romance between an upper class gentleman (Daniel Day-Lewis) and a woman (Michelle Pfeiffer) separated from her husband and ostracized by society. PG.

### **Oct. 26 Au Hasard Balthazar** (1966) 1 hr.,

35 min. (French with English subtitles) This film follows Marie, a shy farm girl and her beloved donkey Balthazar over many years. As Marie grows up, the pair becomes separated, but the film traces their fates living parallel lives. Unrated.

**Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.**

**\*\*\* Coming Attraction:** On Saturday, November 2 we'll show **National Velvet**, a film for the whole family. Children admitted free. Popcorn will be served! \*\*\*

## 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 – 4	9 – 4	9 – 4	9 – 4	9 – 4

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

10/9, 10/23

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

**Nurse Marie Phillips' "Take Charge of Your Health"** group will resume on Thursday, October 24 at 2:30 PM.

**"Later Life Transitions"** group meets this month on **Thursday, October 10 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be on **Wednesday, October 23 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, **Wolf Hall**, by Penelope Lively. All are welcome.

### **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 18). 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.**

## Flea Market/Holiday Bazaar

MRHS is now accepting donations for this fall's Flea Market. We will accept donations **one evening a month, this month on Tuesday, October 22 between 7:00 and 9:00 PM and one afternoon per week from 2:30 to 4:00 PM continuing till Flea Market Time. This month the dates are Thursday, 10/3, 10/10, 10/17, 10/24, 10, 31.** 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 15, 16, and 17, 2013.**

**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. We especially need volunteers who can help with lifting and transporting items. We also need donations of old newspaper and strong boxes (e.g. Fresh Direct) for packing. 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.

### **SAVE THE DATE!**

**November 18, 2013**

For Monday Night Discussion Group on the Topic: **Coming to America: Immigration**

**Time: 7:30 - 9:00 PM at MRHS Tuttle Center**

**Come to share your family history of coming to the U.S.**

**Recollect Learn Discuss Participate  
Celebrate**

## Affordable Hearing Aids

Here's a startling fact: hearing aids cost up to \$7,000 per pair and aren't typically covered by insurance, so most people can't afford them. Audicus.com is a New York-based company that aims to improve access to hearing aids through affordable prices. The company sells hearing aids for prices up to 70 percent less than many retailers because it does not have the overhead costs of a clinic (testing equipment, patient visits etc.).

The Audicus.com website allows you to browse their hearing aid options. If you decide to test one of their hearing aids, simply follow the website's instructions to send your hearing test by fax or email to Audicus.com, and an audiologist will program the appropriate hearing aid for you. Audicus.com offers hearing aids that are comparable in size and quality to more expensive options, and will ship directly to your home. Customers have a 45-day money back trial period.

Please contact MRHS if you would like to discuss the many options to address hearing loss.

## Morningside Players To Present *The Old Settler* – Poignant Harlem Story

The Morningside Players proudly present John Henry Redwood's poignant comedy/drama, ***The Old Settler***, about life in Harlem in 1943 directed by Ajene Washington. Two aging spinster sisters find their lives changed when a handsome young man, recently arrived from the Deep South, rents a room in their apartment. Filled with passion and humor, it deals with dashed hopes and a last chance at love. The dates are October 17-27, Thurs, Fri., and Sat. at 7:30 PM, Sat. and Sun. matinees at 3:00 PM. Tickets are \$12 general admission; \$8 seniors and students. Check the website at [www.morningsideplayers.org](http://www.morningsideplayers.org).

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

## Fall Fund Drive Begins In October

Once a year MRHS invites you to give toward its coffers. The vital services of MRHS do not come cheap, but they are well worth the cost! Think of what MRHS means for you and your neighbors throughout the year – health services, educational and recreational programs, and the opportunity to be with your neighbors. Can you give back, give forward? Think of how much you can give as you prepare for the Fall Fund Drive. Please give generously!

## Low Vision Group

The Low Vision Group is returning to MRHS. The purpose of this group is to offer social and emotional support for individuals living with vision impairments. It is a way for people to gather together and share their experiences about living with low vision. The dates for October will be **Friday, October 4 and Friday, October 18 from 2:00-3:00 PM** in the MRHS **Tuttle Center**. In upcoming months, we hope to have field trips and more speakers. Please call 212-666-4000 to sign up. The sessions for this month will be as follows:

### **Friday, October 4: Living with Low Vision**

- We will discuss personal experiences about living with vision impairments and challenges that people face.
- We will discuss the exploitation of those who are vision impaired and what people can do to protect themselves.
- We will be educated about new technologies that help improve vision, as well as quality of life for those with low vision.

### **Friday, October 18: Speaker Rachel Meltzer from Jewish Guild for the Blind**

- Ms. Meltzer will present on the services Jewish Guild for the Blind has to offer to individuals with vision impairments.
- Ms. Meltzer has several activities and handouts prepared that will make this session fun, exciting, and informative.

## **Explore Your Future Series Coming to Morningside Gardens!**

**Explore Your Future** is a series of four facilitated interactive workshops that help individuals who are 50+ envision the next phase of life including pursuing civic involvement, lifelong learning and encore careers. The program is nationally tested and administered by Coming of Age NYC.

Four sessions will be offered on four consecutive Wednesday evenings **starting October 2** from **5:00 to 7:00 PM**. Classes will be held in the Thurgood Marshall Room, 80 LaSalle Street, Ground Floor. Participants should plan to attend all four sessions as they build upon each other.

### **WHAT WILL YOU LEARN?**

The sessions are:

*October 2: **What Has Influenced Me?***

*October 9: **Who Am I Now?** -*

*October 16: **How Can I Realize My Dreams?*** – (Alternate location at Morningside Gardens to be determined)

*October 23: **How Do I Create an Engaged Life?** -.*

**This dynamic four-workshop series is \$30 (which includes the workshop manual).**

**Class size is limited to 30 participants (first come, first served).**

**Register by calling 212 666 4000**

**Sponsored by MRHS**

## SNAP Assistance

MRHS will be providing special help to apply for the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, on **Tuesdays, October 1 and October 29, from 10:00 AM to 12:00 Noon at the MRHS Tuttle Center.** Assistance will be available in **English and Chinese** from representatives of the Department for the Aging. Monthly gross income limits of \$1,862 (single) and \$2,522 (couple) do apply, but please come by if you're unsure or want to find out more.

“晨興退休醫療服務中心”

將在以下日期在突桃中心(Tuttle Center)提供幫助申請紐約市補充營養援助計劃之福利服務[SNAP, 前稱 Food Stamps/糧食卷]:

10月1日及29日, 下午10時至12時

屆時會有本市”高齡人仕部門”英文及中文代表在場協助。不同年齡及收入的市民都可能有資格獲得這種援助。有興趣人仕, 可在該預設時間到來中心諮詢或申請。

**\*\*\* If you would like assistance with composting, please contact MRHS at 212-666-4000 or [info@mrhsny.org](mailto:info@mrhsny.org). \*\*\***

## Workshop's Multimedia Group

The Morningside Workshop's Multimedia Group will present a workshop on “How to Use Facebook?” on Wednesday, **October 23, 7:00 to 9:00 PM at the workshop space (Basement, Building #6).** Please bring your laptop, iPad and smart phone. About 1.1 billion people are using Facebook. Facebook could help us to promote our passion, to communicate with loved ones, to share photos and videos and to connect with old and new friends. **Please RSVP Ching Juhl, facebook-holic / multimedia group chair, at [jadeviola@gmail.com](mailto:jadeviola@gmail.com) or 917-653-9630.**

## Book Talk Featuring Dr. Paul Offit

In *Do You Believe in Magic?*, medical expert Paul A. Offit, M.D., offers a scathing exposé of the alternative medicine industry, revealing how even though some popular therapies are remarkably helpful due to the placebo response, many of them are ineffective, expensive, and even deadly. Dr. Offit is Chief of the Division of Infectious Diseases at the Children's Hospital of Philadelphia.

Dr. Offit's talk takes place at **Teachers College**, Columbia University, 525 W. 120th Street (between Amsterdam and Broadway) – **305 Russell Hall** – on **Tuesday, October 29. Book signing: 3:30 - 4:00 PM. Book Talk: 4:00 - 5:15 PM.**

## Love An Elder Day

October 1 has been proclaimed Love An Elder Day by the State of New York, thanks to the efforts of our neighbors at **Morningside Village and LiLY.** October 1 is also the UN's International Day of Older Persons. “It's a day when everyone can connect with our elder and their caregivers in fun and easy ways.” Go to <http://loveanelder.org/> for more information.

## Free Chinese/English Translating/Interpreting Services at MRHS

免費書面翻譯/口頭傳譯服務

Services include but are not limited to:

服務種類：

- everyday English/Chinese/Interpretation  
日常英語/中文陪同口譯
- translating English/Chinese documents  
翻譯中英文文件
- any other problems related to those two languages  
其他語言方面問題

Contact MRHS at 212-666-4000 or [info@mrhsny.org](mailto:info@mrhsny.org) for more information.