

November 1, 2012
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www.mrhsny.org

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Consider Tai Chi

Two years ago Jane Brody, the personal health columnist for the New York Times wrote about Tai Chi in the Times. Her headline for the column was "Downside to Tai Chi? None That I See."

Tai Chi, a moderate intensity exercise, has been referenced as an effective exercise method to improve quality of life, mentally and physically. As one learns the form and the language (body & terminology) that goes with it, this is comparable to learning a foreign language, thus keeping one's brain young and supple. Learning Tai Chi, because of its intricacies, requires time, and thus its acquisition is tantamount to a lifestyle change, particularly if one continues to pursue enhanced self-awareness which is an important by-product of practicing Tai Chi.

With its many health benefits Tai Chi Chuan has been called "A Slow Dance for Health." Come learn the dance. Classes are on **Wednesdays at 6:30 PM in the Thurgood Marshall Room.** Contact MRHS at 212-666-4000 to enroll.

Carl Jones, Tai Chi Instructor

***** Don't Forget to Vote on Tuesday, November 6. If you need help getting to polls in Building I, 100 LaSalle Street, please call MRHS and we'll provide assistance! *****

***** MRHS is closed on Monday, November 12 for Veterans Day. We are also closed on Thursday, November 22 for Thanksgiving, but will re-open on Friday, November 23. *****

Last Chance for Flu Shots

On **Tuesday November 20 from 1:00 to 2:00 PM** the seasonal **influenza shots** will be given. Come to the **Recreation Center, Building I, basement.** This will be the final session for flu shots this year. 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.



Dorothy Carter Memorial

A celebration of the life of **Dorothy Carter** will take place on **Friday, December 14** at noon, at Bank Street College of Education, 610 W. 112th Street, in the auditorium. Speakers will include Rev. Dr. James Forbes. A repast is to follow. Dorothy, a former MRHS board member and MRHS Legacy Society member, died on September 14.

Great Decisions Program

On **Tuesday, November 6 at 7:00 PM** the Great Decisions Program will meet with a discussion entitled "Indonesia." Ken and Peggy Thomas are program facilitators. **Tuttle Center, 100 La Salle, #MC.** Resource materials are available.

Director's Column

MRHS is undergoing an expansion of its space, reflecting an expansion of its programs and services, and providing us with an opportunity to renew our vision of the organization.

For the uninitiated, MRHS was first incorporated as a 501(c)3 nonprofit corporation in 1966. At that time MRHS had no paid staff, but did have a small cluster of volunteers who had noticed that many of their older neighbors were in need of help. So they organized, pitched in, and devised the organization that continues to this day. Two of the programs developed in the 1960's still exist. The Tuesday Luncheon still occurs every Tuesday at 12:30. And the Escort Program, finding volunteers to escort frail residents to medical appointments, is a service MRHS continues to provide.

Much has changed in the intervening decades. The federal Medicare and Medicaid programs have succeeded in helping to eliminate broad swaths of elder poverty in the land. The elderly population at the Gardens, as elsewhere, has risen dramatically, with people living longer and healthier lives.

But a recent fact sheet from the National Council on Aging (NCOA) reminds us there are still challenges ahead. According to the NCOA, "Approximately 92% of older adults have at least one chronic disease, and 77% have at least two." "Every 15 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies following a fall." "One in four older adults experiences some mental disorder such as depression, anxiety disorders, and dementia. This number is expected to double to 15 million by 2030."

Many older Americans also face financial hardship. The NCOA reports, "Over 23 million Americans aged 60+ are economically insecure — living at or below 250% of the federal poverty level (FPL) (\$27,925 per year for a single person). These older adults struggle each day with rising housing and health care bills, inadequate nutrition, lack of access to transportation, diminished savings, and job loss....Older women fare worse than men, with 60% unable to cover their basic, daily expenses compared to 41% of men."

So as we move forward with our plans to accommodate a new vision of aging at MRHS, we'll need to keep in mind the many challenges that our older neighbors continue to face.

Happy November Birthday!!

To: Jacques Bendersky, Marion Butler-Mills, Israel Francus, Delores Gruber, Eleanor Joynes, Mary Jane Knight, Peggy McNamara, Erich Meyerhoff, Judith Nowinski, Susan Opotow, Jean Rooks, Mary Taylor, Hilah Thomas, Mamie Thomas, Kathleen Todd, Ralph Twining, Kristina Vician, and Sana Wu.

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 November are all invited to our Birthday Party! Come on **Tuesday, November 20 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Nov. 3 **The Magnificent Ambersons** (1942)

1 hr., 28 min. Orson Welles's adaptation of the Booth Tarkington novel follows two upper-class Indianapolis families -- one whose glory is in decline, and another whose prosperity is only beginning -- as the families' members grapple with love and loss.

Nov. 10 **A Fish Called Wanda** (1988)

1 hr., 48 min. A crooked foursome commits the heist of the century and is about to get away ... until the London police arrest one of them. Kevin Kline won an Oscar for his performance, but the laugh-out-loud funny film also drew nominations for its writing.

Nov. 17 **Darling Companion** (2012)

1 hr., 43 min. Dealing with an empty nest and self-absorbed husband Joseph, Beth develops a deep bond with a dog she rescues -- and when Joseph loses the dog after a wedding, Beth joins forces with wedding guests in a search that takes some unexpected turns. Diane Keaton heads a great cast.

Nov. 24 **The Hedgehog** (2009) 1 hr., 38 min.

Fed up with the world's hypocrisy, an 11-year-old makes plans to commit suicide on the eve of her 12th birthday. But an unlikely bond with her building's concierge and an older, elegant resident stands to alter her outlook on everything.

Movies start at 2:00 PM.

Please arrive early. Contribution is \$1.00

Welcome Brenda and Laura!!

MRHS extends a warm welcome to Columbia University Social Work Interns **Brenda Talbot** and **Laura Avila**. They will be with us on Monday, Tuesday, and Friday. Come by to meet them.

"9/11/12"

**Eleven years pass by ...
Today, another Turquoise sky.
A to Z, survivors still read and cry.
Will this sad Earth ever find
A Path to Laughter?**

**Vivian Bergman
Bldg. IV**

Tap Dancing Hands Down™ Continues

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.

Due to popular demand, **Mary Six Rupert** will be teaching an additional 4-week workshop on Fridays. 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 soon be the adjunct professor of tap dance at Wagner College in the Fall.

**Dates: November 16, 30, December 7, 14
Time: 2:00 – 3:00 PM Price: FREE**

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

November 7, November 21

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 Thurs, Nov. 29, 2:30 PM.

"Later Life Transitions" meets on Thursday, November 8 at 3:00 PM.

MRHS Book Club meets Wed., Nov. 21 at 3:00 PM - Diane Keaton's ***Then Again*** is the book.

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, November 16). 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.*

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

Flea Market/Holiday Bazaar Coming Soon!!

MRHS continues to accept donations for this fall's Flea Market. We will accept donations on **Thursday afternoon, November 1 and November 8 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 Still 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 or for the Flea Market Sale. Just give us a call or drop by.

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!

Memory Loss & Alzheimer's: What We Know and What's Next

Lily's Morningside Village presents a panel discussion with Dementia Researcher Dr. Effie Mitsis; Wendy Panken, L.C.S.W., from the Alzheimers Association; Carolyn Halpin-Healy, Executive Director of Arts & Minds, Inc.; and Adelle Gautschi, who has experienced Alzheimers from the perspective of family caregiver. **Wednesday, November 14, 6:30 - 8:30 PM** at the **Bank Street College of Education Auditorium**, 610 West 112th Street. For questions call 917-775-1199.

Low Vision Support Group

The MRHS Low Vision Support Group will be meeting in November, dates to be announced. This group will share ideas and thoughts about having low vision. 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.

MRHS on Facebook!

MRHS invites residents to 'like' us on Facebook. Our page is frequently updated and we welcome the community's participation.

Technology News

Look for notices about upcoming meetings of the MRHS "TechNet" technology series. We have exciting plans for future presentations.

Van Cortlandt House Tour

Visit Van Cortlandt House Museum for a tour with docent Ellie Levin at 2:00pm on November 8th, 2012. The House is located at the last stop on the uptown 1 train, and a short distance into Van Cortlandt Park.

Admission Cost \$3 for Seniors & Students, \$5 Regular. Call (718) 543-3344 for a reservation