



# newsletter

November 1, 2013  
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100 LaSalle Street, NY, NY 10027 (212) 666-4000  
[www.mrhsny.org](http://www.mrhsny.org)

President: Rita Marie Pullium  
Executive Director: Ronald Bruno

## 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.)**

## Two Generations Together

Renowned local filmmaker **Luis Argueta** will screen the trailer and talk about his new film ***Abuelos Y Nietos Juntos: Two Generations Together***, the inspirational journey of a group of children who travel from the US to Guatemala to meet their grandparents for the first time. The screening will be followed with a Q&A with Mr. Argueta.

**DATE: Tuesday, November 12**  
**TIME: 7:00 PM to 8:30 PM** at the **MRHS Tuttle Center, 100 La Salle, #MC**

## Low Vision Group

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 November will be on **Friday, November 8** and **Friday, November 22** from **2:00-3:00 PM** in the MRHS Tuttle center. Please call 212-666-4000 to sign up.

## Monday Night Discussion Group

### **Topic: Coming to America: Immigration**

Participate in an informal evening of minds coming together to discuss the experience of coming to America. What is your or your family's story? Come share it and learn why immigration is important. Join us on **Monday, November 18 from 7:30 to 9:00 PM** at the **MRHS Tuttle Center**.

As a follow up:

**Wednesday, November 20 at 7:30 PM** in MRHS Tuttle Center, see a one-hour film with old photographs and film footage on immigration to the United States by various groups from around the world. You will not want to miss this film. It will be very meaningful after having attended the discussion. BYO pop corn!

**Our Next Monday Night Discussion Is December 16:** TOPIC: Home for the Holidays: Family Traditions throughout the Year What are your family holiday traditions? Do they include special foods, games or dress? Plan on bringing a sample to share with your neighbors as we discuss our holiday traditions and their importance.

*Recollect Learn Discuss  
Participate Celebrate*

**MRHS is closed on Monday, November 11 for Veterans Day. We are also closed on Thursday, November 28 for Thanksgiving, but will re-open on Friday, November 29.**

## Director's Column

MRHS is happy to announce that we have a new health care partner, **Jewish Home Lifecare** (JHL). MRHS nurse Marie Phillips, who has been serving the Morningside Gardens community since 1998, is now an employee of JHL's licensed home care agency, Home Assistance Personnel, Inc. (HAPI), though she will continue to function in the same capacity as a NORC nurse for the Gardens community. Jennifer Paul, who has been providing home care services at MRHS for fifteen years, has also become an employee of HAPI. Formerly, Marie and Jennifer had worked under the auspices of the Visiting Nurse Service (VNS). However, VNS is no longer supporting full-time nursing care in NORC settings.

Jewish Home Lifecare is certainly no stranger to the NORC environment, having served since 1995 as the health care partner to the Penn South NORC program and the NORC program at the Amalgamated /Park Reservoir Houses in the Bronx. Penn South, Amalgamated and MRHS spearheaded the drive for public funding for NORC programs in the 1990's and each was one of the original ten city NORC programs selected by New York State for public funding.

Jewish Home Lifecare, which serves people of all faiths and denominations, is dedicated to providing care in community settings that enables older adults to remain living at home. In addition to NORC programs and homecare services, JHL maintains research centers for aging, training programs for those entering geriatric medicine, palliative care, adult day care programs, senior housing and long-term care facilities, and telehealth initiatives.

We are excited to draw on the experience and resources that Jewish Home Lifecare brings to NORC settings. We appreciate the opportunity that JHL has provided to maintain the highly valued services of Marie Phillips and Jennifer Paul at MRHS. And we look forward to a long and dynamic partnership with JHL in serving the older adult residents of Morningside Gardens!



## Happy November Birthday!!

To: Jacques Bendersky, Marion Butler-Mills, Israel Francus, Delores Gruber, Eleanor Joynes, Mary Jane Knight, Rita Lauchlin, Peggy McNamara, Erich Meyerhoff, Judith Nowinski, Susan Opotow, Jean Rooks, Mary Taylor, 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 19 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**Nov. 2 National Velvet** (1944) 2 hrs, 3 min.

A jaded former jockey helps a young girl prepare a wild but gifted horse for England's Grand National Sweepstakes. Bring a child, children admitted free. Popcorn served. Rated G.

**Nov. 9 Charlie Chaplin's City Lights**

(1931) 1 hr., 27 min. (Silent Film) The Little Tramp encounters a blind girl who sells flowers and sets out to earn money for the operation that can restore her sight. Considered to be Charlie Chaplin's best film; unrated, equivalent to G.

**Nov. 16 Silver Linings Playbook** (2012)

2 hrs., 2 min. Pat returns home to his parents after a stay in a mental hospital. He's determined to get his ex-wife back and his life back on track. It becomes more complicated when he meets Tiffany, played by Jennifer Lawrence who won an Oscar for Best Actress. Rated R.

**Nov. 23 Anna Karenina** (2012) 2 hrs., 9 min.

Director Joe Wright's vision of the epic love story. Keira Knightley stars as Anna and Jude Law is her long suffering husband. Rated R.

**Nov. 30 Amarcord** (1973) 2 hrs., 4 min.

(Italian with English subtitles) Federico Fellini's classic about an adolescent boy growing up among an eccentric cast of characters in a small Italian coast town in the 1930s. Won an Oscar for Best Foreign Language Film. Rated R.

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

## 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 – 4    9 – 4    9 – 4    9 – 4    9 – 4

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

11/6, 11/20

**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, **November 21 at 2:30 PM**.

**"Later Life Transitions"** group meets this month on **Thursday, November 7 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be on **Wednesday, November 27 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, **The Namesake**, by Jhumpa Lahiri. All are welcome.

## Flea Market/Holiday Bazaar

MRHS will accept donations for this fall's Flea Market **on one afternoon this month from 2:30 to 4:00 PM on Thursday, November 7**. If you have items to donate after that date please call MRHS at 212-666-4000 to arrange for drop off. Flea Market dates are **November 15, 16, and 17, 2013**.

**Volunteers Needed:** to assist with the set up starting on Sunday, November 10 and to help during the fair. Please call us at 212-666-4000 to sign up.

## TechNet: Technology for You

### An Introduction to the Android Phone

Come to the next **TechNet** meeting on **Thursday, November 21 at 7:30 PM** in the **MRHS Tuttle Center**, to learn the ins and outs of using an Android phone. **Tiana Leonard**, a new resident of Building 6, will lead the presentation

MRH TechNet Committee members, Mike Davidson, Marcia Clarkson, and Tiana Leonard will be available to offer assistance on using Apple I-Phones, I-Pads, and computers. Please call MRHS at 212-666-4000 to arrange a session.

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

## SNAP Assistance

MRHS will be providing special help to apply for the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, on **Tuesdays, November 12 and November 26 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]:

11月12日及26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). \*\*\***

## Join us at The Memory Tree™

It's hard to believe that it was eight years ago that The Memory Tree™ started its first program at MRHS. For the last eight years residents of MRHS along with people in the neighborhood with mild memory problems have come together for classes and workshops designed to fight the aging process - including the loss of memory - through mental and physical fitness.

The Memory Tree™ offers a wide variety of programs for those with mild memory problems. Our unique program offers creative arts workshops and discussion groups to learn techniques to help maximize memory. Classes include; Memory Aerobics, Literary Expression, "In the News" discussions, Music Appreciation, presentations by the Museum of Modern Art, and our intergenerational programs. Because keeping your body healthy is also an important component of memory enhancement, classes also include chair yoga.

The Memory Tree™ is offered once a week at MRHS, now on Friday mornings from 9:30 AM - 12:00 PM. Program fees apply. If you are interested in joining us at The Memory Tree™, or know of someone in the community who could benefit from our program please contact **Elizabeth Fine, LCSW, at 917-656-0558.**

### ***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 15). 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.***

## 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.

## 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.**