

100 LaSalle Street, NY, NY 10027 (212) 666-4000
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President: Rita Marie Pullium
Executive Director: Ronald Bruno

Winter Celebration 2012!

Come one, come all to the 2011 Winter Celebration at MRHS! It's that time of year again – winter's coming and that means winter holidays and parties. MRHS announces one to look forward to, our annual Winter Party Fest. This year it is planned for **Monday, December 10** from **4:00 PM to 7:00 PM**. The festivities take place in the **Recreation Center, basement of 100 La Salle**. Entertainment by Vocal Ease begins at 6:00 PM. We will have good food and drink, singing, and conviviality. This is a great opportunity for everyone who lives in Morningside Gardens to come and celebrate!

Social Work Intern, **Brenda Talbot**, had to withdraw from Columbia U. for medical reasons and is no longer at MRHS. Brenda is greatly missed by those of us who had the opportunity to work with her on a day-to-day basis. She sent MRHS the following letter in November:

Dear MRHS Community:

I would like to take this time and thank everyone for the wonderful opportunity everyone has given me throughout the last four months. Although I was with MRHS just a short time, I have become a better person, and have learned a lot. It goes without saying that MRHS has helped me become a better person, but has also shaped me as a beginner social worker as well. I have many memories that I will hold close to my heart. My situation is a very unique one, and I appreciate, and cannot thank you enough for believing in me.

I wish everyone the best, and a very happy and healthy holiday season as well.

Thank you again, Brenda Talbot

I'm 55+, What Do I Do Now? Become an Entrepreneur

MRHS and NYC Business Solutions will host a workshop on Entrepreneurship on Tuesday, December 4. NYC Business Solutions is a set of free services offered by the Department of Small Business Services to help businesses start, operate and expand in New York City. MRHS will also introduce a new social enterprise opportunity, which uses ebay to benefit our community. Space is limited and reservations are required, so don't forget to call MRHS (212-666-4000) to reserve your spot!

Following this final workshop in the GUSTO series on productive aging, MRHS will offer opportunity counseling to GUSTO participants.

Date: Tues., December 4 Time: 4:00 PM
Location: Tuttle Center, MRHS

Special Birthdays!!

Congratulations to **Winifred Eileen Derryck** who will reach her 100th Birthday on December 13, 2012, and to **Emma Saxlehner** who turns 100 on December 28, 2012.

Gardens Filmmaker on PBS

Building IV resident, **Luis Argueta**, will have his film, **abUsed: The Postville Raid**, shown on PBS's WLIW World, on **Sunday, December 2 at 6:00 AM, 2:00 PM, and 8:00 PM**. WLIW World can be found on: Cablevision channel 132, Time Warner 164, and Verizon Fios 473.

*****MRHS is closed on Tuesday, December 25 for Christmas. We wish everyone a Happy Holiday! *****

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, December 4** at **7:00 PM** the Great Decisions Program will meet with a discussion entitled "Energy Geopolitics." Ken and Peggy Thomas are program facilitators. **Tuttle Center, 100 La Salle, #MC.** Resource materials are available.

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!

Improving Memory Study

The Family Studies Research Center at the Mount Sinai School of Medicine is conducting a research study on healthy cognition. The study will assess computerized training programs, to see if they are effective at improving memory. Please contact Rebecca West at 212-659-5603. You can also contact Ms. West at Rebecca.west@mssm.edu.

Happy December Birthday!!

To: John Beard, Ruth Bendersky, Vivian Bergman, Mabel Carter, Fred Cooke, Dollie Cooper, Alan Cutter, Winifred Eileen Derryck, Heber Jones, Kamu Kamadoli, Douglas Knight, Shirley Korn, Gary Lee, Boyd Lowry, Joan McCann, Florence Robinson, Emma Saxlehner, Reka Schoumaker, Manowar Sikdar, and Mary A. Thompson.

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

Saturday Afternoon Movies

Dec. 1 Peace, love, and Misunderstanding (2011), 1 hr, 36 min Distraught over her impending divorce, a conservative lawyer, Diane, (Jane Fonda) seeks refuge with her mother, Grace, though they haven't spoken for years. Diane's children are thrilled with their free-spirited grandma. Diane finds peace and romance. *Rated R*

Dec. 8 Umberto D. (1952) 1 hr. 29 min. Elderly retiree Umberto D. Ferrari is threatened with eviction and finds his only consolation in his dog Flike and a sympathetic maid. Director Vittorio De Sica's compassionate look at the poor in postwar Italy is perhaps the most hauntingly powerful work in Italian Neorealism. *Not Rated.*

Dec. 15 Madadayo (1993) 2 hr. 14 min The great Kurosawa's swan song. On the relationship of a retired Japanese teacher and his students, who throw him a party every year on his birthday. The movie also covers the events that transpire in between these birthdays. *Not Rated.*

Dec. 22 Red Dog (2012) 1 hr, 32 min A film about a loveable dog that roams the Australian outback and befriends and helps everyone he meets. A film for all ages. *Rated PG*

Dec. 29 The Best Exotic Marigold Hotel (2011), 2 hrs, 4 min To make the most of their meager retirement savings, a group of British seniors move to India to live out their years at the Marigold Hotel. Upon arrival, they discover the once lavish resort has wilted considerably. *Rated PG-13*

Please arrive early. Contribution is \$1.00

Welcome Ariel!!

MRHS extends a warm welcome to Columbia University Social Work Intern **Ariel Kaplan**. Ariel will be with us on Monday, Tuesday, and Friday. Come by to meet her!

Tap Dancing Hands Down™
continues - the popular class meets, **December 7 and December 14 from 2:00 – 3:00 PM.**
It's free! Join us if you can.

Supper Club Returns!

The MRHS Supper Club event will resume **Tuesday, December 11 at 6:00 PM.** We are having a Texas Style Barbeque Christmas dinner at MRHS in the Tuttle Center. Bring your appetites, boots, cowboy hats, and jingle bells. The cost is \$15 per person payable by check. To reserve your spot please call 212-666-4000. If you have any questions please do not hesitate to reach out to "Lonestar Laura" Avila, Social Work intern.

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*? MRHS is continuing 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.

Work Interns, **Laura Avila** and **Ariel Kaplan**, at 212-666-4000 with any questions.

Book Signing Coming Soon!

Author and life photographer, John Seaman, will host a book signing for his new memoir, ***Bloody But Unbowed***, from 2:00 to 4:00 PM on Friday, January 18, 2013 in the Tuttle Center at MRHS. A few books will be on sale at the signing, but it's better that you order a copy 48 hours in advance from McNally Jackson Bookstore, 52 Prince St., in Soho, (212) 274-1160. Print on demand. MJB will ship, \$5.99. Price \$29.50 plus tax. 519 pages. e-book available for \$2.99 from Kindle, Nook, or Vook Reader. At the signing, John will read a chapter aloud, show a short video of his life and work, and offer wine & pastry.

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

December 5, December 19

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, Dec. 20, 2:30 PM.

"**Later Life Transitions**" meets on Thursday, December 6 at 3:00 PM.

MRHS Book Club meets Wed., Dec. 12 at 3:00 PM to discuss the novel ***Cutting for Stone*** by Abraham Verghese.

Free Concert Tickets!!

As in past years, The Cecilia Chorus of New York would like to offer complimentary tickets to Gardens residents and friends for their winter concert in Carnegie Hall! The concert date this year will be on **Saturday, December 22 at 8:00 PM**. This year's program is entitled: "Mangia: Holiday Music with the Flavor of Italy." Call MRHS at 212-666-4000 for further information and to reserve tickets.

Low Vision Support Group

The MRHS Low Vision Support Group will be meeting on **Tuesday, December 4** from **3:00-4:00 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** or **Ariel Kaplan**, at 212-666-4000 with any questions.

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, December 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.*

*****Save the Date: MRHS Silent Auction will take place on April 12, 2013 at 7:00 PM!*****

*****Keep in mind Nurse Marie Phillips' telephone number is now the same as MRHS central: 212-666-4000.*****

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

TechNet: Technology for You

"50 Years of Computing: An Anecdotal Look"

The next MRHS "techNet" meeting will be a light-hearted presentation by **Marcia Clarkson** titled "**50 Years of Computing: An Anecdotal Look**" on **Thursday, December 20 at 7:30 PM** in the **MRHS Tuttle Center**.

Marcia, who is a member of the MRHS Technology Committee, worked for IBM in the late 1960s and early 70s. In 1973, she and her husband, Bill, moved to Sewanee, Tennessee, where they both worked for the University of the South. Marcia installed the University's first computer system, taught computer science for 25 years, and oversaw business and personnel operations.

In addition to this presentation, we will, as we did last year, combine it with some holiday fun and serve international and other desserts. If you would like to make or bring something sweet, sugar-free or otherwise, please let Margaret Bianchi know. (212-666-4000)

Also, Marcia and Mike Davidson will be happy to assist anyone in using the iMac, iPad or iPhone. Please call Margaret to set up an appointment and one of us will meet you at the MRHS office.

For more information about any of the above, or if you wish to be added to our email list, send a message to DrMichaelSDavidson@Gmail.com or call the office.

Save the Date!

January 26, 2013 --- the Morningside Players are holding their second annual fund raiser and this one should be fantastic. "Stars in the Heights," an evening of cabaret, wine, great food and good cheer! We plan on Broadway, jazz and opera stars and many MG residents singing. Cost is \$25, including food and wine. Support our community and have a gala evening. Tickets go on sale December 2.