



Morningside Retirement & Health Services
Helping Elders. Building Community.

newsletter

100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Buddhi Body Yoga

Move your Body/Exercise your Mind

Jana Titus (Bldg. I) is back this fall, with more yoga, meditation, and directed breathing. Stretch, move & breathe, in a way that generates energy instead of consuming it, all the while teaching you concentration techniques. This approach to yoga is therapeutic in its effect; the central focus in practice is the flexion and extension of your spine, and the easing and deepening of your breathing. The overall benefit is of increased strength, flexibility, circulation, postural alignment and concentrative focus.

This class is suitable for everyone. The eight session series begins on **Thursday, September 15, 11:00 AM to Noon. (No class on 9/29.) \$25 Registration Fee.**

Falls Prevention Day

The NYC Department of Health is promoting "Falls Prevention Day" on the first day of fall. In the spirit of that occasion MRHS is presenting a talk on the theme of Falls Prevention, as relating to foot health, foot care, foot wear, and other foot related matters. **Dr. Anthony Iorio**, Chair, Community Health and Medicine, New York College of Podiatric Medicine, will speak on **Thursday, September 22** from **1:30 – 2:30 PM** in the Tuttle Center, 100 La Salle, #MC. Please join us for this informative program.

MRHS is closed on Monday, September 5 for Labor Day. We wish everyone a good holiday.

Emotional Wellness Workshop

Please join MRHS for an interactive workshop on health and wellness!

You will learn:

- How our emotional well-being affects us physically and emotionally
- Common barriers to maintaining emotional wellness
- Practical tips for managing barriers to emotional wellness from day-to-day
- How to access local resources for additional help

As a special thank you, free gifts will be provided to those who participate!

DATE: Friday, September 23

TIME: 11:00 AM

LOCATION: MRHS Tuttle Center

SPEAKER: David Truzman, LMSW

Breath-Awareness Meditation

Meditation brings awareness, centering, and a feeling of peace. One meditation, practiced since ancient times, especially by Buddhists, and now by adherents of other religions, is *Breath-Awareness Meditation* (sometimes known as *Vipassana*).

On Friday evenings, starting on **September 16** at **8:00 PM** in the Tuttle Center, 100 La Salle, #MC, we will sit for about 20-30 minutes, simply focusing on our breaths. The community setting will enhance our meditation.

Gregory Darling, Bldg. III

If you would like to add your name to the MRHS email list, please contact us at info@mrhsny.org and simply put "MRHS Email List" in the heading. Thanks!

Technology and You

mrhsTechNet News

Meetings and Dates: At the request of several members of the MRHS "techNet" group, the Technology Committee is pleased to announce that we will make our presentations to the Community on the 3rd Thursday of the month at 7:30 pm. While this is not "set in stone," and there may be times when we change this to accommodate presenters who cannot make a specific time and date, we will start out with this expectation.

The first presentation for our "academic year" will be on **Thursday, September 15 at 7:30 PM**. As promised in previous sessions and by requests, we will demonstrate the iPad 2. The iPad, which has sold over 25 million since its inception, has replaced the computer for many institutions and individuals. Learn what it is, what it costs, how it operates, how it is better than a computer, how it is worse, and much more.

The second presentation will be a repeat of the one we had earlier in the year on Digital Photography and will occur on **Thursday, October 20**. In addition, Dr. Chris Pawelski is "working on plans for additional computer work re downloading pictures and editing at TC." We should know if the latter is possible well before the October meeting.

What's New on the iMac? Recently, Filemaker Pro 11 was installed on the iMac in MRHS. Filemaker is a relational database that will be put to use for keeping track of a variety of MRHS statistical information. This superb database application does much of what Excel does but much more. Since we believe that learning how to design and use databases is an exemplary way to keep the senior mind active, we plan to hold informational sessions in the future on Filemaker Pro and, if there is enough interest, to form a MRHS Users Group.

If you have an iPad and/or Filemaker Pro and would like to be part of the iPad presentation or the Filemaker Pro Users Group, please send an email to: Dr.MichaelSDavidson@Gmail.com or call the MRHS office (212-666-4000).

Happy September Birthday!!

To: Tonia Blair, Gilda Brodsky, Dorothy Carter, Joyce Davis, Norma De Paur, Peggy Haskins, John Johnson, Leila Lieberman, Erwin Muscat, Maurice Nixon, Yonk-Ki Pak, Helen Poole, Winifred Price, Dorothy Savage, Edith Shervington, Shau-fen Tang, Yen Tang, Celestine Twining, Roderick Wallace, Joanna Wang, Audraine Wilson, and John Yoshinaga.

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

Saturday Afternoon Movies

Sept. 10 *The King's Speech* (2010) 1 hr., 59 min. The winner of many awards, this film tells how George VI overcame a disabling stutter. Colin Firth plays the king, Geoffrey Rush his innovative therapist.

Sept. 17 *Porgy and Bess* (1959) 2 hrs., 18 min. George Gershwin's only opera, famous for great songs and a moving story. Otto Preminger directed a cast that included Sidney Poitier, Dorothy Dandridge, and Sammy Davis, Jr.

Sept. 24 *A Bill of Divorcement* (1932) 1 hr., 9 min. This was Katharine Hepburn's first movie, and it is a fitting start to our retrospective of the career of George Cukor, a director known for his handling of women characters.

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

Volunteer for the Movie Committee

The Movie Committee, which chooses the movies for the Saturday afternoon screenings in the Tuttle Center, is looking for volunteers. Call MRHS at 212-666-4000 if you would like to help select the movies and can spare one or two Saturday afternoons a month.

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

September 7, September 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.

Nurse Marie Phillips' "Take Charge of Your Health" group will meet on Thursday, **September 22**.

"Later Life Transitions" group meets this month on **Thursday, September 8 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting is set for **Wednesday, September 21 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, Don't Let's Go to the Dogs Tonight by *Alexandra Fuller*. 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, September 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.***

Yang Style Tai Chi Chuan

We all want to move with grace, style and elegance as we mature. Tai Chi Chuan is a body movement system that helps you achieve the goal of graceful movement. Some masters/teachers of Tai Chi have likened it to a dance. With its many health benefits Tai Chi can be called the **Dance of Life**. **Carl Jones**, a cooperator here at Morningside, continues teaching Yang style Tai Chi Chuan to interested cooperators at Morningside. Evening Tai Chi resumes in September.

Classes will be held on eight Wednesdays, starting on **9/14 at 6:30 PM** in the Thurgood Marshall Room. The fee is \$25 for the series. Contact MRHS to enroll.

Great Decisions Returns

On **Tuesday, September 6 at 7:00 PM** the Great Decisions Program will meet with a discussion entitled "Germany's Ascendancy." Ken and Peggy Thomas are program facilitators. Meetings are in the **Tuttle Center, 100 La Salle, #MC**. Resource materials are available at the MRHS office.

Medical Alert Service

Are you concerned about falling in your apartment? A medical alert system can offer some peace of mind. MRHS has been offered a limited time discounted rate for one of these services. Contact MRHS to learn more about a medical alert system and the current offer.

Free Document Converter

For the visually impaired, RoboBraille converts digital text documents into audio or Braille files quickly and free of charge. Documents are uploaded to the RoboBraille website or e-mailed and within minutes, RoboBraille returns the document in the specified format – an MP3 audio file, for example, or a contracted or uncontracted Braille file. Find out more at www.robobraille.org or contact **Joanna Stolove** at MRHS. (Source: Talking Book Topics July-August 2011)

Historic Long Island Gold Coast Tour Series

Long Island's culturally rich and diverse past has been preserved through a collection of historic places on Long Island's North Shore. In Fall 2011 and Spring 2012 we will embark on a series of tours to visit the former homes of famous Long Island residents and be inspired by architecture and landscapes designed by some of the finest and influential architects and designers of the time. Some of the historic sites include the Oheka Castle, Old Westbury Gardens, John Phipps Estate, Planting Fields Arboretum, Vanderbilt Museum, Caumsett State Historic Park Preserve, Nassau County Museum of Art and Sagamore Hill. Stay tuned for details on the first trip of the series in October 2011!

Exercise Research Study

Do you enjoy physical fitness, playing computer games, and challenging your mind? The Cognitive Neuroscience Division at Columbia University Medical Center is seeking participants for a research study exploring the effects of computer game play and exercise on brain activity. Participants must be:

- Ages: 60-75 years old
- Sedentary
- In General Good Health
- Eligible individuals will play a scientifically-based computer game in our laboratory, exercise at a gym and engage in tasks measuring attention, memory, cognition.

Possible benefits include \$450 compensation and up to 5 months free membership at a local gym. If you are interested and believe you may be eligible, contact us at: [212-851-5590](tel:212-851-5590).

The West Side Inter-Agency Council for the Aging (WSIACA) invites you to "An Age of Opportunity? The Spirituality of Eldership," presented by Rabbi Pamela Wax, Thursday, Sept. 15th, 9:30 - 11:00 AM, Jewish Home Lifecare, 120 West 106th Street, Friedman Conference Room.

Flea Market/Holiday Bazaar

Here's some news you've all been waiting for! MRHS is accepting donations for this fall's Flea Market. We will accept donations **two evenings in September, Tuesday, September 13 and Tuesday, September 27, between 7:00 and 9:00 PM and every Thursday afternoon (9/8, 9/15, 9/22, 9/29) 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 **11/18, 19, & 20.**

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.

Donating Old Eyeglasses

Your old eyeglasses need a new home. The tech staff of the Ophthalmology Department at Mt. Sinai Medical Center has a project to collect lenses, frames, and cases. They will use these to give to people who are less fortunate. With their skills, they match the lenses to prescriptions and do minor repairs on the frames and cases. The recipients are usually local patients. If the doctors are going to help at a disaster site abroad, they may take some of the glasses with them.

There will be a shopping bag in the MRHS office for you to leave donations.

--- Submitted by an MG Cooperator

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