

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Flu Shots

As in years past, MRHS and Mt Sinai Hospital will be providing flu vaccinations at no cost. The vaccine will be given at MRHS.

Please stop by MRHS or call **212-666-4000** or contact Margaret at MargaretB@mrhsny.org to register. You must register in advance to receive a shot. You will be asked to select a specific time slot and arrive at that time to ensure social distancing. Everyone over the age of 18 is invited to sign up.

Here are the protocols provided by Mt Sinai:

- You must wear a mask through the whole process in order to get vaccinated.
- Make sure you wear appropriate clothes to be able to get your arm in and out easily for vaccination.
- No fever the day of vaccination.
- You must show up ON TIME for your scheduled time slot.
- Your visit will only take between 15-20 minutes with a pre-safety screening, form filling out, and immunization.
- Be prepared to be standing the whole time as the process moves fast.
- No insurance is needed, this is a FREE flu vaccination.

Monday, Nov. 7, 10:00 AM to 1:00 PM

MRHS will be closed on Friday, November 11 for Veterans Day and on Thursday, November 24 for Thanksgiving. We wish everyone a good holiday.



Finances Made Simple Series

Women and Financial Issues

Are you a newcomer to managing finances or a seasoned pro? Regardless of your level of expertise, there is always more to learn. Join Gardens resident **Weilin Li-Marabello** and her partner **Ingrid Wang** as they speak to the issues that women face in the financial arena. Bring your questions or email them beforehand.

Gardens resident **Weilin Li Marabello** and her partners from Prudential will join with representatives from various Advantage plans to help choose the right coverage for you.

Thursday, November 17, 6:30 – 7:30 PM
In person at MRHS and via Zoom

Please contact Robin Aloj at 212-666-4000 or RobinA@mrhsny.org to reserve a spot in person or to receive the Zoom link.

Latin/Swing/Jazz Dance Class

Salsa, Mambo, Cha-Cha, Samba, Swing, Lindyhop, Jitterbug & Jazz.

No partner needed, for mature adults and for all levels, especially beginners. Fluid warm-up to begin to avoid any stress on your muscles while you have fun dancing.

Classes continue through December 1, **every Thursday morning at 10:30 AM to 12:00 noon** in the **Thurgood Marshall Room**, Building III. (No class on November 24 for Thanksgiving)

If interested, you can just come by. For more information you can call or text or email dance instructor **Kathy Sanson** at 917-535-0582 kjsanson@gmail.com.

Director's Column

On Sunday, October 16, MRHS opened its doors for an "Open House" that included "food, fun and prizes." More than sixty people stopped by to enjoy the refreshments and especially the company of friends and neighbors. (Following Department for the Aging (DFTA) protocols, masks were required when not eating or drinking.) Gift cards were donated by neighborhood restaurants: Toast, El Porton, and The Craftsman; as well as by Red Lobster, Morton Williams and Trader Joe's. The gift cards were raffled off to the lucky winners at the end of the day. The M&M contest was won by Building 6 resident Harris Baylen, who estimated that there were 679 M&M's in a jar filled with the candies that melt in your mouth and not in your hand. The actual number: 668!

Thanks to social worker Robin Aloï for not only counting the M&M's, but for organizing the event, including soliciting the gift cards, dreaming up the contests, and coordinating (and sometimes baking) the delicious refreshments. She also induced her husband, volunteer John Aloï, to give up his weekend to set up the rooms and then greet our guests as they arrived. Thanks also to Paul Fleischmann for the video show that ran on our flat screens during the event, as well as for creating the eye-catching publicity for it. And thanks to MRHS Board Member Michele Pellar for contributing her delicious guacamole to the refreshment table and to social worker Saudia Garnette for hosting and assisting.

Apart from the fun, we also used the occasion to recruit volunteers for MRHS, with a table manned by MRHS President Michael Davidson and myself, and a list of volunteer opportunities developed by the entire MRHS staff at the ready. At the end of the day it was agreed that a good time was had by all – and that we have to do this again.



Happy November Birthday!!

To: Marianne Brinigar, Marion Butler-Mills, Greg Darling, Israel Francus, Deloris Gruber, Paula Herz, Noam Kogen, Yen-Chi Le, Rita McLaughlin, Cynthia Meyers, Galila Morahg, Susan Opotow, Elise Rackmill, Nancy Ross, Mark Speyer, Leah Stenzler, Molly Sweeney, Mary Taylor, Mamie Thomas, and Peggy Thomas.



MRHS's "Great Movies" Series

"The Wedding Banquet"

(1993) 1 hr., 51 min.

A gay New Yorker stages a marriage of convenience with a young woman to satisfy his traditional Taiwanese family, but the wedding becomes a major inconvenience when his parents fly in for the ceremony. Director Ang Lee ("Crouching Tiger, Hidden Dragon", "Brokeback Mountain", "Life of Pi") came to international prominence with this warm-hearted comedy.

In Chinese, with English subtitles.

Thursday, Nov. 17, 2:00 PM via Zoom

Contact MRHS for the Zoom link.

This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.

Riverside Church Event

Riverside Church would like to invite Morningside residents to a prayer vigil on November 8 dedicated to the memory of the victims of gun violence in the United States. This service will include Fauré's Requiem in its entirety. There will be a collection to benefit the families of the Robb Elementary School in Uvalde, Texas shooting.

Fauré Requiem

November 8 at 7:00 PM

The Riverside Church, 490 Riverside Drive

MRHS Online Classes

MONDAY

Stronger Seniors Workout

(Strength & Stretch),

10:00am – 11:00am

Writing Group

2:30pm - 3:30pm

TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

10 Years Younger Workout

(Cardio & Aerobics), 10:00am – 11:00am

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree

3:00pm – 5:00pm

THURSDAY

MRHS's "Great Movies" Series

2:00pm, monthly

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

Exercise/ Workout

10:00am – 11:00am

**** All information, statements, and material contained in the MRHS newsletter, brochures, classes, and programs of any kind are offered in good faith for the general information, education and/or recreation of our clients and other attendees. There is no intent to indicate an implicit or explicit endorsement of any content by MRHS. ***

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

MRHS Board Game Café

Please join us **Friday, November 18 at 2:30 PM** to play board games or cards with other MG residents. We have lots of games on hand or you could bring your own.

Afternoon Tea in the Lounge!

Stop by the MRHS lounge on **Friday, November 18, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Please note that at the present time we will have to follow distancing and mask-wearing protocols required by the NYC Department for the Aging for all in-person programs.

Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom sponsored by MRHS. This month's topic of discussion will be **Industrial Policy**, facilitated by Building III resident, *Hilah Thomas*.

The current discussion of industrial policy in the United States is not simply about whether or not to support specific companies or industries, but about trust or mistrust of the government and its ability to manage the economy and deal with a rising China. The upheaval in supply chains during the pandemic exposed weaknesses in the international economy. What policies can the United States implement to deal with trade and the economy?

Tuesday, November 1, 7:00 PM, Via Zoom

Great Decisions Upcoming Schedule

- December 6: "Biden's Agenda"

MRHS Men's Group

The next meeting of the Men's Group will take place on **Wednesday, November 30 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

***** Don't forget to get your booster shot. Contact MRHS if you need help. *****

Bloomingtondale School of Music

Music Appreciation Series via Zoom

"String Force: Masters of the Violin and Cello" with Marc Peloquin

November 11 – December 9

(No class on Nov. 25)

Fridays from 1:00-2:30 PM

Experience the magic of some of the most important violinists and cellists in music history including Jascha Heifetz, Pablo Casals, Yo-Yo Ma, and Anne-Sophie Mutter. The music of composers they championed will be discussed, including Brahms, Debussy, John Williams, and Astor Piazzolla.

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to register.

COVID Test Kits

MRHS has Covid Test kits available. If you need help performing the test, please contact MRHS at 212-666-4000.

MRHS Book Group

The next meeting is **Wednesday, November 16, at 4:00 PM** to discuss the novel, *Mr. Ives' Christmas*, by *Oscar Hijuelos*. Via Zoom. All are welcome. For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at margaretb@mrhsny.org.

Plein Air Painting Event

Morningside Gardens Workshop Artist's Group Presents a Fall Plein Air Painting Event

Artists and non-artists, adults and children are invited to meet on the walkway between buildings 5 and 6 on Saturday, November 5 at 12:00 noon (rain date Sunday November 6.)

All are invited to join in and paint our lovely grounds. Some easels, paint/pastel and paper supplies will be provided. Artists are also encouraged to bring their own art supplies.

Arts & Minds

The **Arts & Minds** program continues to bring joy to participants! Each session provides the chance to discuss, as well as create, meaningful works of art. **Arts & Minds** was developed to enrich the lives of people with cognitive decline and their care partners through artistic expression.

Programs are held in person the **first and third Tuesdays of the month from 2:00-3:15 PM. The next session will be held on Tuesday, November 1.**

Please contact Robin Aloï at 212-666-4000 or RobinA@mrhsny.org to reserve a spot.

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 18, 2022). 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.***

Low Vision Group

Join our circle of support!

Share your personal experiences, feelings, challenges, and coping strategies with other group members. We'll also explore most helpful tools and devices. Meetings will be on **Thursdays, November 10 and December 1 at 2:00 PM.** For more information, please call MRHS at 212.666.4000. Walk ins welcome!

****** MRHS thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for making these programs possible. ******



Morningside Retirement & Health Services

Helping Elders. Building Community.

October, 2022

Dear Neighbors and Friends of MRHS:

Thank you for taking the time to read our Annual Appeal fundraising letter. Morningside Retirement and Health Services (MRHS) has been serving the Morningside Gardens (MG) community since 1966. **Founded on the principle of "neighbors helping neighbors,"** we developed a set of values that encompass "promoting a caring community, preserving the dignity and human rights of older people, promoting independence, preventing isolation, reflecting integrity and a commitment to diversity."

How Can MRHS Help? Recently our staff answered that question using Zoom to discuss Case Management Services and Healthcare Case Management. See <https://www.mrhsny.org/speakers--forums.html>.)

Within those concepts you will find that we provide families with professional advice about dealing with social, financial, or health problems. Our trained staff may be called on when cognitive impairment causes issues, and we work with MHC Security in emergency cases. We also reduce social isolation by visiting the housebound in their apartments and providing social and learning opportunities in our office space. Volunteers take residents to medical appointments.

Building our multi-cultural community is also important. While Covid has limited our ability to hold programs in our offices, we have been able to offer a wide variety of programs that stimulate your mind, protect your body, improve your skills, raise your spirits and offer lots of fun and friendship. In the past year there were 4420 registrations for programs sponsored by MRHS ranging from Great Decisions (a discussion of world events) to Zumba (exercise) to seminars on Medicare, Improving Your Physical Health, Restoring Your Fitness and Balance, Advance Planning Directives and Estate Planning. At MRHS, computers are available, there is a free circulating library, and coffee, tea and snacks are available daily in our lounge.

We are classified as a NORC (Naturally Occurring Retirement Community), and have contracts with DFTA (NYC Dept. For The Aging) and SOFA (NY State Office for the Aging). Additional DFTA and SOFA required funding is provided by MHC (Morningside Heights Housing Corp). Several other private and governmental agencies make generous contributions. And, of course, you our residents and friends.

Our Annual Appeal, the one time each year that we ask you to donate to MRHS, seeks your help be it small or large. Everything you give goes toward operating funds. Last year over 300 individuals, couples and families supported us. This shows belief in our values and what we can do together.

Sincerely yours,

Michael S. Davidson, Ed.D.
President, Board of Directors

(DETACH FORM BELOW DOTTED LINE AND RETURN)

I/We want to support MRHS with a tax-deductible gift of: \$500 _____ \$300 _____ \$200 _____ Other \$ _____

Name: _____

Address, City, State: _____ Zip _____

Email Address: _____

This gift is in honor of: _____

This gift is in memory of: _____

I do **not** want my name/honorees listed in the MRHS newsletter.

My employer will match my gift.