

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Oh! What a *Relief* – Print!

Relief printing is undoubtedly the oldest printmaking technique. Join artist **Paul Ferrara** for this one day course that will cover block printing in black and white and reduction. We will consider stamps and seals as signs of personal identity and as inspiration for the completed project. Students will learn relief printing through demonstration and practical application.

Monday, November 10 at 2:00 PM
Tuttle Center, 100 La Salle, #MC

Monday Night Discussion Group

TOPIC: The Role of Teachers and Mentors

Come share your stories about the role teachers and mentors may have had in helping you become who you are. What people influenced you the most? Have you ever been a teacher or mentor? What lessons would you share with young people and with others? Does the need for teachers/mentors continue throughout life? Share your past experiences, opinions, and knowledge (or just listen) in an informal, friendly gathering of discovery with neighbors. No readings or prior preparation required.

Monday, November 10, 7:30 – 9:00 PM
Tuttle Center, 100 La Salle, #MC

RECOLLECT * DISCUSS * PARTICIPATE *
LEARN * CELEBRATE

***MRHS is closed on Tuesday,
November 11 for Veterans Day
and on Thursday, November 27
for Thanksgiving. We wish
everyone a great holiday!***

MRHS Men's Group News

The MRHS Men's Group has started this Fall with a small, but enthusiastic, number of Gardens retirees.



Recently, part of the group (see picture) visited the Old Guard of White Plains to observe and participate in their meeting. The MRHS Men's Group saw an example of how a group can develop into a cohesive whole based on common interests and friendship.

Our own group, coordinated by Paul Nikolaidis, MRHS social worker, has met for lunch in September at Nikko's Restaurant and in October at the Interchurch Center cafeteria. The group concluded that they too wanted to use the development of friendship as their fundamental principle. If you would like to learn more about the group, please get in touch with Paul at MRHS by either calling (212-666-4000) or email at pauln@mrhsny.org.

Announcing Supper Club

Join us for an MRHS Supper Club Outing. You will enjoy a great Italian meal and have a chance to mingle with your neighbors at a great neighborhood spot. Please join us on **Monday, November 3 at 5:30 PM** at ***Bettolona Restaurant*** on Broadway between La Salle and Tiemann Place. It is necessary to reserve a place by calling MRHS at 212-666-4000. Cost is \$15.00.

***If you need help voting on November 4,
call MRHS at 212-666-4000.***

Director's Column

Continuing with our explanation of what MRHS does through an examination of our name, we come to the final word, "Services." It's interesting that the founders of MRHS in 1966 did not refer to the agency as a "program" or a "center," but explicitly used the word "services" in the definition of the organization. It is clear that the founders had in mind an organization that would provide help to elders in need, in addition to anything else that the organization might provide in the way of programs and community-building. This is reflected also in the MRHS Mission Statement, which begins that our mission is "to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes comfortably, safely, and with as much independence as possible for as long as they can."

In recent years MRHS has been in the forefront of promoting the possibilities that come with aging, but this is not meant to be a denial of the challenges that also arrive with growing older – increasing frailty, diminishing strength, and the likelihood of chronic conditions. Though we have become wiser as a culture about undoing the many stereotypes associated with aging, there remains a need for professional *services* to address the ongoing needs of elders encountering frailty, disability and financial hardship, or in need of assistance in navigating the healthcare and social benefits systems.

These *services* are provided by MRHS. They are provided primarily on a one-to-one basis, generally in residents' own apartments, by an MRHS staff consisting of trained social workers and a full-time nurse, along with physicians who make on-site visits through MRHS. The staff of MRHS frequently works in concert with a resident's family, friends and healthcare providers, to the extent that the resident requests and needs such coordination. MRHS staff provides both ongoing and incidental services to residents, again depending on the person's request and need.

If you or a neighbor needs these services or you simply would like more information, please do not hesitate to call MRHS at 212-666-4000 and ask for a social worker or the nurse. That is what we are here for!



Happy November Birthday!!

To: Jacques Bendersky, Marion Butler-Mills, Israel Francus, Delores Gruber, Mary Jane Knight, Rita Lauchlin, Peggy McNamara, Erich Meyerhoff, Susan Opotow, Jean Rooks, Mary Taylor, Mamie Thomas, Kathleen Todd, 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 18 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Nov. 1 – Iron Jawed Angels (2004)

2 hrs. Oscar winners Hillary Swank and Angelica Huston play activists who took the women's suffrage movement by storm putting their lives at risk to help women win the right to vote. Unrated.

Nov. 8 – A Woman is a Woman (1961)

1 hr, 25min. In Jean-Luc Godard's follow up to *Breathless*, Anna Karina and Jean-Claude Brialy star as a couple fighting over whether to have a child when Jean-Paul Belmondo comes to court Karina's affections. Music by Michel Legrand. French with English sub-titles. Unrated.

Nov. 15 – The Preacher's Wife (1996)

2 hrs. A good-hearted comedy about the holiday season. Whitney Houston sings, the preacher tries his hardest to do the right thing, and Denzel Washington is an angel named Dudley. Rated PG

Nov. 22 Belle (2013) 1 hr, 45 min.

Set in 18th century England and based on a true story, newcomer Gugu MBatha-Raw stars as Belle, the title character. This is her story; that of an illegitimate, mixed race daughter of a British Admiral being raised by her aristocratic great uncle. British screenwriter (and former actress) Amma Asante directed the film. Rated PG

Nov. 29 Murphy's Romance (1985)

1 hr. 48 min. Martin Ritt, director, has made a lovely film about a May/December romance between a cynical Sally Field and "last time," James Garner (Best Actor nomination). If ever there was a feel good film, this is it. Rated PG13.

Movies start at 2:00 PM. Please arrive early. Suggested 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 –

November 5, 19

From 9:00 am to 11:00 am in the MRHS Tuttle Center, 100 La Salle, #MC.

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's next meeting will be **Thursday, November 21 at 2:30 PM**.

"Later Life Transitions" group's next meeting will be take place on Thursday, November 6 at 3:00 PM.

The **MRHS Book Club's** next date will be Wednesday, November 12 at 3:00 PM, in the Tuttle Center. Discussion is on the novel, **Middlemarch**, by George Eliot. All are welcome to join this stimulating literary group.

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 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.**

Emergency Preparedness: Remember to keep extra water and non perishable food in your home as preparation for any emergency.

应急准备:

为预防任何紧急情况,请在家预备一些瓶装水和罐头的食品。

Preparación para Emergencia: Recuerde mantener agua en abundancia y alimentos que no se dañen en su casa en caso de una emergencia.

Financial Workshop:

"Steps to Favorable Outcomes In Your Retirement" with **Ray Henri**, Certified Senior Advisor, CSA, Long Term Care Professional, LTCP and Certified Retirement Financial Advisor, CRFA.

November 13 at 7:00 PM at MRHS.

MRHS Film Committee Presents

First Wednesday Films

Next screening on November 5 at 7:30 PM

Featuring: **Aguirre, the Wrath of God** (1972) 1 hr., 30 min.

An epic historical drama on Spanish conquistador Gonzalo Pizarro's expedition to locate El Dorado. Bugged down in the jungles of Peru, then traveling by river raft, it is besieged by hostile natives, disease, starvation, and treacherous waters. In German with English subtitles. Rated R.

MRHS Tuttle Center, 100 La Salle, #MC
\$1.00 suggested donation

Hypertension Screening

On alternate Wednesdays, MRHS provides blood pressure testing and monitoring for residents of Morningside Gardens. This program is staffed by volunteers who have received training from the city's Department for the Aging, which monitors the program. This month's dates are **November 5 and 19**.



Morningside Retirement & Health Services
Helping Elders. Building Community.



Flea Market Holiday Bazaar

**21st Annual Charity Flea Market to Benefit
Morningside Retirement and Health Svcs.**

Friday, Nov. 14 from 7 - 9pm

ADMISSION FEE \$5.00

Saturday, Nov. 15 from 10 - 4pm

NO ADMISSION FEE

Sunday, Nov. 16 from 12 - 4pm

NO ADMISSION FEE

**Recreation Center
100 La Salle St.**

**Please use Basement Entrance
(Between 123rd Street and 125th Street and
between Amsterdam Ave. and Broadway)**

Morningside Youth – Earn Community Service Hours!

Interested in volunteering in your complex? Many older adults in the Gardens are looking to learn more about using their computers and the Internet. MRHS would like to pair youth and young adults with a senior to bridge the gap generationally through technology education. You can make a huge difference in the life of one of your neighbors! If you are interested in this rewarding and meaningful opportunity please call 212-666-4000 and ask to speak to Lindsay.

Great Decisions Program

On **Tuesday, November 4** at **7:00 PM** the Great Decisions Program will continue the 2014 program with a discussion on "China's Foreign Policy." *Ken and Peggy Thomas* are program facilitators. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including the book for the 2014 program (\$20.00.)



E-Bay Program

This fall MRHS is excited to continue its volunteer run enterprise, the Morningside Community EBay Program! MRHS has raised over \$2,500 so far! Exciting new listings include two sets of wooden, Danish figurines valued \$300 apiece, multiple pieces of fine art totaling nearly \$1,000, fine china worth \$300, and a signed print valued at \$200. Proceeds allow MRHS to continue providing vital programming, and social work and health care services to the Morningside Gardens community. If you or someone you know is interested in donating any unique, high-quality, and valuable items to this program please call 212-666-4000 and speak with Paul. One hundred percent of proceeds benefit MRHS and all donations are tax-deductible. Please see www.mrhsny.org for links to items being sold on eBay. MRHS thanks you for your continued support.

Low Vision Support Group

The MRHS **Low Vision Support Group** will meet on **Friday, November 14** and will continue meeting every other Friday from **2:00-3:00 PM**. This group will share ideas and thoughts about having low vision. Come learn about available community resources and strategies for maintaining independence.

Please come help us explore low vision activities and trips for future group meetings. Contact **Social Work Interns, Anthony Cavaleri and Lindsay Dunkel, at 212-666-4000**, with any questions. We look forward to meeting you and for the group's year to come!

Flea Market/Holiday Bazaar

MRHS is now accepting donations for this fall's Flea Market. We will accept donations **one afternoon per week from 2:30 PM to 4:00 PM continuing till the week before Flea Market Time. The last collection is set for Thursday, November 6**. Volunteers will be available to collect donated items in the Recreation Center (library room) by the entrance to the basement of 100 La Salle. So clean out your closets and donate your stuff.

Flea Market dates are **November 14, 15, and 16, 2014**.

Volunteers Needed: to assist with the collection of these donations and to work at the Flea Market Sale. Morningside teenagers welcome to join in. Community-service credit is available. We especially need volunteers who can help with lifting and transporting items. We also need donations of old newspaper and strong boxes for packing. 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 working.

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