

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

President: Eileen Canty
Executive Director: Ronald Bruno



MRHS Flea Market Returns!

Join us for the 22nd annual charity flea market to benefit MRHS.

Friday, November 17 from 7:00 – 9:00 PM

Admission Fee \$5

Saturday, November 18 from 10:00 AM – 4:00 PM

No Admission Fee

Sunday, Nov. 19 from 12:00 – 3:00 PM

No Admission Fee

Credit cards are accepted.

Recreation Center, 100 La Salle St.
(Between 123rd Street and 125th Street and between Amsterdam Ave. and Broadway)

Please use Basement Entrance.

Peddler's Village Trip

Peddler's Village at holiday time! A day of food, shopping and fun at charming Peddler's Village in Lahaska Pennsylvania. The Village's holiday displays will dazzle as you walk the cobblestone paths that connect the Village's 60 plus shops.

Lunch is included in the cost of the trip. For more information call 212-666-4000. Menu choices will be provided when you reserve. The menu will also be posted on the on-line version of the newsletter.

Date: Wed., Dec. 6 Departing at 9:00 AM
Cost: \$60.00 Returning at 6:00 PM

Thanksgiving Dinner—YUM!

Please join us for **Thanksgiving Dinner** on **Thursday, November 23 at 2:00 PM** in the **Recreation Center in the basement of Building 1, 100 LaSalle Street.**

In addition to the good company of your neighbors, there will be good food, catered by the Kitchenette. The menu will include turkey, gravy, two kinds of stuffing, cranberry relish, mashed potatoes, sweet potatoes, string beans, plus a few surprises. So far, the first to sign up have been those who enjoyed the dinner last year. They don't want to miss it this year.

The cost of the dinner is \$25 per adult, free for children under two, and \$15 for children from two to sixteen. Please submit reservations and checks to Margaret Bianchi (212-666-4000) in the MRHS office. There is limited space in the Recreation Center, so reservations will be on a first-come-first-served basis and will close on *Friday, November 17* or earlier if capacity is reached.

MRHS Donor Wall

Please note that all donors of \$500 or more to the MRHS Annual Fund in 2016 **and 2015** will be honored with their names included on a Special Donor Wall. (Last month we forgot to include 2015 donors in the Newsletter notice.) Also, members of the Legacy Society will be honored with their names on the Donor Wall. The technology at the New MRHS Center is still under development, which is why the electronic donor wall has not been installed yet. Thank you for your patience.

***** MRHS is closed on Friday, November 10 for Veteran's Day and on Thursday, November 23 for Thanksgiving. We wish everyone a Happy Thanksgiving! *****

An Introduction to Poetry

Many people are put off by poetry, intimidated by it or resentful of its seemingly arcane language. At the same time they know that books of poetry are all around us and that interesting people are still writing poems.

If you have wondered about this and how the language of poetry is different from that of prose you have probably heard that poetry goes back to prehistoric time, before the invention of writing.

We are offering a brief course that will help to clarify all this and will get us deeply involved in five great English poems. They are all sonnets, composed according to set rules, as were most poems until very recently. You may experience the thrill of discovery, "like some watcher of the sky when a new planet swims into his ken."

You can sign up with Margaret Bianchi at MRHS by November 8. There is a \$5 fee. The group will meet at MRHS on Tuesday afternoons from 2:00 to 4:00 PM for five weeks starting on **November 14**. The leader of the group will be **Bea Gottlieb**, who would be happy to answer any questions you may have before you register.

Low Vision Support Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. Come join the **Low Vision Group** and help us collaborate on the agenda for the rest of the year. We need your expertise!

The Meeting dates have changed. In November the group will meet on **Monday, November 13 and Monday, November 27 at 3:30 PM**. Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

Welcome Emily Woo!

MRHS is excited to welcome Bayside High School student **Emily Woo**. She's available for technology assistance **Monday – Thursday from 2:00 – 5:00 PM**.

Happy November Birthday!!

To: Marion Butler-Mills, Israel Francus, Delores Gruber, Mary Jane Knight, Rita Lauchlin, Peggy McNamara, Frank Munzer, Susan Opotow, Jean Rooks, Leah Stenzler, Mary (Spirit) Taylor, Mamie Thomas, Kathleen Todd, and Kristina Vician.

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 21 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Nov. 4 **About Elly** (2009) 1 hr, 58 min
The mysterious disappearance of a kindergarten teacher during a picnic in the north of Iran is followed by a series of misadventures for her fellow travelers. Farsi with English subtitles. Not Rated

Nov. 11 **Daris Blues** (1961) 1 hr, 38 min –
During the 1960s, two American jazz musicians (Paul Newman and Sidney Poitier) living in Paris meet and fall in love with two American tourists, (Joanne Woodward and Diahann Carroll) who are visiting Paris. Duke Ellington wrote the score and his "Mood Indigo" is beautifully played by Murray McEachern. Legend Louis Armstrong shines in one flamboyant jazz interlude. Rated Approved

Nov. 18 **Last Word** (2017) 1 hr, 48 min-
Harriet Lauler (Shirley MacLaine) is a retired business-woman who tries to control everything around her. When she decides to write her own obituary, a young journalist (Amanda Seyfried) takes up the task of finding out the truth resulting in a life-altering friendship. Rated R

Nov. 25 **Monsieur Lazhar** (2011)
1 hr, 34 min In Montreal, Bachir Lazhar, a 55-year-old Algerian immigrant, goes to the school to offer his services as a substitute teacher. The cultural gap between Bachir and his class is made immediately apparent. While the class goes through the healing process of their former teacher's death, nobody in the school is aware that Bachir is at risk of being deported at any moment. French with English subtitles. PG-13

Movies start at 2:00 PM. Please arrive early. Suggested donation: \$1.00.

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the New MRHS Center.

MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:00 PM**.

MRHS Office Hours – The following is the New MRHS Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday

Nov. 1, Nov. 15, Nov. 29

9:00 AM to 11:00 AM

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.

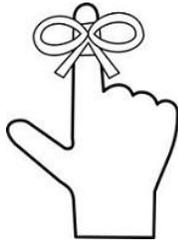
Nurse Marie Phillips' "Take Charge of Your Health" will resume on **Thursday, November 30 at 2:30 PM in the MRHS Center**.

The **MRHS Book Club** meets next on **Wednesday, November 1 at 3:00 PM**. The group discusses literary works, both fiction and non-fiction. The reading choice is ***A Passage to India***, by E.M. Forster. Please consider joining. All 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, November 17, 2017). 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.***



Film Committee Presents

First Wednesday Films

Next screening on **November 1 at 7:30 PM**

Two Days, One Night

(2014) 1 hour 35 minutes

While she's on sick leave, Sandra's co-workers vote in favor of her being laid off over giving up their annual bonuses. She tries to convince them to change their minds. A powerfully humane drama about the importance of community. Marion Cotillard received an Oscar nomination for Best Actress. In French, with English subtitles.

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

Great Decisions 2017

Great Decisions continues on **Tuesday, Nov. 7 at 7:00 PM** with a discussion on "Prospects for Afghanistan and Pakistan." The meeting will take place in the **MRHS Tuttle Center, 100 La Salle, #MC**. *Kenneth Thomas* will be facilitator. Reading material for the discussion is available from the MRHS office.

Election Day is November 7th!

Buildings 1,2,3,and 6 vote at 80 La Salle Street. Buildings 4 and 5 vote at 1295 Amsterdam Avenue. If you need assistance walking to a polling site, please call MRHS at 212-666-4000 for help.

MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, November 8 at 1:00 PM**. Please call 212 666 4000 to RSVP. The luncheons are a great opportunity to make new friends, learn, and have fun. Men's Group luncheons take place on the second Wednesday of the month. The cost of the lunch is \$10. Please bring a check payable to MRHS.

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

Talent Wanted

MRHS to Host Intergenerational Variety Show

Do you sing, act or dance? Can you play an instrument, tell a few jokes or perform a magic trick? Do you have an unusual skill or talent?

MRHS is looking for Morningside Gardens residents, both children and older adults, to help us create an intergenerational variety show. If you have talent, let us know! **Be part of the Fun!!!**

Please contact MRHS at 212-666-4000 or email saudia100@aol.com

Flea Market Donation Schedule

Flea Market donations will be accepted from 3:30 PM to 7:00 PM in the basement of Building 1 on the following **Wednesdays: November 1 and 8. Please do not bring items to the MRHS office.**

No clothing or furniture, but most other items are welcomed. We also welcome volunteers on these dates to accept and sort donations. From **November 12 through November 16**, folks are needed to set out and price the offerings, and on **November 17, 18, and 19**, they are essential to sell and then clear out what is left.

Check your calendars now. Call Margaret Bianchi at 212-666-4000 to sign up. Volunteers have the opportunity to purchase one item at market price each day they volunteer before the market begins. But the biggest perk is the fun and companionship the volunteers experience.

***** 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. *****

Reminiscing Discussion Group

Research shows Reminiscence Therapy can provide meaningful assistance to older adults in reducing depression, boosting well-being and recognizing and appreciating inner strengths and resources. It may also help one find meaning in significant life events of the past that shape the present. Social Worker **Saudia Garnette** will facilitate seven one-hour weekly group sessions. Group meets **Tuesday's at 3:30**, starting **November 7 and runs through Tuesday December 19.**

Sample Discussion Topics:

- Meaning behind your family name or family history or story about a family member
- My first job as an adult or My favorite job or least favorite job
- Crossroads or one of your greatest decisions
- My first role model or who were your heroes
- Holiday story or favorite gift, family tradition or a Summer vacation story

Volunteer Opportunities with Film Festival

SR Socially Relevant Film Festival NY, a 501 (c) (3) non-profit film festival now in its fifth year, is seeking volunteers for various festival-related tasks ranging from film viewing and selection to minor office tasks starting immediately. The festival takes place in March 2018.

Volunteers take part in diverse tasks and can choose what they most feel comfortable with in relation to their skills, for an average of 5-10 hours per week. The festival was founded by MHHC shareholder and MRHS Board member Nora Armani in reaction to the proliferation of violence seen on screen and off. Social issues are at the core of the selected films. Please contact the festival team at ratedsrilmfest@gmail.com, or Nora Armani at (917) 318 2290 for further details if you are interested in volunteering. Kindly visit the website: www.ratedsrfilms.org for information on the festival. **SRFF will offer 40% discount to MHHC residents on tickets to the festival redeemable with a special code.**

Mt. Sinai Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai Hospital has been working with the MRHS community on various issues related to aging:

Falls Prevention, Thursday, November 30 at 11:00 AM with Dr. Denise Fernandes

Memory and Aging

Learn about memory functioning and memory strategies that can boost your brain health with ***Dr. Jane Martin***, Director of the Neuropsychology Service at Mount Sinai Medical Center. Learn about new studies (clinical trials) at Mount Sinai's Alzheimer's Disease Research Center (ADRC) that focus on prevention of cognitive decline.

- **Learn About Memory And Aging**
- **Strategies To Maximize Brain Fitness**
- **Learn About New Research Studies Focused On Prevention Of Cognitive Decline**

Dr. Martin and Dr. Clara Li will help you understand memory changes that occur with age, risk factors associated with cognitive impairment, and provide you with information about new studies at Mount Sinai:

--- **EXERT**: examining the effects of exercise on cognitive function in older adults with mild memory loss

--- **MIND**: looking at whether or not a daily dose of nicotine, through a transdermal patch, will have a positive effect on early memory loss

--- **GRAPE SEED EXTRACT**: assessing the effect of grape seed extract in people with Alzheimer's disease to determine the safest and most effective dose.

If you are unable to attend our presentation and would like to speak with someone directly for more information or to volunteer in a research study, please contact ***Kelly Pun*** of the Mt Sinai Alzheimer's Disease Research Center at **212-241-1514** or **Kelly.pun@mssm.edu**

Thursday, November 16 at 1:30 PM
The New MRHS Center, 100 La Salle, #MC

Underground Railroad History Project

Dear Friends,

Morningside Retirement and Health Services [MRHS] invites you to meet ***Paul and Mary Liz Stewart***, historians and co-founders of the Underground Railroad History Project (URHP) of the Capital Region.

<https://undergroundrailroadhistory.org/>

The project researches and preserves local and national history of the anti-slavery movements including the informal network of secret routes and safe houses used by slaves seeking freedom in the North and Canada. Stephen and Harriet Myers led the Albany New York anti-slavery and Underground Railroad movements.

You will learn about Paul and Mary Liz's work which includes restoration of the Stephen and Harriet Myers house in Arbor Hill, Albany, and the annual *Underground Railroad Public History Convention*.

<https://undergroundrailroadhistory.org/the-stephen-and-harriet-myers-residence/>
<http://www.albanywalksforhealth.com/items/show/71>

We invite you to learn about URHP's mission to "research and preserve the local and national history of the anti-slavery and Underground Railroad movements, their international connections and their legacies to later struggles."

The gathering, hosted by Gardens residents ***Mark Barth and Sylvia Pirani***, will be held at MRHS. We are excited about this opportunity to work together in creating the "Metro Friends URHP Chapter." We hope you are, too. *Light refreshments will be served.* Please acknowledge this invitation and let us know if you plan to attend by emailing mbarth197@gmail.com

Friday, Nov. 17, between 7:00 - 8:30 PM
The New MRHS Center, 100 La Salle, #MC