



newsletter

Celebrating Our 52nd Year!

November 1, 2018
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100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

New Women's Group Forming

A group of Morningside Gardens women have started a women's meditation and discussion group that will meet **every Monday from 7:00 PM to 8:00 PM**. We currently have six regular members and would very much like to welcome more women to the group while limiting the group size to 10. We will be meeting in the lounge of the MRHS office.

Below is the approximate schedule:

- First 5/10 minutes --- Arriving/Settling in
- 20 - 25 minutes --- Meditating
- 25 minutes --- Discussion
- Last 5 minutes --- Wrap up/Good byes

If you are interested, feel free to contact Joyce Davis by email at jd2d@bellsouth.net.

Looking forward to enjoying a developing women's group.

"Love, Maria"

Gregor Collins returns to discuss his book, *The Accidental Caregiver*, a moving memoir recounting his unique relationship with 92-year-old Holocaust refugee and Gustav Klimt heiress Maria Altmann. Altmann's extraordinary life inspired the movie "Woman in Gold" starring Helen Mirren.

Collins' last appearance at MRHS occurred on the same evening as an important community meeting, so we invited Gregor back to speak.

Thursday, November 15 at 7:00 PM
The New MRHS Center, 100 LaSalle, #MC

***** MRHS is closed on Monday, November 12 for Veteran's Day and on Thursday, November 22, for Thanksgiving. We will reopen on Friday, November 23. Happy Thanksgiving to all! *****

MRHS to Visit Jewish Museum

Join the MRHS travelers on a visit to the **Jewish Museum** for a tour of the current exhibit featuring *Marc Chagall*.

The trip begins with a bagel and lox brunch at *Russ and Daughters* restaurant at the Jewish Museum.

Date: Monday, Nov. 19 **Cost: \$40**
Depart MRHS: 10:00 AM
Return: 2:30 PM (approximate)

Mt. Sinai / MRHS Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai School of Medicine has been working with the MRHS community on various issues related to aging in a program called *Mind Matters*.

Tuesday, November 13, 11:00 AM

What, If, When and Why of Screenings and Immunizations with *Dr Maanit Kohli, Geriatrics Fellow at the Icahn School of Medicine at Mount Sinai.*

Dr Kohli will discuss what you need to know, including age specific guidelines, about screening tests, prevention and immunizations

Thursday, November 29, 2:30 PM

The Management of Depression in Older Adults with *Sharon See, Pharm.D.*

Come learn about medications used to treat depression. Dr. See will discuss the differences between antidepressants and answer questions about their use. She is a clinical pharmacist at Mt. Sinai Hospital, Brookdale Dept of Geriatrics and Palliative Medicine and Clinical Professor at St. John's University College of Pharmacy.

Friday, November 9: Ask the Doc with Dr. Joyce Fogel, Mount Sinai Geriatrician, at 2:30 PM. **You must contact MRHS in advance to schedule a one-to-one "Ask the Doc" session.**

Medicaid for Long-term Care

This class will explain the basic rules on how to apply for Medicaid home care and nursing home coverage. Topics to be covered will how the application process works, income/resource rules and the look-back and penalty transfer rules.

The speaker will be **Douglas Chu** of Hynes & Chu, LLP. Mr. Chu is an Elder Law attorney who specializes in Medicaid and Estates and Trust law. Visit www.elderlawny.net to read more about Mr. Chu. This is a one-hour program, followed by a half-hour Question and Answer period.

Tuesday, November 13 at 2:00 PM
The New MRHS Center, 100 LaSalle, #MC

“I Am A Caregiver”

PSS Circle of Care will be starting up a new group at MRHS called ***I Am A Caregiver***. This group is meant for anyone providing care for a relative or friend, especially for those with cognitive and memory issues. There will be a different topic every session, along with helpful resources and contact information that may be helpful to caregivers.

The group will meet **the second and fourth Tuesday** of every month (**November 13 and 27** this month) at **3:00 PM**. If interested, just come by, no need to register in advance.

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, Nov. 14 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.

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.

Happy November Birthday!!

To: Marion Butler-Mills, Israel Francus, Delores Gruber, Rita Lauchlin, Frank Munzer, Susan Opatow, Leah Stenzler, Mary (Spirit) Taylor, Mamie Thomas, 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 20, 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Nov. 3 *Dead Man Walking* (1995)
2 hrs, 2 min Sister Helen Prejean, a caring nun, (Susan Sarandon) receives a desperate letter from death row inmate, Matthew Poncelet (Sean Penn) trying to find help to avoid execution for murder. Over the course of the time to the convict's death, the nun begins to show empathy, not only with the pathetic man, but also with the victims and their families. Rated R

Nov. 10 *5 Flights Up* (2014) 1 hr, 28 min
A long-time married couple who've spent their lives together in the same New York apartment become overwhelmed by personal and real estate-related issues when they plan to move away. Starring Diane Keaton, Morgan Freeman and Cynthia Nixon. Rated PG-13

Nov. 17 *The Umbrellas of Cherbourg* (1964) 1 hr 31 min
Catherine Deneuve and Nico Castelnuovo as star-crossed young lovers. Drafted to serve in the Algerian War, he unknowingly leaves her pregnant. The most affecting of movie musicals, with famous score composed by Michel Legrand. In French, with English subtitles. Not Rated

Nov. 24 *Memories of Duke* (1968)
1 hr, 30 min A treat for jazz fans, this documentary is a concert performance of 13 great Ellington tunes during a 1968 Mexican tour. In addition, there are interviews with musicians Russel Procope and Cootie Williams, and historic scenes from early films of Ellington and his band performing. This world-wide festival Best Documentary was produced and directed by Gary Keys. Please note: There is little dialogue, and no subtitles.

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. 7

Nov. 21

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" resumes on **Thursday, November 15 at 2:30 PM**.

The **MRHS Book Club's** next meeting will be on **Tuesday, November 27 at 3:00 PM** in the New MRHS Center. They will discuss **Tess of the d'Urbervilles** by Thomas Hardy. 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 16, 2018). 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

Wednesday, November 7

at 7:30 PM

Salt of the Earth

(1954) 1 hr. 34 minutes

When an injunction is issued against striking mine workers in Grant County, New Mexico, their wives take up battle, leaving husbands to care for home and children. One of the first American drama films to advance the feminist social and political point of view. Herbert J. Biberman, one of the Hollywood Ten, directed this independent masterpiece, America's only blacklisted film.

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

Great Decisions 2018

The Great Decisions 2018 program will resume on **Tuesday, November 6**. *Sarah Eggleston* will lead a discussion on "South Africa's Fragile Democracy."

The program takes place at **7:00 PM** in the New MRHS Center, 100 La Salle, #MC. For those who do not have books, readings for the October discussion will be available in the MRHS office.

***** 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. *****

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