

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Flu Shots

Flu Shots will be distributed at no cost from **10:00 AM to 1:00 PM on Friday, November 15** in the **Building I Recreation Center**. Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to sign up.

Winery Tour and Lunch

Join us on a trip to the **Brotherhood Winery in the Hudson Valley**. The Winery is located in Washingtonville, New York. With its first commercial vintage produced in 1839, it is commonly acknowledged to be the oldest operating winery in the United States.

Our trip will include a tour of the winery, a tasting of their wines and lunch at their onsite restaurant. Please note that the tour goes down through the cellars, which includes 15 steps down and 18 back up. The tasting room and restaurant, however, are accessible.

Date: Wed., November 20 Cost: \$60.00
Depart MRHS: 9:00 AM Return: 4:00 PM

Joyful Holidays on a Tight Budget

A Workshop for those who want to have a *Giving, Sharing, Meaningful Holiday* but would like to limit their spending. Get and brainstorm ideas for paring down the materialism of the holidays and for gift giving that costs next to nothing! After all, saying "I Love You" shouldn't cost anything at all! Led by health and wellness educator, **Kathy Schwarz, MS, MPH**.

Tuesday, November 19, 7:00 PM
MRHS Center, 100 La Salle St.

Finding Your Voice: Poetry Writing Program

"When the world feels too small, it is time for a poem." —Tara Mohr

MRHS is excited to introduce a poetry writing workshop series that will encourage creative expression through the written language. Research shows that writing has a range of benefits including exercising your brain, elevating your mood and feelings of gratitude, and developing your communication skills.

Participants will have the opportunity to gain experience writing various forms of poetry, including haikus, sonnets, autobiographical poetry, and free verse. By the end of the workshop sessions, students will have compiled a collection of personally authored poems that can be shared with friends, family, and loved ones! All levels of poetry writers are welcome to attend. Commitment to the entire workshop series is required.

Weekly on Tuesdays, November 5 to December 17, 11:00 AM to 12:30 PM
MRHS Center, 100 La Salle St.

(Note: No class on Tuesday, November 26.)

There will be a one-time \$10 materials fee.

Please register by contacting social work intern **Est Park** at (212) 666-4000 or park.esther@columbia.edu.

***** MRHS is closed on Monday, November 11 for Veterans Day and on Thursday, November 28 for Thanksgiving. We wish everyone a good holiday. *****



Director's Column

Continuing with my series of columns about the nature of NORCs, my last column promised to describe how a NORC program tries to build community. MRHS has a long history of promoting voluntarism, one of the primary vehicles of community-building. MRHS was created by volunteers in the 1960's and for twenty years was run entirely by volunteers, until the need was felt in the 1980's to hire a professional staff to meet growing needs. Volunteers continue to play a vital role in the MRHS of the twenty-first century. From our board of directors to our office volunteers to our program leaders to our medical escorts and more, MRHS provides opportunities for meaningful community involvement through volunteerism. As a result, there is a sense that MRHS truly belongs to the community. Rather than descending on a community from above, NORC programs such as MRHS aim to evolve within the culture of a particular community.

MRHS sponsors a range of educational and recreational programs, another vehicle on the road to community-building. These programs not only provide an opportunity to learn and have fun, they bring neighbors together in an informal setting. Exercise programs don't just help residents maintain their health and feel better, they promote socialization, enabling acquaintances to be made and friendships to form and grow. Yes, our Video Committee keeps us abreast of classic and cutting-edge cinema, but the conversations stimulated by those films serve an added purpose. Sociologists call this "social infrastructure," spaces where neighbors form the building blocks of community.

NORC programs like MRHS also promote intergenerational activities, such as the recent Fall Fair coordinated with the Family Activities Committee, so that community-building reaches all residents of the NORC. Families with children who are looking to do community service are able to find opportunities at MRHS. MRHS reaches out to build a diverse community as well, for example by celebrating Black History Month every February and with programming for our Chinese-American community. The MRHS motto, "Helping Elders, Building Community" demonstrates the central role that community-building plays in a NORC program such as MRHS.



Happy November Birthday!!

To: Marion Butler-Mills, Israel Francus, Delores Gruber, Rita Laughlin, Susan Opotow, 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 19 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Nov. 2 45 Years (2015) 1 hr, 35 min
Geoff and Kate Mercer's plans for a 45th anniversary party are upset by unexpected news: a body found in the Swiss Alps has been identified as Geoff's long-ago love, Katya, who perished in an accident 50 years earlier. Rated R. Closed Captions

Nov. 9 12 Years a Slave (2013) 2 hr, 14 min
Based on a true story of one man's fight for survival and freedom. In the pre-Civil War United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery. In the twelfth year, Solomon's chance meeting with a Canadian abolitionist will forever alter his life. R

Nov. 16 The Wizard of Oz (1939)
1 hr, 52 min A timeless classic that chronicles the adventures of young Dorothy (Judy Garland) who has been swept away from her farm in Kansas to a wonderland where she meets the Scarecrow (Ray Bolger), the Tin Man (Jack Haley) and the Cowardly Lion (Bert Lahr). G

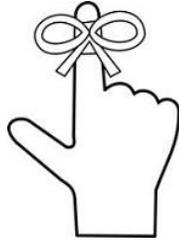
Nov. 23 Alice Doesn't Live Here Anymore
(1974) 1 hr, 52 min A tender romantic comedy drama that centers on a down-on-her-luck widow (Ellen Burstyn) as she travels with her preteen son throughout the U.S. in search of a better life. Burstyn's performance won her the Academy Award for Best Actress. PG

Nov.30 The Place Beyond the Pines
(2012) 2 hr, 20 min A winding, gorgeously shot heist thriller. To say much else would give away the plot, but the twenty-first century has no shortage of great crime dramas, and this stands out as one of its very best. Rated R

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 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:

Monday Tuesday Wednesday Thursday Friday
9–5 9–5 9–5 9–5 9–5

Nurse's Hours – Nurse's schedule:

Monday Tuesday Wednesday Thursday Friday
9–5 9–5 9–5 9–5 9–5

Hypertension Screening on Wednesday

Will resume on Wednesday, Nov. 13 and Nov. 27. 9:00 AM to 11:00 AM

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

The **MRHS Book Club's** next meeting will be **announced soon. Usually third Wednesday, at 3:00 PM.** 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 15, 2019). 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.***

***** Please note: MRHS has a subscription to Consumer Reports, which you can access online in the MRHS Media Lounge. A copy of the monthly publication is also available in the lounge. *****

Thanksgiving Luncheon

On **Tuesday, November 26 from 12:30 PM to 2:30 PM at Riverside Church**, there will be a **Community Thanksgiving Luncheon for seniors**. The luncheon is sponsored by *Columbia University Facilities and Operations* in connection with other community organizations including MRHS. There is no cost and transportation will be provided for those who need it. Reservations are required and space is limited. Please call MRHS at 212-666-4000 to register by November 15.

Women's Group News

The women's meditation group that meets on **Mondays 7:00 - 8:00 PM** in the MRHS café room (Building 1) has enough space to accommodate a few more women. We meditate for about half the time and talk about our experiences the other half. If you are interested, just come to our Monday evening sessions a few minutes before 7:00. You need not be a senior who uses MRHS services in order to attend.

Do You Love Movies?

The Saturday movie committee needs a volunteer who will show one film a month. We'll train and support you. Simply select a film you will show and relay the information by email to the committee. Contact Margaret at MRHS, 212-666-4000.

Announcing New Supper Club

MRHS is planning a Supper Club on **Tuesday, November 12 at 5:30 PM**. Please look for the notices. It will be at one of the great neighborhood restaurants. Don't miss a chance to join your neighbors for a fun evening out.

Election Day: Tuesday, November 5

Don't forget to vote!

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.

Mt. Sinai / MRHS Program

Friday, November 1, 3:30 PM

"Ask the Doc" with *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.

You must contact MRHS in advance to schedule an "Ask the Doc" session.

Thursday, November 7, 2:30 PM

"The Mind Explained: MINDFULNESS"

Movie and discussion with *Dr. Greg Hinrichsen*, Psychologist, Mount Sinai Dept. of Geriatrics and Palliative Care and *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.

**** MRHS presents these programs in partnership with the Mt Sinai School of Medicine, with support from the UJA Federation of New York. ****

Low Vision Support Group

The **Low Vision Support Group** will continue meeting in November on **Monday from 3:30 to 4:30 PM**. This month it will meet on **November 4**. In a safe and confidential setting, members will have the opportunity to discuss their feelings, share experiences and offer mutual support.

Need Laundry/Shopping Help?

Every Monday, Tuesday and Thursday the MRHS Health Aide does laundry, shopping, and light housekeeping for a limited number of people who need help. Call MRHS Nurse Staci Steen at the MRHS Office (212-666-4000) to see if you qualify.

NY State Farmers Market Program

If you are 60 years of age or older and have limited income, contact intern **Megan Longo** at MRHS to learn if you qualify for vouchers in the amount of \$20 to be used at Farmers Markets. Megan is available: Mondays, 3:15 PM – 4:45 PM; Wednesdays, 12:00 PM – 1:45 PM; and Fridays, 3:30 PM – 4:45 PM.

MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, November 13 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 Unforgettables Chorus

The chorus group is for individuals with dementia and their caregivers with an emphasis on social interaction. Music has been shown to have a positive impact on mood and memory for those diagnosed with dementia. The goal of the MRHS chorus is to improve both the quality of life and the relationship between the person with dementia and their caregivers. For more information please contact MRHS social work intern *Danieal Sanzo* at the MRHS office, **212-666-4000**.

Great Decisions 2019

The Great Decisions 2019 program will resume on

**Tuesday,
November 5.**



Liz Mellen will lead a discussion on "*The US and Mexico Partnership Tested.*" The program takes place at **7:00 PM in the MRHS Center**. For those who do not have books, readings for the November discussion will be available in the MRHS office.

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.

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

Columbia EPIC/SPS Talk and Film Screening

Art and Heart: The World of Isaiah Sheffer, a documentary by **Catherine Tambini**, is an acclaimed celebration of Isaiah Sheffer, a beloved cultural figure in New York City. Sheffer's life and work are shared lovingly via intercuts of archival material, interviews with friends and colleagues, and stage performances. "His voice was like having warm butterscotch poured over your head," recalls Stephen Colbert. Leonard Nimoy remembers Isaiah as "endlessly creative." Isaiah Sheffer had a unique wit and humor that suffused everything he did. "His ebullient personality shines through," said the Hollywood Reporter's review of the film.

The documentary delves into the life of the man whom many knew only as the host of Selected Shorts on public radio, or the driving force and artistic director of Symphony Space, or the originator of Bloomsday on Broadway, or the comic genius behind the Thalia Follies. In addition to all of those successes, Sheffer was an Emmy-nominated writer and producer. He was an actor, director, musical librettist and lyricist, and a cultural entrepreneur. He was a husband to Columbia University Professor Ethel Sheffer and father, and a mentor to many. The film explores his life, his impact on the arts scene, and the tremendous effect he had on those around him.

Following the 53-minute documentary, **Ethel Sheffer** and **Catherine Tambini** will discuss the film and the legacy of Isaiah Sheffer.

Wednesday, November 13, 7:00 PM
MRHS Center, 100 La Salle, #MC

Save the Dates

Wednesday, December 4 at 7:00 PM: Repeat showing of Building II resident Karl Tiedemann's "Funny You Never Knew"

Thursday, December 5 at 7:00 PM: Building VI resident Joanna Clapps Herman reads and discusses her new book, "When I Am Italian: quando sono italiana."

The Eighth Annual MRHS Holiday Bazaar Is Coming!

Mark your calendar for the 2019 Holiday Bazaar where you will find new handcrafted gifts for family and friends made by your Gardens neighbors plus unique picks from the MRHS eBay Group. Bring a friend and start your holiday shopping without leaving the Gardens. All sales benefit MRHS.

Where: Thurgood Marshall Room, West entrance of 80 La Salle Street

When:

Friday, December 6, 12:00 Noon – 7:00 PM
Saturday, December 7, 10:00 AM - 4:00 PM
Sunday, December 8, 12:00 Noon – 2:00 PM
(*Lottery drawing at 1:30 PM on Sunday*)

Pop Up Movie Sneak Preview

Les Choses de la Vie (The Little Things in Life), 1969, 1 hr 29 min. Architect Pierre Bérard (Michel Piccoli), en route from a quarrel with lover Hélène (Romy Schneider), crashes at a country intersection, and as he slips into unconsciousness, he remembers his life leading up to the accident. These images of the passage of time and the incredibly beautiful music transport the viewer into their own subjectivity. Claude Sautet's film was awarded the Louis Delluc Prize for Best Film of the year. It provided a substantial boost to Piccoli's and Schneider's careers and helped change the French cinematographic landscape definitively. With English subtitles.

Friday, November 15, 7:00 PM
MRHS Center, 100 La Salle St.

****** 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. ******

