



newsletter

October 1, 2014
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100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Brotherhood Winery Tour, Wine Tasting and Lunch

Join MRHS to **Brotherhood Winery**, America's oldest winery, for a guided tour, wine tasting and lunch. We will experience the enigmatic atmosphere of the Brotherhood Winery by taking a leisurely stroll through their vast network of underground cellars.

Excavated by hand in the late 19th Century, the dimly lit cellars house over two hundred oak barrels and feature a crested vault containing some of the oldest vintages in America. The tour will get you well acquainted with the complete wine making process and you will feel like an expert in the field. After the tour, we will test our wine tasting skills in their modern showroom and enjoy the many flavors and textures Brotherhood offers.

Finally, lunch will be served at the winery and include salad, chicken or salmon entree, and dessert.

DATE: Wed., Oct. 29 DEPART: 10:00 AM
PRICE: \$50.00 RETURN MRHS: 4:00 PM

Low Vision Support Group

The MRHS **Low Vision Support Group** will resume on **Friday, October 3** 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!

MRHS Film Committee Presents

First Wednesday Films

Next screening on October 1 at 7:30 PM

Featuring: ***The Organizer***
(1963) 2 hrs., 10 min.

Marcello Mastroianni portrays a threadbare academic aiding workers to find their voice, unite and stand up for themselves in the industrial city of Turin in the late 1800s. This historical drama, brimming with humor and honesty, is a beautiful and moving ode to the power of the people, and features engaging naturalistic performances, evocative cinematography, and a multilayered Oscar-nominated screenplay. In Italian with English subtitles.

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

Great Decisions Program

On **Tuesday, October 7** at **7:00 PM** the Great Decisions Program will continue the 2014 program with a discussion on "Food and Climate." *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.)



***MRHS is closed on Monday,
October 13 for Columbus Day.
We wish everyone a good holiday!***

****** Check the back of the calendar for
information about our new "Going
Greener with the Birds" launch! ******

Director's Column

Continuing with our examination of MRHS's name, word by word, to come to a better understanding of MRHS's mission, we come to "Health." MRHS did not have a nurse on staff until the mid-1990's, so it's interesting that the word "Health" was included in MRHS's name from our incorporation in 1966.

This is partly explained by the fact that MRHS's first grant from that period was obtained in partnership with St. Luke's Hospital. But it also reflects the understanding that any organization that aimed to assist older adults had to include a health component. For most of its first three decades this primarily meant providing *access* to health care providers, something that MRHS still does. But with the addition of an on-site nurse in 1995, made possible by NORC (naturally occurring retirement community) funding from New York State, MRHS is now able to provide direct health care services and health care coordination, as well as increased access, utilizing the expert guidance of the nurse.

In addition to the nurse, in 1995 MRHS added "cluster care" services (mostly laundry and shopping) and on-site psychiatric services through a contract with St. Luke's Hospital. MRHS's "Doctors Visiting Program" was also set up at that time, enabling frail, homebound elders to receive house calls from a St. Luke's Hospital geriatrician. An additional office space, donated by MHHC, was made available in building six. All of these programs have led to a robust health care component at MRHS, which is no doubt what MRHS's founding mothers would have wished if they had had the resources.

Unlike MRHS not all NORC programs created health care components in the 1990's, but now all are required to do so in order to qualify for NORC funding from the city. Also, no NORC program has had the good fortune to have a skilled, compassionate and community-minded nurse as health care coordinator for sixteen years, as we have had with Marie Phillips! We have seen the health care component of MRHS growing as vastly as our exercise programs, with attendance increasing nearly tenfold in twenty years, from 168 in 1994 to 1,578 in 2013.



Happy October Birthday!!

To: Jimmy Arnold, Mary Grace Bookhardt, Alan Borthwick, Mary Borthwick, Aram Boyajian, Chia-hua Chang, Colin Chang, Geruth Graham, Mary Lowry, Mary McDonald, George Mapp, Aline Multare, Kay Murray, Seymour Newman, Ivy Polk, Reynaldo Silva, Dorothy Tefteau, Ramsey Togo, Sydney Weinberg, and Asa Zatz.

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 October are all invited to our Birthday Party! Come on **Tuesday, October 21 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Oct. 4 – Inequality for All (2013)

1 hr, 25 min. A documentary starring Robert Reich, former Secretary of Labor under Bill Clinton. A passionate argument on behalf of the Middle Class, it examines the widening income inequality in the U.S. Rated PG.

Oct. 11 – Monuments Men (2014)

1 hr, 58 min. WWII drama based on a true story of a U.S. Army Platoon's rescue of art from Nazi thieves. Stellar cast includes George Clooney and Matt Damon. Clooney also directed this film. Rated PG13.

Oct. 18 – War Made Easy: How Presidents & Dunces Keep Spinning Us to Death (2008) 1 hr, 13 min.

Narrated by Sean Penn, this documentary details with clarity and succinctness the Orwellian methods by which the U.S. was led into wars from Vietnam to Iraq. Not Rated.

Oct. 25 Bell Book and Candle (1958)

1 hr, 46 min. A gem of a film with James Stewart as a disbeliever and Kim Novak as a good witch, based on a play by James Van Dusen. Lovely New York movie set in Greenwich Village with supporting work by Elsa Lanchester and Hermione Gingold. Not to be missed. Not Rated.

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 –
October 8, 22

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, October 23 at 2:30 PM**.

"Later Life Transitions" group's next meeting will be take place on Thursday, October 9 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, October 17). 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.**

Flea Market/Holiday Bazaar

MRHS is now accepting donations for this fall's Flea Market. We will accept donations **one evening a month, this month on Tuesday, October 14 between 7:00 and 9:00 PM and one afternoon per week from 2:30 PM to 4:00 PM continuing till Flea Market Time. This month the dates are Thursday, 10/2, 10/9, 10/16, 10/23, 10/30**. 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; to serve on committees, etc. 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 collecting.

Please note the special insert in this newsletter for signing up to volunteer to set up and work at the Flea Market. Please take some time to return the form to MRHS. Thank you.

"Love An Elder Day"

For the third year running, at the request of Lifeforce in Later Years/LiLY, the NY State Assembly in June 2014 passed a resolution proclaiming October 1 to be "Love An Elder Day" in the state of New York, coinciding with the UN's International Day to Honor Older Persons. For more information on "Love an Elder Day," go to www.loveanelder.org.

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

Telephone Reassurance Program

For the past few years we've been offering a **Telephone Reassurance Program (TRP)**. The TRP connects older adults with a reassuring call daily, weekly or as needed. If you're interested in receiving a call, please contact us for more information.

We're excited to be expanding our Telephone Reassurance Program with the addition of **Daily Calls**.

Daily Calls is a technology based system that enables residents to "check-in". Daily Call participants call a dedicated telephone number every day before 1:00 PM. If our computer system does not receive your call, a volunteer will follow-up with a telephone call, a knock on the door and lastly, a call to security. Contact **Joanna Stolove at joannas@mrhsny.org** for more information.

Cities Struggle to Address the Major Issues of Our Time

How Can this Help us to Build Community?

Mark your calendars for a special program sponsored by **MG Community Preservation Committee**.

Date: Friday, October 17 Time: 7:30 PM
Place: 100 La Salle, Recreation Center

Presentation by **Mindy Thompson Fullilove MD**, Professor of Clinical Psychiatry and Professor of Clinical SocioMedical Sciences, NYS Psychiatric Institute; Co-Director Community Research Group NYSPI and Mailman SPH Columbia University.

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 **October 8 and 22**.

Chair Yoga – A Practice for Well-being

People ask me "How can you do yoga sitting down?" and I answer, "You can do yoga *lying* down. In fact, you can do yoga not moving at all..."

Yoga is about consciousness, not fitness. And when you approach it in that spirit, practice becomes a kind of moving meditation, with the emphasis not on *what* you're doing – the exercise per se – but *how* you're doing it.

Chair yoga is about joining awareness to movement. That doesn't mean you don't *really* work your muscles, or open your joints, or get your circulation going. On the contrary – *because* you're sitting, and therefore don't have to worry about balance – or over stretching a sore muscle, hurting a painful joint, straining your back, or keeping up with a fast pace – it's possible to put *all* your attention on the movement itself. Thus you receive the full physical benefits of practice – not to mention the mental and emotional – with minimal physical stress.

And that's just the first step. Most important is what you take with you from class into the rest of your life – ways to reduce stress, generate energy and maintain focus.

Jana Titus

Join us on **Thursday** mornings at **11:00 AM** in the **MRHS Tuttle Center**. The class series of eight is \$25.00 and is taught by **Jana Titus, E-RYT 500, CPC, ACAT**, a yoga teacher registered at the highest level of experience and expertise, Life Coach and teacher of the Alexander Technique, who has been practicing for over 30 years. Jana is an MG resident.

Upcoming NYC Cultural Event

On **Sunday, October 5**, the 27th **Deepavali (Festival of Lights)** will be celebrated at South Street Seaport from 12:00 noon to 8:00 PM, sponsored by the Association of Indians in America, Inc., NY chapter. Admission is free. The festival includes music, dance, shopping, food fair, and a holistic health fair.

