

Monday Night Discussion Group

Nature

The topic is Nature, from the tree outside our windows to the magnificence of the Grand Canyon. But also Nature can cause great catastrophes like drought, fire, floods. Nature nurtures us, but do we nurture Nature? Come and discuss your experiences with and thoughts about Nature. Pictures are welcome.

Join us on **Monday, October 26** from **7:30 PM to 8:30 PM** in the **MRHS Tuttle Center, 100 La Salle, #MC.**

RECOLLECT * DISCUSS * PARTICIPATE
LEARN * CELEBRATE

Falls Prevention Presentation

Research has demonstrated that Falls Prevention plays a critical role in healthy aging. Columbia University Occupational Therapy students will lead this discussion on how to reduce fall risk. Topics include: what causes falls in older adults; what you can do to protect yourself and your loved ones from a fall; the role of occupational therapy practitioners in reducing your fall risk and helping you to live life to its fullest.

Join your neighbors at **MRHS Tuttle Center** on **Wednesday, October 7, 2:00 PM**

Dances for Seniors

Join *Naomi Goldberg Haas* and ***Dances for a Variable Population*** in sharing strong and creative movement among adults of all ages and abilities for fun and friendship.

Wednesday, October 7, 2015 at 10:30 AM
in the **Recreation Center, basement, Building 1.**

“Nigeria Revisited”

Catherine Onyemelukwe will discuss her memoir, ***Nigeria Revisited: My Life and Loves Abroad*** and will also share art, beads, and other material culture from Nigeria that informs her book. Catherine joined the newly-founded Peace Corps in 1962 for an expected two-year stint. Her memoir revisits her two years overseas that turned into twenty-four years, and includes friendships, travels around the country, and love.

The book recalls how her future Nigerian husband contrives to meet her, their falling for each other, and their controversial wedding that becomes world news and a spread in *Life Magazine*. Ms. Onyemelukwe will be signing books.

Wednesday, October 21, at 7:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

Emergency Preparedness

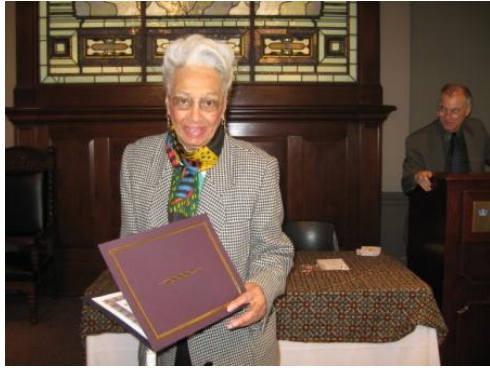
Lenny James, Director of Emergency Preparedness, at NYC Department for the Aging, will lead a presentation about preparing, responding and recovering from all types of emergency situations. Also to be discussed will be how to keep your hazard plans updated and how to practice them regularly. A short video will be screened along with the presentation.



Wednesday, October 14, at 2:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

******MRHS is closed on Monday, October 12 for Columbus Day. We wish everyone a good holiday.***

Director's Column



Since its inception in 1966, MRHS has been a "grassroots" kind of an organization. Not only was it founded by Gardens residents on their own initiative, it continues to rely on the community for support in terms of time and resources. MRHS listed 193 volunteers by name in our last Annual Report and almost 250 households made a donation to our annual fund campaign last fall. We are grateful to every volunteer and donor. Occasionally, we like to recognize a Gardens resident who stands out because of her or his generosity. Winifred Shearer (pictured above), who passed away in 2012, was such a person.

Winnie gave generously of her time, answering telephones and greeting guests at MRHS on Friday afternoons for many years. Winnie was also generous by including MRHS in her will, leaving us a bequest of more than \$275,000, which will help pay for our upcoming renovations. I came to know Winnie rather well over the years. She was a quiet, unassuming, low-key kind of person. Winnie was a very capable individual, the kind of person who could be left alone minding the office if staff had to be off on errands for short periods of time.

Sitting at the volunteer desk on Friday afternoons, Winnie had an opportunity to see the work of MRHS on a daily basis. She saw our social workers going out to meet with clients in their homes; she saw Margaret Bianchi patiently assisting guests with a range of requests and tasks; she saw our nurse Marie Phillips responding to requests for help at home or in her office. I think it was seeing MRHS working, close-up and personal, that inspired Winnie to be so generous towards us. She truly believed in the mission of MRHS, of enabling older adults to remain living in their own homes and community. I'm happy at this time to recognize Winnie Shearer's generous contribution to MRHS.

Happy October Birthday!!

To: Jimmy Arnold, Alan Borthwick, Mary Borthwick, Chia-hua Chang, Colin Chang, Geruth Graham, Mary Lowry, Mary McDonald, George Mapp, Aline Multare, Kay Murray, Ivy Polk, Reynaldo Silva, Dorothy Tefteau, 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 20 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

October 3 Nelly et Monsieur Arnaud (1995) 1 hr 46 mins. He hires her (Emmanuelle Béart) to type his memoirs. He's attracted to her, as is his publisher. His wife, from whom he's separated, returns to visit. Cesar award for Best Director (Claude Sautet) and Best Actor. In French with English subtitles. Not rated.

Oct. 10 Winter's Bone (2010) 1 hr, 40 min. Drama about an unflinching Ozark Mountain girl who hacks through dangerous social terrain as she hunts down her drug-dealing father while trying to keep her family intact. Starring Academy Award-winning actress Jennifer Lawrence. Rated R.

Oct. 17 Far from the Madding Crowd (2015) 1 hr, 43 min Based on Thomas Hardy's classic novel, the film tells the story of a beautiful headstrong young woman, Bathseba Everdene and her three quite different suitors: Gabriel Oak, a poor sheep farmer; Frank Troy, a reckless handsome military officer and William Boldwood, a successful, mature bachelor. Rated PG-13.

October 24 Made in Dagenham (2014) 1 hr, 58 min. In a New York City of the future a man meets a dying woman and is driven to end evil and save her from death. Outstanding performances by Colin Farrell and Russell Crowe. Rated PG.

October 31 Iris (2015), 1 hr, 20min A documentary about the fashion and home décor designer, Iris Apfel who is also an octogenarian. This film is a delightful look at a woman who lives the poem "When I Grow Old I Will Wear a Purple Hat". Rated PG

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 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 on Wednesday, October 7, October 21

from 9:00 AM t 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.

Nurse Marie Phillips' "Take Charge of Your Health" meets, Thursday, October 22, at 2:30 PM in the Tuttle Center.

"Later Life Transitions" group's next meeting will resume on Tuesday, October 6 at 3:00 PM.

The **MRHS Book Club's** next date will be announced soon. Everyone is 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, October 16.) 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.**

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

MRHS Film Committee Presents

First Wednesday Films

Next screening on **October 7 at 7:30 PM**

Featuring:

Bus 174

(2002) 2 hr 13 min.

Chronicle of a youth's hijacking of a Rio de Janeiro bus. Street children, police, family and sociologists delve into his background and the criminal justice system. One of The *New York Times*' ten best films of the year. In Portuguese with English subtitles. Rated R.

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

Great Decisions Program

On **Tuesday, October 6 at 7:00 PM** the **Great Decisions 2015** program will meet with a discussion on **"Syria's Refugee Crisis."** All are welcome.



Discussion materials will be available at the MRHS office for those who do not have a book.

MG Players Perform *The Passion of Dracula*

The Morningside Players will present a full production of ***The Passion of Dracula*** based on the novel by Bram Stoker as our fall show! The well beloved Victorian classic is mesmerizing - sometimes hilarious - and always gripping in its ferocious battle to save the beautiful young Mina from Dracula and the Undead!

Performances start on October 21 and go through November 7. Suggested donation is \$15 or \$12 for seniors and students. Please go to www.morningsideplayers.org to order tickets or call 646-200-5089 and we will arrange to get tickets to you. We want to give priority to our loyal Morningside Gardens neighbors, friends, and supporters, so act now!

Visit Storm King Art Center

Join MRHS for a visit to the **Storm King Art Center**. Widely celebrated as one of the world's leading sculpture parks, **Storm King Art Center** has welcomed visitors from across the globe for fifty years. Located only one hour north of New York City, in the lower Hudson Valley, it is the setting for a collection of more than 100 carefully sited sculptures created by some of the most acclaimed artists of our time. A picnic lunch is included.

DATE: Thursday, Oct. 15 **DEPART:** 10:00 AM
PRICE: \$60.00 **RETURN:** 5:00 PM

New York State Farmers Market Nutrition Program

Thanks to the New York City Department for the Aging, MRHS has been provided with vouchers to be used at Farmers Markets as part of the "New York State Farmers Market Nutrition Program." Booklets of vouchers worth \$20 are available from MRHS on a first-come, first-served basis. *There is a limit of one booklet (\$20 value) per household.*

The state requires that each recipient sign a "Statement of Eligibility," indicating that you are at least 60 years of age and meet the following income limits:

- Below \$1,815 per month for a one-person household
- Below \$2,456 per month for a two-person household
- Below \$3,098 per month for a three-person household

Or

Currently receiving or eligible to receive SSI or public assistance.

Please pass along this information to friends and neighbors.

Writing From Life Experience starts up another season on Monday, **October 5 at 2:30 PM at the MRHS Tuttle Center**. Everyone is invited to participate. Fee is \$50.

Happy Surprises in Life's Later Chapters *Continues*

With *Stephen Chinlund*

This course offers an opportunity for people of all ages to consider the fulfillments of the "extra chapter of life" which comes to people over 60. It has become a time of unexpected satisfactions for many who thought their lives were almost over.

During the sessions, participants will consider how we think about our bodies, money, sex, death, spirituality, power and interests in art of all kinds, perhaps postponed from long ago:

October 6 – "Sex: We Continue to Be Alive Sexually"

October 13 – "Money: Managing With Less, But Enjoying It More"

October 20 – "Art: Drawing, Painting, Sculpture, Photography, Music, Writing"

October 27 – "Spirituality – The Gift of the Perspective of Death"

A nominal fee of \$25 will be charged.

Tuesdays from 10:00 AM to 11:30 AM.

John Seaman's Liberty Salons

Two afternoons from **3:00 PM to 5:00 PM:**

Thursday, October 8, Florence Perchuk,

who is an interior designer with a history in fine arts. She splits her time between the West Side of Manhattan and Los Angeles. Florence will talk about the principles of design and their relationship to fine arts. She will discuss her work as a docent at the Getty Museum in Los Angeles as well.

Dr. Debbie Joffe Ellis, wife of the late renowned Dr. Albert Ellis, and a practicing psychologist returns on **Friday, October 30.**

The program will be in question and answer format addressing the principles of REBT (rational emotive behavioral therapy) and other aspects of clinical psychology.

Both programs include light refreshments.