

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

President: Robert Hill
Executive Director: Ronald Bruno

Introduction to Hearing Loss And Solutions

Join speaker **Carolyn Stern** from *the Center for Hearing and Communication* for an informative session about the following topics:

- Hearing loss and your health
- Communication tips
- Free and low-cost devices and apps to hear on the phone, and to follow TV and in personal conversations better

Thursday, October 12, at 2:00 PM
MRHS Center, 100 LaSalle St., #MC

For further information please call *Robin Aloï* at 212-666-4000 or email at Robina@mrhsny.org.

Tai Chi for Arthritis

The evidence-based course, **Tai Chi for Arthritis** will start on **Tuesday, October 10**, and will run for 20 classes until mid-December. The class will be led by trained instructor, *Jazell Choi-Andujar*, and will meet on **Tuesdays and Thursdays at 3:00 PM** in the **Thurgood Marshall Room**.

This is an *evidence-based* course, meaning it has been approved as a therapeutic procedure, including falls prevention benefits. Please contact Margaret Bianchi at 212-666-4000 or email MargaretB@mrhsny.org to sign up or for more information.

Flu Vaccination

MRHS and Mt. Sinai Hospital will be distributing the **flu vaccination** on **Monday, October 2, from 10:00 AM to 1:00 PM** at MRHS. Please call MRHS at 212-666-4000 or stop by to make an appointment. You can also email Margaret Bianchi at MargaretB@mrhsny.org to schedule an appointment.

Ganges River Project

Markley Boyer, resident of Building 6, will talk about his work in India, using drones to map and model small streams flowing into the Ganges River as part of a major water quality effort around that sacred river. Mr. Boyer has worked on conservation projects all over the world and created images of Manhattan island in 1609 for the book *Mannahatta: A Natural History of New York City*. Join us for this special presentation!

Thursday, October 26, at 7:00 PM
MRHS Center, 100 LaSalle St., #MC

"Walk With Ease"

The Arthritis Foundation's **Walk With Ease** Program is a community-based physical activity and self-management education program. While walking is the central activity, this is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies.

Starting up in October, **Walk With Ease** will be a great way to socialize, spend time with friends, or meet some new people, while taking in the fresh air three times a week. This a six-week program which is *evidence-based*.

Health outcomes include:

- Decreased pain
- Increased strength
- Increased balance
- Increased self-efficacy

Please contact one of our social work interns, *Myra Townes* (MyraT@mrhsny.org) or *Nina Khutsishvili* (NinaK@mrhsny.org), by email or by calling 212-666-4000 for more information.

***** MRHS will be closed on Monday, October 9 for Columbus Day / Indigenous Peoples' Day. *****

Looking Back and Going Forward

The **9/11 Memorial & Museum** is the country's principal institution concerned with exploring 9/11, documenting its impact, and examining its continuing significance. Honoring those who were killed in the 2001 and 1993 attacks is at the heart of the institution's mission. The museum tells the story of 9/11 through media, narratives, and a collection of monumental and authentic artifacts, presenting visitors with personal stories of loss, recovery, and hope.

Our 90-minute private tour will allow us to revisit these events with the comfort of having each other to reflect with. Following the tour, we will have a relaxing lunch to lift our spirits.

Date: Wed., October 25 **Cost: \$50.00**
Depart: 9:00 AM **Return: 3:00 PM**

To reserve a spot please call MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org.

Let's Get Cookin'

Join the new OT students, *Carly Wyatt and Devorah Ciner*, every **Friday at**



1:00 PM for "**Let's Get Cookin: Kitchen Safety and Recipe Sharing.**" The group will explore a variety of recipes & kitchen safety techniques through the creation of a recipe book over the course of 8 weeks. Here is October's schedule:

- October 6: Vegetarian Meals
- October 13: Cultural Meals
- October 20: Favorite Meals
- October 27: Cooking Social Hour

MRHS Book Group

The next discussion of the **MRHS Book Group** will be **Wednesday, October 18, at 3:00 PM**. The reading selection is the novel, ***Agnes Grey*** by *Anne Bronte*. The Program is on Zoom. All are welcome! For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at margaretb@mrhsny.org.

Happy October Birthday!!

To: Michael De Borja, Deanna Gates, Jules Le, Mary Lowry, Charles Macdonald, Mary McDonald, George Mapp, Ivy Polk, Rebecca Rikleen, Dorothy Teffeau, Nataline Delisle Vandeburg, and Theresa Thompson Ziegler.

MRHS Board Game Café

Please join us **Friday, October 27 at 2:30 PM** to play board games or cards with other MG residents. We have lots of games on hand or you could bring your own.

Afternoon Tea in the Lounge!

Stop by the MRHS lounge on **Friday, October 27, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Moving For Life

Dance Exercises for Health

Moving For Life classes use gentle aerobic exercise to motivate older adults and people of all ages with varying abilities to move towards greater health. These classes include adaptable movements that can be completed seated or standing and help to improve physical health while increasing range of motion, easing joint pain, and improving balance.

Class starts with a gentle warm-up, then moves to gentle aerobics and strength training through dance moves then a cool down. Exercise increases energy levels, boosts immunity, helps with weight management, and eases symptoms of many chronic illnesses.

Tuesdays, 10:00 AM to 11:00 AM
Outdoors, On the Plaza, Buildings 1 and 2

MRHS Men's Group

The Men's Group has returned to holding regular lunch meetings in person at MRHS. The next meeting is scheduled for **Thursday, October 26 at 1:00 PM**. *Lunch will be served. Cost: \$10.*

Any questions, please email Michael Davidson: davidsonm_10027@yahoo.com.

Monthly Supper Club

Please join the social work interns of MRHS, **Nina & Myra**, for the Supper Club! Come not only for the meal, but for the opportunity to meet friends and enjoy conversation in a pleasant setting. The Supper Club will meet every fourth Tuesday of the month. If interested, please contact Nina or Myra at MRHS at 212-666-4000.

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 20, 2023). 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.***

Arts & Minds

The **Arts & Minds** program continues to bring joy to participants! Each session provides the chance to discuss, as well as create, meaningful works of art. **Arts & Minds** was developed to enrich the lives of people with cognitive decline and their care partners through artistic expression.

Programs are held in person the **first and third Tuesdays of the month, from 2:00 - 3:15 PM**. Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve.

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

Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom, sponsored by MRHS. This month's topic of discussion will be **Iran at a Crossroads**, facilitated by Building I resident, *Ken Thomas*.

By the fall of 2022, Iran was in a state of turmoil due to widespread protests against government-enforced wearing of the hijab, a failing economy, an ineffective new president, and the looming succession of the country's leader, Ayatollah Khamenei. Abroad, renewal of the Iran nuclear deal seemed doubtful and tensions remain high between Iran, Israel, and Arab states. Many Iranians have lost hope of a better future, and the country seems at a crossroads. How should the U.S. deal with it?

Tuesday, October 3, 7:00 PM, Via Zoom

MRHS Monthly Film Series

Join us for our monthly, in-person film series. We will be showing a different film **every second Monday of the month at 1:00 PM**. (This month it will be the third Monday.) In October, our film will be:

"Babette's Feast"
(1987)
1 hour, 43 minutes

At once a rousing paean to artistic creation, a delicate evocation of divine grace, and the ultimate film about food, the Oscar-winning *Babette's Feast* is a deeply beloved treasure of cinema. Directed by Gabriel Axel and adapted from a story by Isak Dinesen, it is the lovingly layered tale of a French housekeeper with a mysterious past who brings quiet revolution in the form of one exquisite meal to a circle of starkly pious villagers in late nineteenth-century Denmark. *Babette's Feast* combines earthiness and reverence in an indescribably moving depiction of sensual pleasure that goes to your head like fine champagne. *In Danish, Swedish and French, with English subtitles.*

Monday, October 16, at 1:00 PM
MRHS Center, 100 LaSalle St., #MC

Salsa/Swing Dance Class

Salsa, Mambo, Cha-Cha, Samba, Swing, Lindyhop, Jitterbug & Jazz.

No partner needed, for mature adults and for all levels, especially beginners. Fluid warm-up to begin to avoid any stress on your muscles.
Thursday mornings at 10:30 AM.

Classes begin **Thursday, October 5, 10:30 AM to 12:00 noon, in the Thurgood Marshall Room**, Building III. For more information you can call or text or email dance instructor Kathy Sanson at 917-535-0582 kjsanson@gmail.com. *Or just come by!*

Fear of Falling: Don't Fall For It!

The fear of falling is a common and understandable concern that affects many individuals, particularly as we age. However, this fear can significantly affect one's quality of life by limiting mobility, reducing independence, and increasing the risk of falls.

In this workshop, participants will learn:

- How the fear of falling can affect an individual's wellness, lifestyle, and independence
- Tips to manage the fear of falling
- Learn how to safely get up from a fall and safety strategies to prepare homes for a fall.

Led by *Charla Sarabia, Injury Prevention and Community Outreach Coordinator, Mt Sinai Hospital*

Monday, October 23, at 2:00 PM
MRHS Center, 100 LaSalle St., #MC



West Harlem
Development
Corporation

Solutions through collaborations™

MRHS would like to thank the West Harlem Development Corporation for its support.

Breast, Ovarian , Cervical and Uterine Cancer Awareness

LatinaSHARE and MRHS will be offering a series of online presentations this fall on Breast, Ovarian, Cervical, and Uterine Cancer Awareness. The presentations will be offered ***in English and in Spanish.***

Here is the schedule:

Oct. 26, 2:00 PM: Breast Cancer Awareness

Nov. 30, 2:00 PM: Uterine Cancer Awareness

Dec. 14, 2:00 PM: Cervical Cancer Awareness

Call MRHS at 212-666-4000 for the Zoom link closer to the dates.

SHARE has been in existence for almost 47 years serving people affected by breast, metastatic breast cancer, ovarian, uterine or cervical cancer. **SHARE** offers educational programs, support groups, community outreach and a national helpline. For more information, go to: <http://www.sharecancersupport.org/>

Short Story Readings

Marie Louise Guinier, a long-time resident of Morningside Gardens and a New York based actress, is looking to give back to MRHS through monthly informal gatherings, where she will read aloud short stories, essays and/or other writings of interest to the community.

Reading suggestions can come from participants as well as from Marie Louise. After each reading, 5 - 15 minutes will be held for conversation, thoughts, feed back. The gathering will last about 45 minutes to an hour. For more information about Marie Louise please go to:

resumes.actorsaccess.com/marielouisequinier

Monthly, Wednesdays at 11:00 AM
MRHS Center, 100 LaSalle St., #MC

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****** MRHS thanks NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. ******

Life Story Club

LIFE STORY CLUB 中文人生故事會，
每週四下午2-3點，下樓來MRHS長者中心
(100 LaSalle St)，
一起聊聊大家的人生故事～

關於人生故事會：

我們是致力於對抗老年孤獨的公益組織。在十週內，我們免費為長者組織15人以內，每週一次的小型聚會，一起分享人生故事、建立友誼。在故事會的最後，我們還可以為有意願的長者紀錄您的故事、無須寫字。讓對您重要的故事永久保存、可以分享給妳想分享的人～！

有任何疑問，歡迎撥打主持人譚小姐電話302-321-3199！

我們週四下午2點見！

Chinese LIFE STORY CLUB,
Every Thursday from 2-3 PM, come to the
MRHS Center (100 LaSalle St)

Let's share our life stories together!

You are welcome to walk in to listen or share.
If you have other inspiration, feel free to share other stories!

About Life Story Club:

For ten weeks, we organize a small club for older adults, allowing up to 15 participants to meet once a week, share life stories, and build friendships.

At the end of each session, we offer to record the stories of those interested, with no writing required, allowing your cherished tales to be preserved and shared with anyone you wish!

If you have any questions, please don't hesitate to call the host, Effy, at 302-321-3199! We look forward to seeing you this Thursday at 2:00 PM!

Covid Tests Kits Available

MRHS has a supply of Covid Test Kits from NYC Health & Hospitals. Please don't hesitate to call MRHS at 212-666-4000 or come by MRHS for the free test kits. If you need help performing the test, please contact MRHS and we can assist.

Kundalini-Shakti Yoga

We are delighted to offer Shakti Yoga to our community via Zoom. With its roots in ancient yogic wisdom, Shakti Yoga is an integrated physical, emotional, and spiritual practice that harnesses the healing properties of breath work, sound meditation and dynamic movement to revitalize the body. Through movement, mantra, mudra, pranayama (breathing), and meditation, Shakti Yoga works on the subtle channels of energy in the body.

Classes will be taught by **Kalpana Kanthan**, an experienced yoga practitioner who has practiced various forms of bodywork and energy healing, such as Iyengar Yoga, Pranayama, Reiki, Dahn Yoga, Transcendental Meditation, and Pilates, for over 17 years.

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to register.

Thursdays, 5:30 PM to 6:45 PM, Via Zoom

Upcoming Programs and Events

Annual Pottery Sale. The Ceramics workshop group will renew the tradition of holding the Annual Pottery Sale in the Building 6 basement Workshop space. The date is **November 18**. As has been the case for the past many years, the proceeds of the sale will go to MRHS.

Dances For Seniors

-Presented by "Dances For a Variable Population"

Wednesday, December 6, 1:30 PM
Thurgood Marshall Room

Winter Celebration

Returning after a 3-year hiatus!

Wednesday, December 13, 4:00 PM
Building 1 Community Center

David Rosenstock, Financial Planning

Thursday, January 18, 7:00 PM
MRHS Center, 100 LaSalle St., #MC



Morningside Gardens Authors' Book Fair

The first Morningside Gardens Authors' Book Fair will be on Sunday, October 15th, 3:00 - 5:00 in the Community Center (Building 1 basement).

Eighteen authors have already signed up to participate. Each author will have a table space to display and talk about their book(s). Refreshments will be provided. The event is open to all residents of Morningside Gardens and their guests.

If you have had a book published since January 1, 2010, and haven't signed up already, there's still room. Fiction, non-fiction, poetry, graphic novels, memoirs, photography, etc. are welcome! Contact a member of the planning committee to participate.

Planning Committee:

Suzanne Kessler:

suzannekessler2004@yahoo.com

Rosemarie Robotham: rarobotham@gmail.com

Lisa Redd: Isaredd@gmail.com

Wendy McKenna: wendy.mckenna@gmail.com

Music MIDDAYS Presents

Sahun Sam Hong, Piano

Tuesday, October 10, 12 noon

A Program of Music Mondays, FREE concert

Music Mondays Presents

ECCO (East Coast Chamber Orchestra) & Shai Wosner, Piano

Monday, October 30, 7:30 PM

New York City's favorite string orchestra, ECCO, returns to Music Mondays, this time joined by eminent pianist, Shai Wosner. ECCO applies their signature "warm glow" (NY Times) to works by Grieg and Dvořák, and the two join forces for Mozart's Piano Concerto in A Major, K. 414, as well as a just-completed piano concerto by a leading American composer (TBA on October 29). FREE concert

Music Mondays at Advent Lutheran Church

2504 Broadway at 93rd Street

Morningside Players

Morningside Players Theater Co. will present Hedy! The Life and Inventions of Hedy Lamarr this October! Actor Heather Massie enchants the audience as Hedy Lamarr, along with Jimmy Stewart, Bette Davis, Louis B Mayer, and more. A 36-character solo play where the audience summons Hedy to unearth the truth behind how a glamorous Hollywood film star could create an invention which launched the wireless technology revolution! Discover how this exquisite genius invented technology for torpedoes during WWII that we now use in cell phones, WiFi, GPS, and Bluetooth!

Oct. 25- 27 at 7:30 PM, Sat. Oct. 28 at 5:00 PM and Sun. Oct. 29 at 3:00 PM. Tickets and info at www.morningsideplayers.org or please call 646 200 5089.

MRHS Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly on Mondays, from 11:00 – 1:00 PM. *No experience necessary.* Please feel free to contact Stephanie Low with questions: stephanielow52@gmail.com. If you are interested in participating, contact Margaret Bianchi at MRHS: margaretb@mrhsny.org.

MRHS Legacy Society

Membership in the MRHS Legacy Society is open to anyone who establishes a planned gift for the benefit of MRHS, including those who have made a bequest to MRHS in their will.

Information relating to planned gifts to MRHS will be held in confidence and the names, only, of the members of the MRHS Legacy Society will be acknowledged in the MRHS Newsletter and Annual Report. Donors may be listed anonymously if they prefer.

If you have any questions about the MRHS Legacy Society or would like information about making a planned gift to MRHS, please contact MRHS at 212-666-4000 or info@mrhsny.org.