

Healthy Brain Aging

Strategies And Tips To Keep Your Brain In Shape

Concerned about your memory? Please join us for a **free** seminar presented by the Center for Cognitive Neurology and the NYU Alzheimer's Disease Center. **Dr. Ricardo Osorio** from the *Center for Brain Health* will be the guest speaker.

Confidential memory screening will be available after the talk. Please sign up with MRHS at [212-666-4000](tel:212-666-4000) if you would like to have a screening between the hours of 2:30 PM and 4:00 PM.

Wednesday, September 28, 2:00 PM
Tuttle Center, 100 La Salle, #MC

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, September 28, 11:00 AM**

Neuroscience Wednesdays

The series will resume on **Wednesday, September 28** at **7:00 PM** with a talk by neuroscientist and Building 6 resident, Tiana Leonard. The topic is **Autism**.

Special Fall Fair

Because so many of us miss the fun, finds, and friends of MRHS's flea market, we are combining with MHC's *Family Activities Committee* to offer a **Fall Fair from 11:00 AM to 3:00 PM on Sunday, October 16 on the Plaza between Buildings 1 and 2.** In the case of rain, the Recreation Center has been reserved.

At this time, the Family Activities Committee is planning a swap and shop of clothing and such. MRHS will offer select items from existing inventory and offer books, jewelry, art, collectibles, and miscellaneous items for sale. Additional donations will be accepted **ONLY** the morning of the sale. No storage is available.

MHC residents are invited to rent tables (\$20) to sell their own items and keep the proceeds. Alone or partnered with friends and neighbors, they can stock a table with anything from holiday decorations to craft items. Rental forms are available in the MRHS office. Space will be free for kids aged 16 and under who are encouraged to offer books, games, and sports equipment.

Unique to the Fall Fair will be special children's activities, a selection of almost new men's suits and jackets in small sizes, a few designer women's clothing pieces, as well as some surprises. Our goal is an intergenerational, fun, community-building event like our ice cream social.

Contact **Mara Tucker** (tamaralt@gmail.com) for details about the Family Activities Committee plans or **Eileen Canty** (crechelady@gmail.com; phone 646-351-6522) if you have any questions for MRHS. Contact Eileen or the MRHS office if you can volunteer for one or more hours. Additional information will be published in next month's newsletter.

Director's Column

On August 16 MRHS received approval from the NYC Department of Buildings to go forward with the renovation project. So with DOB approval in place, we anticipate that the project will begin sometime around October 1. Thanks again to Assemblymember Danny O'Donnell and MHHC for making this possible.

Our main headquarters during the renovation will be in apartments MD and ME in Building VI (549 West 123rd St.), though certain MRHS activities, such as some exercise classes will be located in the Thurgood Marshall Room. We will be posting the location of events on our online calendar at www.mrhsny.org, so please take the time to familiarize yourself with our website and sign up to receive blog posts. Email notifications will also keep you posted, so please send us your email address if you would like to be added to our subscriber list. We will try to keep as many activities as possible in the transition space in Building VI, though the area is somewhat limited in size. We will also make every effort to make the transition space as accessible as possible.

Please be assured that the core services provided by our social workers, nurse and other healthcare professionals will continue without interruption. The same level of service provision will be maintained, even if our staff might be a little squeezed into their work areas. We hope that our new, renovated center will be completed in four months, just in time for winter's early thaw.

As we head into the Fall we look forward to the community's support in our annual fund drive during this exciting period in MRHS's history. Not only are we preparing for a new center, but September 1 marks the 50th Anniversary of MRHS's incorporation. We will be celebrating this milestone throughout the upcoming year. Please also be aware that there are naming opportunities for the new space, for those who would like to make a significant contribution towards the renovation. We hope that you will bear with us through the difficult period of transition, so that we might celebrate together as a community in our new center come Spring!



Happy September Birthday!!

To: Tonia Blair, Gilda Brodsky, Joyce Davis, Ralph Della Cava, Norma De Paur, Peggy Haskins, John Johnson, John Kapner, Leila Lieberman, Rachel Martin, Maurice Nixon, Yong-Ki Pak, Dorothy Savage, Katherine Scheuer, Gwen Simmons, Adolf Singer, Yen Tang, Celestine Twining, Roderick Wallace, Audraine Wilson, Margaret Yi, John Yoshinaga

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 September are all invited to our Birthday Party! Come on **Tuesday, September 20 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Sept. 3 *Eye in the Sky* (2015) 1 hr, 44 min
Helen Mirren as Colonel Katherine Powell in the British air force leads a group of British/American officers overseeing the use of drones to shoot down known terrorists in Afghanistan and Iraq. The problem is collateral damage. The film shows the clear attempts by the officers to avoid it. Directed by Gavin Hood. Rated R

Sept. 10 *Fantasia* (1940) 2 hr, 5 min
GRANDPARENTS DAY (Film donated, thanks to Tamara Tabb) Animated interpretations of great works of Western classical music including, "The Sorcerer's Apprentice" and "Night on Bald Mountain." Conductor Leopold Stokowski. **To be shown in Thurgood Marshall Room.** Rated G

Sept. 17 *Dollock* (2000) 2 hr, 2 min
Biographical film tells the life story of Jackson Pollock, the influential American painter and a major figure in the abstract expressionist movement. Ed Harris stars as Pollock and Marsha Gay Harden as his wife, Lee Krasner, an artist in her own right. Harris directed the film and Harden won an Oscar for Best Supporting Actress. Rated R

Sept. 24 *The Bicycle Thief* (1948) 1 hr, 29 min
The film follows the story of a poor father searching post-war Rome for his stolen bicycle, without which he will lose the job which was to be the salvation of his young family. Director, Vittorio DeSica. Italian, English subtitles. Not Rated.

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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 6	9 – 6	8 – 6	9 – 6	9 – 6

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,

September 7, September 21

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" will resume on **Thursday, September 22, at 2:30 PM**.

"Later Life Transitions" group will resume later in the Fall.

The **MRHS Book Club's** next meeting will be Wednesday, September 21, at MRHS. The group will discuss **Portrait of the Artist as a Young Man** by James Joyce. 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, September 16, 2016). 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.**

In Memoriam: Florence Keller

We are sorry to report that longtime Morningside Gardens resident, Florence Keller, passed away on August 5. Florence was a special friend to MRHS, serving on the MRHS Board of Directors from 2002 to 2008. As recently as July, Florence hosted an art show exhibiting her beautiful watercolors, with proceeds donated to the benefit of MRHS. We send our deepest condolences to Florence's daughter, Dina, and to all of Florence's family and friends.

Mark Your Calendars

Flu shot season is on the way!

On **Tuesday, October 18 from 10:00 AM to 2:00 PM** the seasonal **influenza shots** will be given in the Recreation Center, Building I, Basement. The program is sponsored by MRHS and St. Luke's-Roosevelt Hospital Center. There is no out-of-pocket cost. **Call MRHS for an appointment. Please call MRHS at 212-666-4000 after September 10.** Please note: If you have a health condition that calls for a flu shot, or if you work with older adults, it is advisable for you to receive a shot.

Great Decisions 2016

Great Decisions resumes on **Tuesday, September 6 at 7:00 PM** with a discussion on "Korea". The meeting will take place in the **MRHS Tuttle Center, 100 La Salle, #MC.** *Michael De Borja and Ken Thomas* will be facilitators. Reading material for the discussion is available from the MRHS office.

***** MRHS is pleased to announce that a new tai chi course, Tai Chi for Arthritis (TCA), led by Gardens resident and trained instructor, Dr. Carl Jones, will be starting up in October. *****

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

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 will be available on a first-come, first-served basis, to be distributed on Friday, September 9, from 1:00 PM to 3:00 PM at MRHS. *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 \$1,832 per month for a one-person household

--- Below \$2,470 per month for a two-person household

--- Below \$3,108 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.

Greenwood Gardens and Gourmet Lunch

Join MRHS for a guided tour of **Greenwood Gardens**, a 28-acre formal Italianate garden located in the Short Hills section of Millburn in Essex County, New Jersey. The Gardens were a private estate until 2003, when the Blanchard family decided to transform them into a public garden.

Astride the western ridge of the Watchung Mountains and overlooking a vast preserve of forest and meadow, Greenwood is a contemporary garden and historic site rooted in the Arts & Crafts and Classical approaches to garden design. With Italianate garden terraces, grottoes, meandering moss-covered paths, allées of London plane and spruce trees, ornamental trees and shrubs, and wildflower meadows, Greenwood Gardens is a place of horticultural excellence.

Lunch will follow at *Basilico*, a favorite Zagat rated Italian restaurant in Millburn, NJ. Set in charming Millburn, this dependable, high-quality restaurant offers an imaginative, old-world Italian menu served by a pleasant crew. Lunch includes a choice of salads and entrees, dessert and soft drinks, coffee and tea. Reserve today by calling MRHS at (212) 666-4000!

**DATE: Tuesday, Sept. 27 PRICE: \$60.00
DEPART: 10:00 AM RETURN: 4:00 PM**

Do You Love Poetry?

Some MG residents have asked if MRHS could offer a poetry workshop. Participants could share work they have already done and get inspiration to create new works. An experienced author, creative writing instructor, and Gardens resident, *Joanna Herman*, is available to facilitate the workshop. Please contact MRHS at 212-666-4000 if you would like to participate. If there is enough interest, we will get underway in October.

*****MRHS is closed on Monday, September 5 for Labor Day. We wish everyone a good holiday.*****

***** 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. *****

News about Sonnets – from Bea Gottlieb

You may know that a "Sonnet Workshop" was started last fall. It got off to a rocky start for many reasons and in a few weeks was reduced to a tiny number of participants.

Yet they continued to meet in lively and regular sessions through July, and it was an interesting workout for all of us, especially me. We had the satisfaction of acquiring an intimate acquaintance with a few poems and grasping some of the meaning and beauty that are contained in great poetry.

I'd like to invite others to share this experience, which I'm now calling "Reading Sonnets" to differentiate it from the "Poetry Workshop," in which participants will write their own poems. Those in my group may or may not know anything about poetry to start with. What they need is curiosity.

There are a few other requirements. You should attend regularly and be prepared to participate actively, mainly by reading aloud and listening to each other.

The course is planned to run from the end of September to the end of May, meeting every other week on Thursday afternoon from 2 to 4:00 PM. There is a fee of \$20.00 for the course. Each of you will receive the texts we will be working on - ten famous sonnets by Shakespeare, Wordsworth, and Keats.

Please register with Margaret Bianchi by September 20. If you would like clarification or have any questions feel free to call me at 212-222-4509.

Chi Gong at MRHS

Chinese Healing Exercise with a focus on senior exercise added to the mix. We address balance and coordination and end with a Chi Gong series that results in immediate relaxation. Try a first class. No experience necessary. **Tuesdays at 11:00 AM** starting on **September 20**. Cost is \$25 for a series of ten. Taught by certified instructor and MG resident Marge Nissen.

MEN: A message for YOU!

The next Men's Group Luncheon will be on Wednesday, September 14 at 1:00 PM in the Thurgood Marshall Room. 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 lunch is \$10 payable to MRHS. Please call 212 666 4000 to RSVP.

John Seaman's Liberty Salons

On **Tuesday, September 6 from 4:00 to 6:00 PM**, **Dr. Debbie Joffe Ellis** will lead a workshop on REBT (Rational Emotive Behavior Therapy). Dr. Ellis, the wife of the late renowned psychologist, Dr. Albert Ellis, is an author and practicing psychologist in New York City. She worked with her late husband on the development of Rational Emotive Behavior Therapy (REBT), a system of cognitive therapy.

MG Players Present 3rd Annual Playwrights Workshop

The Playwrights Workshop actors will read selected scenes from the exciting new work of the playwrights. Featured are MG residents John Barrow, Marilyn Crockett, Michael Davidson, Marge Nissen, and Mark Speyer.

The performance is **Saturday, September 10 at 7:00 PM**, at The Morningside Players Theater Space, Building 1, lower level. The suggested donation is \$5 at the door. Refreshments and informal discussion to follow. For more information go to 646-200-5089 or morningsideplayers.org

Summer: Use MRHS Services

As the heat of summer begins, safeguard your health by using MRHS Shopping and Laundry Services. Every Tuesday the MRHS Health Aide does shopping for people who need help. Please call MRHS at 212-666-4000 to arrange for Laundry service. On the day scheduled for service, the Health Aide will call you to let you know what time she will be at your apartment.