

**100 LaSalle Street, NY, NY 10027 (212) 666-4000**  
[www.mrhsny.org](http://www.mrhsny.org)

**President: Dr. Michael Davidson**  
**Executive Director: Ronald Bruno**

## Current MRHS Online Classes

### MONDAY

#### **Stronger Seniors Workout**

(Strength & Stretch), 11:00am – 12:00pm

**Writing Group**, 2:30pm - 3:30pm

#### **Naam Yoga,**

5:00pm - 6:30pm, starting September 14

### TUESDAY

**Life Story Workshop**, 11:00am – 12:00pm

#### **Salsa and Jazz Dance Class (*new class*)**

11:00am – 12:30pm, starting September 29

### WEDNESDAY

#### **10 Years Younger Workout**

(Cardio & Aerobics), 11:00am – 12:00pm

#### **MRHS Book Group**

3:00pm – 4:00pm, meets once per month

**Memory Tree**, 3:00pm – 5:00pm

### THURSDAY

#### **ZUMBA Workout**

(Cardio & Dance), 11:00am – 12:00pm

#### **Concerts In Motion**

(live classical music), 2:00pm – 3:00pm

### FRIDAY

#### **Bloomington Music Class**

1:00pm – 2:30pm, starting October 2

\*\*\* All Programs are free of cost. Programs may be joined by going to [mrhsny.org](http://mrhsny.org), clicking the "Virtual Online Classes" button and then clicking on the Zoom link for the class you would like to join when the class begins.

To join programs that do not have Zoom links listed, if you would like to attend a class by telephone, or otherwise need help, please contact MRHS at 212-666-4000. \*\*\*



## **Albert Alfarabi Sheldon** **Or Robbie "Mr. Music" Sheldon** **6/23/1925 – 8/21/2020**

It is with great sadness that we announce the passing of Building 4 resident, **Robbie Sheldon**.

Robbie was an original tenant who moved into the complex with his parents. He worked as a professional church organist for 30 years, first at St. Paul's Episcopal Lutheran Church and then at the Greater Central Baptist Church.

He will be remembered too as the leader of the "Swingtones" band that played for parties and celebrations in Morningside Gardens for many years and brought joy to everyone who heard them.

## **Salsa and Jazz Dance Class** **New Online Class with Kathy Sanson!**

Classes will focus on Mambo, Cha-Cha, Samba, Swing, Jazz Funk, Soul, Rhythm & Blues and, of course, stretching in order to stay flexible, healthy, and pain free. Via Zoom.

For more information about the dance class please feel free to call Kathy at 917 535-0582.

To sign up, please call MRHS at 212-666-4000 or email Margaret at [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org)

**Tuesdays, 11:00 AM to 12:30 PM**  
**September 29 – November 10**

## Director's Column

From the board and the staff of MRHS we hope you are staying well as we move into a new season. We face many challenges and opportunities, as schools reopen and cultural institutions including museums and public gardens open up on a limited basis.

As of this writing, programs that provide services to older adults have not been granted permission by the NYC Department for the Aging (DFTA) to schedule in-person group activities. So MRHS must remain closed to the community for now. Of course, we and our partner organizations have moved many of our group programs online, using virtual platforms such as Zoom. A listing of current programs is provided on the front page. If you need assistance accessing these programs or would like to be added to the MRHS email list, please call us at 212-666-4000.

From the beginning of the pandemic in mid-March, the MRHS staff has been working to meet the needs of the Morningside Gardens community, especially the needs of vulnerable older adult residents. While working mostly from home, the staff has stayed in regular contact with MRHS clients by telephone and video chat. They have also coordinated with volunteers and other agencies to provide assistance when needed, including help with technology.

From March 15 to this writing on August 27, MRHS staff has made 2,229 check-in calls to older adult Gardens residents. More than two hundred older adults have received at least one check-in call. MRHS has provided a limited number of smartphones and other technology to those in need. We have distributed more than 700 face masks, most of them made and donated by Building 6 resident Nancy Ross.

We hope to welcome you back to MRHS soon, but in the meantime we'll be keeping in touch in other ways, including the Newsletter. And a Happy Labor Day from all of us at MRHS!



## Happy September Birthday!!

To: Tonia Blair, Gilda Brodsky, Ralph Della Cava, Norma De Paur, Peggy Haskins, John Johnson, John Kapner, Leila Lieberman, Rachel Martin, Yon-ki Pak, Katherine Scheuer, Maggy Sears, Yen Tang, Celestein Twining, Audraine Wilson, Margaret Yi, and John Yoshinaga.

## Happy 100<sup>th</sup> John Yoshinaga!

Happy Birthday to Building IV resident **John Yoshinaga** who will turn 100 years old on September 5<sup>th</sup>. In December, 2011, MRHS printed the following notice about John regarding his service during World War II:

*Congratulations to Building IV resident, **John Yoshinaga**, who was honored with a **Congressional Gold Medal** at the United States Capitol in Washington D.C. on November 2. John was a member of the 100<sup>th</sup> Infantry Battalion, 442<sup>nd</sup> Regimental Combat Team and Military Intelligence Service of the U.S. Army during the Second World War. The regiment was made up of Japanese-Americans, many of whom had relatives in internment camps and many who had been in camps themselves. John's parents were in an internment camp while he served in the Army. The ceremony at the Capitol was meant to close this unfortunate chapter in American history and to honor the Japanese-Americans who served in the 442<sup>nd</sup>, to whom President Harry Truman once said, "You fought the enemy abroad and prejudice at home, and you won." **Congratulation to John and his wife, Lucienne, on this well-deserved honor!***

Lucienne would like to express her gratefulness to MRHS for all the care provided to John.

## MRHS Book Group

The next scheduled virtual gathering of the Book Group is set for **Wednesday, September 16 at 3:00 PM**. The group will discuss "A Thousand Years of Good Prayers" by Yiyun Li.

# Ageism: What is It?

**Gregory A. Hinrichsen, Ph.D.**

Dept. of Geriatrics & Palliative Medicine  
Icahn School of Medicine at Mount Sinai

Have you ever felt that you were treated differently (better or worse) because you were perceived as being an older adult? Several years ago one of my psychology colleagues and I did a presentation on "Ageism" to the governing council of the American Psychological Association. We asked, "Have you – or an older family member – been treated differently based on age?" Almost everyone said yes. The term "ageism" was coined in 1969 by Dr. Robert Butler – the first head of the National Institute on Aging and founder of the first department of geriatrics in a medical school in the United States—Mount Sinai School of Medicine (which is where I work). It was an era in which there was greater consciousness about how some older Americans – notably African Americans – were discriminated against based on race ("racism"). He said the same could be true for older Americans and called it "ageism".

Since that time many studies have documented how, indeed, older Americans are treated differently (sometimes for the better, often for the worse) based on age. It is well documented that most younger Americans hold factually inaccurate information about older people that skew toward the negative. I hasten to add, many older Americans themselves hold negative views of aging. Some researchers have characterized stereotypical attitudes toward older people as: "doddering but dear." That is, older people are seen as lacking mental sharpness but are harmless. Factually inaccurate information about older people and negative assumptions about them have real world consequences: Discrimination in the work place, less attentive care from medical care providers, and every-day-experiences in which they feel they are discounted. For example, older adults are subject to what is called "patronizing speech" in which they are spoken to as if they are

children. People—including health care professionals-- sometimes use overly familiar ways of communicating with older adults such as addressing older people as "honey," "dear," "sweetheart" or calling older people by their first names instead of using more respectful forms of address when meeting someone for the first time (Mr., Mrs. Ms., Dr.)

Studies have shown that people acquire negative attitudes toward aging starting in childhood. Most five-year-olds can tell you what is negative about being old. Over many years, people further acquire and build negative attitudes toward aging. And then they reach the older years and realize that they themselves are now being regarded as "old." Now, in my late 60's, my contemporaries tell me about the shock of being offered a seat on the subway by virtue of being perceived as "elderly." Why would someone react with shock and not appreciation? Because many people have learned that being older is associated with stereotypes: Depressed, unattractive, non-productive, frail, mentally infirm. The fact is that most older adults are happier than younger adults and lead meaningful lives.

What can be done? Whether younger or older, reflect on attitudes about older adults and your own aging. If you are older, honestly ask yourself if negative views of older people are true about yourself and your older friends and family. Without doubt there are challenges to getting older – chiefly among them, increasing health problems. From my perspective, late life is not unique in having problems—it's just there's a new set of them. Think about what adolescents and young parents have to struggle with. Late life brings its own problems for which many older people are prepared to handle after long lives of successfully dealing with earlier life challenges,

**\*\*\* Happy Labor Day from all of us at MRHS! +++)**

## Contact Information

MRHS is still closed to the community but staff is available by calling 212-666-4000 or email:

Ron Bruno – [ronb@mrhsny.org](mailto:ronb@mrhsny.org)

Joanna Stolove – [joannas@mrhsny.org](mailto:joannas@mrhsny.org)

Saudia Garnette – [saudiag@mrhsny.org](mailto:saudiag@mrhsny.org)

Stacia Steen – [stacias@mrhsny.org](mailto:stacias@mrhsny.org)

Margaret Bianchi – [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org)

Paul Fleischmann – [paulf@mrhsny.org](mailto:paulf@mrhsny.org)

## Face Masks

MRHS has a variety of face masks available provided by Building 6 resident Nancy Ross and the NYC Department for the Aging (DFTA). If you need a mask, please call MRHS at 212-666-4000 and we will arrange a time for you to come by and pick them up.

## 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 18, 2020). 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 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.***

## Thank You, Volunteers!

We would like to thank the following volunteers who have offered to help (and continue to help) their older neighbors with shopping and other errands during the pandemic. We are sure that many more Morningsiders are assisting their neighbors "off our radar" and we would like to thank them as well.

James Aaronson

Linda Aristondo

Nora Armani

Mark Barth

Amy Davidow

Roy Davidson

Nataline deLisle Vanderburg

Mitchell Dentsch

Jonathan Ellis

Reva Ojeda Fienstein

Liliana Franklin

Drew French

Candy Gulko

Tavi Guren

Margaret Johnson

Harriet King

Tiana Leonard

Marc Liu

Arty Lowenstein

Ben Lowenstein

Charles McDonald

Allison McDermott

Gil Melendez

Anna Minsky

Cindy Muniz

Steve Mustacchi

Wendi Paster

Chris Pawelski

Sylvia Pirani

Mara Tucker

Alessia Valfredini

Lori Weisenberg

Rena Blair

Michael de Borja

Jeffrey Edelson

Anna Hindell

Sherry Kane

Madelyne Kraft

Hilary L. Nudell

Cecile Russo