

Basic Introduction to Medicaid Planning

Medicaid is the largest public or private health insurance program in the U.S. and it pays for over half of all long-term care services provided to older adults. For many individuals who require long-term care at home, the Medicaid program serves as long-term care insurance.

Returning to MRHS, attorney Douglas J. Chu will give a presentation to explain how one can become eligible for Medicaid. Mr. Chu will cover the basic income and resources rules, how the application process works, options for protecting your assets from Medicaid estate recovery and the new transfer penalty rules for home care services.

Thursday, September 29, 1:00 PM
In person at MRHS and via Zoom

Masks will be required in person. Please contact Margaret Bianchi to reserve a spot in person or to receive the Zoom link.

Writing From Life Experience

The **Writing From Life Experience** group will enter its 29th year in September. The group is looking for a few new members. Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org if you are interested.

The group meets on (mostly) alternate Mondays from 2:30 - 4:30 PM, starting on Monday, September 12. No previous writing experience necessary – you will be met either as a beginner or as a seasoned writer. Classes will take place via Zoom.

The fee for 20 sessions is \$50. Please sign up by September 6.

Falls Prevention

Presented by *Columbia Occupational Therapy Students*

Learn about how you can reduce your fall risk with the help of occupational therapy.

Did you know older adult falls are largely preventable? By attending the Falls Prevention Seminar, you will learn:

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. *There will also be an opportunity for participants to be screened by the Occupational Therapy interns.*

Thursday, September 29, 10:00 AM
In person at MRHS and via Zoom

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot in person or to receive the Zoom link.

Finances Made Simple Series

Medicare: with the enrollment period just around the corner, you can never have too much information on how to choose the right Medicare plan. Gardens resident **Weilin Li Marabello** and her partners from Prudential will be on hand to provide valuable information and to answer your questions regarding how to optimize your benefits. Medicare open enrollment begins Oct. 15, so reserve your spot now for this timely and informative session.

Thursday, September 29, 7:00 – 8:00 PM
In person at MRHS and via Zoom

Please contact Robin Aloï at 212-666-4000 or RobinA@mrhsny.org to reserve a spot in person or to receive the Zoom link.

Director's Column

As we move into the fall months when activities start to pick up, I thought I'd share a "state of the union" update regarding MRHS. If you look through this Newsletter, you'll see that we're offering a mix of virtual, hybrid and in-person programs. We are still mandated by the NYC Department for the Aging (DFTA) to require masks at all in-person MRHS programs due to Covid-19. Consequently, we've discovered that programs involving discussion do better unmasked, via Zoom; while programs that don't rely on discussion (e.g., art classes, beading and handicrafts groups, exercise classes) can take place in-person with masks not interfering.

All clinical services provided by MRHS social workers and our nurse have been taking place in person, with precautions, since DFTA gave NORC programs the green light to do so in June of 2021. (For a discussion of how our social workers and nurse can help, please go to our website at www.mrhsny.org and click on "How Can MRHS Help" on the landing page.) The MRHS office has been kept open to the community throughout the pandemic, except during the early days of Covid when DFTA mandated a shutdown. However, even during the shutdown, at least one MRHS staff person reported to the office each working day to assist residents with urgent and essential needs.

Going forward we plan to continue offering programs in a variety of formats. Hybrid and virtual programming formats are here to stay, but we hope to be able to offer more in-person programming as the effects of the pandemic lessen. In the meantime, please don't hesitate to contact MRHS if you need help performing a home Covid test or if you need test kits or masks. We can also help you find locations for a PCR test and locations for vaccines and boosters. And we'll keep the faith that the new year will be plentiful with holiday parties, volunteer recognition luncheons, and ice cream socials!

For Susan

Happy September Birthday!!

To: Gilda Brodsky, Ralph Della Cava, Norma De Paur, Marilyn Crockett Freeman, Peggy Haskins, John Johnson, Carl Jones, John Kapner, Tim Kelley, Leila Lieberman, Katherine Scheuer, Maggy Sears, Yen Tang, Celestein Twining, and Margaret Yi.



Kathleen Todd (1929-2022)

We are saddened to report that former MRHS Board Secretary **Kathleen Todd** passed away in April in Leeds, Massachusetts at the age of 92. Kathy served on the MRHS Board of Directors from 1998 to 2004. Kathy had a long, distinguished career in the Presbyterian Church, the National Council of Churches and the World Council of Churches.

Serving on the MRHS Program Committee, Kathy was the founder of the Great Decisions group, which continues to meet to this day. She also arranged for such guest speakers at MRHS as Ambassador Julia Tavares de Alvarez, Representative of the Dominican Republic and known at the United Nations as "Ambassador on Aging." Kathy and her husband, George, longtime cooperators at Morningside Gardens, remained avid lifelong supporters of MRHS.

MRHS Book Group

The next meeting is **Wednesday, September 14, at 3:00 PM** to discuss the novel, *The Island of Missing Trees*, by *Elif Shafak*.



Via Zoom. All are welcome. For further information please contact MRHS at **212-666-4000** or by email to Margaret Bianchi at margaretb@mrhsny.org.

Coming in October: Tai Chi For Arthritis, evidence-based class with Jazell!

MRHS Online Classes

MONDAY

Stronger Seniors Workout

(Strength & Stretch),
10:00am – 11:00am

Writing Group

2:30pm - 3:30pm

TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

10 Years Younger Workout

(Cardio & Aerobics), 10:00am – 11:00am

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree

3:00pm – 5:00pm

THURSDAY

MRHS's "Great Movies" Series

2:00pm, monthly

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

Exercise/ Workout

10:00am – 11:00am



MRHS Board Game Café

Please join us **Friday, September 30 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, September 30, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Please note that at the present time we will have to follow distancing and mask-wearing protocols required by the NYC Department for the Aging for all in-person programs.

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 **The Quad Alliance** (U.S., India, Japan, and Australia.)

As part of the U.S. pivot to Asia, the United States has been in dialogue with Japan, Australia, and India in an effort to contain China. Recently, the Quad countries held joint naval exercises in the South Pacific. How effective will the actions of this alliance be?

Tuesday, September 6, 7:00 PM, Via Zoom

Great Decisions Upcoming Schedule

- October 11: "Drug Policy in Latin America"
- November 1: "Industrial Policy"

MRHS Men's Group

The next meeting of the Men's Group will take place probably via Zoom on **Wednesday, Sept. 28 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

***** 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. *****

**** 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. ***

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

MRHS's "Great Movies" Series

'Pasqualino Seven-Beauties'

(1975) 1 hr., 55 min.

A picaresque story of a dandy and small-time hood in Naples in Fascist and World War II Italy who tries to charm his way out of a series of situations, culminating in a concentration camp. Chaplinesque melding of the comic and tragic to its furthest extreme. Lina Wertmüller ("Swept Away") became the first woman to be nominated for an Academy Award for Best Director for this grotesque masterpiece. It also received Oscar nominations for Best Actor, Best Original Screenplay and Best Foreign Language Film.

In English, with English subtitles.

Thursday, Sept. 15, 2:00 PM via Zoom

Contact MRHS for the Zoom link.

This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.

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, 2022). 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.***

COVID Test Kits

MRHS has Covid Test kits available. If you need help performing the test, please contact MRHS nurse **Stacia Steen** at 212-666-4000 or StaciaS@mrhsny.org.

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 16 years.

If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

Thursdays, 5:00 PM to 6:15 PM
Starting Thursday, September 8
Via Zoom, Total Classes: 10

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

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. The next session will be held on Tuesday, September 6.**

Please contact Robin Aloï at 212-666-4000 or RobinA@mrhsny.org to reserve a spot.

Booster Shots

Call MRHS at 212-666-4000 if you need help scheduling a booster shot. Center Pharmacy, located close by on Amsterdam Ave., has walk-in service for vaccinations.

Circle of Hands Returns!

Circle of Hands will resume meetings on **Wednesday, September 14, from 7:00 to 8:30 PM in MRHS, 100 LaSalle St.** A calendar of future Wednesday meetings through January will be available then.

We welcome all interested in needle crafts such as knitting, crocheting, embroidery, quilting, rug hooking - you get the idea. Come join our relaxed group to develop and share your needle craft skills. Bring your own project to continue on or start something new.

Undecided? We may be able to help you and provide supplies to get started. **Masks and social distancing are required.**

Question? Please email Mary Davidson (B4,13F) at: marywickens@gmail.com

The New York State Farmers Market Nutrition Program

If you are 60 years of age or older and have limited income (\$2,096/month or less for a single household, \$2,823/month or less for a two-person household, \$3,551/month or less for a three-person household), come to MRHS to learn if you qualify for vouchers in the amount of \$25 to be used at Farmers Markets. WIC participants can also qualify for vouchers, which may be used to purchase locally grown fruits and vegetables at nearby farmers markets. Please sign up with social worker **Robin Aloï** by calling 212-666-4000 or emailing RobinA@mrhsny.org.

***During the remaining hot summer days,
cool off at MRHS!***

***Please stop by if you need
to escape the heat.***

***And please check in to make sure your
neighbors are OK.***

Low Vision Group

Join our circle of support!

Share your personal experiences, feelings, challenges, and coping strategies with other group members. We'll also explore most helpful tools and devices. Meetings will be on **Thursday, September 8 and September 29 at 4:00 PM.** For more information, please call MRHS at 212.666.4000. Walk ins welcome!

Poll Workers Needed

The New York City Board of Elections is looking for poll workers for the November election. Please call 212-886-2100, or Douglas at his direct number: 212-886-1651. You must call September 15 or soon thereafter to sign up for the training. You must be willing to travel within Manhattan. Applications may be made online at <https://www.vote.nyc/page/poll-worker-positions>

MRHS Beading Group

The beaded jewelry group which started in March at MRHS continues to meet and we would love to welcome new participants. We meet twice monthly, on the first and third Mondays of the month, from 11:00 – 1:00 PM. While the group was started by Stephanie Low, Building 2, the spirit of cooperation in the group encourages members to support one another as we each work on our own projects. We have a wide selection of beads available, and you are welcome to bring any supplies you have on hand, including broken beaded jewelry you would like to repair or repurpose.

No experience necessary.

Please feel free to contact Stephanie with questions: stephanielow52@gmail.com.

If you are interested in participating, contact Margaret Bianchi at MRHS: margaretb@mrhsny.org.