



# newsletter

*Celebrating our 57<sup>th</sup> Year!*

September 1, 2023  
Vol. XLVII, No. 9

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

**President: Robert Hill**  
**Executive Director: Ronald Bruno**

## Financial Planning Programs

MRHS will be hosting two Financial Planning programs in September.

### ***Maximize Retirement Savings and Avoid Retirement Planning Pitfalls***

Build a Financial Plan and Investment Strategy for Volatile Market Conditions. Led by a Certified Financial Planner at Wharton Wealth Planning, **David Rosenstock**.

Review strategies for:

- Protecting Your Investments
- Retirement Planning (including new retirement legislation)
- Risk Management

**David Rosenstock, CFP** is a Certified Financial Planner and the Director and Founder of Wharton Wealth Planning. He earned an MBA from the Wharton School of Business. David has over 25 years of experience and has contributed to articles on investing and financial planning for CBS News, Forbes, Fortune Magazine, Morningstar, and Business Insider.

**Thursday, September 7, at 7:00 PM**  
**MRHS Center, 100 LaSalle St., #MC**

### ***Estate Planning No Matter The Season***

Now is the time to dust off your estate documents and reassess your needs, wishes and concerns. The time is ripe for either fine tuning your estate plans or establishing an estate plan for the first time.

This seminar will empower and teach you how to protect your assets (Wills and Trusts, Power of Attorney), plan for future health care options (Health Care Proxy and Medical Directive) and establish an estate planning road map. Your family will be glad you did. When catastrophe strikes, your gift to those you love is preparedness.

Please join Attorney, **Sherri Hughes**, in person at the MRHS Center or by Zoom.

*(Please contact Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org) for the Zoom link.)*

**Thursday, September 21, at 2:00 PM**  
**MRHS Center, 100 LaSalle St., #MC**

## Interested In Volunteering Once or Twice a Month?

MRHS is currently looking for volunteers to serve as escorts. Escorts assist residents with getting to and from medical and other essential appointments. It's a great way to get to know your neighbors and provide an important service to the community. If you volunteer to be on our escort list, we'll reach out when there's a request. It's okay if you're busy, we'll try you again next time. Please call MRHS at 212-666-4000 if you have any questions.

## MRHS Book Group

The next discussion of the **MRHS Book Group** will be **Wednesday, September 20 at 3:00 PM**. The discussion is on ***The Guncle*** by **Steven Rowley**. Then on Wednesday, October 18 at 3:00 PM the Group will discuss ***Agnes Grey*** by Ann 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](mailto:margaretb@mrhsny.org).

**\*\*\* MRHS is closed on Monday, September 4 for Labor Day. We wish everyone a good holiday. \*\*\***

## Where Does it All Go?

This month's trip answers the question as we will be visiting the **Sunset Park Material Recovery Facility**.

Our 90-minute private tour will provide us a fascinating look into the process of recycling. The plant is New York City's primary recycling facility, and processes three-quarters of its plastic, metal, and glass. As of February 2018, it processes about 20,000 tons of material monthly, up from 15,000 tons three years earlier, with a daily processing capacity of 1,000 tons. The facility's primary purpose is to sort the materials it receives before selling them to other processors.

Following the invigorating tour, we will be returning to our neighborhood to have a relaxing lunch.

**Date: Wednesday, Sept. 27 Cost: \$50.00**  
**Depart: 10:00 AM Return: 3:00 PM**

*To reserve a spot please call MRHS at 212-666-4000 or email Robin Aloï at [Robina@mrhsny.org](mailto:Robina@mrhsny.org).*

## 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](mailto:MargaretB@mrhsny.org) to schedule an appointment.

## Life Story Club 人生故事會, 9月份約定你!

在十週內, 我們免費為長者組織每週一次的小型線上聚會, 一起分享人生故事、建立友誼。我們還可以為有意願的長者紀錄他們的故事、不用寫字。讓對你重要的故事永久保存、可以分享給妳想分享的人~!

活動由9月中旬開始, 歡迎致電302-321-3199譚小姐報名!



## Happy September Birthday!!

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

## MRHS Board Game Café

Please join us **Friday, September 29 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 29, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

## Circle of Hands Returns!

Circle of Hands will resume meeting on **Wednesday, September 13, from 7:00 to 8:30 PM in MRHS**, West Room, 100 La Salle Street. 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 or start something new. Undecided? We may be able to help you and provide supplies to get started.

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

## 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, September 28 at 1:00 PM**. *Lunch will be served. Cost: \$10.*

Any questions, please email Michael Davidson: [davidsonm\\_10027@yahoo.com](mailto:davidsonm_10027@yahoo.com).

## 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](mailto:MargaretB@mrhsny.org) to reserve.

## MRHS Movie Series

Hello Film Buffs! MRHS would like to re-start our Saturday in-person movie series if there are volunteers willing and able to help with the screenings. In the past MRHS has had a movie committee that has planned and screened the movies in the MRHS East Room.

If you are interested in learning more and in possibly volunteering, please contact MRHS at 212-666-4000 or email Robin Aloï at [Robina@mrhsny.org](mailto:Robina@mrhsny.org).

## 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 15, 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.***

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

## 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 **Global Famine**, facilitated by Building I resident, *Peggy Thomas*.

Fears of global food shortages have followed Russia's invasion of Ukraine, which has disrupted grain shipments from the major grain producer. But what about countries and regions that were suffering before this impending shortage? How is famine defined, and how is it different from simple food shortages? What if any remedies are there? Please call MRHS at 212-666-4000 for more information.

**Tuesday, September 5, 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**. In September, our film will be:

***"Passion Fish"***

*(1992)*

*2 hours, 15 minutes,*

A rare film that is both ferociously funny and poignantly real, starring Mary McDonnell and Alfre Woodard as two women brought together by fate and united by an unlikely friendship. McDonnell earned an Oscar nomination for her brilliant portrayal of a wisecracking soap opera star who returns home to rural Louisiana after an auto accident leaves her paralyzed. Her cruel but hilarious humor and hard-drinking drive away a succession of nurses until she meets her match in Chantelle (Woodard). Together, they explore the Louisiana bayou, as well as the murkier waters of men, romance and family. An exhilarating film that carries the viewer on waves of laughter and discovery. Directed by John Sayles (*Return of the Secaucus 7, Matewan, Lone Star*).

**Monday, September 11, at 1:00 PM  
MRHS Center, 100 LaSalle St., #MC**

## September Is Falls Prevention Awareness Month

*MRHS will be hosting two Falls Prevention Awareness programs in September:*

### Healthy Aging and Falls Prevention Workshop

As we age, our risk of falling increases. Falls can be devastating for many, as they are a leading cause of injuries such as traumatic brain injury, hip fracture, and broken bones. One in five falls because of serious injury, and falls can also lead to a fear of falling and future restriction of activities. The good news is falls are preventable!

In this presentation, learn the common causes and risk factors of falls as well as healthy aging strategies to reduce your risk of falls:

- Importance of exercise
- Ensuring a safe home environment to prevent falls
- Managing your medications
- Maintaining good vision and the importance of proper footwear

Presented by **Charla Sarabia, MPH**, Injury Prevention and Community Outreach Coordinator, Mount Sinai Morningside

**Monday, September 18, at 2:00 PM**  
**MRHS Center, 100 LaSalle St., #MC**

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### Falls Prevention Day:

#### Workshop & Individual Screenings

**Carly Wyatt and Devorah Ciner**, second year Occupational Therapy (OT) students from Columbia University's Department of Rehabilitation and Regenerative Medicine, will make a short presentation of 15-20 minutes, to be followed by individualized screenings using the *Steady -Falls* risk screening assessments. Handouts and education materials will also be made available.

**Friday, September 22, at 11:00 AM**  
**MRHS Center, 100 LaSalle St., #MC**

## 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:

Sept. 28, 2:00 PM: Ovarian Cancer Awareness

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/>

*\*\*\* 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. \*\**



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

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

## 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](mailto:MargaretB@mrhsny.org) to register.

**Thursdays, 5:30 PM to 6:45 PM, Via Zoom**  
**Starting, Thursday, September 7**

## Upcoming Programs

### ***Fear of Falling: Don't Fall For It!***

Monday, October 23, 2:00 PM  
At MRHS

### ***Ganges River Project Presentation***

Morningside Resident, Markley Boyer  
Thursday, October 26, 7:00 PM  
At MRHS

***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.

### ***Dances For Seniors***

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

## 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**  
**Starting September 26, Eight Sessions**  
**Outdoors, On the Plaza between Buildings 1 and 2**

## 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.

## 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](mailto:stephanielow52@gmail.com). If you are interested in participating, contact Margaret Bianchi at MRHS: [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

## Morningside Players

**Morningside Players Theater Co.** will be producing *Diverse Worlds*, two new one act plays:

***That Summer Evening in Milwaukee*** by Carol Carter, with direction by Brian Henry. In 1966, family resentments, pride and accusations derail a reunion.

***Boann and the Well of Wisdom*** by John Kearns with direction by Mary Linehan. In pre-Christian Ireland a daughter discovers the family's primal, horrific secret.

Performances at the new Community Center will be Sept. 26- Oct. 3. Evenings at 7:30 PM and Sat. Mat at 2:00 PM and Sun. Mat at 3:00 PM. Both accomplished playwrights are MG residents, and we have a top professional cast!

Further info re ticket sales and other details at [www.morningsideplayers.org](http://www.morningsideplayers.org). or 646-200-5089. Suggested donations are \$20. general and \$15 seniors /students or just contribute what you can. Don't miss this original, rare event and help support your theater!

### **Morningside Players Return to LaSalle Open Street!**

Hello! Our own Morningside Players Theater Company has been again invited to appear at La Salle Open Street by Morningside Area Alliance! Date is Thursday, Sept. 7, 6:30 ish – 7:15 PM (rain date, Sept. 4). Stage and seating is just west of Broadway in front of Pisticci.

Our Musical director Jim Fredericks will lead excellent professional performers in singing beloved Broadway show tunes - free and fun for all! Please join us and support your own local theater co. [www.morningsideplayers.org](http://www.morningsideplayers.org) or 646 200 5089 for more info.

## 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](mailto:info@mrhsny.org).