

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

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

## Summer Ice Cream Social

Save the date! MRHS, along with MGCA, will be offering an ice cream social to the Morningside Gardens community on **Tuesday, August 13 from 6:30 to 8:30 PM** in the plaza in front of building II. We hope this will be a fun intergenerational event to celebrate summer.

MRHS board members and staff will be present to provide information, but the main focus of the event will be fun and fellowship!

**Everyone is invited to attend including, of course, children of all ages!**

## Tai Chi for Arthritis

The **Tai Chi for Arthritis** course will resume on **September 16** and run through **November 11**. As usual, it will be led by *Carl Jones* and meet on **Mondays and Wednesdays at 11:00 AM** in the **Building I Recreation Center**. This is an Evidence Based course and has been approved as a therapeutic procedure for treating the symptoms of arthritis.

Please call MRHS to sign up at 212-666-4000 or to get more information. There is a fee of \$20.00.

## Students Available for Technology Help

The Columbia University Summer High School Enrichment students continue one more time in August: **Friday, August 2 from 1:30 - 2:30 PM** at MRHS. This presentation will be an Open Session to discuss subjects of interest to the participants.

Interested in one-on-one technology assistance? The students will also be available on Friday, August 2 from 11:30 AM- 12:30 PM to assist with individual questions.

## Boat Trip/History Cruise

Join MRHS for a boat trip on the Hudson with the Trinity Cruise Company. We'll be heading out of Peekskill, NY for a narrated one and a half-hour history cruise: ***The American Revolution in the Hudson Highlands***. Coffee and snacks will be provided on-board. Following the cruise we'll enjoy lunch at the *Peekskill Brewery*.

**Date: Wednesday, August 28**    **Cost: \$60**  
**Depart MRHS 9:00 AM**    **Return 4:30 PM**

*Upcoming trips:*

- September 25 - Historic Huguenot Street in New Paltz, NY
- October 22 - Brooklyn Navy Yard
- November 20 - Brotherhood Winery

## Movie Respite Program

MRHS is offering a **Movie Respite Program**. We invite caregivers to take a break, while we provide a movie, snacks and a staff member for residents with cognitive impairment. It will be held on **Fridays from 3:30 PM to 5:00 PM** at the MRHS Center, 100 La Salle.

Here are some examples of what may be shown during the program:

### Television Shows

I Love Lucy  
Gilligan's Island  
The Carol Burnett Show

### Movies

Little Princess  
Cheaper by the Dozen  
Abbott & Costello  
Babes in Toyland

### Musicals

On the Town

## Director's Column

Following up on my last column explaining what a NORC is raises the question: so what services does a NORC program provide? The goal of a NORC program is to enable older adults to "age in place," safely and comfortably. To make this happen we have found that rather intensive "case management" and "health care management" services are necessary, particularly as elders grow frailer and more vulnerable at home. The state and the city refer to these as "core services" and they must be provided by professional social workers and nurses. This work takes place primarily in people's apartments, due sometimes to the frailty of these residents, but also because it gives the professional staff an opportunity to assess their client's environment, including home care arrangements. Residents who need case management and health care management services are visited by the social worker and/or nurse on a regular basis, typically once a week, to monitor the person's condition and to address ongoing, changing psychosocial and health care needs. For NORC residents with milder or more sporadic needs, social workers and nurses provide "case assistance" and "health care assistance" services, which occur more irregularly and are generally less involved.

NORC programs are designed, also, to address the health and welfare of the NORC community as a whole. Health promotion activities are a critical element in this effort and are also required for state and city NORC contracts. To meet this need, MRHS offers an array of exercise programs, including classes in yoga and tai chi. Through our partnership with the Mt. Sinai School of Medicine, MRHS is also able to provide a series of talks on relevant health topics and offer one-to-one consultations with a geriatrician and a psychologist. Other healthcare-related programming such as the Memory Tree and the MRHS's nurse "Take Charge of Your Health" group also comprise MRHS's health promotion.

NORC programs, and MRHS in particular, are not merely "top down" service-provision agencies, however. NORC programs are embedded in their communities and their aim is to engage with and to build those communities. More about that in a future column.



## Happy August Birthday!!

To: Anne Burley, Fungying Chao, Carlotta Damanda, Corliss Hanson, Marjorie Horton, Phyllis Mais, Dana Minaya, Rajdai Puran, Iris Shen, Lotte Strauss, Susan Wersan, Llewellyn Williams, and Lucienne 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 August are all invited to our Birthday Party! Come on **Tuesday, August 20 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Read Ahead

**Join Read Ahead to make a difference for NYC children!**

**MRHS has been a proud partner of Read Ahead for 4 years.**

Read Ahead's vision is **read ahead** that students have the opportunity to unlock their full potential through mentoring relationships based on a love of reading. Since 1991, Read Ahead has been making it possible for busy professionals to give back. Mentors' critical one-on-one attention gives children the confidence, motivation, and skills needed to thrive in school and beyond.

**We are now recruiting MRHS colleagues to become mentors for the 2019-20 school year.** Mentors dedicate one lunch hour a week or every other week to spend time reading and bonding with a child age 5-12 at a nearby public elementary school. For more information and to apply, visit [readahead.org/mentoring](http://readahead.org/mentoring).

***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.***

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

## Just a Reminder

### **Tuesday Lunch –**

Bring a lunch and join us for terrific conversation every

**Tuesday at 12:30**

**PM** in the MRHS Center.



### **MRHS Sing-Along –**

Come to the Sing-Along every **Tuesday at 1:00 PM.**

**MRHS Office Hours** – The following is the New MRHS Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

**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**

Will resume on Wednesday, September 4.

**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"** is currently on break.

The **MRHS Book Club's** next meeting will be on **Wednesday, September 18 at 3:00 PM** in the MRHS Center. The group will discuss the novel, **The Four Books** by Yan Lianke, a contemporary Chinese novel. Please consider joining. (No August meeting.) All 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, August 16, 2019). 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.**

## Playwrights Group Presents Readings in September

The Morningside Players invite you to a reading of new work from the Playwrights Group. This year the focus continues to be on 10-minute plays. The playwrights are John Barrow, Noel Brooks, Marilyn Crockett, Tim Kelley, Pamela Kellner and Marjorie Nissen.

The reading will take place in the Recreation Center (Bldg. I) on Sunday, **September 8 at 4:00 PM.** Due to the larger number of writers this year we anticipate a larger audience. To avoid disappointment, please reserve your seat by calling 646-200-5089, or using the TMP website, which is [www.morningsideplayers.org](http://www.morningsideplayers.org) Please pass along this information to friends and neighbors.

## The King of Instruments

### **Annual Summer Organ Concert Series at Riverside Church**

The summer concert series spotlights one of the largest and most acclaimed organs in the world, featuring outstanding organists from across the country pulling out all the stops performing a mixed variety of repertoire from traditional music to orchestral transcriptions. Audience members watch the performers via video projection in the air-conditioned nave of the historic Riverside Church.

Concerts are on Tuesday evenings 7:00 PM July 2 through August 6. Tickets available at the door and online, \$20, \$25 seniors/students. [www.trcnyc.org/event/2019summerorganseries](http://www.trcnyc.org/event/2019summerorganseries)

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

## Mt. Sinai / MRHS Program

**Thursday, August 1, 2:30 PM**

***"Emotional Health: Important At Every Age"*** with *Catherine Thurston, LCSW, SPOP* and *Dr. Greg Hinrichsen, Psychologist, Mount Sinai Dept. of Geriatrics and Palliative Care.*

**Friday, August 9, 3:00 PM**

***"Ask the Doc"*** with *Dr. Joyce Fogel, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.*

**Thursday, August 15, 2:30 PM**

***"Ask the Doc"*** with *Dr. Greg Hinrichsen, Psychologist, Mount Sinai Department of Geriatrics and Palliative Care.*

***You must contact MRHS in advance to schedule an "Ask the Doc" session.***

**Friday, August 29, 2:30 PM**

***"How Integrative Medicine Can Benefit Your Brain And Your Mind"*** with *Dr Martin Erlich.*

*\*\*\* MRHS presents these programs in partnership with the Mt Sinai School of Medicine, with support from the UJA Federation of New York. \*\*\**

## Textile Re-cycling Event Planned

**On Saturday, August 17 from 11:00 AM until 2:00 PM**, the Sanitation Coalition will conduct its summer textile recycling/reuse event. The event will take place in the usual spot, on La Salle Street in front of 3150 Broadway (Grant Houses). Please bring your used but clean textiles. Please no pillows or quilts! Due to circumstances beyond our control, there will be no shredding at this event. Sorry!

August 17 is Family Day for the residents of Grant Houses. No cars will be permitted on La Salle Street between Broadway and Amsterdam that day. We wish to thank our donors for making these events possible.

Joan Levine and Sarah Martin  
Sanitation Coalition Chairs  
[Jslevine100@msn.com](mailto:Jslevine100@msn.com) 212-666-6157

## Hot Weather Safety Tips

**Older adults may need to take special precautions when it gets over 80 degrees. Some medications may make you more susceptible to the effects of the heat.**

- **Avoid-** direct sun exposure as much as possible. plan your outdoor activities either early in the morning or when the sun starts to set. Don't exercise outdoors in the heat
- **Stay Cool-** Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned such as Senior Centers, Movies, Libraries, and stores. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- **Stay hydrated-** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Coconut water and electrolyte drinks can be helpful but you may need to check with your health care provider to see if it's ok for you. Don't like fluids? Try ice pops, gelatin or watermelon!! Drink even when you are not thirsty!!
- **Dress appropriately-** Wear loose, light-colored clothes or natural fabrics like cotton and a broad brimmed hat.
- **Avoid sunburn-** Buy a broad-spectrum sunscreen with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm.
- **Seek medical attention-** for dizziness, weakness, fatigue, confusion, muscle cramps, cold and clammy, headache, nausea vomiting fainting

### **Other sources of information-**

<https://www.healthinaging.org/tools-and-tips/hot-weather-safety-tips-older-adults>

<https://www.nia.nih.gov/health/hot-weather-safety-older-adults>

**--- Dr Joyce Fogel, Mount Sinai Dept of Geriatrics and Palliative medicine  
UJA Federation of NY**

## A Message From GRIOT

GRIOT (Gay Reunion in Our Time) was founded as an informal gathering of elders and was officially recognized as a non profit in 1996. GRIOT remains exclusively staffed to serve the needs of LGBTQ+ elders of color. GRIOT provides daily programming that includes Wood Carving, Spanish Classes, African Lecture, Support Groups for all Genders, Social Outings, Buddy 2 Buddy a Peer Caregiving Program, a Lunch Program and more.

We are excited to introduce a new program funded by the Department for the Aging and City Meals on Wheels called the Friendly Visiting Program (FVP). The purpose of the Friendly Visiting Program is to remove social isolation, reduce loneliness, enhance community engagement, and strengthen community ties by connecting LGBTQ+ people over 60+ who have challenges leaving their home with friendly visitor volunteers. The visitor and visitee will meet one hour weekly for at least 6 months at the visitee's home, nursing home, or other long term care facilities. The pair may play board games, read together, learn about each other's background, create art, if possible go out for walks, to cultural exhibits, to the movies, discuss current events, and other activities that interest each party.

To become a friendly visitor or receive a friendly visitor people interested will first connect with me where we will discuss the structure of the program. If the individual is still interested in being part of the program there will be a phone screening, then an application portion with an in person interview/ one to one assessment. For friendly visitors there will be a background check + a reference checks and for visitees we will discuss the friendly visitors role. Finally I will inform applicants if they will move onto the matching process where I will connect folks together based on interests, preferences (such as a transgender elder may want to pair with a transgender volunteer) and personalities.

As the Friendly Visiting Coordinator I will be connecting periodically with friendly visitors and visitees to check in about their relationship and support any challenges that may arise as well as learn about the positives of the friendship. The volunteer will also receive workshops and training that may be beneficial through their time as a friendly visitor.

*GRIOT Circle, Inc.*  
718-246-2775  
[www.griotcircle.org](http://www.griotcircle.org)