

100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Summer Ice Cream Social

MRHS, along with MGCA, will be offering an ice cream social to the Morningside Gardens community on **Tuesday, September 3, from 6:30 to 8:00 PM, or until the ice cream melts!** The Social will take place in the plaza in front of building II. We hope this will be a fun intergenerational event to celebrate the ending of 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.

BuildingLink Training

MHHC will be providing information on how to use **BuildingLink**, the web portal that allows residents to keep up with Morningside Gardens news, as well as to request services and reserve amenities. Please note this program will take place in the Recreation Center.

Thursday, September 5, 7:00 PM
Recreation Center, 100 La Salle

Join MRHS on Bus Trip to Historic Huguenot Street

Historic Huguenot Street Museum aims to help visitors understand the historical forces that have shaped



America. Join us for a visit to this innovative museum that tells the story of the French Huguenot settlement in New York and also recounts the history of the area's Native and enslaved African people as well as New York's Dutch settlers. We will have a guided tour and then lunch at one New Paltz's charming restaurants.

Date: Wednesday, Sept. 25 **Cost: \$60**
Depart MRHS 9:00 AM **Return 5:00 PM**

Falls Prevention Workshop: Presentation And Screening

Did you know older adult falls are largely preventable?

By attending the Falls Prevention Workshop, you will learn what causes falls in older adults; what you can do to protect yourself and your loved ones from a fall; and the role of occupational therapy practitioners in reducing your fall risk.

Falls Screening Assessments will be included.

The program will be presented by Columbia University Occupational Therapy students.

Wednesday, September 25, 11:00 AM
MRHS Center, 100 La Salle, #MC

***** MRHS is closed on Monday, September 2 for Labor Day. We wish everyone a good holiday. *****

Director's Column

As many of you already know our longtime nurse, Marie Phillips, will be leaving us. Marie's last day at MRHS is August 30, after more than twenty-one years of dedicated service at Morningside Gardens. Many of you were fortunate enough to receive the benefits of Marie's visits to your homes through the years. If so, you experienced the breadth of Marie's medical knowledge and wisdom. Just as important, if you or a family member were a "client" of Marie's, you were a recipient of her personal attention and care, which can be hard to find in our present healthcare environment.

Marie has, of course, received many accolades these past twenty-one years, from her clients and from their families and friends. One resident wrote in a note to Marie, "Your patience and expertise have been wonderfully helpful..." The son of a Morningside resident wrote to me, "Marie has been a godsend --- an advocate for mom and us." A daughter of a resident simply referred to Marie as "the amazing nurse." It goes without saying Marie will be greatly missed.

Marie was presented an award by MRHS for her twenty years of service in 2018. At the time I said:

When you've worked side-by-side with someone for twenty years it's not easy to summarize that person's contributions and value to the community. Morningside Gardens and MRHS have been fortunate to have had the services of a dedicated, professional and above all, caring nurse in the person of Marie Phillips these past two decades. Marie serves the most vulnerable members of our community.

I can still recall the comfort of having a doctor visiting my family at home when someone was sick. Marie brings that same sense of reassurance, knowing that you are in good hands when she makes her home visits to residents who are frail, sick, recuperating and in need. For twenty years of dedicated service MRHS would like to recognize Marie Phillips.

I'm sure you join me in congratulating Marie on her retirement and wishing her the best of good fortune in the years to come.



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, Yong-Ki Pak, Dorothy Savage, Katherine Scheuer, Yen Tang, Celestine Twining, Roderick Wallace, Audraine Wilson, Margaret Yi, and 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 17 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Sept. 7 *Infernal Affairs* (2002) 1 hr, 41 min
A Hong Kong police officer infiltrates a triad while another officer secretly works for the same gang. Martin Scorsese translated the story into *The Departed's* Oscar gold, but *Infernal Affairs* is out-of-this-world brilliant. In Cantonese, with English subtitles. Rated R

Sept. 14 *Blade Runner* (1982) 1 hr, 57 min
An American-Hong Kong neo-noir science fiction film directed by Ridley Scott. Harrison Ford brings his masculine-yet-vulnerable presence to this stylish noir thriller. In a future of high-tech possibility soured by urban and social decay, the character played by Ford hunts for fugitive, murderous replicants—and is drawn to a mystery woman whose secrets may undermine his soul. Rated R

Sept. 21 *Boyz n the Hood* (1991) 1 hr, 52 min
The film centers on the life of three young black men who are coming of age during one of the most volatile periods in the history of Los Angeles. They all are trying to stay alive to see 18. John Singleton, the director of this Academy Award nominated film was very young in 1991. His recent passing has led to a renewed interest in this prescient film. Rated R

Sept. 28 *Woman at War* (2019) 1 hr, 50 min
Halla is a beloved single choir director in her early fifties living a secret double life as a green activist. Halla cuts power lines to sabotage a local aluminum plant. Set in Iceland. 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 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>
9–5	9–5	9–5	9–5	9–5

Nurse's Hours – Nurse's schedule:

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

Hypertension Screening on Wednesday

Will resume on Wednesday, Sept. 4 and meet again on Sept. 18. 9:00 AM to 11:00 AM

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

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. 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, September 20, 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.***

****** Please note: MRHS has a subscription to Consumer Reports, which you can access online in the MRHS Media Lounge. A copy of the monthly publication is also available in the lounge. ******

SNAP:

CAPTURING MRHS in MOTION!

Daphne Burdeaux, whose parents are long time tenant cooperators in Building II, returned to MG this summer having just graduated from Ithaca College studying Fine Arts and Photography. By sheer luck, new MRHS Board Member, **Chris Pawelski**, met Daphne in the elevator this June and discovered her continued interest and enhanced skills in photography. It was a fortunate meet-up with Daphne as she was one of the original *MG Camera Club Buffs* back in 2005! Chris was now leading the charge to update MRHS brochures – hoping to somehow secure new pictures. Thankfully, Daphne agreed to become an official **MRHS Volunteer Photographer** throughout the summer in-between her focus on transitioning into more full-time employment following college graduation. WHAT LUCK and perfect timing to help in enhancing the exciting work of MRHS here in MG.

Check out some of the summer shots Daphne was able to capture during various summer events:

<https://mrhshappenings2019.shutterfly.com/>

Do you enjoy taking pictures or have an interest in photo journalism? Perhaps you need to do some Community Service for school or want to explore your Community Volunteerism in a more creative way to add to your resume or just for fun. Join us – become an MRHS Volunteer Photographer as the “new season begins.” Lots of exciting activities are planned by MRHS and their Partners that we would love to continue to more expertly document.

CONTACT Chris Pawelski, MRHS Board Member, for more information (chrisp5908@gmail.com) or leave a message at MRHS at 212-666-4000.

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

Mt. Sinai / MRHS Program

Thursday, September 5, 2:30 PM

"Sleep Workshop – Part 1" with *Dr. Greg Hinrichsen*, Psychologist, Mount Sinai Dept. of Geriatrics and Palliative Care.

Thursday, September 12, 2:30 PM

"Sleep Workshop – Part 2" with *Dr. Greg Hinrichsen*, Psychologist, Mount Sinai Dept. of Geriatrics and Palliative Care.

Friday, September 27, 2:45 PM

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

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

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

MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, September 11 at 1:00 PM**. Please call 212 666 4000 to RSVP. 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 the lunch is \$10. Please bring a check payable to MRHS.

Great Decisions 2019

The Great Decisions 2019 program will resume on **Tuesday, September 10**. Ken Thomas will lead a discussion on *"Decoding U.S.-China Trade."* The program takes place at **7:00 PM** in the MRHS Center. For those who do not have books, readings for the September discussion will be available in the MRHS office.

MRHS Film Committee Seeks Volunteer

The Saturday movie committee needs a volunteer who will show one film a month. We'll train and support you. Simply select a film you will show and relay the information by email to the committee. Contact Margaret at MRHS, 212-666-4000.

****** 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. ******

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.

Low Vision Support Group

The Low Vision Support Group will be starting up again in September. It will meet every other Monday from 3:30 to 4:30 PM. This month it will meet on **September 16** and **September 30**. In a safe and confidential setting, members will have the opportunity to discuss their feelings, share experiences and offer mutual support.

Save the Dates

- **Sunday, October 6** in the afternoon ***Morningside Gardens Fall Fair***
- **Beginning in early October**, in conjunction with the **Bloomington School of Music**, MRHS will be offering a series of ***Guitar Instruction*** classes. **Details to be announced.**

Building II resident June Zaccone found this website useful. From an MIT Technology Review article, it provides independent product evaluations and explorations:

<https://www.techenhancedlife.com/home>

Memory and Music

Learn about memory functioning and memory strategies that can boost your brain health with **Dr. Jane Martin**, Director of the Neuropsychology Service at Mount Sinai Medical Center. Learn about a new study (clinical trial) at Mount Sinai's Alzheimer's Disease Research Center (ADRC) that focuses on *Music and Cognitive Decline*.

Dr. Martin and **Juliana Gamino**, BFA will help you understand memory changes that occur with age, risk factors associated with cognitive impairment, as well as provide you with information about studies at Mount Sinai and in particular, a new study focusing on the effects of music experiences on cognitive decline and well-being.

Music Experiences and Therapy Study is in collaboration with the Louis Armstrong Center for Music and Medicine and focuses on the effects of music experiences on cognitive decline and well-being.

If you are unable to attend our presentation and would like to speak with someone directly for more information or to volunteer in a research study, please contact **Juliana Gamino** of the Mount Sinai Alzheimer's Disease Research Center at 212-585-4617 or Juliana.gamino@mssm.edu

Tuesday, September 17, 2:00 PM
MRHS Center, 100 La Salle, #MC

Refreshments will be served.

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 Please pass along this information to friends and neighbors.

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.