

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

**President: B. Chandra Chandrasekaran**  
**Executive Director: Ronald Bruno**

## CantaNYC in the Gardens

The singers of CantaNYC are returning to pair up with our own Gardens residents to present an Open Rehearsal/Mini-Performance on *Sunday, June 9 at 4:00 PM-4:45 PM in the Building 1 Community Center*. Maestro Claude Levy of CantaNYC will guide the singers through well-chosen selections!

**Sunday, June 9, 4:00 PM**  
**Community Center, Bldg. I, Lower Level**

## Take My Word

The Writing from Life Experience Workshop is celebrating 30 years! Members will share their writings with our community as well as with friends and family from all over the world, on ZOOM. Morningside Retirement and Health Services (MRHS) and Teachers and Writers Collaborative are very proud to co-sponsor this program. For more information, please contact MRHS: (212) 666-4000.

**Saturday, June 8, 2:00 – 4:00 PM**  
*(Reading and discussion to follow)*

Zoom link:  
<https://tinyurl.com/takemyword-2024>

## Let's Get Cool

Summer in the city requires strategies for staying cool. Ownership of shares in MHHC requires "cool" strategies to protect your asset. Please join me, Sherri Hughes, for a cool dive into options that protect your investment(s). No towel needed, just your thoughts, questions and thirst for knowledge. Iced tea and cookies will also be served.

**Monday, July 1, 2:00 PM**  
**MRHS Center, 100 LaSalle St., #MC**  
*Sherri Hughes, Esq. [Shughs@shughslaw.com](mailto:Shughs@shughslaw.com)*

## Enjoy The View!

We are excited to invite you to the exhibit of stunning artwork that Garden residents created under the tutelage of artist *Emily Stedman* who came to us through the *Su Casa* program. Celebrate with us the culmination of four months of artistic exploration and growth and enjoy the curated artwork and light refreshments.



*Please contact MRHS for more information at 212-666-4000 or email Robin Aloj at [Robina@mrhsny.org](mailto:Robina@mrhsny.org)*

**Thursday, June 27, 1:00 – 3:00 PM**  
**Community Center, Bldg. I, Lower Level**

## Art Exhibit and Benefit For MRHS

Come celebrate Spring with us! Members of the Wednesday MRHS Art Group will be showing artwork made both in class and outside of class. Work will be on sale to benefit MRHS.

*If you are a visual artist who lives in Morningside Gardens and would like to donate work, please contact Margaret Bianchi at 212-666-4000 or [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org) for more information.*

**Sunday, June 2, 1:00 – 6:00 PM**  
**Thurgood Marshall Room, Building III**

***\*\*\* MRHS will be closed on Wednesday, June 19 in honor of Juneteenth. We wish everyone a great holiday! \*\*\****

## Director's Column

The June issue of the "Healthy Aging" newsletter published by the Mount Sinai Icahn School of Medicine makes reference to a recent research study on "aging in place." The study, published in the Journal of the American Geriatrics Society, found that a "range of interventions," rather than a single factor, was needed to enable older adults to remain in their own homes safely and comfortably. This confirms the approach of NORC programs such as MRHS, which rely on a multitude of programs and services to achieve their goals.

The study grouped interventions that are effective into five categories, all of which are provided by MRHS either directly or indirectly. "Services provided by social workers who specialize in geriatric social work" is one of them. I was pleased to see this category since, like much of our culture, the care of older adults has been overly medicalized. NORC programs such as MRHS place social work at the center of their care, with MRHS social workers spending most of their days going from apartment to apartment making home visits. We are fortunate at MRHS to have social workers with vast experience in geriatric social work.

"Home-based interventions from visiting nurses" is another category listed in the study. NORC programs that receive state or city funding are required to have a nursing component and most NORC programs partner with a healthcare provider for this. MRHS has a contract with VNS Health, which makes it possible to have our nurse, Stacia Steen, available to older adults at Morningside Gardens on a full-time basis. Like our social workers, Stacia's most critical work is "home-based," visiting people in their own environments.

Running out of space here, I'll discuss the other categories of intervention, such as "Programs that combine a range of intervention elements" and "Cognitive stimulation/reminiscence therapy," in a future column. But I think the takeaway is that NORC programs are on the right track when they embed themselves in the community and respond to individual needs with various well-considered approaches, and usually with an in-depth knowledge of who their clients are.



## Happy June Birthday!!

To: Sharon Carr, Ling -Wan Chao, Mary Davidson, Michael Davidson, Xiang Dejeun, Johnnie Gilbert, Alla Gurvich, Betsy Harris, Bridget Leicester, Ted Leslie, Joan Levine, Chen Liu, Dora Perez, Mildred Roxborough, Alene Smith, Alberta Walker, Debbie Weinberg, Shuli Wu, and Ming Ming Zhou.

## MRHS Board Game Café

Please join us **Friday, June 28 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, June 28, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

## 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, June 27 at 1:00 PM**. *Lunch will be served.* *Cost: \$10.* Any questions, please email Michael Davidson: davidsonm\_10027@yahoo.com.

## 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 **NATO's Future**.

Since the Russian invasion of Ukraine in February 2022, the North Atlantic Treaty Organization (NATO) has come under increased scrutiny, not because NATO troops are involved in the conflict, but because of its role in relations between Russia and its neighbors. Will expanding membership in NATO protect countries, or will it further provoke Russia?

For Zoom link, please contact Margaret Bianchi at [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) or 212-666-4000.

**Tuesday, June 4, 7:00 PM, Via Zoom**

## 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).

Upcoming Dates: June 3, 17

## From MHHC Public Safety

“Do not entertain any phone calls received regarding any family member being held under arrest or in the hospital asking for money.

“Always check with your family members first to see if they are okay and contact the police reporting the suspicious phone call.

“This is an Artificial Intelligence scam (A.I.) going viral taking advantage of many people, especially the seniors.”

## 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, June 21, 2024). 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.***

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

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## MRHS 24-25 Board of Directors

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## MRHS Book Group

The next discussion of the **MRHS Book Group** will be **Wednesday, June 12, at 3:00 PM.**

The reading selection is the novel, ***The Premonition*** by *Banana Yoshimoto*. The Program is on Zoom. There will be no July meeting but our summer selection of **One Hundred Years of Solitude** by *Gabriel Garcia Marquez* will be discussed on Wednesday, August 14 at 3:00 PM.

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).

## Dances For A Variable Population

**Dances For A Variable Population (DVP)**, featuring residents of Morningside Gardens, will present their ***Movement Speaks Performance*** on the **Plaza between Buildings I and II**, on **Thursday, June 20, at 10:30 AM.** Everyone is invited!



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

## Botanical Gardens Bus Trip!

The New York Botanical Garden is presenting the ***Wonderland: Curious Nature*** exhibit in order to delight and amaze visitors. This unique exhibit transforms the 250 acres of the New York Botanical Garden through the sights, settings, and scents of the classic story of Alice's Adventures in Wonderland. Following our tour we will be having lunch at the Stone Mill and Garden Terrace Room. After lunch we will be able to take the tram through the gardens and go through the gift shop before we head home.

**Wednesday, June 12**                      **Cost \$50.00**  
**Depart MRHS: 10:00 AM**    **Return 4:00 PM**

*Please contact MRHS to sign up or for more information at 212-666-4000 or email Robin Aloj at [Robina@mrhsny.org](mailto:Robina@mrhsny.org)*

## Tai Chi for Fall Prevention

**Tai Chi for Arthritis and Fall Prevention, led by Charla Sarabia**, is an enjoyable program that incorporates classes twice a week for 8 weeks, along with home practice. It helps to improve muscular strength, flexibility, balance, and stamina.

This workshop is suitable for adults **with or without** arthritis, rheumatic diseases or related musculoskeletal conditions. The program is appropriate for people with mild, moderate and severe joint involvement and back pain. It is especially appropriate for adults who have a higher risk of falling.

The following are the health outcomes:

- Improved balance and mobility
- Improved strength and flexibility
- Improved relaxation
- Decreased pain and falls

**Mondays and Weds., 1:30- 2:30 PM**  
**Starting June 10, 8 weeks, 16 sessions**  
**Thurgood Marshall Room, Building III**

*Made possible by Mount Sinai Morningside Trauma Program.*

## Stop the Bleed

### ***What is Stop the Bleed?***

Stop the Bleed is a national awareness campaign and call-to-action. Stop the Bleed is designed to train and equip people of all ages to save lives in bleeding emergencies before professional help arrives. Training takes about 1 hour to complete and is taught by a certified trainer at no cost.

After completing the Bleeding Control (B-CON) Course, participants will be able to:

- Identify life-threatening bleeding
- Learn three simple techniques to effectively control bleeding
- Be a certified immediate responder

*Why should I take a Stop the Bleed course?*

Life-threatening emergencies can happen fast and emergency responders are not always nearby. You may be able to save a life by taking simple actions immediately. A person who is bleeding can die from blood loss within five minutes, therefore it is important to quickly stop the blood loss. You are the help until help arrives.

Presented by the *Mount Sinai Morningside Trauma Program.*

**Friday, June 7, 2:00 PM**  
**MRHS Center, 100 LaSalle St., #MC**

## Circle Of Hands

**Circle of Hands** is meeting on Tuesday nights, from 7:00 PM to 8:30 PM in MRHS's West Room. Both beginners and veterans are welcome to join us to work on handcraft projects such as knitting, crocheting, embroidery, quilting, needle work. Bring along a project you may be working on or start something new. Supplies are available to help start you off in knitting or crocheting. We are a friendly group and help each other out as needed.

If you have questions or would like a Spring 2024 schedule, please contact Mary Davidson by email at: [marywickens@gmail.com](mailto:marywickens@gmail.com).

## The MET Brings Us Art Boxes!

The Metropolitan Museum of Art is pleased to share the beauty and wonder of art with us every month. The materials included in the **art boxes** are designed to inspire group discussions about art, culture, favorite activities, and other topics. Every participant receives a draw stringed bag that includes four images of art, a booklet that describes the art, crafting materials and a **Friend and Family Pass** to all *The MET's* locations.

The program is held on the third Friday of each month at the **MRHS Center, 100 LaSalle St., #MC. Friday, June 21, 1:00 PM**

*If you would like to reserve a spot or if you need more information, please call MRHS at 212-666-4000 or email Robin Aloï at [Robina@mrhsny.org](mailto:Robina@mrhsny.org)*

## There's Magic in Music!

Join us for the newest zoom program at **The Memory Tree. "There's Magic in Music"**, on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from **2:00-3:30**. NBC's Today Show contributor, **James Oppenheim**, guides participants on an exploration of music from Bach to Broadway. Enjoy listening to the wide variety of music, learn about its history, and play trivia, all with the goal of improving mood and brain power.

**Tuesdays, June 11 and June 25**  
**MRHS Center, 100 LaSalle St., #MC**

## Salsa/Swing Dance Class

**Salsa, Mambo, Cha-Cha, Samba, Swing, Lindyhop, Jitterbug & Jazz.**

No partner needed, for mature adults and for all levels, especially beginners. Fluid warm-up to begin to avoid any stress on your muscles.

**Wednesday, June 5, Tuesdays, June 11, 18, 25 at 12:30 PM.** Classes take place in the **Thurgood Marshall Room**, Building III. For more information call, text or email dance instructor Kathy Sanson: 917-535-0582 [kjsanson@gmail.com](mailto:kjsanson@gmail.com). *Or just come by!*

## Life Story Club

LIFE STORY CLUB 中文人生故事會, 每週四下午3-4點, 下樓來MRHS長者中心, 我們一起聊聊大家的人生故事~

**本週故事話題是:** 1) 你堅持過最久的一件事是什麼? 是怎麼開始的? 2) 請分享一個你會作出的承諾, 可以是對自己的, 也可以是對他人的?

**關於人生故事會:** 在十週內, 我們免費為長者組織15人以內, 每週一次的小型聚會, 一起分享人生故事、建立友誼。在故事會的最後, 我們還可以為有意願的長者紀錄您的故事、無須寫字。讓對您重要的故事永久保存、可以分享給妳想分享的人~!

更多信息歡迎瀏覽我們的官網:

<https://lifestoryclub.org/>

有任何疑問, 歡迎撥打主持人譚小姐電話302-321-4199!

我們週四4點見!

Chinese LIFE STORY CLUB, **every Thursday at 3:00 PM**, come to the MRHS Center, and let's share our life stories together! If you have any questions, please feel free to contact the facilitator, *Effy*, at 302-321-4199!

**Please note: The English-language Life Story Club meets online every Tuesday at 11:00 AM. Please call MRHS at 212-666-4000 if interested.**

## Balance Issues Support Group

Let's help each other! Causes of balance problems include medications, ear infection, a head injury, or anything else that affects the inner ear or brain. Low blood pressure can lead to dizziness when you stand up too quickly. Regardless of what causes your balance issue, it is helpful and important to get the support of others who are experiencing the same challenges.

For further information please call MRHS at 212-666-4000 or email Robin Aloï at [Robina@mrhsny.org](mailto:Robina@mrhsny.org).

**Thursdays at 1:00 PM, at MRHS Center**  
**Next Meeting: June 6**

## 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 meeting is **June 4**. *Please contact Robin Aloj at 212-666-4000 or [RobinA@mrhsny.org](mailto:RobinA@mrhsny.org) to reserve.*

## Consent Forms

NYC Aging is now requiring all NORC programs to obtain written consent from all residents who use services, even if it's only to attend an occasional program. Without this consent we cannot count your attendance, which makes it very difficult for us to meet our contract requirements with NYC Aging. So please help us out --- it's just your name, address, and phone number that we need. Thank you!

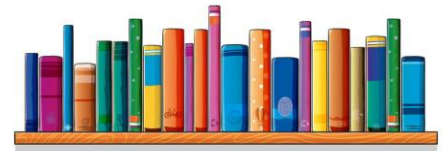
*\*\*\* All information, statements, and material contained in the MRHS newsletter, brochures, classes, and programs of any kind are offered in good faith for the general information, education and/or recreation of our clients and other attendees. There is no intent to indicate an implicit or explicit endorsement of any content by MRHS. \*\*\**

## 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, contact MRHS and we can assist.

## MRHS Library Summer Offerings

Recently contributed books to the MRHS Library may be found **through the summer months** on the two shelves as you enter the lounge area on your left.



The summer months are a good time to read or listen to an audiobook at home or on a bench outside on a sunny day. The general library shelves have a wide selection of mysteries and thrillers, biographies, general fiction, non-fiction and even some travel guides to help you plan an actual trip or just one in your mind. There is also a selection of large print and recorded offerings. We ask only that you return what you borrow so others may enjoy them.  
Life Story Online

## Riverside Church Spring 2024 Clothing Sale

Friday, June 14	12 to 5pm
Saturday June 15	12 to 5pm
Sunday June 16	After Service to 5pm
Monday June 17	10am to 5pm
Tuesday June 18	10am to 12 Noon

For donation, new or gently used, clean and usable clothing or small household items. Please bring them to Riverside's Clothing Distribution office by Saturday, June 1. For more information, contact Ms.Reyita Rodriguez at [rerodriguez@trcnyc.org](mailto:rerodriguez@trcnyc.org) or 212-870-6939.