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Where To Now?

EXPLORING NEW YORK CITY

All are welcome to join us so mark your calendar, and let's travel together to enjoy visiting the following sites:

January 5, Tuesday: NEW YORK HISTORICAL SOCIETY special senior day with two docent-led tours: 2:00 Highlights of the NYHS Collection, and 3:00 Lincoln in New York.

Depart 1:00 PM for MTA bus #11.

Admission: \$5.00 Seniors (plus 10% discount in Museum Store and free cup of coffee or tea); \$12 others.

January 22, Friday: MUSEUM OF ART AND DESIGN for the exhibit *Read My Pins-The Madeleine Albright Collection* plus the permanent collection. **Depart 1:00 PM** for MTA D/A subway. Admission \$12 Seniors, \$15 others.

February 12, Friday: THE FORBES GALLERIES to view their unique collection of jewelry, photographs, miniatures, and games. **Depart 10:00 AM** for MTA #1 train with change to 2/3 at 96th Street. Admission free.

February 21, Sunday: NICHOLAS ROERICH MUSEUM GALLERY Paintings of Russian artist and cultural icon Nicholas Roerich that relate mostly to his Himalayas Series on view and at 5:00 PM, a piano recital will be held in the music room of the gallery. **YOU MUST SIGN UP BY FEBRUARY 18** to attend. **Depart 3:30 PM** for MTA 104 bus to view gallery then recital. Admission free – donation recommended.

March 5, Friday: THE CLOISTERS for their exceptional collection of medieval art. Tour of highlights of the collection at 3:00.

March 20, Saturday: THE JEWISH MUSEUM for their general collection plus special exhibit: *Curious George Saves the Day: The Art of Margret and H.A. Rey.*

Come And Discuss News Coverage Of Race & Ethnicity

What do you think of the way journalists cover racial and ethnic issues? Do you notice a difference between stories that are done well and those that are not? Do you find yourself concerned about the bias sometimes found in news reports involving race and ethnicity?

Come and discuss all of this with Morningside Gardens resident **Alice Irene Pifer**. Pifer is co-editor of *The Authentic Voice: The Best Reporting on Race and Ethnicity* (Columbia University Press, 2006). This book, DVD and website (www.theauthenticvoice.org) is an anthology of 15 stories – from both newspapers and television – about people from many racial and ethnic backgrounds and their relationships with each other.

The Authentic Voice is used in many college-level courses throughout the country. The editors and their board of advisors considered the stories in this book and DVD to be examples of excellence – but not perfection. Come and watch a story about the type of prejudice Asian-Americans face. Watch an interview with Ted Koppel about the *Nightline* series "**America in Black and White**" that was broadcast for ten years with the goal of teaching white Americans about black Americans. Take part in a lively discussion and sharpen your critical thinking skills when consuming news about race and ethnicity.

Thursday, January 14, 7:00 PM
Tuttle Center., 100 La Salle Street

MRHS is closed on Friday, January 1, New Year's Day and on Monday, January 18, Martin Luther King Day. Best Wishes for a Happy New Year from the staff and Board of MRHS!

Stay Safe at Home

Welcome **Shira Pasternak** and **Stephanie Spector**! Beginning in late January and continuing for a ten-week period, Shira and Stephanie, two Columbia University graduate students in Occupational Therapy will be conducting home environmental assessments for our residents. The purpose of the assessment is to increase safety and decrease fall risk in your home. The assessment will take approximately one hour and will include a detailed examination of safety and fall risk in all areas of the home. The students will also provide recommendations to help residents create safer environments.

If you are interested in receiving a home assessment please call MRHS to arrange an appointment.

Welcome Christine!!

MRHS extends a warm welcome to **Christine Collins**, Social Work intern from Columbia University, who will be with us on Mondays, Thursdays, and Fridays through May.

A Circle of Hands

A CIRCLE OF HANDS will change its meeting day and time in 2010 to accommodate those who have asked if we can meet earlier in the evening. We will meet **from 7:00 PM to 8:00 PM on the second Tuesday through the last Tuesday of the month.** All are welcome to our first meeting in 2010 on Tuesday, January 11, 7:00 PM. Thanks to the generosity of Mary Jane Knight, members of the group have use of a sewing machine. We continue to welcome donations of yarns, fabrics, and embroidery supplies that we can use to make items for sale to benefit worthy causes. Using donations, members made gift items and raised over \$650 for MRHS at the November flea market. Hope to see you in the Circle!

MRHS **Supper Club** will be held on **Thursday, January 21, at 6:00 PM.** We will be enjoying cuisine from *Dinosaur BBQ*. Cost is \$13.50. Please call MRHS at 212-666-4000 to reserve a place.

Happy January Birthday!!

To: Judith Anderson, Sandra Czajkowski, Joy Cooke, Shirley Davidson, Ann Foshay, Ellen Goldfarb, Hsin-Pao Han, Paul Haskins, Beatrice Hawkins, Florence Keller, Ruth Kivette, Lydia La Fleur, Beulah Lawless, Chun Fan Mao, Fritz Martin, Ruther Miller, Jean Prosser, Marion Rothenberg, Gloria Robotham, Edward Rosenblum, Ana Santos, Juanita White, James Yeh.

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 January are all invited to our Birthday Party! Come on **Tuesday, January 19 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Jan. 2 *Mamma Mia!* (2008) 1hr., 48 min.

A bubbly, insubstantial musical based on the stage version. It has Meryl Streep as the mother of the bride and loads of songs by ABBA.

Jan. 9 *The Visitor* (2007) 1 hr., 43 min.

A widowed professor returns from an absence to discover an immigrant couple living in his apartment. He and the story become enmeshed in their appeal and in their troubles with the authorities.

Jan. 16 *The Music Man* (1962) 2 hrs., 31 min.

Robert Preston is the star of this classic musical with a popular score by Meredith Willson. A charming con man works his wiles in small-town Iowa.

Jan 23 *Exodus* (1960) 3 hrs., 48 min. A big movie with a big role for its star, Paul Newman, whose career we have been featuring in recent months. Based on the novel by Leon Uris about the struggle for Israel.

Jan. 30 *Super Size Me* (2004) 1 hr., 38 min.

A documentary about the horrors of McDonald's-style fast food. Alarming and entertaining at the same time.

Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.

MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:15 PM**.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

Monday Tuesday Wednesday Thursday Friday
8 – 6 8 – 6 8 – 6 8 – 5 9 – 5

Nurse's Hours – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 5 9 – 5 9 – 5 9 – 5 9 – 5

Hypertension Screening – Alternate Wednesdays from 9:00 - 11:00 A.M.

01/06, 01/20

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" group will meet this month on **Thursday, January 21 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, January 7 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, January 20 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Terrorist**, by **John Updike**.

Low Vision Group will meet **this month, on Friday, January 8 and Friday January 22 at 2:00 PM**.

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 January 15). 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.***

"Keep on Track"

MRHS, along with the Department for the Aging of New York City, runs a Blood Pressure Monitoring Program bi-monthly in the Tuttle Center. The program is for people of all ages. Monitoring in a relaxed setting with trained volunteers can give you an accurate reading and reassurance that you are on track or need follow up with your physician. Hypertension (high blood pressure) is often the result of other medical problems you may have, such as diabetes, cardio-vascular disease, over-weight, high cholesterol, or a family history. Keeping track of your blood pressure can prevent complications such as strokes, heart attacks and the complications of diabetes.

Hypertension is often called the "silent killer" because it does not cause symptoms. You can feel perfectly well and your pressure may be high. Take advantage of this program and come to MRHS on alternate Wednesdays of the month. Watch for the monthly flyer for the dates.

Volunteers: Screeners Mary Lowry and Shuli Wu, Winnie Shearer and Marie Ledoux

Breakfast For Your Brain

We would like to congratulate the following participants who completed the first *Breakfast for Your Brain* six-session brain wellness program on December 11, 2009:

Ann Jackson, Barbara O'Farrell, Edna Philiba, Kamu Kamadoli, Moira Whittington, Rita Pulium, and Shuli Wu.

Breakfast for Your Brain will be offered again next year. Please contact MRHS for additional information or if you would like to participate.

"When I tell people I am a grandmother, they do not believe me because when I dance I have so much energy - there is no old and young when we are fighting HIV!"
--- **Anna Matopodza**, *HIV positive grandmother, part of the Murambinda Dance Group, Zimbabwe.*

Study Of Complicated Grief In Older Adults

What Is Complicated Grief? Are you feeling intense sadness and yearning for someone who died – like grief will never end? Do you find yourself avoiding things that remind you that your loved one is gone? Do you feel stuck in a place of pain and grief? If so, you are not alone.

Unlike normal grief, which though intense improves over time, “complicated grief” is the inability to ever recover after the death of a loved one. Symptoms of Complicated Grief might also include feelings of bitterness or anger about the death, a feeling of profound emptiness, and difficulty accepting that this person is gone.

“The death of a loved one can take an especially devastating toll on an older adult,” says Dr. Shear, an expert in the study and treatment of Complicated Grief. “Older people may experience a cascade of losses as their social circles become smaller. The death of a close attachment be it spouse, adult child, friend, parent, or sibling – along with the social, financial and medical issues that accompany it – can throw an individual into a discouraging downward spiral.”

If this describes your experience, you may want to learn more about Complicated Grief and our new study. Eligible individuals will receive individual talk therapy sessions. There is no cost for participation. Presentation by **Nicole Alston**, Community Liaison, *Complicated Grief in Older Adults Columbia University School of Social Work/New York State Psychiatric Institute.*

Friday, January 29, 2:00 PM
Tuttle Center, 100 La Salle St.

If you would like to add your name to the MRHS email list, please contact us at info@mrhsny.org and simply put “MRHS Email List” in the heading. Thanks!

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

Aging And Memory Among African Americans

How is your memory?

One of the things many people worry about as they get older is that they have trouble with their memory. Many people feel like they cannot remember certain things as well as they used to, or they may even feel like their thinking has slowed down. Is this a normal part of aging? Or is this an early sign of Alzheimer’s disease?

Come with your questions about memory and how the brain changes with age and have them answered by Dr. Jennifer J. Manly on Friday, January 15 at 2:00 PM.

Dr. Manly will talk about research that is trying to find out if there are things you can do to keep on having a healthy brain and keep memory loss from happening, or to slow down memory loss and Alzheimer’s disease. Dr. Manly will also talk about what scientists are doing to learn more about aging and memory in African Americans.

Dr. Jennifer J. Manly, PhD, is an Associate Professor of Neuropsychology in Neurology at the G.H. Sergievsky Center and the Taub Institute for Research in Aging and Alzheimer’s disease at Columbia University. Her research is focused on the cognitive and genetic aspects of aging and Alzheimer’s disease among African American and Hispanic elders.

To: All The Willing Hands
From: The Flea Market
Coordinating Committee

There is never any way to express appreciation to all of you for your time, energy and interest!! So, we will just say “Thanks a Million” and hope you understand all the feeling that comes with it!!

The absolute final result isn’t in yet, but we do know we are close to \$7,000, which is great. All this thanks to all of you!

Maira Whittington and Dana Minaya

MRHS Activities Schedule for Winter 2010

Mondays

Chair Yoga Relaxing, restorative, strengthening. Poses and stretches are done both standing and using the chair. (With video) Weekly, 10 AM. Ongoing.

Monday Night Yoga Led by Gardens resident Melissa Hull, M.D., this class is perfect for everyone and especially for those who need a more gentle Yoga. 7:30 PM. Ongoing. (Resuming on January 4)

Tuesdays

Chi Gong A Chinese Healing Art using gentle movements and working with energy. The exercise enhances the immune system and the meditative aspect calms the nervous system. Can be done sitting or standing. Tuesdays from 10-11:00 AM. Taught by Gardens resident Marjorie Nissen. Registration fee: \$25.00 for ten classes. Starts January 12.

Tai Chi Slow relaxed movements for total self development. A combination of body and balance exercises, mind concentration and meditation. Tai chi is done standing. Taught by Gardens resident Xiao Chuan Ping. Tuesdays from 11:00 AM to Noon. Registration fee: \$25.00 for ten classes. Starts January 12.

Tuesday Lunch Bring your lunch and enjoy the company of others. MRHS supplies the coffee, tea, cookies, conversation. Ongoing, 12:30 PM.

Sing-Along with Gil Brighten your day with music. Gil on the guitar. Weekly, 1:15 – 2:15 PM Ongoing.

Birthday Party Come celebrate your birthday with us. The party begins at 12:30 PM. MRHS supplies the coffee, tea and birthday cake. Third Tuesday of month.

Spanish Class Led by Luis Argueta, a lively class including instruction and conversation with audio aids. Weekly, 3 – 4 PM. Ongoing.

Circle of Hands

Moving to Tuesdays from 7:00 – 8:00 PM (See article on previous page for information.)

Great Decisions

This discussion on foreign policy issues will resume on the first Tuesday in February and meet monthly from 7:00 – 8:00 PM. (Look for more info next month.)

Wednesdays

Stretch and Tone Exercise with Lucienne Yoshinaga to stay lithe and limber. Weekly, 10 AM. Resumes January 6. Ongoing

Hypertension Screening

Alternate weeks, 9 to 11 AM. From January 6.

Chinese Language Class (Mandarin)

Learn Chinese with a native speaker and experienced language teacher. Wednesdays at 11 AM. Ongoing.

Writing from Life Experience Awaken your creativity and capture your memories on paper. Taught by Susan Willerman. 10 week session.

Limited to 15 people. Registration fee: \$50
Weekly, 2:30 – 4:00 PM. *New session starts Jan 27*

MRHS Book Club

Participants discuss a different work of fiction every few weeks. All are welcome. Meets Wednesdays at 3pm. Next gathering is Jan. 20

MRHS Bridge Club

Join your neighbors to play bridge. All levels of expertise welcome. Wednesdays from 7 – 9:00 PM.

Thursdays

Reading History This literate discussion group continues reading *The Hemingses of Monticello* by Annette Gordon-Reed. Led by Bea Gottlieb. Alternate weeks, 2 – 4 PM. Ongoing. (Currently class is filled.)

Later Life Transitions Discussion in this lively group centers around issues of later life, based on readings by and about older people. Led by Hardy Geer and other members of the group.. Monthly, 3 PM. Ongoing.

Take Charge of Your Health Led by nurse, Marie Phillips, this group will discuss topical health issues and concerns. Monthly, 2:30 PM. Ongoing.

Fridays

Stress Reduction Through Exercise Warm up with stretch and exercise. Cool down with Yogic breathing and meditation and Chi Gong exercises. Appropriate for all ages. Led by Marjorie Nissen. Ten Sessions Fee: \$25 11:00-12 Noon. Starts Jan. 8.

Low Vision Support Group

Fridays at 2pm. For those with vision problems.

Saturdays

DanceFit Movement/exercise class with motivating, beautiful music. Taught by Suzy Frazer. Starts Jan. 9. Ten week session. Weekly, 9:30 – 10:30 AM Registration fee: \$25.

Saturday Afternoon Videos

A different movie every week. \$1.00 2:00 PM.