

Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050 Executive Director: Ronald Bruno

abUSED, The Postville Raid

This is a full-length documentary that tells the story of the most brutal, most expensive, and one of the largest Immigration Customs Enforcement (ICE) raids in the history of the United States. By weaving together the personal stories of the individuals, the families, and the town directly affected by the events of May 12, 2008, the film presents the human face of immigration, the socioeconomic forces that fuel migration, and serves as a cautionary tale against government abuses of constitutional and human rights. (To view an eight-minute trailer of **abUSED: The Postville Raid**, please visit:

www.abusedthepostvilleraid.com.)

Join us for a session where your input will be welcomed as Gardens resident, **Luis Argueta** (Bldg. IV), and his production team move onto the final stage of the production.

Thursday, May 13, at 7:00 PM
Tuttle Center, 100 La Salle, #MC.

Breakfast for Your Brain

MRHS will be offering the six week brain wellness program, *Breakfast for Your Brain*, again starting in May. The program will be held from **9:30 AM–11:30 AM** on **Tuesdays** beginning **May 25**.

This group will be facilitated by Paul Nikolaidis, MSW Intern from Columbia University School of Social Work. A pre-screen must be conducted prior to participation and space is limited so please contact MRHS (212-666-4000) for additional information or to participate.

MRHS will be closed on Monday, May 31 in honor of Memorial Day. We wish everyone a good holiday.

Columbia University “College of Dental Medicine” Program

Come and hear a presentation on oral health and receive a **free dental screening** and **dental referral** if necessary.

The Elder Smile Program of Columbia University’s College of Dental Medicine will come to MRHS on **Friday, May 14, from 1:00 PM to 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. A “goodie bag” will be provided to all who attend.

It is necessary to pre-register for this program in order to hold a place. If you would like to register, please call MRHS at 212-666-4000 by **Friday, May 7**.

Tour of Renovated Apartments

So many apartments are under various renovations, and a number of Morningside Gardeners are curious --- for ideas, and for contacts. As we have done in the past, we are looking...

first, for neighbors who are willing to "show" their apartments, and then, of course, for neighbors who are interested in visiting several apartments. Those who are willing to "show" can offer contact information as to the contractor who did the work if they so desire.

We will pick a weekend afternoon...most likely in late May or early June. As in the past, there will be a charge of \$10.00 for the afternoon visitors. The income from this program will go to MRHS.

Please contact **Dot Savage** if you are interested and we will pick the afternoon that suits the majority of you. Contact info: dsavage80@aol.com or 212-749-3936, 646-283-9234.

Barnes Museum Trip

Come join MRHS as we make a return visit to the world famous **Barnes Foundation** in Merion, PA. This will be your last chance to see the fabled collection of Impressionist and Post-Impressionist art in its original setting with the art exhibited as specified by Dr Albert C. Barnes, its founder. The quirky museum will be moving from its cozy Philadelphia suburb mansion with beautiful gardens, to an urban site near the Philadelphia Museum of Art, shortly.

We will be stopping at Applebee's Restaurant in Philadelphia before our 1:30 PM visit to the museum where lunch may be purchased or you are welcome to bring your own lunch and eat on the bus. If you've never visited this museum, you're in for a treat! If you've already been there, you know why you're returning!!

DATE: Thurs., May 20 DEPART : 8:30 AM
PRICE: \$45.00 RETURN: 6:30 PM

Walking Club Ready to Roll

Attention: Gardens residents, as we did last year, MRHS will have a walking group on **Thursday** mornings at **9:30 AM**. We meet at the MRHS office in 100 La Salle, #MC. A few of us met last Thursday as a trial run and walked through Morningside Park and over to the Conservatory. This Thursday it'll be up to those of us who are walking.

Please invite neighbors, friends (even relatives, if you want!!) and anyone we may have left out. If you have questions give us a call at 212-666-4000. Otherwise, just come over on Thursday morning!

Congratulations to MRHS Assistant Director, Joanna Stolove, and her husband, Marc! The couple gave birth to a healthy, happy, beautiful baby boy, Maxwell Douglas Stolove, on March 27 at 10:38 AM. Max was 6 pounds, 15 ounces at birth. Joanna says, "We can't wait for everyone to meet him."

Happy May Birthday!!

To: Leoni Adler, Laura Brown, Phyllis Calese, Eliza Chiu, Phyllis Darby, Cynthia Harris, Leslie Kiss, Elinor Levin, Sue Miles, Daniel Morgan, Winifred Shearer, George Staller, Herbert Thorne, Martha Trezevant, and Gil Willis.

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 May are all invited to our Birthday Party! Come on **Tuesday, May 18 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

May 1 *Matewan* (1987) 1 hr., 38 min. In a nod to international Labor Day we present a film by John Sayles about labor struggles in the West Virginia coal-mining industry in the 1920's. Authentic and compassionate.

May 8 *Saving Grace* (2000) 1 hr., 34 min. A British comedy starring Brenda Blethyn. She plays a financially strapped widow with a gardener who helps her grow a peculiarly successful marijuana crop.

May 15 *Absence of Malice* (1981) 1 hr., 56 min. As we wind down our Paul Newman retrospective we show him in an absorbing drama set in Miami about a man who fights against a slanderous newspaper story. Sally Field co-stars, and Sidney Pollack directed.

May 22 *Shirley Valentine* (1989) 1 hr., 48 min. Pauline Collins plays an English housewife who finds herself liberated from her boring life during an unplanned trip to Greece.

May 29 *Gold Diggers of 1933* (1933) 1 hr., 36 min. A real golden oldie, with many of the same elements as *42nd Street*. It's not about gold. It's about Broadway, but is gold.

Come see movies on our new large screen!

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 1:00 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.

05/12, 05/26

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, May 27 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, May 13 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be on **Wednesday, June 2 at 3:00 PM** in the MRHS Tuttle Center. The reading selection is the novel, **Love Medicine** by *Louise Erdrich*.

Low Vision Group will meet **this month, on Friday, May 7 and Friday, May 21 at 2:00 PM**.

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.

Great Decisions Program

The Great Decisions series meets this month on **Tuesday, May 4 at 7:00 PM**. The topic for this session is "China Looks at the World, the World Looks at China." Materials, including the new booklet (\$18), are available in the MRHS office. Ken and Peggy Thomas are facilitators for the program. Call MRHS for more information.

Technology For You mrhsTechNet

The **next meeting** of "mrhsTechNet" will be on **Wed, May 12, 2010 at 7:30 PM** in the Tuttle Center. The topic will be:

Introduction to the Internet and Other Bytes of Information.

The presentation will be divided into two sections. The first, from 7:30 to about 8:30PM, will be a lecture/discussion on the Internet in general. The second, from 8:30 to 9:00 PM, will be informal during which we will try to help individuals with their own specific questions/problems re: using the Internet.

Please let me know if there is anything specific that you would like explained during the lecture/discussion part of the meeting. Also, feel free to forward this information to anyone in the Gardens who might be interested in joining our group.

To either submit a question or offer your help, please send an email to:

Dr.MichaelSDavidson@gmail.com

Michael S. Davidson

MRHS and Morningside Village would like to thank everyone who contributed to our special Legacies event, honoring fashion designer Arthur McGee. Cicely Tyson, H. Carl McCall, and film director Matt Tyrnauer were in attendance at the gala event hosted by the Fashion Institute of Technology. Mr. McGee was presented with FIT's Lifetime Achievement Award, as well as the first Legacies award by Ms. Tyson. We even made the Styles section of the April 25th edition of the Times!

Interracial Couples at Morningside Gardens

Alice Pifer, Morningside resident and journalist, would like to speak with interracial couples living at Morningside Gardens, especially those who are 60+. Pifer is doing research for a possible story on the history of interracial couples at Morningside Gardens because she's heard that, from the start of this community, it's been known as a welcoming place for couples of different races.

Alice is also interested in speaking to widows and widowers who were in interracial relationships. Her plan at the moment is to first do an online story with photographs and audio interviews. She hopes to later apply for a grant to do a TV documentary. Alice can be reached at alicepifer100@gmail.com or at 212-663-6841. Thank you!

MRHS Board Directors 2010-11

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Get Your Word's Worth!!

An annual and very popular event over the years – the annual reading by the *Writing from Life Experience* group is planned as a more multidimensional event this year. It is billed as a Readers Theater Performance, during which members of the group will share their writings with the whole community. MRHS is very proud to co-sponsor this event with *Elders Share the Arts* and the NY State Council on the Arts. Light refreshments will be served. Please join us on **Wednesday, May 26, 2:00 - 5:00 PM** in the **Recreation Center, 100 La Salle, Basement.**

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 May 21.) 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.***

Free Tickets Available

We have a donation of tickets for The St. Cecilia Chorus and Orchestra performance of J.S. Bach's incredibly glorious *Mass in B Minor* on **Saturday evening, May 8 at 8:00 PM** in Carnegie Hall. Several Morningside friends enjoyed the December 2009 concert and the chorus has very kindly extended an invitation for this Spring's concert.

The St. Cecilia Chorus, now in its 104th season, is a secular not-for-profit organization and is named for the patron saint of music. Please call MRHS at 212-666-4000.

Office Hours for Chinese-Speaking Residents

MRHS has happily begun office hours for Chinese-speaking residents who may not be comfortable with English. **Every Tuesday morning from 10:00 AM to 11:00 AM**, MRHS has a Chinese-speaking volunteer on-hand to help translate for anyone who needs assistance from MRHS. Please call 212-666-4000 or visit us during those hours