MRHS
Morningside Retirement & Health Services
Helping Elders. Building Community.

newsletter

Celebrating our 60th Year!

June 1, 2026
Vol. XLV, No. 6

100 LaSalle Street, NY, NY 10027 (212) 666-4000 **President: B. Chandra Chandrasekaran**
www.mrhsny.org **Executive Director: Ronald Bruno**

Take Charge of Your Health

"To Salt or Not to Salt?"

While sodium is vital for nerve and muscle function, consuming more than the recommended daily limit increases the risk of hypertension and heart disease. MRHS nurse, *Stacia Steen, RN, BSN,* will provide practical strategies like reading nutrition labels and using alternatives for flavor.

Tuesday, June 9, 11:30 AM
MRHS, 100 LaSalle St., #MC

Final Exhibit of Su Casa 2026!

Join us as we celebrate and enjoy the beautiful and revealing works of art that were created by your neighbors under the tutelage and guidance of this year's Su Casa artist, Paul Ferrara. Our Gardens artists navigated through the process of creating, as Paul describes, *Life Maps and Personal Geographies.* We are proudly displaying these works of art in the MRHS meeting rooms on Friday, June 12 from 3:00 PM-5:00 PM.

In addition to enjoying the artwork and light refreshments you will be able to engage with our Su Casa artist Paul and your artistic neighbors who created this exhibit, so that you can glean a deeper understanding of the process they used to delight others with this visual treat!

If you would like to join us or if you would like more information, please call MRHS at 212-666-4000 or email Robin Aloi at Robina@mrhsny.org.

Friday, June 12, 3:00 PM-5:00 PM
MRHS, 100 LaSalle St., #MC

****** MRHS will be closed on Friday, June 19, for Juneteenth. ******

Dalcroze Class

From the Bloomingdale School of Music

Emile Jaques-Dalcroze was a Swiss composer who developed an approach to music education called Eurhythmics, wherein musical ideas are learned through movement.

Classes are sequential, skill-building, and experiential. Focusing on simple musical concepts, participants will apply new skills toward improvising vocally, with instruments, and in movement. This work features music-based movement, which involves a motor-cognitive connection, simultaneously engaging participants' muscles and the cognitive processes of the brain. Everyone can benefit from these classes, including musicians, teachers, dancers, and *anyone who loves to listen to music!*

Wednesdays, 1:00 PM
Six sessions, Starting June 17
Building I Community Center

Tech Troubles, Triumphs & Tea

Don't Get Hooked by Phishing!

Think you're too savvy for phishing? Join us Thursday, June 18 at 1:00 PM in the MRHS East Room for a relaxed chat on spotting scams and keeping your inbox safe. Dan Baruah, MRHS Tech Coordinator and Laura Mocker, MRHS Social Work Intern, will host and share real "almost got me" stories and simple tricks to outsmart scammers—no jargon, no judgment.

Tea and cookies provided. Come curious, leave confident!

Thursday, June 18, 1:00 PM
MRHS, 100 LaSalle St., #MC

Director's Column

After twenty-nine years you think you've seen everything, but MRHS is introducing two new programs this month that, as far as I can remember, we've never done before. Starting on June 17, we're partnering with the Bloomingdale School of Music to introduce a six-session Dalcroze Class. If you're saying what is a Dalcroze Class, that's what I said when Bloomingdale first pitched the idea. According to my AI search, "The Dalcroze method is a playful, experiential approach to teaching music through physical movement. It helps students internalize musical concepts—such as rhythm, pitch, and dynamics—by feeling and expressing them with their whole body." MRHS has offered musical instrument instruction before, including group guitar lessons, but this is the first time for Dalcroze.

We've also never offered an Improv class before. But on June 11 MRHS is partnering with *Improv for Work & Wellness* to offer a 90-minute session. Like Dalcroze, this program is described as playful, promoting "mental fitness, neurological health, and community connection through play."

So if you've been waiting a long time for these classes to appear, this month is your chance!

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 *MET* locations.

Please note the program will be meeting on **Monday, June 22 at 1:00 PM.** For more information, please call MRHS at *212-666-4000* or email *Robina@mrhsny.org*

Happy June Birthday!!

To: Sharon Carr, Mary Davidson, Michael Davidson, Johnnie Gilbert, Alla Gurvich, Betsy Harris, Carolyn Keene, Bridget Leicester, Ted Leslie, Joan Levine, Wendy McKenna, Dora Perez, Mildred Roxborough, Alene Smith, Sandy Stricoff, Alberta Walker, Zimian Wang, Debbie Weinberg, and Shuli Wu.

MRHS Book Group

The next meeting of the MRHS Book Group will be **Wednesday, June 17, at 3:00 PM** to discuss ***Fathers and Sons*** by *Ivan Turgenev.* There is no meeting in July, as the Group, as usual, takes a summer break. The August book will be chosen at the June meeting. The programs are on Zoom. All are welcome.

For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at margaretb@mrhsny.org.

Food Glorious Food!

(And Some Interesting History)

Our June trip is a foray into the **Bensonhurst** neighborhood of **Brooklyn** to enjoy the Italian delicacies that are favorites of the native son of Bensonhurst, **Dom**, who will be our guide for the day. We will start our walking tour at *Pastosa Ravioli* and we will stop at several other food venues while we drink in the sights and sounds of this interesting neighborhood. It is suggested that we come hungry and ready to walk! The tour lasts approximately three hours.

Wednesday, June 10 **Cost $50.00**
Depart: 9:30 AM **Return: 4:00 PM**

If you would like to join us or if you would like more information call MRHS at 212-666-4000 or email Robin Aloi at Robina@mrhsny.org

Tree Dedication in memory of long-time Gardens resident, Marie Ledoux, on May 15. Marie was a volunteer at MRHS for many years and generously remembered MRHS in her will.

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. If you are interested in participating, contact Margaret Bianchi at margaretb@mrhsny.org.

Upcoming Dates:

June 1, 15

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 19, 2026). 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.

Sing Along With Herb!

The *MRHS Singalong* is back. Building V resident, Herb Michael, leads the group in traditional folk tunes and other popular favorites.

Thursdays, June 4 and June 11, at 1:00 PM
MRHS, 100 LaSalle Street, #MC

MRHS Board Game Café

Please join us **Friday, June 26 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 26, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

**** 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. ****

West Harlem Development Corporation
Solutions through collaborations™

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

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

Improv for Wellness

Presented by Improv for Work & Wellness

This 90-minute program introduces participants to the foundations of improvisational theatre (improv) through playful, accessible exercises designed to support self-expression, social connection, and cognitive engagement. No previous experience is necessary.

Together, we'll explore skills such as presence, listening, and embracing mistakes—and how these can positively impact our day-to-day lives. Above all, this program is about coming together in creative community — we'll have fun and share plenty of laughter along the way.

If you would like to join us or for more information, please call MRHS at 212-666-4000 or email Margaret Bianchi at MargaretB@mrhsny.org. Caregivers invited!

Thursday, June 11, 11:30 AM-1:00 PM
MRHS, 100 LaSalle St., #MC

MRHS Memory Café!

Thursday, June 18, From 4:00 to 5:00 PM
Dear Mama Café, 611 W. 129 St.
(Inside the Jerome Greene Science Center)

Experience includes light refreshments from the café. Please call MRHS at 212.666.4000 or email margaretb@mrhsny.org with any questions or to RSVP.

Monthly Movie Matinee

"Guess Who's Coming to Dinner"

Hosted By Usa Ungsunan

When Joanna Drayton, a free-thinking white woman, and black doctor John Prentice (Sidney Poitier) become engaged, they travel to San Francisco to meet her parents. Matt Drayton and his wife Christina are wealthy liberals who must confront the latent racism the coming marriage arouses. Also attending the Draytons' dinner are Prentice's parents, who vehemently disapprove of the relationship. *"This film is delightfully acted and gracefully entertaining." (Bosley Crowther NY Times)*

Monday, June 8, 1:00 PM, at MRHS

Falls Prevention

Falls are one of the most serious health and safety issues affecting older adults. Falls can lead to fractures, head injuries, and loss of independence. The encouraging part is that many falls are preventable. This program will address how falls happen and ways to reduce them from happening. Balance and strength exercises to help prevent falls will be offered. Presented by *Austin Wilson, Injury Prevention & Community Outreach Coordinator, Mount Sinai Morningside.*

Thursday, June 25, 11:00 AM
MRHS, 100 LaSalle St., #MC

NY Citizen Preparedness Training Program

The *New York State Citizen Preparedness Corps Training Program* invites you to participate in a private training event. With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters.

The *NY Citizen Preparedness Training Program* teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

Monday, June 29, 2:00 PM
MRHS, 100 LaSalle St., #MC

"Elder Justice"

Carter Burden Network's *Elder Justice Program* will make a presentation at MRHS on **Tuesday, June 30, 1:00 PM, at MRHS.** More details will be forthcoming.

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

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 **"Ukraine and the Future of European Security,"** facilitated by Building I resident*, Rita Pullium.***"**

With reduced U.S. support for NATO and Ukraine, Europe faces strategic uncertainty. The Trump administration has signaled an intention to reduce its security role in Europe. What are America's stakes in NATO and Europe's strategic dilemmas, and how might Europe respond? For Zoom link, please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000.

Tuesday, June 2, 7:00 PM, Via Zoom

Stories That Stay With Us

A Live Storytelling Circle

Inspired by The Moth Storytelling Hour, *Stories That Stay With Us* is a monthly storytelling circle where residents are invited to gather and share true stories from their lives in a relaxed and welcoming setting. The focus is on real moments told in your own voice, stories about unexpected turns, meaningful encounters, risks taken, plans gone wrong, or memories that still make you laugh or pause years later.

Each session will draw from Moth storytelling prompts designed to spark memories and help uncover stories you may not have thought to tell before. Participants are welcome to come with a story prepared, come simply to listen, or decide to share on a whim as inspiration strikes. No writing or storytelling experience is needed, only a willingness to enjoy an evening of stories and connection.

Thursday, June 25, 6:00 PM to 7:15 PM
MRHS, 100 LaSalle St., #MC

Residents interested in learning more may email Social Work intern, Laura Mocker, at lauram@mrhsny.org.

Come listen, come share, and discover the stories waiting to be told.

Walk-In Tech Help with Dan

Dan Baruah is available for tech support at MRHS every **Wednesday, between the hours of 12:00 and 4:00 PM.** No appointment needed, just bring in your device and Dan will do his best to help resolve your tech issues. Dan is also available by appointment and for home visits outside of these walk-in hours.

TDF Account Access Issues

We have heard from some community members who are having trouble creating or accessing their TDF community member accounts. TDF has let us know that, in some cases, this may be happening because individuals have duplicate accounts in their system.

If you are experiencing this issue, please email Laura Mocker at lauram@mrhsny.org with your full name and the email address you used, or attempted to use, for your TDF account.

We will compile this information and share it with TDF so they can look into the issue and help resolve it.

Thank you for your patience.

MRHS Men's Group

The **Men's Group** meets for lunch at MRHS, now led by longtime MG resident, *Tom Goodhue*. The next meeting will be **Thursday, June 25, 1:00 PM.** *Lunch will be served. Cost: $10.* Any questions, please contact Margaret Bianchi: MargaretB@mrhsny.org or 212-666-4000.

Gentle Yoga

Join MRHS for a series of **Gentle Yoga** classes with *Hilary Nudell,* long-time Morningside Gardens' resident and Yoga teacher.

Thursdays at 4:00 PM
Thurgood Marshall Room, 80 LaSalle St.

Cribbage

Cribbage has arrived at MRHS. This game is usually played on the second and fourth Sundays of the month from 2:00 PM to 6:00 PM or whenever you want to come or leave. If you don't play, please join us and we will teach you. If you already are a player, then join us to have a good time while playing a fun game.

Sundays, June 14 and 28, 2:00 – 6:00 PM
MRHS, 100 LaSalle St., #MC

DVP – Movement Speaks

Dances For a Variable Population (DVP) MOVEMENT SPEAKS® is a sequential weekly dance program promoting strong and creative movement for older adults for improved health and quality of life. Classes are one hour in length with cardio fitness, dance improvisation, emphasis on correct alignment and dance making for fun and friendship.

Thursdays at 10:30 AM
Building I Community Center

Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve.

MORNINGSIDE THEATER CO. **presents**
WATER BY THE SPOOFUL!!!

Winner of the Pulitzer Prize, this fascinating and very human smash hit play by Quiara Alegria Hudes (*In The Heights*) will run in a full production from June 11-28 in the Community Center Performance space at 100 La Salle St. Top professional cast, fresh innovative staging!

TICKETS available at www.moningsideplayers.org Thurs Fris at 7:30pm, Sats. at 5pm and Sundays at 3pm. Talkbacks and refreshments with the cast.

"A complete and satisfying work…This is a very funny, warm, and, yes, uplifting play with characters that are vivid, vital, and who stay with you long after the play is over." —The Hartford Courant. "Quiara Alegría Hudes is a blazing talent… …Provocative and brimming with life." —Talkin' Broadway. DO support YOUR theater Co! and don't miss this riveting experience!

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 on the first and third Tuesdays of the month from 2:00 - 3:15 PM. The upcoming meetings are **June 2, 16.**

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot.

Looking Ahead

--- Nutrition Talk –
July 20, 2:00 PM

--- Falls Prevention Bingo –
July 24, 2:00 PM

Bloomingdale School of Music

Music Appreciation Series via Zoom

Fridays from 1:00-2:30 PM

with Marc Peloquin

"Echoes of America"

May 29 – June 19

This course will explore some of the most creative musical figures in American history from George Gershwin to Aaron Copland, as well as masterpieces from the American musical theater. Participants will develop a deeper appreciation for American music and its far-reaching influence around the world.

Contact Margaret at 212-666-4000 or MargaretB@mrhsny.org to register.

Blood Pressure Screening

Blood Pressure Screening has returned to MRHS! *Stacia Steen*, MRHS nurse and healthcare coordinator, will be available to take your blood pressure on ***Tuesdays, from 11:00 AM to 1:00 PM at MRHS***. Stacia will also be available to answer any questions you may have during that time. Everyone is welcome, so feel free to stop 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）請分享一個你曾作出的承諾，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，我們免费為長者組織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，我們还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**, at MRHS.

Please feel free to contact the facilitator, *Effy, at 302-321-4199.*

Life Story Club

The English-language Life Story Club meets online every Tuesday at 11:00 AM. Please call MRHS at 212-666-4000 if interested. This virtual group gathers weekly to share stories.