

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

President: Eileen Canty
Executive Director: Ronald Bruno

Monday Night Discussion Group

Standing Up For One's Beliefs

The discussion will center on what appears to many to be a conflict between the first amendment of the Constitution, proponents of religious fundamentalism, the press, and government big and small.

MRHS Board Member, and renowned New York Times photojournalist, ***Ozier Muhammad***, will lead the discussion.

Monday, May 8, 7:30 to 8:30 PM
New MRHS Center, Building I, #MC

RECOLLECT * DISCUSS * PARTICIPATE
LEARN * CELEBRATE

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 multidimensional event. It is billed as a Readers Theater Performance, during which members of the group will share their writings with the whole community. Light refreshments are included. Everyone is welcome and will be a very enjoyable experience.

MRHS is very proud to co-sponsor this event with *Elders Share the Arts* and the NY State Council on the Arts. **Please join us on Monday, May 22 from 1:00 to 5:00 PM in the Thurgood Marshall Room, 80 La Salle, 1st floor.**

MRHS will be closed on Monday, May 29 in honor of Memorial Day. We wish everyone a good holiday.

"A Matter of Balance"

MRHS will be offering a **"A Matter of Balance"** workshop, sponsored by the **New York City Department for the Aging**. The goal of the workshop is to improve balance and help reduce the fear of falling. This workshop will be facilitated by two trained coaches.

Topics include: learning fall prevention strategies, setting goals for a more active lifestyle, making changes to reduce fall risks at home, and exercise training to increase strength and balance. If you have a fear of falling, this workshop is for you!

This is an evidence-based program, meaning it has been demonstrated to have therapeutic results.

Don't miss this opportunity to empower yourself with information that will enhance your quality of life. This is an 8 Week Workshop that will meet on Tuesday mornings, starting on

Begins Tuesday, May 9 at 10:00 AM.
Please register with Margaret Bianchi at 212-666-4000 or **MargaretB@mrhsny.org**.

Mt Sinai Program

Through a UJA Federation grant, Mount Sinai Hospital **geriatrician Joyce Fogel, MD**, and **geriatric psychologist Gregory Hinrichsen, PhD**, have been working with MRHS on various issues related to aging.

On **Thursday, May 18, from 2:30 PM to 4:00 PM**, we will be hosting "Sleep and The Brain," presented by Gregory Hinrichsen. Then, on **Friday, May 26, from 2:30 PM to 4:00 PM**, we will be hosting "Modifiable and Non-Modifiable Factors that Increase the Risk for Developing Memory Loss."

Light refreshments will be provided.

Epic/Morningside Gardens Spring Speakers Series

Emeritus Professors in Columbia (EPIC) is a professional and social fellowship of people who have formally retired from their Columbia careers as university professors, researchers, and administrators but are still professionally active. Since its founding in 1998, EPIC has worked to continually expand its portfolio of activities and in 2017 launched its first Speakers Series in collaboration with the CU School of Professional Studies (SPS) through the efforts of George Calderaro, Director of Community Relations. The Series, coordinated by Ron Bruno, Executive Director of Morningside Retirement and Health Services (MRHS), will be held at Morningside Gardens.

PROGRAM - SPRING, 2017

May 3, 7:00 PM, Jeanne Stelman will speak on, 'Agent Orange: The Toxin That Keeps on Giving'.

Jeanne Stelman is Professor Emerita, Health Policy and Management, Mailman School of Public Health, Columbia University Medical Center. She is also President of EPIC.

May 17, 7:00 PM, Frances Pritchett speaks on, 'The Powers of Small Poems: From Ogden Nash to the Ghazal'.

Frances Pritchett is Professor Emerita of Modern Indic Languages in the Department of Middle Eastern, South Asian, and African Studies at Columbia University."

June 14, 7:00 PM, Margaret Jo Shepherd and Ghazala Mehmood speak on, 'Seeing Muslim Women Through Western Eyes'.

Margaret Jo Shepherd is Professor Emerita of Education and Ghazala Mehmood earned an MA in International Education at Teachers College, Columbia University.

Jeanne Stelman and Margaret Jo Shepherd will host the Series. One or both will be present at each event to introduce the Speaker and facilitate discussion.

Happy May Birthday!!

To: Eliza Chiu, Phyllis Darby, Anne Ellis, Ronald Jackman, Leslie Kiss, Tina Lal, Elinor Levin, Elizabeth Mellen, Sue Miles, Laura Brown Sands, and Martha Trezevant

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 16** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

May 6 Florence Foster Jenkins (2016) 1 hr, 51 min The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice. Meryl Streep's latest comedy film had 2 Oscar nominations for Best Performance by an Actress, another 6 wins & 34 nominations. Rated PG-13

May 13 Queen of Katwe (2016) 2 hr, 4 min Living in the slums of Katwe in Kampala, Uganda is a constant struggle for 10-year old Phiona and her family. Her world changes when she meets Robert Katende (David Oyelowo), a missionary who teaches children to play chess. A poignant drama based on a true story, also stars Lupita Nyong'o. Directed by Mira Nair. Rated PG

May 20 A Hijacking (2014) 1 hr, 40 min The cargo ship MV Rozen is heading for harbor when it is hijacked by Somali pirates in the Indian Ocean. Among the men on board are the shop's cook and the engineer who, along with the rest of the seamen, are taken hostage. The drama unfolds between the CEO of the shipping company and a Somali pirate. Directed by Tobias Lindholm. Rated R

May 26 Fatima (2016) 1 hr, 18 min Warm and sensitive dramedy about a Moroccan-born mother raising two teenage daughters in Lyon. Shrewdly observing everyday struggles and tensions, this poignant slice-of-life proves generous in rueful insight and emotional complexity. Winner of the Cesar Award (national film award of France) for Best Film and Most Promising Actress. In French and Arabic, with English subtitles. 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 MRHS Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 6	9 – 6	8 – 6	9 – 6	8 – 6

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday

May 3 May 17 May 31

9:00 AM to 11:00 AM

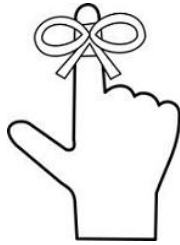
100 La Salle, #MC

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" will be held on **Thursday, May 25, at 2:30 PM**.

The **MRHS Book Club** meets next on **Wednesday, May 24 at 3:00 PM** to discuss *Daniel Deronda* by George Eliot. All welcome!

***** 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. *****



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 19, 2017). 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.***

Great Decisions Continues

Great Decisions meets next on **Tuesday, May 2 at 7:00 PM** with a discussion on "Saudi Arabia in Transition." The meeting will take place in the **Thurgood Marshall Room, 80 La Salle, 1st floor**. *Sydney Weinberg* will be facilitator. Reading material for the discussion is available from the MRHS office.

MEN: A Message For YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor on **Wednesday, May 10 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.

Cecelia Chorus

The Cecelia Chorus has invited 10 MG seniors and their friends to have free tickets to their spring concert in Carnegie Hall. The program is Johannes Brahms' powerful **Requiem** (1857) and Zaid Jabri's haunting **A Garden Among the Flames** (2017), taking place **on Saturday, May 6 at 8:00 PM**. Please call the MRHS office at 212-666-4000 for tickets while they are still available.

MRHS Board Directors 2017-18

Eileen Canty, President
Maureen Knapp, Vice-President
Conor Gaffney, Treasurer
Cynthia Rock, Secretary

Nora Armani	Ozier Muhammad
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Essential Advance Planning

The importance of being prepared in advance should an emergency occur, especially having a health care proxy, cannot be emphasized too strongly. As in past years MRHS and the Elder Law Section of the New York State Bar Association invite you to participate in "Decision-Making Day."

Attorney **Frank Colella**, will discuss wills, advance directives, the New York Health Care Proxy, the living will, powers of attorney, and procedures for organ donation. By preparing, you can ensure that your wishes are met in an emergency.

Friday, June 2 at 1:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

Save the Dates

"The World Of Adoption," with Kathy Ann Brodsky, LCSW, moved to Tuesday, June 13 at 3:00 PM

Mount Sinai/ UJA Federation programs:

"Depression and the Brain" on June 1;
"Medication and Memory" on June 15; "Brown Bag Med Review" on June 22. All programs at 2:30 PM.

"This African-American Life," with Hugh B. Price discussing his memoir, on Monday, June 19 at 7:00 PM.

Join Intern Saudia Garnette For a Cruise!

Join us for a *Circle Line Landmark Sightseeing Cruise* on **Tuesday, May 30** departing at **11:00 AM** for 1.5 hours of sailing. Expected return to MG is 3:00 PM.

The package includes a nice boxed lunch! Cost is \$45.00. Please RSVP to MRHS at 212-666-4000.

History of the Bloomingdale School of Music

Join us as **Erika Floreska**, Executive Director of the Bloomingdale School of Music, discusses the history of the school. The program kicks off with student performers from Bloomingdale playing for the group.



Wednesday, May 31 at 7:00 PM
New MRHS Center, 100 La Salle, #MC

Textile Recycling Event

Saturday, May 6, 11:00 AM to 1:00 PM

The event will be held in our usual place in front of 3150 Broadway on the corner of La Salle Street and Broadway. We will accept new clothes, clean worn clothes, other textiles, shoes, belts and handbags. NO pillows or quilts, please. Our vendor is Wearable Collections. The event is sponsored by the Sanitation Coalition. Please call Joan Levine at 212 666-6157 if you have questions. Hope to see you there.

-- Joan Levine, Marie Ledoux and Tiana Leonard
(Sanitation Coalition Board members from Morningside Gardens)

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