

100 LaSalle Street, NY, NY 10027 (212) 666-4000
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President: Michael Davidson
Executive Director: Ronald Bruno

Community Seder Great Success!

Thanks to all who joined us at the Community Seder on April 5. An extra special thanks goes out to all of the amazing volunteers who made the evening such a success: Tina Lal, Leslie Kiss, Steve Mustacchi, Cindy Muniz, Molly Sweeney and Ellen Fried. You all did such an amazing job!



Intergenerational Variety Show

Come see your friends and neighbors perform in an intergenerational variety show sponsored through a grant from the UJA Federation.

The show will be followed by a pizza party! Everyone of all ages is invited. Come support your talented neighbors and enjoy the show!

Sunday, May 20 at 2:30 PM – 3:30 PM
Recreation Center, Building 1

**(Also, Save the Date for our next show:
Sunday, June 10 at 2:30 PM)**

EPIC Talk

“Columbia University on Morningside Heights – The Early Years in Postcard Views.” As the title implies, Mr. Susi takes us on a tour of Morningside Heights using vintage postcards he began collecting more than 20 years ago. Speaker: **Michael V Susi**, Assistant Vice President for Academic Affairs, Columbia University; local historian, postcard collector.

Wednesday, May 16 at 7:00 PM
The New MRHS Center, 100 La Salle, #MC

Friendship: Creating Connections and Community

This interactive workshop will explore the promise, possibility and challenges of friendship. We will discover the relevance of *contemporary poets* and their ideas on this topic. Join us!

Constance H. Gemson creates and conducts original workshops in NYC. Her article: *Grace Notes: Singing in Marion's Hospital Room* was recently published in *Narrative in Social Work Practice: The Power and Possibility of Story* by Columbia University Press.

Dates: Tuesday, May 1 and May 8
Time: 3:00 PM – 5:00 PM

Get Your Word's Worth!!

An annual and very popular event over the years – the annual reading by the *Writing from Life Experience* group. 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 21 from 2:00 to 5:00 PM in the Thurgood Marshall Room, 80 La Salle, 1st floor.**

MRHS will be closed on Monday, May 28 in honor of Memorial Day. We wish everyone a good holiday.



Director's Column

One of the defining features of a NORC Program such as MRHS is to act as a hub of activity, assisting residents to access community services and helping them to navigate a complex health care and social services system. Being a hub means forging alliances with other agencies in the area, creating partnerships and opportunities for collaboration. Not only in the world of NORCs but throughout the social science world you will see references to "silos." Silos may be a good thing to have on a farm but for service providers, not so much. Having grown up in the Bronx I had to learn what a silo actually is. I've learned that silos represent an agency standing alone, not collaborating, and adding to the fragmentation of the healthcare service delivery system.

By contrast NORC programs like MRHS incorporated the value of partnerships from their inception more than twenty years ago. To qualify for public funding NORC programs must, at a minimum, have a healthcare partner and a housing partner. For MRHS that would be the New Jewish Home and, of course, MHHC.

In recent years MRHS has forged some interesting and valuable new partnerships. Through a grant from the UFA Federation of New York MRHS and the Mt Sinai School of Medicine have created the Memory Matters program. This program includes a series of talks on various healthcare issues related to cognition; one-to-one "Ask the Doc" sessions; and ongoing consultations and training for the MRHS staff. Another recent partnership has been developed with EPIC, a group of retired professors, mostly from Columbia, who have provided a series of stimulating lectures on a wide range of topics to the Gardens community. Riverside Church has become a valuable partner the past few years, providing not only a grant but also a beautiful space for our 50-year anniversary celebration and our upcoming volunteer luncheon.

The list goes on but my column space runneth over. The message is you shouldn't go mistaking MRHS for one of those stand-alone structures you see on the Nebraska horizon.



Happy May Birthday!!

To: Eliza Chiu, 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 15, 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

May 5 **The Tree of Life** (2011) 2 hr, 19 min
Growing up in the Midwest, Jack was taught by his mother to approach everything with an open heart and by his father to look after his own interests. Now he reflects on his past in order to gain perspective. Stars Brad Pitt, Sean Penn, Jessica Chastain and Hunter McCracken. Directed by Terrence Malick. Rated PG-13

May 12 **Victoria and Abdul** (2017)
1 hr, 52 min Biographical comedy-drama based on the book of the same title by Shrabani Basu about the real life relationship between Queen Victoria (Judi Dench) and her Indian Muslim servant Abdul Karim (Ali Fazal). Directed by Stephen Frears. Rated PG-13

May 19 **Murder on the Orient Express** (2017) 1 hr, 54 min
A treat for Agatha Christie fans. Her 1934 novel is once again brought to the screen in a current version with Kenneth Branagh as the world-renowned detective Hercule Poirot along with a stellar cast including Penelope Cruz, Willem Dafoe, Judi Dench, Johnny Depp and others. Directed by Kenneth Branagh. Rated PG

May 26 **In America** (2002) 1 hr, 43 min
A touching film starring Samantha Morton, Djimon Hounsou, Paddy Considine and Sarah Bolger. Documents the adventures, struggles and triumphs of a family of Irish immigrants living in a rough neighborhood in New York City. Directed by Jim Sheridan. Rated PG-13

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 New MRHS Center.

MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:00 PM**.

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

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

Nurse's Hours – Marie Phillips' schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday

May 2 May 16 May 30

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 meet on **Thursday, May 24 at 2:30 PM in the MRHS Center**.

The **MRHS Book Club's** next meeting will be on **Wednesday, May 16 at 3:00 PM** in the New MRHS Center. The group will discuss **Fathers and Sons** by Ivan Turgenev. All welcome!

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 18, 2018). 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.**

Film Committee Presents

First Wednesday Films

Next screening on **May 2 at 7:30 PM**

My Journey Through French Cinema

(2016) 3 hrs. 20 minutes

Insightful and affable, this autobiographical voyage of discovery with Bernard Tavernier is packed with enticing clips and sharp observations. A treat for everybody who loves classic Gallic movies but also for people who just plain love movies – from anywhere. In French, with English subtitles.

The New MRHS Center, 100 La Salle, #MC
\$1.00 suggested donation

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, May 11 at 1:00 PM

The New MRHS Center, 100 La Salle, #MC

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Mt. Sinai / MRHS Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai School of Medicine has been working with the MRHS community on various issues related to aging in a program called ***Mind Matters***:

Thursday, May 3, 2:30 PM

***Ask the Doc*, Dr. Greg Hinrichsen**

Thursday, May 10, 2:30 PM

***Ask the Doc*, Dr. Joyce Fogel**

Please contact MRHS in advance to schedule a one-to-one "Ask the Doc" session.

Thursday, May 17, 2:30 PM

***Staying Sharp*, with Dr. Joyce Fogel & Dr. Greg Hinrichsen**

Dr. Jordan Grafman, Chief, Cognitive Neuroscience Section, at the National Institute of Neurological Disorders is the guide for this 29-minute video, which covers what to expect from the aging brain and how to "stay sharp." There will be additional literature provided on the aging brain. Dr Fogel and Dr Hinrichsen will answer questions and discuss the video.

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 9 at 1:00 PM**. Please call [212 666 4000](tel:2126664000) 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.

Great Decisions 2018

Great Decisions meets on **Tuesday, May 1 at 7:00 PM**, discussing *Media and Foreign Policy*. Peggy Thomas will facilitate. The meeting is in the New MRHS Center, 100 La Salle, #MC. A few Resource Books are available for \$20. Readings for the May 1 discussion will be on hand at MRHS.

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

Medicaid Tutorial

How to use Medicaid for your long-term care needs. This talk will explain the rules on applying for Medicaid home care and nursing home coverage. Subjects to be covered will be the application process, income/resource limits and the look-back and penalty transfer rules. Speaker will be **Douglas Chu** of Hynes & Chu, LLP. Mr. Chu is an Elder Law attorney who specializes in Medicaid and Estates and Trust law. Visit www.elderlawny.net to read more about Mr. Chu. This is a one-hour program, followed by a half hour Question and Answer period.

Tuesday, May 22 at 2:00 PM

The New MRHS Center, 100 La Salle, #MC

"Feeling Good"

5-Week Self-Directed Mood Therapy Workshop

This mood therapy workshop will utilize *Cognitive Bibliotherapy (CB)* which is a self-directed Cognitive therapy intervention that is designed to change thought patterns, through reading. Cognitive therapy is a relatively fast-acting technology of mood modification that you can learn to apply on your own. It is evidence-based and has been clinically proven to treat mild to moderate depressive symptoms in older adults.

"Feeling Good" also encompasses techniques for dealing with other common problems such as anxiety, guilt, fear of death and low self-esteem. We will be using selections from the books, *Feeling Good* and *Feeling Good Handbook* both, by **Dr. David Burns**. This workshop will be 5 one-hour sessions meeting once a week and run from **Tuesday, May 22** through **Tuesday, June 19 at 3:30 PM**.

The workshop will be co-facilitated by Social Worker *Saudia Garnette* and Social Work Intern *Linqian Kang*. Reading materials provided.

MRHS thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for their ongoing support.

Film Committee News

The MRHS Film Committee seeks a volunteer to show one Saturday film a month. Will train and support. If interested please call the MRHS office at 212-666-4000.

Daily Money Management

Did you know that MRHS has a Daily Money Management (DMM) program as part of our case management services? DMM includes such services as checkbook balancing, holding and distributing household expense money, check-writing for bills, sorting and organizing bills, and budgeting.

We suggest monitoring your checking account regularly for any suspected fraud. Most banks have policies regarding the time frame for fraud notification. If the bank is not informed within that time frame, you may not be able to pursue legal action. Contact MRHS for more information on our DMM services.

Cecelia Chorus Tickets Donated

The Cecelia Chorus has invited 10 MG seniors and their friends to have free tickets to their spring concert in Carnegie Hall. The program includes two gorgeous works that celebrate the beauty and permanence of the human spirit. One is Mozart's *Requiem* and the other is Dame Ethel Smyth's *The Prison* (US co-premiere). The concert is **on Friday May 11 at 8:00 PM.** Please call the MRHS office at 212-666-4000 for tickets while they are still available.

Low Vision Support Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. Come join the **Low Vision Group** and help us collaborate on the agenda for the rest of the year. We need your expertise!

Meetings this month are scheduled **for Monday, May 7 and Monday, May 21 from 3:30 to 4:30 PM.**

Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

Save the June Dates

Thursday, June 7 at 7:00 PM: **Gregor Collins** will discuss his book, *The Accidental Caregiver* about Maria Altman.

Wednesday, June 6 at 2:00 PM For the next EPIC program, **Mischa Schwartz**, Charles Bachelor Professor Emeritus in Electrical Engineering, will discuss *Engineers in America – Early History.*

Tai Chi for Arthritis with **Carl Jones**, the evidence-based program will return. Dates TBA.

***** Have you been to the MRHS Media Lounge, better known as the café? You can enjoy our iMac computers and WiFi, lending library, newspapers, magazines and snacks. Stop by anytime! Have a look at our special electronic donor wall during your visit! *****