

**100 LaSalle Street, NY, NY 10027 (212) 666-4000**  
**[www.mrhsny.org](http://www.mrhsny.org)**

**President: Rita Marie Pullium**  
**Executive Director: Ronald Bruno**

## 2014 Island Themed Trips

### 2nd Stop, Roosevelt Island

Come join MRHS as we are off to our second island stop, **Roosevelt Island**, for a guided walking tour of **Franklin D. Roosevelt Four Freedoms Park** followed by a buffet lunch at the adjacent scenic **Riverwalk Bar and Grill**. Franklin D. Roosevelt Four Freedoms Park is the only memorial dedicated to the former President in his home state of New York. It is the last work of the late Louis I. Kahn, an iconic architect of the 20th century.



The Park celebrates the Four Freedoms, as pronounced in President Roosevelt's famous January 6, 1941 State of the Union speech. The buffet lunch includes mixed greens salad, eggplant parmesan, pasta primavera, healthy lemon grilled chicken, dessert and assorted beverages.

**DATE:** Wednesday, April 23    **PRICE:** \$50.00  
**DEPART:** 10:00 AM            **RETURN:** 3:30 PM

## MRHS Film Committee Presents

### *First Wednesday Films*

Next meets on April 2 at 7:30 PM

Featuring: ***In the Mood for Love***  
(2000) 1 hr., 38 min.

Chinese with English subtitles. Two neighbors in Hong Kong discover their respective spouses are having an affair. "This breathtakingly gorgeous movie is dizzy with nose-against-the-glass romantic spirit." (NY Times) Rated PG.

**MRHS Tuttle Center, 100 La Salle, #MC**  
\$1.00 suggested donation

## MRHS Artist-in-Residence

MRHS has been selected by the New York City Department of Cultural Affairs' SPARC Program to host an Artist-in-Residence in 2014. Artist-in-Residence, **Anna Adler**, leads workshops on Mondays from 10:00 AM to Noon with a break for lunch and then an open studio from 1:00 until 2:00 PM. These take place in the artist's studio in Suite MB, 100 La Salle. April workshops include **Charcoal Drawing** on April 7 and 14; **Clay Sculpture** on April 21 and 28. Workshops are free and open to all, materials provided, all skill levels welcome. For more information please contact us at 212-666-4000 or [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org)

***This project is made possible by the Lower Manhattan Cultural Council, the NYC Department of Cultural Affairs and NYC Department For The Aging.***

## Monday Night Discussion Group

### Topic: Making New York City "My Home Town." Settling IN

Whether you were born in NYC or moved here from another place, how did you make the city feel like your home town? Or didn't you? Nora Armani will share her short documentary film, "Moving Stories."

We may also sing along to some songs of the city and talk about how we cope in a megalopolis. This will be our last meeting till fall so join in with your stories!

**Monday, April 28, 7:30 – 9:00 PM**

**MRHS Tuttle Center, Building I, MC**

***Recollect Learn Discuss  
Participate Celebrate***

## Director's Column

I've just returned from the American Society on Aging's annual conference in San Diego where I had the opportunity to present two workshops on MRHS and NORC programs with MRHS volunteer and Teachers College instructor, Chris Pawelski. On the flight back from San Diego I jotted down a few impressions that I came away with as I looked forward to setting down in balmy New York.

A number of speakers commented on the fact that the coming aging tsunami had gained currency in the general population. We are no longer met with blank stares when we talk about the aging of the boomers and the challenges this will create for our health care system and society in general. So now that we are all on the same page we can begin as a society to plan realistically for these challenges, as well as for the opportunities that these changes in demographics provide. There was much discussion about the desire of the baby boom generation to pursue productive activities as they age.

There was frequent mention of our "broken health care system." What speakers were referring to is a system that was designed to respond to acute care needs, not the chronic care needs presented by most elderly persons resulting from conditions such as heart disease, diabetes, hypertension, and Alzheimer's. Our health care system was not designed for the aging population that already exists and that will continue to age.

New York State is something of a pioneer in this regard. According to "Aging Today," NY State spends "nearly triple the national average per person for its Personal Care Assistance program, which on average provides 30 hours of personal care per week compared to the national average of 11 hours." While the MRHS social workers and nurse sometimes have to advocate strongly for these hours on behalf of our clients, we know it is possible to get them unlike in other states. Also, NY (state and city) is a pioneer in providing a funding stream for NORC programs such as MRHS, a model that other states may want to emulate if they plan to fix the oft-repeated "broken health care system."



## Happy April Birthday!!

To: Thee Barlow, Anne Boggan, Frances Cleary, Hardison Geer, Conchita Gonzalez, Inge Graff, John Halborg, Miriam Hepworth, Zheng Liu, Patricia Mack, Eppie Mercado, Forrest Murphy, Velia Neri, Jian-Hua Pan, Sylvia Robinson, Surendra Sharma, Donald St. John-Parsons, Usa Ungsunan, Deborah Wallace, Arlessie Wright, and Samuel 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 April are all invited to our Birthday Party! Come on **Tuesday, April 15 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**Apr. 5 Shoot the Piano Player** (1960)

1 hr., 32 min. Early French New Wave high jinx sees a virtuoso concert pianist working in a dive bar when his crooked brother arrives with trouble in tow. Directed by Francois Truffaut and starring real life singer-songwriter Charles Aznavour. Unrated.

**Apr. 12 Shakespeare in Love** (1998)

1 hr., 42 min. A young and broke Shakespeare (Joseph Fiennes) finds inspiration in a love interest, Viola (Gwyneth Paltrow). Geoffrey Rush, Judy Dench, Colin Firth round out the cast in this romantic comedy. Directed by John Madden. Rated R

**Apr. 19 Tom Jones** (1963) 1 hr., 43 min.

This funny and bawdy British comedy, directed by Tony Richardson, stars Albert Finney and won four Oscars. Unrated.

**April 26 Captain Phillips** (2013)

2 hrs., 14 min. Thriller based on true story of Captain Richard Phillips (Tom Hanks) and the 2009 hijacking of the US-flagged *Maersk Alabama* by Somali pirates led by Muse (Barkhad Abdi). Directed by Paul Greengrass; won six Oscar nominations. Rated PG 13

**Movies start at 2:00 PM. Please arrive early. Suggested 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  
9 – 6 9 – 6 9 – 6 9 – 6 9 – 6

**Nurse's Hours** – Marie Phillips' schedule:

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

**Hypertension Screening –Alternate Wednesdays from 9:00 to 11:00 AM**

04/02, 04/16, 04/30

**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 take place on Thursday, **April 24 at 2:30 PM**.

**"Later Life Transitions"** group meets this month on **Thursday, April 10 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club** plans to meet on Wednesday, April 23 at 3:00 PM. The reading selection is **Housekeeping** by Marilynne Robinson. All are welcome to join.

## 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, April 18). 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.***

The MRHS Supper Club is back in action and will be catered by Pisticci! Save the date for Friday April 25 at 5:30 PM in the MRHS Tuttle Center, 100 LaSalle, #MC. Come and enjoy some delicious Italian food along with instrumental Italian music. Please call 212-666-4000 to register. Cost is \$15.00

## MRHS Writing Class News

Writing from Life Experience Group, co-sponsored by Elders Share the Arts and MRHS, meets in April on **Wednesday, April 2 and April 16 at 2:30 PM in the MRHS Tuttle Center**. The group has a blog called Get Your Word's Worth on the [www.esta.org](http://www.esta.org) website. You can read some of the group's works and learn more about the program.

## Low Vision Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. It is a way for people to gather together and share their experiences about living with low vision. The dates for **April** will be on **Friday, April 11 and Friday, April 25 from 2-3PM** in the **MRHS Tuttle Center** at 100 La Salle St. #MC. Please call [212-666-4000](tel:212-666-4000) to sign up.

## Donations for eBay Auction

MRHS is currently accepting donations to be auctioned by our **eBay Program!** All proceeds from the auctions go to benefit MRHS and the



many programs we offer. If you are looking to get rid of any jewelry, handbags, shoes, small electronics, toys, artwork such as paintings and sculptures, and antiques and collectibles that are in very good condition, please call [212-666-4000](tel:212-666-4000) and speak with **Paul**. Your generosity is greatly appreciated. Above is our most recent sale: a vintage 1972 Harry Rosenfeld purse that sold for \$30.00!

## MHHC Elections

Here is MRHS's policy in regard to assisting MG residents during MHHC elections:

- If requested, MRHS staff members may assist residents of Morningside Gardens to fill out their MHHC election ballots.
- Assistance may involve reading the ballot to the resident and filling out the ballot as directed by the resident.
- At no time is the MRHS staff member permitted to offer an opinion regarding the candidates or proposals on the ballot.
- If requested, MRHS staff members may deliver ballots to the MHHC office. In this case, the resident should sign his/her name across the sealed envelope.

## Technology For You:

### MRHS "techNet"

The MRHS "techNet" group will meet in April on **Thursday, April 24 at 7:30 PM** in the **MRHS Tuttle Center**. **Robert Marcus** will talk on **"Gmail and Google Apps."** For those who have a Gmail account and for those who do not but may consider getting one.

Also, for future reference, **Marcia Clarkson, Mike Davidson, or Tiana Leonard** will be happy to assist MHHC residents in using the iMac, iPad, iPhone or Android phone (Tiana only). Please call Margaret Bianchi at MRHS to set up an appointment to meet.

For more information about any of the above, or if you wish to be added to our email list, send a message to

**DrMichaelSDavidson@Gmail.com**

or call the office.

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

## A Happy Marriage, by Asa Zatz

A small group of ladies of compatible artistic and intellectual concerns living in an Upper West Side Manhattan apartment house-complex would meet periodically to chat and exchange ideas. A question raised on one occasion was: What is the pleasantest comment you can offer about your husband? My beloved Alba's reply, reported to me, was, "He can make me laugh."

Long before, while we were living in Mexico City, I came home one day and told her that a little earlier somebody had addressed me as "joven"[young man]. "Who was it, Don Nemesio Garcia Naranjo?" Alba inquired.

That was the name of the elder of a contingent of refugee intellectuals and artists from fascist Franco Spain granted asylum in Mexico by President Lazaro Cardenas. He was frequently photographed in his characteristic beret over his white mane.

I was in my middle 40's at the time.

## Great Decisions Program

On **Tuesday, April 1 at 7:00 PM** the Great Decisions Program will continue the 2014 program with a discussion on "Turkey's Challenges."

*Ken and Peggy Thomas* are program facilitators. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including books for the 2014 program (\$20.00.)



## Timeslips Returns

Timeslips, a 10-week storytelling workshop provided by Elder Share the Arts, is returning to MRHS. Timeslips is a creative storytelling method that helps people with memory loss channel their life experiences and creativity. Timeslips starts on **Monday, April 21** from **11:00 AM to 12:00 PM** in the **MRHS Tuttle Center** at 100 La Salle St. #MC. Call **212-666-4000** and speak with **Talia Orband** about signing up. Space is limited.

## West Harlem Development Corporation Program

**West Harlem Development Corporation (WHDC)** will fund 100 part-time, high-impact service positions for West Harlem residents age 55+ at local nonprofits and businesses for its second **Summer Senior Employment Program**. The program is done in collaboration with ReServe Elder Services Inc. Most ReServists work 12 hours a week for up to 10 weeks. Only residents living in Manhattan Community District 9 (CD9) are eligible for this program. CD9 is defined as: south to north, from 110th Street to 155th Street, and east to west: from St. Nicholas, Bradhurst, Edgecombe, Morningside and Manhattan Avenues to the Hudson River. Morningside Retirement and Health Services (MRHS) in partnership with WHDC is hosting two information sessions on **Thursday, April 17 and Tuesday, April 22 at 10:00 AM in the Building I Recreation Center at 100 LaSalle Street, #MC**. Light refreshments will be served. For more information and to register to attend an information session, send an email to Natali Ramirez at [nramirez@westharlemdc.org](mailto:nramirez@westharlemdc.org) or call 646-476-3394.

## Cecelia Chorus Offering Free Tickets to Spring Concert

On Friday, April 25 at 8 :00 PM the Ceclilia Chorus will perform at Carnegie Hall, Stern Auditorium. MRHS will have a limited number of free tickets available on a first come served basis. This evening's program is a varied and very beautiful program. Call 212-666-4000.

## MRHS Website

Did you know that the MRHS website includes a blog? We're inviting the community to participate on our blog by contributing your writing – a poem, an article, an insight. If you're interested in sharing on our blog, please contact **Joanna Stolove** for more information. Or send your contribution directly to [Joannas@mrhsny.org](mailto:Joannas@mrhsny.org).

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**\*\*\* Please note: If you would like to nominate an MRHS volunteer for special recognition at our annual Recognition Luncheon, please contact MRHS at 212-666-4000 or [info@mrhsny.org](mailto:info@mrhsny.org). Thanks! \*\*\***

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## Save the Date for MG Players

The Morningside Players' spring production is Pulitzer Prize-winning playwright Arthur Miller's first Broadway hit, **ALL MY SONS**. Performances are May 8, 11, 15, 16, 17. It is Miller's searing drama of young love and betrayal and WW II profiteering..

## LiLY to Hold Grand Gala

**Lifeforce in Later Years (LiLY)** extends us a special invitation to join in honoring dancer, choreographer, actor, and artist **Geoffrey Holder**. With **Whoopi Goldberg** and special guest performer **Bill Cosby**. Reception & Dinner, Art Gallery, Performance and Silent Auction. **Wednesday, April 9, 6:30 – 9:00 PM**, at the **Interchurch Center** (475 Riverside Drive.) Call 917-775-1199 for more information.

## The Unforgettables Chorus

On Saturday, April 5, 2014 from 3-4:00 PM this unique chorus will present a concert at St. Peter's Church Sanctuary, 619 Lexington Avenue at 54<sup>th</sup> Street. Admission is free. The one-hour program is followed by a wine and cheese reception. The chorus is directed by Tania Papayannopoulou, a Building 3 Resident and talented musician. The chorus is for people with dementia and their families and this is their 11<sup>th</sup> choral concert. The Unforgettables have been featured on ABC News, NPR-WNYC, and National Herald (in Greek), among others. Come and celebrate the power and pleasure of singing together!

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**Volunteer Bill Payers Needed** in Manhattan, (not Morningside Gardens.) Use your everyday life skills to help an older adult remain independent! Please call 718-858-2164 or email: [volunteerbpp@cscs-ny.org](mailto:volunteerbpp@cscs-ny.org)].

