

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Monday Night Discussion Group

**Topic: Time Travel –
*It is not just fantasy!***

Let's discuss the place of time travel in our lives - When young, we imagine the future; when old we revisit the past. What role does time travel play in our lives? Come share your thoughts and time travel experiences as we consider the role Time has in Life or is it the role Life has in Time?

Monday, April 13, 7:30 – 9:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

Recollect * Discuss * Participate *
Learn * Celebrate

Memory & Aging: Memory Fitness and Current Research

Dr. Jane Martin will discuss memory functioning in healthy adults and age-related changes. She will discuss the differences between changes in memory function that are part of normal aging vs. changes that can signal a need for special evaluation. Strategies to enhance memory fitness will be discussed. Current research and clinical trials about Alzheimer's disease prevention, as well as lifestyle issues that can affect memory efficacy in healthy adults will be reviewed.

Monday, April 6, 2:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

Hearing Health & Information

On **Monday, March 30 at 7:00 PM**, MRHS will host a representative from **Audicus** for a special presentation on hearing, ear health, and hearing aids. Please join us for this important talk in the **MRHS Tuttle Center**.

Valley Shepherd Creamery And Lunch

Come join MRHS on a guided tour of the Valley Shepherd Creamery in Hunterdon County, New Jersey. On this Spring Lambing Tour see hundreds of fluffy white little lambs. We will begin the visit at the Sheep Shoppe, where the guide will introduce us to the farm through specially made movies that describe milking, cheese making and shearing. Through glass windows look into their state-of-the-art barn with automatic feeding belts. We will taste a few of the famous Valley Shepherd cave aged cheeses, and then take a short walk to the lambing house, where there are hundreds of newborn lambs frolicking.

Following the lambing tour we will have an award winning lunch, which is included, at the Long Valley Pub and Brewery, which resides in a breathtakingly restored 200 year old barn. Reserve today by calling MRHS at (212) 666-4000!

DATE: Thursday, May 7 PRICE: \$60.00
DEPART: 9:00 AM RETURN: 5:00 PM

Five Wishes

Five Wishes is an easy to use legal document written in everyday language that lets adults of all ages express how they want to be treated if they are seriously ill or unable to speak for themselves. It is unique because it speaks to all of a person's needs: medical, personal, emotional and spiritual.

Join **Social Work Intern, Anthony Cavaliere**, for an evening of conversation and YOUR FIVE WISHES.

Thursday, April 16, 7:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

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.

Hypertension Screening

On alternate Wednesdays, MRHS provides blood pressure testing and monitoring for residents of Morningside Gardens. This program is staffed by volunteers who have received training from the city's Department for the Aging, which monitors the program. This month's dates are **April 1, April 15 and April 29.**

The MRHS Writing From Life Experience Group has a blog called Get Your Word's Worth, which may be accessed from the Blog page of the MRHS website. You can read some of the group's works and learn more about the program.

Many thanks to all the residents who contributed books to Assembly Member O'Donnell's Annual Book Drive. Your generosity resulted in 285 books from the Gardens.

Happy April Birthday!!

To: Thee Barlow, Anne Boggan, Hardison Geer, Conchita Gonzalez, Inge Graff, John Halborg, Miriam Hepworth, Zheng Liu, Patricia Mack, Eppie Mercado, Forrest Murphy, Velia Neri, Sylvia Robinson, Surendra Sharma, Donald St. John-Parsons, Usa Ungsunan, Deborah Wallace, Marie Wilson, 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 21 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

April 4 Easter Parade (1948) 1 hr, 43 min. Fred Astaire tries to turn chorus girl Judy Garland into a star in order to show up his former partner Ann Miller with 17 musical numbers, all written by Irving Berlin including "Steppin Out", "We're a Couple of Swells", the opening rendition of "Happy Easter" and the closing performance of the title number. Not Rated

April 11 Starry Night (1999) 1 hr, 36 min. If you have ever wondered what would happen if a genius artist like Vincent Van Gogh returned today, then this is the movie for you. A whimsical fantasy of Van Gogh in present day Los Angeles. Will they believe him or not? Director, Paul David. Rated PG

April 18 The Judge (2014) 2 hr, 20 min. Big city lawyer Hank Palmer (Robert Downey, Jr.) returns to his childhood home where his estranged father, the town's judge (Robert Duvall) is suspected of murder. He sets out to discover the truth and along the way reconnects with the family he walked away from years before. Director, David Dobkin. Rated R

April 25 Sunset Story (2003) 1 hr, 15 min. A documentary of Lucille (95) and Irja (81) at a rest home for retired radicals who attend demonstrations, register their fellow residents to vote and debate everything." This showing is dedicated to Interns Lindsey and Anthony who are leaving; with thanks to Paul who donated the DVD.

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 –
April 1, April 15, April 29

From 9:00 am to 11:00 am in the MRHS Tuttle Center, 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" group's next meeting will be **Thursday, April 23 at 2:30 PM**.

"Later Life Transitions" group's next meeting will be take place on **Thursday, April 9 at 3:00 PM**.

The **MRHS Book Club's** next date will be **Wednesday, April 15 at 3:00 PM**, in the Tuttle Center. Discussion is on the short story collection, **Dubliners** by James Joyce. All are welcome to join this stimulating literary group.

Writing from Life Experience class meets this month on **April 8 and April 22**.

Please Note: The **MRHS Video Committee is seeking volunteers**.

If you are available to show a DVD movie one Saturday each month and would like to volunteer with the MRHS Film Committee, please speak to Margaret Bianchi at 212-666-4000.

MRHS Film Committee Presents

First Wednesday Films

Next screening on April 1 at 7:30 PM

Featuring: ***The Spirit of the Beehive***
(1973) 1 hr. 39 min.

Villagers including a young girl watch a traveling movie show of Frankenstein in 1940. Exploring the emotional world of childhood in a poetically quiet tone, it is widely regarded as the best Spanish film of the 1970s. With English subtitles. Unrated.

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

AARP Foundation Tax-Aide

AARP Foundation Tax-Aide offers free, individualized tax preparation for low-to moderate-income taxpayers --- especially those 60 and older. Here are two nearby locations:

George Bruce Library, 518 W. 125th St.
(212) 662-9727, Handicap Accessible
Fridays, 10:30 AM-2:30 PM, Walk-ins Welcome

Morningside Heights Library, 2900 Broadway,
(212) 666-5099, Handicap Accessible,
Mondays, 10:30 AM-2:30 PM
Saturdays, 10:30 AM-2:30 PM
Walk-ins Welcome

Financial Planning Workshop

On **Thursday, April 23 at 7:00**

PM **Ray Henri** will lead a workshop on the topic of ***Financial Planning Steps That Can Help Retirees***.

Ray Henri is a Registered Principal with Cadaret, Grant & Company. He is a Certified Retirement Financial Advisor (CRFA) and regional director of the American College Foundation. For more than 18 years, Ray Henri has advised business entrepreneurs, professionals and retirees with health and retirement plans.

MRHS Needs Your Help

MRHS needs your help ... by filling out a survey that should take no more than 15 or 20 minutes. MRHS was recently awarded a six-year NORC contract by the Department for the Aging. Our contract stipulates that we will implement the Health Indicators Project. We are being asked to have 200 Health Indicators surveys completed by residents over the age of sixty (60). Everyone over sixty is asked to participate, regardless of your health status.

The purpose of the Health Indicators Project is to gather data to demonstrate the effectiveness of NORC programs. Many of you have filled out the survey before, but this is a new round of data collecting. Unlike in the past, you do not have to meet with an MRHS staff person to take the survey. You can fill it out on your own at MRHS or at home.

Once the surveys are completed by the due date of June 30, they will be analyzed so that MRHS will be able to determine a health issue of concern, such as falls, diabetes, or heart disease, for additional attention. If your survey demonstrates that you are vulnerable to the health issue of concern, you can *voluntarily* participate in an *evidence-based program* that addresses the issue.

Stop by the MRHS office to pick up a copy of the survey or call us at 212-666-4000 and we'll drop one off at your door!

Great Decisions 2015

On **Tuesday, April 7 at 7:00 PM** the Great Decisions Program will continue the 2015 program with a discussion on "Sectarianism in the Middle East." **Sarah Eggleston** is the facilitator for this evening's presentation. Meetings are in the **Tuttle Center**.

LiLY Gala

LiLY has extended a special invitation to all Gardens residents for its April 20, 6:30 PM gala with Dick Cavett, honoring David Amram at the Interchurch Center. Reduced rate tickets may be purchased for \$175. Call 917-775-1199.

Printmaking Workshop: Collagraphy

Collagraphy - is a printmaking process in which materials are applied to a rigid surface, (think collage).



The word is derived from the Greek word *koll* or *kolla*, meaning glue, and *graph*, meaning the activity of drawing. The resulting print is termed a **collagraph**.

Come make a print that is inspired by the spring season. Materials and supplies provided. Led by artist/instructor **Paul Ferrara**. **Monday, April 20 at 2:00 PM.**

Low Vision Support Group

The MRHS **Low Vision Support Group** will meet on **Friday, April 10 and April 24** from **2:00-3:00 PM**. This group will share ideas and thoughts about having low vision. Come learn about available community resources and strategies for maintaining independence. Please come help us explore low vision activities and trips for future group meetings. Contact **Social Work Interns, Anthony Cavaleri and Lindsay Dunkel, at 212-666-4000**, with any questions. We look forward to meeting you!

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 17).

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.***

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