

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

President: Eileen Canty
Executive Director: Ronald Bruno

MRHS Open House

Help MRHS celebrate our grand opening! Join us on **Thursday, April 20**. Stop by anytime **between the hours of 2:00 PM and 6:00 PM** to enjoy some light refreshments, meet with your neighbors and take a tour of *the MRHS community's new space!* Some special guests will be joining us.

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.

There will be two programs in April. On **Friday, April 7, from 2:30 PM to 4:00 PM**, we will have an **"Ask the Doc"** session with Dr. Fogel. Please RSVP at 212-666-4000 or MargaretB@mrhsny.org by April 5 to reserve.

On Thursday, April 27, from 2:30 PM to 4:00 PM, we will be hosting **"Consumer Education: Why Hearing Matters in Healthy Aging,"** presented by the Center for Hearing and Communication.

Learn how to manage your hearing loss or assist others who don't hear well. Topics will include:

What are the signs and types of hearing loss? How does hearing loss impact your physical, social and emotional health, including your memory functioning? What to look for in an audiologist and an introduction to hearing aids and low-cost hearing devices to improve hearing on the telephone, TV and social conversations. How to reduce communication difficulties and improve comprehension.

Light refreshments will be provided.

Community Seder on April 9

For the first time, MRHS is planning a **Community Seder** for both Jewish and non-Jewish residents. The Seder is the service and ceremonial meal traditionally scheduled for the first two days of Passover, the spring festival that celebrates the freedom of Israelites from Egyptian slavery. With the help of former resident, **Rabbi Joe Brodie**, two students from the Jewish Theological Seminary will head the service. Anna Chapman, who is preparing to be a cantor, will lead the singing and Kevin Peters, a rabbinical student, the readings.

This year, Passover starts on Monday, April 10 and the first Seder is traditionally held that evening after sundown. Our Seder is scheduled for **Sunday, April 9** beginning at **7:00 PM** in the **Thurgood Marshall Room** although, if it is possible, it may be moved to our newly renovated MRHS space. Folks who can no longer celebrate Passover as they have in the past are particularly invited as are those who have never been to a Seder before. Of course, we hope that people who will celebrate on the tenth with family and friends will also think of joining their MRHS neighbors.

April 9 is Palm Sunday in most Christian calendars, the day Christ entered Jerusalem to prepare to celebrate Passover. Rev. Raymond Rafferty, the retired pastor of Corpus Christi Church, will also participate and explain the linkage between the holydays.

The service is planned for an hour or so and will be followed by dinner. Although the meal will not be Kosher, the traditional foods are planned, some catered and some home-made. Both red wine and grape juice will be available for the traditional four drinks during the meal. To make a reservation, **call Margaret at MRHS at 212-666-4000**. The cost is \$15 and should be paid by check.

Too Busy to Volunteer?

Do you wish you had more time to volunteer? Wish your schedule were regular enough to commit to a set time every week? That's how I felt before I discovered the MRHS Escort Program.

I gave Margaret Bianchi my contact information, and now she calls me when someone needs an escort to a doctor appointment. Lately, I've had to say 'no' more often than 'yes,' and Margaret never makes me feel guilty. She never pressures. But when I am able to say 'yes,' I feel I get more than the neighbor I'm helping.

Most of the people I have escorted are a bit unsteady on their feet and don't trust themselves to navigate the path to a car or taxi by themselves. When one gentleman needed a bit more help, they sent his aide for physical support while I was there to interface with the doctor, sort of the way an adult child might do for their older parent. Another woman I brought home from the hospital was as able bodied as I am, but the hospital insisted she be picked up after a medical test that had required sedation.

This isn't a hard job, but it makes me feel useful. It takes me away from the necessary but sometimes superficial aspects of my work and gives me the reward of feeling I did something for another human being, a neighbor. The added bonus is that I've met fascinating people.

So if you are sometimes free for a few hours on a weekday morning or afternoon, ask Margaret to put you on the list. The fact that this opportunity offers so much flexibility for volunteers, means that Margaret is often "stuck," and desperately trying to find someone to help a neighbor who really needs our help.

**Candy Gulko
Bldg. 6**

Thanks to Candy for this contribution and thanks to all the committed volunteers over the years. From the MRHS Staff and Board.

Happy April Birthday!!

To: Anne Boggan, Hardison Geer, Conchita Gonzalez, Inge Graff, Zheng Liu, Patricia Mack, Eppie Mercado, Forrest Murphy, 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 18 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Apr. 1 The Band's Visit (2008) 1 hr, 27 min
A faded Egyptian band on the way to a concert in Israel takes the wrong bus and is stranded overnight in a desolate Israeli village. Two distinct cultures find the common bonds of music, love and life. In Hebrew and Arabic with English subtitles.

Apr. 8 Light Between Oceans (2016)
2hrs, 4 min A lighthouse keeper (Michael Fassbender) and his wife (Alicia Vikander) living off the coast of Western Australia raise a baby they rescue from a drifting row boat. Rated PG-13

Apr. 15 The Other Son (2012) 1 hr 45 min.
Two young men accidentally switched at birth. Skill and sensitivity of the actors turn parable of tolerance into a graceful and touching story. Directed by Lorraine Lévy. Best picture award at Tokyo International Film Festival. In French, Hebrew, Arabic and English with subtitles. PG.

Apr. 22 The Gatekeepers (2012) 1 hr, 38 min All six living former heads of Shin Bet (Israel's FBI) talk about its operations and say that Israel should get out of the West Bank. Best documentary of 2012, A.O. Scott--NY Times. In Hebrew with English subtitles. Directed by Dror Moreh. Rated PG

Apr. 29 Southside with You (2016) 1 hr, 24 min
Biographical film that chronicles the summer of 1989 afternoon when the future President of the United States, Barack Obama, wooed his future First Lady, Michelle Obama, on a first date across Chicago's south side. Richard Tanne. 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 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:

<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

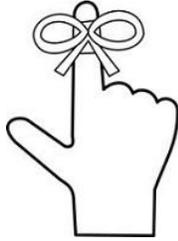
April 5 April 19
9:00 AM to 11:00 AM
100 La Salle, #MC

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, April 27, at 2:30 PM**.

The **MRHS Book Club** meets next on **Wednesday, April 26 at 3:00 PM** to discuss *Alien Hearts* by Guy de Maupassant. 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. *****



"The Political Einstein"

Guest speaker **Mischa Schwartz** is the Charles Batchelor Professor Emeritus in Electrical Engineering in the School of Engineering and Applied Science at Columbia University. This is the first talk of **Epic/Morningside Gardens Spring Speakers Series**.

Wednesday, April 5 at 2:00 PM
New MRHS Center, 100 La Salle, #MC

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 21, 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, April 4 at 7:00 PM** with a discussion on "Conflict in the South China Sea." The meeting will take place in the **Thurgood Marshall Room, 80 La Salle, 1st floor**. *Michael De Borja* will be facilitator. Reading material for the discussion is available from the MRHS office.

Supper Club

Please save the date **Monday, April 17 at 5:30 PM** for our next supper club dinner event. Details to follow. Please RSVP to MRHS.

English Handbell Festival

The Riverside Ringers host a weekend gathering of bell choirs from throughout the region, combining forces to perform a concert on Sunday afternoon for the **39th Annual English Handbell Festival**. The performance will be a sight to behold, filling the Nave with splendor. **Sunday, April 23rd, 4:00 PM, in the Nave**

MEN: A Message For YOU!

The next Men's Group Luncheon will take place in the renovated MRHS space, 100 La Salle, #MC on **Wednesday, April 12 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.

Do You Want to Learn Yiddish?

Some MG residents are looking for a class in Yiddish. This could be a great opportunity to learn something new with your neighbors. If you are interested in joining please let us know at MRHS, [212-666-4000](tel:2126664000).

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**. We need your expertise! The Meetings are set for **Friday, April 7 and Friday April 21 at 2:00 PM.** Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

Save the Dates

"The World Of Adoption," with Kathy Ann Brodsky, LCSW, on Tuesday, May 23 at 2:00 PM

"History of the Bloomingdale School of Music," with Erika Floreska and student performers, on Wednesday, May 31 at 7:00 PM.

Mount Sinai/ UJA Federation programs:
"Sleep and the Brain" on May 18; "Depression and the Brain" on June 1; "Medication and Memory" on June 8; "Brown Bag Med Review" on June 22. All programs at 2:30 PM.

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

Card-Making Workshop

Come learn how to make personalized cards for any occasion, using various techniques and materials. **Nina Hill** will be leading this three-week workshop on **Thursdays from 2:00 PM to 4:00 PM. April 6, April 13, and April 20.** The fee is \$25 and there is a limit of ten participants. Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to register.

Health Care and Retirement Workshop

Ray Henri will lead a workshop on the topic, **"What You Need To Know And What You Don't Know That Can Make A Huge Difference."** Mr. Henri will offer investment insights for retirement.

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 twenty years, Ray Henri has advised business entrepreneurs, professionals and retirees with health and retirement plans.

Wednesday, April 19 at 7:00 PM
New MRHS Center, 100 La Salle, #MC

"Being Mortal" At MRHS

This seven-part series based on *Atul Gawande's* book, ***Being Mortal***. Now on Tuesdays at 3:30 PM in the MRHS Center continues in April. MRHS social work intern *Saudia Garnette* facilitates the six-week discussion group on ***Being Mortal***. Discussion topics will follow the chapters of the book and focus on various aspects of aging and dying including:

- **What is important to us as we age**
- **Understanding our choices (medical and otherwise)**
- **Facing our mortality**

Meetings in April are on Tuesdays starting at 3:30 PM in the New MRHS Center, 100 La Salle, #MC.