

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

President: Michael Davidson
Executive Director: Ronald Bruno

Community Seder

MRHS will once again be hosting a **Community Seder**. This year the Seder will take place on **Thursday, April 5, from 7:00 PM to 9:00 PM**, (seventh night of Passover) in the **Thurgood Marshall Room**. The cost is \$25.00 per person.

We particularly invite those who can no longer observe Passover with family or friends as well as those who have never attended a Seder and experienced the tradition-rich event. Passover recounts the flight of the Hebrews from years of slavery in Egypt.

We still have space and are looking for volunteers. Please call or email MRHS Social Work Intern **Robin Aloï** at MRHS:

Email: mrhsintern@mrhsny.org
Phone: [212-666-4000](tel:212-666-4000)

DOROT

On **Tuesday, April 17 at 2:30 PM**, **Ellen Finney** the Community Outreach Social Worker from **DOROT** will talk about DOROT's programs. She will be available to speak to anyone who may be interested in receiving services or volunteering with DOROT. DOROT has many programs for people who are 60+ as well as a variety of volunteer opportunities for everyone.

Programs include Friendly Visiting, Wellness Classes, Medical and Shopping Escorts, Kosher Meal Delivery for the Homebound, and Educational Telephone Classes. DOROT offers a wide range of services that help its clients live independently as valued members of the community. DOROT achieves this through a partnership of volunteers, professionals, and seniors dedicated to enhancing the lives of older adults. For more information visit the DOROT website at www.dorotusa.org.

EPIC Talk

Eve and Adam in the Gardens

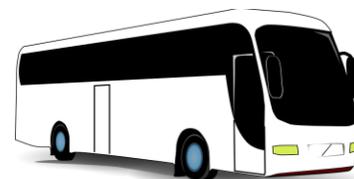
For millennia, readers have interpreted the story of "Adam and Eve" by pandering to him and blaming her for their expulsion from the Garden of Eden (Genesis 2-3). But there are more excellent ways. This talk will undercut the traditional reading by exploring anew the story of Eve and Adam as they enter the Gardens of Morningside. **Phyllis Triple**, Baldwin Professor Emerita of Sacred Literature, Union Theological Seminary, is our guest speaker.

Wednesday, April 18, 7:00 PM
The New MRHS Center, 100 La Salle, #MC

The complete EPIC schedule appears on the Newsletter insert.

MRHS Trip to NYC Farm

MRHS will travel to the **Queens County Farm Museum** on **Tuesday, April 10**.



We will start the day with lunch at an Italian restaurant in the area. Following will be a guided one-hour tour of the Museum and farm.

Queens County Farm Museum's history dates back to 1697; it occupies New York City's largest remaining tract of undisturbed farmland. The farm encompasses a 47-acre parcel that is the longest continuously farmed site in New York State. The site includes historic farm buildings, a greenhouse complex, livestock, farm vehicles and implements, planting fields, an orchard and herb garden

Depart MRHS: 10:30 AM
Return MRHS: 5:00 PM
Cost: \$60.00

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, April 11 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.

Safety Seminar

Crime Prevention Officer Kathleen Clifford from the 26th Precinct will come to MRHS to discuss ***Mail Fraud prevention*** and other safety topics such as bank check fraud.

Monday, April 16, 2:00 PM

The New MRHS Center, 100 La Salle, #MC

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, April 9 and Monday, April 23 from 3:30 to 4:30 PM**.

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

Great Decisions 2018

Great Decisions meets on **Tuesday, April 3 at 7:00 PM**, discussing *China and America*.

Michael De Borja and **Rita Pullium** 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 March 6 discussion will be on hand at MRHS.

***** MRHS is happy to announce that Social Worker Saudia Garnette has been working full-time at MRHS since March 12, after a period of working part-time after serving her internship at MRHS. *****

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, 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 17, 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

April 7 **Fried Green Tomatoes** (1991) 2 hr 10 min A housewife who is unhappy with her life befriends an old lady in a nursing home and is enthralled by the tales she tells of people she used to know. Stars Kathy Bates, Jessica Tandy and Mary Stuart Masterson. Directed by Jon Avnet. Rated PG-13

April 14 **Loving Vincent** (2017) 1 hr, 34 min An animated biopic about the last days and tormented life of Dutch Painter Vincent Van Gogh. Each frame of the film consists of an oil painting in the style of this master, and a plot based on the letters he penned. Directed by Dorothy and Hugh Welchman. Rated PG-13

April 21 **Marshall** (2017) 1 hr, 58 min A film based on an actual trial early in his career, the film follows a young Thurgood Marshall (Chadwick Boseman) as he travels to conservative Connecticut in 1940 to defend a black chauffeur (Sterling K. Brown) charged with sexual assault and attempted murder by his white socialite employer (Kate Hudson). Muzzled by segregationist in court, Marshall partners with a courageous young Jewish attorney, Samuel Friedman (Josh Gad). Directed by Reginald Hudon. Rated PG

April 28 **American Made** (2017) 1 hr, 55 min Based on the real life story of Barry Seal, an American pilot who became a drug-runner for the CIA in the 1980s in a clandestine operation that would be exposed as the Iran-Contra Affair. Stars Tom Cruise, Domhnall Gleeson, Sarah Wright and Jayma Mays. Directed by Doug Liman. Rated R

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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

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 4 **April 18**

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, April 26 at 2:30 PM in the MRHS Center**.

The **MRHS Book Club's** next meeting will be on **Wednesday, April 18 at 3:00 PM** in the New MRHS Center. The group will discuss ***The Brothers Karamazov***, by Fyodor Dostoevsky. 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, April 20, 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 **April 4 at 7:30 PM**

Equinox Flower

(1958) 1 hour 58 minutes

When a young woman wishes to marry the man of her choice, her father objects, primarily because she did not seek his permission before becoming engaged. A balanced picture of Japanese family life, made with loving irony. The performers are flawless. This exquisite dramedy directed by Yasujiro Ozu is gentle, spare, and ultimately elusive, in a quietly satisfying way.

The New MRHS Center, 100 La Salle, #MC

\$1.00 suggested donation

Stress Reduction and Relaxation Exercises

Exercises based on Yoga and Chi Gong (Chinese healing exercises) that will enhance and relax one's body and mind. Taught by certified and experienced Morningside Gardens resident. Try two classes, April 3 and April 10 (free).

Then you may sign up for a series of six more classes, April 17 through May 22 for a \$20.00 fee for the series. Tuesdays from 11:00 AM to 12:00 noon. No experience needed. Contact Margaret at MRHS to register. 212-666-4000.

Cards Anyone?

A Gardens resident would like to start a card-playing group to meet periodically at the MRHS Center. Bridge or Gin Rummy would be played. If interested let us know at 212-666-4000.

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.

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

MRHS Board Directors 2018-19

Michael Davidson, President
Maureen Knapp, Vice-President
Conor Gaffney, Treasurer
Cynthia Rock, Secretary

Nora Armani	Harriet Chan King
Anne Burley	Ozier Muhammad
Sharon Lockhart-Carter	Elise Rackmill
Susan Chimonas	Angela Schramm
Barbara Clark	Mark Speyer

Medicare Card Changes

Starting in April, Medicare will begin to replace all current Medicare cards with new cards with alphanumeric ID numbers. Currently the ID number is your social security number. The new Medicare card will automatically come to you in the mail if you are already enrolled in Medicare and your address is up to date.

Please be aware that potential scammers may call and tell you that you need to pay a fee to get a new Medicare card. They may request personal information, a bank account or credit card to "process" your new card. Don't trust them: Medicare will never call you uninvited and ask for personal or private information to get your new Medicare card. If someone does ask you for information or money or threatens to cancel your Medicare health benefits, hang up and call Medicare at 1-800-MEDICARE ([1-800-633-4227](tel:1-800-633-4227)).

You can find out more about the Medicare card replacement program, and potential scams at <https://blog.medicare.gov/2018/01/25/new-medicare-cards-protect-personal-information/>

***** 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. *****

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, April 5, 11:00 AM

Delirium: What is it? Am I at risk for it? What can I do about it?

Dr. Anthony Dr Duzenli

This talk will help you understand what **delirium** is, how it is different from dementia and how to look for potential signs or risk factors. Dr. Duzenli will discuss ways in which you can decrease your risk of delirium and what to do if you or your loved one shows symptoms of it.

Thursday, April 12, 11:00 AM

Managing Medicine

Dr. Danielle De Merieux

Learn about **medication management** for yourself or your loved one. In this talk some of the things to be discussed are: 1) Difference between prescriptions, over-the-counter pills and supplements; 2) What questions should you ask before starting a new medicine; 3) How your pharmacist can help you with your medicines; 4) Side effects; 5) How to take medicines safely and keep track of them for yourself or a loved one.

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