



newsletter

Celebrating our 53rd Year!

April 1, 2019

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

MRHS Intergenerational Cooking Program

Our 4th cooking demo in the series will be held from **1:00 to 3:00 PM** on **Sunday, April 28**.

Chef for the day is **Lori Weisenberg-Catalano**, Morningside Garden's resident from Building Two. The title of Lori's cooking demonstration is, *Get your Freekeh on!* She will be creating plant-based grain bowls featuring freekeh, a super grain made from durum wheat that is loaded with protein and fiber.

Space is limited. If you would like to join us, please RSVP, to MRHS at 212.666.4000

This program is funded by a grant from the UJA Federation of New York and is meant to facilitate an enriching experience between older adults and children/teenagers or young adults.

People of all ages are encouraged to participate!

Columbia EPIC Series

Building A Healthcare System On Idjwi Island In Democratic Republic Of Congo

David Evans, Professor Emeritus and Special Lecturer of Sociomedical Sciences, Columbia, will share his experiences working with Dr. Jacques Sebisaho and wife Mimy Mudekereza to build a hospital and healthcare system on a large island in Lake Kivu in the eastern DRC. The Amani Global Works Hospital has 75,000 outpatient visits a year, is training community healthcare workers and partnering with existing health outposts to create an integrated healthcare system for the Island.

Dr. Evans will show photographs of life on the island and of healthcare in the hospital and in the community.

Wednesday, April 10, 7:00 PM
MRHS Center, 100 LaSalle St.

Painted Threads

The Art of Fiber, Textile and Needle Arts

MRHS is hosting ***Painted Threads***, a program created by **Harlem Needle Arts**. Three classes are scheduled:

The Art of Felting with Laura R. Gadson, from Thursday, April 4 through May 16

Mixed Media Memory Collage with Sheeba Maya also on Thursdays, April 4 through May 16

The Art of Quilting and Signs and Symbols of the Underground Railroad with Ife Felix on Thursdays, May 23 through June 21.

All classes are from 2:30 PM to 4:00 PM and held in the MRHS Center. To register contact Margaret Bianchi at MRHS, 212-666-4000. For further information, please see the flyer inserted in this Newsletter.

Painted Threads is supported in part by the New York City Department of Cultural Affairs in partnership with Council Member Mark Levine

Community Seder

MRHS will once again be hosting a **Community Seder**. This year the Seder will take place on **Saturday, April 13, from 5:00 PM to 8:00 PM**, in the MRHS Center. The cost is \$20.00 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.

If you would like to help out before, during, or after the Seder, please email our Seder volunteer **Robin Aloï** at robinaloimsw@gmail.com or call MRHS at 212-666-4000.

Computer Classes at MRHS

You can still sign up for free Computer Classes at MRHS! Please see the insert in this Newsletter. WORD classes begin on Tuesday, April 9 and continue until April 23. Then three weeks of EXCEL classes begin on April 30.

Book Signing & Release Party

"Love at the End of the World"
stories by **Tonia Rotkopf Blair**

with Film Show at 4:30 PM

An original Morningside Gardens resident, Tonia took the MRHS *Writing From Life Experience Class* with Susan Willerman, starting in 2000. Tonia's stories tell not only of surviving the Holocaust and crossing half the world, but do so in a provocative, poetic and notably female style, with your heart and dreams alive.

2:00 PM: Book Signing & Snacks

2:30 PM: Reading

4:30 PM: *Our Holocaust Vacation*, the 84-minute documentary film about Tonia's returning to Poland with her family, which was shown on PBS 500 times. It features family adventure and amazing interactions with the locals, as well as grappling with the Holocaust and personal growth.

For more information, please contact Doniphan Blair at 510-220-2126 or doniphan@amediansf.com

Sunday, May 12 at 2:00 PM
MRHS Center, 100 LaSalle, #MC

Medicare Advantage Clarity

The presentation will include information about:

- Medicare Eligibility
- Time of enrollment
- Options of coverage
- Understanding Part D coverage
- Some helpful resources

Led by Morningside Gardens resident and Prudential Financial Professional Associate, *Weilin Li-Marabello* and her colleague, *Iona Li*.

Thursday, April 18, 7:00 PM
MRHS Center, 100 LaSalle St.

Happy April Birthday!!

To: Anne Boggan, Hardison Geer, Conchita Gonzalez, Inge Graff, Zheng Liu, Patricia Mack, Eppie Mercado, Forrest Murphy, Surendra Shirma, Usa Ungsunan, 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 16 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

April 6 *Le Silence de la Mer (The Silence of the Sea)* (1949) 1 hr, 27 min

A cultured, naively idealistic German officer is billeted in the home of a middle-aged man and his grown niece. Their response to his presence – their only form of resistance – is complete silence. Constructed with elegant minimalism and shot with hushed eloquence, the first film by Jean-Pierre Melville remains a singularly eerie masterwork. In French, with English subtitles. Not Rated

April 13 *The Young Karl Marx* (2018) 1 hr, 58 min At 26, an exiled Karl Marx meets Fredrich Engels, the son of a powerful factory owner. Engels provides the last piece of the puzzle to Marx's new vision of the world. Together, between censorship, police repression, riots and political upheavals, they will lead the labor movement into a modern era. Not Rated

April 20 *Chisholm '72: Unbought and Unbossed* (2004) 1 hr, 16 min This documentary reminds us that Shirley Chisholm's campaign slogan was as much a statement about who she was as it was a message that helped her become the first black woman elected to congress in New York's 12th Congressional District. Not Rated

April 27 *The Cider House Rules* (1999) 2 hr, 6 min A compassionate young man helps the doctor in an orphanage to care for abandoned children and the newborn babies of unwed mothers until he is forced to take a long look at both his moral principles and his future. Stars Tobey Maguire, Charlize Theron. 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:

<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

Apr. 3 Apr. 17

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" next meeting will take place on **Thursday, April 18 at 2:30 PM**.

The **MRHS Book Club's** next meeting will be on **Wednesday, April 24 at 3:00 PM** in the New MRHS Center. The group will discuss the novel, **The Sea**, by *John Banville*. Please consider joining. 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 19, 2019). 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.***

Textile Recycling Event

The Sanitation Coalition is sponsoring a spring textile recycling event on Saturday, April 27 at its usual spot in front of 3150 Broadway. Our vendor is **Wearable Collections**. We accept used clean clothes, clean torn textiles, shoes, belts and handbags. No pillows or quilts please. If you have questions, contact Joan Levine at 212-666-6157 or Marie Ledoux at 212-866-8348. Please spread the word. Thanks.

Saturday, April 27

11:00 AM to 1:00 PM

**In Front Of 3150 Broadway
Across From The Garage**

Joan Levine and Marie Ledoux

Tax Returns Filed for Free

The AARP Foundation Tax-Aide offers free, individualized tax preparation for low-to moderate-income taxpayers at the George Bruce Library on Thursdays, from 11:00 AM to 3:00 PM. There may be lines, so it's recommended that you arrive one hour before the doors open to sign up. Other locations may be accessed here:

https://secure.aarp.org/applications/VMISLocat or/searchTaxAideLocations.action?cmp=RDRCT-FNDTX_DEC23_010

****** 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. ******

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Mt. Sinai / MRHS Program

Thursday, April 4, 2:30 PM

Be Stroke Aware. With *Dr Christine Kurian.*
Spot a stroke, understand risk factors, and prevent stroke and its complication.

Thursday, April 11, 2:30 PM

Managing Your Mood.

Everyone has emotional ups and down. Dr Greg Hinrichsen, Geriatric Psychologist at Mount Sinai, will discuss what to do to maximize your mood and minimize your distress.

Friday, April 26, 3:00 PM

"Brown Bag" Medicine Review. With *Dr. Sharon See, Pharmacologist.*

- Review of all your meds and supplements.
- Discuss the medications you're taking and how you're taking them.
- Can help identify medication-related problems.
- Can help reduce unnecessary medicines.

Tuesday, April 30, 11:00 AM

Exercise And Cognition.

Dr. Rikitha Menezes, a Geriatrics Fellow at Mount Sinai, will discuss the long-term effects of exercise on cognition and memory. She will offer various exercises that can be done at home.

**** MRHS presents these programs in partnership with the Mt Sinai School of Medicine, with support from the UJA Federation of New York. ****

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! The dates are **Monday, April 8 and Monday, April 22 at 3:30 PM.** Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits.

Great Decisions 2019

The Great Decisions 2019 program will meet next on **Wednesday, April 3.** Gil Morahg will lead a discussion on *Nuclear Negotiations: Back to the Future?* Please note that this month's program is on a Wednesday. The program takes place at **7:00 PM** in the MRHS Center. For those who do not have books, readings for the April discussion will be available in the MRHS office.

MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, April 10 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.

Klezmer Music at MRHS

Concerts In Motion will present a Klezmer music concert with professional musicians at MRHS on **Monday, April 22 at 1:00 PM.** Details to be announced.

The Climate Crisis: What You Can Do

Come and hear Lisa DiCaprio, Conservation Chair of the Sierra Club, NYC Group, and Teacher at NYU, address the recent reports on the Climate Crisis and their implications. She will then examine proposals to address this crisis, including the Green New Deal. The program includes a short video, Q and A, and recommendations for actions you can take personally and politically at the city, state and national levels. Refreshments will be provided.

Sponsored by the Green Committee for a Sustainable Planet, MG.

Tuesday, May 7, 7:00 PM
Recreation Center, 100 La Salle,
Basement level