

## “Living into My Life”

**By former resident, Joy Carol**

For over 30 years, I was a happy resident at Morningside Gardens. During that time, I lived a deeply meaningful, exciting life working for humanitarian agencies in some of the most difficult regions around the world. I appreciated every step of that journey and grasped life’s opportunities and tackled challenges with courage.

More recently, I have embarked upon a different, unexpected journey. I am faced with a personal health issue: the rare, usually fatal Paraneoplastic Syndrome. I am challenged – as a disabled person. However, I’m more than a diagnosis. I’m a person of worth choosing to live life to the fullest. As Helen Keller said, “Life is a daring adventure, or nothing at all.”

I admit that, before I was disabled, I pitied people with disabilities. Not knowing how to respond appropriately, I sometimes went out of my way to avoid people with special needs.

Unfortunately, disabilities can compromise a person’s quality of life causing numerous disadvantages including exclusion, discrimination, and human rights violations.

Because of the increasing numbers of elderly persons, it is expected more people will be disabled suffering a physical or cognitive challenge as they age, preventing them from doing things they once did easily. Even if people are “able-bodied,” a disability will likely be part of their lives in the future.

Unable to function well or live a “productive life,” we may see little purpose in life and feel sorry for ourselves. “Why has this happened?” “What did I do to deserve this?”

*(Continued at right)*

## MRHS Annual Meeting/ Annual Report

Due to Covid-19 precautions the MRHS Annual Meeting will be canceled this year, but the MRHS Annual Report will be made available in the lobby of each Morningside Gardens building. The Annual Report will also be available at the MRHS office and online at the MRHS website, [www.mrhsny.org](http://www.mrhsny.org). Any questions regarding the report or MRHS may be sent to MRHS President Michael Davidson at [michael.davidson@mrhsny.org](mailto:michael.davidson@mrhsny.org) or Executive Director Ron Bruno at [ronb@mrhsny.org](mailto:ronb@mrhsny.org).

I now understand that significant growth can come from being disabled. What I found surprising was that my disability helped me learn much more about myself. I was forced to face my fears and losses, discover my strengths and capabilities, and appreciate other people’s kindness and help. I began to pay attention to what was important and valuable. Being disabled helped me come to a deeper understanding of life itself. I could no longer escape into the future or try to live in the past. Certainly, my disability taught me to be grateful for the gift of life.

And I have discovered one simple truth: *We might not be able to be cured or healed, but we can choose how we respond to our challenges, no matter how difficult they may be.*

**On Wednesday, April 21 at 7:00 PM, Ron Bruno, MRHS Director, will interview Joy Carol about what it means to be a newly disabled person, how we should treat disabled people, and how to live with disabilities. Watch for more news about this special event.**

## Music Mondays

Music Mondays presents

**Musicians from the Met Orchestra and  
Tamara Mumford, mezzo-soprano  
Monday, March 29, 7:30 PM**

This event is virtual only, without a live audience. Join us on Facebook Live or YouTube. Link to watch live:

<https://www.musicmondays.org/watch>

“Revelatory” mezzo-soprano Tamara Mumford (New York Times) joins several musicians from the great Metropolitan Opera Orchestra for music by opera composers Mozart, Rossini, Bizet, and Puccini, alongside a major song cycle by Jake Heggie, whose *Dead Man Walking* was scheduled to appear at the Met this season. Heggie’s new arrangement of songs by Debussy for voice, string quartet, flute, and harp rounds out the program.

Program:

Mozart - *Flute Quartet in D Major, K285*

Debussy - Selections from *Chansons de Bilitis*  
arr. Jake Heggie for voice, string quartet, flute,  
and harp

Jake Heggie - *The Work at Hand* for mezzo-  
soprano, cello and piano

Puccini - *Chrisantemi* for string quartet

Bizet - *Entr’Acte* from *Carmen*, arr. Desiree  
Elsevier for flute, harp and string quartet

Rossini - “Cruda sorte” from *L’Italiana in Algeri*  
arr. Desiree Elsevier

Join our virtual wine reception to chat with the musicians immediately after the performance, on Zoom. Visit our website at [www.musicmondays.org](http://www.musicmondays.org) to join our email list for Zoom details.

## Face Masks

MRHS has a variety of face masks available provided by the NYC Department for the Aging (DFTA) and a generous donor. If you need a mask, please call MRHS at 212-666-4000 and we will arrange a time for you to come by and pick them up.

## Happy April Birthday!!

To: Anne Boggan, Alice Dunsker, Sally Elliott, John Flack, Conchita Gonzalez, Hardy Geer, Inge Graff, Peggy Kane, Patricia Mack, Suzanne Mack, Allen Mellen, Christine Pawelski, Sue-Wan Sun, Marie Wilson, and Shirley Yeh.

**\*\*\* Happy 100<sup>th</sup> Birthday to Building IV resident, Inge Graff! \*\*\***

## Contact Information

The MRHS program space is still closed to the community but staff is available by calling 212-666-4000 or by email:

Ron Bruno – [ronb@mrhsny.org](mailto:ronb@mrhsny.org)

Joanna Stolove – [joannas@mrhsny.org](mailto:joannas@mrhsny.org)

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Gina Blount – [ajinah.blount@gmail.com](mailto:ajinah.blount@gmail.com)

## MEN: A Message for YOU!

The next Men's Group will take place via Zoom on **Wednesday, April 28 at 1:00 PM.**

Please email Margaret Bianchi at

**MargaretB@mrhsny.org** or call **212-666-4000** to RSVP. The group provides a great opportunity to make new friends, learn, and have fun. Newcomers are always welcome to join the group.

## MRHS’s “Great Movies” Series

***Santiago, Italia*** (2019) 1 h 20 min.

A suspense thriller about Chilean activists given refuge in the Italian embassy during the Pinochet coup and interviews with them decades later.

**Thursday, April 15, 2:00 PM via Zoom**

**Contact MRHS for the Zoom link.**

*This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.*

## Current MRHS Online Classes

### MONDAY

#### **Stronger Seniors Workout**

(Strength & Stretch), 10:00am – 11:00am

#### **Concerts In Motion**

(live classical music), 11:00am – 12:00pm

#### **Writing Group**

2:30pm - 3:30pm

### TUESDAY

#### **Life Story Workshop** (*No meeting in April*)

11:00am – 12:00pm

#### **Great Decisions**

7:00 – 8:30pm, meets monthly

### WEDNESDAY

#### **10 Years Younger Workout**

(Cardio & Aerobics), 10:00am – 11:00am

#### **Concerts In Motion**

(live Chinese music), 1:00pm – 2:00pm

#### **MRHS Men's Group**

1:00pm – 2:00pm, meets monthly

#### **MRHS Book Group**

3:00pm – 4:00pm, meets monthly

#### **Memory Tree**

3:00pm – 5:00pm

### THURSDAY

#### **MRHS's "Great Movies" Series**

2:00pm-5:00pm

#### **Shakti Yoga** (*Moved from Mondays*)

5:00pm - 6:15pm

### FRIDAY

#### **ZUMBA Workout**

(Cardio & Dance), 10:00am – 11:00am

#### **Music Appreciation Class**

1:00pm – 2:30pm

*MRHS programs are free of cost at this time. Programs may be joined by going to [www.mrhsny.org](http://www.mrhsny.org), clicking the "Virtual Online Classes" button and then clicking on the Zoom link for the class you would like to join.*

*To join programs that do not have Zoom links listed, or if you would like to attend a class by telephone, or otherwise need help, please contact MRHS at 212-666-4000.*

## Music Appreciation Class

*Marc Peloquin,  
Instructor,  
Bloomingdale School  
of Music*



### **Spring Music Series Schedule Via Zoom**

You must confirm your virtual "attendance" in advance by calling 212-666-4000 or emailing Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org). You will then be sent the Zoom link for the class each week.

#### **Masterpieces Of The Piano**

***April 9-30 (Fridays, 1:00 PM - 2:30 PM)***

This class will explore some of the great masterpieces for piano including Chopin's Fantasia Impromptu, Liszt's Liebesträume, Bach's Goldberg Variations, Rachmaninoff's Piano Concertos, and Aaron Copland's Piano Variations.

#### **Music Of The Harlem Renaissance**

***May 7-28 (Fridays, 1:00 PM - 2:30 PM)***

This class will explore the rich history of the Harlem Renaissance and its legendary musicians. We will listen to and discuss such figures as Duke Ellington, Ella Fitzgerald, Ethel Waters, and Louis Armstrong.

### **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 16, 2021). 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.***



**Second Doses of the Covid-19 Vaccine at MRHS**

## Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom sponsored by MRHS.

This month’s topic of discussion will be “Persian Gulf Security Issues” hosted by Building I resident Ken Thomas.

***Please contact Margaret Bianchi at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) to receive the link or look for it in an email blast from MRHS.***

**Online: Tuesday, April 6, 7:00 PM**

### **Upcoming Great Decisions 2021 Topics**

- May 4: Brexit and the European Union
- June 1: Struggles Over the Melting Arctic
- July 6: China’s Role in Africa
- August 3: The Korean Peninsula
- October 5: Roles of International Organizations in a Global Pandemic
- November 2: The End of Globalization?

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

***MRHS thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for making these programs possible.***

## MRHS Book Group

The next scheduled virtual gathering of the Book Group via Zoom is set for **Wednesday, April 7 at 3:00 PM**, rescheduled from February. The group will discuss the novel, **Siddhartha**, by **Hermann Hesse**. All are welcome. For further information contact MRHS at **212-666-4000** or by email to Margaret Bianchi at **[margaretb@mrhsny.org](mailto:margaretb@mrhsny.org)**.

## Kundalini-Shakti Breath Powered Yoga: Spring 2021

We are delighted to offer Shakti Yoga to our community via Zoom. With its roots in ancient yogic wisdom, Shakti Yoga is an integrated physical, emotional, and spiritual practice that harnesses the healing properties of breath work, sound meditation and dynamic movement to revitalize the body. Through movement, mantra, mudra, pranayama (breathing), and meditation, Shakti Yoga works on the subtle channels of energy in the body.

Classes will be taught by **Kalpana Kanthan**, an experienced yoga practitioner who has practiced various forms of bodywork and energy healing, such as Iyengar Yoga, Pranayama, Reiki, Dahn Yoga, Transcendental Meditation, and Pilates, for over 15 years.

If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

**Thursday, April 8 – June 17**

**Time: 5:00 PM to 6:15 PM**

**Via Zoom, Total Classes: 10**

Contact MRHS at **212-666-4000** or Margaret Bianchi at **[MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org)** to register.

***\*\* 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***