



newsletter

Celebrating our 56th Year!

April 1, 2022
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100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Community Arts Program

Artist-photographer Rico Washington will be guiding participants as they create priceless **digital histories** that can be preserved and handed down. Sessions will be once a week, 2 hours each on Zoom. Start date will be Wednesday, April 14 at 3:00 PM and will continue until June 29.

Join Rico on **Thursday, April 7, 2:00 PM – 3:00 PM** for an informational session either in-person or on Zoom, during which he will explain this unique project in further detail.

Masks and social distancing will be required for in-person attendance at the April 7 session. Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot."

Restoring Your Fitness And Balance

What: In this dynamic virtual workshop we will first talk about the importance of movement to health and how to safely bounce back from a long period of reduced movement. We will particularly focus on balance: what are the different systems that help us control our balance and what exercises we can do to maintain and improve our balance and prevent falls.

Who: **Dr. Anat Lubetzky** is an Associate Professor at New York University Department of Physical Therapy. Her research focuses on sensory integration for postural control and its implications in balance performance. Dr. Lubetzky's lab utilizes cutting edge virtual reality technologies to develop novel balance assessments and intervention programs.

When: **Thursday, April 14 at 2:00 PM on Zoom.** Please contact Margaret Bianchi at MargaretB@mrhsny.org for the Zoom link.

Arts and Minds

We are pleased to bring this unique program to our neighbors. **Arts and Minds** was created to bring the joy of art to people with cognitive decline and their care partners. All programs include discussions about different works of art and once a month participants will create their own works.

Programs will be held both in person at MRHS and via Zoom on the **first and third Tuesdays of the month at 2:00 PM, beginning April 5.**

Masks and social distancing will be required. Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot if you would like to attend in person or to receive the Zoom link.

Community Seder

MRHS will once again be hosting a **Community Seder**. This year the Seder will take place on **Thursday, April 14, from 7:00 PM to 9:00 PM** (the night before Passover begins), 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.

Masks and social distancing will be required for in-person attendance. Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve a spot, or if you would like to volunteer.

Happy Easter and Happy Passover to all those who celebrate!

Cognitive Aging

By Richard P. Sloan, PhD, Nathaniel Wharton Professor of Behavioral Medicine

Within 25 years, the US population aged 65 and over will double in size to 80 million, bringing with it an epidemic of aging-related cognitive decline that will impair quality of life and functional status and impose an enormous burden on individuals, their families, and the healthcare system. New treatments to prevent or at least slow this progression are urgently needed. In a small study conducted at Columbia University Medical Center, we found that a dietary intervention – specifically, a cocoa derivative – enhanced learning and memory in older adults. We are recruiting adults in good health and between 50 and 69 years old for a larger and more definitive study, funded by the National Institutes of Health, to confirm this finding.

Eligible participants take 3 capsules containing this nutrient each day at breakfast for a 12-week period. Before and after these 12 weeks, we measure cognitive function, blood pressure, and mood. Blood is drawn to analyze inflammatory activity and an MRI is administered. Those who complete the study can earn up to \$350 for participation.

If you are interested in participating, call 646-774-8952 or go to www.CUMCmemorystudy.com to determine if you are eligible and enroll in the study.

Dr. Sloan will be discussing the study and other aspects of Cognitive Aging at MRHS on Friday, April 22, at 2:00 PM. *Please contact Margaret Bianchi at 212-666-4000 if you would like to attend in person or to receive the Zoom link.*

MRHS Men's Group

The next meeting of the Men's Group will take place via Zoom on **Wednesday, April 27 at 1:00 PM.** The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

Happy April Birthday!!

To: Anne Boggan, Alice Dunsker, Sally Elliott, John Flack, Hardy Geer, Conchita Gonzalez, Inge Graff, Peggy Kane, Zheng Liu, Patricia Mack, Suzanne Mack, Allen Mellen, Forrest Murphy, Chris Pawelski, Sue Wan Sun, Deborah Wallace, and Shirley Yeh



Happy 101st Birthday to Inge Graff!

Tonia Blair

A memorial service will be held for **Toni Blair at 2:00 PM on April 10, 2022 at Jewish Theological Seminary Women's League Synagogue.**

To attend this celebration please RSVP to toniamemorial@gmail.com prior to April 5. Strict Covid guidelines require preregistration. Information about registering for the guest list will be sent to you upon receipt of your email.

MRHS Book Group

The next meeting is **Wednesday, April 6 at 3:00 PM** to discuss ***The Meursault Investigation***, a novel by *Kamel Daoud*.

Via Zoom. All are welcome.

For further information please contact MRHS at **212-666-4000** or by email to Margaret Bianchi at margaretb@mrhsny.org.

Hearing Loss and Vestibular Disorders

Maura Cosetti, MD, Director of the Ear Institute at New York Eye and Ear and Associate Professor at the Department of Otolaryngology at the Icahn School of Medicine at Mount Sinai will discuss **Hearing Loss and Vestibular Disorders** in person at MRHS and via Zoom, on **Thursday, March 31 at 2:00 PM.**

Masks and social distancing will be required for in-person attendance. Please contact Margaret at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot if you would like to attend in person or for the Zoom link.

Current MRHS Online Classes

MONDAY

Stronger Seniors Workout

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

Writing Group

2:30pm - 3:30pm

TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

10 Years Younger Workout

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

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

Digital Histories Program from Su Casa

3:00pm – 5:00pm

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree

3:00pm – 5:00pm

THURSDAY

MRHS's "Great Movies" Series

2:00pm, monthly

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

Exercise/ Workout

10:00am – 11:00am

Music Appreciation

1:00pm – 2:30pm

***** 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. ****

MRHS Board Game Café

Please join us **Friday, April 29 at 2:30 PM** to play board games or cards with other MG residents. We have lots of games on hand or you could bring your own.

Afternoon Tea in the Lounge!

Stop by the MRHS lounge on **Friday, April 29, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Please note that at the present time we will have to follow distancing and mask-wearing protocols required by the NYC Department for the Aging for all in-person programs.

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 **Climate Change** facilitated by *Building II resident Sarah Eggleston*.

The ideological divide in the United States on the subject of climate change has impeded progress in curbing greenhouse emissions. But extreme weather events at both ends of the thermometer have focused attention on the consequences of inaction. What role will the United States play in future negotiations on climate?

Tuesday, April 5, 7:00 PM, Via Zoom

MHHC Workshop Art Group Announces An Earth Day Plein Air "Paint Out"

The beloved weeping cherry tree between buildings five and six will be the gathering place for a "Plein Air Paint Out" on **Friday, April 22**, starting at 2:00 PM. This lovely tree should be in full bloom at this time and we invite everyone to join in to appreciate and draw or paint it. Participants are urged to bring their own art materials, but there will be limited art materials available on site.

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

MRHS's "Great Movies" Series

"Direction of the Main Blow"

(1970) 2 hrs.

In the Western imagination, World War II was fought on the beaches of Normandy. In fact, the Germans suffered 3/4 of their losses fighting the Red Army. Operation Bagration inflicted the biggest defeat in German military history with 450,000 German casualties, while 300,000 other German soldiers were cut off in the Courland Pocket. An engrossing drama, with true-to-life depictions of Marshal Zhukov, Stalin, FDR, Churchill and Hitler. May 8 marks the 77th anniversary of the Wehrmacht's unconditional surrender. *In Russian, English subtitles.*

Thursday, April 21, 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.

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 15, 2022). 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.***

— Please make sure you get your booster shot! Call MRHS at 212-666-4000 if you need help.

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

Low Vision Group

Join our circle of support!

Share your personal experiences, feelings, challenges, and coping strategies with other group members. We'll also explore most helpful tools and devices. Meetings will be on **Thursday, April 14 and April 28 at 2:00 PM**. For more information, please call MRHS at 212.666.4000. Walk ins welcome!

Bloomingdale School of Music

***Music Appreciation Series via Zoom
"Music as Theater" with Marc Peloquin***

March 25 – April 15

Fridays from 1:00-2:30 PM

This course will explore music as an essential part of a theatrical or cinematic experience. Participants will learn how music profoundly affects our experience of film and will get to know famous operas as well as gems of American musical theater. Get your popcorn ready! **Contact Margaret Bianchi to register. \$20 per 4-week session**

Latin/Swing Dance Class

Get ready to dance this summer in Lincoln Center, Central Park and along the Hudson.

Latin/Swing dance class with Kathy Sanson: learning Salsa: Mambo, Cha-cha, Merengue, Samba, Tango and, of course, Swing: Jitterbug and Lindihop.

No partner necessary, for mature adults and for all levels, especially beginners. Fluid warm-up to begin so your body is ready when you have fun dancing. Classes begin the first week of May through June; Thursday mornings at 10:00 to 11:30 A.M. in the Thurgood Marshall Room, Building III. If interested, please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to sign up.

"The compensation of growing old [is] that the passions remain as strong as ever, but one has gained — at last! — the power which adds the supreme flavour to existence, — the power of taking hold of experience, of turning it around, slowly, in the light."

-Virginia Woolf, "Mrs. Dalloway"