

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

President: Robert Hill
Executive Director: Ronald Bruno

MSM at MRHS

String Trio Performance featuring selections by Schubert and Beethoven.

We are happy to welcome a String Trio from the *Manhattan School of Music*. Please join us in the Community Center, where MSM students, Candy Yang, Jasmine Lin and Wangshu Xiang will perform. Following the performance, the students will remain for a Meet and Greet with attendees.



If you would like more information, please call MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org

Thursday, April 4, 4:00 PM
Community Center, 100 LaSalle St.

CantaNYC in the Gardens

The singers of CantaNYC are returning to pair up with our own Gardens residents to present an Open Rehearsal/Mini-Performance on *Sunday, June 9 at 4:00 PM-4:45 PM in the Building 1 Community Center*. Maestro Claude Levy of CantaNYC will guide the singers through well-chosen selections that will delight the audience!

Rehearsals will begin on **Tuesday, April 30 and will continue through Tuesday June 4**. These once-a-week rehearsals will be from **6:30 PM to 8:30 PM**. If you are interested in lending your voice to this wonderful performance, please RSVP to: Robin Aloï at Robina@mrhsny.org or call MRHS at 212-666-4000.

Accessing and Hiring for Home Care

This presentation will include a general overview of Medicare, Medicaid, hospice and private pay home care, including the services of each and how to access them. Also reviewed will be how live-in services work; ways that agencies ensure safety with COVID; pricing of care given rising wages and the labor shortage; and guidance on what questions to ask as one researches different agencies and interviews individual caregivers.

Led by *Laura Radensky* LCSW, Executive Director, Concerned Home Managers for Elderly Home Care

Tuesday, April 16, 1:00 PM
MRHS Center, 100 LaSalle St., #MC

Be Ready to be WOWED

Please join us! We are excited to take a trip to the **Brooklyn Museum** to see the exciting exhibit; ***Giants: Art from the Dean Collection of Swizz Beatz and Alicia Keys***. Works from artists such as *Gordon Parks, Jean-Michel Basquiat, Lorna Simpson, Kehinde Wiley and Nina Chanel* as well as many others are showcased magnificently in the **Brooklyn Museum's** galleries.

Following our tour you will have free time to enjoy the permanent galleries, the gift shop and/or the café until the bus returns to take us home.

Wednesday, April 10 **Cost \$50.00**
Depart MRHS: 10:00 AM Return: 4:00 PM

Please contact MRHS to sign up or for more information at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org

“American Eden”

David Hosack, Botany, and Medicine in Early New York

This lively, illustrated lecture by biographer Victoria Johnson features her latest book, ***American Eden***, which both the *Wall Street Journal* and Ron Chernow (author of *Alexander Hamilton*) called “captivating.” *American Eden* was a finalist for the 2018 National Book Award in Nonfiction, the 2018 Los Angeles Times Book Prize in Biography, and the 2019 Pulitzer Prize in History. It was also a *New York Times* Notable Book of 2018.

When Alexander Hamilton and Aaron Burr met on a dueling ground in July 1804, they chose the same attending physician: David Hosack. Family doctor and friend to both men, Hosack is today a shadowy figure at the edge of a famous duel, the great achievements of his life forgotten. But in 1801, on twenty acres of Manhattan farmland, Hosack founded the first public botanical garden in the new nation, amassing a spectacular collection of medicinal, agricultural, and ornamental plants that brought him worldwide praise from the likes of Thomas Jefferson, James Madison, and Alexander von Humboldt. Today the site of his garden is one of the most iconic urban spaces in the world: Rockefeller Center. More information about Victoria’s book is at americaneden.org.

Victoria Johnson, a longtime resident of Morningside Gardens, is Professor of Urban Policy and Planning at Hunter College of the City University of New York. She earned her undergraduate degree in philosophy from Yale in 1991 and her Ph.D. in sociology from Columbia in 2002. Victoria is currently at work on a biography of the nineteenth-century artist and landscape architect Frederic Church (1826-1900), to be published by Scribner in conjunction with the 2026 bicentennial of Church’s birth.

Wednesday, May 8, 7:00 PM
MRHS Center, 100 LaSalle St., #MC

Happy April Birthday!!

To: Anne Boggan, Alice Dunsker, Sally Elliott, John Flack, Hardy Geer, Conchita Gonzalez, Peggy Kane, Zheng Liu, Hollis Lynch, Patricia Mack, Suzanne Mack, Allen Mellen, Chris Pawelski, Sue Wan Sun, Usa Ungsunan, Deborah Wallace, and Shirley Yeh.

MRHS Board Game Café

Please join us **Friday, April 19 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 19, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Investing and Your Emotions

Make Better Financial Decisions

We will also discuss how to use bonds to safeguard your future. Hosted by a dual-credentialed Certified Financial Planner with an MBA at Wharton Wealth Planning. Followed by an Open Question and Answer Session.

David Rosenstock, CFP®, MBA is the Director of Investments and Financial Planning at Wharton Wealth Planning. He earned his MBA from the Wharton Business School and B.S. in economics from Cornell University. More information about Wharton Wealth Planning can be found at <https://whartonwealthplanning.com/>

Thursday, May 2, 7:00 PM
MRHS Center, 100 LaSalle St., #MC

MRHS Men’s Group

The Men’s Group has returned to holding regular lunch meetings in person at MRHS. The next meeting is scheduled for **Thursday, April 25 at 1:00 PM**. *Lunch will be served. Cost: \$10*. Any questions, please email Michael Davidson: davidsonm_10027@yahoo.com.

Correction

Our listing of Annual Fund donors in the January Newsletter included a misspelled name, as well as missing information. It should have read:

Wang, Anthea and John

*In honor of Rita Pullium, and,
In memory of Rush Pullium*

“Castro to Christopher”

Long time Morningside resident **Nick Blair** will discuss his recent book of photographs ***Castro to Christopher, Gay Streets of America, 1979–1986***. Growing up in Morningside Gardens, Nick learned darkroom techniques in the Workshop before moving, for a time, to San Francisco where he studied photography and lived in an arts commune. Nick will show slides from the book and talk about how this project came about.

Thursday, May 16, 7:00 PM

MRHS Center, 100 LaSalle St., #MC

Upcoming Programs/Events

"Singers Workshops" intergenerational program

Thursday, April 25, 5:00 PM

Community Center, Building 1 Basement

CantaNYC Concert

Sunday, June 9, 4:00 PM

Community Center, Building 1 Basement

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



West Harlem
Development
Corporation

Solutions through collaborations™

MRHS would like to thank the West Harlem Development Corporation for its support.

Consent Forms

NYC Aging is now requiring all NORC programs to obtain written consent from all residents who use services, even if it's only to attend an occasional program. Without this consent we cannot count your attendance, which makes it very difficult for us to meet our contract requirements with NYC Aging. So please help us out --- it's just your name, address, and date of birth that we need. Thank you!

MRHS Book Group

The next discussion of the **MRHS Book Group** will be **Wednesday, April 17, at 3:00 PM**.

The reading selection is the novel, ***Hello Beautiful*** by Ann Napolitano. The Program is on Zoom. Planning ahead, the group will meet on Wednesday, May 15 at 3:00 PM to discuss *A Man Called Ove* by Fredrik Backman.

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

Online Yoga Class

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 18 years.

Everyone is invited, regardless of ability and experience. No cost!

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to register.

Thursdays, 5:30 PM, Via Zoom

Happy Passover

MRHS will once again be hosting the **Community Seder**. This year the **Seder** will take place on **Friday, April 26, from 3:00 PM to 5:00 PM** (the 4th day of Passover), in the **Building 1 Community 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.

Please contact MRHS at 212-666-4000 or RobinA@mrhsny.org to reserve a spot, or if you would like to volunteer to assist with set up, decorating and serving the meal.

Rebecca Rikle (1923-2024)

The family of Rebecca Rikle invites you to celebrate the life of Rebecca on **Friday, April 19, at 4:00 PM**. The celebration will take place in the **Community Center in Building I, Lower Level**.

GENuine Connections

Are you looking to gain a broader perspective on life in 2024 by connecting with your peers and teenagers? Join us for *GENuine Connections*, a free space at DOROT where adults and high school students connect to build intergenerational community over Zoom.

After participating, one adult said, "I have a renewed respect for the teens of today and feel hopeful for the future."

We would love to have you participate and share your experiences with the teens. Come to learn about this enriching opportunity at an orientation on **Friday, April 5, 2:00 PM – 3:00 PM**. For questions or to sign-up contact Julia Banfill, GENuine Connections Coordinator at 332-378-1551 or jbantill@dorotusa.org.

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

Life Story Club

LIFE STORY CLUB 中文人生故事會, 每週四下午4-5點, 下樓來MRHS長者中心, 我們一起聊聊大家的人生故事~

03/28 本週故事話題是: 1) 你堅持過最久的一件事是什麼? 是怎麼開始的? 2) 請分享一個你會作出的承諾, 可以是對自己的, 也可以是對他人的?

關於人生故事會: 在十週內, 我們免費為長者組織15人以內, 每週一次的小型聚會, 一起分享人生故事、建立友誼。在故事會的最後, 我們還可以為有意願的長者紀錄您的故事、無須寫字。讓對您重要的故事永久保存、可以分享給妳想分享的人~!

更多信息歡迎瀏覽我們的官網:

<https://lifestoryclub.org/>

有任何疑問, 歡迎撥打主持人譚小姐電話302-321-4199!

我們週四4點見!

Chinese LIFE STORY CLUB, every Thursday from 4:00 – 5:00 PM, come to the MRHS Center, and let's share our life stories together!

About Life Story Club: Over 10 weeks, we organize a small club for older adults, with no more than 15 participants, meeting once a week to share life stories and build friendships. At the end of the storytelling session, we can also record the stories for those who wish, no writing is required. This allows your important stories to be preserved forever and shared with anyone you wish!

Learn more from: <https://lifestoryclub.org/>
If you have any questions, please feel free to contact the facilitator, Effy, at 302-321-4199!

Monthly Supper Club

Join the social work interns of MRHS, **Nina & Myra**, for the MRHS Supper Club. Come not only for the meal, but for the opportunity to meet friends and enjoy conversation in a pleasant setting. If interested, please contact Nina or Myra at MRHS at 212-666-4000.

Volunteer Info

MRHS has been offered an opportunity to partner with the nonprofit, ALMS (The Association for Learning and Mentoring Services), which has received a grant to measure the impact of volunteers on communities. MRHS has wanted to keep better track of our volunteers for some time and this partnership with ALMS will provide MRHS with the tools to do so. MRHS will also receive some funds for participating in this partnership. Going forward, we might be asking our volunteers for your cooperation and help as we try to track your volunteer time.

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, 2024). 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

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 **Science Across Borders**, facilitated by Building VI resident, Tiana Leonard.

Scientific advances benefit from collaboration between researchers, but what happens when material, such as Artificial Intelligence (AI) is controversial and important to a nation's national security? Is there a middle ground between sharing information and denying access? How can we regulate cooperation?

Please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000 for the Zoom Link.

Tuesday, April 2, 7:00 PM

MRHS Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly on Mondays, from 11:00 – 1:00 PM. *No experience necessary.*

Please feel free to contact Stephanie Low with questions: stephanielow52@gmail.com. If you are interested in participating, contact Margaret Bianchi at MRHS: margaretb@mrhsny.org.

Upcoming Dates:

April 1, 15; May 6, 20; June 3, 17

Circle Of Hands

Circle of Hands is meeting on Tuesday nights, from 7:00 PM to 8:30 PM in MRHS's West Room. Both beginners and veterans are welcome to join us to work on handcraft projects such as knitting, crocheting, embroidery, quilting, needle work. Bring along a project you may be working on or start something new. Supplies are available to help start you off in knitting or crocheting. We are a friendly group and help each other out as needed.

If you have questions or would like a Spring 2024 schedule, please contact Mary Davidson by email at: marywickens@gmail.com. The full calendar should be available at the end of January.

Covid Tests Kits Available

MRHS has a supply of Covid Test Kits from NYC Health & Hospitals. Please don't hesitate to call MRHS at 212-666-4000 or come by MRHS for the free test kits. If you need help performing the test, please contact MRHS and we can assist.

**** 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. ***

Plein Air "Paint Out"

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 **Sunday, April 21 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.

Arts & Minds

The **Arts & Minds** program continues to bring joy to participants! Each session provides the chance to discuss, as well as create, meaningful works of art. **Arts & Minds** was developed to enrich the lives of people with cognitive decline and their care partners through artistic expression.

Programs are held in person the **first and third Tuesdays of the month, from 2:00 - 3:15 PM**. The next meeting is **April 2**. *Please contact Robin Aloi at 212-666-4000 or RobinA@mrhsny.org to reserve.*

Bloomington School of Music

Music Appreciation Series via Zoom

"The Fascinating Rhythms of George Gershwin"

with Marc Peloquin

April 5 - May 3 (no class on April 26)

Fridays from 1:00-2:30 PM

One of the most famous Upper West Side residents in New York history, George Gershwin defined in sound the jazzy urban essence of the city. This class will explore his famous Rhapsody in Blue, his magnum opus Porgy and Bess, as well as his many great songs from his Tin Pan Alley days.

Contact Margaret at 212-666-4000 or MargaretB@mrhsny.org to register.

The MET Brings Us Art Boxes!

The **Metropolitan Museum of Art** is pleased to share the beauty and wonder of art with us every month. The materials included in the **art boxes** are designed to inspire group discussions about art, culture, favorite activities, and other topics. Every participant receives a draw stringed bag that includes four images of art, a booklet that describes the art, crafting materials and a **Friend and Family Pass** to all *The MET's* locations.

The program is held on the third Friday of each month at the **MRHS Center, 100 LaSalle St., #MC. Friday, April 19, 1:00 PM**

If you would like to reserve a spot or if you need more information, please call MRHS at 212-666-4000 or email Robin Aloi at Robina@mrhsny.org

There's Magic in Music!

Join us for the newest zoom program at **The Memory Tree. "There's Magic in Music"**, on the 2nd and 4th Tuesday of every month from **2:00-3:30**. NBC's Today Show contributor, **James Oppenheim**, guides participants on an exploration of music from Bach to Broadway. Enjoy listening to the wide variety of music, learn about its history, and play trivia, all with the goal of improving mood and brain power.

Tuesdays, April 9 and April 23
MRHS Center, 100 LaSalle St., #MC

Music Mondays Presents

Brentano Quartet & Hsin-Yun Huang, viola.
Monday, April 8, 7:30 PM.

The Brentano Quartet, beloved by audiences around the world, performs Haydn's "Bird" Quartet, and are joined by violist Hsin-Yun Huang for Brahms's rich String Quintet, and for the New York Premiere of Scottish master James MacMillan's lyrical new quintet, Heart Speaks to Heart.

FREE CONCERTS

Music Mondays at Advent Lutheran Church
2504 Broadway at 93rd Street.