

100 LaSalle Street, NY, NY 10027 (212) 666-4000
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President: B. Chandra Chandrasekaran
Executive Director: Ronald Bruno

Memory Tips and Tricks

Mary-Ellen Betterton, BSN, RN from VNS Health and MRHS's own nurse, *Stacia Steen*, RN, BSN will provide an overview of normal brain aging, what is normal and expected, and share proven ways to organize thoughts to improve memory and recall. *Refreshments will be served.*

Tuesday, April 14, 11:30 AM
MRHS, 100 LaSalle St., #MC

Blood Pressure Screening

Blood Pressure Screening is returning to MRHS. *Stacia Steen*, MRHS nurse and healthcare coordinator, will be available to take your blood pressure on **Tuesdays, from 11:00 AM to 1:00 PM at MRHS**. Stacia will also be available to answer any questions you may have during that time. Everyone is welcome, so feel free to stop by. *(Please note that no screening will take place on April 14 because of the program listed above.)*

MRHS Memory Café

MRHS's **Memory Café** experience at "**Dear Mama**" Café, 611 Broadway, near 129th St. (inside the Jerome Greene Science center.)
Thursday April 16, from 4:00 to 5:00 PM.

Memory Café is a welcoming, and judgment-free social gathering for people experiencing memory loss, dementia, or cognitive changes, along with their caregivers, friends, or family and other members of the community. Experience includes light refreshments from the café. ***Let's build a dementia friendly community together!***

Please call MRHS at 212. 666.4000 or email margaretb@mrhsny.org with any questions.

Music and History!

Through the years, **Louis Armstrong** entertained millions, from heads of state and royalty to the kids on his stoop in Corona. Despite his fame, he remained a humble man and lived a simple life. To this day, everyone loves Louis Armstrong—just the mention of his name makes people smile. Born in New Orleans he settled in Queens in 1943 with his wife. The **Louis Armstrong House Museum** sustains and promotes the cultural, historical, and humanitarian legacy of Louis Armstrong by preserving and interpreting Armstrong's house and grounds, collecting and sharing archival materials that document Armstrong's life and legacy. After we enjoy a private tour of this exciting museum we will enjoy delicious Panera boxed lunches on our private bus ride home.

Thursday, April 16 **Cost: \$50**
Depart MRHS: 9:00 AM **Return: 1:30 PM**

*If you would like to join us or if you would like more information please call **MRHS** or email **Robin Aloï** at robina@mrhsny.org.*

Community Seder

MRHS will once again be hosting a joyous **Community Seder**. This year the Seder will take place on **Friday, April 3, from 3:00 PM to 5:00 PM** (the 2nd 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 Robin Aloï at RobinA@mrhsny.org to reserve a spot, or if you would like to volunteer to assist with set up, decorating and serving the meal.

Director's Column

For many years MRHS provided free blood pressure screenings. Starting in April, we will be renewing this practice on Tuesdays from 11:00 AM to 1:00 PM. Our MRHS nurse, Stacia (Stacey) Steen, RN, BSN, who comes to us from VNS Health, will be offering the blood pressure screening right here at MRHS.

In the past, MRHS volunteers trained by the NYC Department of the Aging provided the screening. When the pandemic arrived in 2020, we were no longer able to provide this in-person service and are only now coming around to offering it again. If you have hypertension or are concerned about your blood pressure, please take advantage of this service. Maybe you will want to get on a regular schedule with Stacey or you can come as you feel the need.

In conjunction with VNS Health, Stacey will also be offering monthly health education presentations. In April, the presentation will be on Memory Tips and will take place on Tuesday, April 14, at 11:30 AM. Other topics will follow.

Many Morningsiders may not be aware that the MRHS nurse, Stacey Steen, is available to residents for any health-related issue. Stacey works full-time at MRHS and is happy to speak with you about your health concerns and questions, or if you just want to discuss a health issue. Especially if you have a procedure scheduled or if you are hospitalized, we recommend that you contact Stacey for guidance and coordination with the hospital for the transition home. She is available to do as much or as little as you would like.

Feel free to give Stacey a call at 212-666-4000, email at stacias@mrhsny.org, or stop by in person. If you are not feeling well, Stacey will come to your apartment.



Happy April Birthday!!

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



Moving For Life

Movement Exercises for Health

Moving For Life classes use gentle aerobic exercise to motivate older adults and people of all ages with varying abilities to move towards greater health. These classes include adaptable movements that can be completed seated or standing and help to improve physical health while increasing range of motion, easing joint pain, and improving balance.

Class starts with a gentle warm-up, then moves to gentle aerobics and strength training through dance-like moves, then a cool down. Exercise increases energy levels, boosts immunity, helps with weight management, and eases symptoms of many chronic illnesses.

Tuesdays, 10:00 AM
MRHS, 100 LaSalle St., #MC

MRHS Book Group

The next meeting of the MRHS Book Group will be **Wednesday, April 15, at 3:00 PM** to discuss *Half of a Yellow Sun* by Chimamanda Ngozi Adichie. Then on Wednesday, May 13 at 3:00 PM, the group will discuss *The Autobiography of My Mother* by Jamaica Kincaid. The programs are on Zoom. All are welcome.



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

MRHS Men's Group

The **Men's Group** continues to meet for lunch at MRHS, now led by longtime MG resident, *Tom Goodhue*. The next meeting will be **Thursday, April 23, 1:00 PM**. *Lunch will be served. Cost: \$10*. Any questions, please contact Margaret Bianchi: MargaretB@mrhsny.org or 212-666-4000.

Balance Assessments

Robin Stoller, Ph.D., P.T. is offering free balance testing on the last Monday of every month from 1:00 to 3:00 PM. This brief screening measures your balance and helps identify your risk for falls.

Advance sign-up is required. Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve a spot.

Monday, April 27, 1:00 PM
MRHS Center, 100 LaSalle Street, #MC

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 17, 2026). 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.***

Plein Air Paint Out

Morningside Gardens Workshop Art Group & Family Activities Committee invite you to join us for a celebration of Earth Day 2026 and a *Plein Air Painting* event. Our grounds should be in bloom at this time and we invite everyone to join in to appreciate our gardens through drawing and painting. Participants are urged to bring their own art materials, but there will be art materials available on site.

Saturday, April 18, 2026 @ 2:00 PM
Meet at upper lawn between buildings 5 & 6

Sing Along With Herb!

The *MRHS Singalong* is back. Building V resident, Herb Michael, leads the group in traditional folk tunes and other popular favorites.



Thursdays, April 16 and 30, at 1:00 PM
MRHS, 100 LaSalle Street, #MC

MRHS Board Game Café

Please join us **Friday, April 24 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 24, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

**** 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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Solutions through collaborations™

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Planning Ahead for Long-Term Care

Remain in Your Home Longer by Planning Ahead for Long-Term Care

Community Medicaid, Pooled Income Trusts, and Obtaining Care

Many people who are aging in their homes will need expensive long-term care services in order to stay there safely. If they don't protect themselves, often seniors become unnecessarily impoverished, and can expose their spouses and even their children to financial peril. Learning how to protect your finances, optimize your quality of life, and seek and manage assistance in the home has never been more important.

Achieving eligibility for Community Medicaid services is possible for almost everyone. We will explain the strategies older adults use to protect their life's savings and income while receiving quality care services. We will also explain the process of obtaining the proper level of care, once Medicaid eligibility has been established.

Understand why seeking professional advice is crucial, and how it can facilitate access to Medicaid and other important government programs.

David Cutner is a founder of Lamson & Cutner, P.C., an Elder Law and Estate Planning firm with offices in New York City and Westchester County. The firm advises seniors and their families, and people with disabilities, on health care planning and estate planning. David is a knowledgeable advocate and a frequent public speaker. Lamson & Cutner has been authorized by the New York State Department of Education to grant CEU credits to licensed social workers for their courses on Elder Law and Estate Planning topics. Lamson & Cutner's publication, *25 Strategies to Prevent Financial Ruin from Long-Term Care Costs* was recently published in its Fourth Edition.

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

MRHS Survey

Thank you to all who took part in the 2026 MRHS survey. It is heartwarming to note 49 of you took the time to provide detailed, thoughtful feedback on current programs, ideas for new programming, and compliments on well-loved activities and services.

The survey, completed in January, was distributed in the newsletter and in each building's lobby. Although many of you put your names on the form, the answers to each of the four questions were tabulated anonymously. A final document has been collated and all responses were distributed to MRHS staff and board members.

The survey made it clear that current programs are highly valued, but there were a few suggestions on tweaking them. Some thought more evening programs might be popular, others wished for more computer and cellphone help, a houseplant exchange, instructions on how to navigate our gym safely, foreign language meetups. A jigsaw puzzle anyone?

The list of "events especially enjoyed" was long and very diverse shedding light on the wide-ranging tastes and nature of the audience MRHS serves. There is no such thing as one-size-fits-all in MRHS programming. And although the survey dealt with activities, many took the opportunity to give a special shout-out to the MRHS staff who organized events, offered counselling during stressful times, clarified medical issues and were there for them with kindness in time of need.

Interested in seeing the final document? A copy will be left in the MRHS office for your perusal. It's interesting reading!

Molly Sweeney
Program Committee
MRHS Board

Looking Ahead

--- **"What is the difference between the Violin and the Viola?"** or **"Why You Should Consider to Play the Viola?"** with Building IV resident, *Ching Juhl* – May 4, 7:00 PM

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 **"U.S.–China Relations,"** facilitated by Building VI resident, *Tiana Leonard*.

Relations with China remain tense, with tariffs, military modernization, and pressure on Taiwan. Does Trump have a coherent China policy, and will his tariffs on rare earth minerals be effective? What are America's strategic options? For Zoom link, please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000.

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

Retirement Peer Group

Bridget Leicester, MG resident and retired social worker, facilitates this support group.

If you have recently retired, or are thinking about retiring, it can be stressful and a challenge. It doesn't just reduce your income. Even if you've been looking forward to a more relaxed life, you may feel the need to meet with others to find support, and to brainstorm about what comes next. As neighbors we can help each other with the questions: How do you spend the time, find new purpose and relationships.

If you're interested, please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org. *Second and fourth Tuesday of each month at 4:00 PM – 5:00 PM.*

Tuesday, April 14 and 28, 4:00 PM
MRHS, 100 LaSalle St., #MC

Gentle Yoga

Join MRHS for a series of **Gentle Yoga** classes with *Hilary Nudell*, long-time Morningside Gardens' resident and Yoga teacher.

Thursdays at 4:00 PM
(No class April 9)

Thurgood Marshall Room, 80 LaSalle St.

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 margaretb@mrhsny.org.

Upcoming Dates:

April 6, 20

May 4, 18

June 1, 15

Stories That Stay With Us

A Live Storytelling Circle

Inspired by The Moth Storytelling Hour, *Stories That Stay With Us* is a new monthly storytelling circle where residents are invited to gather and share true stories from their lives in a relaxed and welcoming setting. Like The Moth, the focus is on real moments told in your own voice, stories about unexpected turns, meaningful encounters, risks taken, plans gone wrong, or memories that still make you laugh or pause years later.

Each session will draw from actual Moth storytelling prompts designed to spark memories and help uncover stories you may not have thought to tell before. Participants are welcome to come with a story prepared, come simply to listen, or decide to share on a whim as inspiration strikes. No writing or storytelling experience is needed, only a willingness to enjoy an evening of stories and connection.

Thursday, April 23, 6:00 PM to 7:15 PM
MRHS, 100 LaSalle St., #MC

Residents interested in learning more about the first session may email Social Work intern, Laura Mocker, at lauram@mrhsny.org.

Come listen, come share, and discover the stories waiting to be told.

DVP – Movement Speaks

Dances For a Variable Population (DVP) MOVEMENT SPEAKS® is a sequential weekly dance program promoting strong and creative movement for older adults for improved health and quality of life. Classes are one hour in length with cardio fitness, dance improvisation, emphasis on correct alignment and dance making for fun and friendship.

Thursdays at 10:30 AM
Building I Community Center

Please contact Margaret Bianchi at 212-666-4000 or margaretb@mrhsny.org to reserve.

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.

Please note the program will be meeting on **Wednesday, April 22 at 1:00 PM**. For more information, please call MRHS at 212-666-4000 or email Robina@mrhsny.org

Cribbage

Cribbage has arrived at MRHS. This game is usually played on the second and fourth Sundays of the month from 2:00 PM to 6:00 PM or whenever you want to come or leave. However, in April, the group will meet on the fourth Sunday and possibly another Sunday to be announced. If you don't play, please join us and we will teach you. If you already are a player, then join us to have a good time while playing a fun game.

Sunday, April 26, 2:00 – 6:00 PM
MRHS, 100 LaSalle St., #MC

“A Walk in the Woods”

Film: *A Walk in the Woods*
(2015) 1 hour, 44 minutes.

Bill Bryson (Robert Redford), well along in years, decides to hike the 2,100-mile Appalachian Trail.

Monday, April 13, 1:00 PM at MRHS

“Our Souls at Night”

Film: *Our Souls at Night*
(2017) 1 hour, 41 minutes.

In Colorado Springs, longtime neighbors Addie Moore and Louis Waters form an unconventional platonic relationship—sleeping together for companionship—which faces judgment from their community and opposition from Addie's son.

Monday, April 20, 1:00 PM at MRHS

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 on the first and third Tuesdays of the month from 2:00 - 3:15 PM. The upcoming meetings are **April 7, 21**.

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot.

Music Mondays

MUSIC MONDAYS welcomes you to free concerts! **Monday, March 30, 7:30 Noon**.

East Coast Chamber Orchestra (ECCO) returns to Music Mondays with Dvořák's lyrical *Serenade for Strings* and three lively new works for string orchestra, including Errollyn Wallen's tour de force, *Concerto Grosso*. Free concert.

Advent Lutheran Church,
2504 Broadway at 93rd St.