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President: Rita Marie Pullium
Executive Director: Ronald Bruno

Participatory Budgeting Meeting Scheduled at MG

Council Member Mark Levine invites all Morningside Gardens residents to a [New York City Council Participatory Budgeting Assembly for 2016-2017](#). Come and share your ideas for spending \$1 Million for your community!

Wednesday, August 12 at 1:00 PM in the Thurgood Marshall Room, Building III.

Te invitamos a participar en una asamblea de presupuestos participativos en su comunidad. Le animamos a contribuir con sus ideas para mejorar su comunidad!

Morningsiders of all ages are welcome to attend and share your ideas!

Summer Computer Learning

Throughout the summer we hope to continue last years' tradition of computer learning. We will once again be welcoming students from Columbia University's Summer Program for High School Students.



Students between the ages of 16-18 years present on various computer based topics with one session remaining for this season on **Monday, August 3 at 12:30 PM** on [Internet calling for free \(Skype, Viber, Facetime, etc.\)](#) to keep in touch.

We are excited to offer one on one computer lessons in our computer lab or in your home. We have a student available **Mondays and Wednesdays from 10:00 – 12:00**. Contact MRHS to schedule an appointment.

Flea Market: November 2016

MRHS is excited to announce significant developments in our planned renovation! We have been granted financing for the renovation from New York State and the architectural design is underway.

With an exciting and major project soon to kickoff, we have decided to re-launch the Flea Market in November 2016, and focus our energies in 2015 on the renovation.

The Flea Market remains an event that is a part of MRHS's history and our future. Until our next Flea Market, we continue to accept donations to our EBay Program, which has raised nearly \$5000 so far in 2015. The EBay Program accepts donations of high-quality items including antiques, jewelry, china and artwork.

Thank you all for your continued support. We look forward to keeping you abreast of the latest developments at MRHS.

Causes for Celebration

In 2016 MRHS is planning a special celebration in honor of Women's History Month (March) with a tie-in to the 50th Anniversary of MRHS. As part of the planning for Women's History Month 2016 we want to celebrate the women of Morningside Gardens. So, we are asking all of you ("us") to submit in writing your special memories of women's gifts and contributions, past, and/or present.

You may want to call MRHS to make an appointment for an interview. It will be a way of celebrating our community's history, honoring some special women who have lived in Morningside Gardens and honoring the history of MRHS.

Director's Column

MRHS has a long tradition of engaging with its local elected officials. Elsewhere in this Newsletter we announce that our long-awaited renovation project is close at hand. The funding for this project, which we believe will enhance the quality of the entire Morningside Gardens community, will be coming from New York State thanks to the support and advocacy of our Assembly Member, Daniel O'Donnell.

Continuing our tradition, on August 12 at 1:00 PM, MRHS will be hosting a meeting sponsored by City Council Member and MRHS supporter Mark Levine, called a Participatory Budgeting Assembly. Council Member Levine is inviting all Morningside Gardens residents to attend the meeting, which will take place in the Building III Thurgood Marshall Room. You will have an opportunity to express your views on the spending of \$1 Million in the community in 2016-2017.

If you would like to speak up on behalf of MRHS, this will be your chance. If there are programs that you think would improve our community or would assist our older adults, such as an educational and support group for caregivers, the Assembly will provide a forum to express your ideas. While we expect our renovation will be completed by the beginning of the city's 2016-2017 fiscal year (which starts on July 1, 2016), we will no doubt have a need for additional items to take advantage of the renovated space.

Participatory Budgeting has been introduced by members of the City Council such as Mark Levine as a way to engage the community in the city's decision-making process. Let's take full advantage of this opportunity!



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

Happy August Birthday!!

To: Anne Burley, Fungying Chao, Carlotta Damanda, Corliss Hanson, Marjorie Horton, Phyllis Johnson, Ruby Johnson, Margaret King, Emil Koehler, Phyllis Mais, Dana Minaya, Rajdai Puran, Iris Shen, Lotte Strauss, Susan Wersan, Llewellyn Williams, Lucienne Yoshinaga.

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 August are all invited to our Birthday Party! Come on **Tuesday, August 18 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Cinema at MRHS

The MRHS Film Committee – these are the people who bring you the movies on Saturday afternoons and now one Wednesday evening per month – are looking for one or two volunteers to help set up the DVD films on Saturdays. If you can give one Saturday a month to this program please speak to Margaret Bianchi at 212-666-4000.

We'd also like to tell you about our DVD library. We now have a small but growing collection of popular and art films on DVD in our library. Just drop by and ask about the films.

Summer: Use MRHS Services

As the heat of summer begins, safeguard your health by using MRHS Shopping and Laundry Services. The MRHS Health Aide does shopping and laundry for people who need help. Just call Marie Phillips at 212-666-4000 one day before you would like the services. On the day you requested the service, the Health Aide will call you to let you know what time she will be at your apartment.

**Saturday Afternoon Movies resume
on September 5.**

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.

MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:00 PM**.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening returns on Wednesday, September 9.

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" will resume in the Fall.

"Later Life Transitions" group's next meeting will take place in the Fall.

The **MRHS Book Club's** next date will be **Wednesday, August 26 at 3:00 PM**, in the Tuttle Center. Discussion is on the novel, **The Known World** by Edward P. Jones. All are welcome to join this stimulating literary group.

English Conversation

Interested in practicing your English? MRHS will be starting one-to-one conversational English sessions this summer. Join one of our volunteers to discuss topics ranging from the weather to the upcoming elections.



“有兴趣练习英语吗?”

MRHS将开始一对一的英语会话课程。与我们的志愿者练习对话，讨论的话题从天气到即将举行的选举。请与MRHS联系，以了解更多信息。

Contact MRHS at [212-666-4000](tel:212-666-4000) or joannas@mrhsny.org to learn more.

MRHS Film Committee Presents

First Wednesday Films

Next screening on **August 5 at 7:30 PM**

Featuring:

Classe Tous Risques / The Big Risk
(1960) 1 hr 43 min.

Fugitive decides to return to France with his family. A character study of a criminal at the end of his rope. Lino Ventura and Jean-Paul Belmondo star in the greatest ever French gangster movie. With English subtitles. Not rated.

MRHS Tuttle Center, 100 La Salle, #MC
\$1.00 suggested donation

Great Decisions Program

On **Tuesday, September 1 at 7:00 PM** the **Great Decisions 2015** program will resume with a discussion on "U.S. Policy Toward Africa." All are welcome. Discussion materials will be available at the MRHS office for those who do not have a book.



New Sonnet Workshop

A number of people have already expressed interest in joining the Sonnet Workshop that was announced in last month's newsletter, now scheduled to start in September. There is still time for others to join, but the total number will be limited to 12.

Under the leadership of **Beatrice Gottlieb**, the group will immerse themselves in a selection of famous sonnets by Shakespeare, Keats, and Wordsworth. Meetings will take place every other week on **Thursday afternoons from 2:00 to 4:00 PM**.

Anyone who wants to be part of the workshop should see or call Margaret Bianchi in the MRHS Office by August 26. (212-666-4000)

CIA Lunch /Vanderbilt Mansion

Join all the gourmets at MRHS as we explore fine dining in the Hudson Valley. Yes, we're off again to the world famous **Culinary Institute of America** in beautiful Hyde Park, NY. This time we will be having a spectacular feast at American Bounty Restaurant. We will have a sumptuous three-course meal in this beautiful restaurant.



Following lunch, we will take a short bus ride to the **Vanderbilt Mansion** for a guided tour.

DATE: Wednesday, Sept. 2 **COST:** \$60.00
DEPART: 9:00 AM **RETURN:** 5:00 PM

Save the Dates

Tuesdays from 10:00 AM to 11:30 AM, starting on September 22.

"Happy Surprises in Life's Later Chapters" with Stephen Chinlund.

This seven-week course offers an opportunity for people of all ages to consider the fulfillments of the "extra chapter of life" which comes to people over 60. It has become a time of unexpected satisfactions for many who thought their lives were almost over.

During the seven sessions, participants will consider how we think about our bodies, money, sex, death, spirituality, power and interests in art of all kinds, perhaps postponed from long ago.

Stephen Chinlund has presented this course at the New York Open Center and at the Interchurch Center. *Now he brings it to MRHS!* **Introductory meeting on September 22: *Redefining the Meaning of Old.*** Don't miss this opportunity!

A nominal fee of \$25 will be charged for the seven sessions.

John Seaman's Liberty Salons

Two afternoons from **3:00 PM to 5:00 PM** –

Wednesday, August 12, Jane Alicia Rose will discuss **Martial Arts for Women**. Jane is a filmmaker and writer who also is a senior indexer for the *NY Times*. She is an adventurer who has followed many unusual pursuits and has numerous talents including theatrical makeup artistry and artist figure modeling. She has also travelled around the world on a low budget.

On **Monday, August 24, Gilbert Offenhartz** will give a talk on the law and how it applies to individuals, entitled **Individual Rights vs. the Rights of the Group**. Mr. Offenhartz is a practicing attorney and was Assistant Attorney General of New York. He has been involved in numerous cases, including some high profile ones and cases that have made significant contributions to the country. He is a very engaging speaker.

Both programs include light refreshments.

Need A Vet?

Need a veterinarian who makes house calls? Does your pet need his or her nails clipped? Dr. George Korin makes house calls and is recommended by a Building III resident. Dr. Korin may be reached at 212-838-2569 or DrKorin@NYCVetHouseCalls.Com.

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, August 21.) 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.***

Big Yearly Recycling Event – Save Your Stuff!!

From: **Joan Levine –Co-Chair Sanitation Coalition**

Saturday, August 15, 2015 is the date for a combined e-waste and textile recycling collection on La Salle Street at the Grant Family Day block party. We will be collecting from **10:00 AM to 4:00 PM** on each side of **La Salle Street across from Building 100**. If you need help carrying your recyclables to the site, please call **Joan Levine or Marie Ledoux** at the numbers below **before** August 15. On the day of the event, come out to La Salle Street and ask a member of the Sanitation Coalition team for help.

Electronics – We will accept computers, fax machines, TVs, VCRs, DVRs, DVD players, portable music players, AV equipment, Video Games, pagers, phones, answering machines. **We will NOT accept** microwaves, refrigerators, air conditioners, smoke detectors and carbon monoxide detectors. Our vendors for electronics are **The Lower Eastside Ecology Center and Tekserve**.

Textiles –We will accept all clean clothes, clean torn textiles of all kinds including rags, shoes, belts and handbags. Our vendor for textiles is **Wearable Collections**.

The event is sponsored by **The Morningside Heights/West Harlem Sanitation Coalition, Inc.**
Questions? Or to volunteer to help: Call Joan Levine at 212 666-6157 or Marie Ledoux at 212 866-8348.

We hope to see you on August 15!

Age Is More Than A Disability

"*Age puzzles me.* I thought it was a quiet time. My seventies were interesting and fairly serene, but my eighties are passionate. I grow more intense as I age..."

We who are old know that age is more than a disability. It is an intense and varied experience, almost beyond our capacity at times, but something to be carried high."

-Florida Scott-Maxwell, *The Measure of My Days*

(Thanks to Rick Moody and the Gerontological Society of America.)