

African Influences on American Music

Juanita Faulkner will be the presenting artist for this evening's special **Black History Month** event. The presentation is made in partnership with the **Symphony Space Global Arts Cultural Literacy and Heritage program**. The program explores the origin of the African musical elements that drive today's American music: call and response; polyrhythms; and the heritage of the griot or praise singer, the forerunner of today's rappers. From spirituals to rap, the artist embarks on a journey exploring African-American life through music from the 17th century to the present.

Juanita Faulkner's voice has been described by critics as "the perfect Verdi instrument." A classically trained soprano, she is equally at home with popular and concert music. Ms. Faulkner has performed extensively in recitals, musical theater, operas, and church services in the US, Europe, the Caribbean, Africa, and Canada.

Please join us for this exciting event on **Monday, February 24** from **7:00 to 9:00 PM** in the **Recreation Center, 100 La Salle, basement level**.

"Stuff" Made Just for You

Do use a walker and need a tray for it? Have you had hip replacement surgery, and need a higher chair? Is it hard for you to reach things in your upper cabinets? Have you tried to buy items to help, but they're too long, or too low, or too heavy?

Custom-made is the answer. If you think that's too expensive, here's a surprise: The Adaptive Design Association in Manhattan (www.adaptivedesign.org) makes made-to-fit equipment for people like you. Most of it is made of cardboard – which is light, easy to use, and MUCH stronger than you may think!

Adaptive Design is coming to Morningside Gardens. Come and learn how easy it can be to get items you need in exactly the size, shape, and even color that you need. Play around with cardboard and find out why it's such a great building material. Maybe you even want to learn how to build your own stuff!

Wednesday, February 12, 7:00-8:00 PM, MRHS Tuttle Center, 100 La Salle, #MC

***** MRHS is closed on Monday, February 17 for President's Day. We wish everyone a good holiday weekend! *****

Monday Night Discussion Group

Topic: Breaking Barriers: The Search for Equality.

According to Aristotle, "Equality consists in the same treatment of similar persons", but what does equality really mean to you? Have you participated in the search for civil equality, women's equality, gay equality, disability equality, or any other form of equality? Join the discussion and let's learn from each other. Note that this event is part of MRHS's **Black History Month** programming.

Monday, February 10, 7:30 – 9:00 PM MRHS Tuttle Center, Building I, MC

Our next Monday Night Discussion is March 17 from 7:30 – 9:00 PM: Objects and Memories: What things mean the most to us and why?

Director's Column

It's that time of year when I like to point out some highlights from the prior year. As I mention every year, the highlights leave out the day-to-day social services and health care services provided by the MRHS staff, which in 2012 accounted for just under 5,000 hours of service (2013 figures have not been compiled yet but are comparable.) These services are the core of MRHS and make it possible for many aging Gardens residents to remain living in their own homes.

In 2013 MRHS moved forward on plans to renovate our new and existing office space in 100 LaSalle. The internationally-recognized architectural firm, HWKN, has been selected to lead the renovation project after a series of interviews, study and consultation was carried out by the MRHS Real Estate Transition Committee. HWKN has a keen interest in the design of spaces for an aging population. More information will be forthcoming about HWKN but go now to www.hwkn.com to get an idea of the firm's breadth of interests and experience.

MRHS established a new health care partnership with Jewish Home Lifecare (JHL). While this partnership was forged out of necessity when longtime MRHS partner Visiting Nurse Service would no longer support full-time nursing services at NORC programs, we could not have been more thrilled with our new partnership with JHL. JHL not only brings a wealth of experience and resources in working with the aging population to MRHS, but JHL made it possible for us to maintain the same health care staff (Marie Phillips, RN, MPH, and Jennifer Paul, CNA) that has been working with Gardens residents for fifteen years.

We renovated our website, expanded volunteer opportunities, and hosted "Coming of Age NYC" in 2013. The list can go on --- in fact, the list does go on for five pages. To obtain a copy of MRHS's list of 2013 accomplishments, come to the MRHS office. We thank all our volunteers, including MRHS board members,

for their work and support! 

Happy February Birthday!!

To: Mary Elder, Mary Jacobs, Nancy Jalet, Joanna Kapner, Charles Koppelman, Marie Ledoux, Iona Lutey, Emily Maruoka, Annie Petrus, John Ryan, Sandra Saunders, Annette Sims, Hilah Thomas, and Marion Yeh.

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

Saturday Afternoon Movies

Feb. 1 Army of Shadows (1969)

2 hrs, 25 min. Jean-Pierre Melville's masterpiece follows the activities of a small cell of Resistance fighters. "Rarely has a film shown so truly that place in the heart where hope lives with fatalism." (Roger Ebert). French with English subtitles. Unrated.

Feb. 8 Steamboat Bill, Jr. (1928)

1 hr., 11 min. Buster Keaton's Willie returns from college and gets caught up in a fierce riverboat feud between his father and his rival who happens to be the father of the woman he's fallen for. The cyclone climax is a must-see. Not Rated (equivalent to G).

Feb. 15 Amadeus (1984) 2 hrs., 40 min.

The story of Wolfgang Amadeus Mozart (Tom Hulce) told by his peer and secret rival Antonio Salieri (F. Murray Abraham). A great and comedic and musical treat – winner of 8 Oscars. Rated R.

Feb. 22 Bed and Board (1970) 1 hr., 52 min.

Antoine Donelle has grown up (from the boy in "400 Blows") and is now trying to make a living and have a love relationship. Very funny. A spoof of detective stories and a chance to see Donelle as a dysfunctional adult; part of a trilogy of the Donelle character by director Francois Truffaut. French with English subtitles. Rated GP.

Coming Attraction: March 1 - The Black Stallion will be shown. Children are welcome and popcorn will be served.

Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.

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 –Alternate Wednesdays from 9:00 to 11:00 AM

02/05, 02/19

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" group will take place on Thursday, **February 27 at 2:30 PM**.

"Later Life Transitions" group meets this month on **Thursday, February 13 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** plans to meet on Wednesday, February 26 at 3:00 PM. Please look for notices with further information about reading selection. All are welcome to join.

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, February 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.***

Great Decisions Program

On **Tuesday, February 4 at 7:00 PM** the Great Decisions Program will begin the 2014 program with a discussion on **"Defense Technology."** *Ken and Peggy Thomas* are program facilitators. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including books for the 2013 program (\$20.00).

Low Vision Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. It is a way for people to gather together and share their experiences about living with low vision. The dates for February will be **Friday, February 7** and **Friday, February 21** from **2:00 - 3:00 PM** in the MRHS Tuttle Center, 100 La Salle, #MC. Please call 212-666-4000 to sign up.

Supper Club News

The MRHS Supper Club is back in action! Save the date for **Thursday, February 27 at 5:30 PM** in the MRHS Tuttle Center, 100 La Salle, #MC. This month we will order from Dinosaur BBQ and will also have entertainment from stand up comedians from the NYC area. For those of you who enjoy tasty food and a good laugh, please call 212-666-4000 to confirm your reservation. Cost is \$15.00

MRHS Writing Class News

Writing from Life Experience Group, co-sponsored by Elders Share the Arts and MRHS, meets in February on Wednesday, February 5 and February 19 at 2:30 PM in the MRHS Tuttle Center. The group has a blog called Get Your Word's Worth on the www.esta.org website. You can read some of the group's works and learn more about the program.

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

The Affordable Care Act (aka "ObamaCare")

On **Friday, February 28** MRHS will present a two part forum on the Affordable Care Act.

From **1:00 PM – 2:00 PM**, the topic is "**ObamaCare" and You**. There has been information and misinformation about what ObamaCare means for individuals. There have also been thousands of pages of laws and regulations written about it. The truth is it means different things for different people. And no matter who you are, whether you have health insurance or not, it means something for you.

Ana Juarbe will tell you what ObamaCare means for you. Ana is the Senior Program Manager of Programs, Outreach and Partnerships for the NYC Human Resources Administration's Office of Citywide Health Insurance Access, whose mission is to increase access to health insurance coverage and care for all New Yorkers.

The second part is from **2:00 PM – 3:00 PM** on the topic **Changes to Medicare and Medicaid Long Term Care**. Many changes have been made to the healthcare system over the past few years. One of the most monumental being the Affordable Care and Patient Protection Act, better known as "ObamaCare." These bills continue to evolve. **Michael Martin**, Manager at People Care, a home care agency, will be presenting information on how these changes affect older adult New Yorkers.

MRHS Film Committee Presents:

First Wednesday Films

-- Starting March 5, at 7:30 PM

-- Featuring: **Casablanca** (1942, 1 hr, 42 min)

The all-time classic starring Humphrey Bogart, Ingrid Bergman, et al.

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



Technology For You: MRHS "techNet"

The MRHS "techNet" group will meet in February on **Thursday, February 20 at 7:30 PM** in the **MRHS Tuttle Center**. Look for notices about this event, which will appear soon in your building.

Also, for future reference, **Marcia Clarkson, Mike Davidson, or Tiana Leonard** will be happy to assist MHC residents in using the iMac, iPad, iPhone or Android phone (Tiana only). Please call Margaret Bianchi at MRHS to set up an appointment to meet.

For more information about any of the above, or if you wish to be added to our email list, send a message to

DrMichaelSDavidson@Gmail.com
or call the office.

Renaissance Art and the Rise of Humanism

Erwin Panofsky noted that the "Arnolfini Wedding Portrait" marked the intersection of the profane and the sacred. In this presentation, the interaction of these two directions will be traced in European paintings from the fifteenth century to the seventeenth century. **Philip Gould** returns to MRHS to offer new insights into this theme. Highlighted will be examples from Flemish and Dutch art.

Professor Gould taught art history at Columbia University and Sarah Lawrence College and was a visiting professor at Fordham University, Pratt Institute and Parsons in New York, as well as at the University of Taiwan in Taipei and at Teachers College in Beijing. At present he is an associate member of the University Seminars at Columbia University. This presentation is made possible by the New York Council for the Humanities.

Mark your calendars for **Friday, February 21** at **2:00 PM** for a highly enjoyable journey to the world of art. The meeting takes place in the **MRHS Tuttle Center, 100 La Salle**.

SNAP Assistance

MRHS will be providing special help to apply for the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, on **Tuesdays, February 4 and February 18 from 10:00 AM to 2:00 PM at the MRHS Tuttle Center.** Assistance will be available in **English and Chinese** from representatives of the Department for the Aging. Monthly gross income limits of \$1,862 (single) and \$2,522 (couple) do apply, but please come by if you're unsure or want to find out more.

“晨興退休醫療服務中心”

將在以下日期在突桃中心(Tuttle Center) 提供幫助申請紐約市補充營養援助計劃之福利服務[SNAP, 前稱 Food Stamps/糧食卷]:
2月4日及18日, 下午10時至2時

屆時會有本市“高齡人仕部門”英文及中文代表在場協助。不同年齡及收入的市民都可能有資格獲得這種援助。有興趣人仕, 可在該預設時間到來中心諮詢或申請。

Assembly Member O'Donnell's Annual Children's Book Drive

From January 2nd to the end of February, new and gently used books in excellent condition, early childhood -through high school (no textbooks), are being collected.

Alice Lilly, (Bldg. IV) is willing to receive and cart books to Assembly Member O'Donnell's Office at 104 Street & Broadway. You may call the office or contact MRHS to accept Alice's offer.

Mark Your Calendars –

The MRHS Annual Meeting takes place on Monday, March 24, from 7:00 PM to 9:00 PM in the Recreation Center of Building 1.

Come and learn about MRHS's activities, meet with neighbors and enjoy some refreshments!

MRHS Wins NORC Contract!

MRHS has been awarded a NORC Program contract from the New York City Department for the Aging (DFTA.) The contract will begin on July 1, 2014 and will run for six years. MRHS is presently in the final year of its current NORC contract with DFTA. The new contract will enable MRHS to carry out its program and services at current levels without interruption.

MRHS Website

Did you know that the MRHS website includes a blog? We're inviting the community to participate on our blog by contributing your writing – a poem, an article, an insight. If you're interested in sharing on our blog, please contact **Joanna Stolove** for more information. Or send your contribution directly to Joannas@mrhsny.org.

Join us at The Memory Tree™

For the last eight years residents of MRHS, along with people in the neighborhood with mild memory problems, have come together for classes and workshops. The Memory Tree™ offers a wide variety of programs for those with mild memory problems.

The Memory Tree™ is offered once a week at MRHS, now on **Friday mornings from 9:30 AM -12:00 PM.** Program fees apply. If you are interested in joining us at The Memory Tree™, or know of someone in the community who could benefit from our program please contact **Elizabeth Fine, LCSW, at 917-656-0558.**

Amore!

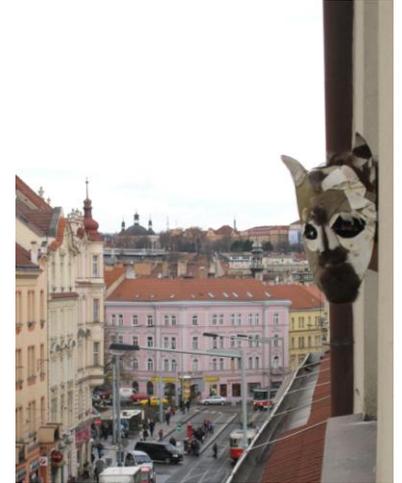
On Saturday, February 22 at 6:30 PM the Morningside Players present *Amore!* A fabulous night of love songs, delicious food and wine – all with an Italian twist. The program is a fund raiser for the Players. To learn more or to order tickets call 646/713-4502 or visit www.morningsideplayers.org

MRHS is happy to announce three new exciting programs beginning this month!

MRHS Hosts Artist-in-Residence

MRHS has been selected by the New York City Department of Cultural Affairs' SPARC Program to host an Artist-in-Residence in 2014. Please welcome SPARC Artist-in-Residence, **Anna Adler**. Anna was born in Moscow, Russia and moved to the US at age 7. She studied art at New York University and attended graduate school at Cranbrook Academy of Art, outside of Detroit.

Anna creates sculptures, performances and installations, using a wide variety of materials such as clay, plaster, and found objects. She has recently returned to New York from ten months abroad in Czech Republic, where she was on a study grant, focusing on alternative theater. During the course of her residency at MRHS Anna will conduct a series of art workshops and open studio time, culminating in an exhibition and performance this June. She is particularly interested in intergenerational exchange that fosters communication and creativity through art and is very excited to get to know the community of MRHS.



Anna Adler, Prague Masks, 2013

Meet & Greet Afternoon Tea with Anna Adler

Monday, February 3 at 2:00 PM

MRHS Tuttle Center, 100 LaSalle St., #MC

Join us for an introductory meeting with MRHS Artist-in-Residence, Anna Adler, including a brief visual presentation of Anna's work, description of upcoming workshops and a casual meet and greet.

Tea and light refreshments will be served.

The Beethoven Project

"Enhancing the experience of music with auditory rehabilitation."

Music appreciation classes / Free auditory screenings / Home assessments and modifications to improve environmental sound quality / Live Concerts!

Beginning Wednesday, January 29 at 11:15 AM and every Wednesday thereafter at 11:15 AM after stretch class. MRHS Tuttle Center, 100 LaSalle St., #MC

Brought to you by MRHS, Audicus, and the Columbia University Occupational Therapy Program.

MRHS eBay Program

MRHS is proud to announce the official launch of the **MRHS eBay Program!** We have already successfully sold on eBay various high quality valuable donated items such as Tiffany & Co jewelry, Lladro and Hummel figurines, a vintage dictionary, and handmade Native American textiles. MRHS has raised over \$1500 through eBay sales. Proceeds allow MRHS to continue providing vital programming, and social work and health care services to the Morningside Gardens community.

We look forward to working with the residents of Morningside Gardens to grow our eBay Program. If you have any items, presently, that you would like to donate to MRHS for our eBay Program, **please call 212-666-4000 and speak with Paul.**

**Donors to MRHS Annual Fund Drive from December 16 to January 10.
Thank you one and all! More donors will be listed next month!**

Argueta, Luis and Jennifer
Baldwin, William & Susan
Barlow, Theodra
Benjamin, Adria and Laurie Rhodes
Boyle, Frank and Lee Riffaterre *In Memory of Mimi Lamb*
Braunfeld, Daniel
Canty, Eileen *In Honor of the MRHS staff and volunteers*
Canty, Anne and Victor Quintana
Dalton, Elizabeth
De Paur, Norma
Gass, Robert *In Memory of Mary Thompson*
Kane, Margaret
Kerr, Marcella *In Memory of James and Gertrude Robinson*
Lichtman, Noah & Sara
Macdonald, Marcia *In Memory of Miriam Macdonald*
Marcuse, Irene
Mc Namara, Robert and Karl Heist *In Honor of Peggy McNamara*
Miller, Michelle *In Memory of Marcy Shulman*
Moore, Melinda and George Stack
Naprstek, Paul
Redd, Lisa
Rezende, Paula
Saydah, Patricia
Smith, George Bundy and Alene
Tan, Yen *In Memory of Diana Kao*
Tanzer, Michael & Hester Eisenstein
Vician, Kristina
Weaver, David
West Side G. I. Center
Yaniv, Elaine

And one anonymous donor.