

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

President: Eileen Canty
Executive Director: Ronald Bruno

Mind Matters

Through a UJA Federation of New York grant, Mount Sinai Hospital **geriatrician Joyce Fogel, MD**, and **geriatric psychologist Gregory Hinrichsen, PhD**, will be working with MRHS on issues related to memory and aging over the next few months.

Come hear more about it and take the opportunity to let us know what you want to learn more about. Please RSVP to MRHS at 212-666-4000 or MargaretB@mrhsny.org by February 13 to reserve a spot. *Light refreshments will be provided.*

Thursday, February 16, 3:00 PM
MRHS Temp. Location, Building VI, #MD

Please Help MRHS By Taking Our Survey

MRHS is in the process of making an application to the New York State Office of the Aging for a NORC program grant. We are required to conduct a "Needs Assessment" of the community as part of the application process.

We are asking all Morningside Gardens residents, but especially those over the age of sixty, to take the Morningside Gardens Needs Assessment Survey. The survey is completely anonymous.

Come to MRHS on **Survey-Day, February 3**, to take the survey if you haven't taken it online. We will have pizza and soft drinks!

If you are the caregiver of a resident who is unable to take the survey, you may take the survey on his or her behalf. Thank you!

Friday, February 3, 2:00 PM – 4:00 PM
MRHS Temp. Location, Building VI, #MD

Black History Month Program

On **Monday, February 27 at 7:00 PM**, MRHS plans a special program in dramatic form. It is entitled:

"Afri-can Life on this Ameri-can Soil"

In this year's **MRHS Black History Month** program, engrossing and insightful stories are presented dramatically in powerful poetic language underscored by classic Jazz music.

"Afri-can Life on This Ameri-can Soil," written by *Marjorie Eliot* and directed by *Eric Coleman* boasts an intimate cast of top notch musicians and actors.

The program is free to the community and everyone of all ages is welcome. Light refreshments will be served. Arrive early. Seats are limited. The program takes place in the **Recreation Center of 100 La Salle, basement level.**

OT Interns Program

Occupational Therapy (OT) Students from Columbia University are here on Wednesdays!

Have you have used technology in the past, had an interest in finding out new ways to connect to people? Maybe you have always had an interest and never had the opportunity to try! The focus of this program will be on using technology to reach out to friends, family, leisure interests and ways your voice can be heard within the community.

Groups will be held **10:00 – 11:00 AM on Wednesdays.**

February 1 - Morning Tea Talk – Social Connectedness Using Technology
February 15 - Connecting Virtually with Family & Friends

Director's Column

I'd like to draw your attention to a few items in this month's Newsletter. First, please see the insert with MRHS President Eileen Canty's first-hand account of the assistance she received from MRHS. Some of the services Eileen received may not be known to you if you know MRHS only through this Newsletter. If you would like to share a story of how MRHS has helped you, please let us know.

I also would like to draw your attention to the survey that we are circulating, which is described on the front of the Newsletter. Taking the survey will help us learn more about the needs of the Morningside Gardens community. It will also fulfill the requirement by the NY State Office for the Aging (NYSOFA), as part of MRHS's application for continued NORC funding. We need your help in filling out the surveys, to ensure that MRHS receives enough feedback and will be able to maintain its current service levels.

Finally, we are happy to report that our renovation project is proceeding only slightly behind schedule. We expect to be in our new home and welcoming you there by early March!



Supper Club News

Look for news about the February MRHS Supper Club Outing. The date is **Monday, February 13** at **5:30 PM**. Further details will be coming soon.

Low Vision Support Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. Come join the **Low Vision Group**. We need your expertise! The Meetings are set for **Friday, February 10 and Friday, February 24 at 2:00 PM**. Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

Happy February Birthday!!

To: Mary Elder, Nancy Jalet, Joanna Kapner, Charles Koppelman, Marie Ledoux, Iona Lutey, Emily Maruoka, Annie Petrus, 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 21** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Feb. 4 To Sir with Love (1967) 1 hr., 45 min
Sidney Poitier as the teacher who brilliantly handles social and racial issues in a school in the East End of London. Directed by James Clavell. Not Rated

Feb. 11 Brother Outsider: the Life of Bayard Rustin (2010) 1 hr, 24 min
The documentary illuminates the life and work of Bayard Rustin, who has been described as "the unknown hero" of the Civil Rights Movement, a tireless crusader of justice. Directed by Bennet Singer. Not Rated

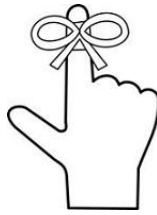
Feb. 18 Olympic Pride, American Prejudice (2016) 1 hr, 22 m
A documentary detailing the story of 18 African American athletes, including Jessie Owens, who defied America's Jim Crow and Adolf Hitler's white supremacy to participate in the 1936 Olympics in Berlin. Directed, produced and written by Deborah Riley Draper. Not Rated

Feb. 25 The Color Purple (1985) 2 hr, 34 min
Based on the Pulitzer Prize-winning novel by Alice Walker. An African-American woman struggles to overcome poverty, adversity and marriage to a brutal husband over a period of forty years. Stars Whoopi Goldberg and Oprah Winfrey with Danny Glover. Directed by Steven Spielberg. Rated PG-13

Movies start at 2:00 PM. Please arrive early. Suggested donation: \$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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 6	9 – 6	8 – 6	9 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday,
Feb. 8 Feb. 22

9:00 AM to 11:00 AM in 549 W. 123rd St. #MD

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 be held on **Thursday, February 23, at 2:30 PM**.

The **MRHS Book Club's** meets next on Wednesday, February 15 to discuss ***A London Life*** by Henry James. Everyone is welcome!

***** 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 is closed on Monday, February 20 for President's Day. Have a great holiday weekend! *****

Jackie Robinson Center

An MG resident provided us with the following clarification regarding the Jackie Robinson Senior Center, located at 1301 Amsterdam Ave. in the Grant Houses:

Services to seniors are on business days from about 9:00 AM, when breakfast begins, until about 3:00 PM. The lunch times are about noon to 12:45 PM.

There are also some 7-day centers (such as the Lenox Hill Neighborhood House at 70th St. and First Ave.) that offer three meals a day, almost every day of the year (weekends included.) One must be 60 years old and a resident of NYC for these meals, supervised by the New York City Department for the Aging. Small contributions (up to \$1.50) are usually requested.

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 17, 2017). 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 Continues

Great Decisions meets next on **Tuesday, February 7 at 7:00 PM** with a discussion on "The Future of Europe." The meeting will take place in the **Thurgood Marshall Room, 80 La Salle, 1st floor.** **Tiana Leonard** will be facilitator. Reading material for the discussion is available from the MRHS office. Note: this program has been re-scheduled from December.

MEN: A Message For YOU!

The next Men's Group Luncheon will take place in the Thurgood Marshall Room, 80 La Salle Street, ground floor on



Wednesday, February 8 at 1:00 PM. Please call 212 666 4000 to RSVP. The luncheons are a great opportunity to make new friends, learn, and have fun. Men's Group luncheons take place on the second Wednesday of the month. The cost of the lunch is \$10. Please bring a check payable to MRHS.

TMP 6th Annual Special Benefit Weekend!

The Morningside Players has presented its annual Benefit to sold out crowds and is now offering THREE shows at a lower cost, so more people can attend. There will be three special Benefit performances of a new Musical Revue *LOVE IS IN THE AIR* featuring great Broadway songs and selections on young and mature love from famous, legendary musicals – with top Broadway performers!

Friday, February 24 at 7:30 PM, Saturday, February 25 at 5:00 PM and Sunday, February 26 at 3:00 PM, plus a champagne reception at each performance! (*Doors open ½ hr before performance.*) Tickets - \$25. Available at the TMP website www.morningsideplayers.org or you may call 646 200-5089. (Tickets at door - \$30.) *All proceeds go to future productions!*

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

The following are donors to MRHS Annual Fund Drive from December 23, 2016 to January 26, 2017.

Thank you one and all!

MRHS raised more than \$50,000 in this year's fund drive, the most ever!

Baldwin, Susan and Will

Benjamin, Adria

Burley, Anne *In Honor of MRHS Staff and
In Memory of my parents and husband*

Chi, Chaoyuan

Dalton, Elizabeth

Eisenstein, Hester

Fargas, Francisco

Gottlieb, Joyce

Ilka, Stephanie

Kerr, Marcella

Khosrovi, Dorothy and Behzad

La Fleur, Lydia *In Memory of Frances Geer*

Marlino, Susan

Meyers, Cynthia

Moore, Melinda

Nagle, Barry

Pellar, Michele

Pohlig, Karen and Tom Goodhue

Rose, Lea Williams and Noah

Teffeau, Dorothy

Teusaba, Maria

Valentine, Edith *In Memory of my Aunt and
Uncle, Evelyn and Charles Eason*

Assembly Member Daniel O'Donnell Annual Book Drive

The drive is from January through February, 2017. They are accepting all gently worn books for children, Pre-K through High School. Please, NO textbooks or books formerly owned by the Public Library, please. Donations can be left at my door (Bldg 4, Apt 7E) for delivery to the Assembly Member's office.

Alice Lilly
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