

Columbia EPIC Talks Return

A Difficult Woman: The Challenging Politics of Lillian Hellman

With **Alice Kessler-Harris**

In writing about playwright / memoirist Lillian Hellman, Columbia University professor Alice Kessler-Harris looks beyond the boundaries of Hellman's life. She presents Hellman as a fascinating and flawed woman who was also a lens through which we can study a whole series of events and trends of the 20th century. She tackled serious issues, writing of corruption, fascism and the power of money in her most famous plays — *The Children's Hour*, *The Little Foxes*, *Watch on the Rhine*. Kessler-Harris's book, *A Difficult Woman: The Challenging Life and Times of Lillian Hellman* makes it clear how complicated she was.

Kessler-Harris' research focuses on women's history, the labor movement and radical politics—all of which her subject exemplified. She is R. Gordon Hoxie Professor of American History, emerita; former president of the Organization of American Historians and the Labor and Working Class History Association.

Wednesday, February 13, 7:00 PM
MRHS, 100 LaSalle Street

In Memoriam

This edition of the MRHS Newsletter is dedicated to the memory of two cherished members of the MRHS community who sadly passed away in January. Former MRHS President **Sarah Cunningham** died on January 18. Sarah had moved back to Tennessee a number of years ago to be closer to her family. We have greatly missed her ever since. MRHS volunteer **Michio Ryan** died unexpectedly in January. MRHS will soon be hosting a memorial service for Michio.

Black History Month Event

Mark your calendars for this special **Black History Month** event. On **Thursday, February 21** from **7:00 to 9:00 PM**, **Dr. Theresa J. Canada** will discuss her newly released book, *Desegregation of the New York City Schools: A Story of the Silk Stocking Sisters*.

Dr. Canada is a professor of Education and Educational Psychology at Western Connecticut State University and is a long-time resident of MG. This is her first book and is based in part on personal experience. MRHS board member and photojournalist **Ozier Muhammed** will conduct a dialogue with **Dr. Canada** for the program. Books will be sold at 30% discount.

Black History Film Screening

"Isaac Pope: The Spirit of an American Century," directed by **Rock Grant**, written and produced by **Paula J. Caplan**.

The film presents an intimate view of 100 years of American history seen through Isaac Pope, an African-American centenarian who's a spellbinding storyteller and unsung hero of war, the civil rights and workers' movements. Grandson of enslaved people, son of sharecroppers, he yearned toward the American Dream, never came near it, but spent decades helping others do so. His life shows tectonic shifts in some interactions between races that show the way forward.

The film has been selected for the *SR Socially Relevant Film Festival 2019* and will be introduced by SR Film Festival Director and MRHS Board Member, **Nora Armani**.

Friday, February 22, 7:00 PM, at MRHS

MRHS is closed on Monday, February 18 for President's Day.

The MRHS Home Health Club

Welcome to the **MRHS Home Health Club** where our goal is to work with you on a holistic approach to improve your participation in wellness-related activities. Through the feedback survey you provided to us in the fall, you identified incorporating exercises into your daily routines as the most popular theme, therefore the sessions will provide you with specific tools and techniques to seamlessly integrate realistic and practical wellness best practices into your daily routines, habits and homes.

Each session will focus on various aspects of wellness considered to be essential for a healthy life, including physical fitness, mental well-being, and a safe environment. The final two sessions will consist of private home visits to clients who request this service. In these home visits, we will assist you in identifying the best ways to incorporate the techniques covered in the group sessions into your existing routines and homes.

We look forward to working with you!

Olga and Pam, Columbia University Occupational Therapy Students

Wednesdays at 11:15 AM at MRHS

- January 30: Real Simple Exercises
- February 6: Move to the Music
- February 13: Keep Calm and Stretch
- February 20: Everyday Meditation
- February 27: Soothing Home Spa

Tai Chi for Arthritis

The **Tai Chi for Arthritis** course will resume on **February 4** and run through April 1. As usual, it will be led by *Carl Jones* and meet on **Mondays and Wednesdays at 11:00 AM** in the **Building I Recreation Center**. This is an Evidence Based course and has been approved as a therapeutic procedure. There is a fee of \$20.00.

Please call MRHS to sign up at 212-666-4000 or to get more information. MRHS wishes you good health in 2019, and participating in Tai Chi for Arthritis is a step in that direction.

Happy February Birthday!!

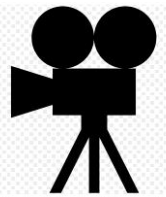
To: Mary Elder, Helen, Hughes, Nancy Jalet, Joanna Kapner, Charles Koppelman, Marie Ledoux, Iona Lutey, Emily Maruoka, Annie Petrus, Sandra Saunders, Annette Sims, Hilah Thomas, and Marion Yeh.

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 19 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Feb. 2 **Get Out** (2017)

1 hr, 44 min. A young African-American visits his white girlfriend's parents for the weekend. A brilliantly effective and entertaining horror/comedy thriller. Academy Award for Best Original Screenplay. Nominated for Best Picture, Best Director, Best Actor. Rated R.



Feb. 9 **Malcolm X** (1992) 3 hr, 22 min

Directed and co-written by Spike Lee, the film stars Denzel Washington in the title role. The film dramatizes key events in Malcolm X's life. Rated PG-13

Feb. 16 **Chasing Trane** (2016) 1 hr, 39 min

This documentary explores the global power and impact of John Coltrane's music and reveals the passions, experience and the forces that shaped his life and revolutionary sounds. Includes commentary from Denzel Washington, Carlos Santana, Common, Cornel West, Bill Clinton and others. Not Rated

Feb. 23 **Nat King Cole: Afraid of the Dark**

(2014) 1 hr, 33 min The documentary captures insights from musicians who worked with Nat Cole, among them Frank Sinatra and Harry Belafonte. In November of 1956 Cole became the first black man to have a TV show, signing with NBC. His great talent was crushed by the weight of racism.

Sponsors refused to support a show featuring a black man. Cole cancelled the show, quoted as saying "Madison Avenue is afraid of the dark". Directed by Jon Brewer. Not Rated

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 New MRHS Center.

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

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

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. 6 **Feb. 20**

9:00 AM to 11:00 AM

100 La Salle, #MC

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" next meeting will be announced soon.

The **MRHS Book Club's** next meeting will be on **Tuesday, February 19 at 3:00 PM** in the New MRHS Center. The group will discuss the novel, ***A Bend in the River***, by *V. S. Naipaul*. Please consider joining. All welcome!

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 15, 2018). 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.***

Mt. Sinai / MRHS Program

Tuesday, February 5, 11:00 AM

Safety - My Priority: Falls and Fall Prevention with *Dr. Paul Ojinna*. This talk will be an overview of the causes and ways to prevent falls at home and in the community

Thursday, February 21, 11:00 AM

Blood Pressure Medications

with *Dr. Sharon See*.

Friday, February 22: Ask the Doc

at 2:30 PM with *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.

Thursday, February 28: Ask the Doc

at 2:30 PM with *Dr. Greg Hinrichsen*, Psychologist, Mount Sinai Department of Geriatrics and Palliative Care.

You must contact MRHS in advance to schedule an "Ask the Doc" session.

Hearing Health Day

Registration required - limited spots

Are you concerned about your hearing? Looking to get your hearing tested? Or, having challenges with your hearing aids? Join this special trip on **February 22** to the **Center for Hearing and Communication (CHC)** for educational sessions about hearing health; complete hearing test with an individualized session to address your concerns and a hand-on hearing assistive devices demonstration. Program runs **11:00 AM - 3:15 PM**, plus travel time. Participants bring their own lunch and snacks and drinks will be provided.

Please note: registration required by February 6. Insurance requested for the hearing test portion of the program. Family or caregivers welcomed. Round trip transportation provided at no cost. Contact Margaret Bianchi to sign up at 212-666-4000.

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

Planning For the Future

Learn how to make your co-op work for you. Please join ***Sherri Hughes***, an attorney with extensive experience working with MHHC residents, in the purchase and sale of their cooperative apartments, as well as in the preservation of their asset. Ms. Hughes has worked with Morningside residents for over 20 years and will share her collective insights on **Tuesday, February 26 at 2:00 PM** at MRHS.

MRHS Intergenerational Cooking Program

We encourage people of all ages to participate! Our 2nd cooking demo in the series will be held from **1:00 to 3:00 PM** on **Sunday, February 24**. Chef for the day is **Usa Ungsunan**. Usa will be presenting Thai Green Curry with Chicken, as well as a vegetarian version served with Thai rice or rice noodle. In addition to the entree, Usa will provide a dessert called Kao Niew Purk. Join us for these classic and famous Thai dishes! Space is limited. To RSVP please call MRHS at 212-666-4000.

This program is funded by a grant from the UJA Federation of New York and is meant to facilitate an enriching experience between older adults and children/teenagers or young adults.

Great Decisions 2019

The Great Decisions 2018 program will resume on **Tuesday, February 5**. *Sarah Eggleston* will lead a discussion on "Refugees and Global Migration."

The program takes place at **7:00 PM** in the New MRHS Center. For those who do not have books, readings for the February discussion will be available in the MRHS office.

Traditional Chinese Music

Jiayi He will be playing harmonica.

中国传统音乐演出，二月四号（星期一）：上午10点

Monday, February 4, 10:00 – 11:00 AM
MRHS, 100 LaSalle Street

Black History Month Tour

Also in observance of **Black History Month**, on **Thursday, February 7 at 10:30 AM** MRHS will sponsor a group outing to the nearby Wallach Art Gallery. There will be a guided tour of the exhibit, *Posing Modernity The Black Model from Manet to Matisse to Today*. Please call MRHS at 212-666-4000 to reserve a spot.

MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, February 13 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.

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** and help us collaborate on the agenda for the rest of the year. We need your expertise! The dates are **Monday, February 11 and Monday, February 25 at 3:30 PM**. Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits.

Mark Your Calendars: Shakti Naam Yoga Class to Return. Kalpani Kanthan will begin a new series of classes starting March 4.

Please Note: New-York Historical Society:

Ragtime to Jazz: Harlem's Black and Jewish Music Culture, 1890-1930

Wednesday, February 20, 6:30-7:30 PM

Free if you RSVP to koconnor@nyhistory.org

Harlem historian and Columbia University Community Scholar John Reddick brings Harlem to life with this riveting look at the neighborhood's history and the pulsing creativity it nurtured at the dawn of the 20th century, crafting modern music and the American songbook as we know it.