

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

In Celebration of Black History Month

If you missed the documentary **"Toni Morrison: The Pieces I Am"**, or wish to view this engaging film again, please join us on for an honest, up close and personal view of Toni Morrison, her life and expansive work, all of which have contributed mightily to our American History. After the viewing there will be time for a Q&A and sharing of thoughts about the film and the author.



Toni Morrison
Credit: Timothy Greenfield-Sanders

Film Running Time: 2 Hours

Hosted by Building IV Resident, *Alice Lilly*

Wednesday, February 26, 7:00 PM
Thurgood Marshall Community Center,
80 LaSalle Street (use the rear entrance)

Repair Café

Do you have a sweater with moth holes? Do you have a lamp that needs re-wiring? Do you have a tangled necklace? Broken ceramic vase? MRHS is excited to announce our first Repair Café. Volunteers will be available to fix or repair small household items at no cost. We are also looking for volunteers with trade skills that may be willing to lend their talents to help the community. In today's disposable society, come out and contribute to a sustainability movement!

Saturday, February 29, 1:00 to 5:00 PM
Recreation Room at 100 La Salle St

**If you are interested in volunteering, please reach out to MRHS at 212-666-4000.

Exploring StoryCorps . . . Listen. Honor. Share.

Have you ever listened to National Public Radio (NPR) over the years and sometimes heard great short segments from "Military Voices" or folks sharing "Moments that Define"? I remember the three-minute interview with a grandfather whose life advice was "Just Roll With It"!

Gathering and recording these life snippets was the brainchild of Dave Isay (2003) and became known as **StoryCorps**... "...a way to preserve and share humanity's stories in order to build connections between people...and create an invaluable archive for future generation."

Now the **StoryCorps** team has created a new set of resources for communities to develop their own interview collection projects. Fabulous! We have wonderful Senior voices here at MG with many stories to tell – e.g. advice to next generations, how support from MRHS, family, friends, neighbors help to brighten their days.

JOIN US FOR A STORYCORPS INFO WEBINAR
Wednesday, February 5, 2:00-3:00 PM
MRHS Center, 100 LaSalle St.

Contact: *Christine Pawelski* (II-16F) if you're interested in getting involved to interview/organize, identify MG storytellers. Great opportunity for high school, college students to participate, too!
Chrisp5908@gmail.com

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



Director's Column

MRHS has always taken great pride in the diversity of its community. Come celebrate Black History Month at MRHS in February! On Wednesday, February 26 at 7:00 PM, in the Thurgood Marshall Room, we will be screening the film, "*Toni Morrison: The Pieces I Am*", to be followed with a discussion led by Building IV resident Alice Lilly.

Also in February our movie committee will be showing five films on Saturday afternoons (yes, there are five Saturdays in February!), all dedicated to Black History Month. More information on the special February 26 screening and celebration, as well as the Saturday afternoon films may be found in this Newsletter.

In addition, Alice Lilly has provided us with these additional resources for Black History Month:

harlemonestop.com/organization/5/schomburg-center-for-research-in-black-culture

Highlights the Schomburg's 12th Annual Black History Month celebration with a concert by the Harlem Chamber Players on February 13. Concert is FREE, ticketing is required.

nypl.org/events/programs/schomburg

The NYPL site lists events at the Schomburg during the month of February, including the Zora Neale Hurston program, "Between the Lines: I Love Myself When I Am Laughing." FREE--ticketing required.

<http://thirteen.org/collection/black-history-month/>

At home and free opportunities

I hope you have the chance to take advantage of some of these important events, especially those at MRHS!



Happy February Birthday!!

To: Mary Elder, Helen, Hughes, Nancy Jalet, Joanna Kapner, 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 18 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Feb. 1 Paul Robeson: James Earl Jones One-Man Show (1986) 1 hr 54 min

A celebration of the role of food in Japanese culture. It follows a young widow who runs a small noodle restaurant in Tokyo and Goro, a cowboy-hat-wearing truck driver, as they attempt to concoct the perfect bowl of ramen. *Japanese with English subtitles*. Not Rated

Feb. 8 A Raisin in the Sun (1961) 2 hr, 8 min

Lorraine Hansberry's groundbreaking drama celebrates the human spirit through the story of the Younger family living in their crowded Chicago apartment and the impact of the arrival of a \$10,000 insurance check as the possible answer to their prayers. Not Rated

Feb. 15 Toni Morrison: The Pieces I Am

(2019) 2 hr This documentary reflects on the life and work of American acclaimed novelist and Nobel Prize winner Toni Morrison. The film features the writer in an intimate reflection on her work and the exploration of America and race. Rated PG-

Feb. 22 Mudbound (2017) 2 hr, 14 min

This sprawling story of two families, one white and one black, in postwar Mississippi, picked up four record-breaking nominations at the 90th Academy Awards. Rated R

Feb. 29 Half Past Autumn: The Life and Works of Gordon Parks (2008) 1 hr, 30 min

Parks was a preeminent photographer, poet, novelist, composer and filmmaker. As a filmmaker, he was the first African-American man to direct a major Hollywood production, a memoir of his youth, "The Learning Tree." 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 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>
9 – 5	9 – 5	9 – 5	9 – 5	9 – 5

Nurse's Hours – Nurse's schedule:

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

Hypertension Screening on Wednesday

Will take place on Wednesday, February 5 and Wednesday, February 19, 9 to 11:00 AM

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

The **MRHS Book Club's** next meeting will be on **Wednesday, February 12 at 3:00 PM** in the MRHS Center. The group will discuss the novel, ***The Maids*** by Junichiro Tanizaki. 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 21, 2020). 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.***

MRHS thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for making these programs possible

Free Beginner Guitar Lessons

Due to popular demand, the **Bloomington School of Music** has agreed to offer this course again at MRHS! **Tuesdays, 1:30 PM - 3:00 PM, starting in March.**

Students will gain a hands-on approach to music in a supportive group setting focused on introductory guitar skills. Participants will learn beginning classical/acoustic guitar technique, basic music reading skills, and gain a deeper understanding and appreciation of music. This program is structured so that each class builds off of the previous therefore, students should commit to the entire duration of the course. Instruments will be provided for the 12 week course for a \$50 rental fee. Please contact MRHS at 212-666-4000 or ronb@mrhsny.org if interested.

Mt. Sinai / MRHS Program

Friday, February 7, 3:00 PM

"Open Question and Answer Session" with *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care. Come share your concerns and questions with Dr Fogel and other participants – if you have the question chances are others do too!

Thursday, February 13, 2:30 PM

"Health Maintenance" with *Dr. Nisha Rughwani* and *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care. Dr. Rughwani will discuss health maintenance in the older adult, as well as the new Geriatrics practice at Mount Sinai – St. Luke's Hospital.

Friday, February 14, 3:30 PM

"Ask the Doc" with *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.

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

*** MRHS presents these programs in partnership with the Mt Sinai School of Medicine, with support from the UJA Federation of New York. ***

MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, February 12 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.

Mind Over Matter

Have you wondered about new research on ways to maintain and improve your cognitive health? The focus of this program will be to explore evidence-based methods to maintain and improve cognitive health, including topics such as nutrition, games, narrative medicine, art therapy, and sleep and stress management. Join us to meet others and explore these topics together. In addition, the Occupation Therapy students (OTs) will offer home visits to help customize these ideas to your individual needs!
Mondays from 11:15 AM to 12:15 PM.

February 3, Narrative Medicine:

Engaging in creative writing utilizes several parts of the brain by activating higher cognitive tasks in the verbal expressive domain. Participants will spend this session reading and writing together.

February 10, Cooking up Cognition:

Explore the benefits of the Mediterranean Diet for cognitive health.

February 24, The Ugliest Picture:

Strengthening participation in expressive arts, such as visual arts, writing and poetry, has been found to improve cognition.

Save the Dates

- **Shakti Naam Yoga** –
Begins Monday, March 2 at 6:30 PM
- **Medicaid Planning** –
Wednesday, March 4 at 7:00 PM
- **Family History Workshop** –
Thursday, March 5 at 2:00 PM

Family Caregiving in the U.S: From Research to Policy.

Come hear **Dr. Sara Czaja** discuss research and findings that may help you and those you know to experience a happier, healthier life as we grow older. Dr. Sara Czaja is the director of the *Weill Cornell Center on Aging and Behavioral Research*. She and her team are developing and testing innovative strategies and interventions that strive to keep older adults independent and engaged, socially, intellectually and even professionally.

Dr. Czaja earned her Ph.D at the State University of New York at Buffalo. She has been the principal investigator of numerous studies awarded by the National Institute on Aging. Dr. Czaja's articles have appeared in many publications, including the *Gerontologist*, the *Journal of Psychiatric Research*, and the *Journal of Neuroimmunology*.

Thursday, February 6, 2:30 PM
MRHS Center, 100 LaSalle St.

Tai Chi for Arthritis

The **Tai Chi for Arthritis** course will resume on **Monday, February 3** and run for sixteen classes. 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 for treating the symptoms of arthritis. Please call MRHS to sign up at 212-666-4000 or to get more information. There is a fee of \$20.00.

Great Decisions 2020

Great Decisions 2020 resumes on **Tuesday, February 4**. *Sarah Eggleston* will lead a discussion on "Climate Change and the Global Order." The program takes place at **7:00 PM at MRHS**. For those who do not have books, readings for the February discussion will be available in the MRHS office.

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

Music Appreciation Series

A **Music Appreciation Series** is being presented at MRHS by the *Bloomington School of Music*. Bloomington Resident Teaching Artist, *Marc Peloquin*, leads a series of 4-week \$20 music courses designed to give students a basic understanding of music and inspire an appreciation for music through a variety of musical styles.

Each class in this lecture series will feature live demonstrations of musical concepts, discussion, recorded listening examples, and will culminate with a free faculty concert at the Bloomington School of Music.

Classes will take place at MRHS on **Fridays, 1:00 – 2:30 PM, continuing on February 7**. The series includes *Musical New York*, February 7 to 28; *How to Listen to Music*, March 6 to 27; *Happy Birthday Beethoven!*, April 3 to 24.

There are a few spaces available. Contact MRHS at 212-666-4000 to reserve.

Alzheimer's Association Talk

"Know the 10 signs"

If you or someone you know is experiencing memory loss or behavioral changes, it is time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. *Presented By: Licet Valois, LMSW, MPS, CDP*

Wednesday, February 26, 1:00 PM
MRHS Center, 100 LaSalle St.

***** 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. *****

Join us at The Memory Tree™

The Memory Tree™ has been partnering with MRHS for over 14 years to provide our unique program for people with *mild* memory problems. We meet on Wednesdays from 2pm to 4:30, where participants attend 3 different classes to exercise their mind and body. Classes range from memory aerobics to current events, art & literature discussions, as well as chair yoga. Socialization at our program can help fight the isolation and depression that often accompanies memory loss, and help to maximize mental and physical health through continued learning.

If you are interested in joining us at The Memory Tree™, or know of someone in the community who could benefit from our program contact *Elizabeth Fine, LCSW*, at 917-656-0558. Please visit our website at www.TheMemoryTree.org. Program fees apply.

Do You Love Movies?

The Saturday movie committee needs a volunteer who will show one film a month. We'll train and support you. Simply select a film you will show and relay the information by email to the committee. Contact Margaret at MRHS, 212-666-4000.

Low Vision Support Group

The **Low Vision Support Group** will meet again in January on **Monday, February 10 and Monday, February 24 from 3:30 to 4:30 PM**. In a safe and confidential setting, members will have the opportunity to discuss their feelings, share experiences and offer mutual support.

Women's Group News

The women's meditation group that meets on **Mondays at 7:00 - 8:00 PM** in the MRHS café room (Building 1) has enough space to accommodate a few more women. We meditate for about half the time and talk about our experiences the other half. If you are interested, just come to our Monday evening sessions a few minutes before 7:00. You need not be a senior who uses MRHS services in order to attend.

Morningside Players Planning Special Programs

On February 23 and March 29.

The Morningside Players will present a special program for Black History Month: 3 Icons, Diahann Carroll, Toni Morrison and Jessye Norman, honoring these wonderful artists who passed away in 2019. There will be music, song, spoken text and video highlights from these remarkable lives. Sunday, Feb. 23 at 4:00 PM in the Recreation Center, free, with refreshments to follow. Seating is limited so please reserve at morningsideplayers@gmail.com or call 646 200 5089. (And stay tuned for a special Women's History play on a great and scandalous English actress. *Miss Ellen Terry: A Very Private Talk* on Sunday March 29 at 4:00 PM.)

Social Connectedness Focus Group

Blooming Health is looking for older adults (65-85) to participate in a two-hour focus group on the topic of social connectedness and overcoming isolation. They are looking to talk about challenges and ways to address them. If you are interested, please email *Blooming Health* at team@gobloominghealth.com with your name and they will get back to you with more information. You will receive a \$10 Amazon gift-card for your participation.

Blooming Health is a team of scientists and technologists with a mission to develop ways older adults can strengthen their connections to friends, family, caregivers, and their community through the use of friendly technology.

Free Tax Preparation Help Is Available to Most Seniors

Seniors and retirees should know that they may be able to use online tax preparation software free of charge. Most low- and middle-income Americans qualify for the free help, but do not take advantage of it. And all seniors are eligible for free counseling assistance from the IRS.

The tax preparation software industry has had a decades-long deal with the Internal Revenue Service (IRS) to make free versions of its software available to low- and middle-income individuals. However, a [report by ProPublica](#) in April 2019 revealed that the software companies were making it difficult for customers to find the free tax filing software, including going so far as to hide it from a Google search. According to the IRS's [Taxpayer Advocate Service](#), around 70 percent of taxpayers qualified for free filing, but only 1.6 percent used the free software in 2018. The IRS has now [amended its agreement](#) with the software industry to bar the companies from hiding the free products.

The IRS [Free File website](#) links to the available free products. Each company sets its own eligibility standards based on income, age, and state residency. As long as your adjusted gross income was \$69,000 or less, you will find at least one free product to use. There are also two products that are in Spanish.

If you would rather not prepare your own tax return, seniors can use the IRS's [Tax Counseling for the Elderly \(TCE\)](#) program. The TCE program is available to taxpayers who are 60 years old or older and specializes in answering questions about pensions and retirement plans.

