

## Black History Month

We hope you enjoy the Black History News Quiz included as an insert to this Newsletter. Since we are still unable to host large gatherings as we have in the past due to Covid, we have to make do with printed material and the following recommendations. (More information and links will be sent out by email.)

Our local PBS affiliate, Channel 13, will be showing the following films in February:

--- American Masters: **Marion Anderson: The Whole World in Her Hands** (Feb. 8, 9 PM)

--- Independent Lens: **Owned: A Tale of Two Americas** (Feb. 7, 10 PM)

--- American Experience: **The American Diplomat** (Feb. 15, 9 PM)

--- America ReFramed: **Fannie Lou Hamer's America** (Feb.22, 9 PM)

And From the Schomburg Center:

**Conversations in Black Freedom Studies: Black New York** (Feb. 3, 6:30 PM, Online)

## Dances For A Variable Population (DVP)

**MOVEMENT SPEAKS®** is a sequential weekly dance program promoting strong and creative movement for older adults for improved health and quality of life. Classes are one hour in length with cardio fitness, Dance improvisation, emphasis on correct alignment and Dance Making for fun and friendship.

**Thursdays at 10:00 AM, Starting Feb. 17**  
**Thurgood Marshall Room, Building III**

*Masks and social distancing will be required, and capacity will be limited. Please contact Margaret Bianchi at 212-6000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) to reserve a spot.*

## Brain Aerobics Program

### With Columbia University Occupational Therapy Interns

All groups are intended to be educational, practical, and enjoyable! We will begin our *Brain Aerobics* program by introducing occupational therapy and the idea of enhancing our cognitive health. We will spend time discussing sleep hygiene (including practical tips for sleep) and how it relates to cognition.

During the following four groups, we will discuss and practice more topics related to healthy cognition including mindfulness, reading & writing, compensatory cognitive strategies, and brain games.

For the remaining 5 weeks, we will offer an exciting opportunity for home visits to work individually with those who are interested. These sessions will allow us to get to know you better and show you more of the great things occupational therapy has to offer.

Please contact Margaret Bianchi at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) to sign-up and receive the zoom information.

**Wednesdays at 1:00 PM on Zoom**

## Free At-Home Covid-19 Tests

Here is the website to order the FREE at home rapid tests being distributed by the Federal government: [www.covidtests.gov](http://www.covidtests.gov)

If you need help ordering test kits, please contact MRHS at 212-666-4000.

***MRHS will be closed on Monday, February 21 for Presidents Day. Have a great holiday!***

## Director's Column

As I write this column the latest news is that the Covid infection rate is dropping sharply in New York, which allows us to restart some in-person programming that we had postponed in January. We must continue to limit capacity at these programs, but it's a start. The "Movement Speaks" class from Dances for a Variable Population and a new Beaded Jewelry-making class will be on offer this month. Large gatherings are still off the table, so we cannot plan an in-person program for Black History Month unfortunately.

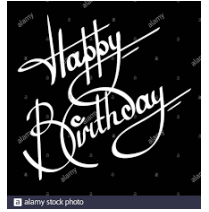
I'm happy to announce that we have a new staff person – social worker, Robin Aloj, LMSW, who will be starting on January 31. Robin was a Masters-level social work intern from Rutgers University in 2017 at MRHS. In MRHS's recent proposal in response to the city's Request for Proposals, we identified unmet needs in the community that could be addressed by an expanded social work staff. Robin will be working in those identified areas, including residents who are approaching retirement or recently retired; residents living with Alzheimer's disease and other types of dementia, as well as their caregivers; and people living in the wider community who can benefit from our virtual (Zoom) programming, which will remain active even after we return to full in-person programming. We are also looking into ways residents can contribute their energy and skills to the surrounding community, such as the Read Ahead program whereby adults read to challenged children at nearby schools.

Since the Dept. for the Aging gave permission to NORC programs to hold group programs at limited capacity in mid-June it's been a roller coaster ride at MRHS, as the infection rates have risen and fallen. Through it all we've kept the office open each day and MRHS staff, the very definition of essential workers, have been providing critical services to our most vulnerable residents. I feel very fortunate to be working with such a dedicated crew!

*for found*

## Happy February Birthday!!

To: Kathleen Bader, Qiyun Cheng, Mary Elder, Helen Hughes, Joanna Kapner, Marcella Kerr, Gwynne Marshall, Tonia Papke Waterbury, Karin Kreuger, Marie Ledoux, Iona Lutey, Emily Maruoka, Annie Petrus, Sylvia Pira, Craige Roberts, Sandra Saunders, Annette Sims Williams, Hilah Thomas, Ira Tobert, Marion Yeh, and Ran Zhao



## MRHS Book Group

The next meeting is **Wednesday, February 9 at 3:00 PM** to discuss the novel, *Klara and the Sun*, by *Kazuo Ishiguro*.

Via Zoom. All are welcome.

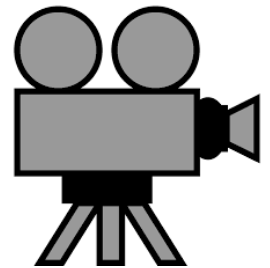
For further information please contact MRHS at **212-666-4000** or by email to Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

## MRHS's "Great Movies" Series

### "Il Postino / The Postman"

(1994) 1 hr. 48 mins.

Mario, a village postman, enlists the aid of the poet Pablo Neruda to conquer the heart of the beautiful Beatrice. The film is set on an island off the southern coast of Italy, where Neruda spent time in exile in the early 1950s. A huge international success, it won two BAFTAs (British Academy of Film and Television Arts) for Best Director and Best Foreign Language film, and an Oscar for Best Dramatic Score.



*In Italian with English subtitles.*

**Thursday, February 17, 2:00 PM via Zoom**  
**Contact MRHS for the Zoom link.**

*This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.*

## Current MRHS Online Classes

### MONDAY

#### **Stronger Seniors Workout**

(Strength & Stretch), 10:00am – 11:00am

#### **Writing Group**

2:30pm - 3:30pm

### TUESDAY

#### **Life Story Workshop**

11:00am – 12:00pm

#### **Great Decisions**

7:00 – 8:30pm, meets monthly

### WEDNESDAY

#### **10 Years Younger Workout**

(Cardio & Aerobics), 10:00am – 11:00am

#### **MRHS Men's Group**

1:00pm – 2:00pm, meets monthly

#### **MRHS Book Group**

3:00pm – 4:00pm, meets monthly

#### **Memory Tree**

3:00pm – 5:00pm

### THURSDAY

#### **MRHS's "Great Movies" Series**

2:00pm, monthly

#### **Shakti Yoga**

5:00pm - 6:15pm

### FRIDAY

#### **Exercise/ Workout**

10:00am – 11:00am

#### **Music Appreciation**

1:00pm – 2:30pm

**\*\* 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 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. \*\*\***

## MRHS Board Game Café

Please join us **Friday, February 25 at 2:30 PM** to play board games or cards with other MG residents. We have lots of games on hand or you could bring your own.

## Afternoon Tea in the Lounge!

Stop by the MRHS lounge on **Friday, February 25, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

*Please note that at the present time we will have to follow distancing and mask-wearing protocols required by the NYC Department for the Aging for all in-person programs.*

## Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom sponsored by MRHS. This month's topic of discussion will be ***Changing Demographics*** facilitated by *Building VI resident Tiana Leonard*.

The world experienced remarkable demographic changes in the 20th century that continue today and have resulted in far-reaching social, economic, political, and environmental consequences all over the globe. These consequences are creating mounting challenges to development efforts, security, climate, and the environment, as well as the sustainability of human populations.

**Tuesday, February 8, 7:00 PM, Via Zoom**

### **Great Decisions Upcoming Schedule**

- March 1: "Outer Space"
- April 5: "Climate Change"
- May 3: "Russia and the U.S."
- June 7: "Myanmar and ASEAN"
- September 6: "Quad Alliance" (U.S., India, Japan, and Australia)
- October 4: "Drug Policy in Latin America"
- November 1: "Industrial Policy"
- December 6: "Biden's Agenda"

## Beaded Jewelry Class

MRHS will offer an in-person, six-week **Beaded Jewelry Class**. Here is a brief description of the class from new Gardens resident, Stephanie Low, who will lead the class:

*My name is Stephanie Low, and I became a shareholder at MHC this fall and am looking forward to meeting my neighbors. Making beaded jewelry was a hobby and passion of mine for many years and something I would love to share with others. What I have found so satisfying about it is the opportunity to create using an art form that lends itself to each person's imagination, and unlike some forms of art is very flexible and forgiving – if you aren't completely satisfied, you can take it apart and start again. I work with wire and have an extensive collective of beads in many shapes and sizes and colors in glass, and semi-precious stones and can help you get started.*

*Please feel free to contact MRHS or me, [stephanielow52@gmail.com](mailto:stephanielow52@gmail.com) and I would be happy to connect and answer your questions. No experience necessary.*

**Mondays at 1:00 PM, Starting Feb. 28**

## MRHS Men's Group

The next meeting of the Men's Group will take place via Zoom on **Wednesday, February 23 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always 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 18, 2022). 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 Board Members 2021-22

Michael Davidson, President	Bldg. IV
Tonia Papke Waterbury, Vice-President	Bldg. IV
Conor Gaffney, Treasurer	Bldg. II
Alice Lilly, Secretary	Bldg. IV
Nora Armani	Bldg. III
B. Chandrasekaran (Chandra)	Bldg. V
Edward Fortier	Bldg. III
Lynn Casteel Harper	(lives outside Gardens)
Robert Hill	Bldg. IV
Harriet Chan King	Bldg. II
Ozier Muhammad	Bldg. IV
Christine Pawelski	Bldg. II
Michele Pellar	Bldg. III

## Bloomington School of Music

***Music Appreciation Series via Zoom***  
***Marc Peloquin, Instructor***

***"The Infinite Variety of Music"***

**February 18, March 4, 11, 18**  
**Fridays from 1:00-2:30 PM**

This course explores the basic musical elements and forms that will help participants achieve a deeper listening experience.



Musical examples will include works of the Renaissance and Baroque, classics by such composers as Mozart and Tchaikovsky, and jazz masterpieces.

**\$20 per 4-week session**

**Contact Margaret Bianchi to register.**

Upcoming Sessions:

March/April: *Music as Theater*

May: *Shall We Dance*

## KN95 Masks Available at MRHS

Please note that MRHS has a supply of KN95 Masks, provided by the NYC Department for the Aging. Just come to the MRHS office to pick them up.

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

## LGBT Programs At DOROT

MRHS is partnering with DOROT, a social services organization dedicated to addressing social isolation and promoting intergenerational connections, for these two programs focusing on the LGBT community. This programming is being supported by a grant from UJA Federation of New York and conducted in partnership with SAGE.

### **DOROT Intergenerational LGBT Affinity Group**

Sign up for this series of discussions on Zoom to connect with a group of LGBT identifying high school students. Help create an intergenerational community space to explore shared and differing experiences. Participants will exchange ideas, discuss personal stories and learn from one another's experiences of navigating the world as LGBT individuals. The focus of each session will be based on the interest of the group, and participants will be invited to prepare and lead these conversations.

#### **Dates:**

**Winter Semester.** Thursday, February 3–March 24 (no workshop on 02/24), 5:00 PM - 6:30 PM OR

**Spring Semester.** Thursdays March 31– May 12 (no workshop on 04/21), 5:00 PM - 6:30 PM.

To learn more and sign up, please contact [sharemywisdom@dorotusa.org](mailto:sharemywisdom@dorotusa.org) and indicate that you heard about the opportunity through MRHS.

### **Caring Calls, for LGBT Identifying Individuals**

LGBT Caring Calls matches adults of all ages for weekly friendly phone calls. Pairs will get to know one another, discuss interests and explore experiences as part of the LGBT community. Commit to 8 weekly 20-30-minute phone conversations, with an opportunity to continue if you and your pair are enjoying the connection.

This program will start in March 2022. If you are interested in learning more, please call 917-441-3726 and indicate that you are an MRHS participant interested in LGBT Caring Calls.

## Kundalini-Shakti Yoga

We are delighted to offer Shakti Yoga to our community via Zoom. With its roots in ancient yogic wisdom, Shakti Yoga is an integrated physical, emotional, and spiritual practice that harnesses the healing properties of breath work, sound meditation and dynamic movement to revitalize the body. Through movement, mantra, mudra, pranayama (breathing), and meditation, Shakti Yoga works on the subtle channels of energy in the body.

Classes will be taught by **Kalpana Kanthan**, an experienced yoga practitioner who has practiced various forms of bodywork and energy healing, such as Iyengar Yoga, Pranayama, Reiki, Dahn Yoga, Transcendental Meditation, and Pilates, for over 15 years.

If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

**Time: 5:00 PM to 6:15 PM**

**Via Zoom, Total Classes: 10**

Contact Margaret Bianchi at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) to register.

## Music Mondays Presents

**The Horszowski Trio & Amadi Akizawe, viola**

**Monday, February 7, 7:30 PM**

The "eloquent, enthralling" Horszowski Trio (*Boston Globe*) is one of the most widely admired American ensembles, with an expanding reputation abroad; they gave a sold-out performance at London's Wigmore Hall in 2019. The Trio is joined by violist and Harlem Symphony Orchestra director, Amadi Akizawe, for Dvořák's luminous Piano Quartet in E-flat Major, heard alongside Smetana's passionate Trio and a set of American miniatures by Morton Feldman, John Cage, and Augusta Read Thomas.

FREE concert

We welcome guests with proof of vaccination. Face masks must be worn at all times.

Music Mondays at Advent Lutheran Church  
2504 Broadway at 93rd Street