

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

History of the Classical Guitar Lecture and Concert

Rianne Mision is a guitarist based in the Morningside Heights area. She received a scholarship to the Manhattan School of Music, where she studied with guitarist-composers David Leisner and Mark Delpriora and performed in master classes for Benjamin Verdery and Martha Masters.



Join her for a lecture and concert on the history of the classical guitar!

Wednesday, January 21, 7:30 – 9:00 PM
Tuttle Center, 100 La Salle, #MC

Technology for You MRHS "techNet"

The next MRHS "techNet" meeting will be on **Thursday, January 22 at 7:30 PM**. Look for notices announcing the topic.

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 (212-666-4000) to set up an appointment to meet at MRHS. 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.

MRHS is closed on Thursday, January 1 for New Year's Day. We wish everyone a Happy New Year!

The office will also be closed on Monday, January 19 in honor of Martin Luther King Day.

Martin Luther King Day Concert Program

MRHS will sponsor a youth choir concert on **Martin Luther King Day, January 19, at 4:00 PM** in the **Recreation Center, 100 La Salle, basement level**. Called the *Every Voice Choirs*, members, ages 10 to 14, come from three groups: The Youth Choir, Concert Choir, and Audition Prep Workshop. The repertoire will include a mix of songs about peace and justice in honor of MLK Day.

Everyone is invited to attend, including children!

Monday Night Discussion Group

TOPIC: The Impact of Travel

Let's discuss travel experiences - Was Mark Twain correct when he wrote that travel is fatal to prejudice, bigotry, and narrow-mindedness? How far does one have to travel to experience change? Have your travel experiences affect how you see your friends, community or country? Have you adopted new customs or culinary creations from a favorite destination? Put on your walking shoes and come share your travel stories so we may all learn.

Monday, January 12, 7:30 – 9:00 PM
Tuttle Center, 100 La Salle, #MC

RECOLLECT * DISCUSS * PARTICIPATE *
LEARN * CELEBRATE

*** MRHS is featured in a new *PBS series* on aging! You can view the 30-minute segment at <http://video.wmht.org/video/2365330996/> or visit our *Facebook* page or website to access the video. We plan to show the program to the community and host a discussion in the near future. Stay tuned for details. ***

Hands Across the Street

On **Saturday, January 17**, the Friends of Hands Across the Street, the Sanitation Coalition, and the Grant Houses Residents' Association will hold their 21st Annual "Hands Across the Street" celebration and dinner at **7:00 PM in the Morningside Gardens Recreation Center, 100 La Salle** (corner of La Salle and Broadway, basement door). For admission, please bring a dish to feed at least 4 people. It can be an appetizer, main dish or dessert. Dance or just enjoy jazz at its best provided by the Swing Tones and led by Albert Sheldon of Bldg. 4.

"The Hands Across the Street" event celebrates the 20 years that Morningside Gardens and Grant Houses have worked together for community betterment and friendship. This event is held yearly at Morningside or Grant Houses and is an important event for our two complexes. So cook up (or purchase) your favorite dish and come enjoy yourself with new friends and old.

Joan Levine (Bldg. 1)

Children's Book Drive

Building IV resident, Alice Lilly, informs us that Assembly Member Daniel O'Donnell will be sponsoring the **2015 Children's Book Drive** in January and February. Please consider donating **gently worn books for children, Pre-K through High School**. If you have books to donate they can be left outside Alice Lilly's door (Bldg 4, Apt. 7E) and she will deliver them to the Assembly Member's office on 104th Street. *Please omit any text books or books from the Public Library.*

**** MRHS is working with a group of students from NYU Wagner to conduct a **community health needs assessment**. We aim to find out more about the health issues facing our community, and to identify the health-related concerns facing residents. If you are interested in participating, please contact **Florence Maffeu at fmt242@nyu.edu** or call MRHS. We will let you of a time and location for the meeting. Thank you! ****

Happy January Birthday!!

To: Judith Anderson, Sandra Czajkowski, Joy Cooke, Shirley Davidson, Ann Foshay, Paul Haskins, Beatrice Hawkins, Florence Keller, , Lydia La Fleur, Marie Ledoux, Ruther Miller, Rita Pullium, , Edward Rosenblum, Marion Rothenberg, and Seth Wohl

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 January are all invited to our Birthday Party! Come on **Tuesday, January 20 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Jan. 3 – Captain Corelli's Mandolin

(2001) 2 hrs, 7 min. Gorgeous cinematography and a marvelous soundtrack. During World War II, an Italian officer, Captain Corelli (Nicolas Cage) who is put in command of a garrison that's occupying the Greek island of Cephallonia, falls in love with a beautiful local woman (Penelope Cruz). Rated R.

Jan. 10 ▲ Most Wanted Man (2014)

2 hr, 2 min. A fast-paced tale of espionage based on John le Carre's novel of the same title. Phillip Seymour Hoffman's last film, in which he has the featured lead. He turns in a performance which is not to be missed. Rated PG.

Jan. 17 The Book Thief (2013) 1 hr., 2 min.

During WWII in Germany under the tyranny of the Nazis, a young girl finds solace in stealing books and sharing them with others, while her adoptive family hides a Jewish refugee in their basement. Rated PG.

Jan. 24 Gentlemen Prefer Blondes (1953)

1 hr, 31 min. Singers Lorelei Lee (Marilyn Monroe) and Dorothy Shaw (Jane Russell) travel to Paris. They're pursued by a private detective hired by the disapproving father of Lorelei's fiancé. Not rated.

Jan. 31 Frida (2002) 2 hrs., 30 min.

A biopic of Frida Kahlo's professional and private life. The surrealist Mexican painter is played by Salma Hayek in her Academy Award-nominated portrayal as Kahlo. Alfred Molina is her husband, painter and muralist Diego Rivera. Rated R.

Movies start at 2:00 PM. Please arrive early. Suggested 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 –

January 7, January 21

From 9:00 am to 11:00 am in the MRHS Tuttle Center, 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" group's next meeting will be **Thursday, January 29 at 2:30 PM**.

"Later Life Transitions" group's next meeting will be take place on **Thursday, January 15 at 3:00 PM**.

The **MRHS Book Club's** next date will be **Wednesday, January 14 at 3:00 PM**, in the Tuttle Center. Discussion is on the novel, **Blindness**, by Jose Saramago. All are welcome to join this stimulating literary group.

Great Decisions Program 2015 begins on February 3. Look for more information next month.

Writing from Life Experience class meets this month on **January 7 and January 21**.

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

MRHS Film Committee Presents

First Wednesday Films

Next screening on January 7 at 7:30 PM

Featuring: **Seventh Samurai**
(1954) 1 hr., 27 min.

Warriors protect a village from bandits. Weaves philosophy, emotions, and relentless action into an unforgettable tale of courage and hope. Directed by Akira Kurosawa. One of the greatest movies of all time. In Japanese with English subtitles. Unrated.

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

Hypertension Screening

On alternate Wednesdays, MRHS provides blood pressure testing and monitoring for residents of Morningside Gardens. This program is staffed by volunteers who have received training from the city's Department for the Aging, which monitors the program. This month's dates are **Jan. 7 and Jan. 21**.

Low Vision Support Group

The MRHS **Low Vision Support Group** will meet on **Friday, Jan. 9 and Jan. 23** from **2:00-3:00 PM**. This group will share ideas and thoughts about having low vision. Come learn about available community resources and strategies for maintaining independence.

Please come help us explore low vision activities and trips for future group meetings. Contact **Social Work Interns, Anthony Cavaleri and Lindsay Dunkel, at 212-666-4000**, with any questions. We look forward to meeting you and for the group's year to come!

Tech Help Coming Soon!

Social Work intern **Lindsay Dunkel** is working on a program to match residents who would like to learn more about how to use technology with Columbia student volunteers. Please watch for updates and call 212-666-4000 with any questions.

Daily Calls - Volunteer Request

We've successfully initiated our **Daily Calls Program**. Participants of the program call a designated number Monday through Friday before 1:00 PM. If a phone call is not registered, MRHS responds to ensure the safety of the participant.

We would like to move this program from our staff to a volunteer team and expand the program to include weekends. Daily Calls is a computer based system, volunteers must have access to the internet. Please contact **Joanna Stolove** for more information.

Holiday Fairs a Great Success!

The MRHS Winter Celebration was a great success, with more than one hundred, fifty people in attendance. We want to thank all the volunteers for their efforts in making the party a success and also everyone who attended. We also would like to thank the following establishments and individuals for their generous donation of platters:

- **Toast**
- **Fairway Market**
- **Whole Foods**
- **Alice Lilly**
- **Michael De Borja**

We are also happy to report that the Holiday Sale sponsored by the **MG Ceramics Club and the MRHS Circle of Hands Program** raised more than \$1,000 for the benefit of MRHS and provided many beautiful handmade items to holiday shoppers!

MRHS Supper Club Outing

Join us for dinner at Nikko, a neighborhood favorite! Nikko is an Asian Fusion restaurant and is offering a three-course meal for its MRHS guests. On the corner of 123rd and Amsterdam, it is a short walk from the Gardens. Please contact interns Anthony Cavaleri or Lindsay Dunkel to reserve at 212-666-4000. **Monday, January 26 at 5:30 PM**. Cost is **\$15.00**. The prix fixe menu will be given to you when you reserve.

Locked In One Shoe

By *Michael S. Davidson, Ed.D.*
(Revised November, 2014)

The lace knotted so tight
It locked me into one shoe
And I couldn't stay bent over
Long enough
To get it to undo.

So I amble around
One shoe locked and one shoe off
Wandering, wondering
What to do.

Can a man live
With one shoe off
And one locked on?

I can eat I guess
I can have sex I guess
I can read I guess
I can teach I guess
I can sleep I guess
I can even walk I guess.

I guess it's OK
To live
With one shoe off
And one locked on.

*** Just a reminder that if you are shopping on Amazon, please consider reaching Amazon via smile.amazon.com or <http://smile.amazon.com/ch/13-6206256>. You will then be able to select *Morningside Retirement and Health Services* as your chosen charity. We will receive a donation from Amazon at no cost to you. The donation from Amazon to MRHS will be 0.5% of the price of items purchased. ***

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, January 16). 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.***

