

“Neuroscience Wednesdays”

For the next installment of *Neuroscience Wednesdays*, Building IV resident and neuroscientist

Madelyne Kraft will discuss **“Memory – Real or Imagined – The What, Where and How of Memory.”**



Wednesday, January 20 at 7:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

Low Vision Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. On **Wednesday, January 13**, we will have an outing to the **Museum of Natural History** for a special guided tour of “The Secret World Inside You.” For this program please RSVP by January 8 to MRHS at 212-666-4000.

We will have our second meeting for the month on **Friday, January 22**, at **2:00 PM** in the **MRHS Tuttle Center**. Please call MRHS at 212-666-4000 to sign up. Walk-ins are welcome!

Monday Night Discussion Group

TOPIC: Decisions

Decisions, decisions, decisions! We all continue to make decisions every day. What are some of the important decisions you have made in your life? How have they made a difference? When is it easy and when is it hard to make a decision? Are there decisions yet to be made?

Monday, January 11, 7:30 – 8:30 PM
Tuttle Center, 100 La Salle, #MC

RECOLLECT * DISCUSS * PARTICIPATE *
LEARN * CELEBRATE

Phyllis Johnson, 1933-2015

It is with deep regret that MRHS announces the passing of Building I resident and former MRHS President, **Phyllis Johnson**. In the 1990’s when MRHS received its first NORC program grant, Phyllis had a central role in the transformation of MRHS into a more robust agency, as it provided health care services for the first time. As chair of the MRHS Personnel Committee, utilizing her experience and expertise from the HR department at Teachers College, Phyllis established many of the procedures and policies that govern us to this day. At this time of renovation at MRHS, it should be remembered that Phyllis had a pivotal role in the renovation of 1996, providing the guidance that resulted in the current layout of the space.

Phyllis Johnson was devoted to MRHS in many ways, leading MRHS in the difficult period of the early 2000’s. She remained a true believer in MRHS’s purpose and mission and was always a firm believer that Morningside Gardens was a community of neighbors, not merely a housing development. Phyllis Johnson will be sorely missed by MRHS and is a great loss to the Morningside community.

Supper Club News

There will be a **Supper Club Event** on **Monday, January 25**. Please look for notices with details about place, time, etc.

MRHS is closed on Friday, January 1 for New Year’s Day. We wish everyone a Happy New Year! MRHS is also closed on Monday, January 18 for Martin Luther King Day.

Director's Column

As we approach the end of the year and the beginning of a new one, it's a good time to look back and reflect on our accomplishments and challenges. First, I want to give thanks to a supportive and industrious MRHS Board of Directors, especially President Rita Pullium, who has vigorously led the board for the past five years but will be stepping down when her term expires this coming April. I want to thank our unusually talented staff, leading with Assistant Director and social worker Joanna Stolove. Having been in the field for a long time, I know that I am most fortunate to have a team with the skills and experience that our current staff brings. Finally, I want to thank all our volunteers and supporters, and all those who participate in our programs or simply come by the office to visit. All of us together create the MRHS community and maintain its vitality!

We are looking forward to starting construction on our renovation project soon. In 2015 we were able to develop the design plan for the new MRHS space in conjunction with our architect, HWKN. The plan is in the final phases of approval. Many thanks to our Real Estate Transition Committee, led by board Treasurer Margaret Johnson, for leading this effort, and to social worker Paul Nikolaidis for all his dedicated work on the project. In recent months we have been in contact with the New York State Dormitory Authority, which will administer the renovation funding provided by the State Assembly resulting from the efforts and support of our Assemblymember and friend, Danny O'Donnell.

As I often say, as exciting as the renovation will surely be, it is the day-to-day work with our residents that most clearly defines MRHS. Whether it's Margaret Bianchi performing a hundred and one different tasks at the front desk or nurse Marie Phillips and the social workers visiting the homes of our most vulnerable community members, in 2016 the space may change, but the mission remains the same!



Happy January Birthday!!

To: Sandra Czajkowski, Joy Cooke, Shirley Davidson, Ann Foshay, 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 19 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

January 2 *Hair* (1979) 2 hr. Claude leaves the family ranch in Oklahoma for New York where he is rapidly indoctrinated into the youth subculture and subsequently drafted. The great Hippy musical Directed by Milos Forman. Rated PG

January 9 *New York, New York* (1977) 2 hr, 30 min. A saxophonist and a young singer meet on V-J Day and embark upon a rocky romance, even as their careers begin an up-hill climb. Stars Liza Minelli and Robert De Niro. Directed by Martin Scorsese. Rated PG.

January 16 *Mr. Turner* (2014) 2 hr, 24 min. An exploration of the last quarter century of the great, if eccentric, British painter, JMW Turner (portrayed by Timothy Spall). Directed by Mike Lee. Rated R.

January 23 *Like Water for Chocolate* (1992) 1 hr, 45 min (In Spanish with English Subtitles) Mexican lovers, Tita and Pedro are forbidden to marry. Tita expresses her feelings via her cooking. The meals she prepares have surprising effects on those who enjoy them. Charming and a little unusual! Directed by Alfonso Arau. Not Rated.

January 30 *Beau Brummel: This Charming Man* (2006) 1 hr, 19 min A BBC film about the English dandy who influenced the changes in men's fashion. He was friends with the prince regent as well as a follower of the poet, Lord Byron. Well-made period film. Directed by Phillippa Lowthorp. 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 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	8 – 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, January 6, January 20

from 9:00 AM 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.

Nurse Marie Phillips' "Take Charge of Your Health" will meet in on January 28 at 2:30 PM in the MRHS Tuttle Center.

"Later Life Transitions" group's next meeting will take place on Thursday, January 14 at 3:00 PM.

The **MRHS Book Club's** next meeting is Wednesday, January 20 at 3:00 PM. The group will discuss **Anthem**, a novella by Ayn Rand. Everyone is 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, January 15, 2016). 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 Film Committee Presents

First Wednesday Films

Next screening on **January 6 at 7:30 PM**

Featuring:

The Tree of Wooden Clogs

1978, 3 hrs.

A peasant couple is persuaded by the local priest to send their boy to school in turn-of-the-century northern Italy. Having to walk a great distance, his wooden clogs break. To replace them, his father cuts down a small roadside tree owned by the landlord. A poignant and poetic masterwork on rural life that won the Palme d'Or at Cannes. In Italian with English subtitles. Not rated.

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

Calligraphy Available

Building IV resident offers Calligraphy for "addressing envelopes for your happy occasions. Old-world trained calligrapher will donate entire proceeds to MRHS." Please call 914 664 2619 if you are interested.

Dementia 101

Tour & Ask the Experts Event. Join MRHS as we welcome the Alzheimer's Foundation of America to the community. They will provide a presentation about living well as you age. The date is **Friday, January 29, at 12:00 Noon** at the MRHS Tuttle Center.

English Conversation

Interested in practicing your English? MRHS offers one-to-one conversational English sessions. Join one of our volunteers to discuss topics ranging from the weather to the upcoming elections.



Men: A Message for You!

We thought you should know that we have a working **MEN's GROUP** at MRHS. We meet for lunch on the first Wednesday of every month. The next lunch meeting will take place on **January 6th at 12:30pm in the Thurgood Marshall Room, 80 LaSalle Street, Ground Floor.**



At the January lunch we will have a presentation of artwork by Men's Group member and Painter Frank Munzer. Frank is a retired architect involved in a varied construction career, but throughout that career has always been interested in painting pictures of things that remind him of good times during his many adventures. Frank will share paintings that he has exhibited in his apartment in Morningside Gardens.

Please contact MRHS at [212 666 4000](tel:2126664000) if you are interested in joining the group and/or to reserve your spot at the January 6th lunch meeting.

Smile.Amazon

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.

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

John Seaman's Liberty Salons

Two events per month will take place from **3:00 PM to 5:00 PM:**

Tuesday, January 12, at 7:00 PM, Dr. Apostolos Pappas will give a presentation on the 11 roles as a Greek of Anthony Quinn (who is actually of Irish/Mexican parentage). Dr. Pappas will also discuss Quinn in other ethnic roles, including 20 as an Italian. Apostolos is a Greek-American research chemist who is also deeply interested in cinema and music. He is an expert on Greek culture. And he is a close friend of Katharine Quinn, the 4th wife of the late actor.

On **Wednesday, January 27, at 7:00 PM, Dr. Jason Kendall**, professor at West Paterson University, and a former NASA astronomer, will speak on the current state of Mars exploration, including future expeditions. There will be AV. Jason has lectured at the NYC Chapter of The Explorers Club.

The programs include light refreshments.

Cyber Seniors

Do you want to learn more about your computer, Facebook, or email? We are currently seeking to pair older adults interested in learning computer skills with a student. In the next few months we will be reaching out to those interested for the Cyber Seniors launch in January 2016. Flyers will be posted with more information soon. If you are interested please call MRHS interns *Angela Hu* or *Bernadette Reyes* at **212-666-4000**. Please note that the program may not launch depending on the number of younger adult volunteers we are able to enlist.



Children's Book Drive

Assemblyman Daniel O'Donnell's book drive 2016 runs from January 1 to February 28. Please contribute books for Kindergarten to High School ages. **Please note text books or former NYC Library books cannot be accepted.** Alice Lilly, Bldg. 4, Apt. #7E will be happy to receive and deliver books. Just leave them outside her door.

Hands Across the Street

On **Saturday, January 16** the Sanitation Coalition will hold the 22nd 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 four 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)