

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

President: Eileen Canty
Executive Director: Ronald Bruno

Monday Night Discussion Group

Loss

Loss — we all experience it. Share how you have coped and also what has been difficult.

Is it helpful to anticipate it? Does discussing it help to resolve it?

This program will be facilitated by ***Sydney Weinberg and Linda Zehnder.***

Monday, January 9, 7:30 to 8:30 PM
MRHS Temp. Location, Building VI, #MD

RECOLLECT * DISCUSS * PARTICIPATE
LEARN * CELEBRATE

Thanks to All Our Supporters

In 2016, MRHS received support from the following. We want to thank all who value the work of MRHS in building a responsible and responsive community.

- New York State Assembly Member Daniel O'Donnell
- Columbia Community Services
- Morningside Heights Housing Corporation
- The New York City Council
- Manhattan Borough President Gale Brewer
- New York City Council Member Mark Levine
- Metzger-Price Fund
- Rona Jaffe Foundation
- The New York City Department for the Aging
- The New York State Office of the Aging
- Residents and Friends of Morningside Gardens
- UJA-Federation of New York
- Students, Faculty and Staff of Jewish Theological Seminary
- West Harlem Development Corporation
- YES! Solutions
- Columbia University Office of Government Relations and Community Affairs

MEN: A Message For YOU!

The Men's Group Luncheon will take place in the Thurgood Marshall Room, 80 La Salle Street on **Wednesday, January 11 at 1:00 PM** Please call 212 666 4000 to RSVP.

MRHS Board Member, and renowned New York Times photojournalist, ***Ozier Muhammad,*** will present on how to make better photographs with a smart phone, or any conventional camera, film or digital.

The cost of the lunch is \$10. Please bring a check payable to MRHS.

***** MRHS is closed on Monday, January 2 for New Year's. Happy New Year to all!**



We will also be closed on Monday, January 16 for Martin Luther King Day. ***

Thank You!

MRHS would also like to thank ***Toast and Fairway Market*** for their generous contributions to the MRHS Winter Celebration.



Assembly Member Daniel O'Donnell Annual Book Drive

The drive is from January through February, 2017. They are accepting all gently worn books for children, Pre-K through High School. Please, NO textbooks or books formerly owned by the Public Library, please. Donations can be left at my door (Bldg 4, Apt 7E) for delivery to the Assembly Member's office.

Alice Lilly
alicelilly659@gmail.com

Hands Across the Street

The Annual *Hands Across the Street* celebration and dinner will take place on **Saturday, January 14, 2017 at 7:00 PM** in the **Recreation Center, 100 La Salle Street**. This event is sponsored by the Sanitation Coalition, The Morningside Gardens Community Relations Committee and Grant Residents. For admission, please bring a dish to share for 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.

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.

TMP Special Benefit Weekend! Save the Dates!

The Morningside Players will be offering three special Benefit performances of a new Musical Revue! Great Broadway songs and selections from legendary musicals – on young and mature love – with top Broadway performers, plus champagne receptions! Friday, February 24 at 7:30 PM, Saturday, February 25 at 5:00 PM, and Sunday Matinee, February 26 at 3:00 PM. Full details in February issue!

Happy January Birthday!!

To: Sandra Czajkowski, Joy Cooke, Shirley Davidson, Ann Foshay, Beatrice Hawkins, Lydia La Fleur, Marie Ledoux, Ruther Miller, Rita Pullium, Edward Rosenblum, and Marion Rothenberg.

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

Saturday Afternoon Movies

Jan. 7 Five Nights in Maine (2015) 1 hr, 22 min A young man (David Oyelowo) reeling from the unexpected and tragic loss of his wife, travels to rural Maine to seek answers from his estranged mother-in-law (Dianne Wiest), who is herself confronting guilt and grief over her daughter's death. Written and directed by Maris Curran. Not Rated.



Jan. 14 The Life and Times of Frida Kahlo (2005) 1 hr, 30 min This documentary explores the extraordinary life of the 20th century Mexican artist Frida Kahlo, who became an international sensation in the worlds of modern art and radical politics. Award winning actress Rita Moreno narrates the film. Directed and written by Amy Stechler. Not Rated.

Jan. 21 Omar (2013) 1 hr, 33 min Omar is a Palestinian baker who routinely climbs over the separation wall to meet up with his girl Nadja. Arrested after the killing of an Israeli soldier, he agrees to work as an informant. Academy Award nomination for Best Foreign Language Film. In Arabic, with English subtitles. Not Rated.

Jan. 28 Something's Gotta Give (2003) 2 hr, 8 min This funny romantic comedy stars Diane Keaton and Jack Nicholson as two people who meet when he is dating her daughter. Directed by Nancy Meyers. Rated PG-13

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	9 – 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,

Jan. 11 Jan. 25

9:00 AM to 11:00 AM in 549 W. 123rd St. #MD

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 be held on **Thursday, January 26, at 2:30 PM**.

The **MRHS Book Club's** meets next on Wednesday, January 4 to discuss **Swann's Way: Remembrance of Things Past** by Marcel Proust. 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 20, 2017). 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.**

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**. We need your expertise! The Meetings are set for **Friday, January 13 and Friday, January 27 at 2:00 PM**. Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

Great Decisions Continues

Great Decisions meets next on **Tuesday, January 3 at 7:00 PM**



with a discussion on "Cuba and the US." The meeting will take place in the **Thurgood Marshall Room, 80 La Salle, 1st floor**. **Sydney Weinberg** will be facilitator. Reading material for the discussion is available from the MRHS office. Note: this program has been re-scheduled from December.

Film Committee News

The MRHS Film Committee would welcome a new member to help with the work of presenting the weekly films. Members are expected to show one film per month. If interested please call the MRHS office at 212-666-4000.

***** 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. *****

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

No To Privatizing Medicare

Congress member Paul Ryan, the Speaker of the House of Representatives, has announced that one of his legislative priorities for 2017 is to privatize the Medicare Program. In addition, Tom Price, President-Elect Donald Trump's nominee to lead the U.S. Department of Health and Human Services, is a strong supporter of Ryan's privatization plan. Medicare could be drastically altered with a simple majority vote in both chambers of Congress.

The Medicare program was created in 1965 to address a serious problem: It was virtually impossible for seniors to obtain affordable, private health insurance coverage. **Medicare made healthcare access a universal right for Americans aged 65 and over.** A single-payer, national social insurance program, Medicare is funded by general revenues as well as payroll taxes, premiums, and surtaxes from beneficiaries, who have worked and paid into the system all their lives. **Medicare has proven very successful, dramatically improving the health and longevity of older Americans.**

Half a century after Medicare brought health security to America's seniors, **the Ryan proposal would break the commitment the federal government made in 1965 to ensure that all seniors have access to affordable and quality health care.** If Congressman Ryan succeeds, Medicare as a universal insurance program would cease to exist. It would be replaced by a "premium support" program — in laymen's terms, a voucher program. Seniors would use vouchers to buy private insurance. However, the vouchers could be insufficient to cover the full costs of insurance — so seniors would need to pay the difference, or else go without insurance. **This change would leave millions of seniors uninsured or underinsured.**

Supporters of privatization often claim that Medicare is in danger of going bankrupt. However, the Center on Budget Policy Priorities (CBPP), a non-partisan research and policy

organization, **has debunked this falsehood:** "Medicare's Hospital Insurance (HI) trust fund will remain solvent — that is, able to pay 100 percent of the costs of the hospital insurance coverage it provides — through 2028. Even after 2028, when the HI trust fund is projected for depletion, incoming payroll taxes and other revenue will still cover 87 percent of Medicare hospital insurance costs." To close the gap and extend Medicare's solvency, CBPP has offered several solutions, including raising revenues and continuing to slow the growth in health care costs.

To send a clear message to Speaker Ryan and all members of Congress that **privatizing Medicare will jeopardize the health and financial security of America's seniors**, the AFL-CIO (American Federation of Labor-Congress of Industrial Organizations) is circulating an internet petition. To support this effort, **sign the AFL-CIO's petition at:**

https://actionnetwork.org/petitions/tell-your-congress-members-to-oppose-any-efforts-to-cut-medicare-benefits?sp_ref=250920763.48.177354.e.0.2&source=email

You can also protect Medicare **by voicing your concerns about privatization to key members of Congress, including:**

Speaker Paul Ryan:

Phone: (202) 225-3031

1233 Longworth HOB, Washington, DC 20515

New York Senator Chuck Schumer:

Phone: (202) 224-6542

www.schumer.senate.gov/contact/email-chuck

322 Hart Senate Office Bldg., Wash., DC 20510

New York Senator Kirsten Gillibrand:

Phone: (202) 224-4451

www.gillibrand.senate.gov/contact/

478 Russell Senate Office Building, Wash., DC 20510

Congressman Adriano Espaillat

Messages for Mr. Espaillat can be directed to the office of departing Congressman Charles

Rangel: **Phone:** (212) 663-3900

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