



newsletter

Celebrating our 53rd Year!

January 1, 2019
Vol. XLIII, No. 1

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

MRHS Presents: Our First Ever Intergenerational Cooking Program!

The program is being funded by a grant from the UJA and meant to facilitate an enriching experience between older adults AND children/teenagers or young adults. So, we encourage people of all ages to participate. Our cooking series will be held from **1:00 to 3:00 PM** on the following **Sundays: 1/27, 2/24, 3/24, 4/28 and 6/2**. **SAVE THE DATES**. Space is limited. To RSVP or participate please call MRHS at 212-666-4000.

Chef for **1/27** is **Dana Minaya**. Dana will be presenting a vegetarian lentil soup. Perfect for a cold day in January.

Hearing Health Day Preview

Join us on **January 25** to learn about **Hearing Health Day** for Morningside Gardens residents. Our partners at *The Center for Hearing and Communication* (CHC) plan to host a special **Hearing Health Day in February** at the CHC center, which will include educational sessions about hearing health; complete hearing tests; and a hands-on hearing assistive devices demonstration.

On **Friday, January 25 at 1:00 PM**, *Carolyn Stern* from CHC will be here at MRHS to tell you more about **Hearing Health Day** and to answer any of your questions.

***** MRHS is closed on Tuesday, January 1 for New Year's Day. We wish everyone a happy 2019! We are also closed on Monday, January 21 for Martin Luther King Day. *****

A Matter of Balance

MRHS is happy to sponsor ***A Matter of Balance***, an evidence-based course to help you maintain your balance and prevent a fall. The eight-session course is organized through the New York City Department for the Aging (DFTA), and will be held twice a week **beginning Tuesday, January 15 and every Tuesday and Friday through February 8. The hours are 1:00 to 3:00 PM.** The course will be held in the **Building I Rec. Center.**

Studies show that the fear of falling is the #1 concern of older adults – more than the death of a spouse or financial insecurity. Do you have a fear of falling? What are some risks in your everyday life that add to your fear? How does this fear affect your lifestyle? Do uneven sidewalks on the streets of New York City give you fear? Fear no longer!

Course leaders are ***Terry Quinn and Richard Thomas***. Both are experienced coaches who live by the motto "Falling is not an inevitable consequence of aging." Join us and learn new strategies and techniques to prevent falling. Please call by January 10 to reserve a place. Start 2019 on the right foot and make ***A Matter of Balance*** your New Year's Resolution.

Special MLK Day Program

Once again MRHS will be hosting a special ***Martin Luther King Day Concert***. This year ***Every Voice Choirs*** will present the program on **Monday, January 21, 10:30 AM** in the Recreation Center, 100 La Salle, basement level. It's a choir of some very gifted young people. *All children and adults are invited! And we will be serving hot chocolate!*

Comments on 12/15 MRHS Film

"The Good Lie" traces the journey of hundreds of thousands of children who fled violence in the Sudan around 1990. After trekking for approximately ten years, they finally found safety at the Kakuma Refugee Camp in northern Kenya.

I worked for the Asylum Division of INS in D.C. and, in 2000, I volunteered for an assignment in Africa to process refugees eligible for resettlement. I spent a month in Kenya, with the last week at Kakuma. I was part of a team who flew from Nairobi to Kakuma in a small United Nations plane, and we settled into the U.N. compound. We were surrounded by barbed wire and cautioned not to leave the compound as we were in "bandit" territory near Lake Turkana. It was very hot in May and we lived in what looked like summer camp cottages with bunk beds and an electric fan, if we were lucky.

The camp was a sprawling sea of huts and tents populated by the Sudanese "Lost Boys," Somalis, and I think Eritreans or Ethiopians. We interviewed Somalis and others, but not the Sudanese because, as I was told by a social worker, they were not "ready" to be interviewed. The children, who were now young adults, had been through hell and needed help to get used to their new surroundings. Services were coordinated to help them recover from their trauma, before the long process of interviews and acceptance by various countries for refugee resettlement could begin.

The refugees to be interviewed were brought to the U.N. compound to meet us, and we were urged not to venture into the larger camp around us so we did not meet the Sudanese refugees. Later in 2000 after we returned to the U.S. other teams arrived in Kakuma to interview the Sudanese refugees and some were able to come to the U.S. As noted in the film, the events of 9/11 interrupted the flow of the Sudanese to the U.S. and many thousands were stuck in Kakuma.

Oddly enough, I ran into some of "The Lost Boys" in Newfoundland. Many were sent to Canada as well as the U.S., and probably other countries. The ones I met were always interested to hear that I had been at Kakuma while they were there.

I think the film compellingly portrayed what these children experienced. Thanks to the Film Committee for selecting it.

Anne Boggan, Building V, 6H

Happy January Birthday!!

To: Sandra Czajkowski, Joy Cooke, Shirley Davidson, Beatrice Hawkins, Lydia La Fleur, 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 15 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Jan. 5 **Summer House** (2008) 1 hr, 43 min
Hélène is about to turn 75, and her children are gathering at her home in the country for a party. With her health beginning to fail, they must come to terms with their mother's mortality as they decide what to do with her valuable belongings in this warm family drama from filmmaker Oliver Assayas. In French with English subtitles. Not Rated

Jan. 12 **Modern Times** (1936) 1 hr, 27 min
Chaplin's last outing as the Little Tramp, puts the iconic character to work as a giddily inept factory employee who becomes smitten with a gorgeous gamine (Paulette Goddard). The film is a timeless showcase of Chaplin's untouchable genius as a director of silent comedy. Not Rated

Jan. 19 **Life Is Beautiful** 1 hr, 57 min
When an open-minded Jewish librarian and his son become victims of the Holocaust, he uses a perfect mix of will, humor and imagination to protect his son from dangers around their camp. Directed by Roberto Benigni. Rated PG-13

Jan. 26 **Lion** 1 hr, 58 min
Based on the true life of an Indian man who was separated from his mother at age 5 and adopted by an Australian couple, this is his story of how he returned home to find his birth family. Staring Dev Patel, Rooney Mara, David Wenham. Directed by Garth Davis. 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 New 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:

Monday	Tuesday	Wednesday	Thursday	Friday
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

Nurse's Hours – Marie Phillips' schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday

Jan. 9, Jan. 23

9:00 AM to 11:00 AM

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" next meeting will be announced.

The **MRHS Book Club's** next meeting will be on **Tuesday, January 22 at 3:00 PM** in the New MRHS Center. The group will discuss the novel, **The Blue Fox**, by Icelandic author, *Sjon*. 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, January 18, 2018). 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.**

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

Words for Healing: Poems to Banish the Darkness

During hard times, poetry can be comforting. Discover the power of the ordinary by modern writers. Find sources of delight and joy in the lives of writers and your own life. This interactive workshop series, led by *Connie Gemson*, takes place on **consecutive Tuesdays in February** (2/5 and 2/12) between **2:00 and 4:00 PM** at MRHS. The cost is \$20. **You must register by Wednesday, January 22 for this workshop series.**

Connie Gemson has taught at Hunter College, LaGuardia Community College and Marymount Manhattan College. She has led workshops at Memorial Sloan Kettering Cancer Center, NY Presbyterian Hospital, Isabella Geriatric Center, and Lenox Hill Neighborhood House.

Creche Display

Eileen Canty has a display of about 100 creches and other nativity related articles—wall hangings, sculptures, plates, etc., from a number of states, countries, and Indian pueblos. They are what remains of a collection that once exceeded a thousand items. Most are folk art and many commissioned from the artists. Some were purchased on eBay, some on her travels, and many were gifts, some even from Garden friends.

They will be on view from **1:00 to 5:00 PM** on **Saturday and Sunday, January 5 and 6** in Eileen's apartment, **19 A in building 3, 80 LaSalle St, buzzer 0017**. She invites anyone interested to stop by. Call her at 646-351-6522 if you have any questions.

Supper Club

Mark your calendars for **Monday, January 14 at 5:30 PM**. We will host a traditional Italian dinner catered from *Carmine's Restaurant*. Please call MRHS to reserve and for further details.

Black History Month Events

Mark your calendars for these February **Black History Month** events. On **Thursday, February 21** from **7:00 to 9:00 PM**, **Dr. Theresa J. Canada** (Bldg. 2) will discuss her newly released book, ***Desegregation of the New York City Schools: A Story of the Silk Stocking Sisters***. Dr. Canada is a professor of Education and Educational Psychology and a long-time resident of MG. This is her first book and is based in part of personal experience.

Also in observance of **Black History Month**: on **Thursday, February 7** at **10:30 AM** MRHS will sponsor a group outing to the nearby Wallach Art Gallery. There will be a guided tour of the exhibit, *Posing Modernity The Black Model from Manet to Matisse to Today*.

Mt. Sinai / MRHS Program

Friday, January 18: Ask the Doc at 2:30 PM 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.

Thursday, January 31, 2:30 PM

The Aging Brain- What's Normal – What's Not with *Harry L. Ramos MD, MBA*, Assistant Professor, Departments of Neurology and Geriatrics & Palliative Medicine.

MRHS Chinese Dance Group

MRHS Chinese Dance Group will present a Variety Show on **Sunday, January 27** in the **Recreation Center**. It will include Chinese traditional dances and playing the Chinese harp. The show is from **2:30 to 3:30**. Come support your neighbors and enjoy the show.

Hold the date for the Annual "Hands Across the Street Potluck Dinner," Saturday, January 19. Look for notices for details – coming soon!

MRHS thanks the NYC Department for the Aging and the New York State Office for the Aging for their ongoing support.

MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, January 9 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.

Tai Chi for Arthritis

The **Tai Chi for Arthritis** course will resume on **February 4** and run through April 1. 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. There is a fee of \$20.00. Please call MRHS to sign up at 212-666-4000 or to get more information. MRHS wishes you good health in 2019, and participating in Tai Chi for Arthritis is a step in that direction.

Planning For the Future

Learn how to make your co-op work for you. Please join ***Sherri Hughes***, an attorney with extensive experience working with MHHC residents, in the purchase and sale of their cooperative apartments, as well as in the preservation of their asset. Ms. Hughes has worked with Morningside residents for over 20 years and will share her collective insights on **Tuesday, February 19 at 2:00 PM** (February 26 snow date) at MRHS.

****** 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. ******