

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Happiness 101

Are there simple steps to create happiness in our lives? MRHS invites you to participate in this interactive, confidential workshop that will provide an opportunity for informal discussion. Explore Martin Seligman's ideas which feature the five pillars called PERMA:

- *Positive Psychology*
- *Engagement*
- *Relationship*
- *Meaning*
- *Accomplishment*

Discover sources of joy and meaning. Learn from others and share your insights.

Constance H. Gemson, LMSW, an experienced workshop leader, leads seminars for participants of all ages. She is an adjunct college instructor and a published poet.

Wednesdays, July 9, 16, and 23
2:00 – 4:00 PM, MRHS Tuttle Center

Hyde Park Extravaganza!

Annual Culinary Institute of America Lunch followed by FDR Home and Museum Tour

Join all the gourmets at MRHS as we explore fine dining in the Hudson Valley. Yes, we're off again to the world famous **Culinary Institute of America** in beautiful Hyde Park, N.Y. This time we will be having a spectacular feast at Ristorante Caterina de' Medici. We will have a sumptuous three-course meal in this beautiful restaurant.

Following lunch, we will take a short bus ride to the **Home of Franklin D. Roosevelt** for a guided tour, and a self-guided tour of the **The FDR Museum**.

DATE: Thursday, July 24 **COST:** \$50.00
DEPART: 9:00 AM **RETURN:** 6:00 PM

Intergenerational Summer Computer Learning Pop-Up Computer Lab

MRHS is excited to welcome high school students from Columbia University's summer pre-college program. Students will be offering formal seminars on various technology based topics, as well as informal instruction. We will also be hosting a young adult from the New York City Summer Youth Program (SYEP). Our SYEP student will also be available for informal computer related assistance.

As part of our **Intergenerational Summer Computer Learning Program**, we're excited to announce the opening of our **Pop-Up Technology Lab**. The Lab will be a dedicated space with computers and tablets available for use. The Lab will be open for 6-weeks and will include instruction from our high school volunteers. We welcome the MRHS community to sit with one of our volunteers and start a blog, build a website, join facebook, or even tweet. For more info, contact Joanna Stolove at 212-666-4000 or joannas@mrhsny.org.

Screening of "Cyber-Seniors" Kicks off our Pop-Up Computer Lab!

A humorous and heartwarming documentary feature, **Cyber-Seniors** chronicles the extraordinary journey of a group of older adults as they discover the world of the internet through the guidance of teenage mentors. Check out our website www.mrhsny.org for a link to the trailer. Limited tickets are available --- please contact Joanna Stolove at 212-666-4000 or joannas@mrhsny.org to reserve a ticket.

Monday, July 7 at 6:30 PM, \$5.00/ticket
MRHS Tuttle Center, 100 LaSalle, #MC

Director's Column

The MRHS Board of Directors suggested that I write a series of columns, using each word of our name as a jumping off point to explain what MRHS is all about. So let's begin with "Morningside."

It's no accident that Morningside Heights Housing Corporation and Morningside Retirement and Health Services sound similar. MRHS was founded by Gardens residents in 1966 with the support and backing of MHHC. While the primary motive for MRHS's founding was the concern of residents for their neighbors who were growing older and frailer, MHHC management was also concerned about a rising tide of complaints, unpaid maintenance fees and sanitary issues in some apartments. So MRHS was given free office space to establish headquarters, with the understanding that by addressing these and other social ills MRHS would lessen the toll on MHHC, including costs related to legal actions. I think this is called enlightened self-interest.

But "Morningside" doesn't refer only to MHHC. MRHS has relationships in the Morningside Heights community that reach beyond the Gardens. MRHS has a longstanding health care partnership with St. Luke's Hospital, which provides MRHS with visiting doctors. MRHS has a new health care partnership with Jewish Home Lifecare, located just south of Morningside Heights, providing us our nurse, Marie Phillips and our home health aide, Jennifer Paul. MRHS serves as a field site for interns from the Columbia University School of Social Work and we receive a grant from Columbia Community Service for the printing of this Newsletter each month. Columbia also graciously provides us with the Pulitzer World Room in the School of Journalism building each year for our Spring Recognition Luncheon. MRHS receives support from local elected officials in the Morningside community, including Assembly Member Daniel O'Donnell and City Council Member Mark Levine.

NORC (naturally occurring retirement community) programs such as MRHS work most effectively when they act as a hub of activity, accessing resources in the surrounding community for the benefit of residents. The first word in MRHS refers to our connection to this wider community.



Happy July Birthday!!

To: Caridad Bertot, Cecile Boyajian, James Dyer, Iretha Fletcher, Tova Francus, John Gill, Kathy Hinton, Corazon Kangleon, Joan Mansoury, Sui Yung Moy, Marjorie Nissen, Mary Ellen Peinelt, Barbara O'Farrell, Maggy Sears, and Chien Wu.

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 July are all invited to our Birthday Party! Come on **Tuesday, July 15 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

July 5 – Bread and Tulips (2000)

1 hr, 56 min. Italian comedy with English subtitles. Provincial mother and housewife Rosalba goes on a bus tour with her family. After being left at a rest stop, she decides to hitchhike to Venice and enjoy a holiday on her own. This charming Italian film features many of Venice's most famous tourist sites. PG.

July 12 – To Be or Not to Be (1942)

1 hr, 39 min. Jack Benny leads a Polish theater troupe put out of business by invading Nazis, then the troupe finds itself embroiled in espionage intrigue that will put their acting skills to the test. Carole Lombard's final film. Ernst Lubitsch directs. Unrated.

July 19 – The African Queen (1951)

1 hr, 25 min. French with English subtitles. A classic starring Humphrey Bogart and Katherine Hepburn, directed by John Huston. Bogie won an Oscar and Kate and Houston were nominated for best actress and director respectively. Rated PG.

July 26– (1987) Beyond Therapy

1 hr, 33min. Director Robert Altman packs this adaptation of a Christopher Durang comedy play with a heap of star turns. Jeff Goldblum, Glenda Jackson, Tom Conti, etc. deal with problems of New Yorkers facing psychotherapy and beyond. 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 –resumes on Wednesday September 10.

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 will resume in the fall.

"Later Life Transitions" group's next meeting will be announced soon.

The **MRHS Book Club** plans to meet on Wednesday, July 30 at 3:00 PM. The reading selection is ***I Know Why the Caged Bird Sings*** and any other works of your choice by Maya Angelou. All are welcome to join.

MRHS Film Committee Presents

First Wednesday Films

Next meets on July 2 at 7:30 PM

Featuring: ***Wild Strawberries***
(1957) 1 hr., 32 min.

Swedish with English subtitles. Traveling to accept an honorary degree, an aging professor reassesses his life while revisiting landmarks of his past, conjuring up memories of his family and his onetime sweetheart. Directed by Ingmar Bergman. Unrated.

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

Miracle at MRHS

He is currently a mere 98 years of age, actually a few months shy of 99, which somehow sounds more impressive to him. Because he is a translator, and he confides that translators are specifically sensitive. Actually, he acquired the skill in Mexico, beginning only by requiring that the text be held still. Back home, some 33 or 35 years later he confined himself to literature. An author now, of a previous blog, also with an MRHS background.

As a matter of fact, he was led into it by the teeth. After several years of suffering personal physical and social agony, he found himself in the waiting room of a dental clinic. This, at the angelic behest of the MRHS benefactors associated with such arrangements.

He found a seat against the wall of the small waiting room of dental clinic just as a scooter with a woman driving it rolled in and stopped a short distance away at angle to him and the registration desk.

Now the miracle began to unfold. She caught his eye and said, "Asa, "I'm Florence Keller." He answered, very cleverly, he thought: "Of course you are."

The small waiting room was crowded. We could quite easily have missed one another, really a matter of split seconds.

Florence was his beloved now deceased wife's friend and appears in his prior blog as the one responsible for recommending them to the incomparable Dr. Vogel's care until his retirement. Now his august presence was again being felt.

To flesh out the miraculous veneer...when he was finally seated in the examining chair, a lady in a white jacket entered. She was the dentist. He is very partial to all female practitioners. Let it merely be pointed out that his mother was a physician...New York Women's Medical College, M.D. 1905.

***By Asa Zatz
Building I,***

Flea Market/Holiday Bazaar

Here's some news you've all been waiting for! MRHS will begin accepting donations for this fall's Flea Market soon. We will accept donations **one evening a month beginning on Tuesday, July 15**



FLEA MARKET

between 7:00 and 9:00 PM and one afternoon per week from 2:30 to 4:00 PM beginning on Thursday, July 31.

Volunteers will be available to collect donated items in the Recreation Center (library room) by the entrance to the basement of 100 La Salle.

Flea Market dates are **November 14, 15, and 16, 2014.**

Volunteers Needed: to assist with the collection of these donations; to serve on committees (Community Outreach, Publicity; Collection/Pricing). Morningside teenagers welcome to join in. Community-service credit is available. Contact the MRHS office at [212-666-4000](tel:212-666-4000) to volunteer.

Volunteers who participate in the sorting and collecting will be allowed to purchase a limited number of items before the actual sale. Contact MRHS to sign up for one day or every day we're collecting.

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

***Please note:
MRHS will be closed on
Friday, July 4
for Independence Day.***



DanceFit Summer Session

Suzu Frazer's DanceFit Class will hold a Summer Session. Open to new and long-time students, the **DanceFit Program** will meet for six weeks this summer starting **July 12**. It will be a class stressing balance and flexibility open to all levels. Sessions are on six **Saturdays** from **9:30 AM to 10:30 AM**.

Time Slips Reading and Party

On **Monday, July 7** from **11:00 AM to 12:00 Noon** there will be a reading of the stories created by the innovative **Time Slips** program participants. Please come to the MRHS Tuttle Center to hear these charming and insightful stories created by the group. Light refreshments will be served. **Please note that this program is co-sponsored by Elders Share the Arts and MRHS.**

Summer Community Service Opportunity for HS Students

Opportunity for Morningside Gardens High School Students -

MRHS will be hosting a Pop-Up Computer Lab. This will be an intergenerational lab for students to offer their knowledge to the MRHS community. The Lab can only be open when there are available volunteers. Contact Joanna Stolove at 212-666-4000 for more information.

*** MRHS Supper Club ***

The MRHS Supper Club will take place in July. Stay tuned for more information.

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, July 18.) 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.***

