

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Summer Computer Learning

Throughout the summer we hope to continue last years' tradition of computer learning. We will once again be welcoming students from Columbia University's Summer Program for High School Students. Students between the ages of 16-18 years will present on various computer based topics. **Mondays at 12:30.**

- July 6: Email and Online Shopping
July 13: Music Streaming (Pandora Internet Radio, Spotify Internet Radio and Playlists, iTunes)
July 27: Photo hosting and sharing online for free (iPhoto, Photobucket, Flickr, etc.)
August 3: Internet calling for free (Skype, Viber, Facetime, etc.) to keep in touch.

Causes for Celebration

In 2016 MRHS is planning a special celebration in honor of Women's History Month (March) with a tie-in to the 50th Anniversary of MRHS. As part of the planning for Women's History Month 2016 we want to celebrate the women of Morningside Gardens. So, we are asking all of you ("us") to submit in writing your special memories of women's gifts and contributions, past, and/or present.

You may want to call MRHS to make an appointment for an interview. It will be a way of celebrating our community's history, honoring some special women who have lived in Morningside Gardens and honoring the history of MRHS.

Please note: MRHS will be closed on Friday, July 3 in honor of Independence Day.

English Conversation

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



“有兴趣练习英语吗?”

MRHS将开始一对一的英语会话课程。与我们的志愿者练习对话，讨论的话题从天气到即将举行的选举。请与MRHS联系，以了解更多信息。

Contact MRHS at [212-666-4000](tel:212-666-4000) or joannas@mrhsny.org to learn more.

Feel Ten Years Younger Through Exercise

Introducing a new summer exercise class via the video "Cardio and Strength Training Workout for Seniors." The class will meet in the Thurgood Marshall Room **every Wednesday from 10:00 AM to 11:00 AM beginning July 1 and running through August 26.**

The class begins with an easy warm up then moves to the cardio portion, then a strength training segment, ending with a relaxing 4-minute stretch. It is designed specifically for mature adults with safe, simple, and effective exercises. The class requires standing through most of the session and a small set of light hand-weights is optional. Any questions? Contact Dana at [212-222-0281](tel:212-222-0281).

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

Director's Column

Toward the end of his career the management guru Peter Drucker turned his attention to nonprofits and nonprofit management. Drucker zeroed in on the importance of nonprofits to define their mission clearly and to stick to it as the overarching principle guiding all decisions. He warned of the dangers of "mission drift," of nonprofits losing sight of why they were formed and drifting into areas where they lack expertise and vision.

In *Managing The Non-Profit Organization*, Drucker says "Non-profit institutions exist for the sake of their mission. They exist to make a difference in society." He admonishes the non-profit's leaders, "The first task of the leader is to make sure that everybody sees the mission, hears it, lives it. If you lose sight of your mission, you begin to stumble..." Yet Drucker was not recommending that the organization remain static or hew to a narrow interpretation of its purpose. He says, "Mission needs to be thought through, needs to be changed."

So what is MRHS's mission statement? As advised by Drucker it is simple and clear. It reads:

The Mission of MRHS is twofold:

- 1) to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes comfortably, safely, and with as much independence as possible for as long as they can; and
- 2) to provide programs which promote health and provide opportunities for education, socialization and recreation for all older residents of Morningside Gardens, with particular attention to the special needs of the infirm, homebound, and isolated.

Our mission statement, adopted in 1966, is visionary in many ways. It's almost as if the rest of American culture has caught up to the vision of that small group of (mostly women) volunteers who created MRHS almost fifty years ago. First, we no longer assume that getting older and frailer means it's time to move into an institution. And second, we see our older years as a time when exploration and creativity can take root and flourish. I think that was their point back in 1966 and what guides us today.



Happy July Birthday!!

To: Caridad Bertot, 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, 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 21 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

July 4 Lincoln (2012) 2 hr, 30 min

Lincoln's — and America's defining hours; the passage of the 13th Amendment to abolish slavery. Stars Daniel Day Lewis, Sally Field, Tommy Lee Jones and Joseph Gordon Levitt. Director, Stephen Spielberg. Rated PG-13.

July 11 Wild (2014) 1 hr, 55 min

Based on Cheryl Strayed's true story, this film chronicles her 1,100 mile solo hike undertaken to heal from the overwhelming pain of her mother's death. Reece Witherspoon is amazing in the portrayal of Ms. Strayed in this unforgettable film. Directed by Jean-Marc Valles, Rated R.

July 18 Ghost Busters (1984) 1 hr, 45 min

Three unemployed parapsychology professors set up shop as a unique ghost removal service. Starring Bill Murray, Dan Aykroyd and Sigourney Weaver. Directed by Ivan Reitman. Won the Young Artist award in 1985 for Best Family Motion Picture or Comedy. Rated PG.

June 27 Sterile Cuckoo (1965) 1 hr, 47 min

Director Alan J. Pakula created a gentle film about a lonely young woman and a serious tender man who meet and attempt to be friends and more. Based on a novel by John Nichols. Liza Minnelli gives a brilliant performance which won her an Oscar nomination. Sweet and sad—bring Kleenex. Rated PG

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:

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 returns on Wednesday, September 9.

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 resume in the Fall.

"Later Life Transitions" group's next meeting will take place in the Fall.

The **MRHS Book Club's** next date will be **Wednesday, July 1 at 4:00 PM**, in the Tuttle Center. Discussion is on the novel, **The Ambassadors** by Henry James. All are welcome to join this stimulating literary group. (This session starts at 4:00 PM, not the usual time.)

Cinema at MRHS

The MRHS Film Committee – these are the people who bring you the movies on Saturday afternoons and now one Wednesday evening per month - are looking for one or two volunteers to help set up the DVD films on Saturdays. If you can give one Saturday a month to this program please speak to Margaret Bianchi at 212-666-4000.

We'd also like to tell you about our DVD library. We now have a small but growing collection of popular and art films on DVD in our library. Just drop by and ask about the films.

MRHS Film Committee Presents

First Wednesday Films

Next screening on **July 1 at 7:30 PM**

Featuring:

Gertrud

(1964) 1hr 59 min.

Sublime portrayal of a woman who leaves her marriage and searches for romance. A meditation on individual will and the refusal to compromise by the master director Carl Dreyer. In Danish with English subtitles. Not rated.

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

Remember the Ebay Program!

Getting ready to go through the apartment for some de-cluttering? Keep the Ebay Program in mind! We are currently accepting donations of high-quality items including antiques, jewelry, china, and artwork. So far we have raised over \$5000. All proceeds allow MRHS to continue providing their social work and health care services to residents of Morningside Gardens.

If interested in donating please call Paul at [212-666-4000](tel:212-666-4000). Remember, all donations are tax deductible. You can see the items currently listed by following the Ebay links on www.mrhsny.com. Thank you for supporting this very exciting volunteer enterprise.

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 17.) 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.***

Hudson Highlands Lunch and Boat Cruise

Come join **MRHS** for **Lunch on the Hudson River** followed by a cruise through the majestic **Hudson Highlands aboard the Pride of the Hudson**. Our Hudson River Adventure begins at the Newburgh Landing in Newburgh, NY, where we will have an early lunch at the elegant Blu Pointe restaurant. Entree choices include a Farmer's Salad, Chicken Pallard and Mediterranean Shrimp Salad. Dessert and unlimited non-alcoholic beverages are included.

Aboard the Pride of the Hudson, we will enjoy a narration of the sights along the Hudson River including **Mt. Beacon, Bannerman Island, Storm King Mountain, Breakneck Mountain, The Catskill Aqueduct, World's End, Cold Spring, and West Point**. Reserve today by calling MRHS at (212) 666-4000!

DATE: Wed., August 5 **PRICE: \$60.00**
DEPART: 9:00 AM **RETURN: 4:30 PM**

Summer: Use MRHS Services

As the heat of summer begins, safeguard your health by using MRHS Shopping and Laundry Services. The MRHS Health Aide does shopping and laundry for people who need help. Just call Marie Phillips at 212-666-4000 one day before you would like the services. On the day you requested the service, the Health Aide will call you to let you know what time she will be at your apartment.

Access to Independence

An **Accessible Transportation Expo** designed to educate the public about Accessible Transportation Options for people with disabilities and older adults in New York City will take place on July 15 from 11:00 AM to 2:00 PM. The location is at the Adam Clayton Powell, Jr. State Office Building Plaza, 163 West 125 Street. For more information please call 311 or visit: DOTmibility.nyc or nyc.gov/ada25nyc.

John Seaman's Liberty Salons

Two afternoons from **3:00 PM to 5:00 PM** – first, **Wednesday, July 15**, ***Dr. Debbie Joffe Ellis***, will speak on the topic, "Buddhism and Psychology." Dr. Ellis, the widow of the renowned psychologist, Dr. Albert Ellis, is an author and practicing psychologist in New York City. She worked with her late husband on the development of Rational Emotive Behavior Therapy (REBT) and will focus on the relationship of this system to early Buddhist philosophy.

On **Wednesday, July 29**, ***Yupin Pramotepipop***, a prize-winning painter and sculptor, will talk about her art works and display some of them. Born in Thailand she studied there and then in the U.S. at the Art Students League. She has won many prestigious prizes and exhibited world-wide.

Both programs include light refreshments.

Group on Sonnets to Start In the Fall

Bea Gottlieb invites interested people to join her in a literary adventure that she calls, "A Sonnet Workshop." After years of leading groups in "Reading History" at MRHS she is eager to try something completely different.

The aim of the workshop will be to get to know some great English poetry and become familiar with a particular poetic form that appealed to many great poets.

Those who sign up will not be asked to write a sonnet. Instead the workshop will be devoted to learning as a group how to read sonnets to get the most out of them. The workshop will meet for two hours every other Thursday at 2:00 PM. There will not be any "homework," but chances are that participants will enjoy looking at the selected poems often on their own.

Let Margaret Bianchi at the MRHS office know if you would like to sign up. The group will start meeting in September or October and will be limited to 12 participants. Texts will be provided.

Need A Vet?

Need a veterinarian who makes house calls? Does your pet need his or her nails clipped? Dr. George Korin makes house calls and is recommended by a Building III resident. Dr. Korin may be reached at 212-838-2569 or DrKorin@NYCVetHouseCalls.Com.

Save the Date:

Wednesday, August 12 at 1:00 PM. Council Member Mark Levine invites all Morningside Gardens residents to come to MRHS for a New York City Council Participatory Budgeting Assembly for 2016-2017. Come and share your ideas for spending \$1 Million for your community!

Te invitamos a participar en una asamblea de presupuestos participativos en su comunidad. Le animamos a contribuir con sus ideas para mejorar su comunidad! Everyone is welcome!

Save the Dates:

Tuesdays from 10:00 AM to 11:30 AM, Starting on September 22. *Happy Surprises in Life's Later Chapters* with ***Stephen Chinlund***. This seven-week course offers an opportunity for people of all ages to consider the fulfillments of the "extra chapter of life" which comes to people over 60. It has become a time of unexpected satisfactions for many who thought their lives were almost over. During the seven sessions, participants will consider how we think about our bodies, money, sex, death, spirituality, power and interests in art of all kinds, perhaps postponed from long ago. ***Stephen Chinlund*** has presented this course at the New York Open Center and at the Interchurch Center. *Now he brings it to MRHS!* Introductory meeting on September 22: *Redefining the Meaning of Old*. Don't miss this opportunity! A nominal fee of \$25 will be charged for the seven sessions.

The Art Of The Demographic Dividend

"The lurid metaphors of old age are those of decline, failure, and societal burden: yet how long can they be sustained in the face of the late paintings of Matisse, Titian, Claude Monet, the engravings of Hokusai or Francisco de Goya from their eighth decades, the mature poetry of Seamus Heaney or Alfred Tennyson, or the final compositions of Gabriel Fauré or Richard Strauss? This sense of an increasing dividend grows as we broaden our scope, and begin to appreciate the radicalism of later life—I. M. Pei's bold design for the pyramid at the Grand Louvre when he was 66 years old, Frank Lloyd Wright starting the design of the Guggenheim Museum in New York aged 73, and the 89-year-old Louise Bourgeois filling the Turbine Hall of Tate Modern with her magnificent installation I Do, I Undo and I Redo."

From Desmond O'Neil, "The Art of the Demographic Dividend." Full text at:

<http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2811%2960612-0/fulltext?rss=yes>

--- Thanks to Rick Moody and the Gerontological Society of America