



newsletter

Celebrating our 53rd Year!

July 1, 2019
Vol. XLIII, No. 7

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Five Wishes

Five Wishes is an easy to use legal document written in everyday language that lets adults of all ages express how they want to be treated if they are seriously ill or unable to speak for themselves. It is unique because it speaks to all of a person's needs: medical, personal, emotional and spiritual.

Join **Anthony Cavaliere** for an evening of conversation and YOUR FIVE WISHES.

Monday, July 22, 2:00 PM
MRHS Center, 100 La Salle, #MC

Summer Evenings on the Plaza

Join MRHS for ice pops and entertainment this summer.

Tuesday, July 9 from 6:30 – 8:00 PM
There will be entertainment at 7:00 PM provided by *Matias Letelier*, Illusionist and Mentalist.

Tuesday, July 23 from 6:30 – 8:00 PM
Stop by to make a mini chalk paint magnet with professional crafter, *Kim Schader*.

The series will continue in August on the 6th and 13th!

The American Dream: What Unites Us

Explore the themes that unite us as a country. We will discuss the wisdom that contemporary poets have to share, about the complex divided and United States. Your own ideas are welcomed and encouraged. **Constance H. Gemson** creates and conducts original workshops in NYC. *Registration for this class is required by July 5. Fee: \$20.*

Dates: Fridays, July 19 and July 26
Time: 10:00 AM to 12:00 Noon

The Case of Haiti

Is Dental Care for the Poor a Need or a Luxury?

Lionel Legros, retired teacher and long-time resident of Morningside Gardens will provide an overview on Haiti. **Genevieve Cadet**, Director of Dental Clinic of the Max Cadet Foundation, Haiti, will discuss dental care in Haiti and the work of the foundation.

Wednesday, July 10, 7:00 PM
MRHS Center, 100 La Salle, #MC

Shakti Naam Yoga

We are delighted to again offer **Shakti Naam Yoga** to our community. With its roots in ancient yogic wisdom, Naam Yoga is an integrated physical, emotional, and spiritual practice that harnesses the healing properties of breath work, sound meditation and dynamic movement to revitalize the body. Through movement, mantra, mudra, pranayama (breathing), and meditation, Naam Yoga works on the subtle channels of energy in the body.

Classes will be taught by **Kalpna Kanthan**, an experienced yoga practitioner who has practiced various forms of bodywork and energy healing, such as Iyengar Yoga, Pranayama, Reiki, Dahn Yoga, Transcendental Meditation, and Pilates, for over 15 years.

Mondays, July 22 – August 26
Time: 6:30 PM to 8:00 PM at MRHS
Total Classes: 6

The cost for the class is \$20. Please contact MRHS at 212-666-4000 to sign up.

Please note: MRHS will be closed on Thursday, July 4 in honor of Independence Day.

Director's Column

Morningside Gardens is a Naturally Occurring Retirement Community or NORC. When asked, "What is a NORC?" I usually start by pointing to the first two letters of the acronym, representing "naturally occurring" because they explain a lot. A NORC was not planned as a retirement community. In fact, a planned, age-segregated retirement community cannot qualify for NORC funding from the state or the city of New York. By definition, a NORC is an *intergenerational community* that has a large concentration of older adults. This concentration of older adults, usually defined as people sixty and over, "occurred naturally," as residents of the community "aged-in-place." To qualify as a NORC, the state and city put the threshold of households including an older adult at 42%. According to the last census, 52% of Gardens' apartments included an older adult, putting the Gardens well over the threshold.

A NORC is usually an apartment complex such as the Gardens, but it can also be a collection of complexes, or a community of private houses that is known as a Neighborhood NORC – that's right, an NNORC. Most NORCs have not competed or have not qualified for a *NORC program*, which is what MRHS is. The NORC program is the agency that provides services to older adults living in the NORC, especially those most vulnerable. The NORC program also engages in community-building, utilizing a grassroots model, rather than a top-down model, as much as possible. For example, the MRHS Board of Directors governing MRHS is composed entirely of Gardens residents, the majority of whom are older adults themselves. When I arrived at MRHS, then President Mary Thompson was fond of saying that MRHS is accountable to the very population it serves. While not all NORC programs will have the accountability built into MRHS, all will at least have Advisory Boards that include older adult residents of the NORC. Thus ends lesson one of "What Is a NORC?" with more of the curriculum to follow in future columns.

for found

Happy July Birthday!!

To: Iretha Fletcher, Tova Francus, John Gill, Michael Greene, Kathy Hinton, Joan Mansoury, Sui Yung Moy, Marjorie Nissen, Mary Ellen Peinelt, Barbara O'Farrell, Angela Schramm, 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 16 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

July 6 Red Army (2014) 1 hr, 25 min

The story of the Soviet Union's famed Red Army hockey team, through the eyes of its players "A stirring, crazy story – a Russian novel of Tolstoian sweep and Gogolesque absurdity." (NY Times) Swift and smart, "one of the best documentaries that I have ever seen" (Scott Feinberg of The Hollywood Reporter). In English and Russian, with English subtitles. PG

July 13 Do the Right Thing (1989) 2 hr

Spike Lee's film looks at life in Bedford-Stuyvesant on a hot summer Sunday. Sal Fragione opens the pizza parlor he's owned for 25 years. What begins as a simple complaint by one of his customers, who wonders why he has only pictures of famous Italian-Americans on the wall when most of his customers are black, eventually disintegrates into violence. Rated R.

July 20 Knock Down the House (2019)

1 hr, 26 min A Netflix biographical documentary. A galvanizing glimpse behind the scenes of the pivotal election of 2018, Knock Down the House should prove engrossing for viewers of all political persuasions. Rated PG.

July 27 Woodstock: 3 Days of Peace and Music (1970) 1 hr, 45 min

August 15-19 is the 50th anniversary of the watershed counterculture Woodstock Festival which drew about half a million people in 1969 and was headlined by now-legendary acts like Jimi Hendrix, Janis Joplin, Grateful Dead, Joe Cocker and Crosby, Stills Nash & Young. (Will be showing the 1st half of the 3 hr, 44 min documentary.) Rated R

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 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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

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

Will resume on Wednesday, September 4.

The Fairway Shuttle departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

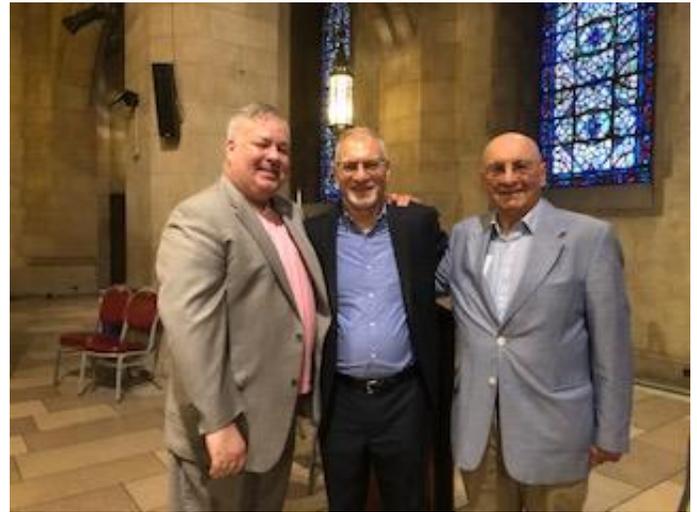
Nurse Marie Phillips' "Take Charge of Your Health" next meeting will resume in September.

The **MRHS Book Club's** next meeting will be on **Wednesday, July 24 at 3:00 PM** in the MRHS Center. The group will discuss the novel, ***A Severed Head*** by Iris Murdoch. 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, July 19, 2019). 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.***



Spring Recognition Event at Riverside Church: Assembly Member Danny O'Donnell, MRHS Executive Director Ron Bruno, and MRHS President Michael Davidson

Can't Travel This Summer?

Get a comfortable chair, put up your feet and you read one of the travel guides in the MRHS Library. Travel guides have sections on the history, people and cultures in the country and cities they cover in addition to illustrations and details about sites to visit. While many of our travel guides are not up-to-date on admission fees and hours a site is open, remember you are doing this from you home while you learn about other places in the world you cannot visit this summer! The travel guides are located on the bottom shelf of the left-hand bookcase. Please return those guides you borrow so others may travel after you!

Smile.Amazon

If you shop at smile.amazon.com Amazon will donate to MRHS. Just go to smile.amazon.com and choose MRHS as your selected charity. You won't pay more and a percentage of the charge will be donated to MRHS.

MRHS thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for making these programs possible.

Mt. Sinai / MRHS Program

Friday, July 12, 3:00 PM

Ask the Doc 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, July 25, 3:00 PM

Ask the Geriatrician with *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care. An open session: Come with your questions to share as a group.

**** MRHS presents these programs in partnership with the Mt Sinai School of Medicine, with support from the UJA Federation of New York. ****

Students Available For Technology Help

We're excited to welcome back the Columbia University Summer High School Enrichment students for our continuation of Technology Summers.

Technology Seminars will take place on **Fridays** from **1:30 - 2:30 PM** at MRHS:

Friday, June 28:

The Ins and Outs of Smartphones

Friday, July 5: *Best Apps and Podcasts*

Friday, July 12: *The Ins and Outs of Google* (gmail, google calendar, google shared docs)

Friday, July 19: *What is Social Media? Facebook, Twitter, WhatsApp and more*

Friday, July 26: *Voice Activated Devices*

Friday, August 2: *Open Session*

Interested in one-on-one technology assistance? The students will also be available on Fridays from 11:30 AM- 12:30 PM to assist with individual questions.

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

"Funny You Never Knew"

Please join us for a screening of this film featuring Fred Willard and Kevin Pollak who examine the work of three neglected TV comedians: George Gobel, Imogene Coca, and Martha Raye. FYNK contains generous excerpts of video archival material, giving viewers a chance to see many segments that have not been available for public viewing since the live telecasts first went out more than sixty years ago. The clips also feature such guest stars as James Stewart, Shirley MacLaine, Angela Lansbury, Henry Fonda, and Jack Benny.

Also included are interviews with eye-witnesses of our stars' talents, including Bob Newhart, Lily Tomlin, Carol Channing, Carl Reiner, George Schlatter, Norman Lear, Hal Kanter, Tommy Smothers, Alan Young, Jack Carter, Mitzi Gaynor and Kaye Ballard. FYNK provides not only a look at the forgotten work of three dynamic comedians but a glimpse of a lost era of American comedy.

Karl Tiedemann, (Bldg. II) a New York City native, studied film production at NYU. One of his short films King of the Z's, led to a stint on the writing staff of NBC's Late Night with David Letterman and an Emmy nomination. He is the author, or co-author, of several comedy plays which have been produced both in Europe and in many of these United States.

Thursday, July 18, 7:00 to 9:00 PM
MRHS Center, 100 La Salle, #MC

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

A Joyous Note From a Long Time Shareholder, Odete M. Bigote

Dear Friends, Neighbors, Humanity:

You have no idea of the pleasure I have had for decades while reading, writing and researching in preparation for my three nonfiction books, on spirituality, metaphysics and empowerment to create our own lives.

My most recent book titled *A COSMIC JOURNEY TO THE UNKNOWN*, was just published on Amazon.com. Some of the topics are as follows: the value of aging, the importance of UFOs/Alien life including NASA research, and the symbolism of DR Steven Hawking's existence (1942-2018). I ask you to please visit my new website:www.odetebigotebooks.com. Be advised that my website contains interesting and very informative pages, even related to Morningside Gardens.

To buy the book, paperback and electronic, you can order directly from Amazon.com, as you probably are aware. Or go to Barnes and Noble. To send me an email with your questions/comments, you can click the envelope on the top of every page of my website. The content will be confidential. I have a Q&A page. You must realize that I am looking forward to hearing from you.

Thank you, Odete B

Columbia University Music Memory Study!

Participate in a Columbia University Study about Music and Memory! The team is looking to recruit adults within 65-80 years of age who have grown up in the United States. Participants will attend three 60-90 minute sessions, in which they will listen to music and talk about their memories. An amount of \$20 will be paid per hour for each participant. If interested, contact Paul Bloom at 781-686-8236 or pab2163@columbia.edu.

The King Of Instruments

Annual Summer Organ Concert Series at Riverside Church

The summer concert series spotlights one of the largest and most acclaimed organs in the world, featuring outstanding organists from across the country pulling out all the stops performing a mixed variety of repertoire from traditional music to orchestral transcriptions. Audience members watch the performers via video projection in the air conditioned nave of the historic Riverside Church. This year includes a screening of the 1925 silent film classic *Ben Hur* with live organ improvisation.

Concerts are on Tuesday evenings 7:00 PM July 2 through August 6. Tickets available at the door and online, \$20, \$25 seniors/students. For more information: www.trcnyc.org/event/2019summerorganseries.

Read Ahead

Join Read Ahead to make a difference for NYC children!

MRHS has been a proud partner of Read Ahead for 4 years. Read Ahead's vision is that students have the opportunity to unlock their full potential through mentoring relationships based on a love of reading. Since 1991, Read Ahead has been making it possible for busy professionals to give back. Mentors' critical one-on-one attention gives children the confidence, motivation, and skills needed to thrive in school and beyond.

We are now recruiting MRHS colleagues to become mentors for the 2019-20 school year. Mentors dedicate one lunch hour a week or every other week to spend time reading and bonding with a child age 5-12 at a nearby public elementary school. For more information and to apply, visit readahead.org/mentoring.