



newsletter

Celebrating our 57th Year!

July 1, 2023
Vol. XLVII, No. 7

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www.mrhsny.org

President: Robert Hill
Executive Director: Ronald Bruno

All of Us Research Program

There's a gap in medical research that only you can fill. The *All of Us* Research Program is a historic effort to accelerate research that may improve health by gathering data from one million or more people living in the United States.

By taking into account individual differences in lifestyle, environment, and biology, researchers will have the information to better understand health and disease. The more we know about what makes people unique, the more customized health care we can become.

For more information:

Visit: JoinAllofUs.org/nyc

Call (833) 268-5646

Email: nyc@joinallofus.org

The All of Us Research Program Team will be presenting information about the initiative and how to sign up:

Thursday, July 6, at 2:00 PM
Thurgood Marshall Room, Building III

Low Vision Support Group

Thank you to everyone who has attended the Low-Vision Support Group! The group will be taking a summer break and will resume in the fall. In the meantime, be sure to take advantage of the ongoing MRHS and community programming! Be well and stay safe!

MRHS will be closed on Tuesday, July 4, in honor of Independence Day. We wish everyone a great holiday!



Ahoy, Anchors Aweigh!

Join us as we board the **Circle Line Cruise** to enjoy the breezes on the water and delicious boxed lunches. During this 2 hour and 30-minute cruise we'll cruise along all three NYC rivers, pass under 20 bridges and see over 130 of the city's most iconic landmarks including the Manhattan skyline, Little Island, Hudson Yards, One World Trade Center, Brooklyn Bridge and downtown Brooklyn, Yankee Stadium, the George Washington Bridge, and an up-close look at the Statue of Liberty and Ellis Island.

Date: Wednesday, July 26 Cost: \$50.00
Departing 10:30 AM Returning 3:30 PM
Please RSVP by Tuesday, July 18.

To reserve a spot and hear the sandwich choices for the boxed lunches, or if you would like more information about the trip, please call **MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org.**

Salsa/Swing Dance Class

Get ready to dance this summer in Lincoln Center, Central Park and along the Hudson.

Salsa/Swing dance class with *Kathy Sanson*: learning Salsa: Mambo, Cha-cha, Merengue, Samba, Swing, Jitterbug and Jazz.

No partner necessary, for mature adults and for all levels, especially beginners. Fluid warm-up to begin so your body is ready when you have fun dancing. Classes will continue July 6 through August 3, Thursday mornings, 10:30 to Noon. Thurgood Marshall Room, Building III.

If interested, contact Margaret Bianchi at 212-666-4000 or **MargaretB@mrhsny.org** to sign up. For further info contact: Kathy Sanson at 917-535-0582 or kjsanson@gmail.com

Director's Column

On June 22, we had an opportunity to hold our first Volunteer Recognition Luncheon since 2019. Although we may have been a bit rusty from lack of practice, the luncheon provided an opportunity to honor our volunteers, especially those who came forward in the early weeks and months of the pandemic. Older adults were advised to isolate at home at that time, so we put out a call for volunteers to help MRHS with shopping, picking up prescriptions and running other errands. More than forty people signed up, many of them younger residents taking collective responsibility for their vulnerable neighbors. We acknowledged all our valuable volunteers from that period, but recognized with certificates the following, who seemed always to be on call and available: *Linda Aristondo, Jeffrey Edelson, Jonathan Ellis, Sherry Kane, Candy Gulko, Tiana Leonard, and Sylvia Pirani.* We also offered a special thanks to *Nancy Ross*, who provided us with bushels of beautiful handmade masks, making it easier during those early days when we were a little skeptical and self-conscious about mask-wearing.

Finally, we had an opportunity to thank our staff. MRHS was unique among NORC programs in having a staff person on site every day during the pandemic. MRHS has established itself as an exemplary program in the city and state, and it is largely due to the dedication and consistency of our staff. I find it a delight, but also very meaningful to be working alongside such committed professionals.

The Recognition Luncheon gave us a chance to stand back, take it all in, and express our appreciation. I should add that the space for the Luncheon was generously provided by Riverside Church, with thanks to Rev. Lynn Harper for making this possible and for serving as our inspiring and enlightening guest speaker.



Happy July Birthday!!

To: Jun Atienza, Sarah Borenstein, Celeste Dubosky, Iretha Fletcher, Tova Francus, Peggy Griffin-Jackman, Kathy Hinton, Donald Johnson, Dorothy Khosrovi, Sui Yung Moy, Diana Multare, Barbara O'Farrell, Maryellen Peinelt, Cecilia Ridett, Mary Lou Russell, Angela Schramm, Elaine Steele, Alan Stricoff, Ann Tholfsen, and Chien (Charles) Wu.

In Memoriam: Elise Rackmill

We are sorry to report that Building II resident, Elise Rackmill, passed away at home on Monday, June 5, 2023. Elise was a warm, lively, friendly presence in Morningside Gardens for many years. She served as an MRHS Board Member for six years, including as Vice-President of MRHS from 2018 to 2021 and as chair of the MRHS Advocacy/Education Committee from 2016 to 2021.

In addition to her formal responsibilities as an MRHS board member, Elise could always be counted on to make herself available at MRHS events, whether to serve refreshments or to sign people in, whatever was needed. As a retired social worker herself, Elise especially appreciated the work that MRHS did and continues to do in the community. This past March 3rd, though rather ill, Elise made her way to an MRHS staff meeting on a Friday morning in honor of Social Work month, providing the staff with heartfelt words of encouragement and appreciation, and treating them to breakfast with bagels. We were very grateful for this characteristic gesture of generosity.

The entire MRHS community mourns the loss of Elise and offers our deep condolences to her friends and family.

Great Decisions

Great Decisions will be taking a summer break and will resume in the fall with the following topics:

- *Global Famine*, September 5
- *Iran at a Crossroads*, October 3
- *Climate Migration*, November 7

Arts & Minds

The **Arts & Minds** program continues to bring joy to participants! Each session provides the chance to discuss, as well as create, meaningful works of art. **Arts & Minds** was developed to enrich the lives of people with cognitive decline and their care partners through artistic expression.

Programs are held in person the **first and third Tuesdays of the month, from 2:00 - 3:15 PM**. (Please note there will be no program on Tuesday, July 4.) *Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve.*

MRHS Board Game Café

Please join us **Friday, July 28 at 2:30 PM** to play board games or cards with other MG residents. We have lots of games on hand or you could bring your own.

Afternoon Tea in the Lounge!

Stop by the MRHS lounge on **Friday, July 28, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Plein Air Painting

MHHC Workshop Art Group Announces A Summer Plein Air Painting Event

The upper lawn between buildings five and six will again be the gathering place for a Plein Air (outdoor) Event on Saturday July 15, starting at 1:00 PM (Rain date Sunday 7/16). We invite everyone (beginners to masters) to join this event to appreciate and draw or paint the landscape of our beautiful grounds. Participants are urged to bring their own art materials, but there will be limited art materials available on site.

MRHS Men's Group

The Men's Group will not meet during July and August, but will return in September.

Riverside Park Conservancy

You herd it here first: The Riverside Park goats are coming baaaack!

Mark your calendars for a new kind of Gotham experience:

Friday, July 7, 11:00 AM – 2:00 PM
at the new 95th Street Compost Compound

This year, the herd is making a pitstop on the way to their summer home in the woods between 119th and 122nd Streets.

Join us for a special Gotham festival on July 7 where our four goats — Cowgirl, Chico, Charlie, and Mallomar — will be the esteemed guests of honor at a "ribbon chewing" ceremony for our brand-new Compost Compound. The festival will feature local vendor booths, live music, goat-themed merchandise, photo opportunities, arts and crafts, and activities for all ages.

Fearless in the face of challenging terrain and with an appetite for devouring poison ivy, our goats are part of a 5-year plan to clear a steep slope of invasives and replant it with native, ecologically desirable species.

As they return for their fourth summer on the job, our goats are eager to embrace new roles as **am-baaaa-ssadors** for all of the sustainability initiatives in Riverside Park, starting with our compost initiative.

Join us on July 7 to wish them luck — and to help us kick off a new hoof-to-hoof competition to see who will be this year's GOAT! We encourage goat fans to <https://riversideparknyc.org/goatham/>

Weekly online voting starts July 7 — get the jump on the competitors.



West Harlem
Development
Corporation

Solutions through collaborations™

MRHS would like to thank the West Harlem Development Corporation for its support.

MRHS Monthly Film Series

Introducing a new monthly, in-person film series. We will be showing a different film **every second Monday of the month at 1:00 PM**, beginning with:

"Les Choses de la Vie"
("The Little Things in Life")
(1969) 1 hr, 29 min.

Architect Pierre Bérard (Michel Piccoli), en route from a quarrel with lover Hélène (Romy Schneider), crashes at a country intersection, and as he slips into unconsciousness, he remembers his life leading up to the accident. These images of the passage of time and the incredibly beautiful music transport the viewer into their own subjectivity. Claude Sautet's film was awarded the prestigious Prix Louis Delluc. It provided a substantial boost to Piccoli's and Schneider's careers and helped change the French cinematographic landscape definitively.
With English subtitles.

Monday, July 10, at 1:00 PM
Thurgood Marshall Room, Building III

Bloomingdale School of Music

Music Appreciation Series via Zoom

"Summer In the City"
with Marc Peloquin

July 14, 21, 28; August 4

Fridays from 1:00-2:30 PM

Participants in this course will engage with diverse musical works that will be sure to enhance your enjoyment of summer. We will explore masterworks with a summer theme by such composers as Mozart, Ravel, Tchaikovsky, Aaron Copland, and Duke Ellington. Join us for a weekly musical vacation!

Contact Margaret at 212-666-4000 or MargaretB@mrhsny.org to register.

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

MRHS Repairs

Please note that we will be making repairs in the MRHS Center this summer, resulting from the water damage caused by leaking pipes above us. As a result, some programs will be moved to the Community Center and the Thurgood Marshall Room, or else will be held online. Please note the location of the programs listed in this Newsletter. We will keep you informed of any changes in plans.

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

MRHS Book Group

The next meeting is on **August 23 at 3:00 PM via Zoom**. The discussion is on the classic Italian novel, ***The Betrothed*** by *Alessandro Manzoni*. No meeting in July.

For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at margaretb@mrhsny.org.

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 21, 2023). 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.***

****** MRHS thanks NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. ******