

**100 LaSalle Street, NY, NY 10027 (212) 666-4000**    **President: B. Chandra Chandrasekaran**  
**[www.mrhsny.org](http://www.mrhsny.org)**    **Executive Director: Ronald Bruno**

## Let's Get Cool

Summer in the city requires strategies for staying cool. Ownership of shares in MHHC requires "cool" strategies to protect your asset. Please join me, Sherri Hughes, for a cool dive into options that protect your investment(s). No towel needed, just your thoughts, questions and thirst for knowledge. Iced tea and cookies will also be served.

**Monday, July 1, 2:00 PM**  
**MRHS Center, 100 LaSalle St., #MC**

*Sherri Hughes, Esq. [Shughes@shughslaw.com](mailto:Shughes@shughslaw.com)*

## Storm King Awaits!

This 500-acre outdoor museum, located in New York's Hudson Valley, is our destination in July. Visitors experience large-scale sculpture and site-specific commissions under the open sky. Since 1960, Storm King has been dedicated to stewarding the hills, meadows, and forests of its site and surrounding landscape. We will be taking the accessible tram so that we can enjoy all the sights in comfort. Following our tour, we will have our lunch at Storm King's Outdoor Café before returning home.

**Wednesday, July 24**      **Cost \$50.00**  
**Depart MRHS: 10:30 AM**    **Return 4:30 PM**

Please contact MRHS to sign up or for more information at 212-666-4000 or email Robin Aloï at [Robina@mrhsny.org](mailto:Robina@mrhsny.org).

**MRHS will be closed on**  
**Thursday, July 4 in**  
**honor of Independence**  
**Day.**

**We wish everyone a**  
**great holiday!**



## Special Screening: *Ausencia*

### A New Film by Luis Argueta

Building IV resident Luis Argueta will present his current work-in-progress documentary film, *Ausencia* (12 minutes).

[www.AUSENCIAthefilm.com](http://www.AUSENCIAthefilm.com)

The documentary has as its main theme immigration, however, it is seen from the point of view of those left behind. Luis began working on the film in 2019 but had to stop due to the Covid-19 Pandemic. He began working on it again last year and has been able to go from a 5-minute cut to the 12-minute one which he will present.



After Luis gives an introduction to his work, we will screen the 12-minute cut and then open the floor for discussion. Luis has screened the film recently at UPenn, Harvard, Boston College, UMass Amherst, SUNY New Paltz and Yale.

### Two Screenings:

**Thursday, July 18, 5:00 PM and 7:00 PM**  
**MRHS Center, 100 LaSalle St., #MC**

## Salsa/Swing Dance Class

### *Salsa, ChaCha, Cuban Rumba & Swing*

No partner needed, for mature adults and for all levels, especially beginners. Fluid warm-up to begin to avoid any stress on your muscles.

**Tuesdays, July 16, 23 and 30, at 1:00 PM.** Classes take place in the **Thurgood Marshall Room**, Building III. For more information call, text or email dance instructor Kathy Sanson: 917-535-0582 [kjsanson@gmail.com](mailto:kjsanson@gmail.com). *Or just come by!*

## NYS Assembly District 69 Candidates Forum

On Thursday May 29, 2024, Neighbors for a Greener Harlem (NFGH) and MRHS hosted a Candidates Forum bringing together the declared candidates vying to replace the current NYS Dist. 69 Assemblyman (Daniel O'Donnell). Assemblyman O'Donnell has announced he will not be running again for the seat, which he has held for the past 22 years. More than 50 Morningside Gardens cooperators met the candidates in the Garden's Thurgood Marshall Room to hear from them as they campaigned in anticipation of a June 25 primary election.

The candidates, Micah Lasher, Eli Northrup, Melissa Rosenberg and Carmen Quinones introduced themselves and fielded questions from the audience. Each of the candidates spoke of their roots in the community, the value of their advocacy, and frustrations with the Albany establishment. They each responded to questions which reflected local concerns including: gun violence, climate change, green spaces, noise pollution, pedestrian safety, affordable housing and the role of Columbia University in the community. Several attendees voiced their appreciation for the opportunity to hear from and to question the candidates.

**Stuart Aaronson, MRHS Board Member**

## There's Magic in Music!

Join us for the newest zoom program at **The Memory Tree. "There's Magic in Music"**, on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month from **2:00-3:30**. NBC's Today Show contributor, **James Oppenheim**, guides participants on an exploration of music from Bach to Broadway. Enjoy listening to the wide variety of music, learn about its history, and play trivia, all with the goal of improving mood and brain power.

**Tuesdays, July 9 and July 23**  
**MRHS Center, 100 LaSalle St., #MC**

## 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, and Chien (Charles) Wu.

### MRHS Board Game Café

Please join us **Friday, July 26 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 26, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

## Anne Ellis

Anne Leo Ellis, the wife of William (deceased in 2015), mother of Paul and Jonathan Ellis, who was a longtime resident of Morningside Gardens and an MRHS Board member, passed away recently.

Anne was born in Osnabruck, Germany, and passed away one day short of the 84<sup>th</sup> anniversary of her arrival in America, after her rescue from Nazi Germany as a *Kindertransport* child. She was a published writer and editor and worked for the Lutheran Church in America's publications division for many years, producing material that focused on social justice and diversity. Some Morningside residents may remember her children's book, ***Dabble Duck***, about a duck that one of her sons kept as a pet in MG many years ago.

Anne was a loving wife and mother and will always be remembered for her kindness, sense of humor and joyful spirit.

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\*\*\* **Please Note:** The **MRHS Men's Group** will not meet during July and August but will return in September. \*\*\*

## MRHS Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly on Mondays, from 11:00 – 1:00 PM. *No experience necessary.*

Please feel free to contact Stephanie Low with questions: [stephanielow52@gmail.com](mailto:stephanielow52@gmail.com). If you are interested in participating, contact Margaret Bianchi at MRHS: [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

Upcoming Dates: July 1, 15

## 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**. The next meeting is **July 2**. *Please contact Robin Aloi at 212-666-4000 or [RobinA@mrhsny.org](mailto:RobinA@mrhsny.org) to reserve.*

## 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, 2024). 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.***

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

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## MRHS Book Group

There will be no July meeting, but our summer selection of **One Hundred Years of Solitude** by *Gabriel Garcia Marquez* will be discussed on **Wednesday, August 14 at 3:00 PM**. On Wednesday, September 11 at 3:00 PM we will discuss *The Morningside* by *Tea Obrecht*.

All are welcome! For further information please contact MRHS at 212-666-4000 or by email to Margaret Bianchi at [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

## Summer Specials At The MRHS Library

July and August are good months to sit in the shade or near an air conditioner and not lift a finger unless it is to turn a page. When you read you may solve a **mystery** or catch a spy in a **thriller**. If you grab a **biography** you may find in it a new friend. Never say you cannot take a trip when **travel** books can take you anywhere and answer your questions about a culture, a city, an area's history and even take you for a walk on trails along a country's coastline. Perhaps the most important reads this summer before you vote in November are the **U.S. Declaration of Independence** and the **U.S. Constitution**.

There are 25 booklets containing both of these documents that you probably haven't read since high school and may now reread. The booklets are on the top shelf where new contributions to the library are placed. This is on the left before you enter the lounge. Summer is **D.E.A.R., Drop Everything And Read!** Please return books you borrow to MRHS's Library so others may enjoy.



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

## Tai Chi for Fall Prevention

**Tai Chi for Arthritis and Fall Prevention, led by Charla Sarabia**, is an enjoyable program that incorporates classes twice a week, along with home practice. It helps to improve muscular strength, flexibility, balance, and stamina.

This workshop is suitable for adults **with or without** arthritis, rheumatic diseases or related musculoskeletal conditions. The program is appropriate for people with mild, moderate and severe joint involvement and back pain. It is especially appropriate for adults who have a higher risk of falling.

The following are the health outcomes:

- Improved balance and mobility
- Improved strength and flexibility
- Improved relaxation
- Decreased pain and falls

**Mon. and Wednesdays, 1:30- 2:30 PM  
Community Center, Bldg. I, Lower Level**

*Made possible by Mount Sinai Morningside Trauma Program.*

## Morningside Players

Morningside Players Theater Co. will be presenting our next monthly reading – “It Can’t Happen Here – Again” – a play adaptation of the Sinclair Lewis book – on *two* occasions: Friday evening July 19, at 7:30 PM, and Sunday afternoon July 21, at 5:00 PM, in the Community Center, Building I. Please note the two performance times for this event!

Theatres across the United States will be producing performances of this play throughout the summer until October.

A brief talkback will follow the 40-minute play. Please call the Morningside Players hotline to make a reservation. While we do not charge “admission” for the event, we will have a suggested contribution of \$20 – all proceeds to be given to ROCK THE VOTE, a non-profit, non-partisan group that encourages and helps young people to vote. As always, refreshments will be provided!

## August Previews

### Wednesday, August 7

We will be taking the short walk to the **Wallach Art Gallery** to see the temporary exhibit, **Growing Sideways: Performing Childhood**.

This exhibit explores how artists have turned to and repurposed aspects of childhood to counter inherited belief systems, identities, and cultural memories in the public sphere.

*If you would like to join us or if you would like more information, please call MRHS at 212-666-4000 or email Robin Aloj at [Robina@mrhsny.org](mailto:Robina@mrhsny.org).*

### Wednesday, August 21

**Wave Hill** will be our destination. Wave Hill is a museum without walls with a living collection of more than 4,000 varieties of trees, shrubs, vines and herbaceous plants. More information on our tour and lunch will follow in our August newsletter.

## Great Decisions

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

- *Understanding Indonesia*, September 3
- *High Seas Treaty*, October 1
- *Pandemic Preparedness*, November 5

## Covid Tests Kits Available

MRHS has a supply of Covid Test Kits from NYC Health & Hospitals. Please don't hesitate to call MRHS at 212-666-4000 or come by MRHS for the free test kits. If you need help performing the test, contact MRHS and we can assist.

*\*\*\* 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. \*\*\**