



# newsletter

March 1, 2015  
Vol. XXXIX, No. 3

**100 LaSalle Street, NY, NY 10027 (212) 666-4000**  
**[www.mrhsny.org](http://www.mrhsny.org)**

**President: Rita Marie Pullium**  
**Executive Director: Ronald Bruno**

## MRHS Needs Your Help

MRHS needs your help ... by filling out a survey that should take no more than 15 or 20 minutes. MRHS was recently awarded a six-year NORC contract by the Department for the Aging. Our contract stipulates that we will implement the Health Indicators Project. We are being asked to have 200 Health Indicators surveys completed by residents over the age of sixty. Everyone over sixty is asked to participate, regardless of your health status.

The purpose of the Health Indicators Project is to gather data to demonstrate the effectiveness of NORC programs. Many of you have filled out the survey before, but this is a new round of data collecting. Unlike in the past, you do not have to meet with an MRHS staff person to take the survey. You can fill it out on your own at MRHS or at home.

Once the surveys are completed by the due date of June 30, they will be analyzed so that MRHS will be able to determine a health issue of concern, such as falls, diabetes, or heart disease, for additional attention. If your survey demonstrates that you are vulnerable to the health issue of concern, you can *voluntarily* participate in an *evidence-based program* that addresses the issue.

But for now we just want to concentrate on having the surveys completed. So we will be hosting a "**Come Fill Out A Survey**" day on **Monday, March 16, from 10:00 AM to 4:00 PM**. You can come to MRHS, enjoy some refreshments, and fill out a survey. MRHS staff people will be available if you need help. At the end of the day everyone who has completed a survey will be entered into a raffle for a **\$25 Gift Certificate to Bettalona's Restaurant**. It should be fun and you'll be doing your part to help out the MRHS Community!

## MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Tuesday, March 31, at 7:00 PM** in the **Building I Recreation Center**.

During the meeting we will be screening the 25-minute **PBS video that features MRHS, called "How To Age in Place."** The program visits organizations throughout New York State that have taken the lead in assisting older adults to remain living in their communities.

The meeting will also include brief committee reports, introduction of new Board Members, Annual Report and other business. The Executive Director will comment on the work of the organization, including the upcoming renovation of the MRHS program space. A social hour follows with light refreshments. If you are unable to come for the business part of the meeting, stop by for refreshments and to see friends at 8:00 PM!

***All Gardens residents are invited to attend.***

## Women Matter

MRHS plans to launch a series of presentations on the achievements of women from Morningside Gardens. We have some exceptionally accomplished women (past and present) who have in the past and continue to make a difference in the lives of our residents and beyond our community. *Let's give recognition to these women.*

If you know of someone you'd like to talk about and make a presentation at MRHS on that person's life, please let us know. **Call Ron Bruno or Margaret Bianchi at 212-666-4000.**

## Director's Column

It's a little late for a review of 2014 but the January and February Newsletters were spilling over with information, leaving no room for a column. So here we are.

When reviewing highlights from the prior year I like to begin by pointing out that the most important work of MRHS takes place behind the scenes and does not lend itself to a highlights reel. Describing a nurse or a social worker visiting an infirm and homebound resident every week does not necessarily make for exciting copy, not to mention that it raises confidentiality issues. Getting into the minutiae of a social worker's providing Daily Money Management to a cognitively-impaired individual may enable the person to remain living in her own home, but it's rather routine work at MRHS and doesn't earn five hundred 'likes' on Facebook. These programs are what the NYC Department for the Aging (DFTA) and the State Office for the Aging (SOFA) call our "core services" and what these agencies primarily contract with MRHS to do.

Speaking of DFTA, in response to a citywide RFP (request for proposals), MRHS was selected in 2014 by DFTA to receive funding for a six-year contract to provide NORC (naturally occurring retirement community) program services at Morningside Gardens through 2020. Also in 2014, after careful review and interviews with the four architectural firms that were selected as finalists, the MRHS Real Estate Transition Committee recommended, and the MRHS Board approved, the internationally-recognized architectural firm, HWKN, to lead the project of renovating our new and existing spaces. We will begin renovations as soon as we have firmed up financing for the project.

MRHS is the city NORC program featured in the upcoming PBS series, "Age Wise," which includes footage taken in the summer of 2014 at the Gardens. The segment featuring MRHS, called "How To Age in Place," has already aired in the Albany area and may be accessed on the MRHS website ([www.mrhsny.org](http://www.mrhsny.org)) or at PBS's <http://video.wmht.org/video/2365330996/>.

Thanks as always to the MRHS Board, staff and volunteers for all your work and support in 2014 (and the first two months of 2015)!



## Happy March Birthday!!

To: Rosey Ahamad, Odete Bigote, Lingxiou Cao, Pao-Yung Chao, Soon Choi, William Ellis, Iretha Fletcher, Corinne Green, George Gruen, Rhoda Gruen, Jean McCardell, Sophie Onne, Edna Philiba, Beth Rocke, Mildred Roxborough, Merryl Sheldon, Dilia Solorzano, Rose Voisk, Eva Welch, and Lorraine Wilbourne.

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 March are all invited to our Birthday Party! Come on **Tuesday, March 17 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**March 7 Chops** (2013) 1 hr, 28 min.

Jazz at Lincoln Center and its artistic director, Wynton Marsalis, host the prestigious Essentially Ellington Festival, a competition of high school jazz bands from across the country. **Chops** is a documentary film about the potential of American youth, the efficacy of arts funding, and the music is not to be believed. Director, Bruce Broder. Rated GP

**March 14 Love is Strange** (2014)

1 hr, 40 min. After nearly four decades together Ben (John Lithgow) and George (Alfred Molina) finally tie the knot. But when George loses his job the couple must sell their apartment and temporarily live apart. Their new living arrangements present intergenerational tensions and dynamics that come from living with friends and family. Rated R

**March 21 Cesar Chavez** (2014) 1 hr, 42 min.

A remarkable testament to the power of one individual's ability to change the system. Civil-rights activist and labor organizer Chavez embraced non-violence as he battled greed and prejudice in his triumphant struggle for dignity and justice and the rights of farm workers. Directed by Diego Luna. Rated PG

**March 28 All is Lost** (2003) 2 hrs, 24 min.

Robert Redford takes to the screen in a dynamic and powerful study of a man against the sea. Academy Award nomination for best actor. Written and directed by J.C. Chandor. Rated PG

**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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

**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 –  
March 4, March 18**

From 9:00 am to 11:00 am in the MRHS Tuttle Center, 100 La Salle, #MC.

**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's next meeting will be **Thursday, March 26 at 2:30 PM**.

**"Later Life Transitions"** group's next meeting will be take place on **Thursday, March 12 at 3:00 PM**.

The **MRHS Book Club's** next date will be **Wednesday, March 18 at 3:00 PM**, in the Tuttle Center. Discussion is on the novel, **Americanah** by Chimamanda Ngozi Adichie. All are welcome to join this stimulating literary group.

**Writing from Life Experience** class meets this month on **March 11 and March 25**.

## Hypertension Screening

On alternate Wednesdays, MRHS provides blood pressure testing and monitoring for residents of Morningside Gardens. This program is staffed by volunteers who have received training from the city's Department for the Aging, which monitors the program. This month's dates are **March 4 and March 18**.

## MRHS Film Committee Presents

### **First Wednesday Films**

Next screening on March 4 at 7:30 PM

Featuring: **Paris Texas**  
(1984) 2 hrs., 25 min.

A man wanders out of the desert after a four-year absence. His brother finds him and they return to L.A. to reunite the man with his young son. Soon after, he and the boy set out to locate the boy's mother. A heartbreaking, heartwarming tale of love and loss. Won the Palme d'Or at Cannes. Rated R.

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

## Announcing "Fiddle Fest"

Every year the string players at the New York City's Cathedral School perform in a "Fiddle Fest", learning some fiddle tunes to play for audience. **Concerts in Motion** will present a recital for the Morningside Gardens community, with the students from the Cathedral School performing three tunes, as well as other pieces they have been working on. Come and enjoy it with us!

**Saturday, March 7 at 11:00 AM**  
**MRHS Tuttle Center, 100 La Salle, #MC**

## EBay News

The Morningside Community eBay Program has raised over \$4000! We are focusing in March on auctioning Artwork donated to MRHS. If you are planning on donating Artwork to MRHS please call 212-666-4000 and speak with Paul. Proceeds allow MRHS to continue providing vital programming, and social work and health care services to the Morningside Gardens community. Donations are tax-deductible. Visit www.mrhsny.org for links to items being sold on eBay. MRHS thanks you for your continued support. We would also appreciate donations of bubble wrap and tissue paper for packing.

## Monday Night Discussion Group

### The Importance of Humor In Our Life

Let's discuss the importance of humor – What does humor do for us? Is it a necessary part of a healthy life? What makes YOU laugh? Come share the funniest story or event that you can recall. Join us in making each other laugh, or so we hope!

(This topic was postponed because of inclement weather in February. It's time now to enjoy a laugh!)

**Monday March 9, 7:30 – 9:00 PM**  
**Tuttle Center, 100 La Salle, #MC**

RECOLLECT \* DISCUSS \* PARTICIPATE \*  
LEARN \* CELEBRATE

## Great Decisions 2015

On **Tuesday, March 3** at **7:00 PM** the Great Decisions Program will continue the 2015 program with a discussion on "Privacy in the Digital Age."

**Michael Davidson and Michael de Borja** are the program facilitators for this evening's presentation. Meetings are in the **Tuttle Center**.



## Get on The Brain Train!

The weekly cognitive fitness group, *Brain Train*, will continue to meet at **11:15 AM** on **Wednesdays through April 1**. The ongoing group is facilitated by Occupational Therapy students from Columbia University, and it will continue to cover a different topic each session. Topics include a comprehensive discussion on major brain structures, their functions, and fun ways to maintain and increase brain functionality.

Please join us for discussion, activities and to share your own experiences.

## Dia: Beacon Museum and Brother's Trattoria Lunch

Come join MRHS on our first trip of 2015 for a guided tour of the **Dia: Beacon Museum**, which presents Dia Art Foundation's collection from the 1960s to the present. The museum, which opened in 2003, is situated on the banks of the Hudson River in Beacon, New York.

Our first stop will be lunch at **Brother's Trattoria**, an upscale Beacon, New York restaurant serving the unique cuisine and pronounced flavors of Northern Italy. Lunch includes a choice of Grilled Salmon Salad, Eggplant Rollatini or Chicken Parmigiana, and a house salad, pasta, soft drink and coffee or tea. Cost is \$50.00 Reserve today by calling MRHS at (212) 666-4000!

**DATE: Friday, March 20 PRICE: \$50.00**  
**DEPART: 10:00 AM RETURN: 5:00 PM**

## Hearing Health and Information

On **Monday, March 30** at **7:00 PM**, MRHS will host a representative from **Audicus** for a special presentation on hearing, ear health, and hearing aids. Please join us for this important talk in the **Tuttle Center at 100 La Salle, #MC**.

## 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, March 20). 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.***

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

**Donors to MRHS Annual Fund Drive from January 27 to the present are listed below.**

**This was our most successful Annual Fund to date, raising more than \$42,000. Thank you one and all!**

Ahamad, Rosey  
Argueta, Luis  
Bendersky, Mr. & Mrs. Jacques  
Boggan, Anne  
Dalton, Elizabeth  
Darby, Phyllis  
De Paur, Norma     *In Memory Of*  
                          *Leonard de Paur, born 100 years ago*  
Jenkins, Kenneth  
Mora, Gabriella  
Nicholson, Marjorie  
Norton, Leslie  
Singer, Dr. Adolf  
Solomon, Judith     *In Honor of MRHS Staff*  
Thomas, Hilah       *In Honor of MRHS Staff*  
Welch, Ernestine  
Wright, Arlessie  
Zen, Saleh & Salmiah

## Low Vision Support Group

The MRHS **Low Vision Support Group** will meet on **Friday, March 13 and March 27** from **2:00-3:00 PM**. This group will share ideas and thoughts about having low vision. Come learn about available community resources and strategies for maintaining independence. Please come help us explore low vision activities and trips for future group meetings. Contact **Social Work Interns, Anthony Cavaleri and Lindsay Dunkel, at 212-666-4000**, with any questions. We look forward to meeting you!

---

**Please Note:** The **MRHS Video Committee is seeking volunteers**. If you are available to show a DVD movie one Saturday each month and would like to volunteer with the MRHS Film Committee, please speak to Margaret Bianchi at 212-666-4000.

---

## Supper Club News

Mark your calendars for **March Supper Club Outing**. *Come Celebrate St. Patrick's Day!* Join us at Pisticci Restaurant on La Salle St. between Broadway and Claremont Avenue on Monday, March 9 at 5:00 PM. \$15.00 per person. **Please call to reserve your spot 212.666.4000**

## 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 **Social Work Intern, Anthony Cavaleri**, for an evening of conversation and YOUR FIVE WISHES.

**Save the date: Thurs., April 16, 7:00 PM**

## PABLO CASSALS ON AGING:

**"On my last birthday I was ninety-three years old. That is not young, of course. In fact, it is older than ninety. But age is a relative matter. If you continue to work and to absorb the beauty in the world about you, you find that age does not necessarily mean getting old. At least, not in the ordinary sense. I feel many things more intensely than ever before, and for me life grows more fascinating."**

## AARP Foundation Tax-Aide

**AARP Foundation Tax-Aide** offers free, individualized tax preparation for low-to moderate-income taxpayers --- especially those 60 and older. Here are two nearby locations:

George Bruce Library, 518 W. 125th St.  
(212) 662-9727, Handicap Accessible  
Fridays, 10:30 AM-2:30 PM, Walk-ins Welcome

Morningside Heights Library, 2900 Broadway,  
(212) 666-5099, Handicap Accessible,  
Mondays, 10:30 AM-2:30 PM  
Saturdays, 10:30 AM-2:30 PM  
Walk-ins Welcome