



newsletter

March 1, 2014

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Monday, March 24, at 7:00 PM** in the **Building I Recreation Center**.

This year's meeting will include 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.

2014 Island-Themed Trips: First Stop: City Island

MRHS is launching its 2014 Trip Season with an Island Theme! Come join MRHS as we are off to our first stop, **City Island**, for lunch at the famous **Sammy's Shrimp Box** restaurant followed by a guided walking tour of the Island that culminates with the **City Island Nautical Museum**. City Island is a small community at the edge of New York City located just beyond Pelham Bay Park in the Bronx and surrounded by the waters of western Long Island Sound and Eastchester Bay with the look and feel of a small New England fishing village. The lunch includes salad, entrée choices of Broiled Salmon, Prime Rib and Chicken Parmigiana, dessert and non-alcoholic beverages.

DATE: Thursday, March 27 **PRICE:** \$50.00
DEPART MRHS: 11:00 AM
RETURN: 4:30 PM

MRHS Artist-in-Residence

MRHS has been selected by the New York City Department of Cultural Affairs' SPARC Program to host an Artist-in-Residence in 2014. Artist-in-Residence, **Anna Adler**, leads workshops on Mondays from 10:00 AM to Noon with a break for lunch and then an open studio from 1:00 until 2:00 PM. These take place in the artist's studio in Suite MB, 100 La Salle. March workshops include **Wire Sculpture: Playing with Shadow & Form on March 3** and **Photo Collage: Manipulated Portraits on March 10 and 17**.

A free and public **Mask Making Workshop** will take place on **Saturday, March 29**, from **1:00 to 3:00 PM** in the Morningside Gardens Recreation Center (basement) — open to family and friends! Please spread the word and join us. RSVP to Margaret Bianchi: margaretb@mrhsny.org by Wednesday, March 26. For more information see the MRHS website (www.mrhsny.org or call us at 212-666-4000).

This project is made possible by the Lower Manhattan Cultural Council, the NYC Department of Cultural Affairs and NYC Department For The Aging.

Great Decisions Program

On **Tuesday, March 4 at 7:00 PM** the Great Decisions Program will hold the second 2014 program with a discussion on **"Israel and the US."** *Ken and Peggy Thomas* are program facilitators. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including books for the 2014 program (\$20.00.)

MRHS Film Committee Presents

First Wednesday Films

Starting March 5, at 7:30 PM

Featuring: *Casablanca* (1942, 1 hr, 42 min)

The all-time classic starring Humphrey Bogart,
Ingrid Bergman, et al.

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

Monday Night Discussion Group

Topic: **Objects and Memories: What Things Mean the Most to Us and Why**

On a shelf or in a closet we have objects that are so meaningful that we cannot part with them. Why is this? Bring your special item and share its story as we try to explain the power of material things that we cannot discard no matter what.

Monday, March 17, 7:30 – 9:00 PM

MRHS Tuttle Center, Building I, MC

Our next Monday Night Discussion is April 21: Making New York City “My Home Town” Whether you were born in NYC or moved here from another place, how did you make the city feel like your home town? Or didn't you? Let's listen to songs of the city and talk about how we cope in a megalopolis. This will be our last meeting so join in!

***Recollect Learn Discuss Participate
Celebrate***

Low Vision Group

The purpose of this group is to offer social and emotional support to individuals living with vision impairments. It is a way for people to gather together and share their experiences about living with low vision. The dates for March will be on **Friday, March 7** and **Friday, March 21** from **2-3:00 PM** in the MRHS community center. Please call 212-666-4000 to sign up.

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, Alice Lilly, Jean McCardell, Sophie Onne, Edna Philiba, Beth Rocke, Mildred Roxborough, Meryll 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 18** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Mar. 1 *The Black Stallion* (1969)

2 hrs. While traveling with his father, young Alec becomes fascinated by a mysterious Arabian stallion. He befriends it and learns to race it against the fastest horses in the world. The greatest movie ever made for children 8 years and older. Popcorn will be served. Rated G.

Mar. 8 *Woman in the Dunes* (1964)

1 hr., 11 min. An amateur entomologist is persuaded to stay the night in a shack of a widow at the bottom of a sandpit. A bristling battle of the sexes. Nominated for Best Foreign Film and Best Director. Japanese w/English subtitles. Rated R.

Mar. 15 *F for Fake* (1975) 2 hrs., 40 min.

The great Orson Welles' last feature film is a contemplation on fakery in art with regards to the careers of Elmyr de Hory and Clifford Irving as well as his own. This ostensible documentary comes with surprises and twists. Not Rated.

Mar. 22 *A League of Their Own* (1992)

1 hr., 52 min. A lively portrayal of one of the many women's professional baseball teams that flourished during the 1940s. Tom Hanks heads a great cast including Gena Davis, Madonna, and Rosie McDonald. Rated PG.

Mar. 29 *Les Miserables* (2012) 2 hrs., 38 min.

Cameron Macintosh leaves no stone unturned in bringing the musical to the screen. A star fest with Ann Hathaway (Best Actress Oscar), Hugh Jackman, Russell Crowe and others. They should have dubbed the singing, but otherwise very exciting. Rated R.

Movies start at 2:00 PM. Please arrive early. 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:

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 –Alternate Wednesdays from 9:00 to 11:00 AM

03/05, 03/19

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 will take place on Thursday, **March 27 at 2:30 PM**.

"Later Life Transitions" group meets this month on **Thursday, March 13 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club** plans to meet on Wednesday, March 26 at 3:00 PM. The reading selection is ***The Red and the Black*** by Stendhal. All are welcome to join.

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 21). 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.*

Metrocard Van Coming Soon

There will be a Metrocard Van across from Citibank on **123rd Street and Amsterdam Avenue on Thursday, March 27 from 1:00 to 3:00 PM**. You can refill your Metrocards, get new Metrocards, and if you are over 60 you can get photos for your Senior Metrocard..

LiLY to Hold Grand Gala

Liforce in Later Years (LiLY) extends us a special invitation to join in honoring dancer, choreographer, actor, and artist **Geoffrey Holder**. With **Whoopi Goldberg** and special guest performer **Bill Cosby**. Reception & Dinner, Art Gallery, Performance and Silent Auction. **Wednesday, April 9, 6:30 – 9:00 PM**, at the **Interchurch Center** (475 Riverside Drive.) Call 917-775-1199 for more information.

MRHS Writing Class News

Writing from Life Experience Group, co-sponsored by Elders Share the Arts and MRHS, meets in March on **Wednesday, March 5 and March 12 at 2:30 PM in the MRHS Tuttle Center**. The group has a blog called Get Your Word's Worth on the www.esta.org website. You can read some of the group's works and learn more about the program.

Movement Speaks/Harlem

Naomi Goldberg Haas leads Dances for a Variable Population. In these classes you will be creating dance for wellness, expression, and community interaction. Classes are offered from now until May, leading seniors in Harlem in a series of dance fitness workshops celebrating the stories of their lives. Workshop classes are at the George Bruce Library, 518 West 125 St. on Fridays from 10:30 - 12:00.

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

A Note From Ellie Levin

Do you know that you can make a gift to MRHS with a credit card? This fall the MRHS staff gathered around to witness the first such transaction. The process took just a few minutes. I left the office delighted to have found this quick, easy method of giving to MRHS. If you have already contributed, remember you can use your credit card for future contributions.

The Beethoven Project

"Enhancing the experience of music with auditory rehabilitation."

Music appreciation classes / Free auditory screenings / Home assessments and modifications to improve environmental sound quality / Live Concerts!

Every Wednesday at 11:15 AM after stretch and tone class. MRHS Tuttle Center, 100 LaSalle St., #MC

Brought to you by MRHS, Audicus, and the Columbia University Occupational Therapy Program.

MRHS is Accepting Donations For eBay Auction

MRHS is currently accepting donations to be auctioned by our **eBay Program!** All proceeds from the auctions go to benefit MRHS and the many programs we offer. If you are looking to get rid of any jewelry, handbags, shoes, small electronics, toys, artwork such as paintings and sculptures, and antiques and collectibles that are in very good condition, please call 212-666-4000 and speak with **Paul**. Your donations are greatly appreciated. Here is one of the items that we have already auctioned on eBay:

Hummel Figurines



Technology For You: MRHS "techNet"

Introduction to eBay

The MRHS "techNet" group will meet in March on **Thursday, March 20 at 7:30 PM** in the **MRHS Tuttle Center**. The new MRHS eBay Program, in conjunction with "techNet," will show you how to buy and sell on eBay safely and securely. Join Michio Ryan for an insightful introduction to this internet process.

Also, for future reference, **Marcia Clarkson, Mike Davidson, or Tiana Leonard** will be happy to assist MHC residents in using the iMac, iPad, iPhone or Android phone (Tiana only). Please call Margaret Bianchi at MRHS to set up an appointment to meet.

For more information about any of the above, or if you wish to be added to our email list, send a message to

DrMichaelSDavidson@Gmail.com

or call the office.

SNAP Assistance

MRHS will be providing special help to apply for the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, on **Tuesday, March 18 from 10:00 AM to 2:00 PM at the MRHS Tuttle Center**.

Assistance will be available in **English and Chinese** from representatives of the Department for the Aging. Monthly gross income limits of \$1,862 (single) and \$2,522 (couple) do apply, but please come by if you're unsure or want to find out more.

"晨興退休醫療服務中心"

將在以下日期在突桃中心(Tuttle Center)提供幫助申請紐約市補充營養援助計劃之福利服務[SNAP, 前稱 Food Stamps/糧食卷]:

3月 及18日, 下午10時至2時

屆時會有本市"高齡人仕部門"英文及中文代表在場協助。不同年齡及收入的市民都可能有資格獲得這種援助。有興趣人仕, 可在該預設時間到來中心諮詢或申請。

Introducing Nora Armani

And Her Rated SR Socially Relevant Film Festival New York

Hello fellow neighbors, I am a relative newcomer to MHHC (Building III) having moved in during February 2012 with my husband Ared Spendjian. I am launching a new film festival Rated SR Socially Relevant Film Festival New York.

Over thirty socially relevant narrative and documentary films depicting human interest stories will screen including shorts and features with twelve feature films competing for the Grand Prize. Amy Goodman of Democracy Now! will deliver the festival's keynote address on Tuesday March 18th and she will give out the "Rated SR Social Justice Award" for raising awareness to issues outside mainstream media. Some of the directors will be in attendance and will have Q&A sessions following their films screened at the festival. More information may be found on: <http://www.ratedsrfilms.org>.

Also, I would like to share with you a film I made, while I was moving into MHHC literally during the move, depicting my 18th moving experience in a long series of relocations spanning continents, countries and cities. *Moving Stories*, (18 min.) premiered at the Cannes Film Festival in April 2012 in the Short Film Corner selection, and went on to be included in the official selections of other film festivals. It touches our lives, and our experiences, in a setting all too familiar to us.

Thank you, see you all,
Nora Armani

During a special screening at **MRHS on Thursday, March 6 at 4:00 PM, Nora Armani**, Founding Artistic Director of Rated SR, will share her film, *Moving Stories*, and tell those present about her new venture the Socially Relevant Film Festival New York that will run March 14-20, 2014 at New York's Quad Cinema.

Playwriting Workshop Planned

The Morningside Players is pleased to announce a playwriting workshop, open to all adult residents of Morningside Gardens. Led by *John Barrow*, one of The Morningside Player's resident playwrights, this free, 6-week program will begin in April. Exact dates and times will depend on members' availability and schedules. John Barrow's plays have been produced in New York and Atlanta, and have had multiple readings in the eastern US.

Immigration Awareness Trip

Travel to Guatemala from **March 8th to March 17th, 2014** to visit rural communities from which immigrants originate and meet with the staff of migrant shelters in the Guatemalan/Mexico border. Perfect opportunity for anyone interested in understanding the forces that fuel migration in a small group setting and experience the striking beauty of "The Land of Eternal Spring." Cost is \$1,200 per person (based on double occupancy) which includes ground transportation in Guatemala, lodging and most meals plus **Air Fare**.

For more information please contact Morningside Gardens resident and MRHS Volunteer Spanish instructor Luis Argueta: Telephone: 646.418.3599 or eMail: luisarguetaa@gmail.com A similar trip is planned for July 8 – July 17.

"To know how to grow old is the master work of wisdom, and one of the most difficult chapters in the great art of living" -Henri Amiel

MRHS Website

Did you know that the MRHS website includes a blog? We're inviting the community to participate on our blog by contributing your writing – a poem, an article, an insight. If you're interested in sharing on our blog, please contact **Joanna Stolove** for more information. Or send your contribution directly to Joannas@mrhsny.org.

Letter From Building I Resident, Kay Murray

When my husband, Archibald Murray, and I purchased our cooperative apartment in Morningside Gardens in the mid 1960s, "retirement" was furthest from our minds. We both had offices in lower Manhattan, worked long hours and viewed the Gardens as home as well as an extension of our offices.

Over the next several years, our lives and the services and programs of Morningside Retirement and Health Services (MRHS) increasingly converged. Shortly after Arch died in 2001, I retired from the practice of law and, well over age 60, looked for ways I could support and contribute to MRHS, this gem of a provider of health care and social services that include educational and recreational programs.

As a not-for-profit organization, MRHS is governed by a Board of Directors. When I was asked and agreed to become a director, I was pleased that my training and experience could be put to good use for myself and my neighbors. During my terms as a director, I was able to assist in the redrafting of the MRHS bylaws, help resurrect the money management assistance program, serve as a member of the nominating committee, and, for the last few years of my term, function as Treasurer and one of the officers of the board.

The establishment of a Naturally Occurring Retirement Community (NORC) was a natural for Morningside Gardens. Today, more than 50 percent of Gardens households include at least one resident over the age of 60. We are still energetic and healthy enough to appreciate the benefits of a NORC.

Currently, I serve as a member of the MRHS Partnership Committee which participates in an advisory capacity to the MRHS Board of Directors and consists of representatives from Morningside Heights Housing Corporation and the neighboring community.

Opportunities to volunteer with MRHS are numerous and rewarded by an annual Volunteers Luncheon on the Columbia University campus to which all of us who have provided volunteer services are invited.

One recently reactivated organization of MRHS is its Legacy Society, the purpose of which is to recognize those who designate a planned gift for MRHS, including those who have made a bequest to MRHS in their will. Membership in the Legacy Society is acknowledged by a small green and pink lapel pin designed by Melinda Moore, a graphic artist who serves on the MRHS board and lives in Morning Gardens.

There may be some prospective Legacy Society members who are concerned that the amount they feel comfortable bequeathing is too small. In particular, these may be prospective members who wish to leave the bulk of their estate to relatives, close friends, and charitable organizations such as MRHS. I assure you there is no minimum amount required to qualify for Legacy Society membership,

The procedure for becoming a Legacy Society member is quite simple. Request from Margaret Bianchi, MRHS Office Manager, the single-page form on which you can indicate that you wish to make a bequest to MRHS. Upon your revising your will to add that provision, and returning the form to Margaret you will have become a member of the Legacy Society and have helped to ensure MRHS's future.

I hope each of you who reads this article will give serious consideration to becoming a member of the MRHS Legacy Society at whatever amount you choose.

Kay Murray
February 1, 2014

