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www.mrhsny.org

President: Eileen Canty
Executive Director: Ronald Bruno

“Being Mortal” At MRHS

Join us for this seven-part series based on *Atul Gawande's* book, ***Being Mortal***. The series kicks off with a screening of the film ***Being Mortal***, followed by a six-week discussion group. The series begins March 6 and runs through April 17.

On **Monday, March 6 at 2:00 PM in the Building I Recreation Center**, there will be a screening of the film ***Being Mortal*** hosted by the Executive Director of *End of Life Choices*, *Laurie Leonard*. Following the film will be a brief presentation on advanced directives, followed by a Q&A.

Then MRHS social work intern *Saudia Garnette* will briefly introduce and provide an overview of the six-week discussion group on ***Being Mortal***. The discussion group begins on March 13. Discussion topics will follow the chapters of the book and focus on various aspects of aging and dying including:

- **What is important to us as we age**
- **Understanding our choices (medical and otherwise)**
- **Facing our mortality**

Discussion Group Titles for each week:

1. Author of your life
2. Aging
3. Dependence
4. Letting go
5. Hard Conversations
6. Courage

Please RSVP to MRHS at 212-666-4000.

MRHS 50th Anniversary Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Wednesday, March 29, at 7:00 PM** in the **Recreation Center, Building I Basement, 100 La Salle St.**

The meeting will 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 a report on the new program space.

Former MRHS Board Member **Joe Brodie** will speak briefly about his memories of the founding of MRHS, which his aunt, Sadie Shapiro, helped spearhead in the 1960's.

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.

Concerned About Memory Loss?

Memory loss is not a part of normal aging. But aging is the greatest risk factor for developing Alzheimer's or other causes of dementia.

Presented by **Mt. Sinai Hospital** and **Caring Kind**, join *Roberto Reyes* of **Caring Kind** to learn more about dementia, including common warning signs and resources available for New Yorkers concerned about themselves or caring for another.

Thursday, March 30 at 2:30 PM
The New MRHS Center, 100 LaSalle St.

Director's Column

The end is near! And I don't mean the practice of democracy as we've known it. No, the new MRHS Center is about to open! We expect that we will be able to host activities in the new MRHS starting in early to mid-March, with the staff moving into their sleek new offices by the end of March. If you've peeked through the windows you probably have a taste of the airy, open design elements of Morningside Garden's new space. Our contractor, EJ York, a minority-owned business, working alongside our architects, has been most careful in making the new center attractive, warm and user-friendly. We hope you like it!

I want to thank everyone for their patience, especially the residents of Building I, who have had to take the brunt of the noise and dust from the renovation.

This is perhaps an appropriate place to announce that MRHS social worker **Paul Nikolaidis** will be leaving MRHS on March 3, as Paul has played a central and critical role in the development and construction of our new space. In addition to all his social work tasks, Paul has been coordinating the renovation for MRHS, along with MRHS board member and architect Cynthia Rock.

Paul has been with MRHS since 2010 when he did his social work internship here and has been on staff since 2011. Paul will be greatly missed and I am sorry that he will not be here to enjoy the new space that he was so instrumental in creating, from introducing MRHS to the architectural firm, Hollwich Kushner, to working with Assembly Member Danny O'Donnell to coordinate the financing of the renovation.

We wish Paul great success in his next venture! If you have a chance, please stop by to wish him farewell.



Happy March Birthday!!

To: Odete Bigote, Lingxiou Cao, Pao-Yung Chao, Soon Choi, Iretha Fletcher, 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 21 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Mar. 4 Out of Africa (1985) 2 hr, 41 min

In 1914 Nairobi, Baroness Karen Blixen-Flecke (Meryl Streep) has fallen in love with white hunter Denys Finch Hatton (Robert Redford), who prefers a no-strings relationship. Streep has rarely been better, and the film has stunning photography. Nominated for 11 Academy awards and won 7. Rated PG (adult situations/language, violence)

Mar. 11 Annie Leibovitz, Life Through a Lens (2008) 1 hr 23 min

For anyone who has ever wondered why Annie Leibovitz is one of the greatest photographers ever, this documentary provides a fascinating look into her amazing career. Written/directed by Barbara Leibovitz. Not rated.

Mar. 18 Rabbit Proof Fence (2002) 1 hr, 34 min

The film tells the true story of 3 Aboriginal girls and an Australian government policy that forcibly removed them from their families and into domestic servitude. The girls make a daring escape. Seeking to return to their community, they walk for nine weeks covering 1,500 miles following the Australian rabbit-proof fence, while being pursued by law enforcement authorities and a tracker. Directed by Phillip Noyce. Rated PG

Mar. 25 The Group (1966) 2 hr, 30 min

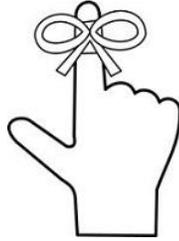
Mary McCarthy's 1963 novel is the basis for the story of 8 young women graduates from Vassar in 1933. The film follows their individual lives and choices they make to take their place in the world. Cast includes Candice Bergen, Joan Hackett, Joanna Pettit, Larry Hagman and more. Directed by Sidney Lumet. Rated Approved

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 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
8 – 6	9 – 6	8 – 6	9 – 6	8 – 6

Nurse's Hours – Marie Phillips' schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday

Mar. 8 Mar. 22

9:00 AM to 11:00 AM

549 W. 123rd St. #MD

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" will be held on **Thursday, March 23, at 2:30 PM.**

The **MRHS Book Club** meets next on **Wednesday, March 22** to discuss ***Like Death***, a novel by Guy de Maupassant. All welcome!

***** 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. *****

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 17, 2017). 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.***

Great Decisions Continues

Great Decisions meets next on **Tuesday, March 7 at 7:00 PM** with a discussion on

"Trade and Politics." The meeting will take place in the

meeting will take place in the

Thurgood Marshall Room, 80 La Salle, 1st floor. *Gil Morahg* will be facilitator. Reading material for the discussion is available from the MRHS office.



OT Interns Program

Occupational Therapy (OT) Students from Columbia University are here on Wednesdays!

Groups will be held **10:00 – 11:00 AM on alternate Wednesdays.**

March 1 - How to Use Technology for Leisure Activities/Community Involvement. Format: Small group assembled in room with access to computers. Hands-on learning.

March 15 - University Without Walls, Durot - Take Classes Online. Format: Small groups assembled in-group meeting room. Class topics range from art and culture, to health and wellness.

March 29 - Brunch Potluck - Find a Recipe On-Line and Share. Last OT group, come talk, eat and share recipes.

MEN: A Message For YOU!

The next Men's Group Luncheon will take place in the Thurgood Marshall Room, 80 La Salle Street, ground floor on **Wednesday, March 8 at 1:00 PM**. Please call 212 666 4000 to RSVP. The luncheons are a great opportunity to make new friends, learn, and have fun. Men's Group luncheons take place on the second Wednesday of the month.

The cost of the lunch is \$10. Please bring a check payable to MRHS.

Do You Want to Learn Yiddish?

Some MG residents are looking for a class in Yiddish. This could be a great opportunity to learn something new with your neighbors. If you are interested in joining please let us know at MRHS, 212-666-4000.

Dear Neighbors:

Sincere thanks for your generosity. Assemblyman O'Donnell's Annual Book Drive has ended on a very high note. Your donations to the book drive totaled 386 books, all of which were in excellent condition and some new.

Alice Lilly, Bldg 4/7E

Low Vision Support Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. Come join the **Low Vision Group**. We need your expertise! The Meetings are set for **Friday, March 10 and Friday, March 31 at 2:00 PM**. Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

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

Preview of Socially Relevant Film Festival at MRHS

MRHS will hold a special preview of the Film Festival's 2017 program on **Thursday, March 2 at 7:00 PM** in the MRHS temporary quarters, **549 West 123rd St., #MD**.

SR Socially Relevant (™) Film Festival New York, a non-profit film festival founded by Gardens resident Nora Armani, launches its 4th edition March 13-19 at Cinopolis Chelsea, The School of Visual Arts MFA Social Documentary Film campus and the Tenri Cultural Institute. This year's line-up includes **6 narrative feature films, 12 documentary features, and 28 short films** from 23 countries. The Closing Night Awards Ceremony takes place at the Tenri Cultural Institute in Greenwich Village on Sunday March 19.

The Mission of the SR Film Festival is to shine the spotlight on filmmakers who tell compelling, socially relevant (™), human interest stories, across a broad range of social issues. The festival was created as a response to the proliferation of violence and violent forms of storytelling in media and entertainment. SR (™) believes in the power of cinema in raising awareness towards social issues and promoting positive social change. Submissions are received from all over the world.

The 2017 edition features an AR/VR and 360 gear expo and film exhibit, as well as panels on Women, The Environment, VR/AR and 360 films, a Low Budget Film Production Workshop offered by SAG-AFTRA, and Industry Panels at SVA Social Documentary MFA film department on Funding Film Ideas and The Hazardous Documentary. For more info and tickets visit: www.ratedsrfilms.org

The Official Trailer of SRFF 2016:
<https://vimeo.com/158402569>

The Sizzle Reel:

<https://www.youtube.com/watch?v=9XON4W7OYqM>

MRHS members can purchase special discounted tickets \$8 (regularly \$12) by using the code: SR17D8 from www.SRFF2017.eventbrite.com

Neighbors Helping Neighbors Pilot Project

In the aftermath of the new policy forbidding private work by the MHHC maintenance staff, it became clear that many seniors could use a helping hand in managing small household tasks that have become difficult for them. For example: changing a high light bulb, lifting a heavy box, moving a piece of furniture, solving a simple problem with a computer or TV and other such basic tasks. A small group of volunteers in Building 3 organized the **Neighbors Helping Neighbors** initiative to see if they could fill this need.

It quickly turned out that this offer of free help was greatly appreciated by our building's seniors who called upon it when they needed assistance and, in most cases, the problem was easily solved. We thought we would do this in our building for a couple of months and, if successful, suggest that volunteers from the other Morningside Gardens buildings organize a similar initiative. The two months are now up. We have learned a lot. The project has definitely proven to be worthwhile and we will be happy to share what we learned with anyone interested in implementing a similar concept in another building. To get in touch with the Building 3 **Neighbors Helping Neighbors** coordinator, contact *Gil Morahg* at gmorahg@wisc.edu or 646-559-1970.

Gil Morahg

MG Workshop

MG Multimedia Workshop presents Federico Busonero, Italian photographer/author who captures images with traditional film camera. Having published seven books, Mr. Busonero will talk about his photography and share *The Land That Remains*, his new 79-page photo book. "THAT Moment", a doc short by Ching Chen Juhl, about Mr. Busonero will be pre-screened.

Date: Thursday, March 9 at 7:00 PM

Location: Thurgood Marshall Room, 80 LaSalle

Admission: FREE. Please RSVP:

jadeviola@gmail.com or 917-653-9630

Community Seder

MRHS will celebrate a community Seder on **Sunday, April 9, starting at 7:00 PM in the Thurgood Marshall Room.** We particularly invite those who can no longer observe Passover with family or friends as well as those who have never attended a Seder and experienced the tradition-rich event. Passover recounts the flight of the Hebrews from years of slavery in Egypt. Usually observed for a period of eight to ten days, this year the first night of Passover falls on Monday, April 10.

Rabbi Joe Brodie, a former resident and nephew of Sadie Shapiro, one of MRHS's founding mothers, is helping us organize the service and dinner which, although not Kosher, will include many of the traditional Seder specialties. Since there is limited space we suggest that you make a reservation early by calling **Margaret Bianchi at 212-666-4000 or Eileen Canty at 646-351-6522.** The cost of the dinner will be \$15 per person.

April 9 is Palm Sunday for many Christian churches and Rev. Raymond Rafferty, retired pastor of Corpus Christi Church, will join us to relate how this traditionally marks the entrance of Christ to Jerusalem to prepare for the Passover culminating in Holy Thursday's Last Supper.

New Play by John Barrow

The Morningside Players invites you to a reading of John Barrow's new play, *Lillian, Paula. Carson.* Lillian Smith (*Strange Fruit, 1944*) and Carson McCullers (*The Heart Is a Lonely Hunter, 1940*) were both well-known Southern novelists. In 1953 Smith was at home with her partner, Paula Snelling, recuperating from a radical mastectomy when a phone call from New York announced the imminent arrival of McCullers for an unexpected visit. It was a day that would change their lives.

Please join us on Sunday, March 26, at 5:00 PM. Refreshments are provided, and a donation of \$5 is suggested. 100 La Salle, (Bldg. 1 Recreation Center).