



# newsletter

March 1, 2018  
Vol. XLII, No. 3

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

President: Victor Quintana  
Executive Director: Ronald Bruno

## Not Falling For It:

### Fall Prevention Strategies to Promote Aging in Place

Through an affiliation with Columbia University, Masters students of Occupational Therapy, **Staley Alexander** and **Maggie Boelter**, will be running an evidence-based falls prevention program. Every other Wednesday, new topics will be presented using the latest research regarding factors that contribute to falls and strategies to counteract these factors. This is in collaboration with environmental home assessments and the implementation of possible recommendations. The goal of this program is to decrease risks for falling in order to promote active engagement in meaningful occupations!

#### Upcoming Wednesday Programs:

March 7: **Assistive Technology**  
March 21: **Recap of Program and Celebration**

## Community Seder – SAVE THE DATE

**Thursday, April 5 at 7:00 PM to 9:00 PM**, (seventh night of Passover). Thurgood Marshall Room. \$25.00 per person.

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.

If you are interested in attending or volunteering please call or email MRHS Social Work Intern Robin Aloji at MRHS:  
Email: [mrhsintern@mrhsny.org](mailto:mrhsintern@mrhsny.org)  
Phone: [212-666-4000](tel:212-666-4000)

## MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Tuesday, March 20, 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.

MRHS Board Member Ozier Muhammad will discuss and display his work at the meeting. Ozier, a professional photographer, was part of the exhibit **Remembering Dr. Martin Luther King, Jr. A Black History Month Celebration** at the Interchurch Center

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.***

## EPIC Talk

### The Diaspora and The Medically Underserved: A Case for a New Approach

This is an illustrated talk about **Professor Ferdinand Ofodile's** experience working with Diaspora groups to provide medical aid in Africa and the Caribbean. **Ferdinand Ofodile** is Clinical Professor Emeritus of Surgery, Columbia University Medical Center.

**Wednesday, March 14, 7:00 PM**  
**The New MRHS Center, 100 La Salle, #MC.**

*The complete EPIC schedule appears on the Newsletter insert.*

## Director's Column

In prior columns discussing MRHS's 50-year anniversary, I have pointed to the ongoing contributions of the MRHS Board of Directors and the MRHS staff in sustaining the agency. In this column I'd like to highlight MRHS's volunteers.

In the beginning... there were volunteers. And only volunteers.

For the first twenty years of its existence MRHS was a volunteer-led and volunteer-staffed organization. Volunteers created the MRHS mission statement that guides the organization to this day. Only in the mid-1980's did the MRHS Board feel the need to take on a social worker, as the needs of the aging population at Morningside Gardens had become more complex and entrenched. If MRHS has a secular holy day it is the day of our Volunteer Recognition Luncheon, which MRHS celebrates every spring to acknowledge and thank our volunteers.

Volunteers at MRHS presently number about two hundred, including members of the board as well as various MRHS committees. The extensive lineup of programs that MRHS offers --- from exercise classes to reading groups to a film program --- are mostly initiated, planned and led by volunteers. MRHS volunteers accompany neighbors to medical appointments, answer the phones, greet visitors at the MRHS office, and assist at MRHS functions. A special volunteer even coordinates the interior design in our new space!

If you come to MRHS and see people packing boxes with unusual items, that would be the EBay team that raised more than \$10,000 for MRHS last year. Other important fundraising activities are carried out by the volunteer coordinators of the Holiday Fair, Fall Fair, Silent Auction and, of course, the Flea Market. The list of volunteer activities at MRHS goes on.

As Assistant Director Joanna Stolove demonstrated in her case narrative last month, the clinical work that promotes aging in place can only be undertaken by a professional staff. But the volunteers of MRHS provide the critical third leg --- alongside the staff and the board --- that keeps MRHS standing, stable and strong.



## Happy March Birthday!!

To: Odete Bigote, Lingxiou Cao, Pao-Yung Chao, Soon Choi, Iretha Fletcher, Edna Philiba, Mildred Roxborough, Meryll Sheldon, Dilia Solorzano, Susan St. John-Parsons, 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 20, 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

March 3 **Sweet Land** (2005) 1 hr, 50 min  
Inge travels to Minnesota in 1920 to marry a Norwegian farmer named Olaf. Her German heritage makes her an object of suspicion. As Inge buries her husband on their farm in 1968, she tells her grandson about the obstacles they overcame. Rated PG

March 10 **What Happened Miss Simone** (2015) 1 hr, 42 min  
A poignant documentary about the life and legend Nina Simone, an American singer, pianist and civil rights activist. Contains interviews with her daughter, Lisa Simone Kelly and friends, including Dick Gregory. Not Rated

March 17 **Maya Angelou: And Still I Rise** (2017) 1 hr, 54 min  
This documentary celebrates Dr. Maya Angelou with her words, with rare archival photographs and videos. This is an incredible journey through the life of a true American icon. Rated TV PG

March 24 **Citizen Jane: Battle for the City** (2017) 1 hr, 32 min  
This documentary follows Jane Jacobs during the 1960s, when urban renewal became synonymous with the destruction of historic neighborhoods. Jacobs battled some of New York's most powerful people, including Robert Moses, saving Greenwich Village and Little Italy from destruction. Not Rated

March 31 **The Pursuit of Happyness** (2006) 1h 57min  
In 1981 a San Francisco salesman, Chris Gardner (Will Smith) takes custody of his son (Smith's son Jaden) as he struggles to begin a life-changing profession. Based on a true story. PG-13

**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 New MRHS Center.

**MRHS Sing-Along** – Come to the Sing-Along every **Tuesday at 1:00 PM**.

**MRHS Office Hours** – The following is the New MRHS Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

**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 on Wednesday**

**March 7, March 21**

9:00 AM to 11:00 AM

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"** will meet on **Thursday, March 22 at 2:30 PM in the MRHS Center**.

The **MRHS Book Club's** next meeting will be on **Wednesday, March 21 at 3:00 PM** in the New MRHS Center. The group will discuss ***The Brothers Karamazov***, by Fyodor Dostoevsky, Parts I and II. The remainder to be read at the next meeting. All welcome!

## 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 16, 2018). 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.***

## Film Committee Presents

### ***First Wednesday Films***

Next screening on **March 7 at 7:30 PM**

### **A Taxi Driver**

(2017) 2 hours 17 minutes

A powerful true story. In May 1980, a Seoul taxi driver drives a foreign journalist to the city of Gwangui, where university students are protesting the martial law regime. In just a month of its release, 14 million out of a population of 51 million saw the film. In Korean, with English subtitles.

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

## SR Socially Relevant™ Film Festival New York

The fifth annual edition of **SR Socially Relevant™ Film Festival New York** opens March 16-22 at Cinema Village in downtown Manhattan, screening 70 films from 35 countries on a broad range of topics such as immigration, women and girls, human trafficking, climate change, aging, mental health, disability, social justice, LGBTQ rights and VR/360° films.

MRHS Board Member, actress **Nora Armani** who is the Founder, and Artistic Director of this 501c3 not-for-profit film festival, said a special discount code **SR2018-PAR** has been issued to offer MRHS and MHCC residents **15% off the regular ticket price (\$12)**. A group rate is also available (\$8) for 10 tickets or more. A percentage of the proceeds from the 'Ageing Gracefully' sidebar will be donated to MRHS.

To find out more, and to purchase tickets, visit the festival website [www.ratedsrfilms.org](http://www.ratedsrfilms.org)

## Cards Anyone?

A Gardens resident would like to start a card-playing group to meet periodically at the MRHS Center. Bridge or Gin Rummy would be played. If interested let us know at 212-666-4000.

## Mt. Sinai / MRHS Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai Hospital has been working with the MRHS community on various issues related to aging:

**Thursday, March 8, 2:30 PM**  
***Grief and Loss, Dr. Greg Hinrichsen***

**Thursday, March 15, 2:30 PM**  
***Ask the Doc, Dr. Joyce Fogel***

## MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, March 14 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.

## 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** and help us collaborate on the agenda for the rest of the year. We need your expertise!

Meetings this month are scheduled **for Monday, March 5 and Monday March 19 from 3:30 to 4:30 PM**.

Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

## Great Decisions 2018

Great Decisions resumes on **Tuesday, March 6 at 7:00 PM**, discussing *Russia's Foreign Policy*. Gil Morahg will facilitate. The meeting is in the New MRHS Center, 100 La Salle, #MC. A few Resource Books are available for \$20. Readings for the March 6 discussion will be on hand at MRHS.

## Depression in Later Life

*By Gregory A. Hinrichsen, Ph.D., Dept. of Geriatrics, Icahn School of Medicine*

About 15% of older adults have symptoms of depression and 3% have a serious problem with depression (what mental health professionals call a "major depression.") Symptoms of depression can include feeling sad/down-in-the dumps/"blue," not being as interested in things as before, having to push oneself to get things done, feeling discouraged and self-critical, "seeing the glass half full," problems with concentration and memory concerns, and other symptoms. Sometimes people with "major depression" have sleep and appetite changes and even thoughts that life is not worth living.

Fortunately there are effective treatments for depression. These include psychotherapy and antidepressant medications. Most older adults prefer psychotherapy for the treatment of depression. Studies show that 70% of older adults treated for depression show meaningful improvement in their symptoms.

Some of the challenges of later life increase risk for depression. For example: Medical problems, caring for a family member with medical problems or conditions like Alzheimer's disease, conflict with a family member or friend, death of a spouse/partner or other important person, and feeling isolated and lonely.

If you wonder if you're depressed, talk with your doctor, other health care provider, or social worker. They might ask you a series of questions to see if it makes sense to get some help for depression. Remember: Depression can improve for most people and is not usually part of getting older.

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***MRHS thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for their ongoing support.***

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