



newsletter

Celebrating our 53rd Year!

March 1, 2019
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100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

MRHS Intergenerational Cooking Program

People of all ages are encouraged to participate! Our third cooking demo in the series will be held from **1:00 to 3:00 PM** on **Sunday, March 24**. Chef for the day is **Nomi Schwarzbaum**

The theme of Nomi's cooking demonstration is *Meal is ready before the pasta is* and features dishes that are quick, easy to prepare and require just five ingredients or less. Nomi will be presenting: Chicken Vindaloo, Mexican Beef Chili and Miso glazed Salmon. There will be pumpkin cake for dessert.

Space is limited. If you would like to join us, please RSVP to MRHS at 212.666.4000.

This program is funded by a grant from the UJA Federation of New York and is meant to facilitate an enriching experience between older adults and children/teenagers or young adults.

Social Security Talk

Straight Talk About Social Security: Basics, Trends, Benefit and Tax Strategies for those about to retire or thinking about retiring, as well as those already receiving Social Security benefits.

Led by Morningside Gardens resident and Prudential Financial Professional Associate, *Weilin Li-Marabello* and her colleague, *Tony Law*, CFP (Chartered Financial Planner), CLF, CHFC, CLU, CLTC, CMFC.

Wednesday, March 6, 7:00 – 8:30 PM
MRHS Center, 100 LaSalle St.

Please Note: There will be a memorial celebration of Ellie Levin's life at 3:00 PM on Saturday, March 30, location to be announced.

MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Monday, March 25, 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 over the past year.

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.

Columbia EPIC Series

Professor Walter Frisch on Arlen and Harburg's "Over the Rainbow"

Walter Frisch, H. Harold Gumm/Harry and Albert von Tilzer Professor of Music, will lead a multimedia discussion of his 2017 book *Arlen and Harburg's Over the Rainbow* about Harold Arlen and Yip Harburg's iconic song. Frisch traces the history of this song from its inception during the development of "The Wizard of Oz" screenplay to its various reinterpretations.

Through analysis of the song's music and lyrics, Frisch provides a close reading of the piece while examining the evolution of its meaning. From its adoption as a jazz standard by generations of pianists, to its contribution to Judy Garland's role as a gay icon, to its re-emergence as a chart-topping recording by Hawaiian singer Israel Kamakawiwo'ole, "Over the Rainbow" continues to engage in surprising ways.

Wednesday, March 13, 7:00 PM
MRHS Center, 100 LaSalle St.

Director's Column

In my last column I wrote about "social infrastructure," which is what sociologists call places in the community that promote socialization --- structures that bring neighbors together. These can be community centers, coffee shops or places of worship; barber shops, playgrounds or baseball fields. These kinds of structures are especially valuable in a digitized world dominated by the latest cable news cycle.

It turns out that healthcare institutions are also recognizing the value of social infrastructure, as they look more and more to partner with community-based organizations (CBO's) to carry out their missions. CBO's, such as NORC programs, are situated in the community and are engaged with its residents in a way that research indicates is critical to good health outcomes. In a word (or two), they provide social infrastructure.

In recent years New York State has become a leader in acknowledging the value of the social sphere in improving healthcare outcomes for people. A report from the Human Services Council (HSC) called "A Blueprint for Partnership and Action" says "[New York] State agencies have begun to leverage *the expertise of community-based organizations* to address social determinants of health as part of a comprehensive, person-centered health care model." Citing a study by the RAND Corporation, the HSC report continues, "States and countries with a higher ratio of social-to-health care spending rank better in terms of overall health outcomes."

In my last column I described the extreme case of the Chicago heat wave in the 1990's that killed ten times as many people in a neighborhood lacking social structures as compared to a parallel neighborhood with strong social structures. NORC programs such as MRHS embody the approach of creating community structures not only to avert disaster but also to improve day-to-day quality of life.



Happy March Birthday!!

To: Odete Bigote, Lingxiou Cao, Pao-Yung Chao, Soon Choi, Iretha Fletcher, Edna Philiba, Mildred Roxborough, Merryl 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 19 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Mar. 2 **Roma** (2018) 2 hrs, 15 min.

Story of a maid in a middle-class neighborhood of Mexico City. Vivid portrait of domestic strife and social hierarchy amidst political turmoil of the 1970s. An artful love letter to the women who raised him from Alfonso Cuarón (Gravity, Y Tu Mama Tambien). Academy Award for Best Director, Best Foreign Language Film, and Best Cinematography. In Spanish and a Mexican dialect, with English subtitles. Rated R. .

Mar. 9 **What Happened, Miss Simone**

(2015) 1 hr, 41 min This is the story of legendary singer and activist Nina Simone, an extraordinary artist, a singer with an amazing androgynous voice, a pianist from the age of four, a master of many styles (yet each one made distinctively her own). Not Rated. Subtitles available.

Mar. 16 **Daughters of the Dust** (1991)

1 hr, 53 min "Daughters", is the story of a multi-generational family in the Gullah community in the Sea Islands of South Carolina. They are former West African slaves who adopted many of their ancestors' Yoruba traditions—they struggle to maintain their cultural heritage and folklore while contemplating migration to the mainland. Not Rated

Mar. 23 **Seeing Allred** (2018) 1 hr. 35 min

Allred has championed women's rights for decades, seeming completely immune to the childish taunts thrown her way. The documentary is an utterly fascinating look at the life and motivations of one of America's most known attorneys. Not Rated

Mar. 30 **Selma** (2014) 2 hrs, 8 min Director Ava DuVernay leads this march into history with an inspired vision of Dr. Martin Luther King Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965. Rated 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:

Monday	Tuesday	Wednesday	Thursday	Friday
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

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. 6 **Mar. 20**

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" next meeting will be announced soon.

The **MRHS Book Club's** next meeting will be on **Wednesday, March 20 at 3:00 PM** in the New MRHS Center. The group will discuss the novel, ***My Name is Red***, by *Orhan Pamuk*. Please consider joining. 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 15, 2019). 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.***

Shakti Naam Yoga

We are delighted to again offer **Shakti Naam Yoga** to our community. With its roots in ancient yogic wisdom, Naam Yoga is an integrated physical, emotional, and spiritual practice that harnesses the healing properties of breath work, sound meditation and dynamic movement to revitalize the body. Through movement, mantra, mudra, pranayama (breathing), and meditation, Naam Yoga works on the subtle channels of energy in the body.

Classes will be taught by **Kalpana Kanthan**, an experienced yoga practitioner who has practiced various forms of bodywork and energy healing, such as Iyengar Yoga, Pranayama, Reiki, Dahn Yoga, Transcendental Meditation, and Pilates, for over 15 years.

Mondays, March 4 – May 6

Time: 6:30 PM to 8:00 PM at MRHS

Total Classes: 10

The cost for the class is \$20. Please contact MRHS at 212-666-4000 to sign up.

Personal Emergency Response Systems and Daily Calls

In recent weeks we've been receiving an increase in calls from residents regarding medical alert systems and our Daily Calls program. The medical alert systems are also known as **Personal Emergency Response Systems (PERS)**. There are various options for PERS, including ones that can be used outside of the home and others that include the ability to detect a fall. The basic models begin at \$29/month. Most models connect to your landline phone and require minimal installation. We can direct you to the device that best meets your needs, as well as assist with installation.

We launched our **Daily Calls** program in 2014. Daily Calls is a technology-based system that enables participants to "check-in" on weekdays. If a participant does not make phone contact prior to 1:00 PM, MRHS reaches out directly to the participant. Contact us at 212-666-4000 if you're interested in learning more about our Daily Calls program.

Mt. Sinai / MRHS Program

Thursday, March 7, 2:30 PM

How To Be Chronologically Gifted – Or Aging Well. Dr. Joyce Fogel will present healthy aging and what you can do to grow older well. She will discuss and answer questions about exercise, diet, vitamins and prevention.

Thursday, March 14, 2:30 PM

Going Home. Movie and Discussion.

A profound, poetic encounter with cultural and spiritual icon, Ram Dass, an important cultural figure from the 1960s and 70s. Discussion to follow with Dr. Greg Hinrichsen, Clinical Psychologist at Mount Sinai Dept. of Geriatrics, exploring:

- What does it mean to grow old?
- Can you find happiness and serenity in old age?
- What is the role of spirituality in late life?

Tuesday, March 19, 2:00 PM

Management of Lower Back Pain

Dr. Niall Monaghan, Assistant Professor of Anesthesiology, Perioperative & Pain Medicine at the Icahn School of Medicine at Mount Sinai, will discuss:

- Why we get back pain
- How to treat it (especially without medication)
- When to see your doctor

Tuesday, March 26, 11:00 AM

Keeping Good Company, with Dr. Siddiqui

Friday, March 29: Ask the Doc

at 2:30 PM with Dr. Joyce Fogel, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.

You must contact MRHS in advance to schedule an "Ask the Doc" session.

**** MRHS presents these programs in partnership with the Mt Sinai School of Medicine, with support from the UJA Federation of New York. ****

Great Decisions 2019

The Great Decisions 2019 program will resume on **Tuesday, March 5.** *Sydney Weinberg* will lead a discussion on "The Middle East Regional Disorder." The program takes place at **7:00 PM** in the MRHS Center. For those who do not have books, readings for the February discussion will be available in the MRHS office.

MEN: A Message for YOU!

On **Monday, March 11** from **5:00 to 6:00 PM**, the Men's Group will host a presentation by *Dr. Gerald Hoke*. Dr. Hoke, who is a urologist in practice with Mt. Sinai Hospital, will talk on Men's Health issues.

The next Men's Group Luncheon will take place in the MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, March 13 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! The dates are **Monday, March 11 and Monday, March 25 at 3:30 PM.** Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits.

Supper Club

The MRHS Supper Club will visit local Elysian Fields for Greek cuisine. Cost is \$15.00 and reservations are required. **Monday, March 4 at 5:30 PM.** Please call MRHS at 212-666-4000 to reserve a place.

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

“I Am A Caregiver”

The **PSS Circle of Care** Caregiver Support Group will be starting up again. All caregivers are invited! The dates and times for March are **Tuesday, March 12 and March 26, from 3:30 to 5:00 PM.** Jennifer Sanchez will lead the group, which will consist of six sessions meeting on the second and fourth Tuesdays of the month.

Occupational Therapist Program Continues

Occupational Therapist (OT) interns, **Pam Casimiro-Kirkbride and Olga Lobasenko**, from the Columbia College of Physicians and Surgeons will continue their Home Health Club Program in March. Here are the dates:

Wednesday, March 6: Progressive Relaxation Exercises

Wednesday March 13: Joint Protection

Wednesday, March 27: Feeling Positive

Friday, March 29: In home appointments

Wednesday, April 10: In home appointments

Socially Relevant Film Festival

SRFF 2019 takes place from **March 15 to 21** at **Cinema Village** in Downtown Manhattan and neighboring venues. For more information and tickets, go to:

<https://filmfreeway.com/SRFF19/tickets>

Save the Date

MRHS Community Seder:

The Seder is planned for Saturday, April 13, starting at 5:00 PM.

Classical Music at MRHS

Concerts In Motion will present a classical music concert with professional musicians at MRHS on **Tuesday, March 19 at 3:00 PM.** Details to be announced.

Photojournalist Looking for Interview Subjects

My name is Jonas Ekblom and I'm a graduate student at Columbia Journalism School working on a project on aging in New York City. **I'm looking for several interview subjects for a portrait series on aging and how age affects relationships**, for example through a shrinking or changing social circle.

Are **you** interested in taking part? If you are, please give me a call: (929) 451-6614. Leave a message if I don't pick up or send me an email: jonas.ekblom@columbia.edu. Thank you!

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