

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

**President: Dr. Michael Davidson**  
**Executive Director: Ronald Bruno**

## MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Tuesday, March 31 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.***

## 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 **Kalpna 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 2 – May 18**

**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.

## Tracing Your Roots: An Introduction

Curious about your family history? From online databases to community archives, libraries have many resources that can provide you with information about the lives of your ancestors and the places in which they lived. In this presentation, you will learn how you can get started in your family history research at home and discover how libraries can assist you in your search. Presented by **J.D. Arden**, librarian at the *Center for Jewish History's Genealogy Institute*, which is open to the public and welcomes visitors of all backgrounds.

**Thursday, March 5, 2:00 PM**  
**MRHS Center, 100 LaSalle St.**

## Free Beginner Guitar Lessons

Due to popular demand, the **Bloomington School of Music** has agreed to offer this course again at MRHS! **Tuesdays, 1:30 PM - 3:00 PM, starting in March.**

Students will gain a hands-on approach to music in a supportive group setting focused on



introductory guitar skills. Participants will learn beginning classical/ acoustic guitar technique, basic music reading skills, and gain a deeper understanding and appreciation of music. This program is structured so that each class builds off of the previous therefore, students should commit to the entire duration of the course. Instruments will be provided for the 12 week course for a \$50 rental fee. **Please contact MRHS at 212-666-4000 or [ronb@mrhsny.org](mailto:ronb@mrhsny.org) if interested.**

## Social Work Month

March is *Social Work Month*. It is a time when agencies honor their social workers and support staff for the incredible and challenging work that they do on a daily basis. MRHS staff demonstrate the tremendous knowledge, talents and versatility of the social work profession and its allies.

Most people have no idea what a social worker does until they themselves or a loved one is in need of services. Our NORC staff listens, assesses, evaluates, advocates and provides supportive counseling to our community. They insure safe, appropriate and timely interventions and offer hope and empathy to their clients. In addition, they are available to reassure and share invaluable information and resources to concerned family members. They consistently seek out new resources, programs and groups to enhance our diverse and multigenerational community.

We could not be prouder or more appreciative of our staff.

**Elise Rackmill,**  
**Licensed Clinical Social Worker**  
**Vice President MRHS Board**

## Welcome Paul!

We would like to welcome **Paul Fleischmann** to the MRHS family. Paul will be serving as MRHS's Volunteer Coordinator on Mondays, Thursdays, and Fridays. Paul brings a wealth of experience, especially from many years working at the Brookdale Center on Aging.

## Farewell, Danieal!

**Danieal Sanzo** will be leaving us after completing her social work internship at MRHS in March. Danieal will be receiving her MSW degree from Rutgers University. In addition to seeing individual clients, Danieal was co-leader of the Caregivers Support Group, among other activities. Danieal will be sorely missed by all of us at MRHS.

## Happy March Birthday!!

To: Odete Bigote, Lingxiou Cao, Pao-Yung Chao, Soon Choi, Edna Philiba, Mildred Roxborough, Merryll 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 17 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**Mar. 7 Harriet** (2019) 2 hr 5 min  
Harriet Tubman's incredible life story instantly screams cinematic. Yet somehow, the renowned icon, among the most celebrated freedom fighters of American history, has never been given a major movie to her name before. Rated PG-13

**Mar. 14 Thelma and Louise** (1991)  
2 hr, 10 min An American female buddy road film starring Gena Davis and Susan Sarandon, two friends who embark on a road trip which ends up in unforeseen circumstances. Directed by Ridley Scott. Rated R

**Mar. 21 Amazing Grace: Aretha Franklin** (2018) 1 hr, 29 min  
More than 40 years after Aretha Franklin delivered two spellbinding nights of gospel music at a Baptist church in Los Angeles, this documentary—long shelved because of technical problems—takes viewers back to the legendary concerts. Directed by Sydney Pollock. Rated G

**Mar. 28 Eve's Bayou** (1997) 1 hr, 49 min  
At its core, "Eve's Bayou" is the coming-of-age story of Eve, a 10-year-old middle child in a prosperous family in a Creole community in 1960s rural Louisiana. The film also presents a rare look into the black middle-class family, in particular the everyday lives of black middle-class women, free of the Hollywood stereotypes. Rated R

**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 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  
9–5 9–5 9–5 9–5 9–5

**Nurse's Hours** – Nurse's schedule:

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

### **Hypertension Screening on Wednesday**

Will take place on Wednesday, March 4 and Wednesday, March 18, 9 to 11:00 AM

**The Fairway Shuttle** departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

The **MRHS Book Club's** next meeting will be on **Wednesday, March 18 at 3:00 PM** in the MRHS Center. The group will discuss the novel, ***The Chinaberry Tree*** by Jessie Redmon Fauset. 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 20, 2020). 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.***

***MRHS thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for making these programs possible***

## Mt. Sinai / MRHS Program

### **Thursday, March 12, 3:00 PM**

***"Fundamentals of Type 2 Diabetes"*** with *Dr. Ktai Ho Shin* and *Dr. Greg Hinrichsen*. Type 2 diabetes afflicts 10% of Americans. Approximately half of the patients with type 2 diabetes are over the age of 60. This talk will give a basic understanding of factors that contribute to the risk of type 2 diabetes, as well as describe methods to monitor, benefits of various lifestyle modifications, available treatments, with the ultimate goal to prevent complications and control metabolic health.

### **Thursday, March 19, 2:30 PM**

***"Ask the Doc"*** with *Dr. Greg Hinrichsen*, Psychologist, Mount Sinai Dept. of Geriatrics and Palliative Care.

### **Friday, March 20, 3:00 PM**

***"Ask the Doc"*** 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.***

### **Thursday, March 26, 3:00 PM**

***"Bone Health and Osteoporosis"*** with *Dr. Tania al Shamy* and *Dr. Joyce Fogel*. This talk will provide a general understanding of the physiology of bone metabolism and health. It will review the effect of aging on bone strength and ways to promote and maintain healthy bones.

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

## Great Decisions 2020

**Great Decisions 2020** meets on **Tuesday, March 3**. *Kenneth Thomas* will lead a discussion on "India and Pakistan." The program takes place at **7:00 PM at MRHS**. For those who do not have books, readings for the February discussion will be available in the MRHS office.

## **Movement Specialist/ Alexander Technique**

**Gwynne Marshall** is a movement specialist who teaches about body mechanics and correct posture. She helps students alleviate pain, move easier and with great fluidity. This includes people from all walks of life: mothers, surgeons, dancers, singers, lawyers, children and seniors.

Her teachings are based on *The Alexander Technique* and *The Pilates Method*, and she has been teaching both for over twenty three years. Previous to that, she trained at the *Martha Graham School of Contemporary Dance* for six years.

What you will learn from studying with Gwynne is how to identify 'bad' habits that are getting in your way from moving freely and feeling secure in your movements. She can teach you how to undo those habits and learn something different and more beneficial. This allows for less pain, more stability, strength, balance and ease of movement. She will be teaching two workshops in March - one on **Thursday the 19th at 7:00 PM, and again on Tuesday the 31st at 3:30 PM.** Gwynne is a resident of Building III at Morningside Gardens.

## **Mind Over Matter**

Have you wondered about new research on ways to maintain and improve your cognitive health? The focus of this program will be to explore evidence-based methods to maintain and improve cognitive health, including topics such as nutrition, games, narrative medicine, art therapy, and sleep and stress management. Join us to meet others and explore these topics together. In addition, the Occupation Therapy students (OTs) will offer home visits to help customize these ideas to your individual needs! **Mondays from 11:15 AM to 12:15 PM.**

- **March 2:** *Building Bridges and Brain*
- **March 9:** *Sleeping for Smarts!*
- **March 23:** *Strategies for the Aging Brain*

## **MEN: A Message for YOU!**

The next Men's Group Luncheon will take place in the MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, March 11 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.

## **My Story: Paved with Good Intentions**

Columbia University's School of Professional Studies, Emeritus Professors in Columbia, and MRHS invite you to an **EPIC/SPS Talk:** A conversation between **Barry Rosen**, held hostage in the US Embassy in Tehran for 444 days, and **Jo Shepherd**, Professor Emerita, Teachers college, Columbia. RSVP to [dd2807@columbia.edu](mailto:dd2807@columbia.edu). Seating is limited and available on a first come first serve basis.

**Wednesday, March 11, 7:00 PM  
MRHS Center, 100 LaSalle St.**

## **How to Protect My Assets & Plan for Long Term Care**

Learn about Asset Protection Planning & Long Term Care Planning:

- Medicare vs. Medicaid
- Asset Protection Trusts
- Updates in Medicaid Eligibility
- Long Term Care Options

Presented by: **Pauline Yeung-Ha**, Partner of *Grimaldi & Yeung LLP*. Grimaldi & Yeung is a personal service law firm with a special focus on the planning needs of retirees, elders, disabled persons and their families.

**Wednesday, March 4, 7:00 PM  
MRHS Center, 100 LaSalle St.**

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

## Music Appreciation Series

A **Music Appreciation Series** is being presented at MRHS by the *Bloomington School of Music*. Bloomington Resident Teaching Artist, *Marc Peloquin*, leads a series of 4-week \$20 music courses designed to give students a basic understanding of music and inspire an appreciation for music through a variety of musical styles. Each class in this lecture series will feature live demonstrations of musical concepts, discussion, recorded listening examples, and will culminate with a free faculty concert at the Bloomington School of Music.

Classes will take place at MRHS on **Fridays, 1:00 – 2:30 PM, continuing on March 6**. Remaining in the series are: *How to Listen to Music*, March 6 to 27; *Happy Birthday Beethoven!*, April 3 to 24.

There are a few spaces available. Contact MRHS at 212-666-4000 to reserve.

## Support Group

Are you caring for someone who is living with Alzheimer's disease or a related dementia? Caring for someone who has Alzheimer's disease, or a related dementia can be both emotionally and physically challenging.

MRHS offers an **Alzheimer's/Dementia Caregivers Support Group** that provides a place to talk through challenges, discuss problems, frustrations, share similar stories, and express emotions with other caregivers. Many caregivers find that the biggest benefit of attending a support group is sharing their story with people who "get it," as well as receiving strong support and encouragement from other caregivers. To learn more about this group please contact MRHS at 212-666-4000.

## Low Vision Support Group

The **Low Vision Support Group** will meet again in January on **Monday, March 9 and Monday, March 30 from 3:30 to 4:30 PM**. In a safe and confidential setting, members will have the opportunity to discuss their feelings, share experiences and offer mutual support.

## MRHS Nurse

MRHS Nurse **Stacia Steen** presently has room in her schedule. So do not hesitate to reach out to Staci at 212-666-4000 or [stacias@mrhsny.org](mailto:stacias@mrhsny.org) to schedule a visit. If you haven't met Staci yet, this would be a good time to schedule a visit at home or in the MRHS office. This would provide you with an opportunity to share with Staci any health-related issues or conditions you may have.

## Rick Steves' Iran – Yesterday and Today

Join Rick as he explores the most surprising and fascinating land he's ever visited: Iran. In a one-hour, ground-breaking 2009 travel special on public television, you'll discover the splendid monuments of Iran's rich and glorious past, learn more about the 20th-century story of this nation and meet the people. Presented by Bez Khosrovi.

**Thursday, April 23, 7:00 PM**  
**MRHS Center, 100 LaSalle St.**

## Volunteer Nominations?

Every year MRHS honors its volunteers at our Spring Recognition Luncheon. We also honor a few volunteers for special recognition. If there is anyone you would like to nominate for special recognition, please contact Ron Bruno at 212-666-4000 or [ronb@mrhsny.org](mailto:ronb@mrhsny.org).

**\*\*\* 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. \*\*\***

## Women's History Month Theater Event Planned

The Morningside Players will present a special performance for Women's History Month! ***Miss Ellen Terry – A Very Private Talk*** is an award-winning play, revealing the scandalous story of England's beloved and unconventional Victorian actress. Adapted from Terry's memoirs, G.B. Shaw's famous letters to her and other great writers of the period, it is a charming, witty and riveting tale. With Susanna Frazer and Mark Hofmaier and directed by Bridget Leicester. Sunday March 29 at 4:00 PM – refreshments to follow! Free, with donations welcome. Please reserve at [morningsideplayers@gmail.com](mailto:morningsideplayers@gmail.com) or call 646 200-5089.

## Upcoming Event

The Metro New York Abilities Expo will take place May 1 -3, 2020 at the New Jersey Convention & Expo Center. There will be a free shuttle from Metuchen Train Station. American Sign Language interpretation services are available free of charge. For more information go to [info@abilities.com](mailto:info@abilities.com) or tel. 323-363-2099.

## Women's Group News

The women's meditation group that meets on **Mondays at 7:00 - 8:00 PM** in the MRHS café room (Building 1) has enough space to accommodate a few more women. We meditate for about half the time and talk about our experiences the other half. If you are interested, just come to our Monday evening sessions a few minutes before 7:00. You need not be a senior who uses MRHS services in order to attend.

## Do You Love Movies?

The Saturday movie committee needs a volunteer who will show one film a month. We'll train and support you. Simply select a film you will show and relay the information by email to the committee. Contact Margaret at MRHS, 212-666-4000.

## Climate Change, Seniors and Women

### Featured at seventh edition of SR Socially Relevant™ Film Festival NY

#### SR Socially Relevant™ Film Festival

**(SRFF)** is a New York-based non-profit film festival now in its 7th year. It was founded by MHCC shareholder **Nora Armani** in reaction to the proliferation of violence and violent films. SRFF believes that through raised awareness, expanded knowledge about diverse cultures, and the human condition as a whole, it is possible to create a better world free of violence, hate, and crime. To date close to 350 films have been screened from 35 countries.

SRFF has partnered with MRHS in the past with film programming and a project grouping youth and elder residents around video interviews of experiences in Morningside Gardens and New York. Some titles this year are of particular interest to Morningside Gardens residents.

***Can't Stop the Sun From Shining***, a 48 minute documentary feature film, is a New York Premiere shot in New York 2019. It is about four centenarian women between 94 and 105 years old living in New York. Conveying a message against ageism, this film is an homage to older individuals who, in spite of adversities and life challenges, age without regrets and arrive with charm to the autumn of their lives. Screens on Sunday March 22, at 3:30 pm at Cinema Village, 24 E 12th street in the Village.

***Good Morning***, an 88 minute feature film, is a US Premiere by from Lebanon released in 2019. Two gentlemen, an 80-year old former Interior Security Forces General, and an 84-year old former Army doctor, go every day to the same coffee shop to sip their espressos and quietly solve crossword puzzles in the daily newspapers. This activity becomes their new "job" to protect them against loss of memory. Screens on Thursday March 19, at 6:00 pm at the Lebanese American University in Midtown Manhattan on E 46th street.

Early bird tickets are on sale for only \$6. For details and tickets visit the website: [www.ratedsrfilms.org](http://www.ratedsrfilms.org)

