

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

President: Dr. Michael Davidson
Executive Director: Ronald Bruno

Tai Chi for Arthritis

The evidence-based course, **Tai Chi for Arthritis** will start *in-person* on **Tuesday, March 15**, and will run until May 11. The class will be led by trained instructor, *Jazell Choi-Andujar*, and will meet on **Tuesdays and Wednesdays at 1:00 PM** in the **Thurgood Marshall Room**.

This is an evidence-based course, meaning it has been approved as a therapeutic procedure, with falls prevention benefits. Please call MRHS to sign up at 212-666-4000 or to get more information. *Masks and social distancing will be required, and capacity will be limited for in-person attendance.*

MRHS's "Great Movies" Series 'He Who Must Die'

(1957) 2 hrs.

Stark and staggering drama set in Crete during the Turkish occupation at the end of World War I. A town is preparing to stage its annual Passion Play when a starving, dispossessed horde from a distant locality wanders into its streets. A few people who have been chosen to take the leads in the Passion Play want to help them, but the priest and the head of the town council oppose it. Adapted from Nikos Kazantzakis' novel "Christ Recrucified" ("The Greek Passion.") The international cast includes Pierre Vaneck, Jean Servais, Fernand Ledoux, and Melina Mercouri. Directed by Jules Dassin ("Rififi.") *In French, English subtitles.*

Thursday, March 17, 2:00 PM via Zoom
Contact MRHS for the Zoom link.

This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.

Arts and Minds

We are pleased to bring this unique program to our neighbors. **Arts and Minds** was created to bring the joy of art to people with cognitive decline and their care partners. All programs include discussions about different works of art and once a month participants will create their own works.

Programs will be held both in person at MRHS and via Zoom on the **first and third Tuesdays of the month at 2:00 PM, beginning April 5.**

Masks and social distancing will be required, and capacity will be limited for in-person attendance. Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot if you would like to attend in person or to receive the Zoom link.

Finances and Insurance Made Simple

Understanding insurance, taxes, daily and long-term finances can be stressful. Join Gardens resident **Weilin Li Marabello** and her partners from Prudential for monthly engaging, educational programs that will help simplify these topics and help you decide how best to plan for your present and future needs.

The first talk, titled, *The Tax Control Triangle, Managing When and How You're Taxed*, will be held both in person at MRHS and via Zoom on **Thursday, March 17 from 7:00 PM to 8:00 PM.**

Masks and social distancing will be required, and capacity will be limited for in-person attendance. Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot if you would like to attend in person or to receive the Zoom link.

Future Ideas ...

WHAT DO YOU THINK?

The *Development Committee* works to help keep MRHS as a fiscally sound non-profit organization despite new health and fiscal challenges. Individual shareholders contribute in many ways. Some join the **Legacy Society** by establishing a formal bequest of valuable property to MRHS as stated in an overall estate plan. We have been discussing enhanced ideas to acknowledge this wonderful support. Many organizations create special categories of Donors to highlight major "givers". We have been exploring the following category to acknowledge individuals in a special way...

Become a **FRIEND OF MRHS** by either donating **consistently** any amount to the MRHS *Annual Appeal* over a 5-year period; or making a **one-time** minimum donation of \$2,500.

We felt it was important to acknowledge in a unique way not only a larger gift, but also to applaud many who consistently provide donations, in any amount, to this organization each year which absolutely helps sustain the work. It also indicates to outside funders that this organization is truly valued internally.

WHAT DO YOU THINK? And while you are thinking about this, are there **any other ideas** that come to mind that we should develop moving forward – i.e. ways to engage younger MG shareholders in the work of MRHS or enhancement of current programs/services? Contact our Committee Chair or access the link below to give us your ideas. We look forward to breaking out of the Pandemic and MG Construction challenges as the 2022-2023 season soon dawns.

Thanks for your help!

Christine Pawelski, Development Chair
chris.pawelski@mrhsny.org

<https://www.surveymonkey.com/r/MRHS-DevCom>

Happy March Birthday!!

To: Odete Bigote, Lingxiou Cao, Kathy Careddu, Soon Choi, Glenn Jackson, Bezhad Khosrovi, Na Li, Alice Lilly, Oscar Muscarella, Edna Philiba, Eugene Rodriguez, Merryll Sheldon, Judy Solomon, Dilia

Solorzano, Susan St. John-Parsons, Rose Voisk, Eva Welch, and Lorraine Wilbourne



Samuel Yeh

Samuel D. J. Yeh, 95, died on Tuesday, February 15, 2022, at his home. A resident of Building 5 for seventeen years, Sam was an enthusiastic student in the MRHS Spanish class (hoping to add to Chinese, English, German, French and Russian language acquisition) and a member of the MRHS Men's Club.

Until his retirement in 2007, Dr. Yeh was a physician in Nuclear Medicine at Memorial Sloan-Kettering Cancer Center, as well as an Associate Professor of Medicine at Weill Medical College of Cornell University. He was also one of the three cofounding physicians at the Chinatown Health Clinic where he served as a volunteer physician for thirty-eight years and later on its board and foundation.

Dr. Yeh is survived by his beloved wife of sixty-two years, Marion, two daughters and their families.

A memorial service will be held on Saturday, April 23, 2022 (his birthday) at 2:00 PM at the Church of the Epiphany, 1393 York Ave at East 74th Street, New York City.

MRHS Book Group

The next meeting is **Wednesday, March 9 at 3:00 PM** to discuss the novel, *The Stranger*, by *Albert Camus*.

Via Zoom. All are welcome.

For further information please contact MRHS at **212-666-4000** or by email to Margaret Bianchi at margaretb@mrhsny.org.

Current MRHS Online Classes

MONDAY

Stronger Seniors Workout

(Strength & Stretch), 10:00am – 11:00am

Writing Group

2:30pm - 3:30pm

TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

10 Years Younger Workout

(Cardio & Aerobics), 10:00am – 11:00am

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree

3:00pm – 5:00pm

THURSDAY

MRHS's "Great Movies" Series

2:00pm, monthly

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

Exercise/ Workout

10:00am – 11:00am

Music Appreciation

1:00pm – 2:30pm

***** 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. *****

****** 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. ******

MRHS Board Game Café

Please join us **Friday, March 25 at 2:30 PM** to play board games or cards with other MG residents. We have lots of games on hand or you could bring your own.

Afternoon Tea in the Lounge!

Stop by the MRHS lounge on **Friday, March 25, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

Please note that at the present time we will have to follow distancing and mask-wearing protocols required by the NYC Department for the Aging for all in-person programs.

Great Decisions

Join us for a lively discussion on political and social topics of interest, hosted once-a-month on Zoom sponsored by MRHS. This month's topic of discussion will be ***Outer Space Policy***.

The launch of Sputnik I in October 1957 marked the beginning of the space era and of the space race between the United States and the Soviet Union. In the 21st century, there are many more participants in space, including countries such as India and China, and commercial companies such as SpaceX. How will the United States fare in a crowded outer space?

Tuesday, March 1, 7:00 PM, Via Zoom

Great Decisions Upcoming Schedule

- April 5: "Climate Change"
- May 3: "Russia and the U.S."
- June 7: "Myanmar and ASEAN"
- September 6: "Quad Alliance" (U.S., India, Japan, and Australia)
- October 4: "Drug Policy in Latin America"
- November 1: "Industrial Policy"
- December 6: "Biden's Agenda"

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

MRHS 2021 Supporters

- Assembly Member Daniel O'Donnell
- Columbia Community Service
- DOROT
- Foundation for Art and Healing
- Geraldine R. Dodge Foundation
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- Manhattan Borough President Gale Brewer
- Metzger-Price Fund
- Morningside Heights Housing Corp.
- Morningside Heights Community Coalition
- New York City Department for the Aging
- New York State Office for the Aging
- West Harlem Development Corp.

Low Vision Support Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairment. Come join the **Low Vision Group** and help us collaborate on the agenda for the rest of the year. We need your expertise!

We will meet at MRHS **twice a month on Thursdays**. Our first session will be **Thursday, March 10 at 2:00 PM**. The second session will be on March 24. Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits. *Masks and social distancing will be required, and capacity will be limited for in-person attendance.*

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 18, 2022). 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.***

Hearing Loss and Vestibular Disorders

Maura Cosetti, MD, Director of the Ear Institute at New York Eye and Ear Of Mount Sinai and Associate Professor at the Department of Otolaryngology at the Icahn School of Medicine at Mount Sinai will discuss **Hearing Loss and Vestibular Disorders** in person at MRHS and via Zoom, on **Thursday, March 31 at 2:00 PM**.

Masks and social distancing will be required, and capacity will be limited for in-person attendance. Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to reserve a spot if you would like to attend in person or to receive the Zoom link.

MRHS Men's Group

The next meeting of the Men's Group will take place via Zoom on **Wednesday, March 23 at 1:00 PM**. The group provides a great opportunity to develop friendships and discuss challenging and interesting topics. New members are always welcome.

Bloomingdale School of Music

Music Appreciation Series via Zoom
Marc Peloquin, Instructor

"The Infinite Variety of Music"

February 18, March 4, 11, 18
Fridays from 1:00-2:30 PM

This course explores the basic musical elements and forms that will help participants achieve a deeper listening experience.



Musical examples will include works of the Renaissance and Baroque, classics by such composers as Mozart and Tchaikovsky, and jazz masterpieces.

\$20 per 4-week session

Contact Margaret Bianchi to register.

Upcoming Sessions:

March/April: *Music as Theater*
(starting March 25)

May: *Shall We Dance*

From Green Committee:

Hey, Neighbor!

Are you **COMPOSTING**?

If **NOT**, we want to help you **START**!

Composting **organics**— food scraps—is **crucial** to mitigating the Climate Crisis!

- Food waste that is **not** composted ends up in **landfills**.
- Landfilled food waste leaches **methane**—a powerful greenhouse gas—into our atmosphere, intensifying and accelerating **global warming**.

OK. So HOW do I compost? –

Fortunately, it's EASY at Morningside Gardens:

- **Store** your kitchen food scraps and other **organics** and take them to the bins available 3X weekly in your building's basement.
- Contact Management for a sturdy, secure **compost bucket**: 212-865-3631.

WHAT can be composted?

Think: ANYTHING ORGANIC, i.e., of animal or plant origin: meat, bones, vegetables, soiled paper...

OK, so what CANNOT be composted?

Basically: ANYTHING PLASTIC, or even *partially* plastic; additionally, anything METAL or GLASS.

Your **Green Committee** Building Rep can help with any questions.

B1 Bridget / bleicester@mindspring.com

B3 Joan M / joanmorfordnyc@gmail.com

B5 David / vassardavid@hotmail.com

B2 Sarah / sarahegg123@msn.com

B4 Marie / marieledoux@rcn.com

B6 Tiana L / jmkcmk@gmail.com

Sunday, 3pm --- bin removal Monday, 1pm

Tuesday, 3pm --- bin removal Wednesday, 1pm

Thursday, 3pm --- bin removal Friday, 1pm

Brain Aerobics Program

With Columbia University Occupational Therapy Interns

All groups are intended to be educational, practical, and enjoyable! We will begin our *Brain Aerobics* program by introducing occupational therapy and the idea of enhancing our cognitive health. We will spend time discussing sleep hygiene (including practical tips for sleep) and how it relates to cognition.

During the following four groups, we will discuss and practice more topics related to healthy cognition including mindfulness, reading & writing, compensatory cognitive strategies, and brain games.

For the remaining 5 weeks, we will offer an exciting opportunity for home visits to work individually with those who are interested. These sessions will allow us to get to know you better and show you more of the great things occupational therapy has to offer.

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to sign-up and receive the zoom information.

Wednesdays at 1:00 PM on Zoom

Free At-Home Covid-19 Tests

Here is the website to order the FREE at home rapid tests being distributed by the Federal government: www.covidtests.gov

If you need help ordering test kits, please contact MRHS at 212-666-4000.

KN95 Masks Available at MRHS

Please note that MRHS has a supply of KN95 Masks, provided by the NYC Department for the Aging. Just come to the MRHS office to pick them up.

LGBT Programs At DOROT

MRHS is partnering with DOROT, a social services organization dedicated to addressing social isolation and promoting intergenerational connections, for these two programs focusing on the LGBT community. This programming is being supported by a grant from UJA Federation of New York and conducted in partnership with SAGE.

DOROT Intergenerational LGBT Affinity Group

Sign up for this series of discussions on Zoom to connect with a group of LGBT identifying high school students. Help create an intergenerational community space to explore shared and differing experiences. Participants will exchange ideas, discuss personal stories and learn from one another's experiences of navigating the world as LGBT individuals. The focus of each session will be based on the interest of the group, and participants will be invited to prepare and lead these conversations.

Dates:

Spring Semester. Thursdays March 31– May 12 (no workshop on 04/21),
5:00 PM - 6:30 PM.

To learn more and sign up, please contact sharemywisdom@dorotusa.org and indicate that you heard about the opportunity through MRHS.

Caring Calls, for LGBT Identifying Individuals

LGBT Caring Calls matches adults of all ages for weekly friendly phone calls. Pairs will get to know one another, discuss interests and explore experiences as part of the LGBT community. Commit to 8 weekly 20-30-minute phone conversations, with an opportunity to continue if you and your pair are enjoying the connection.

This program will start in March 2022. If you are interested in learning more, please call 917-441-3726 and indicate that you are an MRHS participant interested in LGBT Caring Calls.

Kundalini-Shakti Yoga

We are delighted to offer Shakti Yoga to our community via Zoom. With its roots in ancient yogic wisdom, Shakti 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, Shakti 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.

If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

Time: 5:00 PM to 6:15 PM
Via Zoom, Total Classes: 10

Contact Margaret Bianchi at 212-666-4000 or [**MargaretB@mrhsny.org**](mailto:MargaretB@mrhsny.org) to register.