

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

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

## Posture: The Key to Good Health

Master Your Posture! Learn how to develop strong posture in this lively and interactive lecture taught by **Robin Stoller, Ph.D., P.T.**, a physical therapist and certified Pilates instructor.

Together we will learn:

- The importance of posture on balance and overall health
- The basic anatomy & spinal mechanics involved in proper posture
- How to find balance in your body by strengthening & lengthening the correct muscles
- The fundamental techniques that will allow you to retrain your body to sit and stand effortlessly.
- Please wear comfortable clothing because we will be moving!

**Thursday, March 2, at 2:00 PM**  
**MRHS, 100 LaSalle St., #MC**

## Tai Chi for Arthritis

The evidence-based course, **Tai Chi for Arthritis** will start *in-person* on **Tuesday, March 14**, and will run for 20 classes until mid-May. The class will be led by trained instructor, *Jazell Choi-Andujar*, and will meet on **Tuesdays and Thursdays at 4:00 PM** in the **Thurgood Marshall Room**.

This is an evidence-based course, meaning it has been approved as a therapeutic procedure, including falls prevention benefits. Please contact Margaret Bianchi at 212-666-4000 or email [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) to sign up or for more information.

## MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Monday, April 3, at 7:00 PM** in the **New Building 1 Community Center**.

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 the return to in-person programs.

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.***

## CantaNYC in the Gardens!

We still have openings for the choral project **starting March 28**, with rehearsals **every Tuesday from 7:30 to 9:30 PM** and a concert on **Sunday afternoon, May 7**. More specifics were given in last month's Newsletter.

If interested, and whether you sung with us in 2022 or not, please reach out to *Robin Aloi* at 212-666-4000 or [robina@mrhsny.org](mailto:robina@mrhsny.org). For music related questions, feel free to contact "CantaNYC in the Gardens" conductor Claude Lévy at [director@cantanyc.org](mailto:director@cantanyc.org)

## SU-CASA Art Program

MRHS will once again be hosting a resident artist through the SU-CASA program. The proposed project title is *India's Ephemeral Art of Kolam* and will be taught by artist/instructor *Jayanthi Moorthy*. Jay says participants will learn to draw simple mathematical patterns and labyrinths with a series of dots, lines and curves, inspired by the Indian age-old art of kolam. More information will be forthcoming.

## Director's Column

After a hiatus during the pandemic, MRHS will be holding its Annual Meeting once again this year. The meeting will take place on Monday, April 3, in the new Building I Community Center. Everyone is invited to attend. The meeting is an opportunity to get an update on MRHS highlights, plans and activities.

Looking back, the year 2022 saw an expansion in the MRHS schedule of in-person group activities, as we bounced back from the worst days of the pandemic. Proof that we had approached normalcy is that we had to increase our cleaning services at MRHS to pre-pandemic levels! More in-person exercise groups took place, such as "Moving For Life" and "Tai Chi for Arthritis," as well as more in-person arts & crafts and support programs. We introduced "Arts & Minds" in 2022, an in-person program for people with cognitive challenges and their caregivers. Many MRHS programs continue to be offered online or in a hybrid (in-person and online) fashion, which has allowed us to open those classes to a limited number of people in the wider community.

Coordinated by social worker Robin Aloï, in 2022 MRHS introduced "Finances Made Simple," a series of talks and discussions meant to have particular relevance for recent retirees and those about to retire. We were happy to welcome Robin herself to the MRHS staff in 2022, made possible by MRHS's winning a contract during the most recent round of proposal bids conducted by the city's Department for the Aging, now known as NYC Aging.

Having seen the positive impact these programs have had on our residents, we look forward to more in-person activities in 2023, including some of our bigger events, and starting with the Annual Meeting in April. We hope to see you there!



## Happy March Birthday!!

To: Odete Bigote, Lingxiou Cao, Kathy Careddu, Soon Choi, Glenn Jackson, Bezhad Khosrovi, Na Li, Alice Lilly, Edna Philiba, Eugene Rodriguez, Merryll Sheldon, Judy Solomon, Dilia Solorzano, Susan St. John-Parsons, Rose Voisk, Eva Welch, and Lorraine Wilbourne.

## MRHS Board Game Café

Please join us **Friday, March 31 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 31, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

## MRHS Book Group

The next meeting of the MRHS Book Group is **Wednesday, March 15, at 3:00 PM** to discuss *Morningside Heights* by *Joshua Henkin*. 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](mailto:margaretb@mrhsny.org).

## Dances For A Variable Population (DVP)

**MOVEMENT SPEAKS®** is a sequential weekly dance program promoting strong and creative movement for older adults for improved health and quality of life. Classes are one hour in length with cardio fitness, Dance improvisation, emphasis on correct alignment and Dance Making for fun and friendship.

**Thursdays at 10:00 AM**

**Until March 30**

**New Building 1 Community Center**

Please contact Margaret Bianchi at 212-666-4000 or [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org) to reserve a spot for this class.

## MRHS Men's Group

### ***Free Lunch at Men's Group in March!***

The Men's Group will return to holding regular lunch meetings at MRHS sometime during March (Date to be announced). This lunch will be FREE. Future meetings will include a cost.

Send an email to Michael.Davidson@MRHSNY.org if you have any questions.

## March In the MRHS Library

March is **National Women's History Month**. To honor the achievements of women, we have put together an exceptional collection of books from our MRHS Library and a private collection. The achievements of women are depicted in novels, biographies, and histories. Please see the books on the Special Book Shelf to your left as you enter the MRHS Lounge. You may borrow what you wish, but please return the books when you finish them so that others may enjoy and learn. As spring arrives, this is a good month to learn about the remarkable women who in history and in fiction have marched ahead to make the impossible possible for other women who have followed. Remember that a well-read woman can go far at any age.

## 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, 2023). 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.***

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

## 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 **War Crimes**, facilitated by Building III resident, *Gil Morahg*.

Russia's invasion of Ukraine has resulted in widespread charges of war crimes and calls for justice. But what exactly are war crimes? Opinions of what constitutes a war crime have evolved as have ways to identify and punish the perpetrators. How will the war crimes committed in Ukraine be dealt with?

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

## Arts & Minds

The **Arts & Minds** program continues to bring joy to participants! Each session provides the chance to discuss, as well as create, meaningful works of art. **Arts & Minds** was developed to enrich the lives of people with cognitive decline and their care partners through artistic expression.

Programs are held in person the **first and third Tuesdays of the month from 2:00-3:15 PM. The next session will be held on Tuesday, March 7.**

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

## Bloomingdale School of Music

### ***Music Appreciation Series via Zoom***

**"Great Performers: Glenn Gould"  
with Marc Peloquin**

**March 3 – March 24**

**Fridays from 1:00-2:30 PM**

This course will take an in-depth look at the life and artistry of one of the most enigmatic pianists of all time. Participants will listen to and discuss the composers Glenn Gould championed, including J.S. Bach, Beethoven, Sibelius, Strauss, and Wagner.

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

## MRHS Movie Series

During the pandemic MRHS has been screening monthly online movies thanks to volunteer Michael DeBorja, called the "Great Movies" Series. Michael is taking a break and we thank him for bringing so much enjoyment to the community over these past many months.

Now MRHS would like to re-start our Saturday Afternoon in-person movie series. But we need volunteers to help. In the past MRHS has had a "movie committee" that has planned and screened the movies on the flat screen in MRHS's West Room. If you are interested in learning more and in possibly volunteering, please contact Robin Aloi at 212-666-4000 or [RobinA@mrhsny.org](mailto:RobinA@mrhsny.org).

## Low Vision Support Group

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

We will meet at MRHS twice a month on Wednesdays. Our first session will be **Wednesday, March 8 at 4:00 PM** (*topics: macular degeneration, mental health*). The second session will be on March 22 (*topics: glaucoma, accessibility rights and laws*).

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

*\*\*\* 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 NYC Aging and the New York State Office for the Aging (NYSOFA) for making these programs possible. \*\*\***

## Oscar White Muscarella

We are sorry to report that Oscar White Muscarella, a long-time resident of Building IV, passed away on November 27, 2022 at his family's home in Philadelphia. He was 91.

Many neighbors will remember Oscar for his down to earth friendliness and caring. He always had a good story to tell. Before the pandemic Oscar was often at MRHS reading the NY Times and munching cookies.

After overcoming many obstacles in his youth, Oscar received his Ph.D. in archeology and went on to have a notable career, although now without controversy. He was often called "the voice of conscience" of the Metropolitan Museum for his raising the issue of antiquities looting.

You can learn more about Oscar's life and career on Wikipedia or refer to the *NY Times* obituary of 12/22/2022:  
<https://www.nytimes.com/2022/12/22/arts/oscar-white-muscarella-dead.html>

## Welcome MRHS 2023 Interns!

MRHS welcomes social work interns **Jenn Hutton** from Fordham University and **Jenna Smith-Lorenzetti** from Yeshiva University's Wurzweiler School of Social Work.

## Covid Tests Kits Available

MRHS has a new supply of Covid Test Kits from NYC Health & Hospitals. Please don't hesitate to call MRHS at 212-666-4000 or come by MRHS for the free test kits. If you need help performing the test, please contact MRHS and we can assist.



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**MRHS would like to thank the West Harlem Development Corporation for its support.**



## SRFF at MRHS!

The SR Socially Relevant Film Festival  
New York - SRFF 2023

*"Rejoice, Resist:  
BIPOC Films & Filmmakers"*

*Presented by SRFF Founder and MRHS  
Board Member, Nora Armani*

### **Films:**

***Bendix: Site Unseen*** | New York Premiere —  
Documentary Shorts  
Anthony Scalia | United States | 2022 | 25:55  
mins

Surrounded by highway traffic sits the unassuming Bendix Diner, owned and operated by John Diakakis. As the blind, single father of three young children who also work at the diner, John attempts to address and overcome his obstacles in order to provide a better life for his family.

***I Walked With Heroes*** | New York Premiere —  
Documentary Shorts  
Andre Degas | United States | 2022 | 25:00  
mins

The emotional story of a Corpsman, an army medic who was stationed with the US Navy in WWII and Korea and the love that saved him from PTSD years after he retired.

***We Are Here Too*** | New York Premiere —  
Documentary Shorts / Women Directed Film  
Julia Reihls, LiLi Zolboo Bayarmagnai | United  
States | 2022 | 22:57 mins

During the pandemic, four female-identifying artists of color reflect on how the global health crisis and simultaneous social justice uprisings impact their trajectory and mission as artists in a predominantly white arts community just outside Boston.

**Monday, March 20, at 5:30 PM**  
**MRHS, 100 LaSalle St., #MC**

## 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 16 years.

Contact Margaret Bianchi at 212-666-4000 or [MargaretB@mrhsny.org](mailto:MargaretB@mrhsny.org) to register. If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

**Thursdays, 5:00 PM to 6:15 PM, Via Zoom**

## Beginners Drawing Class

Building V resident and MRHS art class instructor, *Susan Miller*, shares the news that her colleague, *Anita Meyer*, will be teaching a Beginners Drawing class for older adults at the *Carter Burden, L Covello Older Adult Program* starting March 14, 2023. The class will take place at 312 East 109th Street, between First and Second Avenues, on Tuesdays 1:00 – 4:00 PM. Students must be sixty years old or older. The program is free to all students.

## MRHS Beading Group

The beaded jewelry group continues to meet and we would love to welcome new participants. We meet twice monthly on Mondays, from 11:00 – 1:00 PM. *No experience necessary.* Please feel free to contact Stephanie Low with questions: [stephanielow52@gmail.com](mailto:stephanielow52@gmail.com). If you are interested in participating, contact Margaret Bianchi at MRHS: [margaretb@mrhsny.org](mailto:margaretb@mrhsny.org).

## Tax Prep

**George Bruce Library**, 518 W 125th St, will be hosting free tax assistance starting February 3. Patrons can prepare their tax returns using IRS-approved software with tax prep volunteers to help/answer questions. This facilitated self-assistance is offered by Food Bank.

Help is available Fridays and Saturdays from 11:00 to 2:30 and will run through April 15. Drop-ins are welcome, but patrons can also make an appointment in person or by phone at 212-662-9727.

## Morningside Players

Morningside Players Theater Co. presents the comic hit *The Understudy*!!!

Don't miss Broadway playwright Theresa Rebeck's hilarious and heartwarming gem in our first full production since the reopening of the Community Center. Come to the show and see the excellent new lighting, sound and ADA improvements!

***The Understudy* opens March 25 at 5:00 PM— with wine reception to follow! Runs until April 8.** Suggested donation. For more information, please call 646-200-5089, or check our website [www.morningsideplayers.org](http://www.morningsideplayers.org).

## Moving For Life

### Dance Exercises for Health

Moving For Life classes use gentle aerobic exercise to motivate older adults and people of all ages with varying abilities to move towards greater health. These classes include adaptable movements that can be completed seated or standing and help to improve physical health while increasing range of motion, easing joint pain, and improving balance.

Class starts with a gentle warm-up, then moves to gentle aerobics and strength training through dance moves then a cool down. Exercise increases energy levels, boosts immunity, helps with weight management, and eases symptoms of many chronic illnesses.

**Fridays, 3:00 PM to 4:00 PM until March 3  
New Building 1 Community Center**

## Helpful Hearing Hints Program

We're excited to welcome *Columbia University Occupational Therapy* students, **Megan Sofield and Lauren Mitchell**. They'll be running a program for residents impacted by hearing impairment.

MRHS's **Helpful Hearing Hints** program is designed to provide participants with a program that promotes health and opportunity for engagement through an educational and interational group.

Objectives for this program include to provide participants with education on nonverbal communication, facial expressions, assistive hearing devices, and strategies for socialization and community navigation through interactive activities, guided group discussions, and creative expression groups. Our goal is to ensure that people with hearing impairments are able to gain positive insight and information from our program. We hope to help people move towards their home maintenance, community navigation, and other goals.

**Wednesdays at 11:15 AM  
MRHS, 100 LaSalle St., #MC**

## MHHC Estates and Trusts Presentation

Dean Roberts of Norris McLaughlin, Counsel to MHHC, will be giving his annual Estates and Trusts presentation to shareholders on:

**WHEN:** Saturday, March 11, 2023

**WHERE: In-Person** in the Community Center Room (formerly the Rec Room) at 100 LaSalle Street

**TIME:** 3:00 p.m. - 4:30 PM

Another session will be held on Tuesday, March 14, 2023, at 7:00 PM via Zoom. A link to participate will be forwarded at a future date. Topics will include the recent change in New York State law allowing co-op shareholders to have reverse mortgages, and how that affects Morningside Gardens. Seating is first-come, first serve at the March 11 event. Masking is strongly recommended.