

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

President: Robert Hill
Executive Director: Ronald Bruno

SU-CASA Art Program

MRHS will once again be hosting a resident artist through the SU-CASA program. The proposed project title is ***Splash & Sketch: Watercolor Painting and Drawing***, presented by artist/instructor Emily Stedman.

This is a progressive program, building upon each class. However, given the reality of busy lives, Emily also encourages walk-ins who can work with the materials on an occasional basis. The goal of the program is to empower the participants by creating images of personal value to them and thereby enriching their lives. It is to encourage fun and mastery over drawing and watercolor.

Emily will provide more information at the Introduction Session on **Wednesday, March 13, from 1:00 PM-2:00 PM** at MRHS. The regular sessions will be held on Thursdays beginning March 21 through June 27, from 1:00 PM to 3:00 PM.

To sign up for the Introduction Session please call MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org.

African American Migration To Hispaniola

Dana Minaya will give a presentation on the little-known story of the migration of African-Americans to the island of Hispaniola (now Haiti and the Dominican Republic) in 1824. Because her husband Frank's ancestors were part of this migration, Dana has done extensive research on the topic and looks forward to sharing this interesting story.

Tuesday, March 19, 7:00 PM
MRHS Center, 100 LaSalle St., #MC

MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Monday, March 25, at 7:00 PM** in the **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 during the 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.

Dealing With Stress In Stressful Times

Back Again With More Space! For Everyone!

This workshop is about how to release the tensions - physical mental and emotional - that block energy, and contribute to fatigue, anxiety, pain and, of course, more tension. Using breath, visualization and movement, you'll learn simple, user friendly techniques that help you focus your mind; respond to daily stress with greater calm; access energy even when your exhausted; and start to recognize the habits that in themselves create stress.

Jana Titus has practiced and taught Alexander Technique, Qi Gong, Yoga and CranioSacral Therapy for over 40 years. This workshop integrates all these disciplines into a mind/body practice of deep tension release.

Tuesdays at 10:00 AM,
Starting March 5
Community Center, Building 1,
Lower Level

Director's Column

MRHS created its mission statement in the mid 1960's, as the organization was just forming. I think the mission statement has aged rather well. If anything, the wider culture has come around to adopting many of the same principles embedded in the statement. The concept of "aging in place" is now commonplace in the literature about aging, whereas in the 1960's the dominating expectation was that older adults would simply move into a facility as frailty set in.

The MRHS mission statement reads as follows.

The Mission of MRHS is twofold:

- 1) to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes comfortably, safely, and with as much independence as possible for as long as they can; and
- 2) to provide programs which promote health and provide opportunities for education, socialization and recreation for all older residents of Morningside Gardens, with particular attention to the special needs of the infirm, homebound, and isolated.

It's not surprising that the goals found in the MRHS mission statement have insinuated themselves into current approaches to aging. MRHS, led by people such as Sylvia Friedman and Mary Thompson, was instrumental in formulating the legislation that established NORC programs in New York State in the 1990's. And these same NORC programs have proven to be effective models for demonstrating just how aging in place can succeed.

MRHS has often referred to its early founders as "visionary." Their ideas of offering older adults the option of living at home in the community were indeed ahead of its time. All of us who work or volunteer for MRHS have the opportunity to carry on this vision, even as we adjust to very different times of the twenty-first century.



Happy March Birthday!!

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

MRHS Board Game Café

Please join us **Friday, March 29 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 29, between 2:30 and 4:30 PM** for afternoon tea and light refreshments.

MRHS Men's Group

The Men's Group has returned to holding regular lunch meetings in person at MRHS. The next meeting is scheduled for **Thursday, March 28 at 1:00 PM**. *Lunch will be served. Cost: \$10.* Any questions, please email Michael Davidson: davidsonm_10027@yahoo.com.

Delight in India in New Jersey!

Please join us on our exhilarating trip to **Robbinsville, New Jersey**, which houses the largest **Hindu Temple** outside of India. We will be witnessing traditional Hindu services before we enjoy our guided tour of the buildings and plazas that constitute the temple. Our tour ends at **1:00 PM** and our bus will pick us up at **3:00 PM**. Enjoy the free time following our tour, to enjoy a vegetarian Hindu lunch at the temple's **Shayona Café** and/or stroll through the **Shayona Shop** before the bus comes to take us home.

Wednesday, March 27 **Cost \$20.00**
Depart MRHS: 9:00 AM **Return: 6:00 PM**

Please contact MRHS to sign up or for more information at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org.

Volunteer Info

MRHS has been offered an opportunity to partner with the nonprofit, ALMS (The Association for Learning and Mentoring Services), which has received a grant to measure the impact of volunteers on communities. MRHS has wanted to keep better track of our volunteers for some time and this partnership with ALMS will provide MRHS with the tools to do so. MRHS will also receive some funds for participating in this partnership. Going forward, we might be asking our volunteers for your cooperation and help as we try to track your volunteer time.

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, 2024). 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.***

Covid Tests Kits Available

MRHS has a 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.

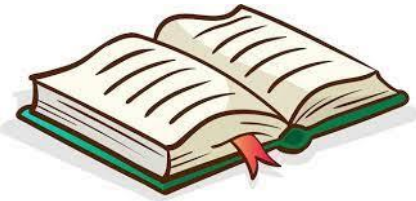


West Harlem
Development
Corporation

Solutions through collaborations™

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

MRHS Book Group



The next discussion of the **MRHS Book Group** will be **Wednesday,**

March 20, at 3:00 PM. The reading selection is the novel, ***It Can't Happen Here*** by *Sinclair Lewis*. The Program is on Zoom. Planning ahead, the group will meet on Wednesday, April 17 at 3:00 PM to discuss *Hello Beautiful* by Ann Napolitano.

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

Online Yoga Class

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 18 years.

Everyone is invited, regardless of ability and experience. No cost!

Contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to register.

**Thursdays, 5:30 PM, Via Zoom
Starting February 22 for 10 Sessions**

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

Home Disaster Preparedness

Do you know about the different types of disasters that could happen in your community? Do you have a home disaster plan? Do you have a disaster supply kit? Do you know what community resources are available to assist you before, during, and after disasters?

If you answered NO to any of these questions, we invite you to learn more about disaster preparedness at this FREE class. *We will help you develop your home disaster evacuation and communication plans and tell you what you should have in your home to maintain comfort during and after disasters.*

This class will be presented by **Tara Heagele, PhD, RN**, a nursing professor at *Hunter-Bellevue School of Nursing*, and a disaster nurse researcher. She has clinical nursing experience in telemetry, emergency department, critical care transport, and post-anesthesia care unit nursing. As a member of her local Medical Reserve Corps, Dr. Heagele volunteers her nursing expertise to her community during extreme weather events and public health emergencies. She holds several certifications in disaster preparedness, response, and recovery and has presented her research at the International Council of Nurses, American Academy of Nursing, Sigma Theta Tau, and the World Association of Disaster and Emergency Medicine conferences.

Thursday, March 7, 2:00 PM
MRHS Center, 100 LaSalle St., #MC

Monthly Supper Club

Join the social work interns of MRHS, **Nina & Myra**, for the MRHS Supper Club, on **Tuesday, March 26, at 5:00 PM**. Come not only for the meal, but for the opportunity to meet friends and enjoy conversation in a pleasant setting. If interested, please contact Nina or Myra at MRHS at 212-666-4000.

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

BIPOC Films at MRHS with SR Socially Relevant Film Festival NY

The 11th annual SR Socially Relevant Film Festival NY comes to MRHS during the annual festival week, on **Thursday, March 14 at 5:30 PM**, with a program of short films depicting the BIPOC Films and films by women. The films are picked from the festival's most recent selection. The festival runs from March 13-18 in person and online starting the 19th. The screenings will be followed by filmmaker Q&As based on availability.

Live interviews with the filmmakers will be broadcast on the festival's YouTube Channel leading up to the screenings and the festival.

SR Socially Relevant Film Festival NY shines the spotlight on BIPOC, LGBTQI, and women films with the 2024 lineup representing over 50% women and BIPOC filmmakers. To date, the festival has screened over 700 films from 40 countries.

The festival's venues are Cinema Village, The Maysles Documentary Center, MRHS, and the National Arts Club for its red-carpet Jury and Honor Awards Ceremony. Some of the films will continue to run online starting March 19.

For more information visit www.ratedsrfilms.org

Upcoming Programs/Events

Manhattan School of Music "String Trio"

Thursday, April 4, 4:00 PM

Community Center, Building 1 Basement

"Singers Workshops" intergenerational program

Thursday, April 25, 5:00 PM

Community Center, Building 1 Basement

Investing and Your Emotions

Thursday, May 2, 7:00 PM

MRHS Center, 100 LaSalle St., #MC

CantaNYC Concert

Sunday, June 9, 4:00 PM

Community Center, Building 1 Basement

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 **Climate Technology and Competition**, facilitated by Building II resident, *Sarah Eggleston*.

Will the United States and China, with other powerful countries following suit, approach current and future climate initiatives with an increased commitment to trade protectionism and nationalism, by various measures including trade restrictions? Or could a growing spirit of international accord develop to confront the "common enemy" of climate change?

Please contact Margaret Bianchi at MargaretB@mrhsny.org or 212-666-4000 for the Zoom Link.

Tuesday, March 5, 7:00 PM

Circle Of Hands

Circle of Hands will resume meeting on Wednesday nights, starting February 7, from 7:00 PM to 8:30 PM in MRHS's West Room. Both beginners and veterans are welcome to join us to work on handcraft projects such as knitting, crocheting, embroidery, quilting, needle work. Bring along a project you may be working on or start something new. Supplies are available to help start you off in knitting or crocheting. We are a friendly group and help each other out as needed.

If you have questions or would like a Spring 2024 schedule, please contact Mary Davidson by email at: marywickens@gmail.com. The full calendar should be available at the end of January.

**** 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. ***

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 meeting is **March 5**.

Please contact Robin Aloï at 212-666-4000 or RobinA@mrhsny.org to reserve.

Bloomingdale School of Music

Music Appreciation Series via Zoom

**"Leonard Bernstein:
An American Maestro"
with Marc Peloquin**

March 8, 15, 22, 29

Fridays from 1:00-2:30 PM

Leonard Bernstein was an American icon who brought classical music to audiences young and old with a refreshed vigor and excitement. This class will explore some of his own masterpieces such as West Side Story and Fancy Free as well as his interpretations of Gustav Mahler, Maurice Ravel, and Aaron Copland, among others.

Contact Margaret at 212-666-4000 or MargaretB@mrhsny.org to register.

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. If you are interested in participating, contact Margaret Bianchi at MRHS: margaretb@mrhsny.org.

Upcoming Dates:

March 4, 18; April 1, 15; May 6, 20
June 3, 17

The MET Brings Us Art Boxes!

The Metropolitan Museum of Art is pleased to share the beauty and wonder of art with us every month. The materials included in the **art boxes** are designed to inspire group discussions about art, culture, favorite activities, and other topics. Every participant receives a draw stringed bag that includes four images of art, a booklet that describes the art, crafting materials and a **Friend and Family Pass** to all *The MET's* locations.

The program will be held in person on the **third Friday of each month from 1:00 PM to 2:00 PM** at the **MRHS Center, 100 LaSalle St., #MC.**

If you would like to reserve a spot or if you need more information, please call MRHS at 212-666-4000 or email Robin Aloï at Robina@mrhsny.org

New Works from the MG Playwrights Group

The Morningside Players will present two programs the weekend of March 15-17. These will be public readings of new writing from the Playwrights Group. They will be short plays or excerpts from longer plays. The plays include comedy and drama. Mostly they are about family matters. The subjects range from the quest for eternal life to surprising results of a DNA test, to a menacing dentist. The writers are Mark Speyer, Tim Kelley, Susanna Horng, Noel Brooks, Marilyn Crockett, Pamela Kellner, John Barrow, Sylvia Niemann, Michael Davidson and Mark Hofmaier.

Please see flyers for exact dates and times. The readings will take place at the Building I Community Center. There is no admission charge and refreshments will be available. Come and support your neighbors and enjoy some entertaining new work!

There's Magic in Music!

Join us for the newest zoom program at **The Memory Tree. "There's Magic in Music"**, on the 2nd and 4th Tuesday of every month from 2:00-3:30. NBC's Today Show contributor, **James Oppenheim**, guides participants on an exploration of music from Bach to Broadway. Enjoy listening to the wide variety of music, learn about its history, and play trivia, all with the goal of improving mood and brain power.

2:00 PM-3:30 PM

**The 2nd and 4th Tuesdays of the month
MRHS Center, 100 LaSalle St., #MC**

Donate Children's Books to Project Cicero

Aerin Lichtman, a 7th grader at Morningside Gardens, is collecting children's books to donate to Project Cicero, an organization that donates children's books to under-resourced schools. Donate new or gently used children's and young adult books in the cardboard box located in the MRHS café through February. You can learn more at projectcicero.org.

Music Mondays Presents

Terra String Quartet:

Music MIDDAYS. Tuesday, March 5, 12:00 noon.
Music of Debussy and Haydn.

Horszowski Trio and Ying Quartet.
Monday, March 11, 7:30 PM.

Large-scale chamber music: French composer Ernest Chausson's lush, romantic Concerto for Piano and String Quartet, modern master Ellen Taaffe Zwilich's virtuosic Septet, works by Dvořák and Elliott Carter.

FREE CONCERTS

Music Mondays at Advent Lutheran Church
2504 Broadway at 93rd Street.