

100 LaSalle Street, NY, NY 10027 (212) 666-4000

www.mrhsny.org

President: Rita Marie Pullium

Executive Director: Ronald Bruno

MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Wednesday, March 16, at 7:00 PM** in the **Building I Recreation 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 upcoming renovation of the MRHS program space. 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.

An Invitation to the Opera

Please join **Professor John Digaetani** as he discusses the 2016 version of his book, ***An Invitation to the Opera***. This third revised edition has been translated into four languages and used as a text in college classrooms around the world. Learn how opera has changed in the last three decades and how it is now more easily enjoyed than ever before.

John is a Professor of English at Hofstra University and has published studies on modern British literature, opera, and the connections between literature and music.

Wine, cheese and desserts will be served. For further information contact MRHS at 212-666-4000.

All Morningside Gardens Residents and Friends Are Invited to Attend.

Wednesday, March 2, 2016 at 7:00 PM
Thurgood Marshall Room,
80 La Salle, 1st Floor

Sculpture Workshop

In a 6-week sculpture workshop taught by artist/instructor **Francine Perlman**, students will use plaster to build abstract sculptures, or to carve in any way, and will use Bristol board to investigate the possibilities of the cube. Materials and methods of working will be presented that can be used easily and inexpensively at home. For plaster, common household objects like egg cartons, coffee bags, and milk cartons, work well as molds, and plaster-soaked strips will be layered around forms, commonly wire mesh on a simple armature.

Students will be delighted to learn that a carrot peeler is a wonderful plaster-carving tool. Our second project will be an exploration of the great creative possibilities of Bristol, often used for architectural models, through the medium of the cube and the other four perfect polyhedrons.

Plaster is a messy material. Please wear appropriate clothing. Tools and materials will be supplied, or announced as we go along. Bring empty CLEAN milk cartons, etc, to the first class if you have some.

Thursdays, March 3 to April 7, 2:30-4:30
Registration required – \$50 for 6 weeks

String Quartet Concert

On **Wednesday,**
March 9, from
11:00 AM to
12:00 Noon,
MRHS and



Concerts in Motion present a one-hour ensemble string quartet concert. All are invited to attend. **Light Refreshments.** Please join us in the **Thurgood Marshall Room, 80 La Salle, Ground Floor.**

Director's Column

When you walk into the MRHS office over the next few weeks you may be greeted by multi-colored postcards with an invitation to sign. NORC programs throughout New York State are working together to support legislation introduced by Brooklyn Assembly Member Steven Cymbrowitz. The bill aims to update NORC program regulations and funding amounts, which have been unchanged since the mid-1990's. Under the Cymbrowitz bill, funding for NORC programs will be increased from \$4.1 million to \$10 million per year and demographic requirements will be modernized. Funding from New York State for NORC programs has been flat since the 1990's. In fact, NORC programs experienced an across-the-board decrease in funding due to cutbacks made during the Great Recession. MRHS receives \$138,000 in funding from the state, compared to the \$150,000 it received in 1995.

So where do the colorful postcards come in? Postcards in support of the Cymbrowitz bill will be color-coded by all the NORC programs in order to stand out when sent to key legislators. The goal will be to demonstrate the broad and deep support that NORC programs enjoy in their communities across the state. We are told that the Cymbrowitz bill has a good chance of passing. If it does, then the NORC program model will have an opportunity to be introduced to other communities in the state. In addition, the legislation would make existing NORC programs such as MRHS eligible for higher annual funding levels. So we ask for your support by signing those colorful postcards!



"One of the few advantages of age is that you can report on it with a certain authority; you are a native now, and know what goes on here....Our experience is one unknown to most of humanity, over time. We are the pioneers."

Penelope Lively (aged 82) in *Ammonites And Leaping Fish: A Life In Time*

Happy March Birthday!!

To: Rosey Ahamad, Odete Bigote, Lingxiou Cao, Pao-Yung Chao, Soon Choi, Iretha Fletcher, Corinne Green, George Gruen, Sophie Onne, Edna Philiba, Beth Rocke, Mildred Roxborough, Merryl Sheldon, Dilia Solorzano, 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 15 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

March 5 Suffragette (2015) 1 hr, 46 min
Film depicts the Suffragette movement in 20th century England. Working class women were the foot soldiers of feminism. After peaceful protests failed and women were subjected to violent acts, including forced feedings in prisons, they became radicalized and returned the violence. Cast features Carey Mulligan, Helena Bonham Carter and Meryl Streep. Directed by Sarah Gavron. Rated PG 13

March 12 Joy Luck Club (1993) 2 hr, 19 min
Film is based on Amy Tan's amazing novel covering the life histories of four Asian women and their daughters who reflect and guide each other. Directed by Wayne Wong. Rated R

March 19 A Ballerina's Tale (2015)
1 hr, 25 min A feature documentary about Misty Copeland, the first black female to be promoted to principal dancer in the American Ballet Theater, her potentially career ending injury and themes of race and body image in the classical ballet world. Directed by Nelson George. Not Rated

March 26 Viridiana (1961) 1 hr, 30 min
Surrealist and provocateur Luis Bunuel crafted arguably his greatest film with this story about a novice nun who visits her lascivious uncle with unexpected results. Franco tried to ban it in Spain. Upon release and it won the Palme d'Or at Cannes. Not rated.

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 Tuttle Center.

MRHS Sing-Along – Come to the Sing-Along every **Tuesday at 1:00 PM**.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 6	9 – 6	8 – 6	8 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday,

March 2, March 16, March 30

from 9:00 AM 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.

Nurse Marie Phillips' "Take Charge of Your Health" will meet on March 24 at 2:30 PM in the MRHS Tuttle Center.

"Later Life Transitions" group's next meeting will take place on Thursday, March 9 at 3:00 PM.

The **MRHS Book Club's** next meeting is Wednesday, March 16 at 3:00 PM. The group will discuss ***The Short Stories of Guy de Maupassant***. Everyone is 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 18, 2016). 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 Film Committee Presents

First Wednesday Films

Next screening on **March 2 at 7:30 PM**

Featuring:

"The Gatekeepers" **(2012) 1 hr 38 min.**

All six former heads of Shin Bet, Israel's domestic counter-terrorism agency, talk about its operations – and say that Israel should get out of occupied Palestine. With rare footage and reconstructions; riveting, thought-provoking, unparalleled. Best documentary of 2012. – A. O. Scott, NY Times. In Hebrew with English subtitles. PG-13.

MRHS Tuttle Center, 100 La Salle, #MC
\$1.00 suggested donation

Great Decisions 2016

On **Tuesday, March 1** at **7:00 PM** the Great Decisions Program will continue the 2016 program with a discussion on "The Rise of ISIS."



Gilead Morahg is the program facilitator for this evening's presentation. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including the book for the 2016 program (discounted to \$20.00.)

Low Vision Group

The purpose of this group is to offer social and emotional support for individuals living with visual impairments. This month we will meet on **Friday, March 4th** and **Friday, March 25th** at **2:00 PM** in the **MRHS Tuttle Center**. Please call MRHS at 212-666-4000 with any questions. Walk-ins are welcome!

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

Monday Night Discussion Group

Topic: Our Family Histories

Is it important to know our own family background? Why? How do we pass our history along? Is there importance to family stories, to family myths, to photographs in relation to our biological families, our chosen families and our culture? Is it relevant, what difference does it make to us now?

Feel free to bring a picture or share a special story or incident.

Monday, March 14, 7:30 - 8:30 PM
Tuttle Center, 100 La Salle, #MC

RECOLLECT * DISCUSS * PARTICIPATE *
LEARN * CELEBRATE

Happy Surprises in Life's Later Chapters

With *Stephen Chinlund*

This six-week course offers an opportunity for people of all ages to consider the fulfillments of the "extra chapter of life" which comes to people over 60. It has become a time of unexpected satisfactions for many who thought their lives were almost over.

During the six sessions, participants will consider how we think about our bodies, money, sex, death, spirituality, power and interests in art of all kinds, perhaps postponed from long ago.

Stephen Chinlund has presented this course at the New York Open Center and at the Interchurch Center. *Now he brings it to MRHS for the second time!* Introductory meeting on March 22: *Redefining the Meaning of Old.*

Don't miss this opportunity!

A nominal fee of \$25 will be charged for the six sessions. Advance registration is required by Friday, March 18.

Six Tuesdays from 10:00 AM to 11:30 AM,
starting on March 22.

"Neuroscience Wednesdays"

For the next installment of *Neuroscience Wednesdays*, Building VI resident and neuroscientist *Tiana Leonard* will discuss "Dementia."

Wednesday, March 30 at 7:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

Dances For A Variable Population

MRHS is excited to offer an **8-week inter-generational dance program** thanks to the support of the *UJA Federation of New York* and **Dances For A Variable Population.**

The program will run on **Fridays beginning April 15th at 4:30 PM.** The program will be done in collaboration with teenagers from the Grant Houses.

Movement Speaks® is a series of sequential dance workshops and public performance for people of all ages and abilities promoting access to movement in strong and creative ways. Developed in 2010, by master teacher *Naomi Goldberg Haas* and **Dances For A Variable Population**, the program celebrates the power of community through the experience of dance.

Preview By Nora Armani

The **SR Socially Relevant Film Festival NY** (March 14 – 20) is a not-for-profit film festival showcasing socially relevant film content. SR Film Festival presents close to 50 films from 30 countries. Founded by **Building III resident Nora Armani**, the festival focuses on films that raise awareness of social problems and current issues.

Nora Armani will make a preview presentation and showcase footage from the festival's forthcoming slate at **the MRHS Tuttle Center on Friday, March 4, at 6:00 PM.**

SR will offer a special discount for Morningside Gardens Residents!

The Memory Tree™

Yes, we're all getting older, but that doesn't mean we have to take it lying down. There are things you can do to help keep your body and mind in top shape! The Memory Tree™ is a weekly program at MRHS that provides fun, low-cost classes designed to "tune-up" our brains.

We believe that the best way to facilitate the aging process is through mental and physical fitness. Our classes do just that! You'll never be bored, because we have such a variety of programs designed to keep the body and brain challenged: Memory Aerobics classes will strengthen your memory. Chair Yoga focuses your attention while reducing stress. Our arts appreciation classes create a rich learning environment to stimulate your neural networks, through discussions about art, poetry, film, music, and literature.

The Memory Tree™ is offered once a week at MRHS, on Friday mornings from 10:00 AM to 12:30 PM. There is no long-term commitment. Why not try a session and see if you like it?

If you are interested in joining us at The Memory Tree™, or know of someone in the community who could benefit from our program please contact Elizabeth Fine, LCSW, at 917-656- 0558 or Margaret Bianchi, at the MRHS office 212-666-4000. We look forward to meeting you!

John Seaman's Liberty Salons

Two events this month will take place from
7:00 to 9:00 PM

On **Monday, March 7, at 7:00 PM, Dr. Joaquín Flores**, will present a "Socratic dialogue" on the psychology of creativity. Dr. Flores is trained in clinical and educational psychology. He wrote his doctoral thesis on the effects of war on children, by going to the no man's land between the lines in the El Salvador civil war. This is the third in our series of presentations of the psychology of creativity.

On **Thursday, March 24, at 7:00 PM, Professor Jason Kendall** from West Paterson University and a former astronaut, will speak on the "current status of Mars exploration." Topics include future expeditions, settlement, terra forming, etc. Professor Kendall is asking that questions be submitted in advance so he can better structure his presentation. Send questions to John Seaman at johnseaman28@juno.com and John will forward them to him.

The programs include light refreshments.

My Home is Someone's Workplace Workshop:

If you hire someone in the home to clean, cook, assist, or care for you or a loved one, your home is someone's workplace — which makes you their employer. The ***Caring Majority*** invites you to a workshop to develop the knowledge and skills you need to build a long-lasting and fair relationship with your homecare providers. Together, we will:

- Cover the basics of hiring and maintaining a positive relationship with the person you employ
- Discuss your rights and responsibilities in this role
- And introduce you to the FairCare principles of fair employment: Fair Pay, Clear Expectations, and Paid Time Off

We're here to support you in building and maintaining a caring home and a workplace you can be proud of.

Monday, April 11, 4:00 to 5:30 PM at the MRHS Tuttle Center. RSVP to MRHS.

Resident to Host Book Signing

John Seaman (Bldg. 5) will host a Book Signing on Saturday, March 19, from 2:00 – 6:00 PM for his new 2015 Photoessay (Book), “John Seaman Nudes.” Also on sale will be his 2012 memoir “Bloody but Unbowed.” John and model Jane Rose will read from Jane’s intro to the Photoessay, and John will give a slide show of the 44 black and white plates in the book. No purchase necessary. All welcome. There will be Greek pastry, white wine and coffee.

Aging Research

Dr. David Weiss, Associate Professor at the Robert N. Butler Columbia Aging Center, is leading research to investigate the subjective perceptions of age and aging among adults above the age of 60. In a current study, he is investigating how images of aging affect self-perception of older adults across different countries and cultures. The study involves a brief, 1-page questionnaire that may be picked up at MRHS if you would like to participate.

MGCA Sponsored Art Exhibit

For the past fifty-nine years, painters, potters, filmmakers and other creative professionals have settled quietly in Morningside Gardens. Now MGCA has agreed to showcase **An Exhibition of Artworks** for the first in a series of exhibitions.

Nancy Orans Eder, a painter, and **Judith Block Solomon**, a ceramist, have volunteered to exhibit together in a collaborative installation on the following dates:

Friday, April 15 from 7:00 – 9:00 PM

Saturday, April 16 from 1:00 – 7:00 PM

Sunday, April 17 from 1:00 – 5:00 PM

The show will be held at **80 LaSalle Street in the Thurgood Marshall Room**. All are welcome and invited to attend.

Free Tax Assistance

If your income is \$30,000 or less, Free Tax Assistance is available from AARP on Tuesdays, from 9:30 AM to 1:30 PM, until April 12. The location is the Bernie Wohl Center, 647 Columbus Ave. WALK-IN. Bring: Identification, W-2 forms (income Information), and your Social Security Card.