

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

2014 Island Themed Trips

3rd Stop, Coney Island

Come join MRHS as we are off to our third island stop, **Coney Island**, for fine dining at the famous **Gargiulo's Restaurant** followed by a guided walking tour of fun and historic Coney Island



through the eyes of a seasoned pro. Developed with the helping hand of the unofficial mayor of Coney Island, Dick Zigun, this one-hour walking tour is led by guide extraordinaire Kim Rancourt, who will take us along the famous Coney Island boardwalk. We'll get history and modern history, as well as some funny stuff.

Lunch is included. Gargiulo's Restaurant was established in 1907 by the Gargiulo Family, and has been the host of many weddings and other social functions.

DATE: Friday, May 30 **PRICE:** \$50.00
DEPART: 10:00 AM **RETURN:** 4:00 PM

MRHS Film Committee Presents

First Wednesday Films

Next meets on May 7 at 7:30 PM

Featuring: ***The Rules of the Game***
(1939) 1 hr., 50 min.

French with English subtitles. Scathing critique of French society cloaked in a comedy of manners. Takes place over a weekend at a marquis' country chateau. Often cited as one of the greatest films in the history of cinema. Unrated.

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

Essential Advance Planning

The importance of being prepared in advance should an emergency occur, especially having a health care proxy, cannot be emphasized too strongly. As in past years MRHS and the Elder Law Section of the New York State Bar Association invite you to participate in "Decision-Making Day."

Attorney **Frank Colella**, will discuss wills, advance directives, the New York Health Care Proxy, the living will, powers of attorney, and procedures for organ donation. By preparing, you can ensure that your wishes are met in an emergency.

Friday, May 2 at 1:00 PM
Tuttle Center, 100 La Salle, #MC

Get Your Word's Worth!!

An annual and very popular event over the years – the annual reading by the *Writing from Life Experience* group is planned as a multidimensional event. It is billed as a Readers Theater Performance, during which members of the group will share their writings with the whole community.

This year marks the 20th anniversary of the program and will be especially festive! Light refreshments and a special cake will be served.

MRHS is very proud to co-sponsor this event with *Elders Share the Arts* and the NY State Council on the Arts. Please join us on **Wednesday, May 21, 2:00 - 5:00 PM** in the **Recreation Center, 100 La Salle, Basement.**

MRHS will be closed on Monday, May 26 in honor of Memorial Day. We wish everyone a good holiday.

MRHS Board Directors 2014-15

Rita Marie Pullium, President
Maureen Knapp, Vice-President
Margaret Johnson, Treasurer
Kate Dunn, Secretary

Amy Berg	Michael S. Davidson
Anne Burley	Beatrice Hawkins
Luis Sousa Campos	Melinda Moore
Sharon Lockhart Carter	Victor Quintana
Barbara Clark	Anaela Schramm

In Memoriam

MRHS is sad to report that former MRHS board member **Audrey Platnick** died on April 13 at the age of 92 from respiratory problems. Six days later her husband of 56 years, Joe, also passed away.

Audrey and Joe were residents of Morningside Gardens for more than 40 years. Involved until the end of her life, Audrey provided volunteer bookkeeping services for MRHS for many years in addition to her board service. Audrey and Joe will be sorely missed. A memorial service to celebrate Audrey's and Joe's life will be held at 2:00 PM on May 18, 2014 at Park Avenue Christian Church in Manhattan, located at Park Ave. and 85th St.

Mary Lowry To Be Honored

Congratulation to Building IV resident **Mary Lowry**, who will represent New York County and will be honored by the New York State Office for the Aging for her volunteer work on Tuesday, May 6, in Albany! Mary, a retired nurse, has been a longtime volunteer at MRHS, providing hypertension screening for residents every other Wednesday at the Tuttle Center. As her award letter states, "Your service and continued efforts in helping others in your community is greatly appreciated."

Ann Jackson

There will be a **Remembrance for Ann Jackson**, who passed away last fall, on Sunday afternoon, May 18, in the Thurgood Marshall Room. Exact time TBA.

Happy May Birthday!!

To: Eliza Chiu, Phyllis Darby, Anne Ellis, Cynthia Harris, Ronald Jackman, Leslie Kiss, Tina Lal, Elinor Levin, Elizabeth Mellen, Sue Miles, Laura Brown Sands, Herbert Thorne, Martha Trezevant, and Gil Willis.

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 May are all invited to our Birthday Party! Come on **Tuesday, May 20** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

May 3 – Grave of the Fireflies (1988)

1 hr, 29 min. Japanese with English subtitles, Directed by Isao Takahata. In the aftermath of a World War II bombing, two orphaned children struggle to survive in the Japanese countryside. Their lives are as heartbreaking as their spirits are inspiring. Ranked #12 on Total Films' greatest animated films. PG 13

May 10 – M (1933) 1 hr, 45 min. In perhaps Fritz Lang's most acclaimed film, a serial killer of young girls in Berlin stirs both the police and the criminal underworld into pursuing him. Stars Peter Lorre. Unrated

May 17 – Dial M for Murder (1954)

1 hr, 45 min. An ex-tennis pro (Ray Milland) carries out a plot to murder his wife (Grace Kelly). When things go wrong, he improvises a brilliant Plan B. One of Hitchcock's best. Rated PG

May 24 – The Servant (1968) 1 hr, 56 min

This British drama is a psychological commentary on social classes. Directed by Joseph Losey with screenplay written by Harold Pinter. Cast includes Dirk Bogarde and Sarah Miles. Rated PG

May 31 – Cinema Paradiso (1988)

2 hr, 35 min. A famous film director remembers his childhood at the Cinema Paradiso. Italian with English sub-titles. Director: Giuseppe Tornatore; Rated PG

Movies start at 2:00 PM. Please arrive early. Suggested contribution is \$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:

Monday Tuesday Wednesday Thursday Friday
9 – 6 9 – 6 9 – 6 9 – 6 9 – 6

Nurse's Hours – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 4 9 – 4 9 – 4 9 – 4 9 – 4

Hypertension Screening –Alternate Wednesdays from 9:00 to 11:00 AM

05/14, 05/28

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" group will take place on Thursday, **May 22 at 2:30 PM**.

"Later Life Transitions" group meets this month on **Thursday, May 8 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club** plans to meet on Wednesday, May 28 at 3:00 PM. The reading selection is ***This Side of Paradise*** by F. Scott Fitzgerald. All are welcome to join.

Writing from Life Experience Group, meets in May on **Wednesday, May 14 at 2:30 PM in the MRHS Tuttle Center**. On **May 21** the group will present "Get Your Word's Worth," a reading based on the work of the program in the past year. (See additional information in this newsletter.)

Rolling Stones guitarist, Keith Richards, 70: "I'm still an apprentice. There's always stuff to learn. I wouldn't be surprised if we're doing this in 10 years and Mick [age 70] will still be able to do amazing pirouettes."

Thanks to All Our Supporters

In addition to receiving support from many residents and friends of Morningside Gardens in 2013, MRHS received support from the following. Thank you!

- Columbia Community Service
- Manhattan Borough President Scott Stringer
- Metzger-Price Fund
- Morningside Heights Housing Corporation
- New York City Council Member Robert Jackson
- New York City Department for the Aging
- New York State Assembly Member Dan O'Donnell
- New York State Office for the Aging
- Rona Jaffe Foundation
- Students, Faculty and Staff of Jewish Theological Seminary
- UJA-Federation of New York
- West Harlem Development Corporation

MHHC Elections

Here is MRHS's policy in regard to assisting MG residents during MHHC elections:

- If requested, MRHS staff members may assist residents of Morningside Gardens to fill out their MHHC election ballots.
- Assistance may involve reading the ballot to the resident and filling out the ballot as directed by the resident.
- At no time is the MRHS staff member permitted to offer an opinion regarding the candidates or proposals on the ballot.
- If requested, MRHS staff members may deliver ballots to the MHHC office. In this case, the resident should sign his/her name across the sealed envelope.

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

MRHS Artist-in-Residence

Artist-in-Residence, **Anna Adler**, leads workshops on Mondays from 10:00 AM to 12:00 Noon with a break for lunch and then an open studio from 1:00 until 2:00 PM. These take place in the artist's studio in Suite MB, 100 La Salle. On May 5 and 12 the workshops are on **Action Painting: Spontaneous Gesture**. On May 19 and 26 the workshops are on **Puppets: Papier-Mache**.

***** On Saturday, May 24 there will be an Action Painting Workshop open to all, ages 5 and up, from 1:00 PM to 3:00 PM in the Recreation Center of 100 La Salle, basement level. *****

Create a large-scale collaborative action painting through dipping, dripping, splattering and more. Use brushes, rollers and sticks, hands and perhaps even feet! Contact the MRHS office at 212-666-4000 to reserve a space for the special workshop.

This project is made possible by the Lower Manhattan Cultural Council, the NYC Department of Cultural Affairs and NYC Department For The Aging.

Great Decisions Program

On **Tuesday, May 6 at 7:00 PM** the Great Decisions Program will continue the 2014 program with a discussion on "Islamic Awakening." *Ken and Peggy Thomas* are program facilitators. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including books for the 2014 program (\$20.00.)

Shredding Day

On Saturday, May 3, sponsored by Morningside Gardens management (MHHC), Time Shred will be on the premises of Morningside Gardens from 9:00 AM to 12:00 Noon to provide shredding services for Gardens residents. Time Shred will be located in the parking lot area of La Salle Street (30 minute Zone) by the Green House. For questions, please contact the Management Office at 212 865-3631.

Technology For You:

MRHS "techNet"

The MRHS "techNet" group will meet in May on **Thursday, May 22 at 7:30 PM** in the **MRHS Tuttle Center**.

Also, for future reference, **Marcia Clarkson, Mike Davidson, or Tiana Leonard** will be happy to assist MHHC residents in using the iMac, iPad, iPhone or Android phone (Tiana only). Please call Margaret Bianchi at MRHS to set up an appointment to meet.

For more information about any of the above, or if you wish to be added to our email list, send a message to

DrMichaelSDavidson@Gmail.com

or call the office.

Timeslips Returns

Timeslips, a 10-week storytelling workshop provided by Elder Share the Arts, has returned to MRHS. Timeslips is a creative storytelling method that helps people with memory loss channel their life experiences and creativity. Timeslips takes place on **Mondays**, from **11:00 AM to 12:00 PM** in the **MRHS Tuttle Center** at 100 La Salle St. #MC. Call **212-666-4000** and speak with **Talia Orband** about signing up. Space is limited.

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, May 16). 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.***

Volunteer Bill Payers Needed in Manhattan, (not Morningside Gardens.) Use your everyday life skills to help an older adult remain independent! Please call 718-858-2164 or email: volunteerbpp@cscs-ny.org].

MRHS Website

Did you know that the MRHS website includes a blog? We're inviting the community to participate on our blog by contributing your writing – a poem, an article, an insight. If you're interested in sharing on our blog, please contact **Joanna Stolove** for more information. Or send your contribution directly to Joannas@mrhsny.org.

MG Players Present Miller Play

The Morningside Players' spring production is Pulitzer Prize-winning playwright Arthur Miller's first Broadway hit, ***ALL MY SONS***. Performances are May 8, 11, 15, 16, 17. It is Miller's searing drama of young love and betrayal and WW II profiteering. For more information call 646/713-4562 or go to the website morningsideplayers.org