

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

**President: Rita Marie Pullium**  
**Executive Director: Ronald Bruno**

## Going Greener with the Birds

Join us as our "Going Greener with the Birds" project and many Morningside Gardens groups host a full day of activities as we join with many other communities around the world to celebrate **2015 International Migratory Bird Day**. Cameras, binoculars, data sheets, food, fun provided – **COME and JOIN US!**

**Saturday, May 9 from 9:30 AM to 4:30 PM at MRHS.**

All participants on this day will be able to get an "official" **MG GGB 2015 Souvenir magnet** thanks to the MHC collaborating neighbors and groups! Borrow a **digital camera** and help us document all the events to be featured on our website!

**9:30 – 11:00** – *3rd Annual Bird Watch* – sponsored by the MHC Grounds Committee.

**11:00 – 1:00** – ORIGAMI BIRD making in the Plaza with the help of volunteers from *Origami USA*.

**1:00 – 2:30** – "Going Greener with the Birds" team help make/eat "Bird-of-Paradise" smoothie bowls!

**2:00 – 3:30** – Movie: "*March of the Penguins*" – A great movie you must see at least once!

**3:30 – 4:30** – *Bird Songs* and maybe even *Bird Macarena Dancing* end the day led by MHC "song birds"!

***MRHS will be closed on Monday, May 25 in honor of Memorial Day. We wish everyone a good holiday.***

## 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 8 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. Light refreshments are included.

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 20, 2:00 - 5:00 PM**  
**Thurgood Marshall Room, 80 La Salle.**



## Director's Column

Many of you attended the "Five Wishes" program presented by social work intern Anthony Cavaliere on April 16 and provided very favorable feedback. Five Wishes is a program that encourages us to think about those end-of-life issues that we prefer to ignore. In a youth-oriented culture such as ours it's easy to pretend that if we only exercise enough, take the right supplements and download the latest app, life will go on forever in a quasi-youthful fugue state. (Please, don't stop exercising!) As the title of a workshop that I recently attended put it, "Death is the New Sex." Death has become the taboo subject that is never discussed in polite company, or in the doctor's office.

However, there has been a movement afoot to change this cultural bias, especially as more of us have come to know friends, relatives and acquaintances who have endured treatment at the end of life they would not have chosen if they had retained the ability to communicate. In preparing for the end of life, the single most useful document to execute is the simple form called the Health Care Proxy, a legal document in New York State whereby the signer appoints a friend or relative to make decisions on his or her behalf, in the event the signer is incapacitated. (MRHS has copies of the Health Care Proxy form available.) But as programs such as Five Wishes emphasize, the person appointed needs to know the signer's wishes, goals and values regarding end-of-life care. This may require conversations about how we feel about death and dying, conversations that many of us last had in the middle of the night at college.

MRHS has copies of the Five Wishes material available in the office. In addition to Five Wishes, there are other resources available to help clarify our thoughts and feelings. The leader of the workshop I attended, Dori Gillam's website may be accessed at [www.positiveendings.com](http://www.positiveendings.com). Also, "Death Café" is a worldwide movement that invites people to meet and talk about any aspect of the forbidden topic that they wish, in a respectful, supportive setting ([www.deathcafe.com](http://www.deathcafe.com)). There is even a card game that promotes reflection and communication called "The Cards I've Been Dealt" ([www.thecardsivebeendealt.com](http://www.thecardsivebeendealt.com)) The novelist Julian Barnes has written a thoughtful meditation called *Nothing To Be Frightened Of*, a philosophical and funny book that I can also recommend.



## 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, and Martha Trezevant.

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 19 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

### May 2 **Dancing in Jaffa** (2013)

1 hr, 30 min. Documentary features renowned ballroom dancer Pierre Dulaine who returns to his native Israel and promotes harmony by teaching dance to three ethnically mixed groups of children. Director, Hilla Medalia. Unrated

### May 9 **March of the Penguins** (2005)

1 hr, 10 min. In the Antarctic, every March since the beginning of time, the Emperor Penguins of the South Pole journey hundreds of miles across the continent by foot under the harshest conditions on earth – all to find true love! Narrated by Morgan Freeman, this documentary helps us celebrate *International Migratory Bird Day*. Rated G

### May 16 **The Theory of Everything** (2014)

2 hr, 3 min. Set in 1960s at Cambridge University, the true story of Dr. Stephen Hawking who meets and marries a fellow student, Jane Wilde (Felicity Jones). At 21 he is diagnosed with ALS. The young couple bravely moves on with life and defy the odds. Director, James Marsh. PG-13

### May 23 **The Imitation Game** (2014)

1 hr, 54 min. Set in 1939, this is the story of Alan Turing's work for the British Intelligence agency, M16. It is also the story of Turing's life and the discrimination heaped on him. Rated PG-13.

### May 30 **Frida** (2002) 2 hr, 3 min.

True story of Frida Kahlo and her husband Diego Rivera, the larger-than-life painters who became the most acclaimed artists in Mexican history, and whose tempestuous love affair, landmark journeys to America, and outrageous personalities made them legendary. Director, Julie Taymor. Rated R

**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> |
|---------------|----------------|------------------|-----------------|---------------|
| 9 – 6         | 9 – 6          | 9 – 6            | 9 – 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** –  
**May 13, May 27**

From 9:00 am to 11:00 am in the MRHS Tuttle Center, 100 La Salle, #MC.

**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's next meeting will be **Thursday, May 28 at 2:30 PM**.

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

The **MRHS Book Club's** next date will be **Wednesday, May 27 at 3:00 PM**, in the Tuttle Center. Discussion is on the novel, **The Tin Drum** by Gunter Grass. All are welcome to join this stimulating literary group.

**Writing from Life Experience** class meets this month on **April 8 and April 22**.

## Experimental Printmaking

Incorporating a variety of materials and techniques, discover the possibilities for creating a finished print, including collagraphy, engraving, and gelli prints. Materials and supplies provided. Led by artist/instructor **Paul Ferrara on Monday, May 11 from 2:00 PM to 4:00 PM, at MRHS.**

## MRHS Board Directors 2015-16

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

|                        |                |
|------------------------|----------------|
| Anne Burley            | Elise Rackmill |
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| Sharon Lockhart-Carter | Neil Rothfeld  |
| Barbara Clark          | Angela Schramm |
| Beatrice Hawkins       | Mark Speyer    |
| Victor Quintana        |                |

## MRHS Film Committee Presents

### **First Wednesday Films**

Next screening on May 6 at 7:30 PM

Featuring: **Killer of Sheep**  
(1977) 1 hr., 23 min.

Landmark urban drama of African-American life in the Watts neighborhood of Los Angeles through the eyes of a slaughterhouse worker. Paints a picture of economic exclusion and muted hopes dusted with moments of transcendent joy. Directed by Charles Burnett. Not rated.

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

## Spring Cleaning?

### **Remember the Ebay Program!**

Getting ready to go through the apartment for spring-cleaning? Keep the Ebay Program in mind! We are currently accepting donations of high-quality items including antiques, jewelry, china, and artwork. So far we have raised over \$5000. All proceeds allow MRHS to continue providing their social work and health care services to residents of Morningside Gardens.

If interested in donating please call Paul at 212-666-4000. Remember, all donations are tax deductible. You can see the items currently listed by following the ebay links on www.mrhsny.com. Thank you for supporting this very exciting volunteer enterprise.

## 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.

## Great Decisions 2015

On **Tuesday, May 5 at 7:00 PM** the Great Decisions Program will continue the 2015 program with a discussion on the topic "India Changes Course."



**Gil Morahg** is the program facilitator for this evening's presentation. Meetings are in the **MRHS Tuttle Center**.

**MRHS has a few free tickets for the Cecelia Chorus of New York concert on Saturday, May 2, 8:00 PM, at Carnegie Hall. It's an all Beethoven program. Please call us at 212-666-4000.**

### ***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 15).

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 Still Needs Your Help

MRHS needs your help ... by filling out a survey that should take no more than 15 or 20 minutes, if you haven't done so already. MRHS was recently awarded a six-year NORC contract by the Department for the Aging. Our contract stipulates that we will implement the Health Indicators Project. We are being asked to have 200 Health Indicators surveys completed by residents over the age of sixty. Everyone over sixty is asked to participate, regardless of your health status. We have already completed about 120 surveys, leaving about 80 to go.

The purpose of the Health Indicators Project is to gather data to demonstrate the effectiveness of NORC programs. Many of you have filled out the survey before, but this is a new round of data collecting. Unlike in the past, you do not have to meet with an MRHS staff person to take the survey. You can fill it out on your own at MRHS or at home.

Once the surveys are completed by the due date of June 30, they will be analyzed so that MRHS will be able to determine a health issue of concern, such as falls, diabetes, or heart disease, for additional attention. If your survey demonstrates that you are vulnerable to the health issue of concern, you can *voluntarily* participate in an *evidence-based program* that addresses the issue.

But for now we just want to concentrate on having the surveys completed. So we will be hosting another "**Come Fill Out A Survey, Part 2**" day on **Monday, May 18, from 10:00 AM to 4:00 PM**. You can come to MRHS, enjoy some refreshments, and fill out a survey. MRHS staff people will be available if you need help. At the end of the day everyone who has completed a survey will be entered into a raffle for a **\$25 Gift Certificate to Bettolona's Restaurant**. It should be fun and you'll be doing your part to help out the MRHS Community!

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

# Arthur French To Direct "Fences" By August Wilson

## For The Morningside Players

Welcome Cooperators, family and friends!  
From May 7 to 24, The Morningside Players will present "Fences," the Pulitzer and Tony Award-winning play by August Wilson, directed by Arthur French, a stalwart veteran of Broadway and Off-Broadway who is also a prime interpreter of August Wilson's plays.

The play is part of Wilson's ten-part "Pittsburgh Cycle" plays and won the 1987 Pulitzer Prize for Drama and the 1987 Tony Award for Best Play. Troy Maxson is a former star of the Negro baseball leagues who is now working as a garbage collector in 1957 Pittsburgh. Excluded from the major leagues during his prime, his bitterness takes a toll on his relationships with both his wife and his son who now wants his own chance to play. Troy has gone through life in an America where to be proud and black is to face pressures that could crush a man, body and soul. But the 1950's are yielding to the new spirit of liberation in the 1960's, a spirit that is changing the world. He has learned to deal with the only way he can: with a spirit that is making him a stranger, angry and afraid, in a world he never knew and to a wife and son he understands less and less.

Director **Arthur French** is a leading figure in Black Theater in NYC. In a career spanning over 50 years, he has worked extensively with the Negro Ensemble Company and has acted a wide variety of roles both on and off Broadway.

The actors are Jordan Brown as Troy Maxson; Morningside Gardens resident Carol Carter as his wife, Rose, Sean C. Turner as his friend, Jim Bono; Michael A. Jones and Nicholas Miles Newton as his sons, Lyons and Cory; Craig Anthony Bannister as his brother, Gabriel and Morgan Hallums as his illegitimate daughter, Raynell. Set design is by Michael Mahaney. Costume design is by Katherine Roberson. Lighting and Sound design are by Patrick Mahaney.

*(continues above right)*

Tickets \$15 Seniors and Students \$12.  
Advance tickets (strongly suggested!) available at [www.brownpapertickets.com](http://www.brownpapertickets.com) or through building reps TBA. Some tickets at the door but no guarantee. So, purchase early.

## Valley Shepherd Creamery And Lunch

Come join MRHS on a guided tour of the Valley Shepherd Creamery in Hunterdon County, New Jersey. On this Spring Lambing Tour see hundreds of fluffy white little lambs. We will begin the visit at the Sheep Shoppe, where the guide will introduce us to the farm through specially made movies that describe milking, cheese making and shearing. Through glass windows look into their state-of-the-art barn with automatic feeding belts. We will taste a few of the famous Valley Shepherd cave aged cheeses, and then take a short walk to the lambing house, where there are hundreds of newborn lambs frolicking.

Following the lambing tour we will have an award winning lunch, which is included, at the Long Valley Pub and Brewery, which resides in a breathtakingly restored 200 year old barn. Reserve today by calling MRHS at (212) 666-4000!

**DATE: Thursday, May 7    PRICE: \$60.00**  
**DEPART: 9:00 AM        RETURN: 5:00 PM**

## Beatrice Goldberg Lecture

The West Side Inter-Agency Council for the Aging (WSIACA) invites you to ***The 25<sup>th</sup> Annual Beatrice M. Goldberg Lecture*** on **Thursday, May 21 at 9:00 AM** at the **Jewish Home Lifecare Auditorium, 120 West 106<sup>th</sup> Street.** ***Bruce Jennings***, *Director of Bioethics at the Center for Humans and Nature*, will speak on "Ethics and Aging: A Forty Year Perspective with Hope for the Future."

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***Save the date: June 25, 10:00 – 1:00, the Elder Smile Program is coming to MRHS.***

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