

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

**President: Eileen Canty**  
**Executive Director: Ronald Bruno**

## 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 6 at 1:00 PM**  
**MRHS Tuttle Center, 100 La Salle, #MC**

## Dances For A Variable Population

MRHS is excited to offer an inter-generational dance program thanks to the generous support of the UJA Federation of New York and

***Dances For A Variable Population.*** The program will be done in collaboration with children from the Grant Houses. Participants will do the movements from a chair making it easy for almost everybody to do the exercise.

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.

Classes will meet on **May 6, 13, 20, 27 at 4:30 PM in the Thurgood Marshall Room, 80 La Salle, 1<sup>st</sup> floor.**

## Visit Innisfree Garden In Millbrook, NY

Join MRHS for a visit to the **Innisfree Garden**. Recognized as one of the "world's ten best gardens," Innisfree is a powerful icon of mid-twentieth century design. Over fifty years in the making, it is the work of landscape architect *Lester Collins*, FASLA (1914 – 1993).

At its core, **Innisfree** is about the individual's experience in nature. Inviting exploration and even contemplation, Collins' sweeping landscape merges the essence of Modernist and Romantic ideas with traditional Chinese and Japanese garden design principles in a form that evolved through subtle handling of the site and slow manipulation of its ecology. The result is a distinctly American stroll garden — a sublime composition of rock, water, wood, and sky achieved with remarkable economy and grace.

A picnic lunch at **Innisfree Garden** is included.

**DATE:** Wed., May. 18

**DEPART:** 9:30 AM

**PRICE:** \$60.00

**RETURN:** 5:00 PM

## MRHS Board Directors 2016-17

Eileen Canty, President

Maureen Knapp, Vice-President

Conor Gaffney, Treasurer

Victor Quintana, Secretary

Anne Burley

Elise Rackmill

Sharon Lockhart-Carter

Cynthia Rock

Susan Chimonas

Neil Rothfeld

Barbara Clark

Angela Schramm

Peter Dewey

Mark Speyer

Ozior Muhammad

## Director's Column

### Health Indicators

More than two hundred Gardens residents over the age of sixty completed a Health Indicators survey this past year. The data from the survey have been analyzed and indicate that "Falls" is the health condition that presents the greatest risk to our older adult population. Consequently, we will be scheduling programs that promote Falls Prevention.

In addition, if you completed a survey and were determined to be at risk for a fall, you will be receiving, or have already received, a call from an MRHS social worker or nurse. You will be offered the opportunity to take part in a program whereby the MRHS nurse, Marie Phillips, monitors certain "indicators," such as blood pressure and medications, which have been shown to be related to falls and, if monitored, promote falls prevention. I urge you to take advantage of this preventive program, as falls are now recognized to be a major cause of morbidity in the older adult population.

### MRHS Renovation

MRHS Renovation plans have been moving forward in recent months, with financing for the project and the approval process taking shape. We continue to look forward to providing the Morningside community with a new program and office space that will add value and charm to the surroundings.

Designed by the innovative architectural firm, HWKN, the new space will embody universal design principles, meaning it will be user-friendly for an older adult population while promoting an inspiring aesthetic. Lighting, textures, color patterns, acoustics and materials have all been carefully considered by the MRHS Real Estate Transition Committee, currently chaired by Building VI resident, MRHS board member and architect, Cynthia Rock. While ground-breaking is still a few months away, the committee is busily laying the groundwork for the renovation which, when completed, will serve the community for many decades to come.



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

## Saturday Afternoon Movies

**May 7 Grand Hotel** (1932) 1 hr, 52 min  
A group of very different individuals staying at a luxurious hotel in Berlin deal with each of their respective dramas. Staring Greta Garbo, Joan Crawford, John and Lionel Barrymore, Wallace Beery. Directed by Edmund Goulding. Won an Oscar for best picture. Rated Passed.

**May 14 Billy Elliot** (2000) 1 hr, 50 min  
A talented young boy becomes torn between his unexpected love of dance and the disintegration of his family. Stars Jamie Bell, Julie Walters, Sean Heywood. Directed by Stephen Daldry. Nominated for 3 Oscars. Rated R

**May 21 Brooklyn** (2015) 1 hr, 51 min  
An Irish immigrant lands in 1950's Brooklyn where she quickly falls into a romance with a local. When her past catches up with her, she must choose between two countries and the lives that exist within each of them. Directed by Jack Crowley. Rated PG 13.

**May 28 Gone Girl** (2015) 2 hr, 28 min  
With his wife's disappearance having become the focus of an intense media circus, a man sees the spotlight turned on him when it's suspected that he may not be innocent. Starring Ben Affleck, Rosamond Pike and Neil Patrick Harris. Mystery/Drama directed by David Fincher. 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:

Monday	Tuesday	Wednesday	Thursday	Friday
8 – 6	9 – 6	8 – 6	8 – 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 on Wednesday,**

May 11 and May 25

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 May 19 at 2:30 PM in the MRHS Tuttle Center.

**"Later Life Transitions"** group's next meeting will take place on Thursday, May 5 at 3:00 PM.

The **MRHS Book Club's** next meeting is Wednesday, May 25 at 3:00 PM. The group will discuss ***A Tale of Two Cities* by Charles Dickens**. Everyone is welcome!

## Book Club News

### Why Do We Read?

The MRHS Book Club's next meeting is Wednesday, May 25 at 3:00 PM in the Tuttle Center. This month the selection is ***A Tale of Two Cities*** by Charles Dickens. Everyone is welcome.

Good books stimulate feelings and thought relating to our own lives. Dickens' great narrative around the French Revolution and conditions in the England of his time may lead to reflection on our present political and social context.

## Neuroscience Wednesdays

For the next installment of *Neuroscience Wednesdays*, Building VI resident and neuroscientist **Tiana Leonard** will lead a discussion on **"Bipolar Disorder."**



**Wednesday, May 11 at 7:00 PM**  
**MRHS Tuttle Center, 100 La Salle, #MC**

## John Seaman's Liberty Salons

For the first Liberty Salon in May, John Seaman will lead a tour to join **Joe Delfausse**, an officer of the *American Astronomical Association*, to do some sky-watching through five large telescopes on the Highline in Chelsea on 14<sup>th</sup> Street. **Date: Tuesday, May 17**, weather permitting. Arrive at sundown (8:00 PM).

We will mostly look at Jupiter and the Moon. We will meet John at 5:30 PM in the lobby of Building 5 (501 W. 123<sup>rd</sup> Street) to take the subway to 14<sup>th</sup> Street or the #11 Bus to 14<sup>th</sup> Street. There is an elevator to the Highline. After the viewing, there is an option for dinner and discussion at a nice restaurant in Chelsea, or you can go straight home. We prefer that you call ahead to John Seaman, 212-866-4360.

For the second Salon the popular **Penelope Karageorge** will return to give a poetry workshop. Her past salon programs were very successful. She will read some of her own works and lead a workshop on writing poetry. She will also have copies of her latest book available for purchase for those who may be interested.

This program takes place in the MRHS Tuttle Center, 100 La Salle, #MC from **7:00-9:00 PM on Friday, May 20**. The program includes light refreshments.

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

## Printmaking Group

The newly formed art group, *The Printmakers*, is holding an open house on Thursday, May 12 from 2:00-4:00 PM to invite the larger community to join us in exploring various printmaking techniques.



All tools, paper, and ink will be provided, so just bring your ideas! No experience necessary. Please RSVP with the MRHS office at 212-666-4000.

## 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 2016

On **Tuesday, May 3** at **7:00 PM** the Great Decisions Program will continue the 2016 program with a discussion on "Migration." **Kenneth**

**Thomas** 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.)



## Men: A Message For You!

We thought you should know that we have a working **MEN'S GROUP** at MRHS. We meet on the first Wednesday of every month. The next lunch meeting will take place on **Wednesday, May 11 at 1:00 PM** in the **Thurgood Marshall Room, 80 La Salle Street, Ground Floor**. The cost of lunch is \$10.00, payable to MRHS.

Thank you to all who attended our April lunch meeting. We had a guest speaker, Dr. Bob Berookhim, a urologist at Dr. Correa's office, who offered an enlightening presentation and answered questions from our members.

Please contact MRHS at 212 666 4000 if you are interested in joining the May 11th lunch meeting.

## 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 a date to be announced in the Thurgood Marshall Room, 80 La Salle, 1<sup>st</sup> floor.**

## 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 20, 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.***

## What's Behind the Red Door?

It's the Porter's Closet where residents recycle. **Let's Green it properly!** There is a short bin, a tall bin and a shelf. What goes where?



**First, all items must be clean to keep bugs away, then -**

### **SHORT BIN –**

**Metal** includes cans, hangers, foil

**Glass** –bottles, jars only

**Rigid Plastic**—milk and juice containers, Plastic knives, forks, spoons, cups, bottles, take-out plastic food containers

### **TALL BIN --**

Mixed paper and non-corrugated cardboard

Cardboard egg cartons

Flattened pizza and shoe boxes

### **SHELF**

Newspapers and Magazines

### **Do Not Put in Closet --:**

Styrofoam, Hardcover books

Ice cream containers

Waxed, soiled or soft paper

### **PLASTIC BAGS**

**Plastic bags**-may be recycled at local stores or you use them for trash to put in chute.

***Submitted by the MG Green Committee***

## Jobs for Professionals 55+

***InSynergy***, the newly launched nonprofit, full-service staffing agency, is focused on placing 55+ job seekers to work for NY metro companies in full-and part-time positions.

***InSynergy*** selects, pre-screens and assesses each candidate to find the appropriate skills, experience and expertise match for any requested role and organization. For more information, please contact [lgold@fedcap.org](mailto:lgold@fedcap.org)

## 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 a variety of programs designed to keep the body and brain challenged.

**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 who could benefit from our program, contact *Elizabeth Fine, LCSW*, at 917-656- 0558 or *Margaret Bianchi*, at the MRHS office 212-666-4000. We look forward to meeting you!

## Cecelia Chorus

The Cecelia Chorus has invited 12 MG seniors and their friends to have free tickets to their spring concern in Carnegie Hall. The program is Beethoven's ***MISSA SOLEMNIS***, ***taking place on Friday, May 6, 2016 at 8:00 p.m.*** Please call the MRHS office at 212-666-4000 for tickets while they are still available.

## Enjoy a Philharmonic Concert Evening at a Discount

John Seaman is hosting another discount concert evening at the New York Philharmonic. Exclusive privileges in the EAST (not West) Patron's Lounge (orchestra level Broadway side) are included. This means free drinks (wine, Pellegrino water, coffee, chocolates.) The concert takes place on **Saturday, May 14, at 7:15 PM**. Tickets are \$29.50 each (25% discount). The program takes place at **David Geffen Hall**. The seats are **3<sup>rd</sup> tier box seats**. If you would like tickets, please call the MRHS office at 212-666-4000.