

Healthy Living for Your Brain and Body

Presented by the Alzheimer's Association

For centuries, we have known that the health of the brain and the body are connected. Now, science is able to provide insights into how to make lifestyle choices that may help keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and incorporate these recommendations into a plan for healthy aging.

Thursday, May 27, 1:00 to 2:00 PM

Via Zoom (*link will be provided*)

MRHS's "Great Movies" Series

"A Man Escaped"

(1956) 1 hr., 41 min.

Based on an imprisoned French Resistance leader's account, this unbelievably taut and methodical marvel follows the fictional Fontaine's single-minded pursuit of freedom, detailing the planning and execution of his escape with gripping precision.

One of the most suspenseful jailbreak films of all time, but Robert Bresson's film is also a work of intense spirituality and humanity. With English subtitles.

Thursday, May 20, 2:00 PM via Zoom

Contact MRHS for the Zoom link.

This monthly showing continues the longstanding program of MRHS film presentations, but on Zoom. The film showings may include an introduction and discussion afterwards.

Music Appreciation Class

*Marc Peloquin, Instructor,
Bloomingdale School of
Music*



Spring Music Series Schedule Via Zoom

You must confirm your virtual "attendance" in advance by calling 212-666-4000 or emailing Margaret Bianchi at margaretb@mrhsny.org. You will then be sent the Zoom link for the class each week.

Music Of The Harlem Renaissance May 7-28 (Fridays, 1:00 PM - 2:30 PM)

This class will explore the rich history of the Harlem Renaissance and its legendary musicians. We will listen to and discuss such figures as Duke Ellington, Ella Fitzgerald, Ethel Waters, and Louis Armstrong.

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 "**Brexit and the European Union**" hosted by Building II resident Sarah Eggleston.

Please contact Margaret Bianchi at 212-666-4000 or MargaretB@mrhsny.org to receive the link or look for it in an email blast from MRHS.

Tuesday, May 4, 7:00 PM Via Zoom

Upcoming Great Decisions 2021 Topics

- June 1: Struggles Over the Melting Arctic
- July 6: China's Role in Africa
- August 3: The Korean Peninsula
- October 5: Roles of International Organizations in a Global Pandemic
- November 2: The End of Globalization?

Director's Column

As most of you know, MRHS relies on funding from the state and the city to carry out its mission. Funds provided by the city's Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) are used primarily for the salaries of MRHS staff, who deliver the services and develop the programs that are at the core of our mission. Every six years or so DFTA issues an RFP (request for proposals) for NORC Programs, which kicks off the competitive process that results in the selection of certain organizations to create (or continue) NORC Programs throughout the city. That time has arrived in April, and MRHS looks forward to submitting its application proposal so that we can carry on our work at Morningside Gardens at current levels.

Various items may be submitted in support of an organization's proposal, including letters of support from the community. If you would like to write a letter of support, especially if you have received services from MRHS, please contact me at ronb@mrhsny.org or 212-666-4000. We will also be sending out a survey that we ask you to complete, either online or in person.

On another note, I had the opportunity to interview former Building VI resident Joy Carol from Florida one April evening. Joy had to move to Florida to be near the Mayo Clinic branch where her specialist for Paraneoplastic Syndrome (PPS) practices — PPS, triggered by Joy's immune system's response to cancer, is the very rare condition that Joy contracted eight years ago.

Joy's story is inspiring and colorful, including her coming to terms with her new disability. The interview was recorded by MRHS's Volunteer Coordinator, Paul Fleischmann, and can be viewed by going to the MRHS website at www.mrhsny.org.

Ron Bruno

Happy May Birthday!!

To: Robin Berson, Laura Brown Sands, Eliza Chiu, Anne Ellis, Marie Louise Guinier, Ronald Jackman, Leslie Kiss, Tina Lal, Patricia Marsella, Elizabeth Mellen, Herb Michael, Gil Morahg, Dan Morgan, Irwin, Ronson, Ray Saunders, Lorna Sheldon, Jana Titus, Martha Trezevant, and Marion Wright.

Contact Information

The MRHS program space is still closed to the community but staff is available by calling 212-666-4000 or by email:

Ron Bruno – ronb@mrhsny.org

Joanna Stolove – joannas@mrhsny.org

Saudia Garnette – saudiag@mrhsny.org

Stacia Steen – stacias@mrhsny.org

Margaret Bianchi – margaretb@mrhsny.org

Paul Fleischmann – paulf@mrhsny.org

MEN: A Message for YOU!

The next Men's Group will take place via Zoom on **Wednesday, May 26 at 1:00 PM.**

Please email Margaret Bianchi at

MargaretB@mrhsny.org or call **212-666-4000** to RSVP. The group provides a great opportunity to make new friends, learn, and have fun. Newcomers are always welcome to join the group.

Face Masks

MRHS has a variety of face masks available provided by the NYC Department for the Aging (DFTA) and a generous donor. If you need a mask, please call MRHS at 212-666-4000 and we will arrange a time for you to come by and pick them up.

***** 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***

Current MRHS Online Classes

MONDAY

Stronger Seniors Workout

(Strength & Stretch), 10:00am – 11:00am

Concerts In Motion

(live classical music), 11:00am – 12:00pm

Writing Group

2:30pm - 3:30pm

TUESDAY

Life Story Workshop

11:00am – 12:00pm

Great Decisions

7:00 – 8:30pm, meets monthly

WEDNESDAY

10 Years Younger Workout

(Cardio & Aerobics), 10:00am – 11:00am

Concerts In Motion

(live Chinese music), 1:00pm – 2:00pm

MRHS Men's Group

1:00pm – 2:00pm, meets monthly

MRHS Book Group

3:00pm – 4:00pm, meets monthly

Memory Tree

3:00pm – 5:00pm

THURSDAY

MRHS's "Great Movies" Series

2:00pm, monthly

Shakti Yoga

5:00pm - 6:15pm

FRIDAY

ZUMBA Workout

(Cardio & Dance), 10:00am – 11:00am

Music Appreciation Class

1:00pm – 2:30pm

Programs may be joined by going to www.mrhsny.org, clicking the "Virtual Online Classes" button and then clicking on the Zoom link for the class you would like to join.

To join programs that do not have Zoom links listed, or if you would like to attend a class by telephone, or otherwise need help, please contact MRHS at 212-666-4000.

In Memoriam: Phyllis Mais

(1922-2021)

By Michael and Michele Mais

It is with great sadness we announce the passing of **Mrs. Phyllis L. Mais**. Born in Jamaica West Indies, she came to the US after the second World War. She met Dr. Edward L. Mais in NYC, married him, and had two children. They were one of the first families to move into Morningside Gardens in 1957. Unfortunately in 1962 Dr. Mais passed away, but his brave wife carried on. She found employment in the Medical Records Department at Cabrini Hospital. She put her daughter through private school and her son through college and law school, all the while keeping the family economically stable and comfortable.

In her declining years she developed dementia, but with excellent health care by Liza Criss, Chandra and Mavis Ramnath, she was kept healthy, happy and cozy at home. She will be remembered as hardworking, honest, direct and strong. A survivor who loved her family and friends fiercely.

Rest Well Mamacita,
Love, Michael and Michele Mais

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 21, 2021). 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 thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for making these programs possible.

In Memoriam: Mary Lanning

We are sorry to report the passing of Building II resident Mary Lanning, a good friend and supporter of MRHS. An activist nun for over 60 years, Sister Mary founded **YES!Solutions**, a grassroots neighbor-to-neighbor service organization based in Harlem, to aid community members in need.

Through YES!Solutions, volunteers support their neighbors who are homeless, elderly and alone, out of work, formerly incarcerated, suffering from addiction, living in poverty, grieving; those who fall through the cracks, unable to access public and private services; those who are isolated. Volunteers prepare meals for the hungry, visit the lonely, bring blankets and clothing to the homeless, give solace to those bruised by the criminal justice system, provide low-income children with back-to-school backpacks, organize get togethers for those new to the US, and help young people prepare for college and careers.

Mary's goal was always to encourage us all to "bring a little kindness to the streets." She will be greatly missed by the Morningside Gardens community.

Tours At the Horticultural Society of New York

The Horticultural Society's greenhouse and gardens in Denny Farrell Riverbank State Park is offering tours. On Saturdays throughout May and June, they will be providing free tours to the community of their herb and vegetable garden, as well as the pollinator garden. The tours are just under an hour and involve some walking.

The gardens and greenhouse are located roughly a six-minute walk from the entrance of Riverbank. The tours are being offered at 10:00 am and noon. If you have any questions, please contact the "Hort" at education@thehort.org or at 917-902-3940.

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

MRHS Book Group

The next scheduled virtual gathering of the Book Group via Zoom is set for **Wednesday, May 12 at 3:00 PM**. The group will discuss the novel, *Loitering with Intent* by **Muriel Spark**. All are welcome.

For further information contact MRHS at **212-666-4000** or by email to Margaret Bianchi at margaretb@mrhsny.org.

Kundalini-Shakti Breath Powered Yoga: Spring 2021

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 15 years.

If you need help using Zoom, do not hesitate to let us know at 212-666-4000.

Thursdays until June 17
Time: 5:00 PM to 6:15 PM
Via Zoom

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

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