



## Echoes of Our Ancestors African-American History & Song

**Tami Tyree** is a singer, actress, music historian, teaching artist, and activist. A Fine Arts graduate of

Howard University, she felt the need to preserve and teach the music of the black experience in America while tracing the evolution of the African American in the United States. It has become, over the past five years, a curriculum and multi-media performance and history program called *Echoes of Our Ancestors*. Ms. Tyree has taught and or performed for culturally diverse audiences ranging from elementary school to senior adults.

### 2013 marks the 150<sup>th</sup> anniversary of The Emancipation Proclamation and the 50<sup>th</sup> anniversary of The March on Washington.

*Echoes of Our Ancestors* will pay special musical tribute to both monumental occasions. Ms. Tyree's endeavors will bring together music that has endured and is a mainstay in the musical repertoire of those who wish to remember the struggle, the conflict, and ultimate victories; as we celebrate the accomplishments of Americans of African descent who make the United States the great nation it is today.

Honoring **Black History Month**, Tami Tyree will do a concert for MRHS on the theme: "Songs of Strength: Victorious songs of the African American experience from slavery into the 21st century."

**Wednesday, February 13, 7:00 PM**  
Recreation Center, 100 La Salle,  
basement level

## Art Workshop Starting Up!

MRHS will be offering a special six-week drawing class to be taught by artist and instructor **Francine Perlman**. This class is for beginners as well as more advanced students, with attention paid to each participant. Materials will include charcoal, pastels, and pencil. Ms. Perlman has taught at City College. Her drawings and sculpture have been shown at exhibitions and galleries, including the Ceres Gallery in Chelsea. Classes begin on **Wed., February 20** and will be from **2:00 to 4:00 PM**. Six sessions cost \$50. Call MRHS at 212-666-4000 to register as space is limited.

## Brooklyn Museum Trip

**Black History Month** continues... Our first stop is the **Brooklyn Museum** for a guided tour of the first solo exhibition in a New York museum by the globally renowned **African contemporary artist El Anatsui**. This show will feature over 30 works in metal and wood that transform appropriated objects into site-specific sculptures. Anatsui converts found materials into a new type of media, combining aesthetic traditions from his birth country, Ghana; his home in Nsukka, Nigeria.

Following the exhibition, we will have lunch at the famous **Peter Luger Steakhouse**. Lunch includes a choice of Roast Prime Ribs of Beef, Filet of Sole or Chopped Steak and a non-alcoholic beverage.

**DATE: Friday, March 1 PRICE: \$50.00**  
**DEPART: 10:15 AM RETURN: 4:00 PM**

***Congratulations to MRHS Assistant Director Joanna Stolove on the birth of her baby daughter, Gabriella, on January 12!***

## Director's Column

Whenever I list MRHS highlights from the prior year I feel compelled to point out that we shouldn't forget all the day-to-day activities that don't get listed. I'm referring to MRHS nurse Marie Phillips' ensuring that someone is discharged from the hospital safely and the transition back to the community goes smoothly; or an MRHS social worker's assisting with someone's bill-paying and checkbook-balancing so she can remain living at home; or Office Manager Margaret Bianchi's ordering needed medical supplies or making copies for someone; or an MRHS volunteer's escorting someone to a doctor's appointment.

The more visible highlights from 2012 include MRHS's acquisition of the apartment across the hall from the present Tuttle Center. This will enable MRHS to provide additional programs to the community and develop a new vision of what aging services look like. Nurse Marie Phillips has already moved into the new space, consolidating operations, and the space has been used to absorb overflow meetings from the cramped Tuttle Center.

Other highlights from 2012 include the Productive Aging series developed by social worker Paul Nikolaidis. This series brought to MRHS leaders in the fields of lifelong learning, volunteerism, employment opportunities and entrepreneurship for elders, as well as Productive Aging leader, Dr. Ada Mui from Columbia University.

Black History Month included three programs. In addition to a program on the black church and a trip to the Apollo Theater, MRHS paid tribute to two legends who lived in our community --- Dr. Muriel Petioni, family physician who served the Harlem community since the 1930's, and Robert Carter, federal judge and "a leading strategist and a persuasive voice in the legal assault on racial segregation in 20th-century America" (*Times*).

For a complete list of 2012 highlights, please come to the MRHS office. We thank all our volunteers, including MRHS board members, for their work and support!

## Happy February Birthday!!

To: Mary Elder, Ann Jackson, Mary Jacobs, Nancy Jalet, Joanna Kapner, Charles Koppelman, Marie Ledoux, Iona Lutey, Emily Maruoka, Annie Petrus, John Ryan, Sandra Saunders, Annette Sims, Hilah Thomas, and Marion Yeh.

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 February are all invited to our Birthday Party! Come on **Tuesday, February 19, 2013 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**Feb. 2 Red Hook Summer** (2012) 2 hrs, 1 min. A "Spike Lee Joint"--A middle class youngster from Atlanta finds his world changed during a summer with relatives in a Red Hook housing project. A real treat and harkens back to director Lee's original success, "She's Gotta Have It". Rated R

**Feb. 9 Certified Copy** (2010) 1 hr., 36 min. Set in Tuscany, Juliette Binoche is the French woman, Elle, who encounters a middle aged British writer visiting to promote his latest book. She encourages him to visit Lucignano; while there, a chance question reveals something deeper. NR; in French w/subtitles.

**Feb. 16 To Rome with Love** (2012) 1 hr., 52 min. Woody Allen is a cast member in his latest romantic comedy; full of affection for the motley patchwork of Italian culture, this amusing little film blends the plausible and the surreal and revels in pure silliness. Others in the cast include Alec Baldwin, Penelope Cruz, Jesse Eisenberg. Rated R

**Feb. 23 Days of Heaven** (1978) 1 hr., 45 min Directed by Terence Malick (of *Tree of Life* and *The New World* fame), a farm laborer (Richard Gere) pushes his lover (Brooke Adams) into a plot against his wealthy boss (Sam Shepard). The film is regularly lauded as one of the most visually beautiful movies of all time. Rated PG

**Mar. 2 Dr. Seuss' The Lorax** (2012)  
**POPCORN WILL BE SERVED—Bring your child or grandchild!!** Rated PG-Age 5+

**Movies start at 2:00 PM. Please arrive early.  
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 – 5  | 9 – 5   | 9 – 5     | 9 – 5    | 9 – 5  |

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

Next on February 6, February 20.

**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 this month takes place on **Thursday, February 28 at 2:30 PM** in the Tuttle Center.

**"Later Life Transitions"** group meets this month on **Thursday, February 14 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be take place on Wednesday, February 20 at 3:00 PM in the Tuttle Center. The discussion is on **Mockingbird: a Portrait of Harper Lee** by Charles J. Shields. All are welcome to participate.

**Supper Club** February date is to be announced soon. Look for the notices in your lobby.

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## Storytelling Project

Do you have a story you want to share and record about your childhood or past life experiences? MRHS is continuing a yearlong storytelling project. We will be collecting stories centered on the theme *Young at Heart*. Please call **Laura Avila, Social Work intern**, at 212-666-4000 for more information.

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## Great Decisions Program

On **Tuesday, February 5 at 7:00 PM** the Great Decisions Program will begin the 2013 program with a discussion on "The Future of the Euro." *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 2013 program (\$20.00).

## Spring Silent Auction

On the evening of **Friday, April 12**, we will be holding a Silent Auction to raise funds for the programs and services at MRHS. We welcome donations of items that are valued at more than \$50. Please contact Ron Bruno at MRHS for more information.

## Low Vision Support Group

The MRHS Low Vision Support Group will be meeting on **Tuesday, February 5 from 3:00-4:00 PM and on Tuesday, February 19 from 3:00-4:00 PM**. This group will share ideas, tips, and resources for productive living. Please come help us explore low vision activities and trips for future group meetings. Please contact Social Work Interns, **Laura Avila and Ariel Kaplan**, at 212-666-4000 with any questions.

## 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, February 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.***

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

## Technology for You

The next MRHS "techNet" meeting will be a presentation by **Robert Marcus** on **Thursday, February 21 at 7:00 PM on E-Books and More at the NY Public Library**. Did you know that the NY Public Library has e-books, audio books, music, video, and more that you can download and view on your home computer, mobile device or e-Reader? We'll discuss the varied content the New York Public Library has to offer and how you can go about gaining access. It is not a requirement to own a mobile computing device or home computer to come to this event. If you do have a laptop, tablet, or smart phone, then bring it with you. We will discuss the various computer platforms and software needed to get to this treasure trove.

Also, for future reference, *Marcia Clarkson* or *Mike Davidson* will be happy to assist MHHC residents in using the iMac, iPad or iPhone. Please call Margaret Bianchi (212-666-4000) to set up an appointment to meet at MRHS.

For more information about any of the above, or to be added to our email list, send a message to [DrMichaelSDavidson@Gmail.com](mailto:DrMichaelSDavidson@Gmail.com) or call the office.

## Chair Yoga with Jana

This class offers yoga, meditation, and directed breathing. Stretch, move & breathe, in a way that generates energy instead of consuming it, all the while teaching you concentration techniques. This approach to yoga is therapeutic in its effect; the central focus in practice is the flexion and extension of your spine, and the easing and deepening of your breathing.

The overall benefit is of increased strength, flexibility, circulation, postural alignment and concentrative focus. This class is suitable for everyone. The class is taught by long-time Yoga teacher and Morningside resident, *Jana Titus*. The eight session series begins on **Thursday, February 7, 11:00 AM to Noon**. *\$25 Registration Fee. For month*

## Notes from the Nurse: Hypertension

Most of the time, hypertension (high blood pressure) is "silent," which means you feel no symptoms. That's why people have high blood pressure and not even know it. It's important to know that uncontrolled hypertension can raise your risk of heart attack, stroke, kidney disease, and even cognitive complications.

Hypertension is usually defined as having a systolic blood pressure (the top number) of 140 mmHg or higher and a diastolic blood pressure (lower number) of 90 or higher. Normal blood pressure is considered 120/80 or lower, and anything between normal blood pressure and high blood pressure is a condition known as "pre-hypertension," which should be a warning to take steps to bring down your blood pressure before your numbers elevate.

MRHS offers free hypertension screening and monitoring on alternate **Wednesdays from 9:00 AM to 11:00 AM**, at the **Tuttle Center at 100 La Salle Street**. You do not need an appointment. You can have your blood pressure checked on the following days:

**February 6 and 20 and March 6 & 20.**

If you are not able to get to MRHS on those dates, you can contact the nurse, **Marie Phillips**, at **212-666-4000** to schedule an appointment for another date.

*Marie Phillips, RN, MPH*

## Ten Thousand Mornings

On Sunday, February 24, 2013 at 3:00 PM the Morningside Players will present **Ten Thousand Mornings** by Judson Levin as a staged reading in honor of Black History Month. Directed by Eric Coleman, the play re-enacts the fascinating, turbulent story of Frederick Douglass's life, John Brown's rebellion and the Civil War's consequences. There will be a special Historian Talk-Back and refreshments are included. The program is free to the public and takes place in the Recreation Center of Building 1.

**MRHS Donors to our Annual Campaign  
from December 21 to January 24.  
We raised more than \$41,000 this year,  
a new record! Thank you!**

Argueta, Luis and Jennifer *In Honor of Alba  
Zatz*

Arpadi, MD, Stephen and Terry Marx, MD

Back, Sara

Baldwin, William and Susan

Barlow, Theodra

Braunfeld, Daniel and Mara

Butler Mills, Marion

Cohen, Beverly

Coles, Constance and W. B. McKeown

Dalton, Elizabeth

De Paur, Norma

Gates, Deanna and Dennis Ferris

Haray, Eleanor

Hoffer, Bernard

Kerr, Marcella *In Honor of Anne Boggan*

Lederman, Steven

Lowry, Boyd and Mary *In Honor of Sarah  
Cunningham*

Mc Namara, Robert and Karl Heist

*In Honor of Peggy McNamara*

Meyers, Cynthia and Davis Bywaters

Paster, Wendi and Dan Lowenstein

Riffaterre, Lee and Frank Boyle *In Memory of  
Mimi Lamb*

Rooks, Jean

Sheldon, Albert and Merryl *In Honor of MRHS  
to help continue the wonderful programs*

Teffeau, Dorothy

Tholfsen, Ann and Trygve

Vician, Kris

Walrich, Joan *In Memory of Valerie  
Luizer*

Wang, Anthea and John *In Honor of Rita  
and Rush Pullium*

Wersan, Susan

Wink, June

Yaniv, Elaine

*And four anonymous donors.*

## **Exercise Research Study Get Moving!**

The Columbia University Medical Center Research Team is recruiting participants with sedentary lifestyles. Evidence suggests that aerobic training enhances cognitive function and delays aging-related memory problems. The study is focused on understanding how aerobic exercise helps cognition and the brain.

Participation includes free start-up YMCA membership, payment for testing sessions, and 30 day Whole Foods membership. To be eligible you must be ages 20 to 75, not currently exercising and in good health.

For more information call the **Columbia Research Team** at **(212) 851-5595**.

### **Local Businesses Support Our 60+ Residents**

Discounts are available from local businesses:

**Bettolona** – 10% discount

**Fairway** – 10% discount (65+, must take Fairway Shuttle from bus shelter near 90 La Salle St., Mon. at 1:00 PM, Fri. at 10:00 AM)

**Met Foods** – 10% discount (60+, Tuesdays and Thursdays only)

**susan sez "say it with cake"** – 10% discount (60+, Mon.-Fri.) + free delivery to residents of MG with \$15 or more purchase (510 W. 123<sup>rd</sup> Street, 212-864-9500)

**C Town (125<sup>th</sup> St.)** – 10% discount (65+, Tuesdays and Thursdays only)

**Claremont Chemists** – 10% discount (65+, non-prescription items)

***If you are a business or know of a business that offers discounts to our 60+ residents please let us know, and we will mention the discount in our Newsletter!***