



newsletter

March 1, 2013
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100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Rita Marie Pullium
Executive Director: Ronald Bruno

MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Wednesday, March 27, at 7:00 PM** in the **Building I Recreation Center**.

This year's meeting will include committee reports, introduction of new Board Members, Annual Report and other business. The Executive Director will comment on the work of the organization. A social hour follows with light refreshments.

All Gardens residents are invited to attend.

TimeBanksNYC A Free Resource for MRHS Volunteers

TimeBanksNYC is a free resource available to people who live, work, or play in New York City. It connects individuals and organizations that recognize that each person has talents to share, and that the overall community is strengthened when neighbors help one another.

For each hour a **TimeBanksNYC** member spends providing a service or sharing a skill with another member, they earn a "time credit" for the exchange. This "time credit" can then be redeemed for a service from another member in the network. MRHS volunteers can receive service credits for the volunteer work they are already doing by joining TimeBanksNYC! Attend a **TimeBanksNYC** orientation on **Tuesday, March 26 at 2:00PM** at **MRHS, 100 LaSalle Street, # MC**. Please see our special newsletter insert for more details.

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 and from 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. There are still a few places remaining.

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

Virtual Tour of Morningside Heights

On Thursday evening, **March 14, at 7:00 PM**, **Stuart Auslander** (Bldg. VI) will lead a presentation that will be a virtual tour of Morningside Heights and Harlem. The program will include a collection of photographs. Stuart is a NYC licensed tour guide who has worked for 9 years at Gray Line, the company that runs the red double decked buses up Amsterdam Ave. He also is a partner in a tour company that gives luxury tours and transit. He will bring as well his experience as a former history teacher. Please join us at **7:00 PM** in the **MRHS Tuttle Center, 100 La Salle, #MC**.

Why Should You Care About Your Legacy? by Rita Pullium

Why should you care about your legacy? Because you are a unique human being who lived and loved, laughed and cried, reached for dreams, cared deeply about people and ideas, and stood for values you believed would make the world a better place. Sometimes the drudgery of everyday living makes you forget all that. You live from moment to moment, and find it hard to imagine that you could leave "footprints on the sands of time" after you are gone. This is when you need to step back and think about what really is most important to you, how you want people to remember you, and what you will share with them so that your life will continue to have an impact indefinitely. This is when you create a legacy.

For many seniors, MRHS stands for cherished values such as independence in old age, a caring community, a helping hand, prudent planning, and life-long learning. Those who love MRHS and benefit from its programs would no doubt want to ensure that this wonderful organization be there for future generations of seniors. There is a simple way of standing for the values you and MRHS uphold, and to keep it alive and vibrant for others. Join the Legacy Society, remember MRHS in your will, and feel good knowing that what you no longer need someday will create a lasting impact, leaving your footprints on the sands of time.

Joining the MRHS Legacy Society is ultimately a statement of intention, intention that you will remember MRHS in your will. The Legacy Society form, available at MRHS, is neither a legal nor a financial document, and no dollar amount needs to be stated. However, this form, when signed and returned, informs MRHS that you take seriously the values behind its creation and will ensure that it stays alive for future generations of seniors.

Note: This article was revised from a similar article titled "Join the Legacy Society" which first appeared in the August 2010 issue of MRHS Newsletter. Some of those who responded to the original article have since left us, but their footprints remain. Last year Legacy Society members Moira Whittington, Winifred Shearer, and Dorothy Carter passed away. No doubt they would have wanted others to continue their legacy by participating in the MRHS Legacy Society. The work continues, and the need is more relevant than ever.

Happy March Birthday!!

To: Rosey Ahamad, Odete Bigote, Lingxiu Cao, Pao-Yung Chao, Soon Choi, William Ellis, Iretha Fletcher, Corinne Green, George Gruen, Rhoda Gruen, Alice Lilly, Jean McCardell, Sophie Onne, Edna Philiba, Beth Rocke, Mildred Roxborough, Meryll Sheldon, Dilia Solarzano, Rose Voisk, Eva Welch, and Lorraine Wilbourne.

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

Saturday Afternoon Movies

Mar. 2 Dr. Seuss' The Lorax (2012)

1 hr., 30 min. A 12-year old boy is on a quest to win the girl of his dreams, but to do so, he must discover the story of the Lorax, a grumpy and charming creature, who fights to protect the world. Animated. POPCORN WILL BE SERVED — Bring your child or grandchild!! Rated PG-Age 5+

Mar. 9 Oranges and Sunshine (2010)

1 hr., 26 min. Emily Watson heads the cast of this true story of Margaret Humphreys, a social worker who fearlessly brought world-wide attention to the British government's corrupt system of illegal deportation of children. Rated PG

Mar. 16 Spellbound (2002) 1 hr., 37 min.

Most people never knew spelling bees could be edge-of-your seat riveting before this documentary, following eight winsome teens competing for the spelling bee championship. Rated G

Mar. 23 The Rum Diary (2011) 2 hrs.

Freelance journalist (Johnny Depp) struggles to find a balance between the island culture of Puerto Rico and the expatriates who inhabit the island. A dynamic drama based on Hunter S. Thompson's novel of the same name. Rated R

Mar. 30 Beasts of the Southern Wild

1 hr., 31 min (2012) Set in the Southern Bayou community called the Bathtub, a father struggles against time as he tries to teach his little girl (Quvenzhané Wallis) skills she'll need after his death and an impending flood. The film has received four Oscar nominations. Rated PG-13

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 March 6, March 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 this month takes place on **Thursday, March 28 at 2:30 PM** in the Tuttle Center.

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

The **MRHS Book Club's** next meeting will be take place on Wednesday, March 20 at 3:00 PM in the Tuttle Center. The discussion is on **The Marriage Plot** by Jeffrey Eugenides. All are welcome to participate.

Great Decisions Program

On **Tuesday, March 5 at 7:00 PM** the Great Decisions Program will begin the 2013 program with a discussion on "Egypt: Navigating an Uncertain Transition." *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 or services** that are valued at more than \$50. Please contact MRHS for more information.

Supper Club News!!

The MRHS Supper Club event will resume **Friday, March 8 at 6:00 PM**. We are having an Italian dinner at **Bettolona**, which is located at 3143 Broadway. The cost is \$15 per person payable by check. To reserve your spot please call 212-666-4000. If you have any questions please do not hesitate to reach out to Ariel Kaplan, Social Work Intern.

Low Vision Support Group

The MRHS Low Vision Support Group will be meeting on **Tuesday, March 5 from 2:00-3:00 PM and on Tuesday, March 26 from 2:00-3:00 P.M.** 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.

On **Tuesday, March 5** there will be a guest speaker from the **New York Coalition on Aging and Vision**. 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 March 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.***

Technology for You

The next meeting is scheduled for **Thursday, March 21 at 7:30 PM.** Look for announcements on the program.

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, or to be added to our email list, call the office or send a message to DrMichaelSDavidson@Gmail.com.

Reading History Group to Discuss a New Book

The Reading History group will soon be starting a new book, ***The Art of Memory***, by Frances Yates (published in 1966). It is considered an important contribution to the history of ideas, and is admired for its clear and attractive style.

It is a book for people who are curious about the past and are willing to extend their curiosity beyond what is familiar. It goes back to a time long before printing, when serious thought took place in an oral culture.

Techniques to train and improve memory were invented to help public speakers and lawyers. Later the techniques evolved under the influence of changes in culture. ***The Art of Memory*** traces this evolution to the 1600s.

If you would like to participate you are welcome to enroll and join the present members of the Reading History group. Please sign up with Margaret Bianchi at the MRHS office by March 8. You will be asked to pay \$30 for the cost of the book.

The date of the first meeting will be announced; it will probably be around March 21. All meetings take place in the MRHS Tuttle Center on alternate Thursdays between 2 and 4:00 PM. A portion of the book is assigned to be read before each meeting and will be discussed in great detail. It takes a long time to read a book like this—be prepared to commit yourself to about a year.

Bea Gottlieb (Bldg. IV)

Thanks to Morningside Gardens Folks who honored me by coming to my 100 year Birthday Party at the Riverside Church, for your Gifts and Love, on December 15, 2012.

--- Winifred Eileen Derryck

Thanks to All Our Supporters

In 2012, MRHS received support from the following. Thank you!

- Columbia Community Service
- Fifth Avenue Presbyterian Church
- 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
- UJA-Federation of New York

Congratulations to MHHC Board Member and resident of 100 La Salle St., Jeanette Rodriguez-Morick. On January 31, 2013, Jeanette was sworn in as a Judge of the Civil Court of the City of New York.

Please Note: Gardens resident **Dina Hampton** will talk about her new book, ***The Little Red School House*** on **April 9 at 7:00 PM.**

Columbia University School of Social Work seeks a few volunteers over age 65 that wouldn't mind being interviewed by graduate students for a classroom assignment. The purpose of the interview is for students to have an opportunity to hear life stories from older persons. Interested persons should contact Ms. Cindy M. Bautista, Associate Director of Field Education at (212) 851-2311 or via email at Cb2747@columbia.edu.

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

MRHS Health Indicators Project

We need you!

MRHS is conducting interviews for our Health Indicators Project. The person-to-person interview with one of our staff members takes about 20 minutes to complete. If you are sixty years of age or older and live at Morningside Gardens, you qualify to take the survey. **All information from the survey will be kept confidential.**

The goal of the Health Indicators Project is to gather information about various health-related conditions. After the information is gathered, there will be an opportunity for some residents to have follow-up monitoring from the MRHS nurse, if you wish. All aspects of the project are voluntary. Such gathered data are important in our understanding the status of health conditions in the Morningside Gardens community, which is looked upon favorably when competing for grant money.

If you would like to participate, contact a staff member at MRHS who will arrange for you to take the 20-minute survey. All who participate will be entered into a drawing for a \$25 gift certificate from Bettalona Restaurant on Broadway!

Storytelling Project

Young at Heart

Life itself is the most wonderful fairytale of all. —Hans Christian Andersen

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**. Sign up today to reserve a one hour appointment to record your story. Recording sessions will take place on Mondays, Tuesdays, and Fridays. No previous story telling experience necessary. Please call Laura Avila, Social Work intern, for more information.

NextAct Advocacy Fair

Please join JASA at its first advocacy fair for seniors, co-sponsored by New York City Department for the Aging and UJA-Federation of New York.

- Speak with representatives from dozens of NYC nonprofits
- Participate in an information session on Coming of Age's Explore Your Future, an exciting workshop on civic engagement
- Learn about issues impacting senior benefits and entitlements, services and programs
- Find like-minded individuals
- Turn your passion into action!

Wednesday, March 6, 10:00AM -2:00PM

**UJA Federation of New York
130 East 59th Street**

Free for individuals 50+, registration required. For more information or to register, contact JPAC at 212-991-6572 or jpac@jasa.org. Light refreshments will be served.

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. 123rd Street, 212-864-9500)

C Town (125th 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!

