



newsletter

April 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

Financial Planning Workshop

On **Wednesday, April 3 at 7:00 PM** **Ray Henri** will lead a workshop on the topic of managing **health and investment risks in retirement**. Ray's primary objective is to assist professionals and retirees reach their planning goals.

Ray Henri is a Registered Principal with Cadaret, Grant & Company. He is a Certified Retirement Financial Advisor (CRFA), a CFP candidate and is a regional director of the American College Foundation. For more than 18 years, Ray Henri has advised business entrepreneurs, professionals and retirees with health and retirement plans.

Hudson River Museum Tour / Harvest on Hudson Lunch!

Our first stop is the **Hudson River Museum** for a tour of the Museum's Permanent Collection. The Hudson River Museum collects 19th- and 20th-c. American art and cultural, social and historical material related to the Museum's historic Mansion and the wider Westchester County/Hudson River Valley region.

Following our Museum tour, we will lunch at **Harvest on Hudson**, located in the village of Hastings On Hudson – right on the Hudson River in Westchester, NY. Chef Vincent Barcelona creates authentic gourmet Italian cuisine, inspired by the restaurant's fully-functional garden and local produce. Lunch includes an appetizer, entrée, dessert and non-alcoholic beverage.

DATE: Friday, April 26 **PRICE: \$50.00**
DEPART: 9:45 AM **RETURN: 4:00 PM**

The Little Red School House

On **Tuesday, April 9 at 7:00 PM** Gardens resident, **Dina Hampton**, will talk about her new book, ***The Little Red School House***. Please join us in the MRHS Tuttle Center, 100 La Salle, #MC.

In the 1960s, a remarkable crop of students graduated from a small, New York City school renowned for progressive pedagogy and left-wing politics: Little Red School House and Elisabeth Irwin High School. Three of these "Little Redders" would go on to change the course of American history: Angela Davis, African American intellectual activist and Communist Party member; SDS activist and filmmaker Tom Hurwitz; and Elliott Abrams, who would play a key role in the Republican Neoconservative movement.

Based on original interviews and archival research, *Little Red* follows these characters' public and private paths through the seminal events of the second half of the twentieth century, from the civil rights movement to the Vietnam War; the Summer of Love to radical feminism; Iran-Contra to Occupy Wall Street.

Dina Hampton worked for more than a decade at the *New York Times* and the *Daily News*. She is a late 1970s graduate of Little Red and later served as its alumni director and archivist. Books will be available for purchase at the event. Gardens residents **Joan Studer Levine** (Little Red and Elisabeth Irwin Class of '47) **Bridget Leicester** ('61) and **Carol Carter** ('69) will be special guests!

The MRHS Silent Auction, originally scheduled for April 12, has been postponed to a later date.

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 less than 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. Such gathered data are important in our understanding the status of health conditions in the Morningside Gardens community.

MRHS will be competing for a major NORC grant from the city this spring, which will require that agencies utilize this survey.

If you would like to participate and help MRHS, contact nurse **Marie Phillips** at 212-666-4000 ext. 23. All who participate will be entered into a drawing for a \$25 gift certificate from Bettalona Restaurant on Broadway!

No Cash, Please

As a 'best practice,' MRHS has been advised by its independent auditor to handle as little cash as possible. Please help us to meet this goal by paying for all items and services at MRHS by check instead of cash. Thank you!

Cecelia Chorus Tickets

We have received a generous offer of free tickets for a concert on **Sunday, April 14 at 2:00 PM, at Carnegie Hall**. The program includes music from Tchaikovsky's *The Maid of Orleans* and the New York premiere of *Mass in D (1893)* by Dame Ethel Smyth. Tickets go quickly. Call us at 212-666-4000 to reserve.

Happy April Birthday!!

To: Thee Barlow, Anne Boggan, Frances Cleary, Hardison Geer, Conchita Gonzalez, Inge Graff, John Halborg, Miriam Hepworth, Zheng Liu, Patricia Mack, Eppie Mercado, Seong Moy, Forrest Murphy, Velia Neri, Jian-Hua Pan, Sylvia Robinson, Surendra Sharma, Donald St. John-Parsons, Usa Ungsunan, Deborah Wallace, Arlessie Wright, and Samuel 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 April are all invited to our Birthday Party! Come on **Tuesday, April 16, 2013 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

April 6 *The Cameraman* (1928)

1 hr., 9 min. Buster Keaton tries to become a newsreel cameraman while falling for the lovely Marceline Day. With memorable gags on a staircase, in Yankee Stadium and at a swimming pool, this might well be Keaton's funniest, most moving, and romantic film. Silent film. Rated PG.

April 13 *Sunset Story* (2003) 1 hr., 11 min.

Two women at "a nonprofit retirement home for free-thinking elders" haven't allowed their years and their infirmity to quiet their voices or their consciences. Irja (81) and Lucille (95) will make you think differently about growing old. Not Rated

April 20 *Daughters of the Dust* (1991)

1 hr., 52 min. Set in 1902, members of the Peazant family, who live at Ebo Landing on St. Helena Island, S.C. gather for a celebratory meal before departing for their new lives on the mainland. Not Rated.

April 27 *Flight* (2012) 2 hrs, 18 min. An airline pilot (Denzel Washington) saves a flight from crashing, but an investigation into the malfunctions reveals something troubling. One of this year's Oscar nominated films. Rated R.

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 April 3 and April 17.

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, April 25 at 2:30 PM** in the Tuttle Center.

"Later Life Transitions" group meets this month on **Thursday, April 11 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be take place on **Wednesday, April 24 at 3:00 PM** in the Tuttle Center. Look for notices about the book selection.

Great Decisions Program

On **Tuesday, April 2 at 7:00 PM** the Great Decisions Program will continue the 2013 program with a discussion on "NATO." *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).

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

Supper Club

Supper Club is a time for food, friendship and laughter. Join the next Supper Club hosted by MRHS on **Tuesday, April 16 at 6:00 PM**. The event will take place in the **MRHS Tuttle Center** and food will be catered by **Havana Central**.

Dinner Menu: Havana House Salad, Sweet Plantains, Chicken with Saffron Rice, Cuban Dessert Sampler Plate. The cost to attend is **\$15**. Please contact **Laura Avila** at 212-666-4000 to reserve your spot today!

Low Vision Support Group

The Spring Low Vision Support Group meetings will take place **Tuesday, April 9 from 2:00 to 3:00 PM and on Tuesday, April 23 from 1:00 to 4:00 PM**. The group shares ideas, tips, and resources for productive living. We will hear from a guest speaker and visit an organization that provides services for seniors with low vision.

Tuesday, April 9 — Guest Speaker, provided by **New York Coalition on Aging and Vision**. Please contact Social Work Interns, **Laura Avila and Ariel Kaplan**, at 212-666-4000 with any questions.

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)

Technology for You

The next meeting is scheduled for **Thursday, April 18 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.

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 time credits for the volunteer work they are already doing by joining TimeBanksNYC! Attend a **TimeBanksNYC** orientation on **Tuesday, April 23 at 2:00 PM at MRHS, 100 LaSalle Street, # MC**. Please see our special newsletter insert for more details.

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 April 19). 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.*

Storytelling Project —

Young at Heart

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

Storytelling has always been a passion of mine. There is something fulfilling about being able to listen to the stories of others. When I started my internship at MRHS I was enamored by the rich experiences and lives of the community members, and I wanted to know: *what keeps the members of this community young at heart?* From there I set out to capture as many stories as I could—both on and *off* the record. It has been a privilege to meet anyone who walks through the doors of MRHS. This is truly an extraordinary organization defined only by its extraordinary community and I have been grateful to be welcomed in it.

Please join me on **May 3 at 2:00 PM** in the **MRHS Tuttle Center, 100 La Salle, #MC**, to celebrate the livelihood of this community through a collection of stories.

With much love and appreciation,

Laura Avila
Social Work Intern

Free Tax Preparation

AARP - George Bruce Library
516 West 125th Street, 212-662-9727

Hours of Operation:
Friday, 10:30am-2:30pm

AARP - Morningside Heights Library
2900 Broadway, 212-666-5099

Hours of Operation:
Monday and Saturday, 10:30am-2:30pm

Community Tax Aid - Goddard - Riverside Community Center
647 Columbus Avenue, Corner of 91st Street,
212-799-9400

Hours of Operation: until April 9:
Tuesday, 6pm-8pm.
You must call to schedule an appointment.

Languages: English, Español