



newsletter

May 1, 2012
Vol. XXXVI, No. 5

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Special Presentation: **TimeBanksNYC**

Wednesday, May 16
7:00 – 8:00 PM
MRHS Tuttle Center, 100 LaSalle St.

Did you ever think that picking up someone's groceries could help you learn the guitar? Or that volunteering at a community event can help you get your computer repaired?

TimeBanksNYC is a *free* resource that connects individuals, businesses, and organizations who want to exchange their skills with other members of their community. For each hour a TimeBanksNYC member spends volunteering, helping a neighbor or sharing a skill, he or she earns a "time credit" for the service. This "time credit" can then be redeemed for a service from someone else in the TimeBanksNYC network.

TimeBanksNYC has created a special partnership with Morningside Gardens, allowing you to volunteer either directly for MRHS or within the broader Morningside Gardens community. You will be able to search for all of the members who have tagged Morningside Gardens as an "affiliation." In addition, if there are enough MG residents to make this useful, we can create an MG "neighborhood" to increase the ability to search within the group.

Come find out how it works on May 16!

MRHS will be closed on Monday, May 28 in honor of Memorial Day. We wish everyone a good holiday.

Please note that the Elder Smile program scheduled for May 10 has been postponed until the summer.

Resveratrol "Red Wine" Study

Join **Dr. Jane Martin** and **Helene Geramian** of **Mount Sinai Hospital** for a discussion about cutting-edge memory research. Learn about the Resveratrol study and nationwide Neuroimaging studies, as well as current ideas about memory and aging well. Refreshments will be served!

Wednesday, May 30 at 1:00 PM
Tuttle Center, 100 La Salle, #MC

Ten Ways to Protect Your \$\$\$

You're invited to attend a workshop on ways to protect your money and your identity. Learn how to be a savvy bank customer. The workshop leader will give you tips to protect yourself from identity theft and avoid common scams. If you have questions about credit and debit cards, CDs and other financial services, you can't afford to miss this workshop!

Wednesday, May 16 at 11:00 AM
MRHS Tuttle Center, 100 La Salle, #MC

Presented by: Coalition for Debtor Education

Decision-Making Day

The March 2012 Director's Column pointed out the importance of being prepared in advance should an emergency occur, especially having a health care proxy. 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 4 at 1:00 PM
Tuttle Center, 100 La Salle, #MC

MRHS Board Directors 2012-13

Rita Marie Pullium, President
Carla Slomin, Vice-President
Margaret Johnson, Treasurer
Kate Dunn, Secretary

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|---------------------|--------------------|
| Amy Berg | Audrey H. Platnick |
| Eileen Canty | Victor Quintana |
| Michael S. Davidson | Marion Rothenberg |
| Emily Dunlap | Neil Rothfeld |
| Beatrice Hawkins | Janet Wise-Thomas |
| Melinda Moore | |

Great Decisions Program

On **Tuesday, May 1 at 7:00 PM** the Great Decisions Program will feature a discussion on "Cybersecurity." 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 2012 program (\$20.00).

A Raisin in the Sun

Presented by The Morningside Players.

Don't miss it! Performances are scheduled for Thursdays, Fridays, and Saturdays, May 10, 11, 12, 17, 18, 19 at 7:30 PM, Saturdays May 12 and 19 at 3:00 PM and Sundays May 13 and 20 at 3:00 PM. Suggested donation is \$12; seniors and students, \$8. For further information please call 212-663-6280 or go to www.morningsideplayers.org If you go to the website you may also click Scripts to read plays by Jud Levin, aka, Bancroft.

Save the Dates:

June 6, 2:00 PM – Art Historian Philip Gould will return to MRHS with a slide show and discussion of Renaissance Humanism.

June 14, 7:00 PM – Economist June Zaccone will discuss *Federal Debt: Who Ran up the Bill? Who'll Pay It?*

Happy May Birthday!!

To: Robin Berson, Laura Brown Sands, Phyllis Calese, Eliza Chiu, Phyllis Darby, Cynthia Harris, Ronald Jackman, Leslie Kiss, Tina Lal, Elinor Levin, Sue Miles, Daniel Morgan, George Staller, Herbert Thorne, Martha Trezevant, and Gil Willis.

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

Saturday Afternoon Movies

May 5 *Another Year* (2010) 2 hrs., 10 min.
A middle-class, middle-aged English couple observes and vicariously shares the emotional turmoil of their friends' lives. A sensitive look at ordinary people by the director Mike Leigh.

May 12 *Venus* (2006) 1 hr., 35 min.
An aging actor (played by Peter O'Toole) suddenly falls for a brash young model and finds his life turned upside down. A romantic comedy with poignant overtones.

May 19 *The Unbearable Lightness of Being* (1988) 2 hrs, 51 min. We are showing this brilliant film based on the Czech novel by Milan Kundera as a memorial tribute to Winifred Shearer, who died recently at 95. She was one of our most faithful viewers and especially loved this story about life and politics in the Sixties starring Daniel Day-Lewis, Juliette Binoche, and Lena Olin. Please note that the film is almost three hours long.

May 26 *A Woman's Face* (2010) 1 hr. 45 min.
George Cukor directed this exciting film about how plastic surgery transforms a woman's life. He made it one of the finest acting achievements of Joan Crawford's career.

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 May 9, May 23.

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's next meeting will be announced soon. Look for the notices.

"Later Life Transitions" group meets this month on **Thursday, May 10 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will take place on **Wednesday, May 30 at 3:00 PM** in the Tuttle Center. The discussion is on the novel, **The Optimist's Daughter** by Eudora Welty. All are welcome to participate.

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 18). 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.*

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 more multidimensional event this year. It is billed as a Readers Theater Performance, during which members of the group will share their writings with the whole community. MRHS is very proud to co-sponsor this event with *Elders Share the Arts* and the NY State Council on the Arts. Light refreshments will be served. Please join us on **Wednesday, May 23, 2:00 - 5:00 PM** in the **Recreation Center, 100 La Salle, Basement**.

MG Artist in "20 Over 60" Art Exhibition at Greenwich House

We are pleased to announce that Bldg. V resident and MRHS Board member, **Marion Rothenberg**, an accomplished artist and long-time art teacher will exhibit her work for this senior art program, originally known as "10 Over 50." The opening reception is **Friday, May 18, from 3:30 PM to 6:30 PM**. Regular show hours are from May 21 to May 25 from 9:00 AM to 4:00 PM.

The exhibit will be held at **Center on the Square** at 20 Washington Square North. The juried show represents a diverse presentation of styles and forms, including acrylic, oil, photography and mixed media. Admission is free; all works are for sale, with 40% donated to Greenwich House programming. For more information contact Lauren Hennessy at 212-991-0003, ext. 402.

If you would like to nominate a special MRHS volunteer for recognition at our annual Recognition Luncheon, please contact us at 212-666-4000 or info@mrhsny.org. Thanks!

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

Technology for You

The iPhone Revealed

The next meeting of the MRHS "techNet" is scheduled for Thursday, May 17, 2012 at 7:30 PM. Mike Davidson will give a presentation on the iPhone 4s. Since he believes that "every older person in the world should own either an iPhone or an Android phone," he will make his case by demonstrating how the iPhone works, how to connect it to a TV, how to use it to improve memory, how to use it as a flashlight or emergency beacon, how to take advantage of the iCloud, how to talk to "Siri" and more.

For more information about any of the above, send a message to

DrMichaelSDavidson@Gmail.com or call the office (212-666-4000).

Local Composers Program

A special program called **Morningside Heights Composers Past, Present, and Future** will feature Orfeo Duo, Vita Wallace and Ishmael Wallace (violin, accordion, piano, baritone) with Betsy Lind, soprano, and surprise guests. Performers will tell stories of the famous and the unknown from Gershwin to today's 4th graders -- with **live music** and **slides**. **Thursday, May 24, 7:00 PM** in the Recreation Center, 100 LaSalle St. Reception will follow. *Suggested donation of \$10 to benefit the Morningside Heights Historic District Committee. Call 212-865-3669.*

The Geta

The geta is a Japanese sandal. It is made of wood and the strap holds the sandal on the foot. I wonder which places it has travelled. It makes a loud noise when walking on the sidewalk. I wonder whether it has ever climbed to the top of Mount Fuji.

This poem, written by Building IV resident John Yoshinaga, was included in The Memory Tree's Literary Expression Anthology for Spring 2012.

Historic Long Island Gold Coast Tour Series Finale

Cold Spring Harbor Laboratory & Trattoria Grasso

Join MRHS for a tour of **Cold Spring Harbor Laboratory** followed by lunch at **Grasso's**, winner of the Long Island Food Critic Award for Restaurant of the Year.

Cold Spring Harbor Laboratory, founded in 1890, is a preeminent international research institution, achieving breakthroughs in molecular biology and genetics and enhancing scientific knowledge worldwide. A graduate student or postdoctoral candidate will teach us about the laboratory's historic and modern architecture, the Nobel legacy, and the advanced cancer, neuroscience, and plant research taking place today.

Our three course lunch menu includes options of penne ala vodka, baby green salad, grilled portobello, Caesar salad, baby greens with Atlantic salmon, grilled chicken paillard, pork Milanese, linguine primavera and chocolate mouse or tiramisu for dessert!

DATE: Thurs., May 24 **DEPART:** 10:30 AM
PRICE: \$45.00 **RETURN MRHS:** 4:00 PM

You love MRHS. Its programs and activities keep you going, add zest and meaning to your life day after day.

Do your relatives know how much MRHS means to you? Do they know of your vision for a better world in which neighbors help each other live life to the fullest as they age?

Provide for MRHS in your will... and join the Legacy Society of MRHS. It's the right thing to do!

Isabel and MRHS

Isabel Kogel lived and loved Morningside Gardens from 1957-2010. She left in 2010 for senior independent living but in her heart she never left the Gardens. She pined for her beautiful view and her lovely compatriots from the Gardens and her familiar activities. She died at 95½ on March 23rd, 2012 and her Memorial was held at the Thurgood Marshall Community Room on April 1st.

My mother turned out to be a very interesting woman in her older age. The blossoming that one watches as the young child and adolescent develop their interests and pursue them was what unfolded for mom after she retired at 62 and especially in the last 15-20 years. Who knew she was so devouring of literature, history, and theatre? Who knew she actually had such a good mind?

My mother became involved in all that MRHS had to offer: She was part of the early French class that later moved to Riverside Church. She joined two reading groups at MRHS, — one, reading novels, one a month, that Margaret so lovingly purchased for everyone at \$10/piece. It gave mother such pleasure to read good literature and to have real discussions with people in the group. She talked about books incessantly, not only with the people in the group, with people she would meet, at family gatherings, as if making up for lost time. She was interesting to listen to and often enlivened our family gatherings with tales she had read.

The other group was Bea Gottlieb's every-other-week class in which they read and studied with a real 'scholar' as Isabel related to me. The last thing they read was the Decline and Fall of the Roman Empire. When I tried to read a few paragraphs of this dense 17 century writing, I found it impossible. Each sentence was about ten lines long and required tremendous concentration and discipline to comprehend. In life we know about physical conditioning but I had no idea that one could begin mental conditioning so late in life. I was awestruck.

I must confess that while now I was awestruck, a few years earlier I went through a short quiet, i.e. only internal, angry period, feeling cheated out of not having had this new mother back in my earlier formative years, back when I could have really used her. But that passed and my admiration grew and she became more of an inspiration than a betrayer.

As for the physical conditioning mother made use of MRHS for that purpose too and attended the yoga class and the memory class. She made sure to do the exercises that were suggested though she would always have preferred to pick up a good book, or take a walk and run into neighbors.

Perhaps from all the socializing at MRHS, starting at about 80, she became more social, more related to others, softer, less defensive, and able to interact better. She also had this amazing ability to see when she was wrong and apologize—and she did not only to me but to people with whom she interacted —she could, an hour or a day later, really see things from the other's perspectives —not really so easy for any of us.

My mother also was a very appreciative woman of any care that was given to her. As she got older and began having more doctors' appointments which were too hard for her to get to, she made use of the volunteer system that MRHS has to help older seniors get to places. Since I was at work this was so helpful to me as well. If I could I would meet the volunteer at the appointment so that I could hear what the doctor had to say but sometimes even that was hard to do with my schedule. It is at one of the appointments that I met Rita, such a charming and lovely person that I felt safe that my mom had been so well cared for. Mother wanted everyone to know what a wonderful service this was and wrote a letter to Ron Bruno which got printed in the MRHS Newsletter.

Speaking of writing, at her oldest age before leaving for her last two years, mom joined the MRHS writing group with the urging of myself and especially my sister Nancy who attended with her. Mom had always written such wonderful thank you notes that many of us saved them, but she would go tsk tsk and act like it was ridiculous that she could express herself well. So it was a big brave step for her to enter this group, and lo and behold she did write a few short pieces that were pretty good. Again my admiration for my mother soared.

Being the appreciative person she was, I believed my mother would have been delighted that I could thank MRHS on her behalf for making such a positive difference in the last decades of her life. Thank you, MRHS!

Laura Kogel