

Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
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Mass Transit: How Can It Be Fixed?

People all over the metro area are concerned about mass transit. Service is being cut while fares are going up. Is there a solution to this dilemma? So far there are no satisfactory answers. This is why the Morningside Heights/West Harlem Sanitation Coalition (of which our MG Community Relations Committee is a member) has joined with Transportation Alternatives, Riverkeeper, other environmental and community groups from all over the Metro area to hear opinions and seek solutions. To this end, our Coalition is meeting with community groups in the Morningside Heights and West Harlem areas.

The campaign is in the early stages of developing a platform. We need the help of our neighbors to find what is important to you and what you think might be solutions. Mass transit is particularly important for seniors who rely heavily on buses and trains to take them where they need to go. Taxis, car service and Access- a Ride are all forms of mass transit.

On **Wednesday, April 13**, from **2:00 to 3:00 PM**, the Community Relations Committee will sponsor a focus group to learn your gripes and seek your ideas. Please come and help us. The meeting will be held in the Tuttle Center, 100 La Salle, #MC.

Joan Levine, Bldg, I, Chair
Community Relations Committee

Great Decisions Program

On **Tuesday, April 5** at **7:00 PM** the Great Decisions Program will meet with a discussion entitled "The Horn of Africa." Ken and Peggy Thomas are program facilitators. Meetings are in the Tuttle Center, 100 La Salle, #MC. Booklets (\$20.00) and resource materials are available at the MRHS office.

MRHS at Morningside Gardens Helping Elders. Building Community.

Wine-Tasting Event

It's been a long winter...

Spring is here, time to wake up your taste buds and try something new!

Under the guidance of **Patrick Séré**, we will taste 2 whites and 2 reds, from various countries and different grape varietals. Patrick will tell us what to look for in a wine: the difference between aroma and flavor, the structure of a wine or why we drink our white wines on the cold side. We will also learn how to recognize some very important elements in a wine: acidity, tannins and yes...alcohol! After an hour you will become (and speak like) a real wine connoisseur! But, what's more important, you will also learn how to enjoy wine!

Now retired, **Patrick Séré** was the Wine Manager for a well-known US wine importer. As such, he travelled to all the major wine regions of the world, looking for new wines to bring into this market. His favorite wine areas are Burgundy, Bordeaux, South Africa, New Zealand and Oregon, among others. But if you ask him what his favorite wine is, he'll tell you that it's the wine he is drinking right now! Please stay for light refreshments and friendly conversation afterward.

For tickets, call or see Margaret Bianchi no later than April 11, at 100 La Salle, #MC, tel: 212-666-4000. \$20 per person, \$35 for two (proceeds to benefit MRHS)

Friday, April 15, 2011, 6:00 PM
Recreation Room, 100 La Salle, basement

****If you would like to nominate an MRHS volunteer to be honored at our annual recognition luncheon, please contact Margaret Bianchi at 212-666-4000.****

Decision-Making Day

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, New York Health Care Proxy, the living will, powers of attorney, procedures for organ donation and other important concerns involving legal knowledge everyone needs. The session is designed to clarify the purposes and differences among these documents. There will be ample time to answer your questions.

Friday, April 15 at 1:00 PM
Tuttle Center, 100 La Salle, #MC

The Trips are Back

Join MRHS for our first trips of 2011 as we travel to Philadelphia in April for a docent led tour of the world famous **Philadelphia Museum of Art** and then in May we are off to **Storm King Art Center** and their wonderful outdoor sculpture grounds. Our tour in Philadelphia will include the permanent collection as well as the **Marc Chagall** special exhibit and we will also explore the brand new outdoor garden and their first exhibition: **Isamu Noguchi at the Philadelphia Museum of Art**. Storm King is celebrating their 50th anniversary this year and we will have a docent led tour of the grounds. On both trips there will be facilities available to purchase lunch or you may bring your own. The trips are open to all 60+ residents of the Gardens.

Philadelphia Museum of Art

DATE: Tuesday April 26 **DEPART:** 8:30 AM
PRICE: \$40.00 **RETURN MRHS:** 6:30 PM

Storm King Art Center

DATE: Wednesday May 25 **DEPART:** 9:00 AM
PRICE: \$40.00 **RETURN MRHS:** 6:00 PM

MRHS has free tickets for the St. Cecilia Chorus concert on Saturday, April 9 at 8:00 PM at Carnegie Hall. The Mozart Requiem is the highlight of the program Call MRHS at 212-666-4000 or stop by.

Happy April Birthday!!

To: Frances Cleary, Hardison Geer, Conchita Gonzalez, Inge Graff, John Halborg, Miriam Hepworth, Zheng, Liu, Patricia Mack, Seong Moy, Forrest Murphy, Velia Neri, Jian-Hua Pan, Sylvia Robinson, Diana Rosenberg, Surendra Sharma, Donald St. John-Parsons, Trygve Tholfsen, 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 19 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Apr. 2 Up in the Air (2009) 1 hr., 49 min.

George Clooney stars in what has been called a witty romantic comedy—about a man whose job is to fly around the country firing people.

Apr. 9 1 hr., 34 min. **The Most Dangerous Man**

in America (2009) 1 hr., 57 min. The title refers to Daniel Ellsberg, who famously leaked the Pentagon Papers, thus indirectly leading to the downfall of President Nixon.

Apr. 16 The Benny Goodman Story (1955) 1 hr., 56 min. Steve Allen plays the legendary King of Swing in a rather conventional movie biography, but the music leaves nothing to be desired, including Goodman's own clarinet playing and an array of other performers.

Apr. 23 Much Ado About Nothing (1993) 1 hr., 51 min. Come celebrate Shakespeare's birthday by immersing yourself in the scenery of Tuscany and the Bard's words spoken by an energetic young cast headed by Kenneth Branagh and Emma Thompson.

Apr. 30 (2009) **It's Complicated** 2 hrs. A romantic comedy about a divorced man who is determined to re-enter his ex-wife's life. The weight of this frothy concoction is borne by two real pros, Meryl Streep and Alec Baldwin.

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
8 – 6 8 – 6 8 – 6 8 – 5 9 – 5

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 - 11:00 A.M.

04/06, 04/20

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 meet this month on **Thursday, April 21 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, April 7 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Friday, April 29 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Palace of Desire**, by **Naguib Mahfouz**.

Low Vision Group will meet this month, on **Friday, April 1, Friday, April 15 and Friday, April 29 at 2:00 PM**.

Supper Club Returns. On **Thursday, April 28 from 6:00 to 8:00 PM** MRHS will hold a Supper Club event. The details will be announced soon. Cost is \$13.50. Call us to reserve a place.

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

Urban Organizing Solutions

On **Thursday evening, April 14 at 7:00 PM**, *Joann Pomerantz* (Bldg. IV) will lead a presentation for MG residents. Joann is a professional organizer with over 20 years of experience. The focus will be organizing your living space for ease, comfort, and safety.

Topics addressed include –

- How to navigate your space better
- Organizing storage space for easy access
- Managing paper work
- Donating clothing that is not needed

Join us for an informative gathering that will include light refreshments.

Reading History Group Open for New Enrollment

The Reading History group will be starting a new book very soon. It is ***Twelve Who Ruled*** by R. R. Palmer, about the French Revolution's Reign of Terror and the twelve men who ran the infamous Committee of Public Safety.

There are several openings for new participants. By an odd coincidence, the group is limited to twelve, so those who are interested should act early. You can sign up with Margaret Bianchi at MRHS. There is a fee of \$25 for the cost of the book.

Reading History meets on alternate Thursdays between 2:00 PM and 4:00 PM at MRHS. Starting date for new session to be announced.

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 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.***

Tai Chi Chuan Classes

Tai Chi Chuan means Supreme Ultimate Boxing (fist). Tai Chi is performed as a rhythmical, ballet-like exercise, and is a form of moving meditation. As a martial art Tai Chi Chuan has the reputation among the many other forms as being the superior method of self-defense because it stresses yielding [a form of defense], relaxation, suppleness, and subtlety.

Tai Chi, especially Yang style, is performed slowly; one moves into balanced, relaxed postures. The slow rhythmic movement accentuates deep breathing aiding one's respiration.

Regarding enhancing one's general well-being: Tai Chi massages internal organs aiding the digestive tract, improves circulation relieving high blood pressure, aids respiration, improves posture & coordination, relieves chronic pain - eases fibromyalgia, rids one of migraines and headaches, strengthens legs, improves flexibility, eases arthritis, relieves anxiety & stress, alleviates & eliminates depression, relieves insomnia, calms the mind, changes brain wave activity, improves memory.

MRHS offers Tai Chi in the evening through Life is Movement. Currently classes take place on **Wednesdays from 6:30 to 8:00 PM**. Call **MRHS (212-666-4000)** for details.

Life is Movement specializes in Yang Style Tai Chi Chuan. Its founder, Carl M. Jones, holds advanced degrees in human communication research. Dr. Jones has been a student of Tai Chi Chuan since the early 1980s. One of his teachers was Da Lui, one of three masters from China who brought Tai Chi and other martial arts to America. Consequently, Dr. Jones brings years of experience, patience, a critical eye for human movement, and an understanding of the teaching & learning process.

Come to class and learn about: what it means to be Like a Child; to move like a cat; to swim in air; and to pull silk from a cocoon. Commit to a Lifestyle change – one that will benefit you for the rest of your life.

Thanks to All Our Supporters

In 2010, MRHS received support from the following corporations and foundations, in addition to more than 250 individual supporters at Morningside Gardens. Thank you!

- Columbia Community Service
- Columbia U. Office of Governmental Relations and Community Affairs
- Manhattan Borough President Scott Stringer
- Metzger-Price Fund
- Morningside Heights Housing Corporation
- New York Assembly Member Daniel O'Donnell
- New York City Council Member Robert Jackson
- New York City Department for the Aging
- New York State Office for the Aging
- New York State Senator Bill Perkins
- Rona Jaffe Foundation
- UJA-Federation of New York
- YES! Solutions

Review: *The Heiress*

Anne Ellis (Bldg. I)

Herewith the final portion of the review of "The Heiress" that was omitted last month from the newsletter. (March 2011 Issue)

Other carefully wrought and beautifully played characters are Elizabeth Almond (Bridget Leicester), sister of Lavinia; Elizabeth's daughter Marian (Samantha Bruce); and Marian's fiancé Arthur Townsend (Luke Hofmaier), the well-regarded but less charismatic brother of the problematic and fascinating Morris. An appealing thread of continuity is provided by Maria, the empathetic and intuitive parlormaid (Tess Frazer).

The production is vastly indebted to the skillful, thoughtful direction of Susanna Frazer. Bravo to her and assistant director Cecelia Riddett. Also to the following individuals for the masterful exercise of their various impressive skills: Karen Lashinski (set design); Michael Mahaney (set execution); Patrick Mahaney (sound and lighting design); Bridget Leicester (costume coordinator); Anna-Marie Lawrence (hair and make-up).

Thanks to EVERYONE for a truly memorable evening!