



newsletter

November 1, 2015

Vol. XXXIX, No. 11

100 LaSalle Street, NY, NY 10027 (212) 666-4000

www.mrhsny.org

President: Rita Marie Pullium

Executive Director: Ronald Bruno

Monday Night Discussion Group

Success

Success--what is it? How would you define it? Did our families and society impress certain expectations on us? As the years have gone by have our perceptions (and society's perceptions) changed, and if so how? What do you consider successes in this stage of life?

Monday, November 16, 7:30 to 8:30 PM
MRHS Tuttle Center, 100 La Salle, #MC

RECOLLECT * DISCUSS * PARTICIPATE
LEARN * CELEBRATE

Supper Club Returns

The **Supper Club** is back at MRHS! Save the date for **Wednesday, November 18**. At Bettolona, 3143 Broadway, New York, NY 10027. Flyers will be posted in the lobby and basement of all buildings with further details. Please call **212-666-4000** to confirm your reservation. Cost is \$15.00

Flu Shot Distribution

On **Thursday, November 12 from 10:00 AM to 1:00 PM** the seasonal **influenza shots** will be given in the Recreation Center, Building I, Basement. The program is sponsored by MRHS and St. Luke's-Roosevelt Hospital Center. There is no out-of-pocket cost.

Please note: if you have a health condition that calls for a flu shot, or if you work with older adults, it is advisable for you to receive a shot.

Appointments are necessary. Call MRHS at 212-666-4000. (If you need to cancel an appointment please let us know.)

"Neuroscience Wednesdays"

Are you curious about what the latest Neuroscience discoveries mean for free will and the biology of the mind? Will we be uploading brains in the next decade, century or millennium? On **November 18, at 7:00 PM**, two Morningside Gardens neuroscientists, **Madelyne Kraft** and **Tiana Leonard**, will hold an organizing session for **Neuroscience Wednesdays**. We expect to combine nuts and bolts explanations with philosophical discussions at our monthly meetings. Bring your questions and your mind.

December 2015 Holiday Bazaar

Mark Your Calendar!

The *Morningside Gardens Ceramics Club* and *A Circle of Hands* will hold their **Holiday Bazaar** from **December 4 to 6**. You will find one-of-a-kind ceramic and clothing creations made by your neighbors as well as a table of re-gifted articles to tickle your fancy and delight your friends. Come shop for the holidays you celebrate without having to take a subway! **All sales benefit MRHS and its programs.** Cash, checks and credit cards accepted.

Where: Thurgood Marshall Room, 80 La Salle Street (enter by the Management Office on the west side of the building)

When: Friday - Sunday, December 4, 5 & 6

Hours (while items last!):

Friday, 2:00 - 8:00 PM

Saturday, 10:00 AM - 4:00 PM

Sunday, 10:00 AM - 2:00 PM

MRHS Tuttle Center, 100 La Salle, #MC

*****MRHS is closed on Wednesday, November 11 for Veteran's Day and on Thursday, November 26 for Thanksgiving. Happy Thanksgiving!**

Director's Column

As the father of a nine-year-old boy I have become an expert in *Sponge Bob Square Pants* and *Gumball*. For the uninitiated these are the latest in cartoon chic for the under-ten set (and yes, they *are* very funny.) I've noticed that these very irreverent cartoons are nonetheless more sensitive to differences and diversity than the *Looney Tunes* lineup that I watched every Saturday morning as a kid. But it's stunning (and a little depressing) that the stereotype of the older person remains quite the same. Inevitably, when an older person appears on the screen he or she is either crotchety and mean or else foolish and useless. Sometimes both at the same time! Research has demonstrated that older adults are generally happier with their lives than their younger counterparts, hardly supporting these stereotypes.

So why have we been able to move past other stereotypes while the stereotype of the older person remains acceptable? The content of the Cartoon Network is not created by kids, of course, but by adults. In fact, there is an age-old affinity between children and older adults that some have attributed to both groups' immunity from the pressured mentality of the marketplace.

So why is the stereotype so entrenched? Is it the fear of old age that our youth-centered culture cultivates? Is it the fear of death that our culture has raised to a new level by isolating the dead and the dying to medical institutions? The consequences of this stereotype unfortunately reach beyond the Cartoon Network. Older adults experience bias in the workplace and can have greater difficulty in finding employment that matches their experience. We lose out as a society when we don't appreciate the experience, knowledge and insight that older adults bring to the table. So maybe I should write a letter to the Cartoon Network and tell them I won't be watching *Sponge Bob* --- like every weekend --- for many, many hours --- if they don't clean up their act!



Happy November Birthday!!

To: Jacques Bendersky, Marion Butler-Mills, Israel Francus, Delores Gruber, Mary Jane Knight, Rita Lauchlin, Peggy McNamara, Erich Meyerhoff, Susan Opotow, Jean Rooks, Mary (Spirit) Taylor, Mamie Thomas, Kathleen Todd, Kristina Vician, and Sana Wu.

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 November are all invited to our Birthday Party! Come on **Tuesday, November 17 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

November 7 *American Hustle* (2013)

2 hrs., 20 mins. A fictional film set in the alluring world of one of the most stunning scandals to rock our nation, *American Hustle* tells the story of con man, Irving Rosenfeld. He and his partner are forced to work for a wild FBI agent, Richie DiMaso, who pushes them into a world of Jersey powerbrokers and mafia.

Nov. 14 *Intermezzo* (1978) 1 hr, 39 min.

An internationally famous concert pianist (Ingrid Bergman) returns home to visit her daughter (Liv Ullman) after seven years. During the painful night they exchange recriminations. A Swedish film with English subtitles. Directed by Ingmar Bergman.

Nov. 21 *The Age of Adaline* (2015)

1 hr, 50 min. After a freak automobile accident one icy night, Adaline soon discovers that she no longer ages normally. In fact, she has ceased to age at all--a secret she decides to hide from everyone else. She soon embarks upon countless adventures during the 1900s, living a solitary life. Love eventually finds her and she must choose between keeping her secret with a life of loneliness or a life with the man she loves. Rated PG-13.

Nov. 28 *Days of Heaven* (1978) 1 hr, 34 min.

A film that is both beautiful and mysterious. Sam Shepherd is the owner of a farm in Texas. He is approached by two strangers who present themselves as itinerate farm workers. They bring with them more than is bargained for. Not Rated.

Movies start at 2:00 PM. Please arrive early. Suggested donation: \$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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 6	9 – 6	8 – 6	8 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday, November 4, November 18

from 9:00 AM to 11:00 AM

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" meets, Thursday, November 19, at 2:30 PM in the Tuttle Center.

"Later Life Transitions" group's next meeting will take place on Thursday, November 5 at 3:00 PM.

The **MRHS Book Club's** next meeting is Wednesday, November 18 at 3:00 PM. The group will discuss ***In Our Time***, an acclaimed collection of short stories by Ernest Hemingway. Everyone is welcome!

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, November 20). 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.***

MRHS Film Committee Presents

First Wednesday Films

Next screening on **November 4 at 7:30 PM**

Featuring:

Of Gods and Men

(2010) 2 hr, 3 min.

Trappist monks' routine of prayer, medical assistance and harmonious interaction with a local community in Algeria is upended by external forces. In French with English subtitles. A big hit in France, this film won the Cannes Grand Prix. Rated PG-13

MRHS Tuttle Center, 100 La Salle, #MC

\$1.00 suggested donation

Great Decisions Program

On **Tuesday, November 3 at 7:00 PM** the **Great Decisions 2015** program will meet with a discussion on **"Human Trafficking."** All are welcome. Discussion materials will be available at the MRHS office for those who do not have a book.

Millbrook Vineyards & Winery And Lunch!

Join MRHS for a visit to **Millbrook Vineyards & Winery**. Called "the Hudson Valley's flagship winery" by The New York Times and "a great place to visit" by The Wall Street Journal. The winery is conveniently located in the magnificent Hudson River Valley just 1.5 hours from New York City.

Our tour and tasting will be followed by lunch at Copperfield's Restaurant in Millbrook. Entree choices include Penne alla Vodka, Beef Bourguignon and Chicken Marsala. Lunch also includes a garden salad, roasted potatoes, vegetables, apple pie with vanilla ice cream dessert and coffee or tea. Reserve today by calling (212) 666-4000!

DATE: Thursday, Nov. 19 **DEPART:** 10:00 AM
PRICE: \$60.00 **RETURN:** 5:00 PM

Cyber Seniors

Do you want to learn more about your computer, Facebook, or email? We are currently seeking to pair older adults interested in learning computer skills with a student. In the next few months we will be reaching out to those interested for the Cyber Seniors launch in January 2016. Flyers will be posted with more information soon. If you are interested please call **212-666-4000**.

Low Vision Group

The purpose of this group is to offer social and emotional support for individuals living with vision impairments. Come join the **Low Vision Group** and help us collaborate on the agenda for the rest of the year. We need your expertise!

Friday, November 6, 2015 and **November 20, 2015** at **2:00 PM** in the **MRHS Tuttle Center, 100 La Salle**. Please call 212-666-4000 to sign up. Walk-ins are welcome!

A Separate Space: The Art of Marion Rothenberg

The exhibition, featuring the work of artist, **Marion Rothenberg** (Bldg. V) will be on view October 27 to November 18, at the Cohen Library Archives Gallery, the City College of New York, North Academic Building (NAC). The Opening Reception takes place on **Wednesday, November 11** from **6:00 PM** to **8:00 PM**. Location is 138th St. and Amsterdam Ave. You may call MRHS for more detailed directions.

Gardens resident **Dawn Lerman** has just published a new book: *My Fat Dad: A Memoir of Food, Love, and Family, with Recipes*. Here is Dawn's website for more information: <http://www.dawnlerman.net>

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

One Last Great Movie For October

October 31 Iris (2015) 1 hr, 20min

A documentary about the fashion and home décor designer, Iris Apfer who is also an octogenarian. This film is a delightful look at a woman who lives the poem "When I Grow Old I Will Wear a Purple Hat". Rated PG

John Seaman's Liberty Salons

Two afternoons from **3:00 PM to 5:00 PM:**

Tuesday, November 10, Dr. Joaquin Flores, with a doctorate in clinical and educational psychology, will conduct a Socratic Dialogue on "The Convener of Happiness." He conducted his doctoral research on the effects of war on children in the middle of the El Salvador civil war.

Jill McManus will speak on **Friday, November 20**. She is a celebrated jazz pianist, who is a passionate environmentalist. The issues she will present include closing Indian Point nuclear power plant, blocking fracking, blocking Port Ambrose in NY Harbor, and stopping dangerous pipelines, including Spectra 2. All this should be of great interest to concerned New Yorkers.

Both programs include light refreshments.

Social Security Online

Pamela Watkins and Faustino Cepeda from the Uptown District Office of the Social Security Administration, will conduct a **Social Security Online** presentation. Whether you are applying for or receiving benefits, learn what you can do online.

Thursday, November 5 at 2:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

From MRHS Volunteer Barbara O'Farrell: "If you speak conversational Italian and are willing to coach it, I'm interested in learning. Please contact me through MRHS at 212-666-4000 or bo1@columbia.edu. Thank you."

L.I.O.N. = Love In Our Neighborhood

A Community Response

She was a rising young basketball star who lived just across LaSalle Street. Many were shocked to read the recent article in the *New Yorker* magazine about the death of a teenager in our community and the violence at Grant and Manhattanville Houses.

On **November 10** from **7:00 – 9:00 PM** in the Building One Recreation Room, the Outreach Working Group of MRHS will sponsor a talkback and community response to building **L.I.O.N = Love in Our Neighborhood**. Taylorn, Arnita, and Derrick, along with our very own Corinna Fales, will talk to us about the work they are doing—with a focus on life, not loss; and moving forward.

In Remembrances of MRHS Women Founders/Pioneers

In the early 1960's, the majority of MRHS Founders were women--residents who volunteered their time and skills to assist some of our elderly residents with health, social and other issues/problems. MRHS will celebrate its 50th anniversary in 2016. During March which is Women's History month, we plan to have an evening program to remember and express our appreciation that the Founders had the foresight to develop this agency; and that over the years, other women have stepped forward to develop it further. We want to thank all of our volunteers. A few of MRHS's Founders were Fanny Hurlinger, Katherine Schmit, Mary Chinn, Ethel Dawbarn, Katherine Devine, and Ellen Herz. Do you remember any of the above names? Do you recall the names of women volunteers during the 1960's, 1970's and 1980's? If you do, please contact MRHS. We want to compile a list of all our volunteers.

In January 2016, we will give you more information about the program.

The Program Planning Committee.

Important Information from the Green Committee

Please, No Plastic In The Food Scrap Bins.

Acceptable items in the food scrap carts (located in each basement on Wednesday or Thursday and Sunday evenings) include fruit, vegetables, pasta, bread, rice, meat, dairy, coffee grinds & filters, tea bags, paper plates, paper towels, paper napkins and other food-soiled paper. These, having come from what was once something living (organic), are all bio-degradable

No plastic bags, polystyrene take-out containers and other plastic and non-organic material should go in the compost bin. These non-organic plastics also include plastic coated paper plates, juice and milk containers and hot and cold drinking cups. Plastic does not decompose and can be detrimental to the operation of the equipment at the processing plant. Additionally, they contaminate the finished compost. They do not biodegrade and are thought to cause detrimental effects to organisms in a variety of ecosystems. They can exist indefinitely and become so widely dispersed that it is impossible to clean them up.

Note: The Green Committee was formed following the climate march last Fall in an effort to work locally for a sustainable planet. We are concerned with promoting the use of alternative energy sources here in Morningside Gardens and other things green. If you would like to join us in our efforts, contact Sarah Eggleston at sarahegg123@msn.com or [212-666-6583](tel:212-666-6583).

