

My Home is Someone's Workplace Workshop

If you hire someone in the home to clean, cook, assist, or care for you or a loved one, your home is someone's workplace — which makes you their employer. The ***Caring Majority*** invites you to a workshop to develop the knowledge and skills you need to build a long-lasting and fair relationship with your homecare providers. Together, we will:

- Cover the basics of hiring and maintaining a positive relationship with the person you employ
- Discuss your rights and responsibilities in this role
- And introduce you to the FairCare principles of fair employment: Fair Pay, Clear Expectations, and Paid Time Off

We're here to support you in building and maintaining a caring home and a workplace you can be proud of.

Monday, April 11, 4:00 to 5:30 PM at the MRHS Tuttle Center. RSVP to MRHS.

Great Decisions 2016

On **Tuesday, April 5** at **7:00 PM** the Great Decisions Program will continue the 2016 program with a discussion on "The Future of Kurdistan." Peggy Thomas is the program facilitator for this evening's presentation. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including the book for the 2016 program (discounted to \$20.00.)



Dances For A Variable Population

MRHS is excited to offer an 8-week inter-generational dance program thanks to the generous support of the UJA Federation of New York and ***Dances For A Variable Population***. The program will run on Fridays beginning April 15th at 4:30. The program will be done in collaboration with children from the Grant Houses.

MOVEMENT SPEAKS® is a series of sequential dance workshops and public performance for people of all ages and abilities promoting access to movement in strong and creative ways. Developed in 2010 by master teacher *Naomi Goldberg Haas* and ***Dances For A Variable Population***, the program celebrates the power of community through the experience of dance.

The first class is scheduled to meet on **April 15th at 4:30 in the Recreation Room**. All of the remaining classes will meet in Thurgood Marshall.

Oheka Castle & Castle Lunch

Join MRHS for a guided ***Historic Mansion and Garden Tour*** of **Oheka Castle**, followed by lunch in the castle. Almost a century ago, financier and philanthropist Otto Hermann Kahn built **Oheka Castle** in the middle of a 443-acre plot on the highest point on Long Island in Cold Spring Harbor. The French-style chateau was, and still is today, the second-largest private residence ever built in America.

Our two course lunch includes soda or ice tea; followed by coffee/tea and homemade cookies served in the ***Mansion Bar & Restaurant***.

DATE: Wed., April 13

DEPART: 11:00 AM

PRICE: \$60.00

RETURN: 5:00 PM

Volunteer Nominations

Can you think of an MRHS volunteer who has gone above and beyond the call of duty this past year or over the course of many years? If you would like to nominate an MRHS volunteer for special recognition at our Spring Recognition Luncheon, please contact **Ron Bruno** at **212-666-4000** or at **ronb@mrhsny.org**. Thank you!

Congratulations Sophie Onne!

Building VI resident **Sophie Onne** turned 105 on March 17. Congratulations!

Enjoy a Philharmonic Concert Evening at a Discount

John Seaman is hosting another special discount concert evening at the New York Philharmonic. Exclusive Patron's Lounge privileges are included. This means free drinks (red or white wine, Pellegrino water, coffee, and chocolates.) The concert takes place on **Saturday, May 14, at 7:15 PM.**

Tickets are \$29.50 each (this price reflects a 25% discount). The program takes place at **David Geffen Hall** (formerly Avery Fisher Hall) at Lincoln Center. The seats are **3rd tier box seats**. The program includes Sibelius Symphony #2; a Robert Schumann overture; and selections from Mahler's "Des Knaben Wunderhorn" (The Youth's Magic Horn). *John Storgards* is the conductor and the Mahler will be sung by bass-baritone *Eric Owens*. If you would like tickets, please sign up as soon as you can by calling the MRHS office at 212-666-4000. We hope you will join us.

Low Vision Group

The purpose of this group is to offer social and emotional support for individuals living with visual impairments. This month we will meet on **Friday, April 8** and **Friday, April 15** at **2:00 PM** in the **MRHS Tuttle Center**. Please call MRHS at 212-666-4000 with any questions. Walk-ins are welcome!

Happy April Birthday!!

To: Anne Boggan, Hardison Geer, Conchita Gonzalez, Inge Graff, Miriam Hepworth, Zheng Liu, Patricia Mack, Eppie Mercado, Forrest Murphy, Usa Ungsunan, Deborah Wallace, Marie Wilson, 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

April 2 All the King's Men (1949)

1 hr, 50 min The rise and fall of a corrupt politician, who makes his friends richer and retains power by dint of a populist appeal. Starring Broderick Crawford and John Ireland. Directed by Robert Rosen. Won 3 Oscars. Rated Approved

April 9 The Danish Girl (2015) 1 hr, 51 min A love story loosely inspired by the lives of Danish artists, Lili Elbe and Gerda Wegener. Their marriage and work evolve as they navigate Lili's ground breaking journey as a transgender pioneer. Alicia Vikander won the Oscar for best supporting actress. Directed by Tom Hooper. Rated R

April 16 Brokeback Mountain (2005) 2 hr, 14 min The forbidden and secretive relationship between two cowboys over the years. Stars Heath Ledger, Jake Gyllenhaal and Michelle Williams. Directed by Ang Lee. Won 3 Oscars. Rated R

April 23 Carmen Jones (1954) 1 hr, 44 min Contemporary version of "Carmen" with new lyrics and an African-American cast. Starring Dorothy Dandridge and Harry Belafonte with Pearl Bailey, Diahann Carroll, Alvin Ailey, Max Roach. Sung by Marilyn Horne and Le Vern Hutcherson. Directed by Otto Preminger. Rated Approved.

April 30 Spotlight (2015) 2 hr, 8 min

The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese. A stellar cast includes Mark Ruffalo, Michael Keaton and Rachel McAdams. Won the Oscar for best picture. Director: Tom McCarthy. Rated R

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:

Monday	Tuesday	Wednesday	Thursday	Friday
8 – 6	9 – 6	8 – 6	8 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening on Wednesday,

April 13 and April 27

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" will meet on April 21 at 2:30 PM in the MRHS Tuttle Center.

"Later Life Transitions" group's next meeting will take place on Thursday, April 7 at 3:00 PM.

The **MRHS Book Club's** next meeting is Wednesday, April 20 at 3:00 PM. The group will discuss **Notes of a Native Son by James Baldwin**. 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, April 15, 2016). 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.**

MGCA Sponsored Art Exhibit

For the past fifty-nine years, painters, potters, filmmakers and other creative professionals have settled quietly in Morningside Gardens. Now MGCA has agreed to showcase **An Exhibition of Artworks** for the first in a series of exhibitions.

Nancy Orans Eder, a painter, and **Judith Block Solomon**, a ceramist, have volunteered to exhibit together in a collaborative installation on the following dates:

Friday, April 15 from 7:00 – 9:00 PM

Saturday, April 16 from 1:00 – 7:00 PM

Sunday, April 17 from 1:00 – 5:00 PM

The show will be held at **80 LaSalle Street in the Thurgood Marshall Room**. All are welcome and invited to attend.

John Seaman's Liberty Salons

On **Monday, April 25 at 7:00 PM**,

Dr. Debbie Joffe Ellis, will speak on the legacy of Dr. Albert Ellis, a founder of Cognitive Psychotherapy. **The programs include light refreshments.**

Free Tax Assistance

If your income is \$30,000 or less, **Free Tax Assistance** is available from AARP on Tuesdays, from 9:30 AM to 1:30 PM, until April 12. The location is the **Bernie Wohl Center**, 647 Columbus Ave. WALK-IN. Bring: Identification, W-2 forms (income Information), and your Social Security Card.

For incomes below \$54,000, free assistance is also available at:

Morningside Heights Library

2900 Broadway

Monday and Saturday 10AM - 2PM

212-666-5099

West Harlem Library

9 West 124th Street

Friday and Saturday 10AM - 2PM

212-348-5620

Monday Night Discussion Group

TOPIC: Let's Discuss ART - PART II

As requested in February, we will continue our discussion about art. We will focus on the visual art that you particularly like. So that we may show the piece you like, please leave either a note at MRHS addressed to **Mary Davidson** or email her at: marywickens@gmail.com providing the following information:

1. Name of artist
2. Title of work
3. Place where the item may be found
4. Your phone number (just in case more info is needed to identify the item)

She will look for it on the Internet to put it up on the screen for all to view. If you have a small piece you would like to bring in, please do so. You may also email a photo of it to Mary. All of your selections must be received by Thursday, April 14.

Let's continue to talk about art in our lives and what turns us on!

Monday, April 18, 7:30 - 8:30 PM
Tuttle Center, 100 La Salle, #MC

RECOLLECT * DISCUSS * PARTICIPATE *
LEARN * CELEBRATE

Neuroscience Wednesdays

For the next installment of *Neuroscience Wednesdays*, Building VI resident and neuroscientist **Madelyne Kraft** will be continue her discussion on "The Five Senses."



Wednesday, April 20 at 7:00 PM
MRHS Tuttle Center, 100 La Salle, #MC

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

Men: A Message For You!

We thought you should know that we have a working **MEN's GROUP** at MRHS. We meet on the first Wednesday of every month. The next lunch meeting will take place on **Wednesday, April 6 at 12:30 PM in the Thurgood Marshall Room, 80 La Salle Street, Ground Floor.** The cost of lunch is \$10 payable to MRHS. **Dr. Bob Berookhim**, Lenox Hill Hospital Urologist located at 1302 Amsterdam Ave. and Assistant Professor at Hofstra North Shore-LIU School of Medicine, will talk about ***Urology Issues.***

At our March meeting we had an enlightening presentation by Men's Group member John DiGaetani on his book "An Invitation to the Opera."

Thank you, John!

Please contact MRHS at 212 666 4000 if you are interested in joining the April 6th lunch meeting.



Columbia Aging Center Perceptions of Age Study

Omar Halawa is a student researcher working with **Dr. David Weiss** (Assistant Professor at the **Columbia Aging Center**) to investigate perceptions of aging among older adults. In a current study, the researchers study how images of aging may differ across different countries and cultures. The research project will be carried out using a brief, 1-page survey distributed to participants.

Omar Halawa will be at MRHS on **Wednesday, April 6 at 3:00 PM in the Tuttle Center** to distribute surveys to those interested in participating. Donuts will be provided by Columbia!

Recycling and Composting Workshops

Recycling and Composting Workshops Are Coming to Your Lobby!

Have a recycling question? Want to start composting but never got a bucket? Need to confer about the person on your floor who puts everything in the wrong place? Whatever your concern, the MG Green Committee and the Sanitation Coalition want to help you. That is why we are planning fun workshops to be held in all the lobbies of Morningside Gardens this spring.

All grown-ups and kids are invited. Meet your neighbors. Pick up the latest Department of Sanitation or GrowNewYork material and get your questions answered. Dates and places for the remaining workshops will be posted in the lobby and the laundry room of your building soon. The schedule is as follows:

- **April 2** – 80 and 90 La Salle St
- **April 9** – 100 and 501 W. 123 St.
- **April 16** – 549 W. 123 St.

All are from **10:30 to 11:30 AM**

Joan Levine (Bldg. I)

Supper Club Gala

For the final **Supper Club** of the season we are planning a gala with dinner from *Dinosaur Bar-B-Que* and live entertainment performed by performers from the community. The date is **Monday, April 11 from 7:00-9:00 PM**.

The event will take place in the Recreation Center, basement of 100 La Salle. Cost to be announced. Please contact MRHS to reserve (212-666-4000).

Share What You Know: Become A Mentor

Experience is the best teacher and you have a lifetime of knowledge to give a young person in need of support and guidance. The Community Service Society/ Retired and Senior Volunteer Program (CSS/RSVP) is seeking volunteers, 55 years and older, to build the academic confidence of a child whose parent/s is incarcerated, or an adolescent reentering the community after incarceration set career and education goals. For a few hours a month, volunteers can serve in a site-based mentoring initiative and gain the satisfaction of knowing that they are using their life experiences to inspire youth.

Register for the **CSS/RSVP Mentor Orientation Session on April 25 from 10:00 AM – 1:00 PM at the Community Service Society, 633 Third Ave. (near E. 41 St) NY, NY.** To confirm your seat or for more information, contact Karen Brown at (212) 614-5557 or email kbrown@cssny.org

The Memory Tree™

Yes, we're all getting older, but that doesn't mean we have to take it lying down. There are things you can do to help keep your body and mind in top shape! **The Memory Tree™** is a weekly program at MRHS that provides fun, low-cost classes designed to "tune-up" our brains. We believe that the best way to facilitate the aging process is through mental and physical fitness. Our classes do just that! You'll never be bored, because we have a variety of programs designed to keep the body and brain challenged.

The Memory Tree™ is offered once a week at MRHS, on **Friday mornings from 10:00 AM to 12:30 PM**. There is no long-term commitment. Why not try a session and see if you like it? If you are interested in joining us at **The Memory Tree™**, or know of someone who could benefit from our program, contact *Elizabeth Fine, LCSW*, at 917-656- 0558 or *Margaret Bianchi*, at the MRHS office 212-666-4000. We look forward to meeting you!