

## Not Falling For It:

### Fall Prevention Strategies to Promote Aging in Place

Through an affiliation with Columbia University, Masters students of Occupational Therapy, **Staley Alexander** and **Maggie Boelter**, will be running an evidence-based falls prevention program. Every other Wednesday, new topics will be presented using the latest research regarding factors that contribute to falls and strategies to counteract these factors. This is in collaboration with environmental home assessments and the implementation of possible recommendations. The goal of this program is to decrease risks for falling in order to promote active engagement in meaningful occupations!

#### **Upcoming Wednesday Programs:**

February 7: *Medical Conditions/Changes that contribute to falls*

February 21: *Environmental Risk Factors*

## Community Seder – SAVE THE DATE

**Thursday, April 5 at 7:00 PM**, (seventh night of Passover). Location to be determined.

We particularly invite those who can no longer observe Passover with family or friends as well as those who have never attended a Seder and experienced the tradition-rich event. Passover recounts the flight of the Hebrews from years of slavery in Egypt. If you are interested in attending or volunteering please call or email MRHS Social Work Intern Robin Aloï at MRHS:  
Email: [mrhsintern@mrhsny.org](mailto:mrhsintern@mrhsny.org)  
Phone: [212-666-4000](tel:212-666-4000)

***MRHS is closed on Monday,  
February 19 for President's Day.  
We wish everyone a great holiday.***

## Kay Murray

We are sorry to report that former MRHS Treasurer, Kay Murray, died on Saturday, January 13 at the age of eighty-three. Kay was MRHS Treasurer from 2004 to 2010.

Kay Murray was an attorney who served as General Counsel for the NYC Department of Juvenile Justice. In 2009 Ron Bruno had the opportunity to recommend Kay Murray for the Barnard Medal of Distinction, Barnard College's highest honor, which she was awarded. Other honorees receiving the award on May 18, 2009 were Secretary of State Hillary Rodham Clinton, PepsiCo's Chief Executive Officer, Indra K. Nooyi, and Harvard University's William Dorr Boardman Professor of Fine Arts, Irene J. Winter. Hillary Clinton delivered the Commencement address.

Kay was an invaluable MRHS board member and contributor to MRHS. With her broad experience, Kay had a deep understanding of how nonprofits operate and of their critical value to society. She will be sorely missed.

***MRHS is planning a special celebration of Black History Month this year. We will pass along details as soon as they are finalized.***

## MRHS On EBay

Did you know you can find great deals through our **MRHS On EBay** program? From designer shoes to vintage books? And all proceeds benefit MRHS! You can access the MRHS EBay program through the MRHS website and then by clicking on "MRHS on EBay" or else go to <https://givingworks.ebay.com/charity-auctions/charity/mrhs-morningside-retirement-health-services/54832/> People from all fifty states shop at MRHS's EBay site, so why not you?

## Mt. Sinai Program

Through a UJA Federation grant and in partnership with the New Jewish Home, Mount Sinai Hospital has been working with the MRHS community on various issues related to aging:

**February 1, 2:30 PM**

***Older, faster, higher: Masters Older Adult Athletes, with Rob Jerome***

**February 15, 2:30 PM**

***Palliative Care: the Key to Making Sure You Receive the Kinds of Healthcare You Want, with Dr. Nathan Goldstein***

## Low Vision Support 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!

Meetings this month are scheduled for **Monday, February 5 and Monday February 26 from 3:30 to 4:30 PM.**

Please call MRHS at 212-666-4000 to reserve. We also welcome drop in visits.

## Great Decisions 2018

Great Decisions resumes on **Tuesday, February 6 at 7:00 PM** discussing "The Waning of Pax Americana?" Sydney Weinberg will facilitate. The meeting is in the New MRHS Center, 100 La Salle, #MC. A few Resource Books are available for \$20. Readings for the February 6 discussion will be on hand at MRHS.

## Film Committee News

The MRHS Film Committee seeks a volunteer to show one Saturday film a month. Will train and support. If interested please call the MRHS office at 212-666-4000.

## Supper Club - SAVE THE DATE

**Monday, February 26.** Stay tuned for more information.

## Happy February Birthday!!

To: Mary Elder, Nancy Jalet, Joanna Kapner, Charles Koppelman, Marie Ledoux, Iona Lutey, Emily Maruoka, Annie Petrus, Sandra Saunders, Annette Sims, Hilah Thomas, and Marion 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 February are all invited to our Birthday Party! Come on **Tuesday, February 20 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

Feb. 3 **Fences** (2016) 2 hr, 19 min

This film version of August Wilson's play is set in the 1950s, the story of Troy Maxim (Denzel Washington) a working-class African-American father trying to raise his family, while coming to terms with the events of life. Directed by Denzel Washington. Rated PG13

Feb. 10 **13th** (2016) 1 hr 40 min (Documentary)

The 13<sup>th</sup> Amendment of the US Constitution intended to abolish slavery reads: "*Neither slavery nor involuntary servitude, **except** as punishment for crime whereof the party shall have been duly convicted shall exist in the United States.*" The progression from that second qualifying clause to the horrors of mass criminalization and the sprawling American prison system is laid out by Director Ava DuVernay with bracing lucidity. NR

Feb. 17 **I Am Not Your Negro** (2016) 1 hr, 33 min (Documentary)

James Baldwin (1924-1987) left an unfinished manuscript, "Remember This House" which is the basis for this documentary, narrated by Samuel L. Jackson. The film explores the history of racism in the US through Baldwin's reminiscences of civil rights leaders, Medgar Evers, Malcolm X and Martin Luther King as well as his personal observations of American history. Directed by Raoul Peck. Rated PG.

Feb. 24 **Moonlight** (2016) 1 hr, 55 min

A chronicle of the childhood, adolescence and burgeoning adulthood of a young African-American, gay man growing up in Miami. Written and directed by Barry Jenkins and winner of three Academy Awards, including Best Picture. 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 New MRHS Center.

**MRHS Sing-Along** – Come to the Sing-Along every **Tuesday at 1:00 PM**.

**MRHS Office Hours** – The following is the New MRHS Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

**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**

**Feb. 7      Feb. 21**

9:00 AM to 11:00 AM

100 La Salle, #MC

**The Fairway Shuttle** departs from the bus shelter near 90 La Salle St., Mondays at 1:00 PM and Fridays at 10:00 AM.

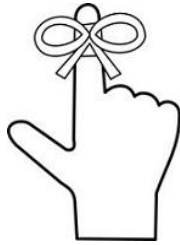
**Nurse Marie Phillips' "Take Charge of Your Health"** will meet on **Thursday, February 22 at 2:30 PM in the MRHS Center.**

The **MRHS Book Club's** next meeting will be on **Wednesday, February 21 at 3:00 PM** in the New MRHS Center. The group will discuss the novel, **Suite Française**, by **Irène Némirovsky**. Please consider joining. All 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, February 16, 2018). 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.***



## Film Committee Presents

### ***First Wednesday Films***

Next screening on **February 7 at 7:30 PM**

### **The Big Sick**

(2017) 1 hour 57 minutes

Pakistan-born aspiring comedian Kumail connects with American grad student Emily. He finds himself forced to face his family's expectations and her feisty parents.

Nominated by both the American Film Institute and Producers Guild as one of the best films of the year - "a rich bouquet of emotion from belly laughs to broken hearts and back again," injects "the insight of personal experience into commitment across cultural boundaries and mortal horizons."

**The New MRHS Center, 100 La Salle, #MC**  
\$1.00 suggested donation

## Emergency Prep

Please be reminded to keep a reserve of water and non perishable food in your apartment in the event of an emergency. You should also have a flashlight, batteries and a battery-powered radio on hand.

## The Virtual Senior Center

The nonprofit agency, Selfhelp, has developed an innovated program called the Virtual Senior Center. Go to <http://vscm.selfhelp.net> to access a three-minute video that shows how it works.

***\*\*\* All information, statements, and material contained in the MRHS newsletter, brochures, classes, and programs of any kind are offered in good faith for the general information, education and/or recreation of our clients and other attendees. There is no intent to indicate an implicit or explicit endorsement of any content by MRHS. \*\*\****

## MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the New MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, February 14 at 1:00 PM**. Please call 212 666 4000 to RSVP. The luncheons are a great opportunity to make new friends, learn, and have fun. Men's Group luncheons take place on the second Wednesday of the month. The cost of the lunch is \$10. Please bring a check payable to MRHS.

## Exhibit at Interchurch Center

The current exhibit ***Remembering Dr. Martin Luther King, Jr., A Black History Month Celebration***, runs from January 8 to February 22 at the **Interchurch Center**, located at 475 Riverside Drive.

Our own MRHS Board Member **Ozier Muhammad**, is one of the seven artists whose work is featured at the exhibit. Ozier is professional photographer who worked many years for the New York Times.

Ozier Muhammad will also discuss and display his work at **MRHS's Annual Meeting**, tentatively scheduled for **Tuesday, March 20**.

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"She found herself at sixty-five telling younger friends that there was nothing to getting old, quite pleasurable really, for if this or that good took itself off, then all kinds of pleasures unsuspected by the young presented themselves, and one often found oneself wondering what the next surprise would be."

--- **Doris Lessing, *Love, Again***

"When I was young I was amazed at Plutarch's statement that the elder Cato began at the age of eighty to learn Greek. I am amazed no longer. Old age is ready to undertake tasks that youth shirked because they would take too long."

--- **Somerset Maugham,  
in *The Summing Up***

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## Intergenerational Talent Show

Come see your friends and neighbors perform in an intergenerational variety show sponsored through a grant from the UJA Federation. **Show time is 4:00 PM to 5:00 PM**. The show will be followed by a pizza party! Come support your talented neighbors and enjoy the show!

**Sunday, January 28, 4:00 PM**  
**Recreation Center, Building I**

## Wallach Gallery Tour

Join MRHS on a tour of ***Arthur Mitchell: Harlem's Ballet Trailblazer*** at Columbia University's nearby Wallach Gallery.

On **Thursday, February 15 from 1:00 to 2:00 PM**, Jennifer Mock of the Gallery will conduct a tour. Jennifer notes that the exhibit is "drawn almost entirely from Mr. Mitchell's personal archive." It chronicles Mr. Mitchell's career with the New York City Ballet, his founding of the Dance Theatre of Harlem, and his vision of a more just world for dance through rare photographs, video footage and New York City Ballet and Dance Theatre of Harlem posters and materials."

If interested please contact MRHS at 212-666-4000. MRHS Social Work Intern *Kirk Cooper-Johnson* will lead the group.

The gallery is a short walk to 126 Street. We will provide some transport for those who prefer not to walk.

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***MRHS thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for their ongoing support.***

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

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**Donors to MRHS Annual Fund Drive  
from December 15<sup>th</sup> to January 16<sup>th</sup>**

**Thank you one and all!**

Ahamad, Casimir *In Memory of Drs.  
Rosey Shiek and Justin Ahamad*  
Back, Sara  
Baldwin, Susan & Will  
Barth, Mark  
Benjamin, Adria  
Burley, Anne L. *In Memory of Dale &  
Lloyd Burley*  
Carter, John W. & Sharon Lockhart  
*In Honor of Eileen Canty  
In Memory of Robert L. Carter*  
Chang, Victor  
de Paur, Norma C.  
Geist, Sheila  
Gupta, Amita  
Haver, Susan Goetz & Kyle  
Kane, Sherry  
Kapner, Joanna M. *In Memory of parents Gene  
& Sophie Mehrer*  
Kelley, Timothy  
Kerr, Marcella *In Memory of Helen  
Baker*  
Le, Yen Chi  
Lee, Gary W.  
Liu, SuQing  
Martin, Norma  
McNamara, Robert *In Memory of  
mother Peggy McNamara*  
Meyers, Cynthia & David Bywaters  
Murphree, Mary C. *In Honor of Sarah  
Cunningham*  
Paster, Wendi & Dan Lowenstein  
Poole, Joan Lauri *In Honor of Mrs.  
Lydia Chang*  
Rikleen, Rebecca  
Rooks, Jean  
Schumacher, Rekha  
Slomin, Carla & Edward  
Thorne, Evelyn *In Honor of Suzanne  
Antone & Sheena Beeson*  
Traugh, Cecelia E.  
Valfredini, Alessia *In Honor of  
neighbors Rachel & Kenneth*  
Walker, Alberta *In Honor of brother  
Ted Walker*

**Morningside Players Hits the  
Road – Save the Dates!**

The Morningside Players' (www.morningsideplayers.org) next show will be *Having Our Say: The Delany Sisters' First 100 Years*. This wonderful Broadway hit play tells the fascinating story of 101 and 103 year old African-American sisters, speaking to us from their Mount Vernon home. Vivid writing, humor, evocative music and projections from their past - which spans restoration, Jim Crow, the Harlem Renaissance and the civil rights movement - make for compelling, delightful theater. Due to upcoming upgrades and renovations in the Recreation Center, TMP has been invited to do the show at the new **North Of History Performance Space at 445 Columbus Ave (81st st)**! All one level and wheelchair accessible, and many good restaurants nearby. Please join them there! Feb. 16 - Mar. 5, Fridays thru Monday evenings  
Tickets via [www.brownpapertickets.com](http://www.brownpapertickets.com) or call 646-200-5089.