

## Book Signing & Release Party

**"Love at the End of the World"**  
stories by **Tonia Rotkopf Blair**

**with Film Show at 4:30 PM**

An original Morningside Gardens resident, Tonia took the MRHS *Writing From Life Experience Class* with Susan Willerman, starting in 2000.

Tonia's stories tell not only of surviving the Holocaust and crossing half the world, but do so in a provocative, poetic and notably female style, with your heart and dreams alive.

2:00 PM: Book Signing & Snacks

2:30 PM: Reading

4:30 PM: *Our Holocaust Vacation*, the 84-minute documentary film about Tonia's returning to Poland with her family, which was shown on PBS 500 times. It features family adventure and amazing interactions with the locals, as well as grappling with the Holocaust and personal growth.

For more information, please contact Doniphan Blair at 510-220-2126 or [doniphan@amedianysf.com](mailto:doniphan@amedianysf.com)

**Sunday, May 12 at 2:00 PM**  
**MRHS Center, 100 LaSalle, #MC**

## Get Your Word's Worth!!

An annual and popular event over the years – the annual reading by the *Writing from Life Experience* group. Members of the group will share their writings with the whole community. Light refreshments are included. Everyone is welcome for a very enjoyable experience.

MRHS is very proud to co-sponsor this event with *Teachers & Writers Collaborative* and the *NY State Council on the Arts*. **Please join us on Sunday, May 19 from 2:00 to 5:00 PM in the Thurgood Marshall Room, 80 La Salle, 1<sup>st</sup> floor.**

## Painted Threads

**The Art of Fiber, Textile and Needle Arts**

MRHS is hosting *Painted Threads*, a series of programs created by **Harlem Needle Arts**.

The Art of Quilting and Signs and Symbols of the Underground Railroad with *Ife Felix* takes place on **Thursdays, May 23 through June 21**. Classes are from 2:30 PM to 4:00 PM and held at MRHS. To register contact Margaret Bianchi at 212-666-4000. *Painted Threads* is supported by the NYC Department of Cultural Affairs and Councilman Mark Levine

## SRFF and MRHS

MRHS board member **Nora Armani**, creator of the *Socially Relevant Film Festival New York* (SRFF), invites you to a film screening followed by a Q&A and reception. All are invited!

**"Take a Look On the Morningside"**  
*A youth video project of interviews with Morningside Gardens residents*

The 12-minute short premiered at SRFF 2019 in March. Videographers: Yhenni Michaelis, Mediba Diarra and Serena Vaughn.

Interviewees: Tiana Leonard, Nancy Eder, Robin Berson and John Kapner.

A production of SRFF and EVC (Educational Video Center) with the help of MRHS.

**Friday, May 3, 7:00 PM**  
**MRHS Center, 100 La Salle, #MC**

**MRHS will be closed on Monday, May 27 in honor of Memorial Day. We wish everyone a good holiday.**



## Director's Column

People sometimes ask if MRHS's services are only for older adults. MRHS's *clinical* services are reserved primarily for residents of Morningside Gardens over the age of sixty. However, many of our other programs have space for those under sixty and some programs, such as our recent cooking classes, are designed specifically to be intergenerational.

By "clinical services" we mean the direct care services provided by the MRHS social workers and MRHS nurse Marie Phillips. While we would like to offer these services to others, our NORC contracts with the city and state are explicitly for services for older adults. Also, our area of expertise is with the aging population and the MRHS mission statement clearly states that the agency was created in 1966 for the older residents of the Gardens. Sometimes we receive requests to provide clinical services to older adults living outside the Gardens. Again, our state and city contracts, as well as our mission statement, limit our ability to do so.

But other programs and events that have room, and many do, are generally open to those under sixty. Bus trips, exercise classes, and guest speakers are examples of programs that are not usually filled to capacity and are open to others. In addition, the MRHS Media Lounge with WiFi, iMac computers, a lending library and snacks is offered for use by the wider community. We also loan out medical equipment to residents of all ages. Keep in mind also that MRHS clinical staff is available to younger residents who may have an older relative or friend living at a distance and are in need of guidance.

In this way MRHS contributes to the Morningside community, through its direct services to older residents and through amenities that are available to all residents. We also believe our presence on-site helps to build a deeper sense of community, as we promote volunteerism, civic engagement and neighbors helping neighbors in the Morningside tradition.



## Happy May Birthday!!

To: Eliza Chiu, Anne Ellis, Ronald Jackman, Leslie Kiss, Tina Lal, Elizabeth Mellen, Sue Miles, Laura Brown Sands, and Martha Trezevant.

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

## Saturday Afternoon Movies

**May 4 *Hell or High Water*** (2016) 1 hr, 42 min A solidly crafted, well-acted neo-Western heist thriller that eschews mindless gunplay in favor of confident pacing and full-bodied characters. Beautiful and harsh and elegiac and knowing, with a complex narrative and stunning cinematography. It received four Oscar nominations including Best Picture & Best Supporting Actor (Jeff Bridges). Rated R. Closed Captions

**May 11 *Matewan*** (1987) 2 hr, 15 min Filmed in the coal country of West Virginia, this film celebrates labor organizing in the context of a 1920s work stoppage. A union organizer, a scab named "Few Clothes" Johnson (James Earl Jones), and a sympathetic mayor and police chief heroically fight the power represented by a coal company and Matewan's vested interests so that justice and workers' rights need not take a back seat to squalid working conditions, exploitation and the bottom line. Directed by John Sayles. PG-13

**May 18 *The Burial of Kojo*** (2018) 1 hr, 20 min A Ghanaian woman retrospectively describes a time in her childhood when she tried to save her father, Kojo, who was left to die in an illegal gold mine. The Director, Blitz Bazawule was born in Ghana and currently lives in Brooklyn. The Film was distributed by Ava DuVernay. Not Rated

**May 25 *Woman at War*** 1 hr, 50 min – Halla is a beloved single choir director in her early fifties living a secret double life as a green activist. A concerned citizen looking for a place in a deteriorating world she desperately tries to better, Halla cuts power lines to sabotage a local aluminum plant. Set in Iceland, "Woman at War" is thrilling with a side of laughs. 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 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**

**May 1    May 15    May 29**

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"** next meeting will take place on **Thursday, May 23 at 2:30 PM**.

The **MRHS Book Club's** next meeting will be on **Wednesday, May 22 at 3:00 PM** in the New MRHS Center. The group will discuss the *The Fire By Night* Teresa Messineo. 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, May 17, 2019). 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 Board Directors 2019-20

Michael Davidson, President  
Elise Rackmill, Vice-President  
Conor Gaffney, Treasurer  
Cynthia Rock, Secretary

|                        |                    |
|------------------------|--------------------|
| Nora Armani            | Harriet Chan King  |
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| Edward Fortier         | Christine Pawelski |
| Robert Hill            | Mark Speyer        |
| Tonia Paapke Waterbury |                    |

## MEN: A Message for YOU!

The next Men's Group Luncheon will take place in the MRHS Center, 100 La Salle Street, ground floor, on **Wednesday, May 8 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.

## May Supper Club

MRHS Bi-Monthly Supper Club invites you to Bettolona on **Tuesday, May 7 at 5:30 PM** for a night of Italian cuisine and friendly conversations. Bettolona is located at 3143 Broadway between LaSalle & Tiemann. The cost is \$15 per person and RSVP is required. Please call 212-666-4000 to reserve your spot by Monday, May 6.

***\*\*\* 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. \*\*\****

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

## Mt. Sinai / MRHS Program

**Thursday, May 16, 2:30 PM**

***Nursing Homes Demystified.*** With *Dr Ruth Spinner*. A review of Skilled Nursing Facility care including Long-Term Care and "Post-Acute" / "Subacute" Rehab. Who, what where when and why?

**Friday, May 24: Ask the Doc**

**at 3:30 PM** with *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.

**Thursday, May 30: Ask the Doc**

**at 2:30 PM** with *Dr. Greg Hinrichsen*, Psychologist, Mount Sinai Department of Geriatrics and Palliative Care.

**You must contact MRHS in advance to schedule an "Ask the Doc" session.**

*\*\*\* MRHS presents these programs in partnership with the Mt Sinai School of Medicine, with support from the UJA Federation of New York. \*\*\**

## 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! The dates are **Monday, May 6**. Please call MRHS at 212-666-4000 to reserve. We also welcome drop-in visits.

## Great Decisions 2019

The Great Decisions 2019 program will meet next on **Wednesday, May 8**. Rita Pullium will lead a discussion on

*"The Rise of Populism in Europe."* Please note that this month's program is on a Wednesday. The program takes place at **7:00 PM** in the MRHS Center. For those who do not have books, readings for the May discussion will be available in the MRHS office.



## Essential Advance Planning

The importance of being prepared in advance should an emergency occur, especially having a health care proxy, cannot be emphasized too strongly. 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 10 at 1:00 PM**  
**MRHS Center, 100 La Salle, #MC**

## Computer Classes at MRHS

You can still sign up for free Computer Classes at MRHS! Three weeks of EXCEL classes begin on **Tuesday, April 30 at 6:00 PM**. Three weeks of Quickbooks start on **Thursday, May 16 at 6:00 PM**.

You must bring your own laptop to the class. Registration is required at [jccmp.org](http://jccmp.org). Call 718-412-3521 or MRHS for more information. This program has been made possible by the JCC of Marine Park and Councilman Mark Levine.



## Relaxation Exercises

The instructor, Marge Nissen (Bldg. III), has taught Yoga at MRHS for many years. She now teaches Qi Gong, which she studied at a hospital in China. Qi Gong strengthens the immune and circulatory systems using exercises and calms the nervous system with moving meditation.

Try it! Your body will end up feeling relaxed. No experience necessary, and the first session is gratis. **Tuesdays from 11:00 AM to 12 Noon**. Eight sessions starting **May 7**. \$20.00 fee.

## Nominate an MRHS Volunteer

Every year MRHS honors volunteers who made special contributions to MRHS during the prior year. If you would like to nominate someone for special volunteer recognition for their work on behalf of MRHS in 2018, please contact Ron Bruno at ronb@mrhsny.org.

## Performance at MRHS

**Concerts In Motion** will present a musical performance with professional musicians at MRHS on

**Monday, May 6**

**at 1:00 PM.** Details to be announced.



## Don't Be Afraid, Be Empowered — With Technology!

Do you worry about missing out or find it hard to stay up-to-date? Are you worried about hacking, cyber-crime, and ID theft? Join us on **June 17 at 2:00 PM or 7:00 PM at MRHS** for a 90-minute workshop where Hardy Brooklyn will entertain you while explaining how you can safely use technology to stay in touch with the people you care about, wherever they are.

Hardy will give critical tips you can use right away and take the mystery out of tech with simple explanations. He'll cover everything from scam email and phone calls to dealing with spam and explain video calling and voice calling. After the workshop, you'll know what to expect so you don't get stressed out over the internet, Facebook, and Google. Bank online with confidence.

This is an interactive seminar with plenty of dedicated question and answer time. Attendees will have a chance to win a one-on-one "how-to" session with Hardy, a technology expert with more than 25 years of experience.

## Morningside Players

The Morningside Players is sponsoring the workshop performances of **Cathartic Reflections - A Fictitious Autobiography**, a new play with music, written and directed by MG resident, Roberta Berman, with music composed and performed by Frank Ponzio. The story goes back and forth in time; a combination of drama and comedy, revealing the lives of the characters while enroute via taxis, planes and airports.

Performance weekend: **Saturday, May 18 at 4:00 PM** and **Sunday, May 19 at 4:00 PM.** Recreation Center, Building 1, lower level 100 La Salle Street. **Limited Seating!** To reserve your seat call 646-200-5089 or go to [morningsideplayers@gmail.com](mailto:morningsideplayers@gmail.com). Free admission — refreshments to follow.

## The Climate Crisis: What Can We Do?

Come and hear Lisa DiCaprio, Conservation Chair of the Sierra Club, NYC Group, and Professor at NYU, address the recent reports on the Climate Crisis and their implications. She will then examine proposals to address this crisis, including the Green New Deal. The Program includes a short video, Q and A, and recommendations for actions we can take, personally and politically at the city, state and national levels. Refreshments will be provided.

Sponsored by the Green Committee for a Sustainable Planet, MG.

**Tuesday, May 7, 7:00 PM**  
**Recreation Center, 100 La Salle,**  
**Basement Level**

## Columbia EPIC Speaker Series

### What Happened To Brown's Vision Of Equal Educational Opportunity And How Can We Get Back On Course?

On May 17, 1954 judges sitting on the US Supreme Court declared by unanimous vote that racial discrimination in public schools is a violation of students' rights to an equal educational opportunity under the 14th Amendment to the US Constitution. As the 2019 school year ends, however, kids enrolled in public schools in cities, north and south, are predominantly black, Hispanic, and Asian while kids enrolled in public schools in suburbs are predominantly white. *Brown v. The Board of Education*, the 1954 Supreme Court decision, is still the law of the land. So, as the title of this EPIC/SPS Talk both asks and exclaims, What Happened to Brown's Vision of Equal Educational Opportunity and How Can We Get Back on Course?

Michael Rebell knows what happened and is well qualified to speak first about the history of *Brown* that began in the early 1970's when state courts picked up the mantle from federal courts and began litigation to increase and equalize taxpayer funding for schools between school districts within a state. Can money for schools attended predominantly by students from poverty backgrounds and students of color solve the problem? What other steps must be taken? Do the state and federal courts have an important role to play in promoting meaningful educational opportunities?

Among other important credentials you will learn about before and during his talk, Professor Rebell was Co-Council for the plaintiffs in the successful Campaign for Fiscal Equity, Inc a school funding lawsuit that claimed New York State was not adequately funding schools in New York City. He is also currently lead counsel in a major new law suit seeking to establish a right under the Constitution for all students to function effectively as civic participants.

**Speaker: Michael A. Rebell**, Professor of Law and Educational Practice, Teachers College, Columbia University and Adjunct Professor Columbia Law School

**Wednesday, May 15, 2:00 PM**

**MRHS Center, 100 LaSalle Street, #MC**

# **Brahms' Requiem**

**Sunday, May 12, 3:00 PM**

**The Riverside Choir, Soloists, & Orchestra**

**Riverside Church, 490 Riverside Drive**

On Mother's Day, The Riverside Choir offers *A German Requiem* – one of the great masterworks of the choral and orchestral literature – initially composed as a response to the death of his dear friend, the composer Robert Schumann. Brahms' universal message of solace, comfort and hope, composed as a personal musical memorial dedicated to his mother, uses biblical texts different from those found in the traditional Latin Requiem. A special Mother's Day fundraiser brunch is at 12:30 PM, advance tickets required. More information available at the Visitor Center, online at [www.trcnyc.org/BrahmsRequiem2019](http://www.trcnyc.org/BrahmsRequiem2019), or by calling 212-870-6722.

## **"What Makes You Curious?"**

The Learning Lab at Columbia University is conducting a new fMRI study on aging, curiosity and learning. We're looking for people between the ages of 65 and 80 to take part in a three- hour research study. Participants will be paid \$80 to complete a series of simple computer tasks related to curiosity, learning and decision-making while getting an MRI. The study takes place at the Jerome Greene Science Center (on Broadway between 129<sup>th</sup> and 130<sup>th</sup> street).

To learn more and to find out if you're eligible, please contact us at [CuriosityTrials@psych.columbia.edu](mailto:CuriosityTrials@psych.columbia.edu) or 212-851-2433."