



# newsletter

**Celebrating our 54<sup>th</sup> Year!**

January 1, 2020  
Vol. XLIV, No. 1

**100 LaSalle Street, NY, NY 10027 (212) 666-4000**  
**[www.mrhsny.org](http://www.mrhsny.org)**

**President: Dr. Michael Davidson**  
**Executive Director: Ronald Bruno**

## Film Footage of Iran

**Mark Woodcock** is a filmmaker with a background in Middle East studies. Having visited Iran in 1959, he jumped at the chance to join a tour there in 2015 and was able to make a cinéma-vérité record of the country's rich history and culture, blending in as a tourist.

Hoping to maintain a degree of privacy for those shown in the film, he does not want to publicize it at this point, but is happy to show it within communities such as MRHS whose friends might appreciate a virtual introduction to Iran's history and culture.

The film takes viewers on a road trip across the Islamic Republic from Tehran and Tabriz in the north to Kerman, Yazd, Shiraz and Isfahan in the south, with a side trip to Persepolis. A discussion with the filmmaker will be held after the screening.

**Wednesday, January 29, 7:00 PM**  
**MRHS Center, 100 La Salle, #MC**

## Music Appreciation Series

A **Music Appreciation Series** will be presented at MRHS by the *Bloomington School of Music*. Bloomington Resident Teaching Artist, *Marc Peloquin*, leads a series of 4-week \$20 music courses designed to give students a basic understanding of music and inspire an appreciation for music through a variety of musical styles.

Each class in this lecture series will feature live demonstrations of musical concepts, discussion, recorded listening examples, and will culminate with a free faculty concert at the Bloomington School of Music. Classes will take place at MRHS on **Fridays, 1:00 – 2:30 PM, starting January 10**. Please refer to the enclosed flyer for more information.

## Creating a Dementia Friendly Community

Come join **PSS Circle of Care** on January 30, 2020 at 2:00 PM to learn how you can become involved with creating a **Dementia Friendly Community (DFC)**. A DFC is a community where a large percentage of community members are empowered to embrace and support those with dementia.

A DFC helps individuals to understand dementia and the challenges caregivers face, become aware of resources they can direct fellow members to, become familiar with skills and techniques that enable them to interact more successfully and supportively. A DFC allows those with dementia and their caregivers to be actively involved and have a voice throughout this process. Please come join us to learn more and become involved in this great initiative.

**Thursday, January 30, 2:00 PM—4:00 PM**  
**MRHS Center, 100 La Salle, #MC**

## Estates and Trusts Seminar

This program will be presented by MHHC in the Building I Recreation Center on two separate occasions:

**Saturday, January 11, 2:00 – 3:30 PM**  
**Thursday, January 16, 7:00 – 8:30 PM**

**\*\*\* MRHS is closed on Wednesday, January 1 for News Year Day. We will re-open on Thursday, January 2. We wish everyone a very Happy New Year!**

**We will also be closed on Monday, January 20 in honor of Martin Luther King Day. \*\*\***

## Director's Column

Looking back at 2019 I'd like to review some of the highlights from the year. (Don't worry, I'm not going to review the entire 2010's decade.) The most exciting news was a new partnership with the Bloomingdale School of Music to provide free group guitar lessons to Morningside residents. The group, capped at twelve participants, had full registration. Taught by an instructor from Bloomingdale, the group was geared to beginners or those with limited experience. A culminating event took place in December in the Thurgood Marshall Room. Bloomingdale will be offering a music appreciation series in 2020 (see the enclosed flyer) and we also hope to schedule a follow up guitar class. MRHS has valued the concept of "Lifelong Learning" for many years, a concept that has recently gained widespread recognition in the field of aging.

Another Lifelong Learning program in 2020, also the product of a partnership, was "Painted Threads." This program was made possible through support from Council Member Mark Levine's office, and in collaboration with the nonprofit agency, Harlem Needle Arts. Painted Threads was a twelve-week workshop, presented by Harlem Needle Arts, that included instruction on felting, quilting, and "mixed media memory collage." At the end of the workshop series an exhibit of the artwork created by participants was held, which was open to the community. The program was presented at no cost to participants, including all arts materials, thanks to support from the NYC Department of Cultural Affairs.

During the summer months MRHS introduced a new intergenerational program called "Summer Evenings on the Plaza," Coordinated by Assistant Director Joanna Stolove, this program consisted of a series of special evening events held in the courtyard between Buildings I and II – including a magician and an arts and crafts professional. Ice cream refreshments were provided as children and older adults participated together.

I would be remiss if I did not remember two significant losses in 2019. In January our dear friend and all-purpose volunteer Michio Ryan died suddenly and unexpectedly. And in September our nurse of over twenty years, Marie Phillips, retired. Going forward we will miss them both, while we welcome our new nurse, Staci Steen.



## Happy January Birthday!!

To: Joy Cooke, Shirley Davidson, Beatrice Hawkins, Lydia La Fleur, Tiana Leonard, Ruther Miller, Rita Pullium, Edward Rosenblum, and Marion Rothenberg.

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 January are all invited to our Birthday Party! Come on **Tuesday, January 21 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**Jan. 4 Tampopo** (1986) 1 hr 54 min

A celebration of the role of food in Japanese culture. It follows a young widow who runs a small noodle restaurant in Tokyo and Goro, a cowboy-hat-wearing truck driver, as they attempt to concoct the perfect bowl of ramen. It unfolds as a series of madcap, effortlessly charming comic vignettes, centered around food and food culture in mid-'80s Japan. *Japanese with English subtitles.* Not Rated

**Jan. 11 The Great Dictator** (1940) 2 hr 6 min

In this controversial masterpiece, Charlie Chaplin offers both a cutting caricature of Adolph Hitler and a sly tweaking of his own comic persona. Becoming Chaplin's most commercially successful film, it was nominated for five Academy Awards. Rated G

**Jan. 18 Three Identical Strangers** (2018)

1 hr, 36 min This documentary tells the story of three men who look exactly alike and meet by happenstance. It turns out they are identical triplets who were separated at birth. It's all joy and emotion as they get to know about each other and how their lives turned out so differently. Everything takes a turn toward the unthinkable when they discover their separation was part of a scientific experiment. Rated PG-13

**Jan. 25 Other People** (2016) 1 hr, 37 min

A struggling comedy writer, fresh off a breakup and in the midst of the worst year of his life, returns to Sacramento to care for his dying mother. Stars Jesse Plemons, Molly Shannon and Bradley Whitford. Directed and written by Chris Kelly. 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 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:

Monday	Tuesday	Wednesday	Thursday	Friday
9–5	9–5	9–5	9–5	9–5

**Nurse's Hours** – Nurse's schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9–5	9–5	9–5	9–5	9–5

### **Hypertension Screening on Wednesday**

Will take place on Wednesday, January 8 and Wednesday, January 22 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.

The **MRHS Book Club's** next meeting will be on **Wednesday, January 15 at 3:00 PM** in the MRHS Center. The group will discuss the novel, ***The Dew Breaker*** by Edwidge Danticat. 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, January 17, 2020). 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 thanks the New York City Department for the Aging (DFTA) and the New York State Office for the Aging (NYSOFA) for making these programs possible***

## Mt. Sinai / MRHS Program

**Thursday, January 23, 2:30 PM**

**"Ask the Doc"** with *Dr. Greg Hinrichsen*, Psychologist, Mount Sinai Dept. of Geriatrics and Palliative Care.

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

**Tuesday, January 28, 3:00 PM**

**"Pain and Communicating Pain to Your Healthcare Provider"** with *Dr. Amy Reyes Arnady*, and *Dr. Joyce Fogel*, Geriatrician, Mount Sinai Department of Geriatrics and Palliative Care.

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

## 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, January 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.

## Women's Group News

The women's meditation group that meets on **Mondays at 7:00 - 8:00 PM** in the MRHS café room (Building 1) has enough space to accommodate a few more women. We meditate for about half the time and talk about our experiences the other half. If you are interested, just come to our Monday evening sessions a few minutes before 7:00. You need not be a senior who uses MRHS services in order to attend.

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

## Mind Over Matter

Have you wondered about new research on ways to maintain and improve your cognitive health? The focus of this program will be to explore evidence-based methods to maintain and improve cognitive health, including topics such as nutrition, games, narrative medicine, art therapy, and sleep and stress management. Join us to meet others and explore these topics together. In addition, the Occupation Therapy students (OTs) will offer home visits to help customize these ideas to your individual needs! Sign up at the first group session.

**Monday, January 27, 11:15 AM-12:15 PM**

– *Introduction*

**Monday, February 3, 11:15 AM-12:15 PM**

– *Nutrition and Your Favorite Recipes*

## Great Decisions 2020

**Great Decisions 2020** begins on the first Tuesday in February. Look for the notices.

## MRHS Unforgettables Chorus

The chorus group is for individuals with dementia and their caregivers with an emphasis on social interaction. Music has been shown to have a positive impact on mood and memory for those diagnosed with dementia. The goal of the MRHS chorus is to improve both the quality of life and the relationship between the person with dementia and their caregivers. For more information please contact MRHS social work intern *Danieal Sanzo* at the MRHS office, **212-666-4000**.

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

## Low Vision Support Group

The **Low Vision Support Group** will meet again in January on **Monday, January 13 and Monday, January 27 from 3:30 to 4:30 PM**. In a safe and confidential setting, members will have the opportunity to discuss their feelings, share experiences and offer mutual support.

## Do You Love Movies?

The Saturday movie committee needs a volunteer who will show one film a month. We'll train and support you. Simply select a film you will show and relay the information by email to the committee. Contact Margaret at MRHS, 212-666-4000.

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## Save the Dates

- **Tai Chi for Arthritis** – starts Monday, February 3 at 11:00 AM (sixteen classes take place on Mondays and Wednesdays at 11:00 AM)
- **Alzheimer's Association Talk** - Wednesday, February 26 at 1:00 PM
- **Repair Café** – Saturday, February 29, time TBA
- **Family History Workshop** – Thursday, March 5 at 2:00 PM

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## Thank you!

**\*\*\* The Board and Staff of MRHS would like to thank everyone who worked on the MRHS Holiday Fair, which raised more than \$4,000 for the benefit of MRHS! We would also like to thank all the residents of Morningside Gardens, as well as the employees of MHC, who shopped at the Fair. \*\*\***

**\*\*\* The Board and Staff of MRHS would also like to thank Riverside Church for making available the beautiful space on the ninth floor of the Church Tower for MRHS's annual Winter Celebration. \*\*\***

