

Columbia EPIC/SPS Series

Reentry and the Model Minority

Speaker: **Richard Roderick**, Program Coordinator, Justice-in-Education Initiative, The Heyman Center for the Humanities, Columbia University.

“The Cooler Bandits” is a documentary in which director John Lucas follows the unfathomable journeys of Charles Kelly, Donavon Harris, Richard ‘Poochie’ Roderick, and Frankie Porter from 2006-2013 through various stages of incarceration as they fight to maintain relationships with family and friends and reintegrate into society after spending their adult lives incarcerated. Although no one was physically injured, these young men received sentences up to 500 years for a series of restaurant robberies they instigated in 1991.

Richard Roderick, one of the subjects in the film and program coordinator for Columbia’s Justice-in-Education Initiative, will lead a discussion following an excerpt of the film.

Wednesday, June 5, 7:00 PM
MRHS Center, 100 LaSalle St.

Don’t Be a Slouch

An evidence-based approach to posture

Speaker: Robin Stoller, Ph.D., P.T. Geriatric Physical Therapist.

Join us for a dynamic two hours of presentation with active demonstration, examining the research behind posture’s effect on your health and quality of life. Learn evidence-based strategies and exercises for posture correction. Light refreshments are included.

Tuesday, June 4, 2:30 to 4:30 PM
MRHS Center, 100 LaSalle St.

Tips on Lighting Your Living Space

Universal Design, Lighting and Color

Rosemary Bakker, a specialist in age-friendly design, will explain what type of lighting we need as we get older. She will suggest simple steps we can take to ensure that our apartments are safely and attractively illuminated, while also creating reading and work areas that minimize glare and provide adequate light for close activity.

This is the first in a series of presentations designed to help us live safely and happily in our apartments as we age. Subjects will range from the simple (trip hazards, kitchen safety) to the complex (widening doorways, renovating bathrooms).

Wednesday, June 26, 7:00 PM
MRHS Center, 100 LaSalle St.

“Beyond Hoarding”

Beyond Hoarding is a new documentary that takes a fresh look at the problem of hoarding, co-produced by Building I resident and journalist/filmmaker, Alice Pifer.

The film’s two key points are that hoarding is a psychiatric disorder and that it is treatable. There is great compassion in this film for the people who are afflicted with this problem — and there is hope. In her review in the Toronto Sun, Liz Braun wrote, “*Beyond Hoarding* is fascinating, often heartbreaking and surprisingly moving.”

Join Alice Pifer and co-producer David C. Coffin for a screening of the film.

Thursday, June 27, 7:00 PM
MRHS Center, 100 LaSalle St.

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.

MRHS Intergenerational Cooking Program

People of all ages are encouraged to participate in this series finale! Our final cooking demo will be held from **1:00 to 3:00 PM** on **Sunday, June 16**. Chefs for the day are a duet: *Helen and David Qiu*.

The title of their cooking demonstration is "10 Minute Gourmet" and showcases a meal that is healthy, delicious, and economical. They will be presenting chicken soup, grilled salmon with multi-grain rice and sauteed vegetables and fruit smoothies. Space is limited. If you would like to join us, please RSVP to MRHS at 212-666-4000.

This program is funded by a grant from the UJA Federation of New York and is meant to facilitate an enriching experience between older adults and children/teenagers or young adults.

Happy June Birthday!!

To: Eileen Canty, Ling-wang Chao, Michael Czajkowski, Mary Davidson, Michael Davidson, Bea Gottlieb, Bridget Leicester, Ted Leslie, Joan Levine, Norman Levine, Chen Liu, Joan Morford, Betty Reardon, Mildred Roxborough, Albert (Robbie) Sheldon, Alene Smith, and Shuli 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 June are all invited to our Birthday Party! Come on **Tuesday, June 18 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

June 1 *Le Trou (The Hole)* (1960) 1 hr, 58 min
In a Paris prison cell, five inmates use every ounce of their tenacity and ingenuity in an elaborate attempt to tunnel to freedom. Jacques Becker balances lyrical humanism with a tense, unshakable air of imminent danger. In French with English subtitles. Not Rated

June 8 *Z* (1969) 2 hr, 7min
A pulse-pounding political thriller. This Academy Award winner stars Yves Montand as a prominent politician and doctor whose public murder amid a violent demonstration is covered up by government officials. Directed by Costa-Gavras. In French with English subtitles. Not Rated

June 15 *The Wife* (2017) 1 hr, 39 min
A fascinating story about an iconic 20th century author and Nobel Prize winner's ceremony in Stockholm is told from the vantage point of his faithful, devoted wife. Rated R

June 22 *Happy as Lazzaro* (2017)
1 hr, 28 min Starts out as a simple tale following the titular Lazzaro and his young master Tancredi then spirals into an enigmatic magical-realist fable about slavery, and the seemingly insurmountable divisions caused by wealth and class disparity. Rated PG-13

June 29 *Bombshell: The Hedy Lamarr Story* (2017) 1 hr, 28 min
This documentary goes beyond the beauty of 1930s and 1940s film star Hedy Lamarr to reveal her intelligence as an inventor whose concepts formed the basis for cell phone and Bluetooth technology. Rated PG-13

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
8 – 5	9 – 5	8 – 5	9 – 5	8 – 5

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

June 12 June 26

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, June 27 at 2:30 PM**.

The **MRHS Book Club's** next meeting will be on **Wednesday, June 26 at 3:00 PM** in the MRHS Center. The group will discuss the ***The Plot Against America*** by Philip Roth. 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, June 21, 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.***

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, June 12 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.

New To The MRHS Library

Thanks to the kindness of Guy Oldfield, Director of Production at Macmillan Audio, the MRHS Library has received a large donation of audiobooks published by Macmillan Publishers. The publisher takes pride in making donations to organizations like MRHS for which we are grateful.



The audiobooks cover a wide range of subjects, both fiction and non-fiction. We hope you will enjoy listening to a book of your choice and ask that you take care to return all the disks of the boxed set you borrow so that others may enjoy the book.

The MRHS Library is located to the left of entering the Cafe Lounge of the MRHS Office in Building I. The audiobooks will be found in the first bookcase, just under the large print books.

LISTEN, ENJOY, AND LEARN!

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.

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

Mt. Sinai / MRHS Program

Thursday, June 13, 2:30 PM

Film: "10 Things You Should Know About Sleep" followed by discussion.

With *Dr. Greg Hinrichsen*, Psychologist, Mount Sinai Department of Geriatrics and Palliative Care.

Friday, June 14, 3:00 PM

Ask the Doc with *Dr. Joyce Fogel*, Geriatrician, 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. ***

Museum of Jewish Heritage

Save the date:

MRHS will sponsor a trip to the *Museum of Jewish Heritage* for a guided tour of the Auschwitz

Exhibit, ***A Living Memorial to the Holocaust.*** Lunch will be in the museum café. The date is **Thursday, June 27**. Look for further details to follow soon.



The American Dream: What Unites Us

Explore the themes that unite us as a country. We will discuss the wisdom that contemporary poets have to share, about the complex divided and United States. Your own ideas are welcomed and encouraged. **Constance H. Gemson** creates and conducts original workshops in NYC. *Registration for this class is required by July 5. Fee: \$20.*

Dates: Fridays, July 19 and July 26

Time: 10:00 AM to 12:00 Noon

Painted Threads

The Art of Fiber, Textile and Needle Arts

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

Mixed Media Memory Collage with Sheeba Maya will start on **June 13** and run until **June 27**.

Students will be introduced to the mixed media collage artwork of fiber artist Glenda Richardson. After reviewing and discussing her work, students will create a collage inspired by Richardson's art. Along with learning the process of collage making, we will also delve into the elements of design including balance, focal point, and composition. Students will construct a collage based on the theme of joyful memories using fabric, paper, and various embellishments.

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

Performance at MRHS

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

Tuesday, June 18 at 3:00 PM. It will be a World Music program. Further details to be announced.



A Sad Note

We are sad to report that Wade, the former bus driver of the Fairway bus, passed away recently. Calvin, his son and current driver, informed us that his father who was in his late 50's, died of a heart attack. Wade was loved for his caring and his sense of humor. Fortunately, Calvin is carrying on in his father's footsteps. We hope to have more details to share in a future newsletter.

Joan Levine (Bldg. I)

Fresh Food For Seniors

MRHS will again be participating in the **Fresh Food For Seniors Program** through Borough President Gale Brewer's office. For \$8.00, each individual receives a bag of 6 items of local seasonal produce which may include tomatoes, blueberries, spinach, corn, carrots, beets, squash, and more.

Unlike many other community supported agriculture programs, this program does not require upfront payment for the entire season, but instead only requires individuals to pay one week ahead of each delivery they opt to participate in.

The first delivery will take place on July 11, **but you must sign up with MRHS in advance** if you would like to participate. Due to space considerations, we are limiting participation in this program to ten households, first come, first served. For more information or to sign up, please call Margaret Bianchi at 212-666-4000.

Read Ahead

Join Read Ahead to make a difference for NYC children!

MRHS has been a proud partner of Read Ahead for 4 years. Read Ahead's vision is that students have the opportunity to unlock their full potential through mentoring relationships based on a love of reading. Since 1991, Read Ahead has been making it possible for busy professionals to give back. Mentors' critical one-on-one attention gives children the confidence, motivation, and skills needed to thrive in school and beyond.

We are now recruiting MRHS colleagues to become mentors for the 2019-20 school year. Mentors dedicate one lunch hour a week or every other week to spend time reading and bonding with a child age 5-12 at a nearby public elementary school. For more information and to apply, visit readahead.org/mentoring.

DSNY - SAFE Disposal Event

Manhattan - Sunday, June 2, 2019

Columbia University/Teachers College
W 120 St between Broadway & Amsterdam Ave

Events are held, rain or shine, from 10 am to 4 pm.

- Personal care items like unwanted medicines or cosmetics
- Thermometers
- Syringes (clearly labeled and packaged in a "sharps" container or other leak-proof, puncture-resistant container)

<https://www1.nyc.gov/assets/dsny/site/services/harmful-products/safe-disposal>

Or if you have space, below is the full list including Electronics and other Hazardous Waste.

What to Bring:

- Automotive products such as motor oil, transmission fluid, and batteries
- Personal care items like unwanted medicines or cosmetics
- Thermometers
- Syringes (clearly labeled and packaged in a "sharps" container or other leak-proof, puncture-resistant container)
- Household products such as pesticides, paint, hazardous cleaners, compact fluorescent light bulbs
- Electronics – check the list of items that are considered electronics, [here](#).

- ****** 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. ******