

# Morningside Retirement and Health Services

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Care Services  
Home Health Aides  
Consulting Psychiatrist  
Consulting Geriatricians  
Office Manager

The 188 people who volunteered services to MRHS in 2008 are listed towards the back of this report.

# Background and History of the MRHS Program

Morningside Retirement and Health Services (MRHS) was founded in 1966 on two principles: self help for older adults and neighbors helping neighbors. The founders were a group of residents in Morningside Gardens, a middle-income cooperative housing complex in Morningside Heights. The apartment complex was constructed with government assistance and opened for occupancy in 1957 to house approximately 2,000 individuals. A group of forward-thinking older residents organized MRHS nine years later to serve those elderly residents who needed assistance in order to continue to live comfortably and safely in their homes.

For the first 20 years of the program, MRHS was staffed and run solely by older residents, working as volunteers. But by its twentieth year of service, the MRHS Board of Directors recognized that many of the original volunteers had “aged in place,” and themselves needed assistance. Morningside Gardens had become a “NORC” — Naturally Occurring Retirement Community — with more than half of the apartments occupied by residents over the age of 60. In order to address the multitude of problems elderly residents were facing, professional support was needed to guide and supplement the work of volunteers. Several MRHS volunteers formed a committee to raise funds for this purpose, and in 1986 the first professional social worker was hired.

Since that time, the program – still governed primarily by Morningside Gardens residents – has assisted and enriched the lives of hundreds of older residents. Working side-by-side with the professional staff, 188 volunteers offered their time and expertise to MRHS in 2008.

All of these changes and additions have not altered MRHS’s fundamental commitment to its mission: 1) to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes; and 2) to provide programs which promote health and provide opportunities for education, socialization and recreation for older adults.

MRHS was one of fourteen programs designated by New York State in 1995 as a NORC. As a consequence of this status, MRHS qualifies for state funding to provide social and health care services. In 1999, New York City created its own funding stream for existing and new NORC programs. MRHS was one of the sites chosen to receive city support and was selected again, in 2006, after a Request for Proposals (RFF) was issued by the city.

Through these special grants and with foundation support MRHS, since 1995, has maintained an on-site Health Center for older adult residents of Morningside Gardens. The Health Center offers residents on-site nursing, personal care, psychiatric services, health education and health care screenings, and a Doctors Home Visiting Program for homebound residents. MRHS has been able to enhance the medical care provided to residents thanks to an arrangement with St. Luke’s Hospital for the placement of a medical office on the premises of Morningside Gardens, which opened in November, 2000.

As older adults at Morningside Gardens continue to age, MRHS continues to experience increases in the use of its services. Total social work case contacts numbered 4,162, an increase of 5% from one year ago.

The total number of professional contacts by our staff in 2008 was 6,565.

## Mission of MRHS

The Mission of MRHS is twofold:

- 1) to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes comfortably, safely, and with as much independence as possible for as long as they can; and
- 2) to provide programs which promote health and provide opportunities for education, socialization and recreation for all older residents of Morningside Gardens, with particular attention to the special needs of the infirm, homebound, and isolated.

## Values of MRHS

The board, staff, and volunteers of MRHS are committed to offering services that enable older residents of Morningside Gardens to remain in their own homes by:

- Promoting a caring community and enriching community life;
- Preserving the dignity and human rights of older people;
- Promoting and supporting independence by actively involving individuals in managing their own care;
- Preventing isolation by keeping older residents connected to the larger Morningside Gardens community; and
- Reflecting integrity, professionalism, responsibility, warmth and respect, and a commitment to diversity.

## New Officers at MRHS

The MRHS Board of Directors made a successful transition in 2008, electing a new team of officers, including Board President Kathy Ch'iu Hinton. Ms. Hinton is the former President of the New York Quarterly Meeting of the Religious Society of Friends. She is a retired Population Control Research Scientist and UNICEF Program Officer.

## MRHS Volunteer Program

MRHS upgraded its volunteer program in four areas in 2008: the creation of a volunteer manual; the creation of new volunteer opportunities; the recruitment of new volunteers; and increased recognition of volunteers. Led by Assistant Director and Volunteer Coordinator, Joanna Stolove, twenty-four (24) new volunteers were recruited for the program, many of them younger in age than MRHS's traditional volunteers.

## Indicators Project

Results of the United Hospital Fund's (UHF's) Indicators Project were analyzed and upgrades, based on the results, have been implemented in conjunction with UHF. The results of the survey demonstrated that MRHS has been performing at a superior level in its delivery of NORC services to residents of Morningside Gardens. More than double the percentage of MRHS clients report their health status as "Excellent" or "Very good," with 40% at MRHS compared to 18% NORC-wide. MRHS clients also reported less depression (23% vs. 31%) than the NORC aggregate. Even though MRHS clients are considerably older on the average than other NORC clients, fewer MRHS clients have a diagnosis of diabetes, lung disease, high blood pressure, heart disease, arthritis, or obesity.

## Hartford Foundation

MRHS was one of five agencies chosen, city-wide, by the Columbia University School of Social Work to participate in the Hartford Foundation's national initiative to recruit social work students into the field of aging. MRHS is serving as a training site for social work interns in the Hartford Foundation program.

## Social Services

### NORC Case Management, Counseling, and Direct Services

MRHS offers a comprehensive array of professional social services as well as group activities, and serves a community of more than 600 older people. In 2008, the people served ranged in age from 60 to 107, and included those seeking assistance in finding suitable home care as well as those who were without family or other social contacts. MRHS social workers respond to a range of needs, supporting those providing care for a dependent relative, those unable to shop and cook for themselves, and others afflicted with dementia, isolation, illness, depression, and loss. Total social work case contacts numbered 4,162, an increase of 5% from one year ago.

MRHS also directed residents to other agencies and organizations, and assisted them in obtaining needed services. At MRHS, social services begin with a request for assistance from the individual, a neighbor or friend, family member, physician or hospital social worker, housing staff, or any other concerned person.

The first step is an assessment, which is done usually at the resident's home.

Follow-up NORC services include:

- planning for care at home, including coordination of discharge planning from hospitals and rehabilitation facilities
- collaborating with family members and friends regarding care for the individual
- providing daily money management, including bill paying, check balancing, and mail sorting
- counseling about benefits, such as Medicaid, Medicare, Medicare Part D

*(continued above right)*

- supportive counseling services
- advocacy on behalf of MRHS clients with other service providers
- managing health insurance problems and planning for long-term care
- information, referral, and coordination of community services, such as Meals on Wheels and home health care
- consulting with medical and legal experts on an individual's behalf
- providing friendly visitors

The MRHS social work staff consisted of three social workers and two graduate social work interns from the Columbia University School of Social Work. The interns were selected as fellows by Columbia to participate in the Hartford Foundation's initiative to train geriatric social workers.

### Group Work

In 2008, MRHS continued to offer its group program for older adults who are experiencing memory problems, called *The Memory Tree*. The program is presented at the Tuttle Center by staff provided by the Early Alzheimer's Foundation, working alongside MRHS staff. The Memory Tree program works from the principle that memory loss affects everyone in a family and includes caregiver support as part of the program. Another guiding principle is that the best way to minimize memory loss is through mental and physical fitness. Total attendance in 2008 for the Memory Tree program was 2,404.

MRHS also continued to offer its support group for residents who have low-vision problems, which meets every other week. This group includes educational forums and site visits and is usually co-led by a social work intern. Total attendance in 2008 was 124 for this group.

## Health Services

MRHS operates a Health Center offering nursing services, home care assistance, psychiatric consultations, and a Doctors Home Visiting program. Under a subcontract with the Visiting Nurse Service of New York (VNS), MRHS has a Geriatric Nurse to provide and coordinate health care for older residents of Morningside Gardens.

With a team of health and social service professionals, MRHS utilizes interdisciplinary collaboration to target and streamline services to meet individual resident needs. The MRHS Nurse has been Marie Phillips, RN, MPH, for the past ten years. Ms. Phillips brings more than twenty-five years of clinical and managerial experience to the job. There were 1,709 contacts made by Ms. Phillips in 2008.

## Nursing Services

Nursing services include physical assessments, home evaluations, and consultations with families, neighbors, social workers, and hospitals to coordinate care. In addition, the nurse works closely with a resident's personal physician to develop a plan of care and to help residents follow up on doctors' orders and monitor medications. The nurse also supervises two part-time Certified Home Health Aides, employed through Partners in Care.

## Home Care Assistance

MRHS'S Home Health Aides provide short-term help with personal care (bathing, meal preparation, light housekeeping), as well as with laundry and shopping, for older residents unable to manage such tasks on their own. Jennifer Paul has been providing home care at MRHS for eleven years, and Karen Morris has been at MRHS for ten years.

## St. Luke's Community Care

Through the efforts of MRHS, St. Luke's – Roosevelt Hospital Center located a primary care office on-site at Morningside Gardens in 2000. The office provides older adult residents of Morningside Gardens access to on-site medical care, which is particularly valuable to those frail elderly residents who have difficulty traveling distances. Services are also available to the younger residents of the Gardens, as well as to the nearby Grant Houses residents. The office, situated on Amsterdam Avenue, has been a boost to the entire community. The attending physician, Dr. Michael Correa, also provides health education programs at MRHS.

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*"Thank you all for your services and kindness to [my parents]..."*

--- note from daughter of an MRHS client

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## Doctors Home Visiting Program

MRHS operates a Doctors Home Visiting Program through the Division of Geriatric Medicine of St. Luke's - Roosevelt Hospital Center. MRHS doctors make home visits to evaluate, diagnose and treat elderly residents of the Gardens who are homebound or who, for other reasons, such as cognitive impairment that limits decision-making, have little or no access to health care. To residents and their families, this is like a return to the days when doctors routinely made house calls.

## Psychiatric Consultation

Older adults are subject to a range of mental and emotional impairments, from Alzheimer's disease to depression. MRHS's consulting psychiatrist provides evaluations, prescribes and monitors medications, and consults with family members and the MRHS staff. Thanks to a grant from a private foundation, MRHS is able to provide this service at no cost to the patient.

# Health Promotion Programs

## Health Education Workshops

*Know About Eyes.* In June, Dr. Lorraine Marchi, director and founder of NAVH, presented a talk entitled “Know About Eyes.” Dr. Marchi’s presentation explained how eyes work, common refractive errors, how eyes can be protected from damage, and common eye diseases. The event was well attended.

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*“Thank you for keeping the flame of hope burning for all of us.”*

--- note from Morningside Gardens resident

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*Dental Program.* In conjunction with the Columbia University College of Dental Medicine, MRHS hosted in February a presentation on oral health, which included free dental screenings and referrals for participants. As part of Columbia’s Elder Smile Program, Morningside older adults received referrals for free dental care at the Thelma C. Davidson Adair Medical/Dental Center.

*The State of HIV/AIDS: A Concern for Older Adults.* Preventing HIV in the Next Generation (PHANG) came to MRHS to have a candid and educational discussion about the state of HIV/AIDS.

*Decision-Making Day.* Led by attorney, Frank G. Colella, and sponsored by the NY State Bar Association, this workshop provided information on advance directives, including the New York Health Care Proxy and the living will, as well as information on wills and powers of attorney.

*Take Charge of Your Health.:* Led by MRHS nurse Marie Phillips, the group meets once a month to discuss various health-related topics of interest to participants.

## Flu Vaccinations

MRHS held two sessions of flu shots this year, with the MRHS nurse coordinating distribution with the Visiting Nurse Service (VNS) on October 20 and with St. Luke’s Hospital on November 19. Over 150 individuals, mostly older adults, were immunized by the teams of providers. According to the Health Indicators project, coordinated by the United Hospital Fund, a great majority of MRHS clients receive a flu shot (83%) and a majority (65%) also have received a pneumonia shot.

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*“I was fortunate to be advised by our nurse Marie Phillips... I am very appreciative of her wise and kind counsel.”*

--- note from Morningside Gardens resident

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## Hypertension Screening

On alternate Wednesdays, MRHS provides blood pressure testing and monitoring for older residents of Morningside Gardens. This program is staffed by volunteers who are older adults themselves. The volunteers received training from the city’s Department for the Aging, which monitors the program. During 2008, MRHS volunteers provided a total of 293 blood pressure screenings.

## Occupational Therapy Program

MRHS coordinated a program with Occupational Therapy (OT) interns from Columbia University. The program, called LIFT (Live Independently From Falls Today), was designed to decrease the incidence of falls among older residents of Morningside Gardens. Educational groups, along with individual home assessments, were employed. The series of groups served as a place to learn about the risks of falling and how to address those risks. The OT interns conducted individual in-home sessions with clients who were identified as being at risk for falls.

## Exercise and Stress Management

Exercise programs have grown rapidly at MRHS in recent years, both in number of offerings and in attendance. The importance of exercise in preserving a high quality of life in older adults has been amply demonstrated in the healthcare literature.

Not only does exercise improve balance, strengthen muscles, preserve bones and lessen the likelihood of falls and accidents – exercise programs have been demonstrated to reduce the incidence of emotional illness, particularly depression, in the older adult population. The exercise programs also produce a sense of comradery among participants.

### Yoga

Self-led by participants in the class utilizing instructional videos, basic yoga poses and stretches, breathing and relaxation techniques are learned. In 2008, total attendance in this class was 481, an increase of 2% from the prior year.

### Stress Reduction Through Exercise

Led by Gardens resident and professional instructor Marjorie Nissen, this class includes warm up with stretch and exercise, and cool down with Yogic breathing and Chi Gong. In 2008, total attendance was 137, an increase of 10% from 2007.

### DanceFit

Taught by certified personal trainer and Gardens resident Suzy Frazer, this class includes gentle stretching, weight bearing work, balance, coordination, correct posture and alignment, and a fun dance combination. Total attendance increased to 325, a rise of 9% from one year ago.

## Stretch and Tone

Led by trained volunteer and longtime Morningside Gardens resident, Lucienne Yoshinaga, this popular group provides an opportunity for those unable to do vigorous exercise to use their muscles and stay limber. Ms. Yoshinaga received her training from the Health Promotion Unit of the New York City Department for the Aging. In 2008, attendance was 841, an increase of 6% from the prior year, which makes this our most popular exercise class!

### Walking Club

MRHS kicked off its chapter of the Big Apple Senior Strollers in August with the support of two volunteers, Leslie Kiss and Shuli Wu. Total attendance at walking events in 2008 was 86.

### Qigong

This is a Chinese Healing Art using gentle movements and working with energy. The exercise enhances the immune system and the meditative aspect calms the nervous system. Led by Gardens resident and professional instructor, Marjorie Nissen, this class can be done sitting or standing. In 2008, total attendance was 159, an increase of 77% from 2007.

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*“It is with immense gratitude and thanks that you have provided a support system during this trying time. If it were not for the support I don’t know how I would have managed. Thank you...”*

--- note from Morningside Gardens resident

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### Tai Chi

Taught by Gardens resident and professional instructor, Xiao Chuan Ping, this class includes a combination of body and balance exercises, mind concentration and meditation. Total attendance was 47.

## Education, Instruction, and Communication

New programs in 2008 included Introduction to Chinese Painting, Bridge Club, the Creative Expression Group, the resumption of the Supper Club, and the placement of a Peer Advocate from SPOP (Service Program for Older People) at MRHS on a weekly basis.

### Introduction To Chinese Painting

To broaden the offerings of the educational / recreational programs, we introduced a six-week course called Introduction to Chinese Painting. The course was taught by Jenny Cui, a visiting scholar in Columbia University's Art History and Archeology Department from Nankai University in Tianjin, China. Total attendance in the course was 38.

### Chinese Language Class

Morningside Gardens resident, Shuli Wu, a native speaker with experience in teaching languages, provided Mandarin (Pu-tong-hua) instruction in 2008, using the Pin-yin system. Total attendance for the class was 202.

### Bridge Club

For both long-time players and newcomers, this new group met on a weekly basis. Total attendance for the group was 102.

### Book Club

Led by volunteer, Gabriella Mora, a retired university instructor in literature, this group reads and meets to talk about contemporary novels. Total attendance for the group in 2008 was 108.

## Great Decisions

This series of programs provides participants with an opportunity to discuss critically important foreign affairs issues. MRHS volunteers coordinate the series, with Morningsiders, Ken and Peggy Thomas, facilitating the discussion. Resource persons are enlisted from within the Gardens community to provide their expertise. Participants are provided with a briefing manual. The manual outlines eight timely thematic topics of global concern. The materials are written by experts and include discussion tips for leaders. Total attendance for all sessions in 2008 was 144.

## Later Life Transitions

Led by Gardens resident Frances Geer, this group meets monthly to discuss issues of aging and includes refreshments and socialization. In 2008, total attendance for the group was 94.

## Wisdom of Our Religious Traditions

This ongoing series continued in 2008 with a presentation in January that focused on the wisdom of the Bible and in the development through the ages of the Christian traditions. Presenters were Gardens residents, Dr. Phyllis Tribble, former professor of Scripture at Union Theological Seminary, and Dorothy (Dot) Savage, former Director of Education and Leadership Ministries at the National Council of Churches.

The next session was held in May, discussing an off-shoot of traditional religious experience – namely, The Ethical Culture Society. The presenter was Bob Berson, a former resident of the Gardens and current leader of the Westchester Ethical Culture Chapter. Total attendance for these events was 76.

## Spanish Class

Led by Morningside Gardens resident Luis Argueta, MRHS offers Spanish language instruction and practice. Mr. Argueta, who is a native Spanish speaker from Guatemala, utilizes handouts from Spanish-language periodicals and articles to assist his students. In 2008, total attendance was 191.

## Book Discussion

Through literature and film, this group explores historical family, political, and social structures. Led by author, historian, and Gardens resident Bea Gottlieb, the group continued to study Edward Gibbon's *The Decline and Fall of the Roman Empire* in 2008. Total attendance was 184.

## Writing Workshops

In conjunction with Elders Share the Arts (ESTA), MRHS offered two writing workshop series in 2008. Taught by Susan Willerman, *Writing From Life Experience* utilizes each participant's experiences to encourage and inspire their written work.

At the end of the spring workshop series, MRHS hosted a public reading on May 28, with participants reading from their latest work. Two participants of past MRHS writing workshops have had their work published. In 2008, total attendance for the class was 173.

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*"Our family is very fortunate to have an organization such as yours located within the community.... The capabilities of your organization are impressive and I am certain that our family will continue to benefit from your continued operation."*  
--- note from the son of an MRHS client

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## Speakers and Forums

MRHS presents a broad range of educational and informational programs. These programs provide a forum for speakers to present on topics of interest to residents. In 2008, programs included presentations by Morningside Gardens residents, as well as others.

In March, MRHS hosted resident, Aram Boyajian, who presented a screening of *The Louvre*, a one-hour NBC-TV art-and-history documentary, which won six Emmys, including one for Aram's editing. In November, MRHS presented a seminar called *How To Buy a Computer*, led by Gardens resident, Robert Marcus. Mr. Marcus has been working with the computer system at Teachers College for the past 12 years and provided guidance to beginners as well as seasoned users.

Other programs included *Consumer Fraud 101*, presented by Fred Riley, Community Coordinator from the Dept. of Consumer Affairs, held in May. In June, Ray Henri, CRFA, a Certified Retirement Financial Advisor, presented a discussion on "how to flourish through an economic crunch."

Lottie Raukx, a "peer advocate" from the organization, SPOP (Services Program for Older People), led a group in August entitled *Protecting Yourself from Telemarketing Calls*. In October, MRHS sponsored a discussion called *All You Need to Know About Digital Television Transition*, with Kathy Mosolino, Director of Technology of WNBC, and Morningside Gardens housing General Manager, Michael McMahon.

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*"MRHS made it possible for her to live at home and to end her days with dignity, surrounded by caring neighbors and professionals. This brought great comfort to her family..."*

--- note from friend of an MRHS client

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## Annual Meeting

MRHS held its Annual Meeting on March 17. After Board President Sarah Cunningham welcomed the attendees, Ms. Cunningham recognized current board members and introduced the chair of the Nominating Committee for the presentation of new board members. Then the Executive Director's report was given, which outlined highlights from 2007 and listed goals for the 2008. Among our accomplishments from 2007, the Director mentioned that the new position of Assistant Director was created.

The Director then described MRHS's goals for 2008: to upgrade the volunteer program by providing improved orientation, coordination, supervision, and recognition of volunteers; to analyze the results of the United Hospital Fund's Health Indicators Project's survey and to implement suggested upgrades; and to broaden the offering of our educational / recreational programs. Reports from the various MRHS committees followed the Executive Director's report.

## Newsletter

MRHS publishes and posts online a monthly *Newsletter* that includes a schedule of MRHS events and activities. The *Newsletter*, along with flyers that MRHS posts each week in the six Gardens buildings, is an important facet of the MRHS outreach plan to residents.

The *Newsletter* regularly contains information about cluster care services that are available to older adults, such as laundry and shopping, in addition to information about the range of NORC services. The *Newsletter* provides information on MRHS and other community services, cultural events, government entitlements, and various health and safety issues. More than 1,000 copies of the *Newsletter* are distributed each month.

## Social and Recreational Programs

### Open Registration Day

In September, MRHS hosted its eleventh Open Registration Day. The goal of Open Registration is to encourage and attract new participants to MRHS's array of groups and activities. This year it was a festive occasion, with refreshments served. Residents had an opportunity to mingle with group leaders. As hoped, we were able to register some new participants, as well as to attract seasoned participants to additional activities. Not only do we increase our registration rolls, the event is an opportunity to educate the community about MRHS.

### Tuesday Lunch

This is MRHS's "oldest" group, dating back 42 years. Every Tuesday at noon, a group of residents gather for a brown bag lunch. Coordination of the Tuesday luncheon and birthday program is performed by a team of volunteers, which plans, organizes, and leads the weekly events. The team provides coffee, tea, and dessert; group members provide the company and conversation. In 2007, 309 guests appeared at the Tuesday lunch.

### Birthday Parties

MRHS began celebrating member birthdays in November, 1993, on the third Tuesday of each month. A volunteer sends a birthday card, which includes an invitation to the party, to each person whose birthday falls in that month. Another volunteer calls each birthday person a day or two before the party as a reminder. MRHS supplies a birthday cake and everyone sings. In 2008, 202 guests came to the parties.

## Music Therapy — the MRHS Sing-Along Chorus

The MRHS Music Therapy program began in 1992 and continues to draw a variety of older people to the center. The therapist brings guitar and customized songbooks, emphasizing favorite music from the 1920's and 30's and folk songs from the 1940's and 50's. Rhythm instruments are offered to those who are shy about singing aloud but enjoy the music and the company. Studies have demonstrated that music can reduce stress levels in people of all ages, but particularly in the elderly population singing together is a calming experience.

Often, the music stirs poignant memories and lively exchanges, creating new friendships among the participants. The Music Therapy program also builds self-esteem among participants when they discover their own talents and creativity. In 2008, total attendance at this program was 480.

## Supper Club

This is a group that was founded and led by volunteers, as a way to bring socialization and stimulation to residents' dining experience. MRHS staff re-started the Supper Club in 2006, providing organization and coordination of activities. Every other month, participants choose one of the many ethnic restaurants in the neighborhood as the provider of the evening meal.

Dinner is delivered to the Tuttle Center at MRHS, which is prepared with tables and chairs, tablecloths, and tableware. The Supper Club provides an opportunity to meet neighbors and to try a new dish. It has been particularly successful with residents who were accustomed to dining out occasionally, but have become unable to do so because of disability or frailty. In 2008, total attendance at this program was 62.

## Saturday Afternoon Videos

Many older adults at Morningside Gardens find it difficult to use the city's public transportation system. Weekend video shows were initiated in the 1980's to provide entertainment for Gardens residents who could not get out to the movies. Every Saturday afternoon, a dedicated group of volunteers shows a video in the MRHS Tuttle Center, on a donated wide screen television set equipped with extra speakers and closed captioning for the hearing-impaired.

The committee of volunteers schedules the movies, and shares the task of setting up the Center as a theater for the afternoon and running the video. In 2008, the committee continued with a retrospective series of the films of Cary Grant. Total attendance for 2008 was 650, an increase of 26% from one year ago.

## Winter Celebration

More than 130 people gathered on December 8 to partake in the good cheer, neighborliness and refreshments at MRHS's annual Winter Celebration. MRHS makes a special effort to create an intergenerational atmosphere at the party, with children from the nearby Children's Learning Center in attendance.

## Flea Market

On November 14, 15, and 16, MRHS held its Annual Fall Flea Market. More than 60 volunteers gathered, organized, and priced the hundreds of items for sale, staffed tables, and worked as cashiers for the three days of the sale. People from the surrounding community, as well as Gardens residents, enjoyed the bargains and the home-baked cookies and cakes. The 2008 Flea Market was one of the most successful ever, raising needed funds to support MRHS programs.

## Bus Trips

In 2008, MRHS organized trips throughout the area. Total attendance on MRHS bus trips was 147. Among the highlights were three trips in the great outdoors during the warm summer months. In June, we were off to Pennsylvania Dutch Country for an authentic dinner at the Good n' Plenty Restaurant followed by a three-hour guided tour of the Amish Country. In July, we visited Mystic Seaport for a walk through the recreated 19th century seafaring village, located in Connecticut. The trip also included a cruise up the Mystic River on board the Sabino, one of the oldest wooden, coal-fired steamboats still in operation. In August, MRHS returned to Longwood Gardens, one of the world's greatest horticultural display gardens, created by industrialist Pierre S. du Pont on 1,050 acres in Kennett Square, PA.

Other trips included a visit in April to Hartford, Connecticut, to visit the Tiffany-decorated Victorian mansion where Mark Twain lived with his family from 1874 to 1891. A historic interpreter led the tour of the house. In September, MRHS sponsored a trip to the Grounds for Sculpture in Hamilton, NJ. Grounds for Sculpture exhibits works by well-known and emerging contemporary sculptors in the museum buildings and in a landscaped sculpture park.

In November, we scheduled a special trip to the Museum of Jewish Heritage for a docent led tour. There was a special exhibition during the time of our visit: *Woman of Letters: Irène Némirovsky and Suite Française*. The exhibition illustrates Némirovsky's life and her extraordinary literary gift to the world. Nearly all MRHS trips are sold out. They provide a great opportunity for those older adults who are no longer able to travel as readily as they once did.

## Special MRHS Events

### Intergenerational Programming

With help from *YES!Solutions*, MRHS hosted three ice cream "socials" for those residents who may have difficulty traveling due to medical conditions. These programs were intergenerational with children as well as elders joining in the fun on August afternoons. Entertainment was provided by musician, Amen Luce, and magician, Dr. Magic. A grand time was had by all, as ice cream and cream puffs were shared!

### Musical Programs

Trinity Church's "Music to Go" Program came to MRHS in February with one of their fine musical programs – Nancy Loesch, soprano, and George Malloy on the piano.

### Wisdom of the Elders

The second presentation of the popular discussion program, "Wisdom of the Elders," took place in April. The panel of "Elders" who have lived in Morningside Gardens since 1957 addressed such concepts as "community," and "cooperative living," and told their stories. The event was part of the Gardens' 50<sup>th</sup> Anniversary celebration.

### Black History Month

On February 5, MRHS presented a special program for our annual observance of Black History Month, organizing a trip to the Schomburg Center followed by a soul food lunch at Amy Ruth's Restaurant. The Schomburg Center for Research in Black Culture of the New York Public Library is generally recognized as the world's leading research library devoted exclusively to documenting the history and cultural development of peoples of African descent worldwide. As usual, it was an inspirational outing for all.

## MRHS in the Community

MRHS works closely with a number of service providers in the community. St. Luke's Hospital provides the physicians who make house calls and coordinate health care with MRHS for frail elders at Morningside Gardens. St. Luke's has also hosted health fairs at MRHS, and has provided health care screenings and health promotion events. The hospital has also been conducting a study of diabetes in the older adult population with MRHS.

MRHS also partners with the Mount Sinai School of Medicine, which has provided psychiatric services for MRHS. Mount Sinai has been conducting a research study on memory in older adults with MRHS.

MRHS has a longstanding relationship with the Visiting Nurse Service of New York. The MRHS nurse and two home health aides are subcontracted through the VNS Congregate Care program. MRHS has conducted workshops and screenings with Columbia University's College of Dental Medicine, and with the National Association for the Visually Handicapped (NAVH).

MRHS also works with cultural organizations such as Elders Share the Arts and educational institutions. MRHS has served as a site for interns from the Columbia University's School of Social Work for many years and for Occupational Therapy interns from the College of Physicians and Surgeons. MRHS developed a partnership with Columbia's School of Engineering to develop the MRHS website.

As a member of the West Side Inter-Agency Council for the Aging, the Council of Senior Centers and Services, the New York Council of Nonprofits, the Non-Profit Coordinating Committee, StateWide and the NORC coalition, MRHS meets regularly with representatives of other community agencies.

## Volunteer Recognition

On April 9, 2008, MRHS hosted its Fifteenth Annual Volunteer Recognition Ceremony, held at Columbia University's Pulitzer World Room to honor the 163 volunteers who contributed to the program in 2007.

Volunteers are honored for helping their neighbors in a number of ways that enable frail elderly residents to continue living safely at home. MRHS volunteers also help out with activities at the MRHS Tuttle Center, from answering the phones to taking blood pressure readings to leading group programs.

Special recognition was given to the team of volunteers who coordinated the MRHS Flea Market in 2007. These volunteers, mostly seniors, organized the entire three-day event, including the sorting, pricing, and displaying of donated items, which had been collected over many months. Also honored at the event were the leaders of the weekly Stretch and Tone exercise class, Lucienne Yoshinaga and Cynthia Harris, for their dedicated service over the past eleven years. Lucienne and Cynthia are trained and supervised by the Health Promotion Unit of DFTA.

More than 75 volunteers attended the event and were addressed by Rev. Fanny Erickson, M.S. Ed, M.Div. Rev. Erickson gave a stirring talk entitled, "Volunteers Make a Difference." The critical role of volunteers in the life of a local community, as well as in the compassionate functioning of the wider culture, was highlighted by Rev. Erickson. Volunteers were treated to refreshments and to music provided by a jazz trio from the Manhattan School of Music. The event was made possible by the Columbia University Office of Public Affairs.

## Volunteers in 2008

Ellen Adler	Leila Elder	Jamila Leon	Helen Rodriguez
Lily Adler	Anne Ellis	Elinor Levin	Marjorie Roesch
Judith Anderson	Jeanne Felker	Jud Levin	Neil Rothfeld
Gus Archilla	Tova Francus	Joan Levine	Mildred Roxborough
Luis Argueta	Suzy Frazer	Norman Levine	John Ryan
Jimmy Arnold	Frances Geer	Lucian Li	Ana Santos
Hisayo Asai	Conchita Gonzalez	Ya Ling Li	Dorothy Savage
Anne Barstow	Tom Goodridge	Elmer Lokkins	Angela Schramm
John Beard	Andre Gordon	Boyd Lowry	Maggie Sears
Ruth Bendersky	Bea Gottlieb	Mary Lowry	Winifred Shearer
Jacques Bendersky	Joyce Gottlieb	Chuck MacDonald	Merryl Sheldon
Jodi Benson	Peggy Griffin-	Bonnie Mairs	Iris Shen
Stewart Benson	Jackman	Joan Mansoury	Edith Shervington
Vivian Bergman	Amita Gupta	Rachel Martin	Reynaldo Silva
Odette Bigote	John Halborg	Jean McCardell	Mytri Singh
Tonia Blair	Doreen Harding	Mary McDonald	Irene Marcuse Silver
Ananth Bobbili	Leonard Harper	Joan McKinnon	Carla Slomin
Anne Boggan	Cynthia Harris	Peggy McNamara	Alene Smith
Mary Grace	Peggy Haskins	Eppie Mercado	Aidan Stack
Bookhardt	Beatrice Hawkins	Anne Meyer	George Stack
Alan Borthwick	Paula Herz	Erich Meyerhoff	Will Stack
Mary Borthwick	Kathy Hinton	Dana Minaya	Lotte Strauss
Vera Bowens	Marjorie Horton	Frank Minaya	Suzanne Taylor
Aram Boyajian	Roger Hughes	Melinda Moore	Maria Teusaba
Cecile Starr Boyajian	Melissa Hull	Gabriela Mora	Ann Tholfson
Marianne Brinigar	Ann Jackson	Joan Morford	Hilah Thomas
Joseph Brodie	John Johnson	Carol Morning	Ken Thomas
Laura Brown	Phyllis Johnson	Anne Moses	Peggy Thomas
Laurie Nan Broza	Eleanor Joynes	Mary Murphree	Mary A. Thompson
Phyllis Calese	Beverly Judge	Kay Murray	Karl Tiedemann
Eileen Canty	Anisa Kamadoli	Audrey Muscat	Kathleen Todd
Sharon Carr	Kamu Kamadoli	Hillary Nanney	Ramsey Togo
Sharon Lockhart	Karen Kaapcke-	Velia Neri	Phyllis Tribble
Carter	LePique	Marjorie Nissen	Dace Udriș
Eleanor Charris	Joanna Kapner	Barbara O'Farrell	Lisa Uugsunen
Anne Cleaves	John Kapner	Andrew Ojeda	Kristina Vician
Diane Cook	Corazon Kangleon	Rosario Palavicini	David Weaver
Joy Cooke	Florence Keller	Chris Pawelski	Sydney Weinberg
Zhijin Cui (Jenny)	Margaret Ketley	Patricia Pell	Eva Welch
Sarah Cunningham	Margaret King	Edna Philiba	Susan Wersan
Carlotta Damanda	Leslie Kiss	Audrey Platnick	Moira Whittington
Phyllis Darby	Isabel Kogel	Ivy Polk	Ruth Williams
Mary Davidson	Shirley Korn	Jean Prosser	Audraine Wilson
Mike Davidson	Lydia LaFleur	Rita Marie Pullium	Shuli Wu
Roy Davidson	Mimi Lamb	Donna Quiros	Margaret Yi
Ralph Della Cava	Mary Lanning	Lottie Raukx	Lucienne Yoshinaga
Rebekka Dohme	Marie Ledoux	Gerard Raymond	Samara Zaslofsky
Tom Driver	Angela Lee	Betty Reardon	Linda Zehnder
Betty Dunn	Xiaobin Lee	Paula Rezende	Sally Zen

**(Copies of the MRHS Financial Report are available at the MRHS Office, 100 LaSalle Street, #MC, New York, NY.)**

## Statistics for 2008

Number of Seniors Provided Casework	286
Units of Social Work Care Management	4,162
Units of Health Care Management	1,709
Psychiatric Sessions	31
Doctors' Home Visits	38
Units of Home Health Care	625
<b>Total Professional Contacts</b>	<b>6,565</b>

### Program Participation

Health Promotion		Educational and Social Groups	
Memory Tree Program	2,404	Special Events/Guest Speakers	386
Stretch and Tone exercise class	841	Weekend Video program	650
Music Therapy	480	Lunch Club	309
Chair Yoga	481	Spanish Conversation	191
Hypertension monitoring	293	Bus Trips	147
DanceFit	325	Birthday parties	202
Health Promotion Events	222	Book Discussion	184
Low Vision Support Group	124	Writing from Life Experience	173
Stress Reduction Through Exercise	137	Great Decisions Discussion Group	144
Later Life Transitions	94	Chinese Language Instruction	202
Tai Chi	47	Supper Club	62
Sitting Qigong	159	Book Club	108
Creative Expression	11	Wisdom of Religious Traditions Series	76
Take Charge of Your Health	50	Bridge Club	102
LIFT Program for Falls Prevention	36	Intergenerational Programs	72
Supper Club	62	Chinese Drawing and Painting	38
Walking Club	86	<b>Total Program Attendance</b>	<b>8,836</b>

