

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Mary A. Thompson
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Joy Carol to Sign Her New Book

Joy Carol (Bldg. VI) has just published a new book, *Journeys of Courage*. This new book, subtitled "Remarkable Stories of the Healing Power of Community" offers hope, inspiration, and courage for everyone in the larger community that is our world, from environmentalists to social activists to those of us struggling with problems in our families, our churches, and our local communities.

Joy Carol's previous book, *Towers of Hope: Stories to Help Us Heal*, was widely acclaimed. Join us!

Monday, April 19 at 7:00 PM
Tuttle Center 100 La Salle St., #MC

What Is a Reverse Mortgage?

Jim Savoca will be here to answer questions about a new option for borrowing now available to co-op owners who are at least 62 years old. A reverse mortgage is a loan against your home that you do not have to pay back for as long as you live or until the apartment is sold. The amount of loan available will depend on the value of the property and the age of the shareholder. Come and learn more.

Friday, April 16 at 1:00 PM
Tuttle Center, 100 La Salle St., #MC

Supper Club Returns

Look for the Posters. MRHS Supper Club is planning a gourmet dinner again this month. We will be sharing Jamaican food. Just call us at 212-666-4000 to reserve your place.

Time: 6:30 PM
Date: Wednesday, April 14, 2004
Tuttle Center, 100 La Salle St., #MC
Cost: \$12.50

Film Program on Frank Wylie and Abraham Lincoln

Two films by **Aram Boyajian** and **Cecile Starr** (Bldg. IV) will be shown on **Monday, April 5 from 2:00 to 3:00 PM in the Tuttle Center.**

The first film is a six-minute portrait of *Frank Wylie*, an inspiring black artist/philosopher, introduced by TV newscaster *Harry Reasoner*. The second film is a half-hour award-winning portrait of our 16th (and most generally admired) President, **Fellow Citizen, A. Lincoln**, told mainly in his own words. After a brief question and answer period, light refreshments will be served.

MRHS Advocacy Committee

Come join the **Advocacy Committee** as we continue to discuss and act on issues of importance to seniors such as the **new Medicare Reform & Prescription Drug Law, recent threats to independent living and the Meals-on-Wheels program.** The committee meets bi-monthly on **Mondays at 4:00 PM.** The first meeting in April will be **4/12/04.** We hope to see you there.

In addition, you can act on these issues personally by stopping by MRHS to sign a petition opposing the new Medicare Law and a letter expressing concern over the new computerized voting equipment NY State may buy; by calling speaker Gifford Miller (212-788-7210) to protest changes to the Meals-on-Wheels program; and by calling Senator Schumer (202-224-6542) or Senator Clinton (202-224-4451) to stop the FDA Commissioner from becoming the new Medicare Director.

Finally, the Advocacy committee has set up a forum on **5/6/04 at 1:30 PM** in the Thurgood Marshall room with the **Medicare Rights Center** to both receive explanations and to discuss the provisions of the new Medicare Law. Mark your calendars because this should be a very informative meeting.

Director's Column

Included in our last Special Edition of the Newsletter was a summary of the 2004 MRHS Strategic Plan. One of the most gratifying sections of the Strategic Plan was the one that articulated the MRHS values.

First some background: organizations eager to promote quality, vision and accountability in their work frequently will embark upon a course to develop a Strategic Plan. In our case, about two years ago we began discussing this possibility. It is in times of strength that a Strategic Plan is ideally undertaken and MRHS was clearly financially and institutionally sound, beloved and well utilized in the Gardens, and widely respected in the greater NORC community and beyond. For these reasons it seemed a particularly propitious time to take on the sometimes arduous task of self-examination and analysis that Strategic Planning involves. (You might think of it as organizational psychotherapy.) Now, thanks to MRHS Board member Jean McCardell and her diligent committee, our focus group participants, and Claire Higgins from the Council of Community Services of NYS in Albany, we have a document to take us into the future.

As I started to say, the section on MRHS values is especially gratifying because it seems to embody so well the spirit not only of MRHS but also of the Morningside Gardens community. The first MRHS value reads: *Promoting a caring community and enriching community life*. The emphasis on community and true cooperation reflects the quality that most distinguishes the Gardens for me. From my very first days and weeks working here (way back in 1997), I was immediately struck by the value placed on community decision-making and the desire for consensus in undertaking any significant community project. (In fact I got the picture even before I started working here – it was, shall I say, *drilled* into me during my three interviews with the MRHS Board and my subsequent orientation. Luckily it was a value that I shared and highly respected.)

Another MRHS value reads, *Promoting and supporting independence by actively involving individuals in managing their own care*. So we have this wonderful confluence of the values of individual independence with the values of community, not in opposition but mutually supportive. I think these are just two examples of how MRHS embodies the Gardens community spirit.

Happy April Birthday!!

To: Inge Graff, John Halborg, Hazel Johns, Lily Kamitsuka, Velia Neri, Sylvia Robinson, Surendra Sharma, Donald St. John-Parsons, and Sadie Winslow.



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 April are all invited to our Birthday Party! Come on **Tuesday, April 20** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

April 3 *Amelie* (2001) 2 hrs. "A balletic mix of whimsy and fairy tale"; set in Paris, about a sheltered young woman's first encounters with the real world. *Subtitles*.

**April 10 HOLIDAY WEEKEND –
NO MOVIE**

April 17 *The Business of Strangers* (2001) 1 hr, 24 min. Stockard Channing (the President's wife on "The West Wing") as a business executive drawn into a bizarre friendship with a manipulative younger woman. Terrific performances from both.

April 24 *In the Bedroom* (2001)
2 hrs, 10 min. The critics gave this rave reviews. It's about a middle-class, middle-aged couple (Tim Wilkinson and Sissy Spacek) trying to cope with the murder of their young son, especially when their grief is intensified as the killer seems to be getting off lightly. This may well become a film classic.

**The movies start at 2 PM.
Please try to arrive promptly.**

If you are vision-impaired, you qualify to receive a FREE radio receiver that picks up around-the-clock readings of newspapers and

other material from the “In Touch Networks”. Contact MRHS for info.

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.

MRHS Sing-Along – Brighten your spirits! Come to the Sing-Along every **Friday at 3:15 PM** in the Tuttle Center.

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 - 6	8 - 6	8 - 6	8 - 5	9 - 5

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 - 5	9 - 5	9 - 5	9 - 5	9 - 5

Hypertension Screening – Alternate Wednesdays from 9-11 AM in the Tuttle Center:

April 14, 28; May 12, 26; June 9, 23

Shopping on Tuesday, Laundry on

Thursday - The MRHS Health Aides do shopping and laundry for people who need help. Just call Marie Phillips at the Nurse's Office (212-666-2050) one day before you would like the services.

The Fairway Shuttle departs from outside 100 La Salle St. every Monday at 1:00 PM and every Friday at 10:00 AM.

Nurse Marie Phillips' "Take Charge of Your Health" group meets usually on the fourth Thursday of the month at **2:30 PM** in the Tuttle Center. This month the date is **April 22**.

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, April 23.) 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.**

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

MRHS would like to express appreciation to all of you who have voiced support for MRHS during recent weeks. Such support has done wonders for the morale of our staff and for all of us who are involved with the services and programs of MRHS.

Mary A. Thompson, President

Join the Fun! Sign Up for MRHS Trip to Mohegan Sun

It's not too late to join MRHS as we venture to the **Mohegan Sun** Casino.

Call MRHS at 212-666-4000 to reserve your place.

DATE: April 7 **COST:** \$30.00*
DEPART: 8:30 AM **RETURN:** 8:30 PM

*Includes Ten Dollars Food Voucher
Ten Dollars **FREE BETS**

Mayor Bloomberg Honors Gardens Senior

Elyse White, (Bldg. V), an original cooperator, who is 95 years old, received an honor from the National Council at City Hall on March 25, 2004. The award was part of a program called "Women Pacesetters," in connection with Women's History Month. Congratulations Elyse!

Poetry Reading / Open Mic

MRHS continues this Friday evening program. Bring your poetry, prose or music to **The Garden Poetry Reading / Open Mic** – or just come and listen. For more information call Building IV resident Mary Grace Bookhardt at 212-866-4454.

Friday, April 2 at 6:30 PM
Tuttle Center, 100 LaSalle St. #MC

Contribution requested. (May date: 5/7/04)

From the March 21st MRHS workshop by Connie Gemson, CSW, on Resiliency:

"In the middle of winter, I found in me an invincible spring." Albert Camus

"In a dark time, the eye begins to see"
Theodore Roethke

Birthday Congratulations to Mrs. Sadie Winslow

Due to improved medical care people are living longer and are not only able to live independently, but are able to continue to participate in activities in their communities. Most remarkably some seniors come to terms with the fact they have to reduce their involvement in activities because they no longer have the physical strength to do all they did at a younger age. It is beautiful when someone accepts their health condition and decides to continue with only a few activities that have been particularly meaningful to them. One such person is *Mrs. Sadie Winslow* (Bldg. II).

Mrs. Winslow will celebrate her 88th birthday on April 13th. This is a milestone and a blessing. She is still able to participate in many activities including those of MRHS, the Riverside Church, St. Mary's Episcopal Church and Community Board 9.

Mrs. Winslow whose family immigrated to this country from Nevis, an island in the Caribbean, was born in New Haven, Connecticut. She grew up in a loving and supportive family that valued education. Living in a mixed neighborhood she was not aware of racism in her early school years. In fact, in her class she was the only student of color until the sixth grade. This experience heightened her awareness of racial identity.

Mrs. Winslow talked about how she became a "talker." She proudly told us that a second grade teacher complimented her on having a "lovely" speaking voice and encouraged her to speak more often in class. "And, I have never stopped talking up in groups since that time." We have the impression that her school years were a positive experience.

The young Sadie learned to play the piano and organ and was invited to play at different events including church programs and her Uncle Charles' union meetings. She belonged to Saint Luke's Episcopal Church in New Haven. This was a place that provided activities to broaden the horizon of the young people. She came in contact with college students from foreign countries who were attending Yale University. It is our impression that the Church played an important role in her life and supported her family's value of education.

After graduation from high school Mrs. Winslow went to Saint Augustine College in Raleigh, North

(continued above right)

Carolina. An Episcopal college founded in 1867, this college today is a highly respected, accredited historically black institution of higher learning.

Mrs. Winslow pointed out that she had her first experience of segregation when she left home for college. This happened not below the Mason-Dixon Line but in New York City. At the bus stop where southbound passengers changed buses people of color were insulted by being relegated to the back.

At College she majored in education and was involved in campus activities such as the Drama Club. Summers she worked at camps to help with college expenses. After College, Mrs. Winslow embarked on a teaching career first in New Haven where she worked as a teacher and director of a nursery school for two or three years and then left for New York City. She earned a Master's degree in Early Childhood Education from New York University and later did post-graduate work at the University of Puerto Rico.

When she moved to New York City she lived in Harlem at the YWCA, worshipped at the famous Saint Philip's Episcopal Church and began to teach in East Harlem. Later, she was a trainer of teachers. Still later she became the Director of the Neighborhood Children's Center, Inc. in East Harlem and worked there for about 12 years. Subsequently she was an instructor of education at Hunter College and at Patterson College in New Jersey. When not working Mrs. Winslow vacationed in the Caribbean and traveled to Europe.

Mrs. Winslow told us she became aware of the discriminatory practices in this City from the late Reverend Adam Clayton Powell. Over time she became involved with groups who were attempting to bring about changes in economic, social and educational policies. She is currently an active member of Community Board 9, was Co-Chair of the Senior Citizens Issues Committee for several years, as well as a representative for the New York City Department for the Aging. Recently Mayor Michael Bloomberg appointed her a Board member of the Advisory Council of the Department for the Aging. She is active with MRHS, participating in many of its programs.

In conclusion, we, the residents of the Gardens, the staff and Board of MRHS and this writer wish you a healthy and Happy Birthday.

Interview conducted by
Beatrice S. Hawkins (Bldg. I)