

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Sarah Cunningham
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050 Executive Director: Ronald Bruno

Columbia University “College of Dental Medicine” Program

Come and hear a presentation on oral health, and receive a **free dental screening** and **dental referral** if necessary. The Elder Smile Program of Columbia University’s *College of Dental Medicine* will come to MRHS on **Friday, May 11, from 1:00 PM to 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. A “goodie bag” will be provided to all who attend.

It is necessary to pre-register for this program in order to hold a place. If you would like to register, please call MRHS at 212-666-4000 by **Friday, May 4**.

Learn About Low Vision Aids

On **Thursday, April 12** the **National Association for the Visually Handicapped (NAVH)** is sponsoring a bus trip to their headquarters in downtown Manhattan. There will be a tour and the opportunity to see first hand the many visual aids available for the use of people experiencing vision loss. It will be possible to actually try out some of these items and purchase what you like.

The bus will be here at **10:45 AM and will return at about 1:45 PM**. Lunch is not part of the program but people can bring along a brown bag lunch. Please call the MRHS office to reserve a place. (212-666-4000)

“Our Holocaust Vacation”

Our Holocaust Vacation is a feature-length documentary about longtime Morningside Gardens resident, **Tonia Blair** (Bldg. V).

Starting in Tonia’s hometown of Lodz, Poland, the group, including Tonia’s daughter-in-law, Tania, and granddaughter, Irena, are surprised to see Nazi graffiti as they visit places familiar from her past, including the one-room apartment where she grew up. Following a war time lead their search takes them to the resort town of Mszana Doina, in southern Poland, before they continue on to Auschwitz, Freiberg, and Mauthausen.

On route the family reenacts events significant to Tonia’s past and stages performance art pieces that include sewing and wearing Jewish stars on their clothes as they walk through a small town in Germany, and giving away loaves of bread to honor people who had helped her and a convoy of women prisoners during the final stages of the war.

The film is made by longtime Morningside resident, **Nicholas Blair** (Bldg. 1), and his brother, **Doniphan**. It is one hour and 20 minutes. The film will be shown on **Monday, April 30, at 7:30 PM in the Tuttle Center, 100 La Salle, #MC**.

Safety Equipment in the Home

Everyone is invited to the next “Take Charge of Your Health” class, where **Marie Phillips, RN, MPH** will discuss the use of **safety equipment in the home**. Items such as grab bars, bath chairs and the personal emergency response system (PERS) will be discussed.



Items such as grab bars, bath chairs and the personal emergency response system (PERS) will be discussed.

If you have questions regarding equipment we encourage you to come to the program. The date is **Thursday, April 19, at 2:30 PM in the Tuttle Center**.

Director's Column

There can be confusion at times regarding the role of a NORC program, such as MRHS, vis-à-vis a nursing home. The NORC program exists as a means to providing options to elders who have become frail and, perhaps, disabled. Our culture has evolved in such a way that institutional care in a nursing home has become the "default" option when an older individual becomes frail or disabled. Until recently, it was taken for granted that with frailty and disability comes the placement in a nursing home, almost as an inevitable rite of passage.

One of the purposes of a NORC program is to challenge this assumption. Research studies consistently show that elders prefer receiving care at home to institutional care, usually in the range of 85% to 95% of older adults surveyed. This kind of data has at last penetrated the mindset of policy makers. Community-based care has gathered considerable support and "aging-in-place" programs, especially NORC programs, have gained currency. New York has taken the lead in this initiative, with 55 NORC programs now receiving support from state and city government, compared to 12 programs in 1997 and zero programs prior to 1995.

What has been the hallmark of NORC programs is not simply the delivery of services but the concomitant building of community. It is no accident that MRHS relies on the support of MHC, individual residents and volunteers to meet its mission. This type of community support and involvement is the touchstone of the NORC approach, which MRHS of course helped to pioneer and continues to lead.

So the role of a NORC program is to facilitate the possibility of an older frail and disabled resident of the community receiving care at home, if that person so chooses. The staff of MRHS in no way seeks to dissuade an individual who would prefer to receive care in a nursing home. There may be times, though rare, when we will even encourage someone to accept placement in a nursing home, if that appears to be in the person's best interest. But the bulk of MRHS's work involves satisfying the wish of those 85 to 95% of elders who for many years now have said that they prefer to stay at home.

Happy April Birthday!!

To: Frances Cleary, Conchita Gonzalez, Inge Graff, John Halborg, Miriam Hepworth, Lily Kamitsuka, Zheng Liu, Josephine Macauley, Patricia Mack, Seong Moy, Velia Neri, William Rich, Sylvia Robinson, Surendra Sharma, Donald St. John-Parsons, Trygve Tholfsen, and Samuel Yeh.



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

Saturday Afternoon Movies

Apr. 7 Ferris Bueller's Day Off (1986)

1 hr., 42 min. Matthew Broderick plays a smart-aleck high-school student who knows exactly how to skip school and use the free time to have an adventure in Chicago with a couple of pals.

April 14 The Motorcycle Diaries (2004)

2 hrs., 6 min. An Argentine film (Spanish, with subtitles) about the travels through South America of two bright young men from Buenos Aires, one of whom was Che Guevara.

April 21 Talk of the Town (1942) 1

hr., 58 min. The talk is clever and is rendered by a dazzling cast headed by Cary Grant, who plays a fugitive from justice. The cast also includes Jean Arthur, Glenda Farrell, and Ronald Colman.



April 28 Sideways (2004) 2 hrs., 6 min.

Another road movie, but neither of the buddies is Che Guevara and the setting is northern California, not South America. It is a wry comedy about two friends in the week before one of them is to get married. Paul Giamatti plays the other one, who is obsessed with the subject of wine.

The movies start at 2:00 PM
Please try to arrive early.

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 Tuesday at 1:15 PM**. in the Tuttle Center.

Nurse's Hours – The following is Nurse Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday
9 - 5 9 - 5 9 - 5 9 - 5 9 - 5

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

Monday Tuesday Wednesday Thursday Friday
8 - 6 8 - 6 8 - 6 8 - 5 9 - 5

Hypertension Screening –Takes place on alternate Wednesdays. 9:00 – 11:00 AM.
Future schedule: April 4, Apr. 18, May 2, May 16, May 30, June 13, June 27.

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 now from the bus stop near 90 La Salle St. every Monday at 1:00 PM and every Friday at 10:00 AM.

Please note that Nurse Marie Phillips' "**Take Charge of Your Health**" group will be meeting this month on Thursday, **April 19** at 2:30 PM. in the Tuttle Center. (See p. 1.) All are invited!

The popular **Later Life Transitions** group will meet this month on the *second* Thursday, **April 12 at 3:00 PM.**

Low Vision Support Group meets on Fridays at 2:00 PM. Anyone who is experiencing a vision problem or would like to learn more is welcome to join. Call social work intern, Brett Gagnon, at 212-666-4000.

Writing from Life Experience meets on April 4, 11, and 25. Mark your calendars for the Annual Reading set for **May 16** from 2-5 PM.

Great Decisions

The **Great Decisions Program** meets this month on **Monday, April 16 at 7:30 PM in the Tuttle Center.** The topic is **Mexico.** Please note that this is a change in timing due to holiday conflicts. Next month the program will also divert from the usual time slot, meeting on May 8.

MRHS Ventures to Sterling Hill

The next trip for the MRHS travelers is set for **Wednesday, April 25.** It is a trip to Sterling Hill, one of two mines that make up one of the most renowned mining districts in the world. The mineral deposits, consisting primarily of zinc ores, are considered one of the great geological mysteries known to earth science today. And, it is only an hour from New York in the Skylands of New Jersey. There is a museum and a gift shop. The trip will include a guided tour. Watch for the flyers or call MRHS for further details.

Advocacy Group to Show Film

On **April 10 at 8:00 PM in the Recreation Center**, in the basement of 100 La Salle, we will try to reach out to our entire community. We will project the PBS Frontline program **Can You Afford to Retire?** that runs one hour. This program, which ran on Channel 13 in New York, is an eye opener for those who plan to one day retire, and is also of great interest to those already retired.

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 20). 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 In The News!

The February 18 edition of the *Philadelphia Inquirer* included a front-page story in its Living section on Naturally Occurring Retirement Communities (NORCs). Written by Inquirer staff writer, **Michael Vitez**, reference is made to the NORC movement in New York. MRHS is the one NORC program (of the 55 currently in New York State) that is mentioned in the article. Reprints of the Inquirer article are available at MRHS.

Get in Shape with DanceFit

This month MRHS will offer another ten-week series of this versatile and fun exercise class. The class is taught by Gardens resident, experienced trainer and former dancer, **Suzy Frazer** (Bldg. V). The class is a combination of exercise and dance featuring stretch and tone, Pilates, weight training and fun, simple dance routines. The music is beautiful too. Whether you are a veteran of this class or want to give it a try just stop by the office or give us a call to sign up. The new DanceFit series begins **Saturday, April 7 at 9:30 AM**. Classes are one hour, in the Tuttle Center.

Bequest and Donation

MRHS would like to express its appreciation for the generous bequest that we received recently from the estate of **Joyce Shriver**, a longtime friend, client and supporter of MRHS. We thank all Gardens residents who have thoughtfully included MRHS in their wills. We would also like to thank the family of **Isaiah and Daisy Terman**, for their generous gift in honor of their parents, also friends, clients and supporters of MRHS.

“Senior Day” at Museum

The *Museum of the City of New York* will be holding a “Senior Day” on **Thursday, April 19, from noon to 5:00 PM**. There will be free admission and tour of *Robert Moses & The Modern City*. The museum is located at 1220 Fifth Avenue, at 103rd Street, 212-5341672.

Dr. Petioni To Be Honored

Congratulations to former MRHS Board member, **Dr. Muriel Petioni**, who will be awarded Barnard College’s highest honor, the *Barnard Medal of Distinction*, at its commencement ceremony on May 15. Dr. Petioni is being honored for her “tireless leadership” in the Harlem community for nearly seventy years. Dr. Petioni is also celebrating her 70-year anniversary as a graduate of the Howard University School of Medicine, the *only female* in that class.

MRHS To Hold Raffle

MRHS will be holding a fundraising raffle this spring! The top prize, donated by **Tiffany & Co.**, is an **Open Circle Pendant**, with round brilliant diamonds, carat total weight .57, color grade G, clarity grade VS. Platinum. **On a 16" chain and valued at \$2,500.**

We thank Tiffany for this generous donation and urge all MRHS supporters to take a chance on winning this fine piece of jewelry. All proceeds will go to MRHS. Raffles will be sold for \$10 each, with the drawing taking place in June. Other prizes will include two sets of autographed books by former *New York Times* restaurant critic and *Gourmet* magazine editor-in-chief, **Ruth Reichl**. Look for more details to follow.

MRHS Monthly Report

During the month of **February**, the MRHS clinical care team made **609** contacts with, or on behalf of, elderly residents of Morningside Gardens. There were **321** social service casework contacts, including **88** home visits during the month. There were **211** nurse’s contacts, including **107** home visits from Marie Phillips, RN. A total of **96** individuals were provided with clinical care services from MRHS during the month of February. In addition, attendance at MRHS programs for the month, including health education and health promotion groups, was **589**. If you, or a neighbor over the age of 60, are in need of assistance, please call MRHS at 212-666-4000 for help.

