

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Sarah Cunningham  
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## Learn the Art of Chinese Painting

MRHS is happy to announce a six-week course called **Introduction to Chinese Painting**.

The course will be taught by **Jenny Cui**, a visiting scholar in Columbia University's Art History and Archeology Department from Nankai University in Tianjin, China.

The course is designed as a six-week instructional program, with sessions to be held on **alternate Fridays, beginning April 18, from 2:00 to 3:30 PM in the Tuttle Center, 100 La Salle, #MC**. The class will begin working in pencil. Please contact us at MRHS to enroll and for information about supplies. Drop by or call 212-666-4000.

## The MRHS Legacy Society

The Board of Directors of Morningside Retirement and Health Services recently approved the creation of a legacy society for the purpose of recognizing those who designate a planned gift for MRHS. Membership in The MRHS Legacy Society is open to anyone who establishes a planned gift for the benefit of MRHS, including those who have made a bequest to MRHS in their will. MRHS provides an array of social services, health care services, and educational/recreational programs for residents of Morningside Gardens, which participation in The MRHS Legacy Society will support in the future.

If you have included in your estate plan a gift to MRHS in any amount, or have questions about how you might make a planned gift to MRHS and thus become a Member of The MRHS Legacy Society, please telephone MRHS at 212-666-4000 for additional information. Your membership in the Society will enable MRHS to acknowledge your generosity during your lifetime.

## Trip to the Mark Twain Museum

In April, MRHS will travel to Hartford, Connecticut, to visit the Tiffany-decorated Victorian mansion where Mark Twain lived with his family from 1874 to 1891. A historic interpreter will lead your tour of the house. The Museum Center includes an orientation exhibit, introductory video and a changing exhibition gallery. Look for more details on the flyers in the lobbies or call us at 212-666-4000.

**HOLD THE DATE: On Monday, May 19 at 7:30 PM, the Wisdom of World Religions returns with a program featuring the *Ethical Culture* tradition. Look for further details in the May newsletter.**

## Second Edition of "Wisdom of the Elders" Panel Discussion

The new, Second Edition, of the popular discussion program, ***Wisdom of the Elders***, will take place at **7:00 PM on Thursday, April 17**, in the **Recreation Center, Basement of Bldg. I**.

The panel of "Elders" who have lived in the Gardens since 1957 will address such concepts as "neighborhood," "community," "cooperative living," and tell their own stories. **Dorothy Carter**, Bldg. II, will facilitate. Audience participation will be welcome, from both "originals" and more recent members of the community. Refreshments will be served by **Gus Archilla** and **Elmer Lokkins**, our "original" hosts. All are invited!!

## Creative Expression Group

The Creative Expression Group, with the art of creating simple cloth dolls, is scheduled to begin on **Monday April 21 at 11:00 AM**. No prior experience is needed. Please call Joanna Stolove for more information and to register for the group.

## MRHS Bequests

MRHS has received bequests from the estates of the following individuals in recent years. We take this opportunity to express our gratitude for their support and generosity.

Mary C. Thompson  
Pinkney Miller  
Lenore Weiss  
Isaiah Terman  
Ruth Harwood  
Irene Wheeler  
Betty Ryan  
Joyce Shriver  
Ruby Hasbrouck  
Gertrude Roberts  
Carolyn Wood  
Priscilla Jean  
Grace Nicoll  
Ellen Herz  
Helen Robinson  
Rita Ortiz  
Frances Tepper  
Anne Blevins  
Harry Snyder

## Notes on Volunteering

- Are you interested in volunteering but feel concerned about the commitment? Escort Volunteers are called on an as needed basis. This is a great way to volunteer – only when you're available.
- If someone knocked on your door and asked to borrow some support, would you lend them some? Well, now you can – with just a phone call. We are continuing our search for Telephone Reassurance Volunteers; please contact Joanna Stolove at 212-666-4000 for more information.
- Sometimes living independently is just a matter of knowing that you have one more person you can depend on. Please contact Joanna Stolove at 212-666-4000 to learn more about our Telephone Reassurance Program.

## Happy April Birthday!!

To: Frances Cleary, Conchita Gonzalez, Inge Graff, John Halborg, Miriam Hepworth, Zheng, Liu, Josephine Macauley, Patricia Mack, Seong Moy, Velia Neri, Jian-Hua Pan, William Rich, Sylvia Robinson, Surendra Sharma, Donald St. John-Parsons, Trygve Tholfsen, Arlessie Wright, 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 15 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**April 5 Behind the lines** (1997) 1 hr., 36 min. In a mental hospital for British soldiers during World War I one of the patients is the poet Siegfried Sassoon, who was sent there because of his public opposition to the war. Jonathan Pryce plays a sympathetic psychiatrist.

**April 12 Mr. Blandings Builds His Dream House** (1948) 1 hr., 34 min. Cary Grant and Myrna Loy play a city couple in a comedy about trying to build a house in the country against all the usual odds. (Re-scheduled from March.)

**April 19 Dreamgirls** (2006) 2 hrs., 10 min. This movie, based on a stage musical about a trio of women singers, has been said to have a dream cast: Danny Glover, Jamie Foxx, Beyonce Knowles, Jennifer Hudson, and Eddie Murphy, among others.



**April 26 The Devil Wears Prada** (2006) 1 hr., 50 min. Meryl Streep shines as the editor of a fashion magazine, seen through the eyes of a young, ambitious assistant who thoroughly resents her boss's treatment of her.

**Movies start at 2:00 PM. Please arrive early. Contribution is \$1.**

## 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.

**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:

**Upcoming sessions are: –**

**April 2, April 16, April 30**

**The Fairway Shuttle** departs from the bus shelter near 90 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 will meet this month on **Thursday, April 17 at 2:30 PM.**

The popular "**Later Life Transitions**" group led by **Fran Geer** meets this month on **Thursday, April 3 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

**Low Vision Group** will meet on **April 11** and **April 25.** Meetings are at **2:00 PM** in the Tuttle Center, 100 La Salle, #MC.

**Great Decisions Program** meeting is **Tuesday, April 1 at 7:00 PM.** The topic is **Talking to Our Enemies.**

**MRHS Book Club:** The next meeting of the MRHS Book Club will be on **Monday, March 31 at 2:00 PM in the MRHS Tuttle Center.** Please join us for a discussion of **American Pastoral** by Philip Roth.

**Just a reminder:** MRHS offers an evening Yoga Class led by Gardens resident, *Melissa Hull, M.D.* It's a great class for everyone and especially for those who need a gentler form of Yoga. **Monday night at 7:00 PM (new time!)** Tuttle Center, 100 La Salle, #MC.

## **Office Hours for Chinese-Speaking Residents**

MRHS has happily begun office hours for Chinese-speaking residents who may not be comfortable with English. **Every Tuesday morning from 10:00 AM to 11:00 AM,** MRHS has a Chinese-speaking volunteer on-hand to help translate for anyone who needs assistance from MRHS. Please call 212-666-4000 or visit us during those hours!

**The Bard Graduate Center for Studies in the Decorative Arts, Design and Culture** is sponsoring open houses for seniors on **Monday, April 21 and Monday, April 28, from 11:00 AM to 3:00 PM.** The current exhibit is *Shaker Design.* To register, please call 212-501-3010 or [programs@bgc.bard.edu](mailto:programs@bgc.bard.edu).

MRHS has free passes for a screening of the new film, *Young@Heart*, showing on Tuesday, April 1 at 7:00 PM, at the Regal Union Square 14. *Young@Heart* is about an older adult chorus in New England that has delighted audiences worldwide with their covers of songs by everyone from The Clash to Coldplay. As Stephen Walker's documentary begins, the chorus is rehearsing their new show, giving new meaning to James Brown's "I Feel Good." Free tickets are available at MRHS and can also be accessed online at [www.foxsearchlight.com/youngatheart](http://www.foxsearchlight.com/youngatheart).

**STIMULUS PAYMENTS: Only those who file a 2007 tax return will be able to receive an economic stimulus payment. However, under a special provision of the law, Social Security recipients who receive at least \$3,000 in benefits may be eligible for a payment. Call 800-829-1040 for more info.**

## Diabetes and a High-Fiber Diet

People with diabetes have a high blood sugar (glucose) level. This is because their pancreas doesn't produce enough insulin. Insulin is a hormone that directs whether the things you eat will be burned for energy or stored for future use. Diabetics stabilize their blood sugar levels either with insulin (Type I diabetes) or with certain drugs (Type II diabetes). But diet is the key to treating diabetes. So what you eat is very important. Therefore, making the right food choices will help you control your blood sugar level.

It has been shown that eating foods high in fiber keeps blood sugar levels normal and decreases insulin levels in people with Type II diabetes. There are two types of high fiber: water soluble and insoluble. Water-soluble fiber dissolves in water and is the type that lowers blood sugar levels. It forms a bulky gel in your intestine that helps waste material pass through your body. Water-soluble fiber also stabilizes blood sugar by slowing down how sugars and starches are absorbed into your blood. Insoluble fiber does not dissolve in water and is not digested. It forms bulk in your large intestine and promotes bowel movement.

Most nutritionists recommend eating 24-40 grams of high fiber a day to maintain a healthy diet. Foods containing high fiber are fruits, vegetables, nuts, and grains. Diabetics who want to gain the greatest benefit from reducing blood sugar levels should eat 25 grams of water-soluble fiber and 25 grams of insoluble fiber a day. It sounds like a lot, but it is easy to do.

Foods high in water-soluble fiber include all berries, grapefruit, oranges, papayas, raisins, beans, okra, sweet potatoes, squash, spinach, apples, and pears. Foods high in insoluble fiber include oatmeal, granola, oat bran, cauliflower, broccoli, snow peas, and all whole-grain breads. All these contain 3-8 grams per serving.

*Marie Phillips, RN, MPA*

## MRHS Monthly Report

During the month of **February**, the MRHS clinical care team made **599** contacts with, or on behalf of, elderly residents of Morningside Gardens. There were **312** social service casework contacts, including **77** home visits during the month. There were **220** nurse's contacts, including **100** home visits from Marie Phillips, RN. A total of **70** 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 **504**. If you, or a neighbor over the age of 60, are in need of assistance, please call MRHS at 212-666-4000 for help.

## Talking Books Now at MRHS!

If you or someone you know would be interested in borrowing Talking Book cassettes, please feel free to come by and check out the selection! We also have cassette machines available as well as catalogs with other book titles available on cassette. The Talking Book cassettes and machines are provided through The Andrew Heiskell Braille and Talking Book Library and the National Library Service for the Blind and Physically Handicapped.

## 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 18). 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.***