

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

Atlantic City Casino Trip

Join MRHS as we return to Atlantic City to spend a beautiful spring day seeing what's new in America's most famous seaside town. We will be traveling to the **Showboat Casino and Hotel** where you can spend the day trying your luck or simply go out and spend the day seeing the sights along the Boardwalk. Our trip includes roundtrip transportation in a lavatory equipped deluxe motor coach, 6 hours of time in Atlantic City and \$30.00 slot cash from the Casino. What a deal! The trip is open to everyone over the age of 21. Please contact Margaret at 212-666-4000 to register and pay for your ticket.

DATE: Tuesday, April 21 **PRICE:** \$35.00
DEPART: 8:30 AM **RETURN:** 8:30 PM

Decision-Making Day

As in past years MRHS and the Elder Law Section of the New York State Bar Association invite you to participate in "Decision-Making Day." Attorney Frank Colella, will discuss wills, advance directives, New York Health Care Proxy, the living will, powers of attorney, procedures for organ donation and other important concerns involving legal knowledge everyone needs. The session is designed to clarify the purposes and differences among these documents. There will be ample time to answer your questions.

Friday, April 17 at 1:00 PM
Tuttle Center, 100 La Salle, #MC

Free Concert Tickets!!

MRHS has tickets to offer for a performance of the St. Cecilia Chorus at Carnegie Hall, on Saturday, April 18 at 8:00 PM. The program includes Vaughan Williams' "A Sea Symphony" and "Schicksalslied" by Brahms. Call 212-666-4000 if interested.

Singing in Spanish For Young and Old Alike

Hola! Ms. Morano's bilingual first and second grade class from PS 161 (Amsterdam Ave. and 133rd St.) is very excited to begin a partnership with MRHS's Spanish language students and Morningside residents. Experts agree that one of the best ways to improve and learn foreign language skills is by conversing with native speakers. The students in Ms. Morano's class hail from Mexico and the Dominican Republic and all spoke Spanish as their first language. Talking, much to Ms. Morano's chagrin is one of their favorite pastimes, and they have decided to put the gift of gab to good use by teaching others. Students young and old are invited to come together to sing *en espanol* and improve their Spanish conversational skills.

As the weather warms up, we plan to expand the program to include walks to points-of-interest in the community. *Andar y Hablar* (Walking and Talking) will take us to the Riverside Park Bird Sanctuary, Riverside Church, and Riverbank State Park among other exciting destinations. Together, we will explore our community and take our Spanish skills to the next level.

Ms. Morano's class will be with us on **Friday** afternoons from **12:30 – 1:30 PM** beginning on **April 3**. Refreshments will be served.

OT Program Concludes

Many thanks to Columbia University Occupational Therapy (OT) students, Atara Sheinson and Nahid Lakhani. They've been working individually and in groups with Morningside residents around challenges to independent living. Their final seminar, "*Being SENSical*," on adaptations for hearing and vision loss, will be held at **MRHS, 100 La Salle, on Wednesday, April 8 at 11:15 AM.**

In the Face of Illness Portraits Reveal Beauty and Life

Marianne Gunther is a hospice art therapist at **Continuum Hospice Care**. She works with patients who, for a variety of reasons, find it easier to express themselves through art than with words. When a patient whose cancer had robbed him of his voice allowed Marianne to sketch his portrait, "he sat taller," she said. "His family treasured the finished picture".

An art therapist can help uncover the "inner-self" in people feeling powerless or overwhelmed. But Marianne sees things in people's faces that show not only fear and anxiety but also character and strength – in spite of illness. Another patient who lost her ability to speak when she suffered stroke, raised her portrait beside her face and smiled with delight as if she were looking in a mirror.

"I show people" Marianne says, "that we are more than our bodies. We share a silent communication through our eyes, and I get a sense of the essence that lies deeper in the spirit and then draw how I experience those who sit for my portraiture." For more information about **Continuum Hospice** and how to access the services of a hospice art therapist call the **Continuum Referral Center** at **212-420-3370**.

What Is Hospice Care?

*What is Hospice Care? When is it necessary?
How to make the decision?*

Hospice is available for everyone, regardless of age or stage of disease. Many of us and our family members and friends may need to explore hospice care in New York at some point in our lives. Coming together for discussion will help answer questions, clarify information and increase our knowledge of hospice. Led by **Elizabeth Santiago, LCSW**, Continuum Hospice Care.

Friday, April 3 at 2:00 PM
Tuttle Center, 100 LaSalle St. #MC

Happy April Birthday!!

To: Frances Cleary, Conchita Gonzalez, Hardison Geer, Inge Graff, John Halborg, Miriam Hepworth, Zheng, Liu, Josephine Macauley, Patricia Mack, Seong Moy, Forrest Murphy, 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 21 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

April 4 The Diving Bell and the Butterfly (2007) 1 hr., 52 min. Julian Schnabel directed this extraordinary film about a man who suddenly becomes completely paralyzed. How he composed the book that the film is based on is the film's subject.

April 11 The Namesake (2006) 1 hr., 54 min. The title character is the son of Indian immigrants who live in Boston but want to preserve their Indian traditions. The film explores the complexities of growing up with conflicting cultural identities.

April 18 Waitress (2007) 1 hr., 44 min. Here the title character is a young woman who leads a dreary existence in a small-town diner. Her story unfolds in "a perfect, difficult-to-achieve balance of enchantment and plausibility," according to A.O. Scott.

April 25 Hud (1963) 1 hr., 52 min. Paul Newman in another superior studio production of the 1960s. Unlike most of the newer movies we've been showing lately this one is studded with Hollywood stars (Patricia Neal, Melvyn Douglas, Brandon de Wilde). It is a sensitive adaptation of a novel by Larry McMurtry.

Start time: 2:00 PM. Please arrive early.
Contribution is \$1.00

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 – Come to the Sing-Along every **Tuesday at 1:15 PM**.

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

Nurse's Hours – Marie Phillips' schedule:

Monday Tuesday Wednesday Thursday Friday
9 – 5 9 – 5 9 – 5 9 – 5 9 – 5

Hypertension Screening – Alternate Wednesdays from 9:00 - 11:00 A.M.

04/01, 04/15, 04/29

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" group will meet this month on **Thursday, April 30 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, April 9 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, May 6 at 2:30 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **The Elegance of the Hedgehog by Muriel Barbery**.

Low Vision Group meets on **Friday, April 17 this month, at 2:00 PM**, in the Tuttle Center.

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 17). 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.

Something For Active Minds!

The New York Historical Society offers the 50+ Club which is free to join. Send an email with your name and contact information to: 50Plus@nyhistory.org. If you do not use email, call Kathleen O'Connor at: 212-485-9275 to join. Events are held during the day or early evening at the Historical Society at Central Park West and 77 Street, one block from the #11 bus stop on Columbus Avenue or a short walk from the B/C train stop at 81st Street and the Museum of Natural History. They focus on New York City/State and U.S. history, and include films, lectures, gallery tours and a book club that you may join separately. Most events are free or have a nominal charge. Visit the 50+ Club Blog at: 50plusatnyhs.wordpress.com for a list of upcoming events.

Please Note: The monthly 2009 Great Decisions program on U.S. foreign policy will meet on **Tuesday, April 7 at 7:00 PM** at the MRHS office, **100 La Salle, #MC**. The topic for this month's meeting is "Energy and the Global Economy." All are welcome!

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

Notes from the Nurse

When should a cut, bite, or puncture wound be treated at the Emergency Room?

Accidents usually occur quickly. You're using a knife to prepare dinner and suddenly blood is gushing from your hand. How do you decide if the cut can be treated at home or is serious enough to require a trip to the emergency room?

With any cut that looks serious, you should first apply firm, direct pressure with a clean cloth or a sterile bandage (if one is available), then elevate the injured body part above the level of the heart, if possible. If blood soaks through the bandage, don't remove it; apply additional clean bandages on top of the soaked one. Then evaluate the wound based on the following recommendations from The American College of Emergency Physicians which recommends an immediate trip to the ER if a wound:

- Still bleeds after five minutes of applying steady, firm pressure;
- Is "gaping" open or has badly torn skin;
- Has edges that can't be easily held together;
- Has exposed fat or muscle tissue;
- Is a deep puncture;
- Is from an animal bite or human bite;
- Shows signs of serious infection (including fever, swelling, redness, bad smell, fluid draining from the area, or increasing pain);
- Causes difficulty with movement or sensation after the injury.

MRHS Board member and film director, **Luis Argueta**, is in the post-production stage of **abUSed - The Postville Raid**. For more information and to view an eight-minute trailer, go to: www.abusedthepostvilleraid.com.



Learn to Say "Know" To Arthritis Pain

The Arthritis Foundation is excited to be partnering with MRHS to offer a free empowerment program for those living with challenges of arthritis. Participants in the **Arthritis Foundation Self-Help Program** will take part in engaging group discussion and receive easy-to-understand course materials. The informal, group setting allows participants to seek answers to the questions of most concern to them. Each class offers tips, techniques, and information regarding access to helpful resources.

Location: MRHS Tuttle Center, 100 LaSalle

Dates: Six Weekly Sessions **Starting on Thursday, April 9**

Time: 9:30 AM – 11:30 AM

Call: MRHS at 212-666-4000 to register.

This program will be facilitated by **Rebecca Slean**, former Graduate Social Work Intern at MRHS, and current intern with the Arthritis Foundation-NY Chapter.

Big Apple Senior Strollers Gearing Up for Spring

Spring is here and the MRHS Big Apple Senior Strollers are lacing up their sneakers and getting ready to enjoy the change of season. The walks are scheduled for **Thursdays** and begin sharply at **9:30 AM**. Please meet at the MRHS office: **100 La Salle, #MC**.

- **April 9** - A walk in Riverside Park down to 96th street. Roundtrip – approximately 3 miles.
- **April 16** - A walk along the recently expanded West Side Greenway Path to Riverbank State Park (approx 145th street). You can make this a roundtrip walk, stay and enjoy the park, or take the bus home.
- **April 23** - A walk around Morningside Park.
- **April 30** - A short bus ride on the M#4 will bring us to the Harlem Meer.

