

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

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 16 at 1:00 PM
Tuttle Center, 100 La Salle, #MC

Yang Style Tai Chi Chuan – The Dance of Life

--- with Carl M. Jones, Ed. D.

To be alive is to be in a state of constant motion. We all want to move with grace, style and elegance as we mature. **Carl Jones**, a cooperater here at Morningside, is re-launching ***Life Is Movement: Body Maintenance through movement*** - emphasizing Yang style Tai Chi Chuan. Tai Chi Chuan is a body movement system that helps you achieve the goal of graceful movement. Some masters/teachers of Tai Chi have likened it to a dance. With its many health benefits Tai Chi can be called the **Dance of Life**. Evening Tai Chi resumes in April.

Classes are on eight days, starting on **April 7 at 7:00 PM** in the Thurgood Marshall Room, 80 La Salle, first floor. The fee is \$25.00 for the series.

Contact MRHS at 212-666-4000 to enroll.
NOTE: You must call to register as we will require a minimum number of participants.

Depression In Later Life

Are you feeling a little sad, down or blue? Do you feel that you are not enjoying previously loved activities because of your low mood? Please join us to hear psychiatrist, **Dr. Sharon Szmuiłowicz**, talk about depression in later life. The presentation on **Monday, April 26th at 2:00 PM** in the **MRHS Tuttle Center, 100 La Salle, #MC** will include a discussion about depression in general, variations in later life, life stressors which can induce or perpetuate depression and treatment options.

Dr. Szmuiłowicz is a graduate of Cornell University. She received her medical degree and psychiatric residency from the University of Toronto. She is currently in NYC for a one-year fellowship in public psychiatry at Columbia University with a clinical placement at St. Luke's Roosevelt. She will be returning to Toronto in July for an academic position in women's mental health at Mt. Sinai Hospital.

Great Decisions Program

The Great Decisions series meets this month on **Tuesday, April 6 at 7:00 PM**. The topic for this session is "Transnational Crime: Globalization's Shadowy Stepchild." Materials, including the new booklet (\$18), are available in the MRHS office. Ken and Peggy Thomas are facilitators for the program. Call MRHS for more information.

Saturday, April 17, 2010:

*** An Evening To Remember ***

* You are cordially invited to attend a ***gala benefit for MRHS*** as we celebrate elders who have provided us with their legacies! *

Be sure to read more about the Legacies event in the enclosed insert!

Director's Column

As the late gerontologist, Gene Cohen, noted, an exhibition of the best folk art from 1930 to 1980 at the Corcoran Museum of Art revealed an interesting phenomenon. Eighty percent of the artists were past the age of 65 when they did "either their initial or best work." Thirty percent were past the age of 80 when they first became involved in folk art.

Cohen used this morsel of information to illustrate the outcome of his extensive research, which involved more than 3,000 subjects over the course of 35 years. What his research has demonstrated is that as people age, they begin to better utilize and coordinate the two sides of their brains, resulting in the increased capacity for artistry and spiritual awareness. In the midst of all we hear about our failing capacities as we age, this is certainly refreshing. And it confirms what many of us knew and what most cultures take for granted --- that older people have something special to impart to us if we are able to hear.

What's particularly interesting about Cohen's research is its focus on art and spirituality, arenas we traditionally associate with wisdom. He quotes Pulitzer Prize-winning author, Ellen Glasgow who says, "In the past few years, I have made a thrilling discovery ... that until one is over 60, one can never really learn the secret of living. One can then begin to live, not simply with the intense part of oneself, but with one's entire being."

Wisdom comes in many forms, sometimes in self-knowledge. I see this kind of wisdom every day in the many elders who come to accept their interdependence on their communities, an especially hard-won insight in a culture that values fierce independence above all. Who was it who said "tis better to give than receive, but 'tis harder to receive"... At the same time, Cohen talked about the "experimentation" that frequently accompanies aging. He refers to those "friendly inner voices" that say "If not now when? Why not? What can they do to me?"

Happy April Birthday!!

To: Frances Cleary, Hardison Geer, Conchita Gonzalez, Inge Graff, John Halborg, Miriam Hepworth, Zheng, Liu, Patricia Mack, Seong Moy, Forest Murphy, Velia Neri, Jian-Hua Pan, William Rich, Sylvia Robinson, Diana Rosenberg, 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 20 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

April 3 *An Ideal Husband* (1999) 1 hr., 38 min.
This Oscar Wilde comedy of manners gets everything that is required from a fine British cast headed by Rupert Everett, who sparkles as the conduit for Wilde's witty paradoxes.

April 10 *Julie and Julia* (2009) 2 hrs., 3 min.
The plot may be about Julie, but Julia (Julia Child, that is) runs away with the show, in a dazzling performance by Meryl Streep.

April 17 *The Life and Times of Judge Roy Bean* (1972) 2hrs. Paul Newman again, this time as a colorful judge in the Wild West. The film was directed by John Huston, who treats the subject with a light comedic touch.

April 24 *Up* (2009) 1 hr., 36 min.
This animation, intended for adults and not only children, follows the amazing, joyful adventure of a 78-year old man who has had a humdrum life. (He has the voice of Edward Asner.) A bright 8-year-old boy becomes his companion.

Come see movies on our new large screen!

Movies start at 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.

04/14, 04/28

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 15 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, April 1 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club** meeting for this month will be on **April 21 at 3:00 PM** in the MRHS Tuttle Center. This month's reading selection is the novel, **Get a Life** by acclaimed South African author, *Nadine Gordimer*.

Low Vision Group will meet **this month, on Friday, April 9 and Friday, April 23 at 2:00 PM**.

If you would like to add your name to the MRHS email list, please contact us at info@mrhsny.org and simply put "MRHS Email List" in the heading. Thanks!

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

Looking To Volunteer?

Every Tuesday at MRHS we offer a social opportunity to the senior community and their neighbors in the form of a Tuesday Lunch and Sing-Along. This is actually MRHS's longest running recreational program. It's a chance for people to sit over lunch (provided by you) and coffee/tea and cookies provided by us and enjoy conversation with their neighbors followed by group singing led by Gil Willis on the guitar. If you have said time and think you would like to volunteer to help out at these Tuesday gatherings we'd love to hear from you. Give us a call at 212-666-4000.

Technology For You mrhsTechNet

Organizational Meeting Thurs., April 15, at 7:30 PM – MRHS Tuttle Center

Let's Get This Thing Going

Why "mrhsTechNet?" Scientific evidence continues to show how technology use improves the mental, physical and social health of older individuals. However, many people find using computers and other devices difficult and complicated. We hope to make these understandable and easier to use.

If you're interested in being part of the "mrhsTechNet," please join us for our first meeting on April 15. This is open to anybody who has an interest in technology including those who participate in MRHS functions as well as residents of Morningside Gardens in general. At the meeting, we will demonstrate some of the equipment at MRHS and discuss your needs and interests.

In the future, this column will answer selected questions about computers and other technology. Also, if you have particular expertise in any form of technology and want to lend a hand, please let us know so we can draw on that knowledge as we develop the program. To either submit a question or offer your help, please send an email to: Dr.MichaelSDavidson@gmail.com

Michael S. Davidson

Where To Now?

EXPLORING NEW YORK CITY

All are welcome to join us so mark your calendar, and let's travel together to enjoy visiting the following sites:

April 5, Monday: THE RUBEN MUSEUM OF ART, according to the NY Times, is "the premier museum in the West showcasing the art of the Himalayas and surrounding regions." Enjoy this rich cultural experience on its own or as a follow up to the visit in February to the Nicholas Roerich Museum. If you wish, have lunch in the museum cafe that specializes in food of this region. **Depart 10:30 AM** by #1 MTA train. Admission free for seniors.

April 21, Wednesday: (TO BE CONFIRMED); rain date April 28. THE NEW YORK BOTANICAL GARDEN. Come enjoy spring's blooms – flowering fruit trees, pansy beds, tulips and daffodils. **Depart 9:30 AM.** MTA bus at 125th Street to Metro North. Admission free. Train senior round trip rate \$7. Lunch as you choose. Depart Garden about 2:00 PM.

If while on the trip, you need to contact me and can't see me, call 917-841-0384

Mary Davidson

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

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 16.) 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.***

Thanks to All Our Supporters

In 2009, MRHS received support from the following corporations and foundations, in addition to our nearly 300 individual supporters at Morningside Gardens. Thank you!

- Barnard College
- Columbia Community Service
- Columbia University Office of Governmental Relations and Community Affairs
- Early Alzheimer's Foundation
- Elders Share the Arts
- Jewish Theological Seminary
- Manhattan Borough President Scott Stringer
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