

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

MRHS to Screen Ballet Performance

MRHS is pleased to present a videotape of a performance by the Hartford Ballet of Tchaichovsky's *Nutcracker*, which was choreographed by **Stefan Hoff** (Bldg. IV). The production dubbed "The American Nutcracker" was performed with the Hollywood Bowl Orchestra, as part of a season special on Tchaichovsky, and included fireworks at the conclusion of every performance.



Stefan Hoff, was born in Amsterdam, Holland, graduated from George Balanchine's School of American Ballet, and as a protégé of Antony Tudor, danced several principle roles with the American Ballet Theater. After many years as a teacher and choreographer culminating as a professor at the National Academy for Dance and Music in Amsterdam, he returned to New York City where he choreographed for the American Bolero Company, the Philippine Ballet Theater and the Hartford Ballet. Altogether he has devoted 42 years to the world of dance.

Please join us for this exciting program on **Monday, August 15, at 2:00 PM**
Tuttle Center, 100 La Salle, #MC

What is West Nile Virus?

Please join us for an informative presentation on West Nile Virus – what it is, what the symptoms are, what you can do to protect yourself and your neighbors, and what the City of New York is doing to protect you. A representative from the New York City Department of Health will be leading the presentation.

Wednesday, August 3, at 2:00 PM
Tuttle Center, 100 La Salle, #MC

Social Security Celebrates its 70th Birthday at Hyde Park

The MRHS Advocacy Committee is coordinating a bus trip to the event on **Saturday, August 13**. If there is sufficient interest, MRHS will contribute to the cost, lowering it to \$20 per passenger. (A minimum of 15 people is needed to sign up by the afternoon of August 4th in order to make this happen.)

The program will include a debate on the future of Social Security between **Paul Krugman** of the *New York Times* and **Michael Tanner** of the *Cato Institute*. Lunch may be brought or purchased. There is no charge for the all day special program. To reserve your spot or learn more please contact Norman and Joan Levine at janlev@msn.com or (212) 666-6157 or MRHS at 212-666-4000. If you are planning to join the group please pay the \$20 bus fare to MRHS.

Essex Steam Train & Riverboat

Come join MRHS as we take a summer trip on board the **Essex Steam Train** and the **Becky Thatcher Riverboat**. We will journey by bus from MRHS to Essex, CT where we will meet the train. There we will have time to purchase lunch at the **Trackside Café** or enjoy a lunch you brought. We then board the restored railroad cars pulled by a steam locomotive. We travel northward from [Essex Station](#), through scenic towns. You will see meadows, farms, a millpond with waterfall, and several bridges over creeks. We travel along the Conn. River, and will see the undeveloped Selden Neck State Park, accessible only by boat. Then we board a riverboat for a relaxing and informative ride up the river. Sit back, take in the fresh air, and learn about the history and natural wonder of the river. We then meet the train for our return trip to Essex.

DATE: Mon., August 22 DEPART: 8:30 AM
PRICE: \$45.00 RETURN: 6:00 PM

Director's Column

Once again, due to space limitations, I am "on vacation" from writing my monthly column...

MRHS Monthly Report

During the month of **June**, the MRHS clinical care team made **622** contacts with, or on behalf of, elderly residents of Morningside Gardens. There were **374** social service casework contacts, including **90** home visits during the month. There were **248** nurse's contacts, including **117** home visits from Marie Phillips, RN. A total of **107** individuals were provided with clinical care services from MRHS during the month of June. In addition, attendance at MRHS programs for June, including health education and health promotion groups, was **546**.

If you, or a neighbor over the age of 60, are in need of assistance, please call MRHS at 212-666-4000 for help.

MRHS to Offer Great Decisions Program This Fall

This fall MRHS is sponsoring a Discussion Group called **Great Decisions**. This is an opportunity to discuss critically important foreign affairs issues. The program has been in existence for a long time and has proven quite successful. Resource materials are provided. The program has been widely used in homes, schools, libraries and by such organizations as the League of Women Voters, AARP, and United Nations Associations to name a few. Participants are provided with a briefing manual. The manual outlines eight timely thematic topics of global concern. The materials are written by experts and include discussion tips for leaders. The book costs \$15.00 and participants would be encouraged to buy it. The group will be offered on Tuesdays evenings, two times per month from September through December.

Members of MRHS'S Program Committee will provide the leadership and will enlist resource persons from within the Gardens community to provide their expertise. More information will be provided as the time for the series draws closer. In the meantime, if you have an interest please let the MRHS office know. Just give us a call at 212-666-4000.

Happy August Birthday!!

To: Tomoe Arai, Jean Broadwell, Gersuila Carter, Alexandria Christopher, George Copeland, Carlotta Damanda, Evelyn Eason, Frances Geer, Phyllis Johnson, Emil Koehler, Isabel Kogel, Harold Landon, Maisie Mende, Dana Minaya, Sophie Onne, Rajdai Puran, and Lucienne Yoshinaga.

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 August are all invited to our Birthday Party! Come on **Tuesday, August 16, at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

The Saturday Afternoon Movies will be on vacation in August and will resume on September 10.

As you probably already know, the Medicare Drug Bill (called Part D of Medicare) will become part of Medicare benefits as of January 1, 2006. You will have until May 15, 2006 to decide whether to join Part D and how you want to join it. You will have some decisions to make, but will have all the information you need to make these decisions.

You will be receiving some letters about this benefit from various sources - perhaps your previous employer, union, etc. Do not throw anything away even if you think it is not important. (MRHS has special folders available from the NYC Department for the Aging for holding such items.) Things are not settled yet, but all the plans must have their offerings in place by October, 2005.

MRHS will be scheduling meetings to discuss all your options so that you can make an informed decision about what you want to do about this benefit. Please keep in mind that all those who qualify for the Medicare Savings Program (income limit of \$1,097 per month for a single person and \$1,464 for a couple) will automatically be deemed eligible for the Part D Low Income Subsidy. If you think you meet these income requirements, please contact Ron Lennon, MRHS Social Work Supervisor at 212-666-4000, who has been trained and deputized to enroll people in the Medicare Savings Program.

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 1:30 PM** in the Tuttle Center. ***NEW TIME!***

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 – No screenings in July and August. The screenings will resume on **September 7, 9:00 – 11:00 AM**. (Look for the new schedule.)

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.

Nurse Marie Phillips' "Take Charge of Your Health" group will take a break in the summer and resume in the Fall.

Flea Market Update

We are now accepting donations for next Fall's Flea Market.

However, in order to minimize the disruption of our office and staff, we are requesting that all contributions be brought to MRHS on **Wednesday and Thursday afternoons between 2 and 4 PM**. We are also requesting that contributions be in boxes, if at all possible. This protects breakables and makes storage more efficient.

If you have an emergency and need to bring something other than at the specified times, please call the office (212-666-4000) to make arrangements. **Thank you!!**

Do You Live Alone? If So...

Please participate in a research study of seniors living alone in New York City. More and more people are living alone, especially seniors. This study wants to learn more about how you manage day-to-day life while living by yourself in a city. We are interested in how the neighborhood, your housing, social networks, and service agencies affect daily life. This research should help us better understand what conditions enable people to live independently as they age.

If you agree to be in the study, you'll take part in an informal, open-ended interview about your experiences living alone that will take about 1 hour. To participate, you must be over 60 years of age and live by yourself. What you tell us will be kept totally confidential. So, your name or other personal information will *never* be used and we will not give your name to anyone besides the researchers. Your participation is voluntary and won't affect any services that you get. Of course, you can leave the study at anytime or refuse to answer any question. We thank you for your help and interest in this project!

This research is conducted by Eric Klinenberg, professor of sociology at New York University and research assistants Jenna Appelbaum, Jill Conte, and Allison McKim, doctoral students in sociology.

If you would like to participate or learn more, please contact: Eric Klinenberg, Department of Sociology, NYU, 269 Mercer Street, 403, New York, NY 10003. Phone: (212) 998-8340. eric.klinenberg@nyu.edu.

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., August 19). 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.**

MRHS Strategic Planning

Continuing with last month's discussion of the MRHS Strategic Planning process --- the Strategic Planning Committee began its ongoing effort in 2002 after approval from the MRHS Board. The Committee first of all looked at the MRHS Mission and Values statements: The Mission statement had been developed many years ago and has appeared in MRHS literature, such as the Annual Report. The Mission statement was retained:

- 1) *to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes comfortably, safely, and with as much independence as possible for as long as they can; and*
- 2) *to provide programs which promote health and provide opportunities for education, socialization and recreation for all older residents of Morningside Gardens, with particular attention to the special needs of the infirm, homebound, and isolated.*

An MRHS Values statement was then developed to stand alongside the Mission statement. It reads:

The board, staff, and volunteers of MRHS are committed to offering services that enable older residents of Morningside Gardens to remain in their own homes by:

- *Promoting a caring community and enriching community life;*
- *Preserving the dignity and human rights of older people;*
- *Promoting and supporting independence by actively involving individuals in managing their own care;*
- *Preventing isolation by keeping older residents connected to the larger Morningside Gardens community; and*
- *Reflecting integrity, professionalism, responsibility, warmth and respect, and a commitment to diversity.*

The word "community" describes MRHS and Morningside Gardens. Both include a diverse group of persons of various ethnicities, genders,
(continued above right)

ages and opinions who share a commitment to community service. The MRHS Strategic Plan discusses outreach to the Gardens population, both as recipients of services and as volunteers.

The Strategic Plan also addresses issues of the agency's governance, including recommendations for changes in the MRHS Board's committee structure. In the course of the Committee's work it has become apparent that the MRHS by-laws need to be updated to reflect the remarkable development, growth and success of MRHS since it was founded in 1966. The Committee is currently working on updating the by-laws to reflect this expansion of services, staff, volunteers, and programs at MRHS over the years. There also have been changes in the law affecting non-profit corporations since inception; this, too, will be reflected in the new by-laws.

The goal of the MRHS Strategic Planning Committee has been to guarantee that MRHS continues its work of helping people "age in place". The forthcoming suggested changes in the MRHS by-laws and governance are another way of ensuring success into the future.

Summer: Use MRHS Services

As the heat of summer becomes a reality, safeguard your health by using MRHS Shopping and Laundry Services. Every Tuesday the MRHS Health Aide does shopping for people who need help. On Thursdays, the Health Aide will do your laundry. Just call Marie Phillips at the Nurse's Office (212-666-2050) one day before you would like the services. On the day you requested the service, the Health Aide will call you to let you know what time she will be at your apartment.

And don't forget to come to MRHS and cool off! The Tuttle Center at 100 LaSalle St. is always cool and refreshing.

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