

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Sarah Cunningham  
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## MRHS Monthly Report

During the month of **June**, the MRHS clinical care team made **685** contacts with, or on behalf of, elderly residents of Morningside Gardens. There were **360** social service casework contacts, including **70** home visits during the month. There were **189** nurse's contacts, including **92** home visits from Marie Phillips, RN. A total of **84** individuals were provided with clinical care services from MRHS during the month of June. In addition, attendance at MRHS programs for the month, including health education and health promotion groups, was **635**. If you, or a neighbor over the age of 60, are in need of assistance, please call MRHS at 212-666-4000 for help.

## Great Decisions Series Returns

The popular discussion program on world issues returns this fall. Please note that the first session is now scheduled for the second Tuesday, **September 11**. The topic is "South Africa." The discussion on "War Crimes" will take place on Tuesday, **October 9**. Thereafter the group will meet on the first Tuesday of the month as usual. Look for further details in the September Newsletter.

## In Memoriam

We are sad to report that former MRHS President and volunteer *extraordinaire*, Kay Harries, passed away this past winter at a nursing facility in South Dakota, where she had moved to be closer to her family. Kay was a valuable MRHS volunteer in a number of areas, but was perhaps best well-known and loved in her lively role as host for the MRHS birthday parties and Tuesday luncheons. She will be dearly missed by all of her friends and colleagues at Morningside Gardens.

## MRHS Trip News!!

### By Special Request: A Repeat Trip to City Island/Bartow-Pell Mansion

Come join MRHS as we are off to **City Island** for lunch at the famous **Lobster House by Land and Sea** and then after dessert we will go to the magnificent **Bartow-Pell Mansion** in Pelham Bay Park for a guided tour. The trip includes a full lunch with seven choices of entrees including lobster and a one hour guided tour of the mansion. What a way to spend a summer day! Please note that residents who did not go on the July trip will be given preference.

**DATE:** Tuesday, August 28 **PRICE:** \$45.00  
**DEPART MRHS:** 11:00 AM **RETURN:** 5:30 PM

## Farewell, Rachel

We are sorry to announce that MRHS will be losing social worker, Rachel Kurlantzick, as of August 3, after one year of service. (Rachel also served as an MRHS social work intern for one year.) Rachel has accepted a position as Program Director at One Stop Senior Services, which is located on Amsterdam and 96<sup>th</sup> Street. She will have the opportunity to supervise two social workers and a social work intern in her new position as the director of case management services. Among her accomplishments at MRHS, Rachel worked many hours on the community survey, brought StoryCorps to MRHS, and started up the Book Club. We are sure that you join us in wishing Rachel all the best as she takes on a new challenge.

## MRHS Book Club

The next meeting of the MRHS Book Club will be on **Wednesday, September 5 at 2:30 PM in the MRHS Tuttle Center**. Please join us for a discussion of **White Teeth** by Zadie Smith.

## Director's Column

Many of you are aware that my wife, Pat, and I have been in the process of adopting a baby boy from Guatemala over the past eleven months and have been graciously asking about the outcome. I am happy to report, at last, that Pat and I brought Anderson Francisco Coupe Bruno home to New York City from Guatemala City on July 24. Anderson is in excellent health, laughs a lot, loves our neighborhood pool, and has a remarkable pitching arm for a one and half year old. He and I have already logged many hours playing catch with his beloved *pelota*. Again, Pat and I thank all of you who have been passing along good wishes during the process.

## "Our Holocaust Vacation" On DVD

*Our Holocaust Vacation* is a feature-length documentary about longtime Morningside Gardens resident, **Tonia Blair** (Bldg. V), which was shown at MRHS on two occasions, in May and again in June. The film was made by longtime Morningside resident, **Nicholas Blair**, and his brother, **Doniphan**. It is one hour and 20 minutes long. A DVD copy of the video has been made available to MRHS by Nick Blair. You are invited to borrow the DVD to view at home, or else we can arrange to run it for your viewing at MRHS.

## New Fall Classes!

MRHS is planning new Tai Chi and Chi Gong classes, to be held on Tuesday mornings beginning this fall. Look for more information in the September Newsletter.

## Jackie Robinson Center

The Jackie Robinson Senior Center at Grant Houses, located at 1301 Amsterdam Avenue, can be found just across the street from Morningside Gardens. Hours are Monday through Friday from 8:00 AM to 4:00 PM. The Center offers congregate breakfast and congregate lunch, a service which many Morningside older adults already utilize. The telephone number is 212-666-4910.

## Happy August Birthday!!

To: Tomoe Arai, Jean Broadwell, Anne Burley, John Careddu, Sarah Cunningham, Carlotta Damanda, Evelyn Eason, Frances Geer, Phyllis Johnson, Ruby Johnson, Margaret King, Emil Koehler, Isabel Kogel, Harold Landon, Maisie Mende, Herbert Mendelsohn, Maggie Middleton, Dana Minaya, Rajdai Puran, Lucienne Yoshinaga and Alba Zatz.

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 21** 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 1.**

## Poetry Reading/Open Mic

The open poetry forum plans to meet on **Thursday, August 9 at 7:30 PM**. Bring your favorite poems or your own compositions to share. Light refreshments included.

**Tuttle Center, 100 La Salle, #MC**

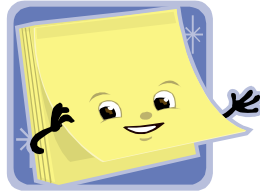
## MRHS Commended

MRHS was recently commended by the New York City Department for the Aging (DFTA) for its delivery of NORC services. In a letter from Deputy Assistant Commissioner, Jane Fiffer, dated June 15, MRHS was "commended on the excellent quality and information content of its monthly newsletter as well as the variety of group and volunteer services that it offers." MRHS was also commended for "exceeding its projected service levels for all core services," which includes NORC Case Management and Health Care Management.

The letter followed DFTA's annual program assessment, conducted on March 30 to review "program management and achievement," which, according to DFTA, "revealed no issues."

## 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:

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 9-11 AM in the Tuttle Center:

**Resuming on September 12.**

**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 not meet in August. Look for notices about September meeting.

The popular "**Later Life Transitions**" group led by **Fran Geer** meets this month on **Thursday, August 9 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

## 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, August 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.**

## Summer: Use MRHS Services

As the heat of summer continues, 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 of the requested 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.

## Latest Flea Market News

Many of you have made inquiries about donating items for the next MRHS Flea Market. If you have already done so, thank you. We are continuing our new procedure of accepting items **two days a week.**

Please drop off clean, useable items to the **Recreation Center, in 100 La Salle, basement level, on Tuesdays and Thursdays from 2:00 to 4:00 PM.** It is easiest to use the basement door. A volunteer will be waiting to accept donations.

**Please note:** there is a need for additional volunteers to help with the accepting and packing of donations. Call MRHS at 212-666-4000 if you have some time on Tuesday or Thursday afternoons.

*Please look for flyers announcing all details.*

**Flea Market dates: November 16, 17, 18.**

## Seamstress Wanted

Morningside resident with home-based design business looking for freelance contracting work from another Gardens resident. Work from home. Must have excellent sewing skills and use your own sewing machine. Any legal age. CASH paid by the piece.

E-mail: [questions@traceyasaidesigns.com](mailto:questions@traceyasaidesigns.com)  
or call: 646-259-2545.

## HomeHealthCorner --- Vol. 7, Issue 8

*From the Visiting Nurse Service of New York  
at Morningside Retirement & Health Services*

### Focus on Macular Degeneration

If you are experiencing blurry vision, you may have age-related macular degeneration (AMD). This is a disease that affects the macula, a part of the retina in your eye. Your retina sends light from your eye to your brain, allowing you to see fine details. AMD blurs the straight-ahead central vision you need for activities such as reading, sewing, and watching TV. To diagnose AMD your eye care professional will have you read an eye chart, will dilate your eyes with drops, will measure your eye pressure, and will use an Amsler grid to check if you see straight or wavy lines. There are two kinds of AMD: wet and dry.

Wet AMD is more severe than dry AMD because you lose your central vision more quickly. Wet AMD occurs when abnormal blood vessels behind the retina start to grow under the macula. These vessels often leak blood and fluid which raise the macula from its normal place. An early symptom of wet AMD is that straight lines appear wavy to you. There are certain treatments for wet AMD (eye injections, drug treatments, laser surgery), but you usually need more than one treatment and the disease can still progress.

Dry AMD happens when light-sensitive cells in the macula break down and cause blurry central vision. The most common symptom is slightly blurred vision, but as dry AMD gets worse, you may see a blurred spot in the middle of your vision. You will have difficulty recognizing faces and you may need more light for straight-ahead activities. An early sign of dry AMD is yellow deposits under your retina, called drusen. There is no treatment for dry AMD, but there are vitamins, minerals, and antioxidants for people at a high risk for advanced AMD. Ask your doctor which ones are right for you.

*(continued above right)*

To help slow the effects of AMD, eat green leafy vegetables and fish, stop smoking, maintain normal blood pressure, watch your weight, and exercise daily.

*Marie Phillips, RN, MPH*

### 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!

### Meditation At Morningside Gardens

I sit on a bench in Morningside Gardens  
And close my eyes  
Like a bird my soul takes flight  
To kiss the sun.

A gentle wind blows.  
My soul soars back within.  
I am aware of my breath  
And all within me is still.

Oh I love Morningside Gardens.  
Do you see it as I do?  
In the midst of this wavering crowd  
When daylight dies, stars shine dimly  
And the moon shows its silver face.

All fears are calm  
And there is Infinite Peace  
In Morningside Gardens.

**Winifred Eileen Derryck, Bldg. VI**

