

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Mary A. Thompson  
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050 Executive Director: Ronald Bruno

## **Holiday Party 2003!**

Come one, come all to the  
**2003 Holiday Party at MRHS!**

Residents of *all ages* are invited to come by and partake in the good cheer, refreshments, and entertainment. The **MRHS Holiday Party**, a longstanding tradition at Morningside Gardens, is an opportunity to meet with your neighbors in a relaxed and festive setting. The **MRHS Holiday Party** will feature holiday fare and beverages. Starting at **3:00 PM.**, the party will extend to **5:30 PM.** for those of you who would like to stop by after work.

Stop in for a few minutes or stay the whole time!

**Wednesday, December 10, 3:00 - 5:30 PM.**  
**Tuttle Center, 100 La Salle Street**

## **Holiday Health Fair**

Give yourself a healthy gift this holiday season and join us on **December 3** for a health fair sponsored by MRHS and St. Luke's Hospital.

### **FREE SCREENINGS**

- Cholesterol
- Glucose
- Bone Density
- and more...

**MEET THE DOCTOR.** Dr. Brenda Matti, chief of geriatric medicine at St. Luke's, and community MD, will be on hand to speak with you about your test results.

**Wednesday, December 3**  
**10:00 AM – 1:00 PM**  
**Recreation Center, 100 La Salle Street**

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*Happy Holidays*  
*from MRHS!*  
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## **Flea Market**

Our 2003 Flea Market was a great success. Innumerable people contributed sale items – some 70 volunteers put in more than 800 hours and many customers had fun finding that item they couldn't live without. We added over \$6,000 to the MRHS budget.

Next year's Market will be November 12, 13 and 14. **We will begin to accept sale items in March.** PLEASE BE SURE YOUR CONTRIBUTIONS ARE IN USABLE CONDITION AND ELECTRICAL ITEMS WORK. Pack breakables carefully and, if possible, have everything in boxes.

Thanks to all of you who helped make this year's Market such a success. Mark your calendars for 2004.

## **Do You Want to Eat in Italy?**

Join MRHS as we do the next best thing. Yes, we are off again to the world famous **Culinary Institute of America** in beautiful Hyde Park, NY. This time we will be having a spectacular Italian feast in the new *Ristorante Caterina de' Medici*.

We will have a sumptuous three-course meal in this lovely complex followed by a guided tour of America's premier cooking school. We will also have time to browse and shop in their wonderful bookstore/gift shop. It should be a wonderful winter's day up in the country, with good food and good friends.

**Date: January 13, 2004**  
**Depart: 9:30 AM**  
**Price: \$45.00**  
**Return: 6:00 PM**

***Yes, there will be a Supper Club in December! Keep an eye out for flyers or call MRHS for more info.***

## Director's Column

Continuing with my descriptions of the services provided by MRHS, we come to the health care sector. MRHS began providing health care services when we received our first NORC grant, from the New York State Office for the Aging in 1995. With the NORC grant in hand and the donation of professional space in Building VI from housing management, we were able to open up the MRHS Health Center. It is from this office that our health care coordinator and nurse, Marie Phillips, RN, MPH, plies her trade. (The space was also used temporarily by St. Luke's Hospital before they moved into their digs on Amsterdam Ave.)

Ms. Phillips' presence provides the community with an on-site health care professional. We are particularly lucky to have someone of Marie's caliber in terms of professional and managerial experience, nursing and medical "know-how", and, as so many of you have reported to me, warmth and concern. Marie spends most of her day in residents' apartments, making rounds both to her regular patients and to those who have a new health care development. Much of her work is preventive and educational, catching patients before their health care issues snowball.

Ms. Phillips supervises the two MRHS "cluster care" aides, Jennifer Paul and Karen Morris. Ms. Paul and Ms. Morris provide shopping, laundry, and some limited personal care to those residents who require assistance in these areas. For those residents who need more extensive home care services, Marie, along with the social work staff, helps to facilitate the hiring of aides.

Ms. Phillips also coordinates the home visits of Dr. Brenda Matti, who makes house calls to our homebound and frail residents. Another essential member of the health care team is Dr. Iliyan Ivanov, psychiatrist, who also makes house calls to residents in need. The aforementioned St. Luke's Community Care Center on Amsterdam Ave. rounds out the range of access to medical care that we provide to our older adults.

As I run out of space, let me just mention the following: hospital discharge planning, blood pressure monitoring, exercise classes, health information programs including this month's health fair and Marie's "Take Charge of Your Health" group. And much more...

## Happy December Birthday!!

To: Gus Archilla, Woody Asai, John Beard, Vivian Bergman, Charles Clark, Fred Cooke, Winifred Derryck, Doris Gray, Robert Holstein, Shirley Korn, Gary Lee, Boyd Lowry, Sarah Mazer, Emma Saxlehner, Edith Schrank, Reka Schoumaker, Irving Stuhlman, Mary A. Thompson, Florence Thornley, and Geoffrey Wagner.



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

## Saturday Afternoon Movies

### **December 6 *No Man's Land***

(2001) 1 hr, 37 min. Winner of both Academy and Golden Globe Awards for Best Foreign Language Film, this tragi-comedy is about two wounded soldiers, a Bosnian and a Serb, who debate angrily about the cause of their war. One critic called this a "terrific film." *Subtitles.*

### **December 13 *The Deep End***

(2001) 1 hr, 39 min. A loving mother (Tilda Swinton) who thinks her son may have killed his lover, tries to conceal the crime, setting in motion all sorts of consequences. A clever thriller full of surprises.

### **December 20 *A Foreign Affair* (1948)**

2 hrs. Billy Wilder directed and co-wrote this film set in post-World War II Berlin. Jean Arthur is the journalist sent to report on the scene, and Marlene Dietrich vocalizes in this memorable comedy.

### **December 27 *Holiday Weekend* - No Movie.**

**The movies start at 2:00 p.m. Please try to arrive a little early.**

***Please note: MRHS will be closed for Christmas, December 25, and for New Year's Day, January 1, 2004.***

## 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 Friday at 3:15 PM.** in the Tuttle Center. **NEW TIME!**

**Nurse's Hours** – The following is Nurse 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

**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

**Please note that Nurse Marie Phillips' "Take Charge of Your Health" group will be meeting this month on Thursday, December 18 at 2:30 PM. in the Tuttle Center. All are invited!**

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## The Garden Poetry Reading/ Open Mic

MRHS continues this Friday evening program. Bring your poetry, prose or music or someone else's to ***The Garden Poetry Reading / Open Mic*** – or just come and listen.

For more information call Building IV resident Mary Grace Bookhardt at 866-4454.

**Friday, December 5 at 6:30 p.m.  
Tuttle Center, 100 LaSalle St. #MC**

*Contribution requested. (January date: 1/2/04)*

<p><b>The date for the postponed trip to the Jewish Heritage Museum will be January 28, 2004. Look for details next month. Thanks for your patience.</b></p>
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## MG Computer Club

The Gardens Computer Club sponsors an "all welcome" tutoring session every Thurs. evening from 7:30 to 9:30. Just buzz the workshop in Bldg. VI and take the elevator to the basement.

*Submitted by Stuart Auslander*

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

### **The Mission of MRHS**

*The Mission of MRHS is twofold: 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.*

### **Holiday Musical Offerings**

- **Handel's Messiah Sing-In** (Scores Provided) – Wednesday, 12/3, 12:45 PM at the Interchurch Center (free).
- **Service of Lessons and Carols**- Friday, 12/5, 8:00 PM (donation) Church of Notre Dame. A superb choir sings Medieval,

Renaissance and Contemporary music.  
Wednesday, 12/24, 8:00 PM.

- **Lessons and Carols** St. John the Divine, phone for date.
- **Holiday Choral Celebration with Organ**, Saturday, 12/6, 8:00 PM, Riverside Church, 20<sup>th</sup> and 21<sup>st</sup> century music. Jonathan David, conductor and composer.
- **Benjamin Britten's "A Ceremony of Carols with Harp,"** (sung by the Interchurch Choir), Wednesday, 12/10, 12 noon, The Interchurch Center.
- **Benjamin Britten's "A Midsummer Night's Dream"** Wednesday, 12/10, 8:00 PM; 12/12, 8:00 PM; 12/14, 2:30 PM at Manhattan School of Music. (For tickets phone 212-749-2802, ext. 4428.)

*Submitted by Vivian Bergman (Bldg. IV)*

### **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, December 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.***