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Winter Celebration 2007!

Come one, come all to the
2007 Winter Celebration at MRHS!

Residents of *all ages* are invited to come by and partake in the good cheer, refreshments, and entertainment. The **MRHS Winter Celebration**, a longstanding tradition at Morningside Gardens, is an opportunity to meet with your neighbors in a relaxed and festive setting. The **MRHS Winter Celebration** will feature holiday fare and beverages and *live entertainment*. Starting at **4:00 PM**, the party will extend to **7:00 PM** for those of you who would like to stop by after work. Stop in for a few minutes or stay the whole time!

Monday, December 10, 4:00 – 7:00 PM
Recreation Center, 100 La Salle, Basement

Telephone Reassurance

We are currently looking for volunteers to participate in our Telephone Reassurance Program.

Telephone Reassurance volunteers provide reassuring regular phone calls, support and information to frail and at-risk elderly residents of Morningside Gardens. The commitment is a minimum of ten minutes each day for one year. Most Telephone Reassurance volunteers call the resident daily; however the occasional resident only requires a call once or twice per week.

For more information on how to become a Telephone Reassurance volunteer please contact Joanna Stolove at 212-666-4000 or at JoannaS@mrhsny.org.



Do You Have a Health Care Proxy?

If not, do you know that if you become unable to communicate in the event of an accident or illness, your family and friends will not automatically be able to make important medical decisions for you?

Total Life Choices (TLC), a project created by the New York Legal Assistance Group (NYLAG), is offering to assist all people over the age of 18 with establishing and filing a Health Care Proxy. All services are free. For healthy individuals, now is a perfect time to complete these documents. After all, we can all slip, fall, bump our heads and remain unconscious for a few hours, or even a few days. Take control and empower a close friend or loved one to watch over you with this crucial document.

For those of you who are already facing illness, now is also a good time to complete these documents. You can secure your wishes in the serenity of your surroundings, relieving additional stress during the times when someone else will have to make medical decisions for you.

TLC offers free services by distributing advance directive forms, and by helping people like you fill out these forms. TLC also ensures that healthcare professionals across the United States are able to access these documents at any time of the day or night. If you have already completed an Advance Directive, TLC will be able to register the document in a secure database so that you can be assured that your forms are accessible to doctors and hospitals, 24 hours a day, 7 days a week.

Join us for an information session at the **Tuttle Center, 100 LaSalle Street**, with **TLC's Project Coordinator, Tina Janssen-Spinosa, Esq.**, as she details your options on **Monday, December 3, 2007 at 2:00 PM**.

LIFT: “Live Independently From Falls Today”

Are you or a family member interested in maintaining independence for as long as possible? If so, don't miss the LIFT group series whose aim is to decrease the prevalence of falls among the members of the Morningside Gardens Community. This series of groups will not only be a place to learn about the risks of falling and how to address these risks, but it will also be a place to share concerns about yourself or loved ones with your other community members. Group leaders will be Demetrice Catacutan and Joanna Gaines, Occupational Therapy students from Columbia University.

Wednesdays, Jan. 30, Feb. 13 & 27, and March 12, 10:00 – 11:00 AM, at the Tuttle Center. (Refreshments will be served.)

A Trip to the Spirit of the Past

Join MRHS as we visit **Washington Irving's Sunnyside** in the morning and **Van Cortlandt Manor** in the afternoon. Both houses will be decorated for Christmas as they were when originally occupied and we will have a guided tour of both properties. Ongoing activities at the site may include blacksmithing, open-hearth cooking, spinning, weaving and brick making. Lunch will be on your own at either Applebee's or TGI Friday's.

DATE: Thursday, December 20 **PRICE:** \$45.00
DEPART MRHS: 9:15 AM **RETURN:** 5:30

MRHS Lending Library

Did you know that MRHS has a lending library that all residents are welcomed to use? Operating on the “honor system,” the library is available during MRHS business hours for borrowing or browsing. The library includes a varied collection of fiction and non-fiction books, as well as a small collection of jazz audio cassette recordings. Stop by and have a look!

A Morningside resident needs help walking his dog and is willing to pay for assistance. If you are interested, please contact Joanna Stolove at MRHS at 212-666-4000.

Happy December Birthday!!

To: Gus Archilla, John Beard, Vivian Bergman, Mabel Carter, Charles Clarke, Fred Cooke, Dollie Cooper, Winifred Eileen Derryck, Olga Hughes, Kamu Kamadoli, Shirley Korn, Gary Lee, Boyd Lowry, Sarah Mazer, Joan McCann, Emma Saxlehner, Reka Schoumaker, Edith Schrank, Irving Stuhlman, Mary A. Thompson, and Florence Thornley.

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 18 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Dec. 1 *lost in Translation* (2003) 1 hr., 45 min. A film written and directed by Sofia Coppola about two American lost souls in Tokyo. Bill Murray plays a movie star whose career is fading and Scarlett Johansson is an unhappy young wife staying in the same hotel.

Dec. 8 *Thank You for Smoking* (2005) 1 hr., 32 min. The main character in this satirical film is a lobbyist engaged in energetically promoting the indefensible. He works for the tobacco industry, if you haven't guessed.

Dec. 15 *Night and Day* (1946) 2 hrs., 8 min. A not very accurate biography of Cole Porter, but Cary Grant is in it, and the songs are great. So is Mary Martin, who nearly steals the show with her rendition of “My Heart Belongs to Daddy.”

Dec. 22 *The Pursuit of Happyness* (2006) 1 hr, 57 min. Will Smith has been praised for his performance in this story about a single father and his 5-year-old son going through rough times. The boy is Will Smith's real son, Jaden.

Dec. 29 *flying Down to Rio* (1933) 1 hr., 29 min. Welcome in the New Year a little early with a very early Hollywood musical, the first one with Ginger Rogers and Fred Astaire. Dolores Del Rio and Gene Raymond head the cast.

Movies start at 2:00 PM. Please be early.

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle enter.

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:

<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 – Alternate Wednesdays from 9-11 AM in the Tuttle Center:

One session in December on the 12th.

Look for 2008 Schedule.

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 meet this month on **Thursday, December 20 at 2:30 PM.**

The popular "**Later Life Transitions**" group led by **Fran Geer** meets this month on **Thursday, December 6 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

This month the **Great Decisions** discussion program will meet on Tuesday, **December 4 at 7:00 PM** in the Tuttle Center, 100 La Salle, #MC. The topic is "Children."

Low Vision Group will meet in December. The schedule is to be announced; meetings are at 2:00 PM in the Tuttle Center, 100 La Salle, #MC.

MRHS is considering starting a Needlework Group for Gardens residents again. Please note that it would not be a class. The idea is for people who have needlework skills to get together and enjoy conversation while working on their needlework projects. The group would meet once a week in the Tuttle Center. If you would be interested just call social work intern, Justine Jose, at 212-666-4000.

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!

Successful Flea Market!

The 2007 Flea Market was the usual great success. A great crew of 76 plus volunteers working with the Flea Market Coordinating Committee made this possible. Many enthusiastic shoppers walked away with bags and boxes of treasures. It was great fun and a good fund raiser too. We thank all of you who helped, who contributed and who shopped.

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 21.) 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.**

Please note: MRHS will be closed on Christmas Day, Tuesday, December 25. We wish you all a Happy Holiday Season.

Reverse Mortgages

The MHHC Board of Directors has approved the use of reverse mortgages at Morningside Gardens. If you are over the age of 62, you can get income from the equity in your apartment through a reverse mortgage. Based on your age, you can receive a portion of the value of your apartment in a tax-free lump sum, or spread out in monthly payments, or in a line of credit, using funds as needed. You will be able to stay in your apartment as long as you wish and you do not make payments on the loan as long as you live in the apartment.

The amount of the loan depends on a number of factors, including the value of the apartment, the age of the owners and interest rates. Generally speaking, the older you are and the more valuable your apartment, the larger is the possible loan amount. There are closing costs and interest charges.

The interest rate for BNY's adjustable rate reverse mortgage for coops is based on the prime rate and is adjustable monthly. The interest rate for the fixed rate reverse mortgage is usually slightly higher than the adjustable rate, but is fixed for the entire time you occupy the apartment. There is also a one percent loan origination fee and other one-time closing costs (about \$2,000). These fees are typically financed into the loan and are not paid out-of-pocket. There is also a no closing cost option, including no loan origination fee, if the coop owner takes all of the loan payments in one lump sum at the closing.

BNY Mortgage and Patrick Fay, Senior Vice President at BNY, will be offering two free seminars, as well as private consultations in your apartment or the management office to explain how the loans work.

Seminar Date: Thursday, December 6
Times: 2:00 – 4:00 PM, 7:00 – 9:00 PM
Thurgood Marshall Room, 80 La Salle
(Refreshments will be served.)

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

Hold the Date

On January 15 at 7:30 PM, the renowned ***Wisdom of Our Religious Traditions Series*** returns with a focus on the Christian tradition, with a focus on wisdom of the Bible and in the development through the ages of the Christian traditions. Presenters will be ***Dr. Phyllis Trible*** (Bldg. VI), a former professor of Scripture at Union Theological Seminary, and ***Dorothy (Dot) Savage***, (Bldg. III), former Director of Education and Leadership Ministries at the National Council of Churches. The event takes place in the Thurgood Marshall Rm., 80 La Salle and will include a time for interaction and refreshments.

Correction

We regret an error in our piece about *Aimee Scheff* (Bldg. II) that appeared in last month's newsletter. Aimee has sold republication rights for an article she wrote originally for Theatre Arts Magazine in March 1952. The article, "***Seven Interviews in Search of Good Acting***" will be included in a new anthology of essays about New York's Off-Broadway Theatre. The publisher of this new volume will be the London House of Rutledge: Theatre and Performing Arts.

St. Cecilia Chorus Concert

Once again this year, the renowned St. Cecilia Chorus is donating free tickets to Gardens residents for their winter concert. The program is the ***Bach Christmas Oratorio***. Conductor, *David Randolph* makes this "...exuberant festive masterpiece come alive." The concert is set for **Friday, December 7 at 8:00 PM, at Carnegie Hall**. Call MRHS at 212-666-4000 to request tickets. Call early because they go fast!

NOTE OF THANKS:

MRHS would like to express its appreciation to the Workshop Committee for its contribution of the 50th Anniversary magnetic medallions, which were distributed to all our apartments. The artist, ***Marion Butler Mills***, (Bldg. I), deserves a special word of appreciation.