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## Winter Celebration 2009!

Come one, come all to the  
**2009 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. It is a great chance for young, old, and those in between to come together and celebrate. 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.

The **MRHS Winter Celebration** will feature holiday fare and beverages, and *live entertainment* beginning at **6:00 PM**. Stop in for a few minutes or stay the whole time. Children are most welcome! We look forward to seeing you all!

**Thursday, December 10, 4:00 – 7:00 PM**  
**Rec. Center, 100 La Salle, Basement**

## Great Decisions

The popular monthly discussion program on U.S. foreign policy issues, *Great Decisions*, meets this month on **Tuesday, December 1 at 7:00 PM**. The topic is "Human Rights in a New Era." The meeting takes place in the Tuttle Center, 100 LaSalle, #MC. Articles related to this topic are available in the MRHS office.

## MRHS Email List

If you would like to add your name to the MRHS email list to receive up to the minute information, please contact us at [info@mrhsny.org](mailto:info@mrhsny.org) and simply put "MRHS Email List" in the heading. Thanks!

## Health Care Reform and You

Join us for a special presentation by **AARP Associate State Director, Michael Olender**, on proposed **Health Care Reform**. Mr. Olender will provide us with an update as reform continues to be debated in the halls of the U.S. Congress. He will discuss various reform proposals and how the legislation affects Medicare.

Mr. Olender will open up the floor to questions during the last half hour of the presentation.  
**Everyone is invited!**

**Tuesday, December 8, 7:00 – 8:00 PM**  
**Rec. Center, 100 La Salle, Basement**

## Driver Safety Program At MRHS?

MRHS has been in contact with AARP in regard to hosting the **AARP Driver Safety Program** here at Morningside Gardens. The **AARP Driver Safety Program** is designed for drivers 50 and older. The program provides a trained instructor and course materials, including workbooks for each participant, and takes place during two four-hour sessions.

You learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's challenging driving environment. You learn of adjustments to accommodate common age-related changes in vision, hearing, and reaction time. You learn about the proper use of safety belts, air bags, anti-lock brakes, and new technologies used in cars, and the effects of medications on driving.

*You may be eligible to receive an insurance discount upon completing the course.*

AARP requires at least **15 participants** in order to present the course. If you are interested, please contact MRHS at **212-666-4000** or [info@mrhsny.org](mailto:info@mrhsny.org).

## Director's Column

What is MRHS? Do I qualify for MRHS's programs and services? When should I contact MRHS to request its services? These are questions that I sometimes assume every resident of Morningside Gardens is able to answer because MRHS has been around for so long.

But I know it's not so. Even among those who frequent the MRHS office there is often misunderstanding about what MRHS does. Certainly among newer cooperators and younger cooperators, there is widespread perplexity about MRHS's role.

It might be most helpful to begin with the last question, "When should I contact MRHS to request its services?" Although there is no "wrong" time for any Gardens resident of any age to contact MRHS, there are certain situations where it makes eminent sense to contact us and request help. If you (or a family member or friend) is over 60 years old and a resident of the Gardens, and you think you might benefit from a visit or talk with a nurse or social worker, you should not hesitate to call us.

When might you need to speak with a nurse or social worker? Certainly if you experience a change in your medical condition and would like guidance as how to proceed. Or if you are going into the hospital to undergo a medical procedure and are concerned about the eventual transition back to your apartment. Or if you are not feeling up to par and think you might benefit from some household assistance around your apartment. These are a few instances where you should contact MRHS. Any concern related to health is a good reason to contact the nurse.

Social workers are also available to assist you on a range of issues, from sorting out your Medicare statements, to assistance with paying your bills, to lending an ear if you would like someone to talk to about personal concerns. As a social worker myself, I sometimes think the profession was created to deal with all the problems that post-industrial life has to offer, from impossible bureaucracies to existential feelings of emptiness. Especially as we age, social workers can fill an important gap that perhaps in the past was met by extended family structures. So don't hesitate to call on MRHS social workers, even if your concern is something that at first glance doesn't appear to be a social work issue.

If we can't handle it, we'll refer you to someone who can.

## Happy December Birthday!!

To: John Beard, Ruth Bendersky, Vivian Bergman, Mabel Carter, Fred Cooke, Dollie Cooper, Winifred Eileen Derryck, Kamu Kamadoli, Douglas Knight, Shirley Korn, Gary Lee, Boyd Lowry, Joan McCann, Emma Saxlehner, Reka Schoumaker, Manowar Sikdar, Irving Stuhlman, and Mary A. Thompson.

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

## Saturday Afternoon Movies

**Dec. 5 *The Lives of Others*** (2007) 2 hrs., 18 min.  
An absorbing look at the invasive presence of the East German secret police (the Stasi) in 1980s Berlin. Roger Ebert called the film "powerful but quiet." With English subtitles.

**Dec. 12 *Water*** (2005) 1 hr., 57 min.  
An Indian movie about a sort of convent for young widows. The central character is an 8-year-old girl, destined like the others to stay there forever, according to a practice that is no longer followed in more recent years. With English subtitles.

**Dec. 19 *Harper*** (1966) 2 hrs., 1 min.  
Paul Newman plays a hard-boiled detective hired to find a missing millionaire by the man's wife, played by Lauren Bacall. The story is by Ross Mac Donald.

**Dec. 26 *A Christmas Carol*** (1951) 1 hr., 26 min.  
A superbly produced version of the much loved Dickens classic. Scrooge is played by Alastair Sim as a three-dimensional character.

**Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.**

**MRHS is closed on Friday,  
December 25, for Christmas.  
We wish you all a  
Happy Holiday Season!**

## 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.**

**12/02, 12/16**

**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, December 17 at 2:30 PM**

**"Later Life Transitions"** group meets this month on **Thursday, December 10 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, December 9 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **The White Tiger by Aravind Adiga**.

Low Vision Group will meet **this month, at the Friday 2:00 PM time**, the date to be announced.

## 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 18). 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.***

## 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

## Letter From MG Resident ---

Dear Ron:

The innovation of volunteers escorting elderly people to medical appointments is one of the major contributions of MRHS. How I would manage without them is beyond my comprehension.

Firstly, the thought of their willingness is something that makes you feel better when you are ill or confronting a difficulty. It's inadequate to thank them in person, even when you do, because it doesn't really express how grateful you feel. In the process I have met interesting people who think nothing of pushing my backside into the car when my own momentum is insufficient.

Secondly, I want to express my gratitude to Joanna Stolove who makes it so easy for me to ask and ask and ask. That is ordinarily difficult to do. Here again, I feel my thank you's are inadequate to express how she handles my requests so I am hoping my feelings will be conveyed to her.

**Isabel Kogel (Bldg. V) 10/09/09**

## Where To Now?

### Exploring New York City

Join us to visit places in New York. All are welcome. Travel together to view exhibits with other participants or on your own. Mark your calendar and sign up by calling MRHS at 212-666-4000. All departures are from MRHS's office in 100 La Salle, #MC.

- **December 3, Thursday:** BARD GRADUATE CENTER GALLERY for the exhibit: *Dutch New York Between East and West: The World of Margrieta van Varick. Life in colonial New York.* **Depart 4:15 PM** for MTA bus #11. Free admission 5:00 to 8:00 PM
- **December 15, Tuesday:** THE FRICK COLLECTION in Henry Clay Frick's mansion plus the exhibit, *Watteau to Degas: French Drawings from the Frits Lugt Collection.* **Depart 10:00 AM** for MTA bus #4. Admission \$12 seniors, \$18 others; children under ten not admitted to collection.
- **January 5, Tuesday:** NEW YORK HISTORICAL SOCIETY special Senior Day with two docent-led tours: 2:00 Highlights of the NYHS Collection, and 3:00 Lincoln in New York. **Depart 1:00 PM** for MTA bus #11. Admission \$5.00 Seniors (plus 10% discount in Museum Store and free cup of coffee or tea); \$12 others
- **January 22, Friday:** MUSEUM OF ART AND DESIGN for the exhibit *Read My Pins-The Madeleine Albright Collection* plus the permanent collection. **Depart 1:00 PM** for MTA D/A subway. Admission \$12 seniors, \$15 others.

**Marion Rothenberg (Bldg. V) tells us about an interesting website written by an octogenarian friend. It's about politics, etc. and worth a visit. The site is <http://soundoffsoundoff.blogspot.com>**

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

## Come And Discuss News Coverage Of Race & Ethnicity

What do you think of the way journalists cover racial and ethnic issues? Do you notice a difference between stories that are done well and those that are not? Do you find yourself concerned about the bias sometimes found in news reports involving race and ethnicity?

Come and discuss all of this with Morningside Gardens resident **Alice Irene Pifer**. Pifer is co-editor of ***The Authentic Voice: The Best Reporting on Race and Ethnicity*** (Columbia University Press, 2006). This book, DVD and website ([www.theauthenticvoice.org](http://www.theauthenticvoice.org)) is an anthology of 15 stories – from both newspapers and television – about people from many racial and ethnic backgrounds and their relationships with each other.

***The Authentic Voice*** is used in many college-level courses throughout the country. The editors and their board of advisors considered the stories in this book and DVD to be examples of excellence – but not perfection. Come and watch a story about the type of prejudice Asian-Americans face. Watch an interview with Ted Koppel about the *Nightline* series "**America in Black and White**" that was broadcast for ten years with the goal of teaching white Americans about black Americans. Take part in a lively discussion and sharpen your critical thinking skills when consuming news about race and ethnicity.

**Thursday, January 14, 7:00 PM  
Tuttle Center., 100 La Salle Street**

## Tickets to St. Cecilia Chorus

MRHS is pleased to announce that the St.Cecilia Chorus has donated several tickets for us to distribute to Gardens residents. The performance is Thursday evening, December 10 at 8:00 PM. The concert will take place at Carnegie Hall, 57<sup>th</sup> Street between 6<sup>th</sup> & 7<sup>th</sup> Avenues. The program is *Mozart's "Great" Mass in C Minor* and *Hummel's Mass in B flat*. Tickets are first come first served. Please call MRHS at 212-666-4000.