

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Mary A. Thompson
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Black History Month

MRHS is celebrating **Black History Month** this February. Part of our program will include a talk by Bldg. II resident **Dorothy Carter**. A few years ago Ms. Carter enrolled in the MRHS Writing Program with Mary Gordon and Susan Willerman. This experience started her writing about remembered events along with made up ones that may be considered historical fiction.

On **Monday evening, February 23 at 7:00 PM (Tuttle Center, 100 La Salle, #MC)**, Ms. Carter will read excerpts from one or two books now in progress for publication. These books in progress depict childhood, growing up – dilemmas and ways of coping experienced by all children trying to grow up strong and capable.



However, the circumstances and effects are of growing up poor and “colored” during the Depression 30’s – in a stagnant small segregated town – when Jim Crow laws prevailed and dispensed unequal opportunities among citizens. The stories are revealed through the voices of young narrators – characters in the stories whose lives are insulated by strong families and neighbors, a community enabling them to grow up strong.

Please join us as we create an advocacy committee at MRHS for those interested in political policies that affect the older population. The committee’s initial meeting will be held at MRHS on 2/9/04 at 4:00 PM. Your feedback and your insight are essential. We look forward to seeing you. If there are any questions please contact Elissa Kleinhaus at 212-666-4000.

Please note: MRHS will be closed for President’s Day, February 16, 2004.

Music at MRHS!

The **Manhattan School of Music** will return to MRHS to present its seventh annual **Valentine’s Program on Monday February 9 at 1:00 PM**. Talented students will sing a medley of classical and show tunes in keeping with the romantic spirit of Valentine’s Day.

Then on **Wednesday, February 18 at 1:30 PM.**, soprano **Irina Mozyleva**, accompanied by classical guitarist **Michael Cedric Smith**, will perform an International program for us. This recital is part of the Trinity Concerts series, which have been nothing less than sensational. Both shows will be in the **Recreation Center, Building I**

Folk Art Anyone?

In this great city of many museums, come join MRHS as we venture to the **American Folk Art Museum**. Founded in 1961 on 53rd Street, the museum has returned to its original home as the only major urban cultural center dedicated to the finest examples of 18th and 19th century traditional folk art, as well as works of self-taught artists of the 20th and 21st centuries. The museum’s new building has been hailed by critics as a “jewel” and as “destined to be one of the most influential examples of modern architecture of the century.” We will have a docent led tour as well as time for lunch in the café and shopping at their store.

DATE: Wednesday, March 3
DEPART: 12:30 PM **RETURN:** 4:00 PM
COST: \$20.00

The Supper Club returns in February! Keep an eye out for flyers or call MRHS for more info. The date is set for Wednesday, February 11 at 6:30 PM. Vietnamese

***cuisine is on the menu. The price is still
\$12.50. Call 212-666-4000 to reserve.***

Director's Column

The news reports this morning referred to the 2003 Oscar nominations that would be coming out today. So I suppose it's time to look back on the year past here at MRHS.

If you've observed that the MRHS Tuttle Center seems to resemble Grand Central Station, the numbers would bear you out. Our activity programs, many of them led by MRHS volunteers, are being utilized at an all-time high, with the total count of participants in 2003 at **5,268**. This is up from 3,840 in 2001, an increase of **37%** in two years.

One of the "highlights" of 2003 was the summer blackout. The MRHS staff worked very hard, sometimes trudging up 20 flights of a hot and dark stairwell to make sure our most vulnerable residents were OK, working well into that August night.

But to those of you who have received regular services from the MRHS staff this dedication will come as no surprise. The day-to-day, unheralded work of the MRHS staff is what is most remarkable. I have never been one for cheerleading, but I will say this. In my twenty-five years of professional life, some of it in the corporate world, this is the hardest working and most capable staff that I have ever seen. Happily, we had no turnover in 2003.

One of the achievements of 2003 will enable the MRHS staff to do its job even better. We received a grant award from the United Hospital Fund (UHF) to put into place a program that will improve the coordination of care between MRHS and St. Luke's Hospital. The UHF would eventually like to see this program replicated throughout the city, using MRHS and St. Luke's as the model.

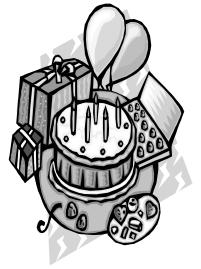
The MRHS Strategic Planning Committee, led by MRHS Board member Jean McCardell, moved into full gear in 2003. At the present time, more than a year's worth of work, discussion and study is culminating in the formation of focus groups to solicit the feelings and the input of the Morningside community.

But it all comes down to the feedback we receive from so many of you, such as the following note: "According to Hillary, it was 'a little village' that came to my help when I had the [incident]. That small village = MRHS. To get care and protection when you need it is a very good feeling...."

In recent columns I have been describing *what*

Happy February Birthday!!

To: Eleanor Charris, Muriel Cohn, Christine Conner, Mary Elder, Michael Greene, Ruth Harwood, Ann Jackson, Mary Jacobs, Nancy Jalet, and Annie Petrus.

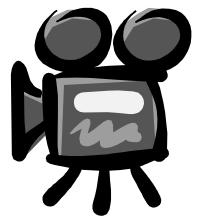


Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in February are all invited to our Birthday Party! Come on **Tuesday, February 17** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

February 7 *lantana* (2001) 2 hrs. Extremely well acted, this intricately plotted film is set in Sydney, Australia, and revolves around three women: a frustrated wife, her therapist and her husband's lover. Appearing are Anthony La Paglia, Geoffrey Rush and Barbara Hershey. One critic called it "a thorny plant."



February 14 *Harry Potter and the Sorcerer's Stone* (2001) 2 hrs, 26 min.

Closely following the book, here are the experiences of Harry at the Hogwarts School of Witchcraft and Wizardry, where he makes friends and begins to fulfill his destiny. The great British cast includes Maggie Smith and John Cleese.

February 21 *Monster's Ball* (2001)

1 hr, 48 min. Halle Berry won an Oscar for Best Actress as the widow of a criminal recently executed under the supervision of prison officer Billy Bob Thornton. Their subsequent complex relationship provides a wide gamut of emotions.

February 28 *The Shipping News* (2001) 1 hr, 50 min. Based on Annie Proulx's Pulitzer-Prize winning novel of life's struggles on the Newfoundland coast, this rich adaptation has a superb cast, including Kevin Spacey, Julianne Moore, Cate Blanchett and Judi Dench.

Please try to arrive before the

2:00 PM starting time. MRHS Fall Campaign

Following is a list of contributors to the MRHS Annual Fund. This includes all contributions received from *December 23, 2003 to January 23, 2004*. We appreciate the generosity of those listed and look forward to hearing from any of you who wish to contribute in the weeks ahead.

Mary Grace Bookhardt
Anne Cleaves
Dorothy Edmonds
Johnnie M. Gilbert
Conchita and Luis Gonzalez
Peggy Griffin-Jackman and Ron
Jackman
Elise Higgenbotham

Francine Ho and Howard Lou
Elizabeth Horn
Hazel Johns
Batya Levin
Josephine Macauley
Marcia H. MacDonald
Maisie Mende

Mary C. Murphree
Susan Opotow and Stephen
Chang
Doris Rados
Michael Terman
Joyce Willis
Marion Wright

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.

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:

February 4, 18; March 3, 17, 31

Shopping on Tues., 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 from outside 100 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 meets usually on the fourth Thursday of the month at

2:30 PM. in the Tuttle Center. This month the date is February 26. All are invited to attend.

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.

Poetry Reading / Open Mic

MRHS continues this Friday evening program. Bring your poetry, prose or music to **The Garden Poetry Reading / Open Mic** – or just come and listen. For more information call Building IV resident Mary Grace Bookhardt at 212-866-4454.

**Friday, February 6 at 6:30 PM
Tuttle Center, 100 LaSalle St. #MC**

Contribution requested. (March date: 3/5/04)

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, February 20.) 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.***

A Man For All Seasons: Our Honoree for Black History Month

In 1915 Carter Godwin Woodson, considered the father of **Black History Month**, founded the Association for the Study of African American Life and History. February has been designated as Black History Month since 1976. It is the month when we honor our ancestors and celebrate our accomplishments and milestones in our struggle for equality and justice. We also honor and celebrate the achievements of those who are still with us, and to some degree are still working to eliminate vestiges of discrimination and racism. As we approach the 50th anniversary of *Brown v. Board of Education*, we are honoring **Judge Robert L. Carter**, U.S. District Court of the Southern District, for his work on this case not just for the month of February but for all seasons. Did you know that Judge Carter was once a resident of Morningside Gardens?

In 1944 Robert Carter was invited by the late Justice Thurgood Marshall to work with him at the NAACP Legal Defense and Educational Fund Inc. (LDF). He came to LDF when it was four years old and remained for 24 years. Judge Carter was one of the "key assistants" among the few lawyers at the New York office. He was involved in all aspects of the preparation of cases for trials. Judge Carter laid out an organizational structure for the legal staff to follow and through his efforts the LDF is now in its 64th year. He argued 22 cases before the U.S. Supreme Court, including the landmark case of *Brown v. Board of Education*, and he won 21 of them.

We honor Judge Carter for his courage, endurance and work to end segregated schools that led to the death of the "separate but equal" doctrine of government discrimination. We honor him for leaving blueprints at LDF, which those who followed him could use to broaden the on-going struggle to assure equality for all citizens.

We recommend two excellent books on the *Brown* case, and express appreciation to Judge John W. Carter, Criminal Court of New York

(continued above right)

(Brooklyn), and son of Judge Robert Carter. He recommended *Simple Justice* by Richard Kluger. The second book is *Brown v. Board of Education* by James T. Patterson.

Thank you also to Mrs. Kay C. Murray, a retired lawyer, who reminded us of this case, and in so doing motivated us to put in several hours of research and many pleasurable hours of reading and writing this article.

By Beatrice S. Hawkins, Bldg. I

Put Used Greeting Cards to Use

Here's one of life's real problems: What to do with the greeting cards you receive. I put mine in a drawer. Why? Beats me. Maybe I feel guilty throwing them out. There's a better way. Why not donate them to St. Jude's Ranch for Children. This organization takes in abandoned, neglected and abused children. The children use the card covers to make new cards. So dump those old cards in a big envelope and send them on their way. People from all over the world send their used card fronts.

The children then precision cut the card fronts and glue them to pre-printed card stock. The children receive fifteen cents per acceptable card made, which is divided between their savings and college fund, their cottage fund for special group outings, and to provide the kids with extra pocket money. The children can make special cards for any occasion. The most popular requests are for angel and teddy bear cards. Custom orders with special printing, etc. are also available.

Send used greeting cards to: **St. Jude's Ranch for Children, 100 St. Jude's Street, Boulder City, NV 89005-1618.**

Find more information on St. Jude's Ranch for children at <http://www.stjudesranch.org>.

Submitted by John Beard, Bldg. V

If you are vision-impaired, you qualify to receive a FREE radio receiver that picks up around-the-clock readings of newspapers and other material from the "In Touch Networks". Contact MRHS for info.