

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Sarah Cunningham  
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## A Program in Celebration of Black History Month

MRHS will celebrate Black History Month on **Monday, February 5, at 7:30 PM** in the **Tuttle Center** with the showing of a film, courtesy of the Judicial Friends, on the life of the Honorable George Bundy Smith. Judge Smith will be present to provide brief remarks. He and his wife, Dr. Alene Smith, are long-time residents of Building VI, where they raised their two children.

A New York courtroom presence for more than 30 years, Judge Smith began his judicial career as a Civil Court judge in 1975. He went on to Manhattan Supreme Court and the Appellate Division, First Department, before Governor Mario Cuomo appointed him to the Court of Appeals (New York State's highest court) in 1992. He had been the only African-American judge on the Court at the time of his retirement last year.

## MRHS Monthly Report

During the month of **December**, the MRHS clinical care team made **584** contacts with, or on behalf of, elderly residents of Morningside Gardens. There were **287** social service casework contacts, including **59** home visits during the month. There were **216** nurse's contacts, including **111** home visits from Marie Phillips, RN. A total of **92** individuals were provided with clinical care services from MRHS during the month of December. In addition, attendance at MRHS programs for the month, including health education and health promotion groups, was **569**. If you, or a neighbor over the age of 60, are in need of assistance, please call MRHS at 212-666-4000 for help.

## Vision Loss Seminar

Come hear **Dr. Lorraine Marchi**, founder and CEO of the **National Association for the Visually Handicapped (NAVH)**, speak about common causes of vision loss, the psychological effects of vision loss, and the services that NAVH has to offer to its consumers. People of all ages are welcome to attend.

NAVH is the sole non-profit health agency in the world committed to offering assistance to the partially-sighted. Their mission is "to help the 'hard of seeing' worldwide cope with the psychological effects of visual impairment and to provide low vision services, visual aids and training to anyone in need of these services." Join us on **Friday, February 9, at 2:00 PM** in the **Tuttle Center, 100 La Salle, #MC**.

## Hunterdon Hills Playhouse

Join MRHS as we go to the **Hunterdon Hills Playhouse** in New Jersey for an afternoon of dinner theater. We will enjoy a full course luncheon followed by a performance of the musical, **I Do I Do**. The show begins with Michael and Agnes (originally played on Broadway by Mary Martin & Robert Preston) on their wedding day and traces their life together over a period of 50 years --- to the strains of a tuneful, charming score which includes the standard "My Cup Runneth Over."

Transportation is, of course, included and we need your reservation ASAP in order to place our meal order.

**Date: Tuesday, Feb. 13**      **Price: \$75.00**  
**Depart MRHS: 9:00 AM**      **Return: 5:00 PM**

*The MRHS Supper Club will meet this month. The menu is Chinese, in honor of Chinese New Year. The date is **Thursday, February 8, at 6:30 PM**. Cost is \$13.50. Call Rachel Kurlantzick at 212-666-4000 to reserve.*

## Director's Column

Looking back on 2006, there are many accomplishments for which the MRHS community can feel proud. Here are a few.

In 2006, MRHS continued with its implementation of the Strategic Plan that was adopted in 2004. Two particular areas of focus were implemented: intergenerational programming and outreach to underserved populations. In 2006, MRHS sponsored two intergenerational parties and reached out to the Children's Learning Center to establish regular visiting of children to the Tuttle Center. Also in 2006, MRHS held a focus group among the Chinese-speaking residents of the community. Resulting from this outreach, MRHS has rotating Chinese-speaking volunteers available at the Tuttle Center on a weekly basis. MRHS now includes notices in Chinese in our Newsletter.

MRHS was notified in May, 2006, that the agency had been selected to receive a grant award from the New York City Department for the Aging (DFTA) to provide NORC (Naturally Occurring Retirement Community) services to the Morningside Gardens community. The new city contract has enabled MRHS to add social worker, Rachel Kurlantzick, to the MRHS staff. Renewable for six years, the grant will make MRHS eligible to receive funding to deliver approximately \$1.11 million worth of services to the Gardens community.

MRHS, in conjunction with MHHC, completed a needs assessment survey of the housing complex in early December, 2006. Student interns were employed to conduct the door-to-door interviews, which utilized an eight-page questionnaire that was developed to determine unmet needs in the community, especially among the older adult population.

In 2006, MRHS began sponsoring the Memory Tree, a weekly program at the Tuttle Center for older adults who are experiencing memory problems or want to improve their memories. Caregivers are also invited to participate.

Many thanks to the MRHS Board members, volunteers, and staff who made these accomplishments possible.

## Happy February Birthday!!

To: Eleanor Charris, Christine Conner, Ann Jackson, Mary Jacobs, Nancy Jalet,, Rose Komatsu, Julia Lu, Emily Maruoka, Annie Petrus, John Ryan, Sandra Saunders, Dorothy Whitmore, and Marion Yeh.

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

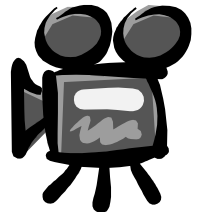
## Saturday Afternoon Movies

**Feb. 3 Proof** (2005) 1 hr., 39 min.

The daughter of a brilliant but insane mathematician is tormented by the fear that she has inherited the same mental make-up. Gwyneth Paltrow stars in this adaptation of a successful stage play.

**Feb. 10 Breakfast at Tiffany's**

(1961) 1 hr., 55 min. Truman Capote wrote the story this popular film was based on. Its central character is Holly Golightly, played by Audrey Hepburn, who will help brighten the dark days of February.



**Feb. 17 My Favorite Wife** (1940) 1 hr., 28 min.

This film's marital mix-ups are also sure to add cheer to midwinter. Cary Grant, reliable as ever, is in a second marriage and having to deal with the reappearance of the wife he thought was dead (played by Irene Dunne).

**Feb. 24 Ray** (2004) 2 hrs., 33 min.

Jamie Foxx fits into the role of the title character in this biography of the singer Ray Charles, who overcame blindness to become remarkably successful. Foxx convincingly lip-synchs many Charles favorites.

**The movies start at 2:00 PM  
Please try to arrive early.**

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***Please note: MRHS will be closed on Monday, February 19, in honor of President's Day.***

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## 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.

**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

**Hypertension Screening** – Takes place on **alternate Wednesdays, 9:00 – 11:00 AM**. Future schedule: **Feb. 7, 21. Mar. 7, 21.**

**Shopping on Tuesday, Laundry on Thursday** - The MRHS Health Aides do shopping and laundry for people who need help. Call Marie Phillips at the Nurse's Office (212-666-2050) **one** day before you want the services.

**The Fairway Shuttle** departs from the bus stop 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 meets this month on Thursday, **February 15** at 2:30 PM. in the Tuttle Center. All are invited!

Later Life Transitions group will meet this month on the *first* Thursday, **February 1 at 3:00 PM**.

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***Congratulations to Gardens residents, the Rev. George and Kathy Todd, pioneers in urban ministry at home and abroad, who were named winners of the Presbyterian Health, Education and Welfare Association (PHEWA) John Park Lee Award. The Todds became an integral part of the Group Ministry of East Harlem Protestant Parish (EHPP), considered by many to be one of the most creative urban ministry programs of the 20th century.***

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## Thanks to All Our Supporters

In 2006, we received support from the following corporations and foundations, in addition to our nearly 300 individual supporters at Morningside Gardens. Thank you!

- Balm Foundation
- Barnard College
- Columbia Community Service
- Columbia University Office of Governmental Relations and Community Affairs
- Con Edison
- Elders Share the Arts
- Jewish Theological Seminary
- Manhattan Borough President Scott Stringer
- Metzger-Price Fund
- Morningside Heights Housing Corporation
- New York Assembly Member Daniel O'Donnell
- New York City Council Member Robert Jackson
- New York City Department for the Aging
- New York Community Trust
- New York State Office for the Aging
- New York State Senator David Paterson
- Tiffany & Company
- Time Warner
- YES! Solutions

### 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 16). 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!

## Advocacy Group News

The next meeting of the Advocacy Group will be on **January 29, 4:00 PM in the Thurgood Marshall Room, 80 La Salle**. The Group will consider the feasibility of doing outreach to cooperators not yet retired, using the PBS Frontline program "**Can You Afford to Retire?**" Another topic for consideration is whether to examine for the MRHS community, the use of electronic voting machines utilizing the program, "Hacking America" that aired on HBO.

## Fall Fundraising Campaign

Following is a list of contributors to the MRHS Annual Fund. This list includes all contributions received from December 28, 2006 to January 23. We appreciate the generosity of those listed and all of you who contributed to the annual appeal, including those who wish to remain anonymous.

Bergman, Vivian  
Carter, Dorothy  
Chang, Stephan and Susan Opotow  
Choi, Soon B.  
Cleary, Frances and Margaret  
Coffman, H. McKinley  
Dalton, Elizabeth  
Dudley, Edward R., Jr.  
Eubanks, Bettye  
Goldstein, Carol and Neil  
Gottlieb, Beatrice  
Gruber, Deloris C.  
Harkins, Mary  
Heist, Karl and Robert McNamara  
Higginbotham, Elice and Max Sarjadivata  
Horn, Elizabeth  
Kerr, Marcella  
Komatsu, Rose  
Maruoka, Emily E.  
Murphree, Mary C.  
Philiba, Edna  
Saleem, Nazima  
Ridett, Cecilia  
Schrank, Edith  
Shah, Anjani and Emile Zen  
Silver, Irene Marcuse  
Smith, Alene and George Bundy  
Tan, Yen T.  
Thomas, Hilah  
Zaccone, June

## Great Decisions 2007

This popular discussion program addressing foreign policy issues begins its 2007 program on **Tuesday, February 6 at 7 PM** in the **Tuttle Center, 100 La Salle, #MC**. Ken and Peggy Thomas continue as facilitators for the program. The first session is on the Middle East. If you would like to participate in the series please let us know. Also, resource books are available at the MRHS office for \$15.00.

### **ANNOUNCING MRHS FURNITURE SALE!**

**AS AN ADJUNCT TO THE 2006 FLEA MARKET, THERE WILL BE A FURNITURE SALE ON SATURDAY, FEBRUARY 17, FROM 1:00 TO 5:00 PM, IN THE NORTH ROOM OF THE RECREATION CENTER IN THE BASEMENT OF 100 LASALLE. WE HAVE SOME VERY NICE BUYS FOR SALE. IF YOU HAVE DONATIONS, PLEASE CONTACT MRHS TWO OR THREE DAYS BEFORE THE SALE.**