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BLACK HISTORY MONTH TRIP

Join MRHS as we observe *Black History Month* with a trip to the **Schomburg Center** followed by a soul food lunch at **Amy Ruth's Restaurant**. The **Schomburg Center for Research in Black Culture of the New York Public Library** is generally recognized as the world's leading research library devoted exclusively to documenting the history and cultural development of peoples of African descent worldwide. We will have a guided tour of the Center with additional time to explore afterwards. From there we go to lunch at **Amy Ruth's** which has been called the "best soul food restaurant north of the Mason Dixon line." Everything is included in the price!

DATE: Wednesday February 6 **PRICE:** \$25.00
DEPART MRHS: 9:30 AM **RETURN:** 3:00 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, January 30, February 13 & 27, and March 12, from 10:00 to 11:00 AM, at the MRHS Tuttle Center, 100 La Salle, #MC. (Refreshments will be served.)

Celebrate February with Music

Trinity Church's "Music to Go" Program will be here this month with one of their superb musical programs. Scheduled performers are **Nancy Loesch**, soprano, and **George Malloy** on the piano. Please join us on **Wednesday, February 20 at 1:00 PM in the Recreation Center, basement of 100 La Salle.**

MRHS Volunteer Opportunities

Telephone Reassurance Volunteers If someone knocked on your door and asked to borrow some support, would you lend them some? Well, now you can – with just a phone call. The training for Telephone Reassurance Volunteers will be held on Wednesday, February 20th at 2:30. Light refreshments will be served. Please contact Joanna Stolove at 666-4000 or at JoannaS@mrhsny.org to enroll in the training.

Escort Volunteers We are continuing our search for Escort Volunteers. There will be an informational session in March, please contact Joanna Stolove for more information.

Columbia University "College of Dental Medicine" Program

Come and hear a presentation on oral health, and receive a **free dental screening** and **dental referral** if necessary. The Elder Smile Program of Columbia University's College of Dental Medicine will come to MRHS on **Friday, February 29, 2008 from 1:00 to 3:00 PM.** A "goodie bag" will be provided to all who attend.

It is necessary to pre-register for this program in order to hold a place. If you would like to register, please call MRHS at 212-666-4000 by **Friday, February 22.**

Director's Column

The Oscar nominations for 2007 have already been announced and I still haven't listed MRHS's major accomplishments for the year in this space. And I can't even claim the writer's strike as an excuse!

Among the highlights for 2007 were two projects that aimed to help MRHS better understand the community it serves. MRHS tabulated and analyzed the results of the needs assessment that we had conducted in the fall of 2006. A total of 473 households participated in the survey, a response rate of 49.9%. MRHS has been implementing recommendations based on the survey results. Also in 2007, in conjunction with the United Hospital Fund (UHF) of New York, MRHS conducted the assessment survey from UHF's Health Indicators Project and is in the process of analyzing those results with UHF.

In August of 2007, I presented workshops at two national conferences, the Pioneer Network conference in Minneapolis and the Alzheimer's Association Dementia Care conference in Chicago. The topic of the workshops was the care of people with dementia in a NORC setting. The workshops described how we care for people with dementia at MRHS, exploring why NORC programs are particularly well equipped to provide such care and what specific services need to be in place for successful outcomes.

MRHS created the new position of Assistant Director in 2007 and welcomed Joanna Stolove to that position. Among the responsibilities of the Assistant Director is to upgrade the MRHS volunteer program by providing improved orientation, coordination, supervision, support and recognition of volunteers, which Joanna has undertaken.

MRHS developed outreach programs and a support group for residents who have low-vision problems in 2007. Other new programs in 2007 included Chinese language instruction, tai chi and chi gong classes, and a new book club discussion group. Special new events in 2007 included Story Corps, the Wisdom of the Elders program, Living a Healthy Life with Chronic Conditions workshops, and the Dental outreach program with Columbia University.

And sometimes accomplishment is measured in things that have not changed! In 2008, we still have Marie Phillips, Ron Lennon, Margaret Bianchi, home health aides Jennifer Paul and Karen Morris, and Alan Stricoff, CPA, working at MRHS, each beginning no less than his/her sixth year serving this community.

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

Saturday Afternoon Movies

Feb. 2 *Syriana* (2005) 2 hrs., 8 min.

An intricate political thriller with a fine cast headed by George Clooney as a CIA operative. The subject is Middle Eastern oil and its behind-the-scenes power struggles.

Feb. 9 *Wal-Mart: the High Cost of low*

Price (2005) 1 hr., 37 min. A documentary about the many kinds of damage done by the huge retailer whose reach is now global.

Feb. 16 *The Syrian Bride* (2005) 1 hr., 38 min.

The title character cannot get from Israel to Syria for her own wedding. She is stuck at the border because Syria will not honor her passport, which is Israeli because she lives in the Golan Heights, now annexed to Israel. Complex family relationships mirror the external situation.

Feb. 23 *The Bishops's Wife* (1947)

1 hr., 48 min. Cary Grant is an angel, of all things, in a pleasant fantasy about a bishop (David Niven) and his wife (Loretta Young), who are trying to raise money for a new church.

Movies start at 2:00 PM. Please arrive early. Contribution is \$1.

Please note: MRHS will be closed on Monday, February 18 in honor of President's Day.



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:

Upcoming sessions are Feb. 6, Feb. 20

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, February 21 at 2:30 PM.**

The popular "**Later Life Transitions**" group led by **Fran Geer** meets this month on **Thursday, February 7 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

Low Vision Group will meet on February 1 and February 15 and February 29. Meetings are at 2:00 PM in the Tuttle Center, 100 La Salle, #MC.

Great Decisions Program will resume in February with a new slate of topics. The first meeting is **Tuesday, February 5 at 7:00 PM.** The topic is **Iraq End-Game.**

Hold the Date: On **Wednesday, March 5** MRHS will travel to Philadelphia for the annual Flower Show and lunch at Reading Terminal Market. Look for further info.

Coming soon: Creative Expression Group utilizing the art of simple doll making. For more information please contact Joanna Stolove at 212-666-4000.

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

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!

MRHS Volunteers

I am not only speaking for myself but for Others whose voices have been heard. MRHS has give the Elderly and frail Not only a choice, but a voice, Which is seldom accepted elsewhere. The Volunteers who connect with us are Like the earth and sun, and we feel the Power of love and compassion as we Travel with them and among them.

To the Volunteers of MRHS we send you all, Rivers of Gratitude and Thanks.

Winifred Eileen Derryck, Building VI

MRHS Volunteers Available

Sometimes living independently is just a matter of knowing that you have one more person you can depend on. We have trained volunteers available to provide reassuring telephone outreach. They are available to call you during the times you need them (daily, weekly, weekends only, during a difficult time, following a discharge from the hospital). Please contact Joanna Stolove at 666-4000 to learn more about our Telephone Reassurance Program.

The Museum of Jewish Heritage

On **Thursday, February 28** we will make a visit to this fascinating museum located in lower Manhattan. There will be time to see all of the special exhibits and to have lunch in the museum café. A bus will depart from 100 LaSalle at **10:00 AM** and return us to Morningside Gardens around **4:00 PM**.

Special exhibitions during the time of our visit include:

Sosúa: A Refuge for Jews in the Dominican Republic:

In 1938, a time when openings for Jewish refugees were hard to find, the government of the Dominican Republic offered to resettle up to 100,000 Jews. Sosúa, an abandoned banana plantation on the north coast of the island, would become a refuge to hundreds of Jews. The settlers were given resources to cultivate the land they were provided, and built a thriving town – one that still exists today.

“To return to the land...” Paul Goldman’s Photographs of the Birth of Israel:

Hungarian-born photojournalist Paul Goldman fled to the British Mandate of Palestine in 1940, where he chronicled the events leading up to the foundation of the State of Israel.

Daring To Resist: Jewish Defiance in the Holocaust:

During the Holocaust, Jews throughout Europe, through individual and collective acts of resistance, sought to undermine the Nazi goal of the annihilation of the Jewish people.

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 15.) 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.***

MRHS To Hold Furniture Sale

Once again this year MRHS will hold a sale of furniture to benefit our programs during the year. The 2008 sale is scheduled for **Friday, February 29 from 4:00 to 8:00 PM** and **Saturday, March 1 from 2:00 to 8:00 PM** in the **Recreation Center, basement of 100 La Salle**. Look for notices about contributing items towards the end of February or contact us. Call MRHS at 212-666-4000 for more information.

Thanks to All Our Supporters

In 2007, we received support from the following corporations and foundations, in addition to our nearly 300 individual supporters at Morningside Gardens. Thank you!

- Barnard College
- CA, Inc.
- Columbia Community Service
- Columbia University Office of Governmental Relations and Community Affairs
- Con Edison
- Elders Share the Arts
- Institute for Private Investors
- 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 State Office for the Aging
- New York State Senator David Paterson
- Sisters of the Presentation
- Tiffany & Company
- Time Warner
- Van Ameringen Foundation
- YES! Solutions

