

Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
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Honoring Lincoln in Film

Abraham Lincoln's 200th birthday will be celebrated by MRHS on **Thursday, February 12** (the actual date of Lincoln's birth), with a repeat showing of the half-hour documentary film, "**Fellow Citizen, A. Lincoln,**" by *Cecile Starr* and *Aram Boyajian* (Bldg. IV). It tells the remarkable life story of the man who helped end slavery and preserved the union of the United States—mainly in his own words and through visual art works of his time.

A brief introductory film by *Aram Boyajian* tells another remarkable life story—that of Frank Wylie, a black artist who lived in New Orleans' now infamous Ninth Ward.

All Gardens residents are invited to help honor the memory of our 16th President, *Barack Obama's* favorite predecessor.

Join us at **7:00 PM**, in the **Tuttle Center, 100 La Salle, #MC**. The date is **Thursday, February 12**.

In Memoriam: Doreen Harding

MRHS is deeply saddened at the passing of Doreen Harding (Bldg. VI). Doreen was a long-time volunteer in our Hypertension Screening program. Many of you will remember her gentle and efficient manner.

Doreen lived in the Gardens for a number of years. Born in Trinidad, Doreen trained as a nurse in England before moving to the U.S. with her four children. Besides volunteering, she belonged to the MG Camera Club and crocheted beautiful items for Riverside Church's Tower League. She was a devoted mother and grandmother and a caring neighbor.

Black History Month Trip

Join MRHS as we observe *Black History Month* with a trip to the **Studio Museum of Harlem** preceded by a soul food lunch at **Sylvia's Queen of Soul Food Restaurant**. We will have lunch at Sylvia's which has been called the "best soul food restaurant in all of America." From there we will have a guided tour of the **Studio Museum** with additional time to explore afterwards. Everything is included in the price!

DATE: Thursday, Feb. 26 PRICE: \$25.00
DEPART: 10:45 AM RETURN: 4:00 PM

Wealth Management Issues

This is a very difficult and worrisome time financially. We watch our savings diminish...and worry about the wisest way to move through it. If you are concerned about these issues, you may want to attend a presentation on financial planning sponsored by MRHS and open to all, retired or still working.

Richard Deam, CFP, owner of the financial firm, *Deamoaks Planning Services, Ltd.*, is a financial planning consultant and head of an investment firm, with a good number of clients in our area. His talk will give an overview of issues including, insurance, investments, gifting to children and descendants, and wills and trusts.

Tuttle Center, 100 La Salle., #MC
Monday, February 9, 7:00 PM.

Please note: MRHS will be closed on Monday, February 16 in honor of President's Day.

Director's Column

Looking back at the year 2008, there are a number of highlights that stand out for MRHS and the Morningside Gardens community. Many thanks to the entire MRHS staff, to our Board of Directors, and to all of our volunteers for making these accomplishments possible!

Speaking of volunteers, MRHS upgraded its volunteer program in 2008. Led by Assistant Director Joanna Stolove, MRHS expanded its program in four areas by: creating a Volunteer Manual; providing new volunteer opportunities; increasing recruitment efforts, which resulted in the recruitment of 24 new volunteers; and increasing the recognition of volunteers.

In 2008 the results of the United Hospital Fund (UHF) Indicators Project's 2007 survey were analyzed and upgrades, based on the results, have been implemented in conjunction with UHF. The results of the survey demonstrated that MRHS has been performing at a superior level in its delivery of NORC services to residents of Morningside Gardens. More than double the percentage of MRHS clients reported their health status as "Excellent" or "Very good," with 40% at MRHS compared to 18% NORC-wide. This is a remarkable achievement when you consider that MRHS clients are somewhat older on average than other NORC clients, with one-half of them in the 85 and over age range.

MRHS coordinated a program with newly-placed Occupational Therapy (OT) interns from Columbia University in 2008. The program, called LIFT (Live Independently From Falls Today), was designed to decrease the incidence of falls among older residents of Morningside Gardens. Bi-monthly educational groups, along with individual home assessments, were employed.

For a more complete listing of our accomplishments from last year, as well as for a copy of the UHF's report, feel free to contact me at 212-666-4000 or ronb@mrhsny.org.

Happy February Birthday!!

To: Eleanor Charris, Christine Conner, Mary Elder, Ann Jackson, Mary Jacobs, Nancy Jalet, Joanna Kapner, Rose Komatsu, Charles Koppelman, Julia Lu, Anna Mapp, 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 17 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Feb. 7 Blood Diamond (2006) 2 hrs.

About the illicit trade in diamonds that financed the bloody civil war in Sierra Leone. Leonardo DiCaprio stars in this gritty thriller.

Feb. 14 The Long Hot Summer (1958)

1 hr., 57 min. Paul Newman in an adaptation of two stories by William Faulkner. He wanders into a Southern town, trailing rumors of past misdeeds. Two locals become involved with him, played by Orson Welles and Joanne Woodward, in her first film with Newman.

Feb. 21 Ocean's Eleven (2001) 1 hr., 50 min.

A slick heist movie with a scintillating cast. The mastermind is an ex-con, Danny Ocean, played by George Clooney. Matt Damon, Andy Garcia, Brad Pitt, and Bernie Mac are also on the scene.

Feb. 28 Spanglish (2004) 2 hrs., 11 min.

A comedy that explores the complicated and funny situation of a pretty housekeeper in a wealthy Los Angeles family. Directed by James Brooks.

**Start time: 2:00 PM. Please arrive early.
Contribution is \$1.00**

Welcome Jamshed!!

MRHS extends a warm welcome to **Jamshed Kurbanov**, Social Work intern from Columbia University and honoree in the Open Society Institute Network Scholarship Program. Jamshed, who is a native of Tajikistan, will be with us on Mondays, Tuesdays, and Fridays. Stop by and say hello.

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.

02/04, 02/18, 03/04, 03/18

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, February 26 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, February 12 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets on **Wednesday, February 18 at 2:30 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the novel **Exit Ghost by Philip Roth**.

Low Vision Group meets on **Friday, February 13 and Friday, February 27 at 2:00 PM**, in the Tuttle Center.

Great Decisions 2009 Series

The monthly 2009 Great Decisions program on U.S. foreign policy will begin on **Tuesday, February 3 at 7:00 PM** at the MRHS office, **100 La Salle, #MC**. The topic for the first meeting is "The U.S. and Rising Powers."

Margaret and Kenneth Thomas are the discussion facilitators. Resource books for the program are now available at the MRHS office for \$18 each. All are welcome!

NOTE: MRHS will not plan a Furniture Sale as part of our Flea Market this year, in keeping with more pressing priorities. We have accumulated some very nice items to sell, including three small dressers, several very nice bookcases and a two-piece wall unit, as well as some smaller items. We will offer these for sale to interested residents. Please call the MRHS office at 212-666-4000 to arrange this.

Occupational Therapy Students Plan Program

MRHS is excited to welcome Columbia University Occupational Therapy students, **Atara Sheinson** and **Nahid Lakhani**. Atara and Nahid will be with us on **Wednesday mornings** through mid-April. They plan to work with Morningside residents around everyday challenges to living independently – such as ways to set up your home so that things are easier to see, ways to open containers without hurting your hands and much more. Many solutions to these everyday problems are easy to implement and do not require any cost.

They plan to meet with residents both individually and in groups, with the hope to increase your knowledge about conserving energy and navigating your homes and life in ways that are best for your joints, your strength and to optimize independent functioning.

They are currently looking for feedback from residents about the challenges they may be experiencing in their homes and will plan their program around your comments. Please contact MRHS or stop by with your comments.

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

MRHS Fall Fundraising Campaign: The following is a list of contributors to the MRHS Annual Fund. This includes all contributions received from December 22, 2008 through January 27, 2009. *Please note that previous donors were listed in the December and January Newsletters.* We appreciate the generosity of those listed and also those who donated anonymously. Thank you!

Asai, Hisayo
Atienza, Josefina and Jun
Baldwin, Susan and William
Barlow, Theodra
Borthwick, Mary and Alan
Brinigar, Marianne
Coffman, Mac and Wuagnaux, Briana
Czajkowski, Sandra and Michael
Dalton, Elizabeth
Gates, Deanna L.
Geer, Frances and Hardison
Haray, Eleanor
Jenkins, Maude
Kiss, Leslie D.
Levine, Joan and Norman
Marcus, Robert
Marcuse, Irene
Mason, Margaret L.

McNamara, Robert and Heist, Karl
Mendelsohn, Herbert
Opatow, Susan and Chang, Stephen
Pagnoni, Laurence A.
Rikleen, Rebecca and Thorne,
Herbert
Robinson, Sylvia (*in memory of Willie
Robinson*)
Rothfeld, Neil
Russell, Mary Lou and Robert
Saydah, Patricia
Seaver, Robert
Simmons, Jill and Douglas
Solarzano, Dilia
St. John-Parsons, Susan and Donald
Taylor, Mary
Tiffany and Company
Yaniv, Elaine F.

FYI: The U.S. Department of Health and Human Services has developed quality ratings for each of the nation's 16,000 Medicare and/or Medicaid-certified nursing homes. Each facility is rated from a low of one star to a high of five stars based on three critical areas: health inspection results, quality measures, and staffing levels. An overall rating is also provided. Ratings may be accessed at www.medicare.gov.

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.***

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