
Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050 Executive Director: Ronald Bruno

Black History Month Trip

Join MRHS as we observe **Black History Month** with a trip to the **New York Historical Society** for a docent led tour of their "Lincoln in New York" exhibit as well as a docent led tour of their Permanent Collection.

Following this we will return to **Sylvia's Queen of Soul Food Restaurant** where we will have lunch. Sylvia's has been called the "best soul food restaurant in all of America." and after our great lunch there last year, we all agree. Everything is included in the price!

DATE: Tuesday Feb. 23 **DEPART:** 9:30 AM
PRICE: \$25.00 **RETURN MRHS:** 4:00 PM

Promoting Eye Health

Are you worried about the health of your eyes? Please join us to hear ophthalmologist, **Dr. Tal Kazam** talk about important diseases that may be affecting your vision. The presentation on **Friday, February 19 at 2:00 PM** in the **MRHS Tuttle Center, 100 La Salle, #MC** will include a discussion about prevention and treatment of the leading causes of visual impairment, including cataracts, glaucoma, macular degeneration, and diabetic retinopathy.

Dr. Kazam is a graduate of Cornell University and received her medical degree with the Alpha Omega Alpha honor distinction from Cornell University Medical College. She completed her residency training in Ophthalmology at the Manhattan Eye, Ear and Throat Hospital and New York University Medical Center. Dr. Kazam is currently in private practice at Upper Westside Eye Care, together with Dr. Eli Marcovici. Her office is located in Manhattan at 501 West 113th Street

MRHS is closed on Monday, February 15 for President's Day.

How to Make Ends Meet In Retirement

Wondering how you can manage your money well in the current recession? Wondering how to make ends meet in retirement if you are "house rich but cash poor"? Do you know someone who needs help coping with tight finances?

The Long Island Council of Churches (LICC) will present a personal finance seminar on **Thursday, February 11 at 7:00 PM.** at MRHS, 100 LaSalle St. (Building I) The program is free and open to all.

The **Rev. Thomas W. Goodhue**, a longtime resident of Morningside Gardens and Executive Director of the LICC, will emcee the program. **Vanessa White** from the Bank of America, who helped a dozen or so Morningsiders get reverse mortgages when they were offered by Bank of New York, will describe how reverse mortgages work and whether they might be available to Gardens residents sometime soon.

Richard Deam & Pam Wetherbee from DeamOaks Financial Services will discuss how to safely increase the return on your savings. **Sondra Purcell**, an elder law attorney, will answer questions about other ways to make ends meet in retirement.

The LICC started offering these programs seven years ago when it became concerned about predatory lending and the looming sub-prime mortgage crisis, but the range of topics they have addressed has steadily grown. "We keep finding new challenges that people face," Goodhue explains. "Our programs are always focused on the needs of each audience. We save the bulk of our time for questions from the audience—and give them a chance to ask questions anonymously in writing." For further information, please contact The **Rev. Thomas W. Goodhue (516)565-0290** or tomgoodhue@optonline.net.

Director's Column

Looking back at the year 2009, 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!

In these tough economic times, many nonprofits had to cut back on staff and, consequently, services over the past year. I'm happy to report that MRHS remains on sound financial footing despite some reductions in our public and private funding during the recession. Our annual campaign raised more than \$43,000 in 2009, making it easily our most successful ever. Thank you!

MRHS continued to implement the benchmarking tool from the United Hospital Fund's Indicators Project in 2009. This falls prevention tool involves the quarterly monitoring of blood pressure, medication usage, and other health care indicators linked by research to falls. To take one example: the number of residents for whom we do not have a record of monitoring their blood pressure was reduced from twenty-five (41% of those at risk) to zero.

MRHS introduced a number of new programs in 2009. Breakfast for Your Brain was led by intern Michael Nguyen. The Arthritis Self-Help program was led by a volunteer from the Arthritis Foundation. The Circle of Hands and Where To Now? programs were introduced and led by volunteer Mary Davidson.

Intergenerational programs with the Children's Learning Center were scheduled throughout the year. Also, working with students and teachers from nearby PS 161, MRHS hosted Intergenerational Singing in Spanish and the Intergenerational Theater Program --- the latter in conjunction with the MRHS Memory Tree program.

For a more complete listing of our accomplishments from last year, feel free to contact me at 212-666-4000 or ronb@mrhsny.org.

Happy February Birthday!!

To: Eleanor Charris, Mary Elder, Ann Jackson, Mary Jacobs, Nancy Jalet, Joanna Kapner, Charles Koppelman, Marie Ledoux, Julia Lu, Anna Mapp, Emily Maruoka, Annie Petrus, John Ryan, Sandra Saunders, 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 16 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Feb. 6 Mrs. Palfrey at the Claremont (2005)
1 hr., 35 min. This drama tells about an elderly widow (Joan Plowright) living in a residential hotel, who forms a surprisingly warm friendship with a young writer.

Feb. 13 lady Sings the Blues (1972)
2 hrs., 24 min. A musical of a different sort from the ones we showed in January. Diana Ross gives a remarkable performance in the life story of the legendary Billie Holiday.

Feb. 20 The Sting (1973) 2 hrs., 9 min.
Paul Newman again, this time with Robert Redford and Robert Shaw, in an Academy Award winner about a clever con game in 1930s Chicago. With irresistible background music by Scott Joplin.

Feb. 27 Man on Wire (2008) 1 hr., 35 min.
Phillipe Petit is at the center of this unusual documentary about his obsession with the twin towers of the World Trade Center.

Come see movies on our new large screen!

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

Census Jobs Available

The US Census 2010 has part time jobs available. If you think this would be a good opportunity for you call 1-866-861-2010 or go to the website: www.2010censusjobs.gov for more information.

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.

02/03, 02/17

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 18 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, February 4 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, February 24 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, The Family: The Secret Fundamentalism at the Heart of American Power by Jeff Sharlet.

Low Vision Group will meet **this month, on Friday, February 5 and Friday, February 19 at 2:00 PM**.

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 19). 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 Fall Fund Raising Campaign

The following individuals made donations to MRHS's 2009 Annual Fund between December 17 and January 27. We are grateful to all our donors including those who chose to give anonymously.

Asai, Hisayo
Baldwin, Susan & William
Barlow, Theodra
Broadwell, Jean & Robert
Careddu, Katherine R.
Carter, Nancy A.
Coles, Constance & McKeown, W.B.
Dalton, Elizabeth
Franklin, Catherine
Goldstein, Carol & Rothfeld, Neil
Gruber, Deloris
Lee, Gary
Lu, Weizhi
McKinnon, Joan
McNamara, Robert & Heist, Karl
Moses, Anne
Philiba, Edna
Platnick, Audrey & Lee
Pohlig, Karen & Goodhue, Thomas
Rezende, Paula
Sloan, Fern & Douglas
Thomas, Mamie L.
Tiffany & Company
Welch, Eva
Widder Foundation, Inc. for
Widder, Lynette
Wilson, Marie

Welcome Paul!!

MRHS extends a warm welcome to **Paul Nikolaidis**, Social Work intern from Columbia University. Paul will be with us on Mondays, Tuesdays, and Fridays. Stop by and say hello.

If you would like to add your name to the MRHS email list, please contact us at info@mrhsny.org and simply put "MRHS Email List" in the heading. Thanks!

Where To Now?

EXPLORING NEW YORK CITY

All are welcome to join us so mark your calendar, and let's travel together to enjoy visiting the following sites:

February 12, Friday: THE FORBES GALLERIES to view their unique collection of jewelry, photographs, miniatures, and games. **Depart 10:00 A.M.** MTA #1 train with change to 2/3 at 96th Street. Admission free.

February 21, Sunday: NICHOLAS ROERICH MUSEUM GALLERY Paintings of Russian artist Nicholas Roerich that relate mostly to his Himalayas Series and at 5:00 PM, a concert by the ISSA Sonus Ensemble held in the music room of the gallery; pieces for flute, violin, viola and cello by Beethoven, Tcherepnin, Hovhannes, Ben-Haim. **YOU MUST SIGN UP BY FEBRUARY 18** to attend. **Depart 3:30 PM** for MTA 104 bus. Meet in front of 100 La Salle. Admission free – donation recommended.

March 5, Friday: THE CLOISTERS for their exceptional collection of medieval art. Tour of highlights of the collection at 3:00. **Depart 1:30 PM** for MTA #4 bus. Admission is pay-what-you-wish (suggested donation \$15). Read *The Lady and the Unicorn* by Tracy Chevalier

March 20, Saturday: THE JEWISH MUSEUM for their general collection plus special exhibit: *Curious George Saves the Day: The Art of Margret and H.A. Rey*. Exhibit of original drawings and mock-ups for the couple's books that may have helped them escape Nazi-occupied Europe. **Depart 10:30 AM** by #4 MTA bus. Admission free on Saturdays. Reread some of the Curious George books and go to this website for information on the Reys: <http://www.houghtonmifflinbooks.com/features/cgsite/history.shtml>

If while on the trip, you need to contact me and can't see me, call 917-841-0384 *Mary Davidson*

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

Great Decisions Program

The Great Decisions series will resume on **Tuesday, February 2 at 7:00 PM**, beginning the 2010 program. The topic for this session is the role of "Special Envoys in US Foreign Policy." Future topics include "Preventing Genocide" and "US-China Relations." Materials, including the new booklet (\$18), are available in the MRHS office. Ken and Peggy Thomas are facilitators for the program. Call MRHS for more information.

Breakfast for Your Brain

MRHS will be offering the six week brain wellness program, *Breakfast for Your Brain*, again starting in March. The program will be held from **9:30 AM–11:30 AM** on **Thursdays** beginning **March 4**. This group will be facilitated by Christine Collins, MSW Intern from Columbia University School of Social Work. A pre-screen must be conducted prior to participation and space is limited so please contact MRHS for additional information or to participate.

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