

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Mary A. Thompson
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New Visual Arts Class

MRHS announces a new mixed media art course. In this course everything is usable. Using techniques of *collage* – flat material, papers, fabric, small objects, and, *assemblage* – using three-dimensional materials of all kinds, the class will put together your treasures, street finds and/or junk. Working in a relaxed atmosphere you will discover or further your innate creativity as the elements of color, form, and composition are revealed.

Instructor Judith Janus is an award-winning sculptor, with two solo exhibits of her mixed media work, and over 30 group exhibits in sculpture and mixed media. She studied at The Art Students League with outstanding instructors and in various out-of town intensives. Judith has been teaching most of her life, including hatha yoga here at Morningside Gardens.

At registration a list of what you will need to bring will be provided, like scissors, glue, etc.

Tuesdays, 2:00 to 3:30 PM

Starting February 3, 2004

Recreation Center

Call 212-666-4000 to register.

Interested in political policies that affect the older population? Want to learn more about these issues? Think that we need an outlet for education about political issues and for **social action** here at MRHS? If so, contact MRHS social work intern **Elissa Kleinhaus** at **212-666-4000** to discuss organizing a social action committee.

Happy New Year
from MRHS!

Visit the Jewish Heritage Museum

The trip to the *Jewish Heritage Museum* postponed from November will take place on **Wednesday, January 28, 2004.**

Transportation and tour of the Museum will be provided for *just \$5.00*. With appreciation for your patience we hope you will come. It should be a great trip.

Call Elissa Kleinhaus at 212-666-4000 to let us know. If you had reserved earlier please call to reconfirm.

Depart: 11:00 AM

Return: 3:00 PM

Special Cost: \$5.00

More on MRHS Trips:

If you signed up for the trip to the Culinary Institute the bus departs at **9:30 AM** on **Tuesday, January 13**. Look for news about MRHS's February trip soon.

Black History Month

MRHS is planning to celebrate **Black History Month** this February. If you would like to contribute to this program, please call MRHS at 212-666-4000. And look for further details in the next newsletter.

Hold the Date

MRHS is planning a spring fund raising **Cabaret** night. Everyone had so much fun at last year's event that we decided to do it again. The wonderful *Max Wild Trio* will provide great jazz. MRHS will provide champagne and goodies. There will be dancing and a good time to be had. **The date is Saturday, May 8, 2004.**

Please note: MRHS will be closed for New Year's Day, January 1, and Martin Luther King, Jr. Day, January 19.

Director's Column

In recent columns I have been describing *what* MRHS does. A recent piece in the *NY Times* Sunday magazine reminds me of *why* MRHS does what it does. "*The Disability Gulag*," written by Harriet McBryde Johnson, describes what life is like for a disabled person (herself included) who is determined to avoid institutionalization, which she labels the "gulag." She writes, "Today's gulag characterizes isolation and control as care and protection, and the disappearances are often called voluntary placements." I should state right off that, in my experience, sometimes institutionalization (i.e., nursing home admission) is the best and most humane solution for certain individuals. Certainly this is the case if the person prefers institutional care. But I agree with Ms. Johnson when she argues that institutionalization for the disabled and the frail elderly has become the rule in our society rather than the exception. She offers various reasons for this, mostly involving shortsighted governmental policies that do not pay for community-based care. This is certainly a problem that MRHS faces for those residents who cannot afford to pay for home care, frequently because they have "spent down" the resources they once had paying for home care. Ms. Johnson cites figures indicating that home care is less expensive than nursing home care. Honestly, I have seen the figures used by proponents on both sides of the argument, with apparent equal legitimacy.

What cannot be disputed is that most individuals would rather live at home with home care. Most studies of older adults report that between 85% and 95% would prefer living in their homes to a nursing home. Ms. Johnson makes the point more poignantly. Speaking of disabled people she says, "We know better. Integrated into communities, we ride the city bus or our own cars instead of medical transportation. We enjoy friends instead of recreational therapy. We get our food from supermarkets instead of dietitians. We go to work instead of to day programs. Our needs become less 'special' and more like the ordinary needs that are routinely met in society. In freedom, we can do our bit to meet the needs of others. We might prove too valuable to be put away."

Having worked in a nursing home, I understand Ms. Johnson's sentiments all too well. Her sentiments help explain the *why* of MRHS.

Happy January Birthday!!

To: Judith Anderson, Don Becker, Joy Cooke, Claire Elioeseff, Oleh Fedyshyn, Ellen Goldfarb, Hsin-Pao Han, Heloise Hough, Florence Keller, Gordon Klopff, Lydia LaFleur, Fritz Martin, Soo-il Pak, Marjorie Roesch, Ana Santos, Lenore Weiss, and Juanita White.

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 January are all invited to our Birthday Party! Come on **Tuesday, January 20 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

January 3 *The Man Who Wasn't There* (2001) 1 hr, 52 min. To enliven his mundane existence a 1940's California barber (Billy Bob Thornton) enters into a business scheme, for which he resorts to blackmail to acquire the necessary capital. The Coen brothers direct a black & white convoluted tale.

January 10 *Ali* (2001) 2 hrs, 40 min.

Will Smith as the legendary Muhammad Ali (born Cassius Clay) from his 1964 Sonny Liston fight to the "rumble in the jungle" with George Foreman in 1974. Included of course is his conversion to Islam. Director Michael Mann's obvious love for his subject is an audience delight.

January 17 *The Big Carnival* (1951)

1 hr, 52 min. Reporter Kirk Douglas has no qualms about exploiting the tragic situation of a man trapped in an ancient ruin. Well portrayed and directed by Billy Wilder, this film has a "peculiarly contemporary ring."

January 24 *Aberdeen* (2001) 1 hr, 46 min. "A small, beautifully acted film" about the alcoholic Norwegian husband of a dying Scottish wife. Although she tries to get him into a recovery program, he resists furiously. Intimate and moving.

January 31 *Sunset Boulevard* (1950)

1 hr, 50 min. High on all lists of best American movies, directed by Billy Wilder and starring Gloria Swanson, William Holden and Erich von

Stroheim, this won Oscars for direction,

screenplay, and musical score.

MRHS Fall Campaign

Following is a list of contributors to the MRHS Annual Fund. This includes all contributions received from November 22 to December 23. We appreciate the generosity of those listed and look forward to hearing from any of you who wish to contribute in the weeks ahead.

Amy and Chris Berg
Kenneth Bolt
Erica Goldman-Brodie and
Joseph A. Brodie
Laura D. Brown
J. Richard Butler
Theresa J. Canada
Tse Hua Chang
M. David Diamond
Evelyn Eason
Mary Ida Gardner
John H. Gill
Beatrice Gottlieb
Doris Gray
Dorphenia Hall
Katherine Chi'u Hinton

Marthe Houanche
Eleanor James
Lily and Arthur Kamitsuka
Shirley Kane
Florence Keller
Marie Ledoux
Gary W. Lee
Mary McDonald
Margaret T. McNamara
Robert A. McNamara and Karl
Heist
Elizabeth and Allen Mellen
Oscar White Muscarella
Edna Philiba
Inez Schomberg
Robert E. Seaver

Meryl and Albert Sheldon
Gwendolyn A. Simmons
Anne M. Smith
Naomi Tepfer
Margaret and Kenneth Thomas
Herbert W. Thorne
Arthur Tiedemann
Tiffany and Company
Kathy and George Todd
Usa Ungsunantwiwat
Eloise T. Valdez and Forrest
Murphy
Lenore Weiss
Emily Wenzel and Mark
Ambrosio

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

Hypertension Screening – Alternate Wednesdays from 9-11 AM in the Tuttle Center.

Jan. 7, 21; Feb. 4, 18; March 3, 17, 31.

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.

Rosen Method Bodywork

How do your emotions affect your body? Explore your body-mind connection in a gentle, non-threatening environment.

Rosen Method bodywork uses gentle touch and supportive words to increase vitality and health and promote physical and emotional awareness. The Rosen practitioner contacts areas of muscle tension and invites the client to explore the feelings and memories beneath the physical tensions. Some benefits are deep relaxation, increased energy, ease in movement, easing of chronic muscular pain.

Marsha Lipshitz is a certified Rosen Method bodywork practitioner and movement teacher. She has a Rosen Method practice at the Riverside Church Wellness Center and teaches a class at Gilda's Club in Greenwich Village.

**Wednesday, January 21 at 1:00 PM
Tuttle Center, 100 La Salle St. #MC**

A Personal Response Service or PERS, enables you to summon help 24 hours a day at the push of a button, in the

***event of an emergency, such as a fall,
in your apartment. Contact MRHS for
more information or call Lifeline at
1-800-LIFELINE.***

Happy Little Rain

--- Written by members of the *Writing From Life Experience* workshop, 12/10/03

I despise this time of year. I despise this month. I'm in a state of anxiety all the time. It's not even my holiday, but I'm pushed into it. And I haven't done a damn thing. *Tonia*

'Tis the season to be frantic. This time of year is sort of like a pinball machine where the ball slows up at the top after you send it flying and then it rolls down. That's what the year is like for me. *Jud*

I don't like this season. I don't have family nearby. I'm looking forward to two parties and I hate the short days and the darkness. *Rebecca*

I like the spirit of the holidays. People are friendlier. Everybody wishes you the best, it's kind of nice. *Ellie*

My son brought home a huge Christmas tree last night. All my family will be together on Christmas Eve. I went to the UN yesterday and people were in their native costumes. People from Vietnam, asking for religious freedom. It all fit in, the spirit of caring about others. *Lydia*

I too don't like this season. I love the weather, but the pain of the season, this has been going on for many years, my dad was not happy about Christmas. But I love the enthusiasm today with the kids in the neighborhood. It means a lot. *Fred*

We used to celebrate Hanukkah when my children were young; it was a happy holiday. But something happened that made it a sad holiday. *Edith*

I agree with Rebecca about not liking the short days and the dark days. But I feel that we created these holidays to counteract the darkness. I love the lights for Hanukkah and for Christmas all over the city. It's our human way to deal with the dark, and it helps. *Shirley*

I usually have trouble with the Christmas season. People tell me at my age, "you should not send Christmas cards, you should wait." But I don't want to put that to the test. I print my cards in a calendar fashion; I can't afford it much

longer. I carried the 100 cards on the bus.
Albert (continued above right)

What a mixed time I have with this. I'm already worn out and it's only Dec. 10th. None of it has been about holidays, but yes, about friendship and to me, that always makes a special time.
Susan

Happy little rain. *Herbert*

Christmas has never really meant a great deal to me. And it doesn't now. I pass through it, it's like a little rain, I pass through it to some shelter. *Frances*

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, January 2 at 6:30 PM

Tuttle Center, 100 LaSalle St. #MC

Contribution requested. (February date: 2/6/04)

The Gardens Workshop Art Group sponsors an open life sketch group (almost) every Tuesday in the Workshop from 8:00 to 10:00 PM. Beginners are welcome. The only fee is just a couple of dollars for the model. Or you can work from still life for free. Just buzz the Workshop in Bldg. VI and take the elevator to the basement.

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, January 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.***

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

MRHS Activities Schedule for Winter 2004

Mondays

Body Essence Exercise with Reba Perez for strength and flexibility. Weekly, 10 – 11 AM. Registration fee: \$20 Starts January 12.

Tuesdays

Quilting

For beginners as well as the experienced quilter. Weekly, 10 AM – 12 noon. Ongoing.

Tuesday Lunch Bring your lunch and enjoy the company of others. MRHS supplies the coffee, tea, cookies and conversation. Ongoing, 12:30 PM.

Birthday Party Come celebrate your birthday with us. The party begins at 12:30 PM. MRHS supplies the coffee, tea, and birthday cake. Third Tuesday of the month.

Mixed Media Art Class

NEW! Led by Judith Janus. This class will incorporate a variety of techniques in the visual arts. **Starts February 3.** Ten sessions. Weekly, 2:00 - 3:30 PM Recreation Center.

Spanish Class

Led by Leila Lieberman, instruction and conversation. Weekly, 3 – 4 PM. Ongoing.

DanceFit

Movement/exercise class with motivating, beautiful music. Taught by Suzy Frazer. Starts January 6. Ten week session. Weekly, 4 – 5 PM Registration fee: \$20.

Wednesdays

Stretch and Tone Exercise with Lucienne Yoshinaga to stay lithe and limber. Weekly, 10 AM. Resumes January 7. Ongoing.

Hypertension Screening

Alternate weeks, 9 to 11 AM. Resumes January 7.

Writing from Life Experience Awaken your creativity and capture your memories on paper. Taught by Susan Willerman. 10 week session. Limited to 15 people. Registration fee: \$50 Weekly, 2:30 – 4:00 PM. Resumes January 7.

Thursdays

Chair Yoga Relaxing, restorative, strengthening. Poses and stretches are done both standing and using the chair. Taught by Peggy Kane. *Limited enrollment.* Weekly, 10 AM. Ongoing.

Tai Chi Includes Chi Gon breathing. Beginners welcome. Please wear loose clothing and flat comfortable shoes. Taught by Sharon Smith. Weekly, 10 AM in the Recreation Center. Registration fee: \$20 Starts January 8. 10 week session.

Sitting Qigong Class uses deep breathing and simple arm movements to release tension. For those who have difficulty standing for an entire session. Taught by Sharon Smith. Weekly, 11 AM. Registration fee: \$20 Starts January 8. 10 week session.

Book Discussion This literate discussion group continues reading *The Paxtons and Their England*. Led by Bea Gottlieb. Alternate weeks, 2 – 4 PM. Ongoing. (Currently the class is filled.)

Later Life Transitions Discussion in this lively group centers around issues of later life, based on readings by and about older people. Led by Frances Geer. Monthly, 3 PM. Ongoing.

Take Charge of Your Health Led by nurse, Marie Phillips, this group will discuss topical health issues and concerns. Monthly, 2:30 PM. Ongoing.

Friday

French Conversation A chance to practice your French in a friendly setting. Led by Jud and Eli Levin. Weekly, 2 – 3 PM. Ongoing.

Sing-Along with Gil Brighten your day with music. Gil on the guitar. Weekly, 3:15 – 4:15 PM Ongoing.

Saturday Afternoon Videos

A different movie every week. \$1.00 The movies begin at 2:00 PM.

