

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Sarah Cunningham  
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## Reminder! Wisdom Series Program Scheduled

On **Tuesday, January 15 at 7:30 PM**, the renowned ***Wisdom of Our Religious Traditions Series*** returns with a focus on the Christian tradition, with emphasis on wisdom of the Bible and in the development through the ages of the Christian traditions.

Presenters will be **Dr. Phyllis Trible** (Bldg. VI), a former professor of Scripture at Union Theological Seminary, and **Dorothy (Dot) Savage**, (Bldg. III), former Director of Education and Leadership Ministries at the National Council of Churches. The event takes place in the **Thurgood Marshall Rm., 80 La Salle** and will include a time for interaction and refreshments.

## 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 LaSalle St. (Refreshments will be served.)**

## MRHS Volunteer Opportunities

**Escort Volunteers** We are currently looking for Escort Volunteers. Escort Volunteers accompany frail and at-risk elderly residents of Morningside Gardens to various medical appointments. We currently receive ten to fifteen requests a month for escort services and rely on only a few volunteers to meet these requests. The requests can vary from a pick up following a minor surgery to a resident needing assistance before, during and after the appointment. In the future, we would like to expand the Escort Volunteer Program to include assistance getting around locally, including assistance to the post office, grocery store and other related tasks.

For more information on the Escort Volunteer Program and how to become an Escort Volunteer please contact **Joanna Stolove** at 666-4000 or at [JoannaS@mrhsny.org](mailto:JoannaS@mrhsny.org).

**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. We are continuing to recruit volunteers for our Telephone Reassurance Program. The training for Telephone Reassurance Volunteers will be held in February, date and time to be announced later this month. For more information please contact **Joanna Stolove** at 666-4000 or at [JoannaS@mrhsny.org](mailto:JoannaS@mrhsny.org).

## MRHS Winter Celebration a Hit

More than 120 people of all ages attended the Winter Celebration on December 10.

There was music, good food, cheerful holiday decorations, and lots of conviviality.



MRHS President Sarah Cunningham and Liz Mellen  
(Photo courtesy of Frank Minaya.)

## Notes from the Nurse –

### January is National Glaucoma Awareness Month

Glaucoma is a group of eye diseases in which the normal fluid pressure inside the eyes slowly rises, leading to vision loss or even blindness. In the United States, it affects nearly 3 million people – half of whom don't know they have it. It has no symptoms at first. But over the years it can steal your sight. With early treatment, you can often protect your eyes against serious vision loss and blindness.

Anyone can get glaucoma, but there are several groups that are at high risk for getting glaucoma:

- African Americans over age 40
- Everyone over age 60
- People with a family history of glaucoma

If you are 60 years of age and have not had an eye examination talk with your doctor about referring you to an ophthalmologist. If it has been a number of years since your last eye examination, make an appointment to have your eyes examined and checked for glaucoma. If you have additional questions regarding glaucoma or eye examinations contact **Marie Phillips, RN** at 212 666-2050.

*Marie Phillip, RN, MCPH*

### 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.

*MRHS wishes you a happy and healthy New Year!!!*

## Happy January Birthday!!

To: Judith Anderson, Sandra Czajkowski, Joy Cooke, Shirley Davidson, Ann Foshay, Ellen Goldfarb, Hsin-Pao Han, Beatrice Hawkins, Betty Jones, Florence Keller, Lydia La Fleur, Beulah Lawless, Patricia Mack, Chun Fan Mao, Fritzi Martin, Marjorie Roesch, Ana Santos, 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 15** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

### Saturday Afternoon Movies

**Jan. 5 *Crash*** (2005) 1 hr., 52 min.

This Academy Award winner is about an assortment of people in Los Angeles whose lives converge and reveal festering anger and bigotry. The gifted cast includes Don Cheadle, Matt Dillon, and Sandra Bullock.

**Jan. 12 *The Notebook*** (2004)

2 hrs., 4 min. (Rescheduled from November.) One critic called this "richly romantic." It magically intermingles events in the present with a story from the past that is being read to a woman in a nursing home. James Garner plays the visitor who reads from his notebook.

**Jan. 19 *Notorious*** (1946) 1 hr., 42 min.

Cary Grant is at his best in this Alfred Hitchcock tale of espionage set in South America. He is a U.S. agent working secretly with Ingrid Bergman. Expect equal measures of suspense and romance.

**Jan. 26 *The Aviator*** (2004)

2 hrs., 50 min. Howard Hughes made his mark in aviation as well as in Hollywood, producing such films as *The Front Page* and *Scarface*. He is played here by Leonardo di Caprio. Cate Blanchett co-stars as Katherine Hepburn, one of several actresses with whom Hughes's name was linked.

**Movies start at 2:00 PM. Please be early.**

## 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:

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 9-11 AM in the Tuttle Center:

**Upcoming sessions are Jan. 9, Jan 23.**

**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, January 24 at 2:30 PM.**

The popular "**Later Life Transitions**" group led by **Fran Geer** meets this month on **Thursday, January 10 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

**Low Vision Group** will meet in January. The schedule is to be announced; 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. Look for more information in February.

## **Hold the Date**

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.** Look for more information on this program coming soon.

**Please note: MRHS will be closed on Monday, January 21 in honor of Martin Luther King Day.**

## **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 Book Club**

The next meeting of the MRHS Book Club will be on **Wednesday, January 23 at 2:00 PM** in the **MRHS Tuttle Center.** Please join us for a discussion of **Atonement** by Ian McEwan.



## **Supper Club Returns**

On **Thursday, January 17 at 6:30 PM** MRHS will host a Supper Club gathering.



Details about cuisine will be coming soon. Cost is \$13.50. Reservations are required. Please call 212-666-4000 or drop by with your payment.

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

## MRHS Fall Fundraising Campaign

Following is a list of contributors to the MRHS Annual Fund. This includes all contributions received **from November 28 through December 21, 2007**. We appreciate the generosity of those listed and also those who donated anonymously.

Barstow, Anne and Driver, Tom  
Bigote, Odete  
Blair, Tonia R.  
Bloom, Naomi Dagen  
Bloom, Ronald  
Brodsky, Gilda  
Chang, Victor T.  
De Borja, Dolores and Michael  
Diamond, M. David  
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Eubanks, Betty  
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Marx, Terry and Arpadi, Stephen  
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Mellen, Elizabeth and Allen  
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Murray, Kay C.  
Muscat, Audrey and Erwin  
Nixon, Maurice  
Opotow, Susan and Chang, Stephen  
Paces, Zlata  
Petioni, Muriel

Pohlig, Karen M. and Goodhue, Thomas  
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Roxborough, Mildred Bond  
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Thomas, Hilah F.  
Thorne, Herbert  
Weaver, David  
Wersan, Susan  
White, Elyse  
Wink, June and Walter  
Winsten, Jo Ann  
Yeh, Shirley and James  
Yi, Margaret  
Yu, Peter

### 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 18.) 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.**

Call MRHS at 212-666-4000 for more information.

# MRHS Activities Schedule for Winter 2008

## *Mondays*

**Chair Yoga** Relaxing, restorative, strengthening. Poses and stretches are done both standing and using the chair. (With video)  
Weekly, 10 AM. Ongoing.

**Body Essence** Exercise for strength and flexibility.  
Weekly, 2:30–3:30 PM in Recreation Center. Registration fee: \$25 Ten sessions. Starting date tba.

**Monday Night Yoga** Led by Gardens resident Melissa Hull, M.D., this class is perfect for everyone and especially for those who need a more gentle Yoga. Every Monday night at 7:30 PM. Ongoing.

## *Tuesdays*

**Chi Gong** A Chinese Healing Art using gentle movements and working with energy. The exercise enhances the immune system and the meditative aspect calms the nervous system. Can be done sitting or standing. Tuesdays from 10-10:45 AM. Taught by Gardens resident Marjorie Nissen. Registration fee: \$20.00 for ten classes. Starts January 22.

**Tai Chi** Slow relaxed movements for total self development. A combination of body and balance exercises, mind concentration and meditation. Tai chi is done standing. Taught by Gardens resident Xiao Chuan Ping. Tuesdays from 10:45-11:30 AM. Registration fee: \$20.00 for ten classes. Starts January 22.  
NOTE: For those who take both classes the fee is \$35.00

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

**Sing–Along with Gil** Brighten your day with music. Gil on the guitar. Weekly, 1:15 – 2:15 PM Ongoing.

**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.

**Spanish Class** Led by Luis Argueta, a lively class including instruction and conversation with audio aids. Weekly, 3 – 4 PM. Resuming Jan. 8

**Stress Reduction Through Exercise** Warm up with stretch and exercise. Cool down with Yogic breathing and meditation and Chi Gong exercises. Appropriate for all ages. Led by Marjorie Nissen. Ten Sessions  
Registration fee: \$25 Tuesdays, 4 – 5 PM. Starts Jan. 22

## *Wednesdays*

**Stretch and Tone** Exercise with Lucienne Yoshinaga to stay lithe and limber.  
Weekly, 10 AM. Resumes January 9. Ongoing.

**Hypertension Screening**  
Alternate weeks, 9 to 11 AM. From January 9.

**Chinese Language Class (Mandarin)**  
Learn Chinese with a native speaker and experienced language teacher. Wednesdays at 11 AM. Ongoing.

**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. New session date tba.  
Last session for Fall is Jan. 2.

**MRHS Book Club**  
Participants discuss a different work of fiction every few weeks. All are welcome. Meets Wednesdays at 2pm.  
Next gathering is Jan. 23

## *Thursdays*

**Book Discussion** This literate discussion group continues reading Gibbons' *Decline and Fall of the Roman Empire*. New Session to be announced at a later date. 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.

## *Fridays*

**Low Vision Support Group**  
Fridays at 2pm. For those with vision problems.

## *Saturdays*

**DanceFit** Movement/exercise class with motivating, beautiful music. Taught by Suzy Frazer. Starts Jan. 12. Ten week session.  
Weekly, 9:30 – 10:30 AM Registration fee: \$25.

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

