

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

## Come To Antarctica!

Join us for slide show presentation by **Alan Borthwick**, of his photographs from his recent trip with his wife, Mary, to the Antarctica. Alan and Mary traveled to Antarctica to satisfy Mary's desire to see penguins in their natural environment. The presentation takes place on **Friday, January 9 at 1:00 PM at MRHS.**

## Winter Celebration a Hit!

MRHS's annual holiday fest was bigger than ever this year. Attendance at the event was well over 100, including residents and children of all ages. Entertainment was provided by Vocal Ease, a volunteer group of professional performers. Assembly member Danny O'Donnell stopped by and said a few words.

Many thanks to Dot Savage and Kathy Todd for all their work on making the party a success, along with various MRHS staff members. And thanks to MRHS Board members and volunteers who served as hosts, decorating committee, and as part of the clean up crew.

## 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

## Intergenerational Program – “Make a Snowflake”

On Thursday, December 18, MRHS celebrated the holiday season with help from our friends at the **Children's Learning Center**. The Center director, Lori Woliner, along with teacher, Kelly Teuscher, brought eight children to the MRHS Tuttle Center. Together with Gardens' residents, the group shared their knowledge about snowflakes and their favorite memories of the snow. With Ms. Teuscher's assistance, the group also designed beautiful, sparkling paper snowflakes that will be hung at the Learning Center. In ending their time together, the group listened to a wintertime story and enjoyed some holiday snacks.

A big Thank You goes out to Lori Woliner, Kelly Teuscher, Joanna Stolove, and Margaret Bianchi for making the program such a success. Our appreciation also goes out to all of the participants. Thanks to the positive feedback from both the **Learning Center** and Morningside resident's, another related program will take place in February.

--- Rebecca Slean, Social Work intern

## In Memoriam: Sylvia Friedman

It is with sadness that we share the news that former MRHS Board President and one of MRHS's early founders, **Sylvia Friedman**, died on December 19 at Sarah Neuman Nursing Home. Our condolences go out to son, Joshua, and the entire Friedman family. Ms. Friedman was MRHS's President in the mid-1980's, when MRHS made the transition from an all-volunteer organization to one that included a professional staff. She was instrumental in obtaining MRHS's first grants to support a staff, to meet the growing need for services. Sylvia's tough-minded spirit and warm heart will be missed dearly by MRHS.

## 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.**

**01/07, 01/21**

**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, January 29 at 2:30 PM**

**"Later Life Transitions"** group meets this month on **Thursday, January 15 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets on **Wednesday, January 21 at 2:30 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the novel **Ines of My Soul by Isabel Allende**.

Low Vision Group meets on **Friday, January 16 and January 30 at 2:00 PM**, in the Tuttle Center.

MRHS **Supper Club** meets again on **Wednesday, January 14 at 6:00 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, 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.***

## Happy January Birthday!!

To: Judith Anderson, Sandra Czajkowski, Joy Cooke, Shirley Davidson, Ann Foshay, Ellen Goldfarb, Hsin-Pao Han, Paul Haskins, Beatrice Hawkins, Florence Keller, Lydia La Fleur, Beulah Lawless, Patricia Mack, Chun Fan Mao, Fritz Martin, Ruther Miller, Jean Prosser, Gloria Robotham, Marjorie Roesch, Edward Rosenblum, Marion Rothenberg, Ana Santos, Juanita White and James 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 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

**Jan. 3 Somebody Up There Likes Me** (1956) 1 hr, 15 min. We are starting a new retrospective series, this time on the late Paul Newman, a much-admired actor of many parts. Here is one of his earliest, the middleweight boxer Rocky Graziano.

**Jan. 10 The Princess Bride** (1987) 1 hr., 38 min. A modern fairy tale that is meant to be both fantastic and funny. The supporting cast, as a variety of wicked, weird, and wonder-working characters, includes reliables like Mandy Patinkin, Peter Falk, and Billy Crystal.

**Jan. 17 The Holiday** (2006) 2 hrs., 16 min. A transatlantic light-hearted romance, in which an Englishwoman (Kate Winslett) swaps homes with the show-biz Cameron Diaz in Los Angeles and both find unexpected fulfillment.

**Jan. 24 A Very Long Engagement** (2004) 2 hrs., 13 min. Audrey Tautou stars in this French film about a young woman during WW I searching for her fiancé, who she cannot believe is dead.

**Jan. 31 Salaam Bombay** (1988) 1 hr., 54 min. This is an Indian film about the hard life of street children in Bombay (now called Mumbai). It stays close to real conditions, but with "the emotional power of great drama," according to Roger Ebert.

**Start time: 2:00 PM. Please be early. \$1.00**

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

# MRHS Activities Schedule for Winter 2009

## *Mondays*

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

**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 6:30 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 10:15 AM -11:15 AM. Taught by Gardens resident Marjorie Nissen. Registration fee: \$25.00 for ten classes. Starts January 13. **Time Change**

**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. 6

### **Great Decisions**

Meets usually on the first Tuesday of the Month at 7pm. Discussions on global issues based on a program developed by the Foreign Affairs Association. 2009 Program begins on February 3.

## *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. From January 7.

### **Chinese Language Class (Mandarin)**

Learn Chinese with a native speaker and experienced language teacher. Wednesdays at 11 AM. Ongoing.

## *Wednesdays (continued)*

**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 1/28.  
Last session for Fall is Jan. 14.

### **MRHS Book Club**

Participants discuss a different work of fiction every few weeks. All are welcome. Meets Wednesdays at 2pm. Next gathering is Jan. 21.

## *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*

**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 Fridays, 11:30 AM to 12:30 PM. Starts January 9. **NEW TIME!**

### **Low Vision Support Group**

Alternate Fridays at 2pm. For those with vision problems.

## *Saturdays*

**DanceFit** Movement/exercise class with motivating, beautiful music. New participants welcome. Fun and friendly atmosphere. Exercise basics. Taught by Suzy Frazer. Starts Jan. 10. 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.

**MRHS Fall Fundraising Campaign:** The following is a list of contributors to the MRHS Annual Fund. This includes all contributions received from November 25 through December 22, 2008. *Please note that previous donors were listed in the December Newsletter.* We appreciate the generosity of those listed and also those who donated anonymously. Our current total in donations is \$34,686. Thank you!

We look forward to hearing from any of you who still would like to make a contribution in the weeks ahead. Also, please check to see if your employer has an employee matching program in place.

|                                 |                                       |
|---------------------------------|---------------------------------------|
| Allen, Genevieve                | Mellen, Elizabeth & Allen             |
| Argueta, Luis                   | Mercado, Epifania                     |
| Barstow, Anne & Driver, Tom     | Meyer, Anne                           |
| Bergman, Vivian                 | Meyers, Cynthia                       |
| Bookhardt, Mary Grace           | Moses, Anne                           |
| Bruno, Ron                      | Murphree, Mary C.                     |
| Canty, Anne & Quintana, Victor  | Nissen, Marjorie                      |
| Canty, Eileen & James           | Peinalt, Mary Ellen                   |
| Carr, Sharon & Hughes, Roger    | Philiba, Edna                         |
| Carter, Nancy A.                | Pohlig, Karen M. & Goodhue, Thomas W. |
| Chang, Victor T.                | Poole, Helen                          |
| Chansky, Dorothy                | Prillo, Doris                         |
| Currier, Melva                  | Qian, Yiaoxia                         |
| Darling, Gregory                | Rich, William A.                      |
| Davidson, Mary & Michael        | Riffaterre, Lee & Boyle, Frank        |
| De Paur, Norma                  | Roldan, Norma                         |
| Deborja, Dolores and Michael    | Rooks, Jean                           |
| Derryck, Winifred Eileen        | Rosen, Fredda                         |
| Diamond, David                  | Rothfeld, Neil                        |
| Foshay, Angela Fraley           | Ruedy, Elizabeth & Reto               |
| Goldstein, Carol and            | Saxlehner, Emma                       |
| Graham, Geruth                  | Scheff, Aimee                         |
| Gruber, Deloris C.              | Shearer, Winifred                     |
| Harris, Cynthia G.              | Shen, Iris & Shan Hong                |
| Herz, Paula                     | Simpson, Lawyer, Jr.                  |
| Hughes, Helen                   | Sloan, Fern & Douglas                 |
| Institute for Private Investors | Stricoff, Alan                        |
| Johnson, Margaret               | Stuhlman, Rachel                      |
| Kane Sherry                     | Thomas, Mamie                         |
| Kane, Margaret A.               | Wallace Deborah                       |
| Kerr, Marcella                  | Weinberg, Sydney                      |
| Lamb, Mimi                      | Welch, Ernestine A.                   |
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| Lee, Gary W.                    | Wilson, Audraine                      |
| Lieberman, Leila                | Winsten, JoAnn B.                     |
| Lou, Howard                     | Wu, Sana Y.                           |
| Lowenstein, Daniel              | Xuan He Sha & Xing Di Yao             |
| Lowry, Mary & Boyd              | Yeh, Shirley & James                  |
| Luizer, Valerie                 | Yi, Margaret                          |
| Luo, Yalun and Sun, Sue-Wan     | Zatz, Alba & Asa                      |
| Mac Donald, Marcia              |                                       |

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**Please Note:** MRHS is closed on Thursday, January 1, for New Year's Day. We wish you all a very Happy New Year! We are also closed on Monday, January 19, in honor of Dr. Martin Luther King, Jr. Day.