

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

Mount Sinai Research Study About Health Insurance

Researchers from the Mount Sinai School of Medicine want to hear about your experiences with health insurance. We think this is an important study and are allowing them to do their research at MRHS.

The study involves 2 interviews:

- 1) The first interview takes place in our offices (Tuttle Center, 100 LaSalle), or in your home (whichever you choose);
- 2) The second interview takes place by telephone 9 months after the first.

We encourage you to take part — the researchers hope to learn how to help older adults make good decisions about their health insurance. The study is voluntary. It is also confidential and safe (there are no laboratory tests). Also, the researchers do not represent any insurance company and the information they collect will not be shared with anyone outside the study.

Study participants will receive \$30 for the time they spend with the researchers. Please call Jessica Segni at 212-241-2584 to learn more about the study or to schedule an interview.

City Island and the Bartow-Pell Mansion Trip

Come join MRHS as we are off to **City Island** for lunch at the famous **Lobster House by Land and Sea** and then after dessert we will go to the magnificent **Bartow-Pell Mansion** in Pelham Bay Park for a guided tour. The trip includes a full lunch with seven choices of entrees including lobster and a one hour guided tour of the mansion. What a way to spend a summer day!

DATE: Wednesday July 25 **PRICE:** \$45.00
DEPART MRHS: 11:00 AM **RETURN:** 5:30 PM

MRHS Raffle Report

The MRHS 40th Year Anniversary raffle drawing was held at the June Birthday Party in the Tuttle Center on June 19. The raffle raised more than \$2,000 to benefit MRHS. MRHS thanks all Morningsiders who bought tickets and participated in the raffle.

We would like to extend a special thank you to Anisa Kamadoli Costa, Mary Lanning, Mary Murphree, and Audraine Wilson, along with Sarah Cunningham and Kay Murray, for their special efforts in making the raffle a success.

We would also like to thank Tiffany & Co. for its generous donation of our first prize pendant, as well as the neighborhood restaurants, including Pisticci, Kitchenette, Sezz Medi, Ajanta Indian Restaurant, and China Place for their donated prizes to the raffle.

And a special thanks to *Gourmet* editor-in-chief, Ruth Reichl, for her donation of two sets of autographed books.

Listed below are the raffle winners:

1st Prize - *Tiffany Pendant* – Kathy Todd

2nd Prizes - *Ruth Reichl Book Sets* –

Bea Weinreich and Marcella Kerr

3rd Prizes – *Restaurant Gift Certificates* –

Moira Whittington, Anne Moses,
Ann Jackson, Sarah Mazer.

Sydney Weinberg, Gil Willis,

Leonard Costa, Anna Timmins, and
Audraine Wilson

4th Prize – Ghirardelli Gift Basket –

Peggy McNamara

Congratulations!

Please note: MRHS will be closed on Wednesday, July 4 in honor of Independence Day.

Director's Column

Some of us at MRHS were fortunate to attend the James N. Jarvie Commonwealth Service's annual colloquium on June 8. The guest speaker for the Plenary Session was Sherwin B. Nuland, who wrote the unlikely bestseller in the 1980's called *How We Die*, which won the National Book Award. Although he is a clinical professor of surgery at Yale, Dr. Nuland seems to be drawn to the broader philosophical issues of aging and mortality. His most recent book, *The Art of Aging*, "is subtitled "A Doctor's Prescription for Well-Being."

Dr. Nuland opened his talk, as he begins his book, with a quotation from Charles Dickens' obscure 1841 novel, *Barnaby Rudge*. "Father Time is not always a hard parent, and, though he tarries for none of his children, often lays his hand lightly upon those who have used him well," wrote Dickens. Nuland then proceeded to describe his ideas of how we might begin to "use him well." Pointing out that "aging is not a disease," he uncovers three areas of life to cultivate as we age.

The first is in the realm of "relationships," whether they be friends, family, work or volunteer associates, acquaintances from centers and associations, or caring about a cause to improve living conditions for others. Nuland described a long-term friendship he developed with a correspondent by letter.

The second is in the area of "maintenance." Nuland pointed out that we need to maintain oversight of our physical well-being to the extent possible, by activities such as monitoring our blood pressure, scheduling colonoscopies, etc. – the basic procedures that modern medicine suggests we follow to avoid debilitating, but preventable, conditions – in addition to exercise and good nutrition. As our life spans are expanding, we want also to expand the years of vibrant living that are within our reach. Nuland told of the remarkable gains in strength by women in their 80's who, in a study, engaged in a six-week course of weight-bearing exercise. He spoke of the sense of mastery and well-being that results when we are feeling physically well.

Third, Nuland refers to "creativity." He spoke of the importance of learning something new or developing a new skill as we age. He was not saying that we must necessarily become concert pianists or budding abstract expressionists in our 90's. But he believes it is important that we maintain our curiosity about the world and that old age is a particularly ripe time for creative expression.

Dr. Nuland has clearly been around disease and dying long enough to avoid any trace of Pollyanna-ish thinking. Yet he sees great hope and possibility in the promise of longevity that modern science has bequeathed to us. Nuland's *The Art of Aging* is available at MRHS if you would like to borrow it.

Happy July Birthday!!

To: Cecile Boyajian, Margarita Espinosa, James Dyer, John Gill, Sandy Heyman, Katherine Hinton, Maude Jenkins, Arthur Kamitsuka, Albert Lu, Joan Mansoury, Michael Matathias, Sui Yung Moy, Doris Prillo, and Ana Santos.

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 July are all invited to our Birthday Party! Come on **Tuesday, July 17** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

July 7 *Pirates of the Caribbean: the Curse of the Black Pearl* (2003) 2 hrs., 23 min. A rollicking romance in the form of a 17th-century adventure yarn. Johnny Depp plays the flamboyant pirate hero with the help of a cast that includes Geoffrey Rush, Keira Knightley, and Jonathan Pryce.

July 14 *I Was a Male War Bride* (1949) 1 hr., 45 min. With a nod to Bastille Day, here is Cary Grant as a French army officer in a comedy of errors about his attempt to get to America with his American wife, played by Ann Sheridan.

July 21 *When the Levees Broke: A Requiem in Four Acts* (2006) *Acts 1 and 2*, 2 hrs. Spike Lee made this epic-scale documentary to explore the disastrous events of August 2005 in New Orleans. The first half will be shown this week.

July 28 *When the Levees Broke: A Requiem in Four Acts* (2006) *Acts 3 and 4*. 2 hrs. This is the second half of Spike Lee's documentary about Hurricane Katrina and its aftermath.

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

The movies will be on vacation in August.

Fitness Notes: Suzy Frazer's Dancefit class begins a 5-week summer program on Saturdays at 9:30 AM, starting July 14. Fee: \$20.

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:

<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

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 - 5	9 - 5	9 - 5	9 - 5	9 - 5

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

On break for summer - Resuming on September 12.

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 be on vacation for July and August.

The popular "**Later Life Transitions**" group led by **Fran Geer** meets this month on **Thursday, July 12 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

Low Vision Support Group meets this month on **two Fridays, July 6 and July 20 at 2:00 PM**. Persons who are experiencing a vision problem or want to learn more are welcome to join. Call Rachel Kurlantzick at 212-666-4000 for more information.

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, July 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.**

MRHS Book Club

The next meeting of the MRHS Book Club will be on Wednesday, July 25 at 2:30 PM in the MRHS Tuttle Center. Please join us for a discussion of **Disgrace** by J.M. Coetzee.



Summer: Use MRHS Services

As the heat of summer becomes a reality, safeguard your health by using MRHS Shopping and Laundry Services. Every Tuesday the MRHS Health Aide does shopping for people who need help. On Thursdays, the Health Aide will do your laundry. Just call Marie Phillips at the Nurse's Office (212-666-2050) one day before you would like the services. On the day of the requested service, the Health Aide will call you to let you know what time she will be at your apartment.

And don't forget to come to MRHS and cool off! The Tuttle Center at 100 LaSalle St. is always cool and refreshing.

Advocacy Committee News

"Are Our Doctors Opting Out of Medicare?" This provocative question was addressed by the Advocacy Committee in June. The committee members evaluated reasons why and what effect this trend has on the medical needs of seniors. At the meeting possible ways of dealing with this concern were considered. Look for news about future meetings.

Delivery Person Needed

MRHS needs a reliable individual to deliver our Newsletter during the last weekend of every month to Morningside Gardens apartments. The pay is \$50 and the job should take no more than 5 hours to complete. Ideal for a high school student!

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

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!

Flea Market News

We are beginning to prepare for the annual MRHS Flea Market.

Mark your calendars for the following sale days:

Friday, November 16, 7 – 9 PM (\$5.00 entry fee)

Saturday, November 17, 10 AM – 4 PM

Sunday, November 18, 12 Noon – 4 PM

Preparation will start on Sunday, November 11

Dana Minaya and Melinda Moore will co-chair the event and several sub-committees will handle different aspects of the project.

Contributions will be accepted on Tuesday and Thursday afternoons from **2:00 to 4:00 PM only**, in the small room of the Recreation Center. This will start on Tuesday, July 17 and continue through November 8. Be sure that everything you offer is clean and undamaged. It would be *very helpful* if everything were packed in boxes. Furniture will not be accepted except for very small items. We will plan to have a separate furniture sale during a weekend – probably in late February or March as we did last year. Remember that we do not handle clothing. Many volunteers are needed for setting up and for the sale days. A form will be included in the September and October Newsletters. We hope many of you will fill one out indicating the hours you can give and return it to the MRHS office.

The MRHS Flea Market is always a big social event and fun along with being a lot of work for a large number of volunteers.

Consider Volunteering!!

MRHS is looking for new volunteers to help strengthen two of its most successful programs. The Tuesday Lunch Program has a long history of giving all Gardens older adults a place to socialize, join in Sing-Along and just get out and be with other people. Volunteers come on Tuesdays at around noon to help set up the tables and stay to host the gathering. Another need is for more volunteer escorts to take people who are unable to get around easily to doctors' appointments etc. You can do this as your calendar allows and be a real help to one of your neighbors. Call MRHS at 212-666-4000.

Supper Club News

The **MRHS Supper Club** will meet this month. The menu will be announced soon. The date is **Thursday, July 19, at 6:30 PM**. Cost is \$13.50. Call Rachel Kurlantzick at 212-666-4000 to reserve.

Poetry Reading/Open Mic

In this month of independence, Open Mic Poetry values complete freedom of choice in poetic subject matter. Bring your favorites or your own poems.

Thursday, July 12, 7:30 PM
Tuttle Center, 100 La Salle, #MC

MG resident John Kearns's new play, *Sons of Molly Maguire*, is going to be on the main stage of the Midtown International Theatre Festival. Tickets are on sale now. *Sons of Molly Maguire* takes place in the coal mining region of upstate Pennsylvania in the 19th century. Performances are in the Workshop Theatre, 312 W. 36th St. from July 17 to August 4. Tickets are \$18. You can use the code: "molly" to save \$3 at <http://www.smarttix.com/show.aspx?showCode=SON9>