

Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
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History Reading Group

The history reading group (aka "Book Discussion") conducted by *Bea Gottlieb* (Bldg. V) will be starting a new book in the fall: **The Hemmingses of Monticello** by Annette Gordon-Reed. Anyone interested in intensive reading and discussion of this prize-winning work on a black family through slavery and freedom in Virginia in the 18th and 19th centuries is welcome. There is room for a limited number of new participants, so sign up as soon as possible with Margaret Bianchi in the MRHS office (212-666-4000). The group meets on alternate Thursday afternoons from 2:00 – 4:00 PM. If you have any questions, please call Bea at 212-222-4509.

Senior Strollers in Summer

The June rains seem to be ending, come out and enjoy a Thursday morning walk in the sun. Wear comfortable clothing and take along water. The group meets on **Thursdays at 9:30 AM, at MRHS, 100 La Salle, #MC.**

- **July 2:** Take the #5 bus down to 72nd Street and enjoy a walk heading further south in Riverside Park.
- **July 9:** Morningside Park
- **July 16:** A walk to the Little Red Lighthouse in Fort Washington Park (approx 3 miles – one-way)
- **July 23:** Harlem Meer
- **July 30:** TBD

Supper Club News

Thank you to **China Place** for providing the Supper Club with a delicious sampling of Japanese food. This month our Supper Club will be meeting on **Thursday, July 23.** The menu is to be announced. Cost is \$13.50. Please call 212-666-4000 to reserve.

Flea Market News

Here's some news you've all been waiting for! MRHS will begin accepting donations for this fall's Flea Market very soon. We will accept donations **one evening a month beginning on Tues., July 7 between 7:00 and 9:00 PM and one afternoon per week from 2:30 to 4:00 PM beginning on Thursday, July 9.** Volunteers will be available in the Recreation Center (library room) by the entrance to the basement of 100 La Salle.

We are grateful for all donations but we do ask that items be in good condition and clean. If you can pack donations in a box, that is helpful. If you need to make donations at a different time you may call the office at 212-666-4000 to make arrangements. The Flea Market dates are **Nov. 13, 14, 15, 2009.**

We are seeking volunteers to assist with the collection of these donations. Volunteers who participate in the sorting and collecting will be allowed to purchase a limited number of items before the actual sale. Contact MRHS to sign up for one day or every day we're collecting. We need volunteers for the following times: Thursdays from 2:30 – 4:00 PM throughout July and August and the following Tuesday evenings from 7 to 9 PM: July 7 and August 4.

Historic Cape May Trip

Join MRHS as we spend a day on the ocean in the town of **Cape May, New Jersey.** One of three towns listed on the National Historic Register, we will take a trolley tour of the Landmark Victorian District. This will be followed by a tour of the Emlen Physick Estate Museum for a look at life more than 100 years ago. There will be time to stroll the outdoor mall with its shops and restaurants. The trip is a three-hour ride with a rest stop half way.

Date: Wed., July 29 **Depart MRHS:** 8:30 AM
Price: \$45.00 **Return MRHS:** 7:30 PM

Circle of Hands

We are forming a Circle of Hands (both men's and women's) to meet weekly on Monday evenings at 7:30 PM starting **Monday, September 14** in the Tuttle Center at MRHS. Give some thought to what you might work on and gather your materials together over the summer; or dig out some unfinished project from the back of the closet. Can't join us? If you have unwanted and unused yarns, embroidery threads, crochet hooks, knitting needles, embroidery hoops, linen material, needlepoint canvas, or quilting supplies, please donate them for use by members of the Circle of Hands who may be able to use them to create items for a worthy cause. Please leave your contributions at MRHS Office in Building One. Your generosity is appreciated.

Questions? Call **Mary Davidson**, Bldg. IV, at 212-316-0140.

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

Please note: MRHS will be closed on Friday, July 3 for Independence Day.

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

Happy July Birthday!!

To: Caridad Bertot, Cecile Boyajian, James Canty, Carlos Crespo, James Dyer, John Gill, Sandy Heyman, Katherine Hinton, Maude Jenkins, Corazon Kangleon, Joan Mansoury, Sui Yung Moy, Barbara O'Farrell, Doris Prillo, and Ana Santos, and Chien (Charles) Wu.

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 21 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

July 4 South Pacific (1958) 2 hrs., 37 min. Come and celebrate Independence Day by watching this movie version of the popular musical about the Navy in the Pacific during World War II.

July 11 The Jane Austen Book Club (1997) 1 hr., 38 min. A present-day group reading the works of Jane Austen learns that there is some similarity between their lives and her stories.

July 18 Sweet Bird of Youth (1960) 2 hrs. Paul Newman is back, this time as a Tennessee Williams anti-hero returning to his Southern home town. The fine cast also includes Geraldine Page, Ed Begley, Rip Torn, and Shirley Knight.

July 25 2 Days in Paris (2007) 1 hr., 36 min. A comedy about an ill-matched couple trying to patch things up, first in Venice, then in Paris. In French with English subtitles.

Start time: 2:00 PM. Please arrive early. Contribution is \$1.00

Recycling Information

Thanks to the Community Relations Committee, MRHS has available in the office flyers that illustrate how to sort items for recycling. They are in English and in Chinese. Just stop by the office or if you need more information call 212-666-4000.

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 – is on summer break returning on Wed., September 9

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, July 23 at 2:30 PM**.

"Later Life Transitions" group meets this month on **Thursday, July 9 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, August 5 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Snow Flower and the Secret Fan by Lisa See**.

Low Vision Group meets this month on **Friday, July 10, and Friday, July 24, at 2:00 PM**, in the Tuttle Center.

Community Service Award To MG Senior

On May 5, 2009 the stockholders of Morningside Gardens honored Morningside Gardens senior, Lotte Strauss, with its Award for Exemplary Community Service. Lotte has given her time and energy to the community continuously over the years. She has served on committees, planted flowers, attended numerous meetings and shown her support and care for the Gardens community in so many ways. Congratulations to Lotte!

Summer: Use MRHS Services

As the heat of summer continues, 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 you requested the service, the Health Aide will call you to let you know what time she will be at your apartment.

Friends

I have read many quotations from authors on Friends,

I will quote a few:

"Every man should have a fair cemetery to bury the faults of his friends."

Another said, "We are all advertised by our loving friends."

And another "A Friend to all is a friend to none."

These two I am going to mention, we all are very familiar with "We must be a friend to gain a friend,"

And, "A friend in need is a friend indeed."

Whether we hold these sayings as truths

We sometimes find that our lives are found in the keeping of FRIENDS. So let's make friends.

Winifred Eileen Derryck, Bldg. VI

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 17.) 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.***

Please Note: SafeLink Wireless is a government supported program that provides a free cell phone and airtime each month for income-eligible customers. For Enrollment Support, call 1-800-977-3768 or go to <https://www.safelinkwireless.com/EnrollmentPublic/home.aspx>.

Thanks to MRHS intern, **Jamshed Kurbanov**, for this information. Jamshed will be completing his internship at MRHS at the end of July. Congratulations and thanks!

H1N1 Flu: What You Need to Know --- from the NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

What is H1N1 flu?

H1N1 flu ("swine flu") is caused by a virus similar to regular (seasonal) flu. The illness can cause fever, cough, sore throat, tiredness, aches, chills and stuffy nose. H1N1 flu spreads when a sick person coughs or sneezes. You can also get infected by touching something with flu viruses on it and then touching your own mouth or nose.

How can I protect myself and others from H1N1 flu?

Don't get too close to people who are sick. If you get sick yourself, avoid close contact with other people. Cover your nose and mouth when you sneeze. And wash your hands often with soap and water or an alcohol-based hand cleaner.

What should I do if I develop flu-like symptoms, such as fever and cough?

Stay home from school or work until 24 hours after your symptoms go away. If you are over 65, under 2 or pregnant – or you have asthma or other health problems – call your doctor to see if you need medicine. Your doctor may be able to give you a prescription over the phone. You *don't* need to go to an emergency room unless you have severe symptoms, such as breathing problems.

When do I need medicine for the flu?

Most people recover without medication, but some people are more likely to get severely ill with the flu. Those at risk include everyone over 65, under 2 or pregnant, and anyone with other long-term health problems, such as asthma or diabetes. If you belong to one of these groups and you get come down with symptoms of flu, call your health care provider right away to get a prescription. If you belong

to one of these groups and you have close contact with someone who has the flu, call your health care provider right away to get a prescription.

When should I go to the emergency room or hospital?

You *don't* need to go the hospital or emergency room unless you have severe symptoms. Severe symptoms include: Trouble breathing or shortness of breath (rapid breathing in children). Pain or pressure in the chest or stomach. Bluish skin color. Dizziness or confusion. Increasing fever. Vomiting that won't stop

Should I send my children to school?

Healthy children do not need to miss school unless classes are canceled. You can find out if your school is closing by visiting <http://schools.nyc.gov/Home/Spotlight/closures.htm>. If your child is sick, he or she should stay home until 1 day after symptoms go away.

What if I feel anxious about the flu?

Some anxiety is normal. If you feel overwhelmed, help is available. You can call Lifenet, a 24 hour, 7-days-a-week crisis hotline. English: 800-LIFENET (800-543-3638). Spanish: 877-AYUDESE (877-298-33730). Asian languages: 877-990-8585. Deaf/Hearing Impaired (TTY): 212-982-5284 or www.mhaofnyc.org.

For more information:

From New York City Health Department
www.nyc.gov/html/doh/html/cd/cd-h1n1flu.shtml

From Centers for Disease Control and Prevention
www.cdc.gov/h1n1flu/general_info.htm

