

Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
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Writing Your Spiritual Autobiography

Reflect on life's meaning and purpose by writing about special events and what you have learned. All backgrounds are welcome for this time of contemplation. Explore the personal influences that have been creative forces in your life. Discover holidays and their meaning in your life. Assess what your family told you and what you believe now. All backgrounds are welcome to have this time of contemplation. If you are an experienced writer, you will have a new subject to explore. If writing is new to you, learn how your own background can be a source of creativity. All are welcome!

Leader, Connie Gemson's background includes conducting writing classes at Memorial Sloan-Kettering Cancer Center and NY Presbyterian Hospital. She has taught at Hunter College and is currently an adjunct lecturer at La Guardia Community College.

Two sessions, will take place on **Wednesday, July 21** and **Wednesday, July 28** from **2:30 to 4:30 PM** in the Tuttle Center, 100 La Salle, #MC. Please call 212-666-4000 to pre-register by July 15.

One Resident's Journey into Community Activism

Joan Levine, (Bldg. I) gave an inspiring talk to MRHS volunteers on April 13. Since 1994 Joan has been chairperson of the Morningside Gardens Community Relations Committee. The Committee's history of working with Grant Houses Residents' Association on vital community issues, such as sanitation, air pollution and recycling is an integral part of this talk. ***You may stop by the MRHS office for a copy.***

Empowering Caregivers

Can you answer these questions?

- Does your loved one have the ability to make his or her own decisions?
- Based on past conversations, do you know what your loved one would want in different medical situations?
- How can I keep the person included in ways that are safe for him to participate?
- Are you experiencing care-grieving?

Wouldn't it be a relief to know you are doing right by the person in your care? Join **Viki Kind** on **Thursday, July 1 at 7:00 PM in the Tuttle Center** for a special program, "Empowering Caregivers." Viki is a clinical bioethicist, medical educator and hospice volunteer. She is also the author of *The Caregiver's Path to Compassionate Decision Making: Making Choices for Those Who Can't*, which guides families and healthcare professionals through the process of making decisions for those who are losing or have lost capacity to think. *The Caregiver's Path* provides an adaptable system for making difficult choices, including end-of-life decisions, while respecting the individual's values and beliefs.

Attendees will learn the decision-making pathway and tools to help give voice to those who can't speak for themselves. This is not a one-size-fits-all solution but can be adapted depending on the person's level of incapacity and the situation. Participants will also learn specific strategies and questions to use and how these tools will work in real life. Respect and compassion are the core values of this decision-making process. Whether you a professional caregiver or a family caregiver, you will come away feeling more knowledgeable and confident about making decisions for those in your care.

Old Westbury Gardens

Join MRHS as we head to Long Island to visit the magnificent **Old Westbury Gardens**, the former home of John S. Phipps, his wife, Margarita Grace Phipps, and their four children. Completed in 1906 by the English designer, George A. Crawley, the magnificent Charles II-style mansion is nestled amid 200 acres of formal gardens, landscaped grounds, woodlands, ponds and lakes. Westbury House is furnished with fine English antiques and decorative arts from the more than fifty years of the family's residence. We will have a two hour guided tour. There is a café on the grounds where you may purchase lunch or you can bring your own and then the afternoon is yours to wander around the estate.

DATE: Wed., July 28 **DEPART:** 9:30 AM
PRICE: \$35.00 **RETURN MRHS:** 6:00 PM

Got A Yarn?

The Circle of Hands loves a good yarn! If you have any unused yarn, fiber, crochet hooks or knitting needles, we can make use of them. Please donate these items or any discarded needle projects to the MRHS Office. We will use of them in our projects when we resume our meetings this fall. Please, no fabric, zippers or sewing notions. Thank you!

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 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.*

Please note: MRHS will be closed on Mon., July 5 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, Iretha Fletcher, John Gill, Katherine Hinton, Maude Jenkins, Corazon Kangleon, Joan Mansoury, Sui Yung Moy, Marjorie Nissen, Barbara O'Farrell, Doris Prillo, Ana Santos, Maggy Sears, 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 20 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

July 3 Yankee Doodle Dandy (1942) 2 hrs., 4 min. This musical biography seems perfect for Independence Day. A great performance by James Cagney as George M. Cohan.

July 10 Saving Grace (2000) 1 hr., 34 min. This British comedy has been rescheduled from May. Brenda Blethyn plays a financially strapped widow whose gardener helps her produce a surprisingly profitable crop.

July 17 Twilight (1998) 1 hr., 36 min. Another in our Paul Newman series, he plays an aging ex-private eye who gets drawn into solving a murder. An excellent cast, including Susan Sarandon and Gene Hackman, fits nicely into the film-noir mood.

July 24 The Station Agent (2003) 1 hr., 29 min. An odd, interesting independent film that takes place in a New Jersey town. A dwarf moves into an abandoned train station, where he finds himself deeply involved with some neighbors.

July 31 Coco Before Chanel (2009) 1 hr., 50 min. A French film (with English subtitles) about the famous designer. She is played by Audrey Tatou (of Amelie), who emphasizes the emotional side of Chanel's early life, but there is also plenty about designing clothes.

Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.

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 1:00 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 – will not meet in the summer. The program resumes on September 8.

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 not meet in the summer months. Look for announcements in the fall.

"Later Life Transitions" group meets this month on **Thursday, July 1 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be on **Wednesday, July 14 at 3:00 PM** in the MRHS Tuttle Center. The reading selection is the novel, **One Day of Life**, set in El Salvador, by **Manlio Argueta**.

Low Vision Group will meet this month, on **Friday, July 9 and Friday, July 23 at 2:00 PM**.

Memory Tree will continue to meet in July on **Mondays from 3:00 PM to 6:00 PM**.

Please note: **DanceFit** class, taught by Suzy Frazer, will resume on **July 10** for six sessions. The time is **Saturday, 9:30 AM to 10:30 AM**. This will be a joint class for all levels. New members are welcome but please note that space is limited.

Study on Memory and Aging Among African Americans

Columbia University Medical Center is sponsoring a research study to look for risk factors for memory problems and Alzheimer's disease among older African Americans. Eligible participants must be African American (men or women), age 60 years and older, with or without memory problems. Participants will receive a small stipend. For more information, or to sign up call 212-305-1893.

Flea Market/Holiday Bazaar

Here's some news you've all been waiting for! MRHS will begin accepting donations for this fall's Flea Market this month. We will accept donations **one evening a month beginning on Tues., July 6 between 7:00 and 9:00 PM and one afternoon per week from 2:30 to 4:00 PM beginning on Thursday, July 8**. Volunteers will be available in the Recreation Center (library room) by the entrance to the basement of 100 La Salle.

Please note that all donations should be clean and in working order. Please try to pack them neatly in boxes or bags.

Flea Market dates are **November 12, 13, 14, 2010**.

Volunteers Needed: to assist with the collection of these donations; to serve on committees (Community Outreach, Publicity; Collection/Pricing ;). Morningside teenagers welcome to join in. Community-service credit is available. Contact the MRHS office at 212-666-4000 to volunteer.

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 6 and August 3.

Technology for You mrhsTechNet

The "mrhsTechNet" group now has about 40 members and has offered three presentations since its inception in April 2010. Members have raised many questions, both simple and complex. Here are a few of these. The answers were researched and/or provided by Mike Davidson and Robert Marcus.

1. How do I hide the recipients of an email? When you send an email using "To" for more than one individual, all the names and email addresses of the recipients are shown to the entire group. This opens the possibility that someone may use this list for spam or other even more insidious purposes. There is a very easy way to avoid this by using the "bcc" (blind carbon copy) component of all email programs. First, use "To" to send the email to yourself. Then, use "bcc" to send it to the rest of the list. That will hide the names and addresses of all recipients and protect them from any unauthorized use. (md and rm)

2. What is cache and how does it work? According to the Indiana Univ. Knowledge Base, "Each time you access a file through your web browser, the browser caches (i.e., stores) it. In this way, the files (including any images on the page) do not have to be newly retrieved from the remote web site each time you click the **Back** or **Forward** buttons. You should periodically clear the cache to allow your browser to function more efficiently." For information on how to do this for your browser, go to <http://kb.iu.edu/data/ahic.html> (md)

3. Why is my computer becoming slow? Sometimes it is not too bad, and other times it is terrible. Also my cursor freezes a lot.

It depends on many factors. A computer could be old and the hard drive/and or motherboard is dying. Or the operating system is corrupt and a re-installation might fix it. One's computer could be infected with malware (e.g. virus, Trojan, spyware, rootkit). The best course of action to mitigate your problem, if
(continued above right)

you are unable to solve it yourself, is to have a qualified computer technician look at the machine for an assessment. (rm)

The TechNet group will not meet during the summer but will begin again in Sept. If you have any comments or suggestions, or would like to be added to our email list, please send an email to Dr.MichaelSDavidson@gmail.com

Enabling Independence for People with Low Vision

MRHS recently received a grant from the New York State Commission for the Blind and Visually Handicapped for a new technological device to assist people with low vision. The device, which is called the SmartView Synergy, has arrived at MRHS and is ready for the community to use.

The SmartView Synergy magnifies and enlarges text, pictures and objects to help restore and maintain independence for people with low vision. The simple controls and the high quality image enables people with low vision reclaim everyday activities, such as reading a magazine page, looking at a picture, or checking ingredients on a can of soup. Please feel free to stop by MRHS to use this device during our office hours.

Secrets of the Upper Path

An early June morning ...
Multitudes of pale pink clover
Rise from diamond-studded grass
with scattered amber mushroom clusters.

Uphill, Robins and Sparrows celebrate Spring.
A curious young Sparrow pirouettes close
to my birdlike whistling.
For a few surprising moments I've been
a "Sparrow Whistler."
Now, a long white lily inhales golden sunbeams ...

A few steps North, under a Pear tree,
A silent group of ten float
through Tai-chi practice ...
And I join them in Spirit.

Vivian Bergman, Bldg. IV

