

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

Effects of War on Children

Dr. Joaquín Flores, Building IV resident, discusses his research on psychological effects of war on children. Born in El Salvador, Joaquin immigrated to the U.S. while the civil war ravaged his country. He states that, "The search for meaning in difficult circumstances guided me to the development of skills to move beyond survivor guilt to a proactive role for people exposed to political violence" and that the work he accomplished enabled him to transform his experiences from 'the burden of being a Salvadoran' (as the murdered Salvadoran poet Roque Dalton has said) to become instead a constructive contributor to society.

At his Teachers College Ph.D. graduation ceremony, Joaquin was awarded the honor of "Extraordinary Doctoral Graduate." His contributions to increasing the knowledge of the impact of war include directing research on the psychological effects of political violence on children, participating as a guest speaker on television, radio, and professional conferences. Dr. Flores also has been recognized with honors including the Alumni Achievement Award by the Fordham University School of Education, "For his courage, perseverance and contributions as a psychologist", and the Roberto Clemente Award For Outstanding Achievement by Boricua College.

Monday, June 21 at 7:00 PM
Tuttle Center, 100 La Salle St. #MC

Supper Club Returns

Look for the Posters. MRHS Supper Club is planning a gourmet dinner again this month. We will be sharing Thai food this time. Just call us at 212-666-4000 to reserve your place.

Thursday, June 10 at 6:30 PM
Tuttle Center, 100 La Salle St., #MC
Cost: \$12.50

Thank You, Morningsiders

Dear Friends,

Enclosed you will find a copy of the MRHS 2003 Annual Report, which includes a report, with statistics, on the multitude of programs and services provided by MRHS to Morningside Gardens residents. Please take the time to read about our health care services, social services, and educational/recreational services provided by MRHS to our community.

Also included is the MRHS 2003 budget, which lists the contribution of \$37,200 from the residents of Morningside Gardens and the contribution of \$50,000 from MHC. We are indeed grateful to the more than 300 Gardens households who contributed to the MRHS annual campaign in 2003; and to MHC for their contribution, which enables MRHS to receive NORC funding of more than \$200,000 from the New York State Office of the Aging and the New York City Department for the Aging.

In these times of shrinking government and other resources, MRHS depends to a growing extent on the contributions of its friends in Morningside Gardens. These contributions are essential as we seek outside funding. They demonstrate that the community we seek to serve appreciates and values the work of MRHS. Again, we thank you for your support, which allows us to carry on the important work of MRHS in the Morningside community.

Deborah Jefferson, MRHS Treasurer

Visit Brandywine River Museum

Join MRHS on one of our patented summer trips to a most beautiful part of our region. The **Brandywine River Museum** in Chadds Ford, PA collects American art emphasizing the art history of the Brandywine Valley, American landscape and still life painting, and illustration. The museum houses paintings from the Wyeths and other American masters including Winslow Homer and Maxfield Parish. We will have a docent led guided tour and lunch is included.

DATE: Wed, June 30 **PRICE: \$37.00**
DEPART: 8:30 AM **RETURN: 6:30 PM**

Director's Column

Back in the early 90's when I was the Director of Social Services at a nursing home, I wrote an article that was published in the "Journal of Gerontological Social Work." The article was about the misuse of restraints in nursing homes. At that time, the use of restraints was a widespread practice, even in the best of nursing homes. The justification for the practice was that it was necessary to protect the safety of nursing home residents, to guard against falls.

However, I can still see in my mind's eye a frail elderly woman, speechless from dementia, struggling against the seat belt that restrained her in her armchair. Her arms would reach out to passersby as they walked past. This occurred when I was a social worker in a Manhattan nursing home often cited in textbooks for their excellent care. Happily, I can also see in mind's eye this same frail woman walking gleefully throughout the unit after she was freed from the use of restraints. She of course had created more work for the staff, which had to keep an eye on the stairwells, as not only was the woman quite capable of ambulating but she was rather spry and quick on her feet. Thankfully, the use of restraints is now virtually nonexistent in nursing homes and I was happy to be part of the vanguard that demonstrated that the practice was paternalistic at best, and cruel at worst.

I write about this now because I was recently reminded about the values of independence and autonomy in working with elderly persons. These values stood as the philosophical underpinnings in the fight against paternalistic restraint use in nursing homes. At a lecture I recently attended, a document entitled the "United Nations Principles for Older Persons" was circulated. I was happy to see that the first principle enunciated by the United Nations is "independence." Under the rubric of independence is included this principle: "Older persons should be able to reside at home for as long as possible." It is satisfying to know that MRHS and the Gardens community is putting into practice this first principle identified by the UN.

I can recall my delight while interviewing for the job at MRHS. Still working as the Director of Social Work in a nursing home, what a breath of fresh air it was to learn of an organization and a community that valued independence.

Happy June Birthday!!

To: Hisayo Asai, Anne Balduzy, Dorothy Bloomfield, Kenneth Bolt, Robert Calese, Betty Dunn, Bea Gottlieb, Betty Reardon, Aimee Scheff, Robert Seaver, Viola Sugahara, Naomi Tepfer, George Todd, Cora Walker, Edna Walker and Alice Wong.

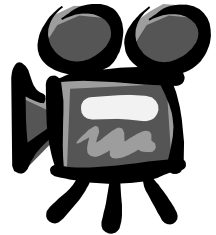


Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in June are all invited to our Birthday Party! Come on **Tuesday, June 15, at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

June 5 *lord of the Rings: the fellowship of the Ring* (2001) 3 hrs. This splendid adaptation of the first of Tolkien's epics won four Academy Awards, and, heading a fine cast, features Ian McKellen as the wizard Gandalf.



June 12 *Monsoon Wedding* (2002) 1 hr, 50 min. A comedy-drama of an arranged marriage in Delhi, with many complications among many generations. A "take-off on Capulet versus Montagu stuff." *In English, Hindi and Punjabi with subtitles.*

June 19 *love in the Afternoon* (1957) 2 hrs, 19 min. Billy Wilder directed, and, with I.A.L. Diamond, wrote this scintillating romance, set in Paris, with Gary Cooper and Audrey Hepburn as the lovers, and Maurice Chevalier as the latter's father.

June 26 *The Spirit of St. Louis* (1957) 2 hrs, 18 min. In the same year as the above-named comedy, Billy Wilder directed a stirring account of Charles Lindbergh's solo flight across the Atlantic, with James Stewart as the heroic aviator.

**The movies start at 2 PM in Bldg. I.
Please try to arrive promptly.**

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 – Brighten your spirits! Come to the Sing-Along every **Friday at 3:15 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:

June 9, June 23

Shopping on Tuesday, Laundry on

Thursday - The MRHS Health Aides do shopping and laundry for people who need help. Just call Marie Phillips at the Nurse's Office (212-666-2050) one day before you would like the services.

The Fairway Shuttle departs now from the bus stop 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 meets usually on the fourth Thursday of the month at **2:30 PM** in the Tuttle Center. This month, however, the date is the third Thursday **June 17**.



The Mission of MRHS

The Mission of MRHS is twofold: 1) to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes comfortably, safely, and with as much independence as possible for as long as they can; and 2) to provide programs which promote health and provide opportunities for education, socialization and recreation for all older residents of Morningside Gardens, with particular attention to the special needs of the infirm, homebound, and isolated.

Poetry Reading / Open Mic

MRHS continues this Friday evening program. Bring your poetry, prose or music to **The Garden Poetry Reading / Open Mic** – or just come and listen. For more information call Building IV resident Mary Grace Bookhardt at 212-866-4454.

Friday, June 4 at 6:30 PM
Tuttle Center, 100 LaSalle St. #MC

Contribution requested. (July date: 7/2/04)

Flea Market Update

Many of you have made inquiries about donating items for the next MRHS Flea Market. If you have already done so, thank you. We are now officially ready to accept donations for next Fall's Flea Market.

However, in order to minimize the disruption of our office and staff, we are requesting that all contributions be brought to MRHS on **Wednesday and Thursday afternoons between 2 and 4 PM**. We are also requesting that contributions be in boxes, if at all possible. This protects breakables and makes storage more efficient.

If you have an emergency and need to bring something other than at the specified times, please call the office (212-666-4000) to make arrangements. **Thank you!!**

Special Thanks to Elissa Kleinhaus for her efforts on behalf of senior advocacy. Elissa served as staff advisor to the newly formed MRHS Advocacy Committee and accompanied several Gardens residents on the trip to Albany. We will miss her.

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, June 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.*

Report from the MRHS Advocacy Committee

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

The trip to Albany on 5/5/04 was a great success. Together with about 500 seniors, the MRHS representatives showed support for senior issues and protested pressing issues such as the new Medicare & Prescription Law and changes to essential social insurance programs including Medicaid and Social Security. The group of seniors at Grassroots Senior Citizens Day was very diverse, representing all areas of New York State. Together we heard and learned from Senator Kemp Hannon, Senator Nick Spano, Senator Golden, Comptroller Alan Hevesi, Assemblyman Steve Englebright, Assemblyman Gottfried, and Attorney General Spitzer.

Additionally, on 5/6/04 there was a very interesting and informative Medicare forum here at MRHS with a Medicare Rights Center representative and Assemblyman O'Donnell. The details of the new Medicare & Prescription Drug Law were reviewed and the new prescription drug law was discussed. Petitions were signed to repeal and replace the law as well. While the forum covered all the details, the new law is complex and confusing. We encourage you to call MRHS at 212-666-4000 with any questions you may have regarding your health care coverage.

The Advocacy Committee again wants to thank everyone who has sponsored or attended these programs. It is important that we continue to stand up for the rights of seniors, so please join the committee in planning future advocacy events. Our next meeting as a committee is set for **Monday, June 14, 4:00 PM in the Tuttle Center.**

A bill for the partial tax abatement for co-ops has passed both the State Senate and Assembly and has been sent to the Governor. Our own Dan O'Donnell was a co-sponsor. Letters should now be sent to Governor George Pataki at Executive Chamber, Capitol, Albany NY 12224 to urge him to sign. Thanks to Dot Savage and the Morningside Gardens Board for the alert.

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

“Elder Grace: The Nobility of Aging”

MRHS has a copy of this book with photographs by Chester Higgins, Jr., and Foreword by Maya Angelou. It includes photos of Morningsiders. Ask Margaret Bianchi at the front desk if you would like to see the book.



We thank those who helped make the *Cabaret* a success. The music was wonderful and the good company, wonderful treats and festive decorations put everyone in the mood to do this more often. And, we raised some money for MRHS!! Pictured above at the Cabaret are Pat Coupe (Ron's wife), Mary Thompson, and Ron Bruno. Photo thanks to Frank Minaya.