

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Sarah Cunningham
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Take Charge of Your Retirement

Come and meet **Ray Henri, CRFA**, a Certified Retirement Financial Advisor from Cadaret Grant, who will discuss financial retirement planning:

- How to avoid outliving your current resources
- How to avoid losing your independence
- How to make clear retirement choices

Mr. Henry will share the three concepts and actions he considers essential to consider in making the retirement journey.

Wednesday, June 13, 7:00 PM
Tuttle Center, 100 La Salle, #MC

“Our Holocaust Vacation”: Repeat Performance

Our Holocaust Vacation is a feature-length documentary about longtime Morningside Gardens resident, **Tonia Blair** (Bldg. V). When we showed it last month there was such a large crowd that we are repeating the program.

Starting in Tonia’s hometown of Lodz, Poland, the group, including Tonia’s daughter-in-law, Tania, and granddaughter, Irena, are surprised to see Nazi graffiti as they visit places familiar from her past, including the one-room apartment where she grew up. Their search takes them to the resort town of Mszana Doina, in southern Poland, before they continue on to Auschwitz, Freiberg, and Mauthausen. On route the family reenacts events significant to Tonia’s past and stages performance art pieces that include giving away loaves of bread to honor people who had helped her and a convoy of women prisoners during the final stages of the war.

The film is made by longtime Morningside resident, **Nicholas Blair**, and his brother, **Doniphan**. It is one hour and 20 minutes.

Monday, June 18, 7:00 PM.
Tuttle Center, 100 La Salle, #MC

Benefit Raffle Tickets on Sale

Buy a Raffle & Support MRHS!!

MRHS will be holding a special 40th Year Anniversary fundraising raffle this spring! The top prize, donated by **Tiffany & Co.**, is an **Open Circle Pendant**, with round brilliant diamonds, carat total weight .57, color grade G, clarity grade VS. Platinum. **On a 16" chain and valued at \$2,500.**

We thank Tiffany for this generous donation and urge all MRHS supporters to take a chance on winning this fine piece of jewelry. All proceeds will go to MRHS.

There will be two second prizes, which will be sets of autographed books by former *New York Times* restaurant critic and *Gourmet* magazine editor-in-chief, **Ruth Reichl**. One set consists of memoirs, while the other set is on general food-related issues. Many thanks to Ruth Reichl for her donation!

Other prizes will include gift certificates generously donated by local restaurants such as *Pisticci's* (two gift certificates worth \$100 each), *Sezz Medi* (four gift certificates worth \$25 each), *Ajanta Indian Restaurant* (\$25 gift certificate), *China Place*, and *The Kitchenette*. A gift basket of *Ghirardelli* chocolates will also be raffled off.

Raffle tickets are now on sale weekdays from 9:00 AM to 5:00 PM, at the MRHS Tuttle Center in Building I, 100 LaSalle Street. Raffle tickets are selling for \$10 each. The drawing will take place at the MRHS Birthday Party on **Tuesday, June 19, 12:30 PM**, at the Tuttle Center. You do not have to be present to win.

Stop by MRHS for more information and to buy a raffle (or many raffles) for a good cause!

Notes from the Nurse

June: National Safety Month

Choose safety; prevent injuries and errors.

Bathroom:

- Install grab bars on the bathroom walls near the toilet and along the bathtub or shower
- Place a slip-resistant mat next to the tub or shower
- Place non-skid adhesive textured strips on bathtub floor
- Replace glass shower enclosures with non-shattering material

Bedroom:

- Clear clutter from the floor
- Place a lamp and flashlight near your bed
- Install night lights along the route to the bathroom
- Sleep on a bed that is easy to get into and out of
- Keep a telephone near the bed

Living areas:

- Be sure there are clear pathways between rooms
- Don't put wires under the rug

Kitchen:

- Remove throw rugs
- Don't stand on chairs or boxes to reach upper cabinets. Use a step stool with an attached handrail so you can support yourself

Medications:

- Keep medications in their original containers
- Using adequate light, read labels carefully before taking doses
- Read and save the patient information that comes with your medicine
- Carefully read OTC medicine labels for ingredients, proper uses, directions, warnings, precautions, and expiration dates
- Discard outdated medicine

Marie Phillips, RN, MCPH

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

Happy June Birthday!!

To: Hisayo Asai, Kenneth Bolt, Michael Czajkowski, Betty Dunn, Bea Gottlieb, Jud Levin, Joan Levine, Norman Levine, Betty Reardon, Aimee Scheff, John Seaman, Robert Seaver, Albert (Robbie) Sheldon, Tamaara Tabb, Viola Sugahara, George Todd, and Edna Walker.



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

Saturday Afternoon Movies

June 2 Gunga Din (1939) 1 hr., 57 min.

One of the great adventure films, set in India and starring Cary Grant as one of three devoted comrades in arms, the others being Douglas Fairbanks, Jr., and Victor McLaglen.



June 9 – No movie due to 50th Anniversary Festivities.

June 16 In Her Shoes (2005) 2 hrs., 9 min.

Two sisters (Cameron Diaz and Toni Colette) with contrasting and conflicting personalities discover how much they really have in common when they find their long-lost grandmother (Shirley Maclaine).

June 23 Mr. Lucky (1943) 1 hr., 40 min.

Cary Grant in a distinctively congenial vehicle for him: a romantic comedy in which he starts out as the pretty disreputable owner of a gambling ship and then falls in love with an intended mark, Laraine Day, and goes straight.

June 30 Shogun (2005) 1 hr., 56 min.

A witty, gentle comedy about a lonely girl who is nudged out of her gloom by the attentions of a rich admirer played by Steve Martin, who wrote the adaptation of his own novel.

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

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 9-11 AM in the Tuttle Center:

June 13, 27

Shopping on Tuesday, Laundry on Thursday - The MRHS Health Aides do shopping and laundry for people who need help. Call Marie Phillips, R.N., at (212-666-2050) one day before you would like the services.

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 meets this month at **2:30 PM** in the Tuttle Center. The date is **June 28**.

"Later Life Transitions" group led by **Fran Geer** meets this month on **Thursday, June 14 at 3:00 PM** in the Tuttle Center.

Low Vision Support Group meets on the **this month two Fridays, June 1 and June 15 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 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 15.) 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 Forming

Do you love to read and talk about novels? We are starting a new **BOOK CLUB** at MRHS! If you are interested, please bring your ideas to an informational meeting on **Wednesday, June 20 at 2 PM** in the Tuttle Center. Rachel Kurlantzick will be leading the group.

King Tut / The Franklin Institute

Join MRHS on our next trip to see *Tutankhamun and the Golden Age of the Pharaohs* at the Franklin Institute Science Museum. Thirty years after the boy king's treasures last visited the United States and more than doubling the size of the 1977 exhibit, Philadelphia will be the last stop on the U. S. tour before heading to London (it's not coming to New York). Tour the exhibit with your own audio guide and then spend the remainder of your time experiencing the rest of the museum. Lunch will be available on your own at two museum restaurants or you could go outside and get a real Philly Cheesesteak!

DATE: Tuesday June 26 **PRICE:** \$45.00
DEPART MRHS: 9:15 AM **RETURN:** 6:00 PM

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.

Garden Poetry/Open Mic News

The Poetry reading group will meet this month on **Thursday, June 14, 7:30 PM**. This month the program is "Celebrating Summer in Poetry." Come to the **Tuttle Center, 100 La Salle, #MC**. Many thanks to **Shuli Wu** for the stimulating talk on Chinese Poetry in May. The program in June will include open/mic readings.

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

Report on StoryCorps Visit!

On May 10 and May 16 StoryCorps visited MRHS, in a program coordinated by MRHS social worker, Rachel Kurlantzick. StoryCorps is a national project to instruct and inspire people to record one another's stories in sound. With the generous help of StoryCorps staff, we recorded 11 interviews with Morningside Gardens residents. These residents had the opportunity to share their life stories, memories and unique experiences, and to have these narratives preserved on CD. These 11 interviews with Morningside Gardens residents will now become part of the StoryCorps Archive, housed at the American Folklife Center at the Library of Congress in Washington, DC. StoryCorps interviews are also broadcast each Friday morning on New York's public radio station, WNYC, 830 AM and 93.9 FM, as part of NPR's *Morning Edition*.

There is tremendous value in storytelling --- both for the storyteller and for the listener. Through this process we can review our lives and simultaneously create a more vivid picture and understanding of the past, and a living history for future generations. And, sharing these StoryCorps CD with family, friends, and residents of Morningside Gardens is a way to recognize the life experiences and creativity of the StoryCorps participants. If you did not get a chance to visit the StoryCorps table, please stop by MRHS for more information about recording your own story, or planning a visit to the StoryCorps booth in Grand Central Station.

Get Organic Produce and More

Do your part to keep a local farmer in business and enjoy healthful local produce, fresh eggs and beautiful country flowers! Register now for local, organic produce all summer delivered to Anshe Chesed, a synagogue on West End and 100th Street. Tuv Ha'Aretz, Hazon's Community-Supported Agriculture Project, offers members an entire season of organic, local produce. Pickups run from June 6 to November 14, Wednesdays from 5:30 to 7:00 PM, at Anshe Chesed. To register or for more info, contact: leah@hazon.org or www.hazon.org/CSA. All are invited to participate!

JASA Volunteer Ventures Expo

On **June 14**, JASA is holding a free half-day conference and volunteer opportunities fair for adults 50+. The event is from **9:30 - 2:00 PM** at the **UJA Federation of New York, 130 East 59th Street, 7th Floor, NYC**. Advanced registration is required.

MRHS Monthly Report

During the month of **April**, the MRHS clinical care team made **718** contacts with, or on behalf of, elderly residents of Morningside Gardens. There were **467** social service casework contacts, including **104** home visits during the month. There were **176** nurse's contacts, including **79** home visits from Marie Phillips, RN. A total of **79** individuals were provided with clinical care services from MRHS during the month of March. In addition, attendance at MRHS programs for the month, including health education and health promotion groups, was **807**. If you, or a neighbor over the age of 60, are in need of assistance, please call MRHS at 212-666-4000 for help.

