

Morningside Retirement and Health Services, Inc.  
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050

www.mrhsny.org  
Executive Director: Ronald Bruno

## Know About Eyes

On **Friday, June 6, at 2:00 PM**, *Dr. Lorraine Marchi*, director and founder of NAVH will present her talk, entitled "Know About Eyes." Dr. Marchi's presentation teaches you about how eyes work, common refractive errors, how you can protect your eyes from damage, and, common eye diseases.

Come join this lively, interactive talk with an expert on vision and vision-related issues. This talk will have something for everyone. Join us in the **Tuttle Center, 100 La Salle, #MC**.

## Pennsylvania Dutch Country

Plain folk working the land, sharing their ways, their wares, the fruits of their labor and a warm, heartfelt welcome you won't find anywhere else. Join us as we have a delicious authentic dinner at the famous **Good n' Plenty Restaurant** followed by a three-hour guided tour of the Amish Country. Our tour will include stops at a farmers market, a working Amish farm and a crafts store. Horse drawn buggies, beautiful rolling farms and a world that hasn't changed much in centuries...what a peaceful way to spend a day!

**Date:** Monday June 9      **Price:** \$50.00  
**Depart:** 8:30 AM      **Return:** 7:30 PM (approx)

## Financial Tips

Come hear *Ray Henri, CRFA*, a Certified Retirement Financial Advisor from Cadaret Grant, discuss how to flourish through an economic crunch. Topics will include improving your investment options, saving money, and making a difference in your investment portfolio.

**Wednesday, June 18, at 7:00 PM**  
**Tuttle Center, 100 La Salle, #MC.**

## Are You Presidential Material?

Morningside Retirement and Health Services (MRHS) is an organization that continues to serve Morningside Gardens Seniors. One of the primary purposes of MRHS is to aid older persons with the requirements of daily living. MRHS provides an array of social work services, health care services and recreational/educational programs. Luncheons, trips, movies, exercise classes, music and films are a few of the activities offered on a regular basis.

MRHS is run by a Board of Directors with 15 members. Twelve must live in Morningside Gardens and three can reside elsewhere.

MRHS is in a transitional phase. Many long-term Board members are retiring and there is a need for new leadership. We are seeking someone who would like to serve as President of MRHS. The duties include chairing meetings, setting agendas and working closely with the Executive Director of MRHS.

If you or someone you know would like to provide leadership to this organization, please contact Alene Smith, Chair of the Nominating Committee, at the MRHS office at (212) 666-4000. An early response is appreciated.

## Notes on Volunteering

- Are you interested in volunteering but feel concerned about the commitment? Escort Volunteers are called on an as needed basis. This is a great way to volunteer – only when you're available.
- If someone knocked on your door and asked to borrow some support, would you lend them some? Well, now you can – with just a phone call. We are continuing our search for Telephone Reassurance Volunteers; please contact Joanna Stolove at 212-666-4000 for more information.

## MRHS Monthly Report

During the month of **April**, the MRHS clinical care team made **583** contacts with, or on behalf of, elderly residents of Morningside Gardens. There were **336** social service casework contacts, including **80** home visits during the month. There were **178** nurse's contacts, including **81** home visits from Marie Phillips, RN. A total of **86** individuals were provided with clinical care services from MRHS during the month of April. In addition, attendance at MRHS programs for the month, including health education and health promotion groups, was **791**. If you, or a neighbor over the age of 60, are in need of assistance, please call MRHS at 212-666-4000 for help.

## In Memoriam: Eric Levine

MRHS sends its condolences to Norm and Joan Levine, parents of Eric Levine, who passed away last month. Eric volunteered his time to sing and play guitar at MRHS on a number of occasions. His raucous rendition of various folk songs will be sorely missed. Our heartfelt thoughts go out to Norm and Joan at this time.



***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.***

## 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, Edna Walker, and Ernestine Welch.



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

## Saturday Afternoon Movies

**June 7 *The last King of Scotland*** (2006) 2 hrs. Forest Whitaker gives a stunning performance as Idi Amin, the dictator of Uganda. The plot concerns a young Scottish doctor who becomes a witness to Amin's unspeakable brutality.

**June 14 *Hairspray*** (2007) 2 hrs. Screen adaptation of the stage musical based on an older cult-classic film. John Travolta, in drag, heads an energetic cast having a great time.



**June 21 *Penny Serenade*** (1941) 2 hrs. Another Cary Grant classic in our retrospective series. This time he plays opposite Irene Dunne in a romantic drama about a couple who face misfortune in their attempt to have a child. Bring Kleenex.

**June 28 *Just Like Heaven*** (2005) 1 hr., 35 min. A perky romantic comedy in which Reese Witherspoon seems to be a ghost beguilingly haunting Mark Ruffalo's San Francisco apartment.

**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 11, 25**

**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 26**.

**"Later Life Transitions" group** led by **Fran Geer** meets this month on **Thursday, June 12 at 3:00 PM** in the Tuttle Center.

### **MRHS Book Club News:**

The next meeting of the MRHS Book Club will be on **Wednesday, June 4 at 2:30 PM in the MRHS Tuttle Center**. Please join us for a discussion of **On Chesil Beach** by Ian Mc Ewan.

## Congrats, Gus & Elmer!

Congratulations to **Gus Archilla** and **Elmer Lokkins** who were both honored with special citations this spring. On April 29 Gus was honored at the Annual Meeting of Morningside Gardens for his long-time contributions to the Gardens community. On May 8 Elmer and Gus received the **2008 Pride Award** from *American Veterans for Equal Rights New York*. MRHS is very proud of them and happy to say they have been long-time, enthusiastic and energetic volunteers.

## 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.

The procedure will be a little different this time. We will accept donations **one evening a month beginning on June 10 between 7:00 and 9:00 PM and one afternoon per week from 2:00 to 4:00 PM beginning on July 10**. 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 **November 14, 15, and 16**.

### 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 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.*

***Sometimes living independently is just a matter of knowing that you have one more person you can depend on. Please contact Joanna Stolove at 212-666-4000 to learn more about our Telephone Reassurance Program.***

***Thurgood, a Broadway play about the life of Supreme Court Justice and onetime Morningside Gardens resident, Thurgood Marshall, is running on Broadway from April 12 through July 20. It's at the Booth Theatre, 222 West 45<sup>th</sup> Street.***

***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

## Letter From a Happy Cooperator

How high can I sing praises for our nurse, Marie Phillips? Never high enough – for one so knowledgeable, so experienced and so compassionate. She knows how to listen no matter how tedious the subject is and she makes you feel special.

Until age 91 I had been living completely independently. Then, on January 7<sup>th</sup> of this year I fell on the Gardens grounds and had to have my head stitched up. After one week in the hospital and five weeks in rehab, I came home a changed and needy person, and, unwilling to accept my permanent walker.

Nurse Phillips tells you that your situation isn't as bad as you make it and to take it one day at a time. She treats you physically and psychologically. As time goes by, I see how good her advice was, impossible though it seemed at the time.

Amazing how Marie took into consideration my quirks in the search for a part-time home health aide.

Who could ask for more from a nurse?

***Isabel Kogel, Building V***

## Summer at Morningside Gardens

After Winter's dawn,  
Did we greet Spring morn with a welcome?  
She seems so different.  
Did you also see what an incredible view  
of life the Gardens gave?  
Like a downfall then an uprising.  
Isn't that what Nature is all about?  
A respecter of no one.  
She can be so destructive. Yet so beautiful.

***Winifred Eileen Derryck, Building VI***  
***4/28/2008***

## The MRHS Legacy Society

The Board of Directors of Morningside Retirement and Health Services recently approved the creation of a legacy society for the purpose of recognizing those who designate a planned gift for MRHS. Membership in The MRHS Legacy Society is open to anyone who establishes a planned gift for the benefit of MRHS, including those who have made a bequest to MRHS in their will. MRHS provides an array of social services, health care services, and educational/recreational programs for residents of Morningside Gardens, which participation in The MRHS Legacy Society will support in the future.

If you have included in your estate plan a gift to MRHS in any amount, or have questions about how you might make a planned gift to MRHS and thus become a Member of The MRHS Legacy Society, please telephone MRHS at 212-666-4000 for additional information. Your membership in the Society will enable MRHS to acknowledge your generosity during your lifetime.

## Do You Love to Play Bridge?

Some cooperators have expressed interest in starting a bridge group. If you can play, even a little, and would like to be part of a group here in the Gardens, please contact MRHS at 212-666-4000.