

Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
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New Hope, PA & Ivyland Railroad Trip

Join MRHS as we venture to the charming town of **New Hope, PA**, visiting the many restaurants, antique shops and art galleries, or taking the popular walk along the river and the Delaware Division of the Pennsylvania Canal. We will begin our trip with a one hour narrated train ride aboard a refurbished steam locomotive and five vintage passenger coaches operated by the **Ivyland Railroad**. Spend the afternoon strolling the streets window shopping, gallery hopping or eating in one on the many restaurants.

DATE: Tues., June 30 **DEPART:** 8:30 AM
PRICE: \$40.00 **RETURN MRHS:** 6:30 PM

Ready New York — Be Prepared!

The New York City Office of Emergency Management (OEM) will be coming to MRHS for a **Ready New York** presentation. Established in 1996, the New York City Office of Emergency Management (OEM) plans and prepares for emergencies, educates the public about preparedness, coordinates emergency response and recovery, and collects and disseminates emergency information.

Ready New York is the City's educational campaign to encourage New York City residents to prepare for emergencies. **Ready New York** takes an all-hazards approach to preparing based on three guiding principles: knowing the hazards in New York City, making a household disaster plan, and stocking emergency supplies.

All community members are invited to attend and to bring along friends and neighbors!

Friday, June 12 at 1:00 PM
Tuttle Center, 100 La Salle, #MC

How to Communicate Effectively with Your Doctors

An Informative Lecture with David C. Leven

The marvels of modern medicine allow most of us to now live much longer than just 50 years ago, but not necessarily better.

Mr. Leven will speak about important health issues and how you can effectively communicate with your doctors about them, focusing on what you can do to get your pain well controlled and have your health care choices respected.

David C. Leven is the Executive Director of **Compassion & Choices of New York**. Mr. Leven is a graduate of the University of Rochester and Syracuse University College of Law. He played a leadership role in securing passage of legislation in New York to improve pain and palliative care and health care decision making.

Monday, June 15 at 7:30 PM
Tuttle Center, 100 La Salle, #MC

Current Issues on AIDS and HIV for People Over 50

The discussion will provide an opportunity to understand the issues connected to HIV and AIDS such as housing, lack of community and access to healthcare, racism, sexism, homophobia, sex, substance abuse, religious and cultural obstacles, immigration and more. We will also discuss how the older adult population is particularly impacted by the domestic HIV/AIDS epidemic.

Please note that this discussion is being sponsored by Assembly Member Danny O'Donnell.

Monday, June 8 at 7:00 PM
Tuttle Center, 100 La Salle, #MC

Director's Column

As a kid growing up in the Soundview neighborhood of the Bronx, I discovered my good friend, Ben, and I had something in common besides a passionate attachment to Mickey Mantle and the NY Yankees. Both of us had grandparents who told inscrutable stories that were meant to teach some kind of life lesson to all those within hearing distance, particularly grandchildren. While my grandfather told his tales in Italian, which had to be translated by my mother, Ben's grandfather told his in English with Yiddish expressions thrown in at just the right times.

The most memorable of my grandfather's tales, as I recall, involved a straying flock of sheep and a flowing brook. The punch line was something like, "you step on every stone, you never get there" (though we were assured that it was punchier in the Italian dialect.) Ben and I thought the story had something to do with career choices and decided we would never grow up to be shepherds. I suppose it also had something to do with the perils of perfectionism.

Now the most memorable of Ben's grandfather's tales went something like this. There was an elderly man who was dying. As he lay in bed with his eyes closed, his wife whispered to him the name of every member of the family who was there to wish him peace. "And *who*," he suddenly asked, sitting up abruptly, "*who is minding the store?*"

Again, the wisdom of the story was mostly lost on Ben and me, but some of it did penetrate and has stayed with me. Nowadays, in the field of gerontology, there is great emphasis on the value of "civic engagement" as we age. The New York Academy of Medicine in their 2008 report, "Toward An Age-Friendly New York City," quote an older person who says, "I'd like to do something that I can be proud of. I don't mind getting old. I just want to be doing something."

The report goes on to state that activities of civic participation "not only benefit the community, they keep older adults engaged and prevent social isolation." These are the twin benefits that MRHS has tried to achieve with its volunteer program. Certainly those residents who are escorted to doctors' appointments by MRHS volunteers, for example, reap a benefit from this service. But we like to think that the volunteer also receives a less tangible benefit.

Happy June Birthday!!

To: Hisayo Asai, Kenneth Bolt, Eileen Canty, Ling-wang Chao, Michael Czajkowski, Betty Dunn, Quinten Fletcher, Bea Gottlieb, Bridget Leicester, Joan Levine, Norman Levine, Betty Reardon, John Seaman, Albert (Robbie) Sheldon, Tamaara Tabb, Viola Sugahara, George Todd, Edna Walker, Ernestine Welch, and Shuli 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 June are all invited to our Birthday Party! Come on **Tuesday, June 16 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

June 6 West Side Story (1961) 2 hrs., 31 min.

You can share in the renewed interest in Leonard Bernstein's groundbreaking musical by seeing this classic film, which won ten Academy Awards.

June 13 Men in Black (1997) 1 hr., 38 min.

A clever comic version of a science-fiction action film about alien invaders. Unusually well-acted by a cast that includes Will Smith, Tommy Lee Jones, Tony Shalhoub, & Rip Torn.

June 20 From the Terrace (1960) 2 hrs, 24 min.

Paul Newman in a drama about an ambitious young businessman who messes up his marriage. Joanne Woodward plays the neglected wife. The plot comes from a novel by John O'Hara.

June 27 Dan in Real Life (2007) 1 hr., 38 min.

A gentle tale of the romantic troubles of a man who writes an advice column and finds himself in the situation of being a widowed father of three who has fallen in love with his brother's girlfriend.

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

Gardens resident John Kearns' play, *Resignations*, open at the Robert Moss Theater at 440 Lafayette Street. Go to www.kearnscafe.com for more info.

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 9:00 - 11:00 A.M.
06/10, 06/24

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, June 25 at 2:30 PM**.

"Later Life Transitions" group meets this month on **Thursday, June 11 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, June 24 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Revolutionary Road by Richard Yates**.

Low Vision Group meets this month on **Friday, June 12, and Friday, June 26, at 2:00 PM**, in the Tuttle Center.

From **Human Values in Aging Newsletter**, May 1, 2009, AARP Office of Academic Affairs, **H.R. Moody**, Editor:
"Consider the case of Italian postwar film star, Anna Magnani, when a make-up man tried to erase her wrinkles and she is reputed to have said, don't take out a single one: I paid for each of them."

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

Farmyard Tour

The Children's Learning Center (CLC) has invited MRHS to join them on their annual trip to the Queens County Farm in Floral Park, Queens. The Queens County Farm's history dates back to 1697; it occupies New York City's largest remaining tract of undisturbed farmland and is the only working historical farm in the City. The farm encompasses a 47-acre parcel that is the longest continuously farmed site in New York State. The site includes historic farm buildings, a greenhouse complex, livestock, farm vehicles and implements, planting fields, an orchard and herb garden.
(www.queensfarm.org)

Come join the CLC on **Friday, June 5** for a day of animals, hayrides and farming. We'll even have a chance to meet Daisy the cow, a long-time resident of the farm who is now "retired." The bus will be leaving promptly at **9:15 AM** and returning around **1:00 PM** (the trip out to Queens will take around 40 minutes). Bring your own lunch for an outdoor picnic on the farm. Cost: \$16 (includes the cost of the bus and admission to the farm). Contact **Jamshed** at MRHS to register for the trip. *Thanks to MRHS Board member and CLC Director, Lori Woliner, and to Jamshed Kurbanov for making this intergenerational trip possible!*

Kay Murray Honored

Congratulations to *MRHS Treasurer* and former general counsel to the New York City Department of Juvenile Justice, **Kay Murray!** Kay was awarded the **Barnard Medal of Distinction**, Barnard College's highest honor, at the college's 117th Commencement ceremony on Monday, May 18th.

Other honorees receiving the award that day were Secretary of State Hillary Rodham Clinton, PepsiCo's Chief Executive Officer, Indra K. Nooyi, and Harvard University's William Dorr Boardman Professor of Fine Arts, Irene J. Winter. Secretary Clinton delivered the Commencement address. Go to www.barnard.edu for more details.

Are You Crafty?

Do you crochet, knit, embroider (cross stitch, crewel), needlepoint, quilt or appliqué? Would you like to share your needlework skills, designs and techniques with others, or just work in friendly company?

We are forming a ***Circle of Hands*** (both men's and women's) to meet **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 over the summer; or dig out some unfinished project from the back of the closet. Join us in September to work on it or on items that may be donated to MRHS or other organizations. Questions? Call Mary Davidson, Bldg. IV, at 212-316-0140.

Senior Strollers March On!

The MRHS Big Apple Senior Strollers will continue the same walking schedule from April. The walks are scheduled for **Thursdays** and begin sharply at **9:30 AM**. Please meet at the MRHS office, 100 La Salle, #MC.

- **June 4th**: Take the #5 bus down to 72nd street and enjoy a walk heading further south in Riverside Park
- **June 11th**: Morningside Park
- **June 18th**: A walk to the Little Red Lighthouse in Fort Washington Park (approx 3 miles – one-way)
- **June 25th**: Harlem Meer

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 19.) 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.***

Like to Sing?

We are initiating a new choral program at MRHS, an informal, cooperative setting for people to meet and sing. You do not need to know how to read music, or have any choral experience. All you need is yourself and your voice. The group is being led by Daniel Shaw, a conductor and composer who founded the American Radio Choir (www.americanradiochoir.org) here in New York City. Join us for the first meeting on **Tuesday, June 2 at 7:00 PM**.

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

Children's Learning Center Fundraiser

The Children's Learning Center (CLC), 90 LaSalle Street, is holding its Annual Auction during the weeks of 5/18, 5/25 and 6/1. The bid sheets are up on CLC's bulletin boards and bidding ends on Fridays at 3:30 PM. Donors are all local vendors who are in support of CLC. CLC welcomes "our community here at Morningside Gardens and of course our very wonderful friends and participants in the Intergenerational Program from MHRHS." Stop by or call for information at 212-663-9318.

