

Morningside Retirement and Health Services, Inc. [www.mrhsny.org](http://www.mrhsny.org) President, Kathy Ch'iu Hinton  
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050 Executive Director: Ronald Bruno

## Art History Professor to Speak

On **Wednesday, June 16 at 2:00 PM**, *Philip Gould*, Art History Professor Emeritus (Columbia, Sarah Lawrence, Fordham, Pratt), will speak on the topic, ***New Perspectives on Renaissance Art and the Rise of Humanism.***

The interaction of the sacred and the profane (as exemplified in the painting "Arnolfini Wedding Portrait") will be traced in European paintings from the 15<sup>th</sup> century to the 17<sup>th</sup> century. Highlighted are examples from Flemish and Dutch art, which offer insights into Western painting in the following three centuries. Artists' self-definition is a major aspect of this lecture.

Please join us in the **MRHS Tuttle Center, 100 La Salle, #MC.**

## Date Set for Renovated Apartments Tour

So many apartments are under various renovations lately, and a number of Morningside Gardeners are curious --- for ideas, and for contacts. So, if you are interested in visiting...here's what you need to know.

The date for the "Renovated Apartment Visits" is now scheduled for **Saturday, June 5** from **3:00 PM – 5:00 PM**. We will meet in front of 80 La Salle Street at 2:45 PM to begin the tour. Remember the \$10.00 donation to MRHS.

If you would like to be a visitor please let Dot Savage know. And, if you want to show your apartment it's not too late. Please contact **Dot Savage**, 80 La Salle, #9G, [dsavage80@aol.com](mailto:dsavage80@aol.com) or 212-749-3936, 646-283-9234.

## 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.

## Walking Club Continues

The MRHS Senior Strollers are off and running. The walking group meets on **Thursday** mornings at **9:30 AM**, at the MRHS office in 100 La Salle, #MC. The group has walked through Morningside Park and over to the Conservatory in Central Park and to other nearby scenic spots. Thursdays in June it'll be up to those of us who are walking to decide...

Please invite neighbors, friends (even relatives, if you want!!) and anyone we may have left out. If you have questions give us a call at 212-666-4000.

Otherwise, just come over on Thursday morning!

## 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 soon. 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.

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.

## Happy June Birthday!!

To: Hisayo Asai, Eileen Canty, Ling-wang Chao, Michael Czajkowski, Quinten Fletcher, Bea Gottlieb, Bridget Leicester, Ted Leslie, Joan Levine, Norman Levine, Betty Reardon, Norma Roldan, 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 15** at **12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**June 5 *Coal Miner's Daughter*** (1980) 2 hrs., 4 min. Sissy Spacek plays the country singer, Loretta Lynn, and she sings some of her best songs. This is a sensitive biopic with Tommy Lee Jones in the pivotal role of Lynn's husband.

**June 12 *Sophie Scholl: the final Days*** (2005) 1 hr., 57 min. A gripping German film based on the true story of a young woman in 1943 who is interrogated by the Gestapo on her connection with a student resistance movement called the White Rose.

**June 19 *The Verdict*** (1982) 2 hrs., 9 min. Paul Newman once again in a courtroom drama, this one directed by Sidney Lumet. It won critical acclaim for the powerful story and for what was called one of Newman's finest performances.

**June 26 *The Taking of Pelham 123*** (2009) 1 hr., 46 min. A remake of a 1974 film about the high jacking of a New York subway train. The plot's inherent suspense is intensified by the subway's newer high-tech operation. Denzel Washington and John Travolta are the co-stars.

**Come see movies on our  
new large screen!**

**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 – Alternate Wednesdays from 9:00 - 11:00 A.M.**

**06/09, 06/23**

**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 17 at 2:30 PM**

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

The **MRHS Book Club's** next meeting will be on **Wednesday, June 2 at 3:00 PM** in the MRHS Tuttle Center. The reading selection is the novel, **Love Medicine** by *Louise Erdrich*.

---

Low Vision Group will meet **this month, on Friday, June 4 and Friday, June 18 at 2:00 PM**.

---

If you would like to add your name to the MRHS email list, please contact us at [info@mrhsny.org](mailto:info@mrhsny.org) and simply put "MRHS Email List" in the heading. Thanks!

---

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

## Technology For You mrhsTechNet

The **next meeting** of "mrhsTechNet" will be on **Wednesday, June 9, 2010 at 7:30 PM** in the Tuttle Center. The topic will be: **An Informal Introduction to Email**.

Come and find out about some of the free email providers on the internet. Find out how to create an email account if you don't have one --- or even if you do! To either submit a question or offer your help, please send an email to: [Dr.MichaelSDavidson@gmail.com](mailto:Dr.MichaelSDavidson@gmail.com)

## Trip to the Poconos

Join MRHS as we spend a day at the beautiful **Mt. Haven Resort** in Milford, PA. Our full day schedule includes: an all you can eat breakfast buffet upon arrival, first run movie, bingo, live music entertainment in the afternoon, beautiful grounds to walk around, an open bar from 12:00 to 4:00 and an all you can eat Italian buffet at 3:15. Spend the day in the Poconos and enjoy the beautiful scenery.

**DATE:** Tuesday, June 29    **Depart:** 8:30 AM  
**PRICE:** \$45.00    **Return MRHS:** 7:30 PM

## Interracial Couples at MG

Alice Pifer, Morningside resident and journalist, would like to speak with interracial couples living at Morningside Gardens, especially those who are 60+ and who moved here in the early years of Morningside Gardens --- the late 50's and the 60's. Pifer is doing research for a possible story on the history of interracial couples at Morningside Gardens because she's heard that, from the start of this community, it's been known as a welcoming place for couples of different races.

Alice is also interested in speaking to widows and widowers who were in interracial relationships. Her plan at the moment is to first do an online story with photographs and audio interviews. She hopes to later apply for a grant to do a TV documentary. Alice can be reached at [alicepifer100@gmail.com](mailto:alicepifer100@gmail.com) or at 212-663-6841. Thank you!

## Might a Friendly Visit Help?

We are all familiar, often from personal experience, with the many losses common to older age --- losses of beloved family members and friends, of children grown and far away, of the pain, physical and mental limitations brought by illness which may mean loss of strength, visual impairment and decline in mobility or memory. These may be accompanied by a shrinking of one's social circle and a sense of a world much diminished.

At Morningside, we are fortunate to have the variety of services and programs supplied by MRHS which are designed to meet physical, psychological and social needs and help bring fullness and meaning to the lives of the senior population. But, inevitably for some whose ability to get out and about is seriously impaired, who have no family and friends close by or who are facing a serious health challenge, a prevailing sense of loneliness and isolation may be difficult to overcome.

For such neighbors, MRHS is offering a possible option. Susan Wersan, a Gardens resident for thirty-nine years, is volunteering to make periodic visits to anyone in MG who would like to talk with her --- about general topics, life in the Gardens, her/his life experience, a troubling issue --- whatever the need or interest may be. Susan is herself a retiree, a trained chaplain, and has an interest in helping older people with some of the quality of life issues that MRHS social work and medical staff cannot adequately address.

If you would like to meet Susan for an initial visit or if you know of anyone in the Gardens who you think might be interested in such a visit contact MRHS at 212-666-4000 or call her directly at 646-216-9809.

***Susan Wersan (Bldg. IV)***

## Supper Club News

Supper Club returns in June. MRHS intern, Paul Nikolaidis, will host an evening of shared dining. Cuisine is to be announced soon. Mark your calendar for Tuesday, June 15 at 6:00 PM. Cost is \$13.50. Call 212-666-4000.

## Retirement Road Map

Come hear *Ray Henri, CRFA*, a Certified Retirement Financial Advisor from Cadaret Grant, discuss how to navigate through challenging times, and discover and apply ways to improve your outcomes. Topics will include improving your investment options, saving money, and making a difference in your investment portfolio. Two nights!

**Tues., June 22, Thurs., June 24, 7:00 PM**  
**Tuttle Center, 100 La Salle, #MC.**

## Yang Style Tai Chi Chuan – The Dance of Life

--- with **Carl M. Jones, Ed. D.**

To be alive is to be in a state of constant motion. We all want to move with grace, style and elegance as we mature. **Carl Jones**, a cooperater here at Morningside, is re-launching ***Life Is Movement: Body Maintenance through movement*** - emphasizing Yang style Tai Chi Chuan. Tai Chi Chuan is a body movement system that helps you achieve the goal of graceful movement. Some masters/teachers of Tai Chi have likened it to a dance. With its many health benefits Tai Chi can be called the **Dance of Life**. Evening Tai Chi resumes in June (after a brief break).

Classes are on eight Wednesdays, starting on **June 16 at 7:00 PM** in the Thurgood Marshall Room, 80 La Salle, first floor. The fee is \$25.00 for the series.

Contact MRHS at 212-666-4000 to enroll.  
NOTE: You must call to register as we will require a minimum number of participants.

## 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.***

