

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

MRHS Annual Meeting

The **MRHS Annual Meeting** will be held on **Monday, March 22, at 7:30 PM** in the **Building I Recreation Center**.

This year's meeting will include reports, elections, and other business. The meeting will be followed by a social hour with **light refreshments** and music provided by the Manhattan School of Music.

All are invited to attend.

continue to develop this committee on Monday, 3/1/04 at 4:00 PM.

Metrocard Van Returning

Once again the New York City Transit system is sending a Metrocard Mobile Van to assist people in refilling their Metrocards or applying for reduced fare cards.

**Monday, March 29
9:30 AM to 12 Noon**

I Remember the World

Mary A. Thompson has copies of her recently published memoir of the above title available for purchase (\$10.) No doubt many of you were unable to attend Mary's readings but would like to read the book. Just drop by the MRHS office and ask Margaret to arrange for you to get an autographed copy.

(We are happy to report that Mary is at home recuperating well from her recent surgery. We all wish her the best.)

The newly formed advocacy committee has had two successful and informative meetings thus far discussing the Medicare bill and prescription drug plans. Also to be discussed is the increasing incidence of the eviction of elderly people from co-ops. Come join us at our next meeting as we

Resilience: Bouncing Back After Hard Times

This interactive workshop will help you value your tenacity and strength in dealing with adversity. Learn how to master hard times. Specific tactics will be provided in a supportive setting. Your ideas, inspirations and insights are welcome.

Constance H. Gemson, CSW, creates and conducts workshops for the Post-Treatment Resource Program at Memorial Sloan Kettering Cancer Center. She has been a college instructor at Hunter College, Marymount Manhattan College, Pace University and LaGuardia Community College. She is a published writer and leads writing classes at such sites as Lenox Hill Neighborhood House and the 92nd Street Y.

**Tuesday, March 2, 10:30 AM to 12 Noon
Tuttle Center, Bldg. I**

Reminder: Special Tour of the American Folk Art Museum

It's not too late to join MRHS as we venture to the **American Folk Art Museum**. Founded in 1961 on 53rd Street, the museum has returned to its original home as the only major urban cultural center dedicated to the finest examples of 18th and 19th century traditional folk art, as well as works of self-taught artists of the 20th and 21st centuries. The museum's new building has been hailed by critics as a "jewel" and as "destined to be one of the most influential examples of modern architecture of the century." We will have a docent led tour as well as time for lunch in the café and shopping at their store.

DATE: Wednesday, March 3
DEPART: 12:30 PM **RETURN:** 4:00 PM
COST: \$20.00

Director's Column

While I usually try to steer clear of controversy in this column, especially in matters that must ultimately be decided by Morningsiders, I would like to offer a few observations on the events of recent days. First, I would like to echo the sentiments in Mary Thompson's memo of February 23. There is a process in place that enables both sides to express their concerns in a respectful environment, with an opportunity for response and negotiation. Two representatives from each Board are meeting on a regular basis to resolve differences. There is no reason why either side should be threatened by this process or seek in any way to undermine it. The goal of these meetings is to reach a resolution for the benefit of all Morningsiders. The meetings provide, at long last, an equal opportunity for the less powerful party in this disagreement to be heard.

One other observation: some representatives on one side of the disagreement continue to say that Morningsiders do not have the whole picture, or something to that effect, when asked. This is not acceptable. What is the whole picture? Action cannot be taken on information that has been gathered and held in a vacuum, with no opportunity for response or refutation. Such information could very well contain distortion, embellishment, and misrepresentation. This information should be passed on to the representatives of both Boards so that there is an opportunity for them to examine it openly and without prejudice. Perhaps it would be wise, also, to seek out expert opinion in those areas where there is disagreement or a lack of expertise.

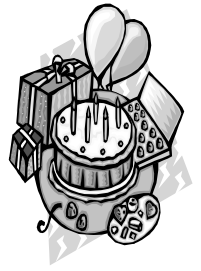
I believe these issues can be resolved and must be resolved. It has been most encouraging to see cooperators speaking their minds, reminding all of us that, after all, a cooperative is designed on the model of a democracy.

Many of your letters have crossed my desk, including one from Building VI resident Eileen Tobin, which reads:

"MRHS is a rare institution within a rare institution (MHHC). It has been highly commended by both political and social leaders. Most of all, it has enjoyed the gratitude of co-operators in MHHC, seniors and younger members of the community alike."

Happy March Birthday!!

To: Ulrike Abelson, Odette Bigote, Corinne Green, Hsin-Pao Han, Gladys Koppole, Jean McCardell, Tih Lou (Sophie) Onne, Edna Philiba, Charles Price, Meryll Sheldon, Betty Silver, Mary C. Thompson, Rose Voisk.



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 March are all invited to our Birthday Party! Come on **Tuesday, March 16** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

March 6 *Stalag 17* (1953) 2 hrs. William Holden's Oscar-winning performance in this best of all World War II German prisoner-of-war films is but one of many first-rate efforts, both comic and dramatic. Billy Wilder directed and co-wrote the movie version, based on a Broadway play.

March 13 *Varian's War* (2001) 2 hrs. A TV documentary about Varian Fry, the young American Quaker who, as an agent for the Emergency Rescue Service, was responsible for saving from the Nazi's over 2000 eminent Europeans, among them Marc Chagall and Hannah Arendt. William Hurt "is exactly the right actor to play this particular hero."

March 20 *Place Vendome* (2000) 1 hr, 45 min. When her jeweler husband is murdered, Catherine Deneuve, his alcoholic wife, sobers up to cope with the ensuing problems. This French film focuses on the excellent performance of the intriguing prime character. *Subtitles.*

March 27 *The Importance of Being Earnest* (1952) 1 hr, 35 min. Considered far superior to a later re-make, this first version of Oscar Wilde's comedy of manners stars Michael Redgrave, Joan Greenwood and Edith Evans, along with other peerless English actors.

Please try to arrive before the 2:00 PM starting time.

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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 - 6	8 - 6	8 - 6	8 - 5	9 - 5

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 - 5	9 - 5	9 - 5	9 - 5	9 - 5

Hypertension Screening – Alternate Wednesdays from 9-11 AM in the Tuttle Center:

March 3, 17, 31.

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 from outside 100 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 the date is **March 25**. All are invited to attend.

MORE ON TRIPS: Look for information on next month's trip to Mohegan Sun. (Date: 4/7/04.)

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, March 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.**

MRHS congratulates the following cooperators for their outstanding achievements:

- **MRHS Board Member and Building I resident Dr. Muriel Petioni, who was named "Hero of the Month" by the New York Daily News in recognition of her nearly 70 years of leadership service at Harlem Hospital.**
- **Building I residents Julia and Albert Lu on the occasion of their 75th wedding anniversary this past month!**

Congratulations!

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, March 5 at 6:30 PM
Tuttle Center, 100 LaSalle St. #MC

Contribution requested. (April date: 4/2/04)

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.

In Touch Networks

If you are vision-impaired, you qualify to receive a FREE radio receiver that picks up around-the-clock readings of newspapers and other material from the "In Touch

Networks". Contact MRHS for more information.

Social Work Month



March is the month when we recognize the contributions of Social Workers throughout the land. MRHS salutes all those

Social Workers who help to make the world a better place for our neighbors each day. Thank you!

What Is Sitting Qigong?

Instructor **Sharon Smith** explains: Many of you might be curious about the course that is being offered on Thursday mornings at 11:00 AM

Sitting Qigong. What exactly is it? What are the benefits? Is this something that I might be able to do?

Originally from China, **Qigong** is an ancient and powerful mind/body discipline that is perfect for the modern world. Composed of a variety of sitting, standing and moving practices which use the breath, posture, and power of the mind, Qigong creates a field of powerful healing energy (**qi**), enabling the practitioner to shift into a state of increased vitality and awareness, a decrease or elimination of pain, and accelerated healing. Studies show strong improvement in spiritual, physical and mental health, evidenced by synchronized brain waves, reduction in stress hormones, and increases in energy.

Sitting Qigong uses simple arm movements, breath work, meditation and self-massage which focus spiritual, mental and emotional attention. It is excellent for neutralizing negative emotional energy and alleviating stress (we can all use that!) Since it is done sitting in a chair, it is also ideal for those of us who might have mobility problems or low energy, preventing more conventional forms of exercise. Open to anyone in any stage of health or healing, this class offers an extremely gentle and effective form of exercise. Hope to see you on Thursday at 11:00 AM. For registration, please contact MRHS.

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Thanks to All Our Supporters

In 2003, we received support from the following corporations and foundations, in addition to our nearly 300 individual supporters at Morningside Gardens. Thank you!

- United Hospital Fund (*new contributor*)
- Van Ameringen Foundation
- New York Community Trust
- Balm Foundation
- Metzger-Price Fund
- Twenty-First Century Foundation
- Citigroup Foundation
- Con Edison
- Columbia Community Service
- Columbia University Office of Governmental Relations and Community Affairs
- Elders Share the Arts
- New York State Council on the Arts
- Morningside Heights Housing Corporation
- New York State Office for the Aging
- New York City Department for the Aging
- Manhattan Borough President C. Virginia Fields
- New York Assembly Member Daniel O'Donnell
- New York State Senator David Paterson
- New York City Council Member Robert Jackson

Local Library Seeks Volunteers

The George Bruce Library (518 West 125th Street) needs a few motivated volunteers to coordinate their book sale efforts. The work involves sorting and cataloguing the books donated for the sale, after first determining if they are marketable. The volunteers will then work on the sale, which will likely take place in the Spring. A familiarity with literature would be a good qualification. If interested please contact *Manny Figueora*, Librarian, at **212-662-0416** or just drop in to the library.