

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Sarah Cunningham
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MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Monday, March 19, at 7:30 PM** in the **Building I Recreation Center**.

This year's meeting will include committee reports, introduction of new Board Members, Annual Report and other business. The Executive Director will comment on the work of the organization. A social hour follows with **light refreshments and musical entertainment. All Gardens residents are invited to attend.**

Everything You Need to Know: Long Term Care Insurance

The Deficit Reduction Act, signed into law by President Bush on February 8, 2006, changes Medicaid law. The new Medicaid estate-planning rules now make it clear that individuals must take responsibility for their own Long Term Care (LTC) needs. To do that, an understanding of the many options is necessary. Make an informed decision in LTC planning. Attend this presentation to find out what has changed and if LTC Insurance is right for you.

Topics to be covered include:

- What is Long Term Care?
- Where is Long Term Care provided?
- What are Medicare's and Medicaid's Roles?
- The expansion of New York State Partnership plans.
- What questions should you consider in your LTC planning?

A questions & answer discussion will follow. Learn the facts about LTC Insurance from a specialist with over 30 years experience.

Wednesday, March 14, 7:00 PM
Tuttle Center, 100 La Salle, #MC.

Learn About E.A.R.S. for Eyes

On **Friday, March 9** a representative from **E.A.R.S. for Eyes** will be coming to speak at MRHS in the **Tuttle Center, 100 La Salle, #MC at 2:00 PM.**

E.A.R.S. for Eyes is a nonprofit organization whose mission is "teaching seniors with low vision, and their families, the useful and practical 'how to' skills necessary to continue living independent and confident lives, despite their vision loss."

The representative will be speaking about some of the implications of vision loss and the things that you can do to get around these implications in order to continue living independently, as well as providing some information about his organization. He will also be open to any questions that you might have.

Wisdom of World Religions Series Resumes

On **Monday, March 5 at 7:00 PM** MRHS's Series exploring the religious traditions practiced by many of our neighbors will sponsor a presentation led by the Rev. T.K. Nakagaki. He is the Resident Minister of the New York Buddhist Church on Riverside Drive, which is in turn a member of the Buddhist Churches of America.

A central theme of Buddhism is the belief that all are capable of enlightenment. Buddhism is a path that offers insights and approaches that can lead us to attain enlightenment.

We will have the opportunity to hear reflections on this both ancient and modern tradition from one of the most eminent Buddhist leaders in our city. There will be an opportunity for questions and to enjoy light refreshments.

Join your neighbors in the **Thurgood Marshall Room, 80 La Salle, 1st floor.** Don't forget, everyone is *welcome!*

Director's Column

I am always happy when there is no room for my column (not because I get the month off from writing it), but because it means that there are so many programs planned for the upcoming month. We hope you're able to join us for some.

Advocacy Group News

The Advocacy Group will present two programs of interest to the community. On **March 13 at 7:30 PM in the MRHS Tuttle Center**, 100 La Salle, #MC, we will repeat **Hacking Democracy**, recently shown on HBO. Elders are a large and important voting group, and if you care about protecting your vote in this day of computerized voting, you should see *Hacking Democracy*. It is a full-length feature, so please arrive early as we will start on time.

On **April 10 at 8:00 PM in the Recreation Center**, in the basement of 100 La Salle, we will try to reach out to our entire community. We will project the PBS Frontline program **Can You Afford to Retire?** that runs one hour. This program, which ran on Channel 13 in New York, is an eye opener for those who plan to one day retire, and is also of great interest to those already retired.

Hold the Date: On **Thursday April 12** the **National Association for the Visually Handicapped (NAVH)** is sponsoring a bus trip to their headquarters in downtown Manhattan. There will be a tour and the opportunity to see first hand the many visual aids available for the use of visually handicapped persons.

PLEASE NOTE: MRHS has received a report from an older adult living at Morningside Gardens, saying that someone had called her to offer a "Medicare upgrade." The caller tried to arrange a visit to the resident's apartment. Medicare assures us that they would not make a cold call in this manner. Please be aware of this and other possible scams. Never give out your Social Security number over the phone.

Happy March Birthday!!

To: Odette Bigote, Corinne Green, George Gruen, Hsin-Pao Han, Mimi Lamb, Jean McCardell, Forrest Murphy, Tih Lou (Sophie) Onne, Edna Philiba, Charles Price, Merryl Sheldon, Betty Silver, Eloise Valdez, and Rose Voisk.



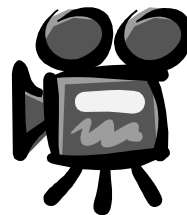
Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in March are all invited to our Birthday Party! Come on **Tuesday, March 20 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Mar. 3 The Interpreter (2005) 2 hrs., 8 min.

A skillfully made spy thriller starring Nicole Kidman as a U.N. interpreter and Sean Penn as a U.S. government agent.



Mar. 10 The 40-Year-Old Virgin

(2005) 2 hrs., 13 min. The title character is pretty contented, but his friends believe he should change his sexual status. He eventually does, in a comedy that is both off-color and good-natured.

Mar. 17 March of the Penguins (2004) 1 hr., 20 min.

You may not need to cool off, but you will be fascinated by this award-winning documentary about emperor penguins in the Antarctic. Morgan Freeman does the narration.

Mar. 24 Walk the Line (2005) 2 hrs., 39 min.

The life of the country singer Johnny Cash, with Joaquin Phoenix playing the role and singing the songs. His courtship of June Carter, played by Reese Witherspoon, is a central part of the story.

Mar. 31 Suspicion (1941) 1 hr., 39 min.

Our Cary Grant retrospective continues with this well-known suspense film directed by Alfred Hitchcock. The Grant character's wife, played by Joan Fontaine, is gradually convinced that her husband wants to kill her.

**The movies start at 2:00 PM
Please try to 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 – Brighten your spirits! Come to the Sing-Along **every Tuesday at 1:15 PM** in the Tuttle Center.

Nurse's Hours – The following is Nurse 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

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

Hypertension Screening –Takes place on alternate Wednesdays. 9:00 – 11:00 AM. Future schedule: Mar. 7, 21, Apr. 4. 18.

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 now from the bus stop near 90 La Salle St. every Monday at 1:00 PM and every Friday at 10:00 AM.

Please note that Nurse Marie Phillips' "**Take Charge of Your Health**" group will be meeting this month on Thursday, **March 15** at 2:30 PM. in the Tuttle Center. All are invited!

The popular Later Life Transitions group will meet this month on the *first* Thursday, **March 1 at 3:00 PM.**

Low Vision Support Group meets on Fridays at 2:00 PM. Anyone who is experiencing a vision problem or would like to learn more is welcome to join. Call social work intern, Brett Gagnon, at 212-666-4000.

The nonprofit social services agency, JASA, has a PETS Project that is looking for volunteers to help seniors by walking a dog, cleaning a litter box, fostering a pet, or helping a senior and their pet get to the Vet. If interested, call JASA, 212-273-5217.

MRHS Supper Club

The **MRHS Supper Club** will meet this month. The menu will be announced soon. The date is **Wednesday, March 28, at 6:30 PM.** Cost is \$13.50. Call Rachel Kurlantzick at 212-666-4000 to reserve.

Great Decisions

The **Great Decisions Program** meets this month on **March 6 at 7:00 PM in the Tuttle Center.** The topic is ***Climate Change.***

MRHS Travels to Yale Museum

Join MRHS as we travel to New Haven, CT to visit the **Yale University Art Gallery**, the oldest college art museum in the United States. The gallery's main building was among the very first designed by Louis Kahn, who taught architecture at Yale, and was built in 1953. A complete renovation, which returned many spaces to the way Kahn originally envisioned them, was completed in 2006. We will have a docent led tour of the gallery and lunch will be on your own at one of the many wonderful restaurants within walking distance.

DATE: Tuesday, March 27 PRICE: \$25.00
DEPART MRHS: 9:00 AM RETURN: 5:00 PM

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 16). 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.*

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

Need Help With Your Taxes?

Income Tax season is upon us. If you need help with completing and filing your taxes, the following programs offer **free** assistance:

- Retired & Senior Volunteer Program's Tax Counseling for the Elderly Program – Call Olga Colon at 212-614-5553.
- Intuit Tax Freedom Project, sponsored by Congressman Charles Rangel – Call MRHS for information about locations or visit www.taxfreedom.com.
- AARP – At various locations, including the Morningside Heights library on Broadway at 113th Street, Monday afternoons, 212-666-5099. Or visit www.AARP.com.

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!

Benefits For Older Adults

The deadline for applying for the SCHE (Senior Citizen Homeowners Exemption) program is March 15. To qualify, you must be 65 or older and must have had an income of \$34,400 or less in 2006. If you are a veteran or the spouse of a veteran, you may qualify for benefits regardless of income or age. Call MRHS at 212-666-4000 or the city helpline at 311.

Morningsider Starting Website

Bldg. IV resident Mike Davidson, who retired from teaching at Montclair State University last June, writes that he is starting a website "dedicated to getting the most out of living on NYC's Morningside Heights and its great surrounding areas." This website will enlist the help of those who live and work in the area. The material will be optimistic, inclusive, evaluative, intuitive, and stimulating. It will focus on all things Morningside Heights including:

1. Great thinkers and ideas, past and present
2. Resident poets and fiction writers as well as books about the area
3. Local politics
4. Controversial issues that affect its residents
5. Resident artists and craftspeople
6. Art, Architecture and photography
7. Restaurant, movie, theater and opera reviews
8. Birds and animals of Riverside and Morningside Park
9. Housing and shopping
10. Writing contests
11. Police Reports and Restaurant Inspections
12. Health Reports and tips
13. Morningside Heights Diary, local scams, celebrity sighting and more.

If you are interested in being a contributor or just seeing what this site is all about, its Internet address is:

<http://www.morningsidemedianyc.com/>

Volunteer Webmaster Needed

MRHS is looking for a volunteer of any age, including students, with website experience, to update our website on a regular basis. Estimated number of hours would be about 8 hours or less per month, flexible, depending on the volunteer's availability.

Mostly it would involve updating the Newsletter and Calendar on the website each month, though we would like to update pictures, links and other information as well. A long-term goal would be to add the capability of accepting contributions through the website, if possible.