

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 17, 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.***

## Visit the Louvre on Film

On **Wednesday, March 12 at 7:30 PM**, in the Tuttle Center, 100 La Salle, #MC, *Aram Boyajian* (Bldg. IV) will give a repeat showing of "The Louvre," a one-hour NBC-TV art-and-history documentary, which won six Emmys (including one for Aram's editing)—but none for Charles Boyer who hosted and narrated the film to near-perfection.

Preceding "The Louvre" will be a seven-minute film on Frank Wylie, an inspiring black artist from New Orleans' Ninth Ward, who talks about his life and art. This film was directed and produced by Aram Boyajian for ABC-TV.



## The State of HIV/AIDS: A Concern for Older Adults

It is estimated that about 100,000 people living in New York City are diagnosed as having HIV/AIDS. This number, however, is most likely not an accurate reflection of the full population living with the virus. We know this because the Centers for Disease Control (CDC) estimates that one quarter of the people in the U.S. with the virus do not know they have it.

Interestingly, the New York City Department of Health and Mental Hygiene shows overall new HIV/AIDS diagnoses are on a slight decline. However, certain subgroups are experiencing increases in infection rates, including people over the age of 50. In New York City, one third of all people living with HIV/AIDS (PLWHA) are over 50. Further, in 2005, New Yorkers over 50 made up 14% of all new infections.

It is clear that engaging older adults in the conversation about HIV/AIDS is essential. Consequently, **Preventing HIV in the Next Generation (PHANG)** is coming to MRHS to have a candid and educational discussion about the state of HIV/AIDS.

We hope you join us on **Friday, March 14**, at **1:00 PM** in the Tuttle Center, 100 La Salle, #MC, to learn more about the virus and how it is effecting the older adult population.

## PHILADELPHIA FLOWER SHOW

Join MRHS as we venture again to Ben Franklin's favorite city to experience the **Philadelphia Flower Show**, the oldest and largest indoor show of its kind. The event is produced by The Pennsylvania Horticultural Society and this year's title is *Jazz It Up*. From the Garden District to the Rue Bourbon, New Orleans will provide a scintillating backdrop for the 2008 Show. Enjoy 5 hours of time to view everything at the show or sneak out for lunch across the street at the famous **Reading Terminal Market**.

**DATE:** Wednesday March 5, 2008

**PRICE:** \$45.00

**DEPART MRHS:** 8:30 AM

**RETURN MRHS:** 6:00 PM (approx)

## Director's Column

Last spring, MRHS was one of twelve NORC programs selected to conduct the Health Indicators Project, sponsored by the United Hospital Fund (UHF). The heart of the project was a 16-page, health-related survey instrument developed by researchers at UHF. NORC program staff were instructed in using the survey instrument and gathering the data, which was then analyzed by the UHF. And, as they say on election night, the results are beginning to trickle in.

The great majority of clients seen by MRHS are female (83%) and English-speaking (97%). Most are white (63%), though there are sizeable numbers of black (18%) and Asian (12%, compared to 5% in the 12-NORC aggregate) clients. Perhaps the most striking statistic is that half of MRHS's clients (50%) are 85 years old or above. This is compared to only 29% in that age group in the aggregate, indicating that MRHS serves a considerably older clientele than most NORCs.

Yet, more than double the percentage of MRHS clients report their health status as "Excellent" or "Very good," with 40% at MRHS compared to 18% NORC-wide. MRHS clients also reported less depression (23% vs. 31%) than the aggregate, with 14% (vs. 25%) reporting lack of interest or pleasure. Even though MRHS clients are older on the average than other NORC clients, fewer MRHS clients have a diagnosis of diabetes (12% vs. 23%), lung disease (13% vs. 20%), high blood pressure (58% vs. 65%), heart disease (31% vs. 34%), arthritis (55% vs. 65%), or obesity (21% vs. 26%). Furthermore, MRHS clients are much more likely to report that their symptoms are under control and are much less likely to use the hospital emergency room. MRHS clients did have a higher incidence of falls, with 36% reporting a fall in the prior year compared to 27% in the aggregate. MRHS is currently sponsoring the LIFT program, led by Occupational Therapy student interns from Columbia University, to help us address this issue.

Finally, nearly half (48%) of MRHS clients consume alcohol, compared to only 19% in the aggregate! (Most clients (84%) have just one drink per sitting.) It has been suggested that this statistic is what really explains the other results, but I must insist that our success depends more on the community's enlightenment and our staff's involvement than on our clients' relatively liberal drinking habits.

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

## Saturday Afternoon Movies

**March 1 *Bee Season*** (2005) 1 hr., 44 min.

A strange story about a young girl whose seemingly superhuman knowledge of words makes her a champion speller. This affects her family in profound ways. Richard Gere plays her father.

**March 8 *Match Point*** (2005) 2 hrs., 14 min. Set in fashionable London, this dramatic film by Woody Allen is about social climbing and sex. The main character is a tennis coach (Jonathan Rhys-Meyers) who is very different from the typical Allen anti-hero.

**March 15 *The Preacher's Wife*** (1996) 2 hrs., 5 min. A remake of *The Bishop's Wife* (shown on Feb. 23), with some gospel singing added. Denzel Washington, Whitney Houston, and Gregory Hines shine as the stars.

**March 22 *Mr. Blandings Builds His Dream***

**House** (1948) 1 hr., 34 min. Cary Grant and Myrna Loy play a city couple in a comedy about trying to build a house in the country against all the usual odds.

**March 29 *The White Countess*** (2005) 2 hrs., 15 min. The last of the Merchant-Ivory films, this is set in pre-war Shanghai. It ends with the Japanese attack of 1937. Natasha Richardson, as an aristocratic Russian émigré, works in an international nightclub owned by a blind American, played by Ralph Fiennes.

**Movies start at 2:00 PM. Please arrive early. Contribution is \$1.**

## Just a Reminder

**Tuesday Lunch** – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle enter.

**MRHS Sing-Along** – Brighten your spirits! Come to the Sing-Along every **Tuesday at 1:15 PM** in the Tuttle Center.

**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:

**Upcoming sessions are Mar. 5, Mar. 19**

**The Fairway Shuttle** departs from the bus shelter near 90 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 will meet this month on **Thursday, March 20 at 2:30 PM.**

The popular "**Later Life Transitions**" group led by **Fran Geer** meets this month on **Thursday, March 6 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

**Low Vision Group** will meet on **March 14** and **March 28.** Meetings are at **2:00 PM** in the Tuttle Center, 100 La Salle, #MC.

**Great Decisions Program** meeting is **Tuesday, March 4 at 7:00 PM.** The topic is **The European Union at 50.**

## **MRHS Book Club**

The next meeting of the MRHS Book Club will be on **Monday, March 31 at 2:00 PM in the MRHS Tuttle Center.** Please join us for a discussion of **American Pastoral** by Philip Roth.

## **MRHS Supper Club**

**SUPPER CLUB** returns on **Thursday, March 27 at 6:30 PM,** featuring Indian cuisine. Cost is \$13.50. To reserve call 212-666-4000.

## **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!

## **Join Creative Expression Group**

Become completely engaged in something to the point of being in a near meditative state – that's one of the many benefits of creative expression. The Group will begin with the art of simple doll making. No experience needed. For more information please contact Joanna Stolove at 212-666-4000.

## **MRHS Volunteer Program**

**Escort Volunteers** – We are currently looking for a volunteer to act as Escort Coordinator. For full details contact Joanna Stolove at 212-666-4000.

We are continuing our search for additional escort volunteers. An informational meeting is set for **Wednesday, March 26 at 2:30 PM.** Anyone interested in finding out more about our escort service is invited. Light refreshments will be served. Call to reserve a spot.

**Telephone Reassurance Volunteers** – are trained volunteers available to call you during the times you need them. Call MRHS for more information.

***Congratulations to the MRHS Volunteers who completed the Telephone Reassurance Training on February 20!***

## Second edition of "Wisdom of the Elders" Panel Discussion

In early autumn last year MRHS presented a 50<sup>th</sup> Anniversary Panel Discussion titled "Wisdom of the Elders," on the subject of the people who started the community we fondly call "The Gardens." Quite a number of 50-year residents took part, to the delight of an audience including their more recent friends and neighbors. There have been many requests for another such program, both from "originals" who were unable to take part last year and members of our community who could not attend at that time.

To facilitate this second installment we are seeking new panel participants to attend a few planning meetings. For this to happen we need volunteers. If you are an original shareholder (since 1957) and did not take part in the panel in fall 2007 or know anyone who fits this description, please contact MRHS at 212-666-4000. When you call please provide some dates when you would be available for a planning meeting.

The goal is to schedule the second panel before MHC'S Annual Meeting.

Note that *Dorothy Carter* has agreed to act as facilitator for the Panel and *Jean McCardell* will chair the organizing committee. If you are interested in helping in any way, please let us know and we will get in touch with you.

### 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 21.) 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.***

## MRHS Monthly Report

During the month of **January**, the MRHS clinical care team made **662** contacts with, or on behalf of, elderly residents of Morningside Gardens. There were **379** social service casework contacts, including **94** home visits during the month. There were **211** nurse's contacts, including **105** home visits from Marie Phillips, RN. A total of **79** individuals were provided with clinical care services from MRHS during the month of January. In addition, attendance at MRHS programs for the month, including health education and health promotion groups, was **506**. If you, or a neighbor over the age of 60, are in need of assistance, please call MRHS at 212-666-4000 for help.

## MRHS Fall Fundraising Campaign

Following is a list of contributors to the MRHS Annual Fund. This includes all contributions received **from December 22, 2007 through February 22, 2008**. MRHS received \$39,856 in donations during this year's campaign, our best ever. We appreciate the generosity of all contributors, including those who donated anonymously.

Baldwin, Susan and William  
Benson, Jodi and Stewart  
Bertz, Hazel  
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