

Morningside Retirement and Health Services, Inc. www.mrhsny.org President, Kathy Ch'iu Hinton
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 this year on **Monday, March 30, 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.

MRHS Email List

MRHS would like to compile an email listing of all residents of Morningside Gardens, so that we can contact you in a timely manner with important information. If you would like to add your name to the list, please contact us at info@mrhsny.org and simply put "MRHS Email List" in the heading. Thanks!

In Memoriam: Vera Bowens

Vera Bowens came to MRHS shortly after her retirement from Mount Sinai. She brought with her, not only her years of experience, but also her warmth, friendliness and sunny disposition. Vera volunteered in the MRHS office every Tuesday and every Friday for most of 2008. She particularly liked helping at Sing-Alongs and Birthday parties, effortlessly making everyone feel welcome.

Sadly we lost Vera to cancer in late December. Our deepest sympathy goes to Vera's family and friends. We will miss her.

Intergenerational Valentine

On Thursday, February 12, MRHS rang in Valentine's Day early with the Children's Learning Center. Director, Lori Woliner, and Teacher, Kelly Teuscher, accompanied nine children to the MRHS Tuttle Center. Together with Morningside Garden residents, the group decorated (and ate!) sugar cookies with colorful frosting and sprinkles. At the end of their time together, the children put on a Valentine's Day-themed show for Garden residents.



Thank you to Ms. Woliner and Ms. Teuscher for their development of this program. I would also like to express my gratitude to those who attended and participated in the program. If you are interested in attending a future Intergenerational Program, please call MRHS at 212-666-4000.

- Rebecca Slean, Social Work Intern

Tenor Concert

On **Sunday, March 8 at 1:00 PM**, *Juan Franco*, a professional tenor, will sing a selection of tenor arias and songs. There will also be instrumental selections by musicians from Juilliard and the Manhattan School of Music. The concert, sponsored by Emmanuel Presbyterian Church Chorus and MRHS, will take place in the Recreation Center, 100 La Salle, Basement.

Director's Column

Many thanks to all Morningsiders who contributed to the MRHS annual campaign in 2008! In spite of the challenging economy, we experienced our best fundraising drive in MRHS's 40+ year history. We received a total of 295 donations, an increase of 7% from last year. Almost one-third of Gardens households contributed to the campaign, a figure that is considered remarkable in the world of fundraising. MRHS's long and familiar history of community service at Morningside Gardens is, no doubt, a critical factor in our fundraising success.

Other markers of our thriving agency include MRHS's total attendance for programs, which reached an all-time high of 8,836 in 2008, more than doubling our attendance from earlier in the decade. An overlooked service provided by MRHS is the ordering of medical supplies for clients. In 2008, the volume of these orders increased by 38%, with more than \$15,000 in supplies ordered, another indicator of MRHS's robust activity.

The most important quality distinguishing a NORC program such as MRHS from other service models is the involvement of the community in the agency. Once again, Morningsiders have shown their commitment to MRHS with their generosity even in these harsh economic times. We thank you!

What Is Hospice Care?

*What is Hospice Care? When is it necessary?
How to make the decision?*

Hospice is available for everyone, regardless of age or stage of disease. Many of us and our family members and friends may need to explore hospice care in New York at some point in our lives. Coming together for discussion will help answer questions, clarify information and increase our knowledge of hospice. Led by **Elizabeth Santiago, LCSW**, Continuum Hospice Care.

Friday, April 3 at 2:00 PM
Tuttle Center, 100 LaSalle St. #MC

Happy March Birthday!!

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

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

Saturday Afternoon Movies

March 7 Persepolis (2007) 1 hr., 38 min.

An unusual animated film for grown-ups based on the drawings of the real-life central character, an Iranian girl trying to live a fulfilling life in Teheran. (Subtitles)

March 14 Juno (2007) 1 hr., 32 min.

An offbeat comedy about a pregnant teenager who wants to find a perfect married couple to adopt her baby. That turns out not to be easy.

March 21 The Kite Runner (2007) 2 hrs., 7 min.

This film is based on the novel by Khaled Hosseini and was shot in Afghanistan using unknown performers. Striking scenery and a moving story about boyhood friends. (Subtitles)

March 28 The Hustler (1961) 2 hrs., 15 min.

One of Paul Newman's most impressive performances, in a pool hall setting. Also starring are Jackie Gleason, George C. Scott, and Piper Laurie.

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

Please Note: The monthly 2009 Great Decisions program on U.S. foreign policy will meet on **Tuesday, March 3 at 7:00 PM** at the MRHS office, **100 La Salle, #MC**. The topic for this month's meeting is "Afghanistan and Pakistan." All are welcome!

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

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.

03/04, 03/18, 04/01, 04/15, 04/29

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, March 26 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, March 12 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets on **Wednesday, March 25 at 2:30 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **What is the What** by Dave Eggers.

Low Vision Group meets on **Friday, March 13 and Friday, March 27 at 2:00 PM**, in the Tuttle Center.

Community Meeting

There will be a meeting in the **Recreation Center, 100 LaSalle, Basement**, on **Monday, March 2, at 8:00 PM**, regarding proposed MTA fare hikes as well as service cutbacks on the #1 subway train and the #104 bus. The Ravitch Plan, submitted to Governor Paterson by Richard Ravitch, will be discussed as a possible alternative approach. The meeting is being sponsored by the Morningside Gardens Community Relations Committee and the Morningside Heights/West Harlem Sanitation Coalition.

MRHS Supper Club

The **Supper Club** was founded by residents of Morningside Gardens over 10 years ago. One of the early descriptions of the Supper Club describes, "...a Club to create a bit of excitement and sociability around effortless, moderately priced meals..."

We've been continuing this tradition every other month at the Tuttle Center. The menu is selected in advance and includes a variety of dishes to satisfy everyone's tastes. We've ordered from several local restaurants including, Floriditas, Tapas, Stop 125, Sezz Medi, Saga Grill, and Ajanta. The Supper Club is a great way to meet your neighbors and enjoy the restaurants surrounding Morningside Gardens.

The next Supper Club is scheduled for Thursday, March 26 at 6:00 PM. Contact MRHS for more information and to reserve your spot.

SPOP Wins Award!

Congratulations to our colleagues at SPOP (Service Program for Older People), which has been named the first recipient of The Geriatric Mental Health Foundation and the American Association for Geriatric Psychiatry Deirdre Johnston Award for *Excellence and Innovation in Geriatric Mental Health Outreach Services*. SPOP is receiving the award for its mental health services for homebound older adults in Manhattan. Congratulations! (MRHS hosts Lottie Raukx from the Peer Advocate Program at SPOP on a weekly basis.)

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 20.) 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.***

The following profile of MRHS written by Joanna Stolove appeared in the Winter 2009 edition of the New York City Department for the Aging's newsletter, *Healthy Aging in the Big Apple*:

Morningside Gardens Retirement & Health Services (MRHS) kicked off its chapter of the Big Apple Senior Strollers in August of 2008 with the support of two dedicated volunteers, Leslie Kiss and Shuli Wu. MRHS established two walking groups, one to address the needs of those with limited mobility and the other to meet the needs of the more avid walkers.

The residents with limited mobility enjoyed walks around the grounds of Morningside Gardens. The avid walkers were excited to explore new places. This group discovered Riverbank State Park, which was a first visit for many long-time Morningside residents. Several have since registered for classes offered by the park. Others were surprised to discover the improvements made in Morningside Park, including a walking track.

A highlight of our walks was one planned by the Morningside Gardens Community Relations Committee. The Committee wanted to share the new restaurants on 12th Avenue between 131st and 135th Streets through a "Restaurant Walk." Our club was involved in planning a route for the entire community. The "Restaurant Walk" was a tremendous success and introduced us all to several new restaurants. Not only are Morningside residents getting fit, they are meeting neighbors and rediscovering their community.

Senior Stroll 2008 was a distance from our Morningside Heights location. Through the generosity of the Jackie Robinson Senior Center, Leslie Kiss was able to represent MRHS at the event.

We're excited to add the Big Apple Senior Strollers to our DFTA Health Promotion programs. These programs are possible through the dedication of the MRHS volunteers. The weekly STAY WELL class led by Lucienne Yoshinaga with the assistance of Cynthia Harris continues to be one of our most popular classes. Every other Wednesday morning the MRHS office is bustling with Keep on Track volunteers and residents waiting to be screened. Many thanks to Keep On Track volunteers: Marie Ledoux, Mary Lowry, Ana Santos and Winifred Shearer.

Editor's Note: This profile was submitted by Joanna Stolove, Assistant Director at MRHS at the end of 2008. Sadly, since then, MRHS suffered the loss of Doreen Harding, longtime Keep On Track volunteer.

Occupational Therapy Program Continues

Occupational Therapy students, *Atara Sheinson* and *Nahid Lakhani* are coordinating a two-part program to help Morningside residents cope with everyday challenges to living independently. Topics include ways to use less physical energy while cooking and approaches to bathroom safety. Many solutions to these everyday problems are easy to implement and do not require any cost. The students will meet with residents individually to identify home modifications to optimize independent functioning. Feel free to sign up for a home visit as well as to attend the group sessions. The sign up sheets for home visits are available in the MRHS office.

Groups sessions take place at **100 La Salle, #MC, from 11:15 A.M to noon** and are scheduled as follows –

- **March 4** – "Get Some Leverage" about joint protection methods;
- **March 25** - "One Step at a Time" on balance and fall prevention;
- **April 8** - "Being SENSical" on adaptations for hearing and vision loss.

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

