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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

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## MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Wednesday, March 24, 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 Supper Club

The next Supper Club is scheduled for **Thursday, March 11 at 6:00 PM**. The dinner will be from the popular *Sezz Medi* Italian restaurant. Contact MRHS for more information and to reserve your spot. Cost is \$13.50 - a great buy!

**Congratulations to MRHS Assistant Director Joanna Stolove, who will be on maternity leave from mid-March until August!**

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## Notes from the Nurse --- Marie Phillips, RN, MPH

### Fall Prevention

Falls are the leading cause of injuries to older people in the U.S. One in three seniors fall each year. Falls can occur anytime, anyplace, and to anyone while doing everyday activities such as climbing stairs or getting out of the bathtub. Research shows that simple safety modifications at home (where 70 % of seniors' falls occur) can substantially cut the risk of falling.

Prevent falls and maintain your independence: ***Use grab bars!***

What is a grab bar? A grab bar is an accessory that can be used in bathtubs to reduce the risk of falling and injuring yourself when taking a bath or shower. A grab bar can be made of stainless steel, aluminum or plastic, and is available in a variety of sizes.

Who should use a grab bar? Everyone! People of all ages can benefit from using grab bars.

What can a grab bar do for you? A wall mounted grab bar can help you steady yourself while stepping into and out of the bathtub. It can help you safely lower and raise yourself into and up from the bottom of the bathtub.

How many grab bars do I need and where should they be installed? Research suggests that two grab bars in a bathtub are useful for most older adults. However, more can be installed if desired.

At least one bar should be placed along the wall where the faucet is and another along the back wall so that one hand can be placed in each of these areas when getting in or out of the tub. A grab bar next to the toilet provides support getting up from the toilet.

Grab bars are safety supports only when installed properly and securely. If you are interested in purchasing grab bars and having them installed, MRHS can assist you. We will be working with the MHC management office to purchase as well as install grab bars. If you are interested in grab bars or have additional questions, please contact MRHS at **212 666-4000**.

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## Where To Now?

### EXPLORING NEW YORK CITY

All are welcome to join us so mark your calendar, and let's travel together to enjoy visiting the following sites:

March 5, Friday: THE CLOISTERS for their exceptional collection of medieval art. Tour of highlights of the collection at 3:00. **Depart 1:00 PM (Note Change of Time)** for MTA #4 bus. Admission is pay-what-you-wish (suggested donation \$15). Read The Lady and the Unicorn by Tracy Chevalier for a fictionalized tale on the weaving of the Unicorn Tapestries.

March 20, Saturday: THE JEWISH MUSEUM for their general collection plus special exhibit: *Curious George Saves the Day: The Art of Margret and H.A. Rey*. Exhibit of original drawings and mock-ups for the couple's books that may have helped them escape Nazi-occupied Europe. **Depart 10:30 AM** by #4 MTA bus. Admission free on Saturdays. Reread some of the Curious George books and go to this website for information on the Reys: <http://www.houghtonmifflinbooks.com/feature/cgsite/history.shtml>

April 5, Monday: THE RUBEN MUSEUM OF ART, according to the NY Times, is "the premier museum in the West showcasing the art of the Himalayas and surrounding regions." Enjoy this rich cultural experience on its own or as a follow up to the visit in February to the Nicholas Roerich Museum. If you wish, have lunch in the museum cafe that specializes in food of this region. **Depart 10:30 AM** by #1 MTA train. Admission free for seniors.

April 21, Wednesday: (TO BE CONFIRMED); rain date April 28. THE NEW YORK BOTANICAL GARDEN. Come enjoy spring's blooms – flowering fruit trees, pansy beds, tulips and daffodils. **Depart 9:30 AM.** MTA bus at 125<sup>th</sup> Street to Metro North. Admission free. Train senior round trip rate \$7. Lunch as you choose. Depart Garden about 2:00 PM.

If while on the trip, you need to contact me and can't see me, call 917-841-0384

**Mary Davidson**

## Happy March Birthday!!

To: Odette Bigote, Lingxiu Cao, Iretha Fletcher, Corinne Green, George Gruen, Rhoda Gruen, Hsin-Pao Han, Mimi Lamb, Jean McCardell,



Tih Lou (Sophie) Onne, Edna Philiba, Merry Sheldon, 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 16** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

### Saturday Afternoon Movies

#### **Mar. 6 *Slumdog Millionaire***

(2008) 2 hrs. This Oscar winner as best picture last year is the quirky saga of a young man living on the streets of Mumbai who is about to win the top prize in a TV quiz show.



#### **Mar. 13 *The Magdalene Sisters*** (2002) 2 hrs.

This Irish film tells the disturbing story of women who not so long ago were kept at hard work in a laundry run by an order of nuns who subjected them to cruel treatment as punishment for various kinds of sexual misconduct.

#### **Mar. 20 *Butch Cassidy and the Sundance Kid***

(1969) 1 hr., 50 min. Paul Newman and Robert Redford teamed up for the first time in this delightful fiction about two legendary Western outlaws bursting with verve and charisma.

#### **Mar. 27 *42<sup>nd</sup> Street*** (1933) 1 hr., 29 min.

The granddaddy of all classic Hollywood musicals, about putting on a Broadway show. The Busby Berkely dance extravaganzas and musical numbers with Ruby Keeler and Dick Powell make for a big nostalgia trip.

**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 1:15 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.**

**03/03, 03/17, 03/31.**

**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 18 at 2:30 PM**

**"Later Life Transitions"** group meets this month on **Thursday, March 4 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meeting for March will be announced soon. Look for the notices or give us a call at 212-666-4000.

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Low Vision Group will meet **this month, on Friday, March 5 and Friday, March 19 at 2:00 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 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.*

## Study Of Complicated Grief In Older Adults

What Is Complicated Grief? Are you feeling intense sadness and yearning for someone who died – like grief will never end? Do you find yourself avoiding things that remind you that your loved one is gone? Do you feel stuck in a place of pain and grief? If so, you are not alone.

Unlike normal grief, which though intense improves over time, "complicated grief" is the inability to ever recover after the death of a loved one. Symptoms of Complicated Grief might also include feelings of bitterness or anger about the death, a feeling of profound emptiness, and difficulty accepting that this person is gone.

"The death of a loved one can take an especially devastating toll on an older adult," says Dr. Shear, an expert in the study and treatment of Complicated Grief. "Older people may experience a cascade of losses as their social circles become smaller. The death of a close attachment be it spouse, adult child, friend, parent, or sibling – along with the social, financial and medical issues that accompany it – can throw an individual into a discouraging downward spiral."

If this describes your experience, you may want to learn more about Complicated Grief and our new study. Eligible individuals will receive individual talk therapy sessions. There is no cost for participation. Presentation by **Nicole Alston**, Community Liaison, *Complicated Grief in Older Adults Columbia University School of Social Work/New York State Psychiatric Institute.*

**Friday, March 12, 2:00 PM  
Tuttle Center, 100 La Salle St.**

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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!

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# Technology for You

## mrhsTechNet

Recently the MRHS Board of Directors approved the formation of a Technology Committee. Chaired by Mike Davidson, the Committee includes Ron Bruno, MRHS Executive Director and Robert Marcus, a MHHC resident who works at TC in their Information Technology Dept.

Research has shown that technology can do much to help in the daily lives of everyone. But, for many, especially those who never learned about these devices in school or work, computers, DVD players, high level TVs, digital cameras and the Internet are baffling and forbidding. We want to break down this complexity and teach those in our MRHS community, who are interested, to use and appreciate these technological marvels.

Here are the latest MRHS technological advances:

1. Purchased a 52" cable connected High Definition TV set and a Blu-ray DVD player. We can show movies, TV programs, connect a computer and access the Internet. Any MRHS group may use them.
2. Made MRHS into a wireless Internet hotspot. This means you can bring your laptop over to MRHS and connect to the Internet at no cost to you.
3. Set up a phone/video connection, through the generosity of the son of an MHHC resident. In the privacy of Joanna Stolove's office, you can see and talk to anyone in the world who has the same equipment and access to the Internet. This too is free.
4. Obtained a new Wii through a gift to MRHS. This video game has become very popular with older adults and can be used to play virtual tennis, golf, bowling and countless other exercise based activities. Anyone can use this in MRHS, including those who are in wheelchairs.
5. Initiated an update of the MRHS Website to make it more dynamic and interactive.

*(continued above right)*

6. Created a name for our group (*mrhsTechNet*) and started an email distribution list to keep the MRHS community informed about all our programs.

This is just the beginning for *mrhsTechNet*. Join us for this friendly, socially interactive and exciting new program. Please send an email expressing your interest either to Mike Davidson at [DrMichaelSDavidson@gmail.com](mailto:DrMichaelSDavidson@gmail.com) or to Ron Bruno at [ronb@mrhsny.org](mailto:ronb@mrhsny.org)

If you don't have email, please tell Margaret in the MRHS office of your interest and she will pass the information on to the appropriate person.  
**Michael S. Davidson**

## Great Decisions Program

The Great Decisions series meets this month on **Tuesday, March 2 at 7:00 PM**. The topic for this session is "Halting Atrocities in Kenya." Future topics include "Preventing Genocide" and "US-China Relations." Materials, including the new booklet (\$18), are available in the MRHS office. Ken and Peggy Thomas are facilitators for the program. Call MRHS for more information.

## 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

