

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Sarah Cunningham
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050 Executive Director: Ronald Bruno

Columbia University "College of Dental Medicine" Program

Come and hear a presentation on oral health, and receive a **free dental screening** and **dental referral** if necessary. The Elder Smile Program of Columbia University's *College of Dental Medicine* will come to MRHS on **Friday, May 11, from 1:00 PM to 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. A "goodie bag" will be provided to all who attend.

It is necessary to pre-register for this program in order to hold a place. If you would like to register, please call MRHS at 212-666-4000 by **Friday, May 4**.

StoryCorps is Coming to MRHS!

StoryCorps is a national project to instruct and inspire people to record one another's stories in sound. StoryCorps wants to help you tell your own story, or interview a friend, neighbor or family member, and make sure those life stories last for generations to come.

Come stop by the StoryCorps table at MRHS, **100 La Salle, #MC** and learn more about StoryCorps, and how to participate.

Wednesday, May 16 from 11:00 – 2:00 PM

Writing Workshop to Hold Annual Reading

Get ready for a repeat performance, better than ever as the Writing Workshop marks its twelfth year at MRHS. Writing from Life Experience participants, including new members, will read from their works! ALL Gardens residents and friends are invited. Please join us for this annual and fun event. Light refreshments are part of the program.

Wednesday, May 16, 2:00 – 5:00 PM
Thurgood Marshall Room, Bldg. III

(Workshop sponsored by MRHS, Elders Share the Arts, and the NY State Council on the Arts.)

Decision-Making Day

As in past years MRHS and the Elder Law Section of the New York State Bar Association invite you to participate in "Decision-Making Day."

Attorney, **Frank G. Colella**, will discuss wills, advance directives, New York Health Care Proxy, the living will, powers of attorney, procedures for organ donation and other important concerns involving legal knowledge everyone needs.

The session is designed to clarify the purposes and differences among these documents. There will be ample time to answer your questions.

Friday, May 4 at 1:00 PM
Tuttle Center, 100 La Salle, #MC

Trip To Stone Barnes

Join MRHS as we venture to Pocantico Hills to visit the famous **Stone Barnes Center for Food and Agriculture**. A working farm, education center and home to Blue Hill restaurant and café – all nestled in 80 acres of beautiful Westchester County surrounded by 50 miles of scenic walking trails. We will have a guided tour of this organic wonderland followed by a delicious box lunch prepared by the restaurant.

Date: Wednesday May 9 Cost: \$45.00
Depart MRHS: 9:30 AM Return: 5:30 PM

Director's Column

On the heels of MRHS's 14th annual Volunteer Recognition event in mid-April, I received the current issue of *Generations*, the journal of the American Society on Aging. The issue is entitled "Civic Engagement in Later Life" and is dedicated largely to the issue of voluntarism among older adults. So it appears voluntarism is in the spring air.

MRHS, of course, has a long history of voluntarism, beginning in the mid-1960's when it was conceived and formed by volunteers. MRHS continues to be governed by a volunteer board and boasts a volunteer corps of more than one hundred individuals, most of them older adult residents of Morningside Gardens. MRHS volunteers perform a wide range of activities, including:

- Planning, leading, and assisting at MRHS educational and recreational activities
- Office work, such as answering the telephone and greeting guests
- Fundraising activities, such as the Flea Market
- Language translation for Chinese-speaking clients
- Escorting frail residents to medical appointments
- Serving on various MRHS committees
- Performing various "handyman" jobs at MRHS

At our Volunteer Recognition event this year, we honored all MRHS volunteers, with those volunteers who worked on the survey last fall receiving special recognition. Also receiving special recognition was Audrey Platnick for her contribution in assisting MRHS with its bookkeeping tasks.

A contributor to the *Generations* issue, Philip A. Rozario, points out the benefits of volunteering, just as our guest speaker, Harriet Stollman, had mentioned at the volunteer event. Rozario cites the Cornell Retirement and Well-being Study (2002) which "found that retirees who performed formal volunteer work reported higher levels of mastery, self-esteem, general life satisfaction, and energy." So we not only thank all of our volunteers, but we hope they have received some benefits from their good work as well.

Happy May Birthday!!

To: Leoni Adler, Laura Brown, Phyllis Calese, Margaret Cleary, Phyllis Darby, Rae Dudley, Mildred Edwards, Cynthia Harris, Leslie Kiss, Wilma Kiss, Elinor Levin, Elmer Lokkins, Sue Miles, Violet Newman, Winnie Shearer, Herbert Tabb, Herbert Thorne, Bea Weinreich, and Gil Willis.



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 May are all invited to our Birthday Party! Come on **Tuesday, May 15** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

May 5 **The Prize Winner of Defiance.**

Ohio (2005) 1 hr., 39 min. Julianne Moore stars in this true-life feel good comedy-drama about a 1950s housewife who writes prizewinning slogans to keep the wolf from the door of her very large family.

May 12 **Pride and Prejudice** (2005)

2 hrs., 8 min. Another of many adaptations of the Jane Austen novel but only the second made, not for TV, but specifically for the movie screen. Keira Knightley stars as Elizabeth Bennett in a lively, romantic British production.

May 19 **The Constant Gardener**

(2005) 2 hrs., 8 min. John le Carre wrote the novel on which this movie about skullduggery in global business was based. Ralph Fiennes is a British diplomat who tracks down the villains after his wife (Rachel Weisz) is murdered in Kenya.



May 26 **Once Upon a Honeymoon** (1942)

1 hr., 57 min. Cary Grant as a radio commentator who comes to the rescue of Ginger Rogers in a somewhat odd film about Nazi Germany, in which Walter Slezak plays one of the Nazis.

Movies start at 2:00 PM.
Please 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 – 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 9-11 AM in the Tuttle Center:

May 2, 16, 30; June 13, 27

Shopping on Tuesday, Laundry on Thursday - The MRHS Health Aides do shopping and laundry for people who need help. Call Marie Phillips, R.N., at (212-666-2050) one day before you would like the services.

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 meets this month at **2:30 PM** in the Tuttle Center. The date is **May 17**.

"Later Life Transitions" group led by **Fran Geer** meets this month on **Thursday, May 10 at 3:00 PM** in the Tuttle Center.

Low Vision Support Group meets on the **second and fourth Fridays at 2:00 PM** during the summer months. Persons who are experiencing a vision problem or want to learn more are welcome to join. Call Rachel Kurlantzick at 212-666-4000.

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, May 18.) 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 Elects 2007-2008

Board of Directors

| | |
|--------------------|-----------------|
| Sarah Cunningham | President |
| Phyllis Tribble | Vice-President |
| Kay Murray | Treasurer |
| Joan McKinnon | Secretary |
| Joseph Brodie | Florence Keller |
| Anne Ellis | Peggy McNamara |
| Andre Gordon | Anne Moses |
| John E. Halborg | Gerard Raymond |
| Phyllis E. Johnson | Carla Slomin |
| | Alene L. Smith |

MRHS To Hold 40th-Year Anniversary Fundraising Raffle

MRHS will be holding a special fundraising raffle this spring! The top prize, donated by **Tiffany & Co.**, is an **Open Circle Pendant**, with round brilliant diamonds, carat total weight .57, color grade G, clarity grade VS. Platinum. **On a 16" chain and valued at \$2,500.**

We thank Tiffany for this generous donation and urge all MRHS supporters to take a chance on winning this fine piece of jewelry. All proceeds will go to MRHS.

There will be two second prizes, which will be sets of autographed books by former *New York Times* restaurant critic and *Gourmet* magazine editor-in-chief, **Ruth Reichl**. One set will consist of memoirs, while the other set will be on general food-related issues. Many thanks to Ruth Reichl for her donation!

Other prizes will include gift certificates generously donated by local restaurants such as *Ajanta Indian Restaurant*, *China Place*, and *The Kitchenette*. A gift basket of *Ghirardelli* chocolates will also be raffled off.

Raffle tickets will be going on sale in early May at the MRHS Tuttle Center and will be sold for \$10 each. The drawing will take place at the birthday party on Tuesday, June 19. You do not have to be present to win. Look for more details to follow or stop by MRHS for more information.

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

Supper Club News

The **MRHS Supper Club** will meet this month. The menu will be announced soon. The date is **Tuesday, May 22, at 6:30 PM**. Cost is \$13.50. Call Rachel Kurlantzick at 212-666-4000 to reserve.

The **Great Decisions Program** meets this month on **Tuesday, May 8 at 7:00 PM in the Tuttle Center**. The topic is **Migration**. If you don't have a Workbook, a photocopy of material for this program will be available in the MRHS office.

MRHS Offers New Yoga Class

Melissa Hull, M.D., (Bldg. VI) will lead Gardens residents in a Yoga class designed especially for older adults. Come and check it out. Mondays at 7:30 PM. The class starts **May 7** in the **Tuttle Center, 100 La Salle, #MC**. The class is free of charge and open to all.

Wanted: A Special Person for Pretty Kitty

Pretty Kitty, a declawed 12-year-old, needs a new home, preferably as an only cat. A striking domestic long-haired gray tortoiseshell, she is a thyroid patient who was devoted to her elderly owner, now hospitalized with a terminal illness. If you are interested in giving **Pretty Kitty** a new home, please call MRHS at 212-666-4000. (A picture of **Pretty Kitty** is hanging on the MRHS bulletin board.)

Beatrice M. Goldberg Lecture

The 17th Annual Beatrice M. Goldberg lecture, sponsored by the West Side Interagency Council for the Aging (WSIACA) will be held on Wednesday, May 16, 4:30 PM, at the Jewish Home and Hospital. 120 West 106th Street. Rosanne M. Leipzig, MD, Ph.D. will speak on "Healthy Aging."

Please Note: MRHS will be closed Monday, May 28, for Memorial Day.

Garden Poetry/Open Mic to Explore Poetry's Asian Roots

The group established for Morningside Gardens Poets and Poetry Lovers resumes this spring. The May program is to feature a guest, Bldg. I resident, **Shuli Wu**, who will share her ideas about poetry from the perspective of its roots in China. Come to MRHS on **Wednesday, May 23 at 7:30 PM**. Feel free to bring poetry to share. Light refreshments included. Come to the **Tuttle Center, 100 La Salle, #MC**

Van Ameringen Grant

MRHS would like to say a special "thank you" to the Van Ameringen Foundation, which recently awarded MRHS with a generous grant to support the mental health services provided by the MRHS staff to older adults living at Morningside Gardens.

Free Concert Tickets Available

A thoughtful Gardens resident has made it possible for MRHS to offer free tickets to the **St. Cecilia Chorus and Orchestra** spring concert at **Carnegie Hall on Friday, May 4, 8:00 PM**. The program features Mendelssohn's *Die erste Walpurgisnacht* and Orff's *Carmina Burana*. Call MRHS at 212-666-4000 to reserve tickets.

MRHS Monthly Report

During the month of **March**, the MRHS clinical care team made **628** contacts with, or on behalf of, elderly residents of Morningside Gardens. There were **340** social service casework contacts, including **78** home visits during the month. There were **204** nurse's contacts, including **103** home visits from Marie Phillips, RN. A total of **98** individuals were provided with clinical care services from MRHS during the month of March. In addition, attendance at MRHS programs for the month, including health education and health promotion groups, was **882**. If you, or a neighbor over the age of 60, are in need of assistance, please call MRHS at 212-666-4000 for help.

