

Morningside Retirement and Health Services, Inc.
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050

www.mrhsny.org
Executive Director: Ronald Bruno

Consumer Fraud 101

Fred Riley, Community Coordinator from the *NYC-Department of Consumer Affairs*, will discuss the following topics:

- Scam prevention
- Identity theft prevention
- Process to report & correct identity theft
- Debt Collection agencies
- Refund policies and receipt requirements
- Consumer complaint process

All are invited to attend!

Monday, May 19 at 1:30 PM
Tuttle Center, 100 La Salle, #MC

The Wisdom of Our Religious Traditions

The next session will focus on an off-shoot of traditional religious experience – namely, The Ethical Culture Society, whose diversity of perspective combined with shared commitment to working ethically together, has made it a notable movement. Presenter, **Bob Berson**, is an Ethical Culture Leader and former resident of the Gardens. Bob is also the leader of the Westchester Ethical Culture Chapter.

The event takes place on **Monday, May 19, 7: 30 PM, in the Thurgood Marshall Room, 80 La Salle, 1st floor**. The talk will include a time for questions and answers, shared discussion and light refreshments.

Fish and Ship Trip

Join MRHS as we journey to the Camden Waterfront to visit the **Adventure Aquarium** and the **Battleship New Jersey**. The package features a docent led tour of America's most decorated Battleship where you can climb into the chair from which Admiral Halsey commanded the fleet in the South Pacific and stretch out on the bunks where the sailors slept

In the afternoon we will take a self guided tour of the **Adventure Aquarium**, showcasing Shark Realm, the West Africa River Experience and the Jules Verne Gallery! Lunch will be on your own at the Aquarium Café.

DATE: Tuesday, May 6 **PRICE:** \$40.00
DEPART: 8:30 AM **RETURN:** 6:00 PM

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 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 9 at 1:00 PM
Tuttle Center, 100 La Salle, #MC

Writing Workshop to Hold Annual Reading

Get ready for a repeat performance, better than ever as the Writing Workshop marks its thirteenth 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 28, 2:00 – 5:00 PM **Thurgood Marshall Room, Bldg. III, 1st fl.**

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

Director's Column

Sitting down to write this column on MRHS's Volunteer Recognition Event, I glanced at my Mark Twain desk calendar to check out the quote of the day. It reads, "To be good is noble; but to show others how to be good is nobler and no trouble." I think our MRHS volunteers fall much more into the first category, taking the trouble as they do to lead classes, serve on committees, escort neighbors to medical appointments, provide reassurance calls, work on the flea market, interpret for Chinese-speaking residents, work in the MRHS office and more.

As guest speaker at the event, Fanny Erickson said many noteworthy things to our volunteers. One that struck me was the following: "Even in small acts of kindness and units of time, people can contribute to what it means to live in human community." We are indeed grateful to all of our volunteers for the "trouble" they take to sustain our community.

Sometimes living independently is just a matter of knowing that you have one more person you can depend on. Please contact Joanna Stolove at 212-666-4000 to learn more about our Telephone Reassurance Program.

Thurgood, a Broadway play about the life of Supreme Court Justice and onetime Morningside Gardens resident, Thurgood Marshall, is running on Broadway from April 12 through July 20. It's at the Booth Theatre, 222 West 45th Street.

The New York City Department for the Aging (DFTA) is holding its Age in Action 2008 program on Thursday, May 8, from 10:00 AM to 3:00 PM at Flushing Meadows Corona Park in Queens. The annual, free event celebrates Older Americans Month, bringing together more than 10,000 older New Yorkers in celebration of healthy and creative aging. For further information, call the Age in Action hotline at 212-227-6221 or go to www.nyc.gov/aging.

Happy May Birthday!!

To: Leoni Adler, Laura Brown, Phyllis Calese, Eliza Chiu, Margaret Cleary, Phyllis Darby, Rae Dudley, Cynthia Harris, Alec Harvey, Leslie Kiss, Elinor Levin, Elmer Lokkins, Sue Miles, Violet Newman, Winnie Shearer, Herbert Thorne, 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 20** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

May 3 Sicko (2007) 1 hr., 40 min.

Michael Moore's documentary on the failings of the U.S. health-care system even for the insured. He explores the contrast with several foreign countries where there are really universal systems.

May 10 Little Miss Sunshine (2006) 1 hr., 41 min. A madcap comedy about the wacky road trip of a family intent on getting their little daughter to a pageant in which her father is convinced she will win a beauty contest.

May 17 People Will Talk (1951) 1 hr., 50 min. A fairly serious role for Cary Grant, as an idealistic doctor on the faculty of a medical school headed by a rigid, intolerant Hume Cronyn, who is out to discredit him.

May 24 The Queen (2006) 1 hr., 43 min. Helen Mirren's fascinating portrayal of Elizabeth II won her an Academy Award. The film is set in the period right after Princess Diana's death, showing the different positions of the queen and Tony Blair, the prime minister.

May 31 The Good Shepherd (2006) 2 hrs., 48 min. Robert De Niro directed this star-filled drama about the earliest days of the CIA during World War II. Matt Dillon, fresh from Yale, starts having doubts about his work as an agent.

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 Center.

MRHS Sing-Along – Brighten your spirits! Come to the Sing-Along every **Tuesday at 1:00 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: –

May 14, May 28, June 11, June 25

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, May 29 at 2:30 PM.**

"**Later Life Transitions**" group meets this month on **Thursday, May 1 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

Low Vision Group will meet next on Friday, **May 9 at 2:00 PM** in the Tuttle Center, 100 La Salle, #MC.

Great Decisions Program meeting is **Tuesday, May 6 at 7:00 PM.** The topic is **Russia.**

MRHS Book Club: The next meeting of the MRHS Book Club will be on **Monday, April 28 at 1:00 PM in the MRHS Tuttle Center.** Please join us for a discussion of **Love in the Time of Cholera** by Gabriel Garcia Marquez. (Come at 12:30 and bring your lunch.)

Monday Night **Yoga Class** is now set for **Monday at 6:30 PM** in the Tuttle Center.

Introduction to **Chinese Painting** meets in May on Friday, May 2, May 16, and May 30.

The new **Doll Making Class** will meet next on Monday, May 5, 11:00 AM, 100 La Salle, #MC.

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!

MRHS Elects 2008-2009 Board of Directors

Luis Argueta
Joseph Brodie
Anne Ellis
Andre Gordon
John E. Halborg
Phyllis E. Johnson
Joan McKinnon
Peggy McNamara

Carole Morning
Kay Murray
Gerard Raymond
Neil Rothfeld
Carla Slomin
Alene L. Smith
Phyllis Tribble

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 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.***

MRHS Supper Club

SUPPER CLUB returns on **Tuesday, May 13 at 6:00 PM, (new time),** featuring a delicious dinner from one of our local restaurants. Cost is \$13.50. To reserve, call 212-666-4000.

Getting A Good Night's Sleep

Do you wake up several times a night? Do you get up much earlier than you want to? Do you find that your worries don't let you fall asleep? For many, getting a good night's sleep may be difficult. Here are some tips to help you relax and get a full night's rest.

- Drink less fluid before bedtime, especially if you have an overactive bladder.
- Drink a soothing liquid like milk or herbal tea in the early evening.
- Avoid caffeine, particularly coffee, tea, cola, and chocolate. These are stimulants and will keep you up at night.
- Avoid alcohol. This produces a restless sleep, causing you to wake up at night.
- Avoid large evening meals. Eat your main meal at lunchtime so you have more time to digest it.
- Cut down on spicy foods that can cause heartburn and keep you awake.
- Try to keep active during the day.
- Go to bed the same time every night and set your alarm to wake up the same time every morning. This will create a regular sleep cycle.
- Create a relaxing mood before bedtime. Play gentle music, take a warm bath, or focus on calming scenes such as sailboats on a lake or a peaceful garden.
- Don't lie in bed and worry about not falling asleep. This will certainly keep you up. If you don't fall asleep in 15 minutes, get up and go watch television, or listen to music, or read for a while until you feel tired. Then go back to bed.
- If after using these tips for two weeks you still are not getting a good night's sleep, consult your doctor for other options.

Marie Philips, RN, MPH

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Notes on Volunteering

- Are you interested in volunteering but feel concerned about the commitment? Escort Volunteers are called on an as needed basis. This is a great way to volunteer – only when you're available.
- If someone knocked on your door and asked to borrow some support, would you lend them some? Well, now you can – with just a phone call. We are continuing our search for Telephone Reassurance Volunteers; please contact Joanna Stolove at 212-666-4000 for more information.

Congratulations to Building V resident, Annie Petrus! Ms. Petrus was awarded a 2008 Hospital Auxilian and Volunteer Achievement Award from the United Hospital Fund on April 4.

The MRHS Legacy Society

The Board of Directors of Morningside Retirement and Health Services recently approved the creation of a legacy society for the purpose of recognizing those who designate a planned gift for MRHS. Membership in The MRHS Legacy Society is open to anyone who establishes a planned gift for the benefit of MRHS, including those who have made a bequest to MRHS in their will. MRHS provides an array of social services, health care services, and educational/recreational programs for residents of Morningside Gardens, which participation in The MRHS Legacy Society will support in the future.

If you have included in your estate plan a gift to MRHS in any amount, or have questions about how you might make a planned gift to MRHS and thus become a Member of The MRHS Legacy Society, please telephone MRHS at 212-666-4000 for additional information. Your membership in the Society will enable MRHS to acknowledge your generosity during your lifetime.

Please Note: MRHS will be closed Monday, May 26, for Memorial Day.
