

# Newsletter

November 1, 2003

Vol. XXVII, No. 11

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

President: Mary A. Thompson  
Executive Director: Ronald Bruno

## Book Signing

Join us for a special book signing. ***I Remember the World*** is **Mary A. Thompson's** story. Her career in international education and her love of travel have taken her to virtually every area of the globe. She started as a schoolteacher in her native Washington State. She came to New York to get her M.A. in education at Columbia Teachers College. While studying Mary lived at International House. After receiving her degree she joined the International House staff, which spurred a career in international education that continued until retirement. Mary served as foreign student advisor at Fisk University (before Brown vs. the Board of Education) and returned to New York to work with the Committee on Friendly Relations among Foreign Students (this later became International Student Service), under the National Board of the YMCA. Mary's long career in this area has given her a worldwide network of friends and has led to wide travel since her retirement. Join us as Mary talks about her memoir and how it all came to be. Mary will be happy to autograph your copy. (Cost of book: \$10.00)

*Two Sessions to choose from:*

- ❖ **Monday, November 3, 3:00 PM**
  - ❖ **Tuesday, November 4, 7:00 PM**
- Tuttle Center, 100 La Salle St. #MC**

**Bruno.** It will be a rewarding experience for all those involved. Let us know!

## Looking For Your Participation

Are there any Holocaust survivors or individuals who were directly affected by the Holocaust in the community who would be willing to help educate local children about the holocaust in a group discussion? It would be a great opportunity to help keep an important part of history alive through education. So, if anyone is interested, wants to get involved, or just wants to know more please contact **Elissa Kleinhaus**, Columbia social work intern at MRHS, or **Ron**

## Piano Trio to Perform

Cellist **Jody Redhage**,  
violinist **Maria Armoat**,  
and pianist **Cara Okano**

have been playing  
together since August  
2003. This piano trio met  
at the **Manhattan School of**

**Music** where they are all pursuing masters  
degrees in music performance. Their diverse  
sound represents their individual backgrounds.  
Maria is a native of Syria, Cara of Hawaii, and  
Jody is a true southerner from North Carolina.

The group will be performing works including  
Beethoven's piano trio Opus 1 no. 1 and  
Schubert's piano trio in B flat major.



**Monday, November 17, 1:00 PM**  
**Recreation Center, 100 La Salle St.**

## Medicare Managed Care

*Gretchen Flores* from the New York Legal Assistance Group will lead a workshop on Medicare Managed Care. To get high quality health care for yourself you need to know how your health insurance works and what choices you have.

This workshop will teach what Medicare covers, what Medicare costs and how to reduce those costs, how to get insurance for the things Medicare doesn't cover (such as prescription drugs), whether or not to join a Medicare HMO and how to find the right one, what to do when you have a problem getting care.

**Friday, November 7, 11:00 AM**  
**Tuttle Center, 100 La Salle St., #MC**

*Happy Thanksgiving*  
*from MRHS!*

## Director's Column

I would like to follow up on my recent columns explaining some of the essential services provided by the clinical staff at MRHS. One of those essential services is called Daily Money Management (DMM). A challenge faced by MRHS in assisting older adults has to do with bill paying, check balancing, banking, budgeting and other money-related needs. MRHS has uncovered many cases of elderly residents

## Happy November Birthday!!

To: Ellen Dines, Dorothy Edmonds, Grace Gable, Dorphenia Hall, Sybil Hood, Valerie Luizer, Dorothy Mendez, Pinkney Miller, Judith Nowinski, Mamie Thomas, and Moira Whittington.



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 November are all invited to our Birthday Party! So are neighbors who want to help celebrate. Come on **Tuesday, November 18 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

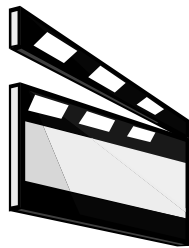
## Saturday Afternoon Movies

**November 1 Heist** (2001) 1 hr., 47 min.

David Mamet wrote and directed this sharp and twisty film, with Gene Hackman and Danny DeVito planning the daring, complicated robbery of a Swiss cargo plane. "Solid entertainment."

**November 8 Riding in Cars with Boys**

(2001) 2 hrs. Based on a memoir by a working-class girl who was a mother at age 15, but managed to achieve a writing career, this well-acted movie has talented Drew Barrymore as the lead, with James Woods as her up-tight father.



**November 15 Flea Market – No movie.**

**November 22 focus** (2001) 1 hr., 44 min.

In a world where a neo-fascist movement wields power, a milk company man (William H. Macy) suddenly finds himself mistaken for a Jew, and suffers adversity at work and at home. Adapted from a 1945 novel by Arthur Miller.

**November 29 Holiday Weekend – No movie.**

**The movies start promptly at 2:00 PM.**

**Please try to arrive a little early.**

***will be open for business on Friday, November 28.***

---

---

***Please note: MRHS will be closed on Thanksgiving Day, November 27. We***

## 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 **Friday at 3:15 PM** in the Tuttle Center. **New Time!**

**Nurse's Hours** – The following is Nurse Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 - 5	9 - 5	9 - 5	9 - 5	9 - 5

**MRHS Office Hours** – The following is the MRHS Tuttle Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 - 6	8 - 6	8 - 6	8 - 5	9 - 5

**Please note that Ms. Phillips' "Take Charge of Your Health" group will be meeting this month on Thursday, November 20 at 2:30 PM in the Tuttle Center. All are invited!**

## The Garden Poetry Reading/ Open Mic

MRHS continues this Friday evening program. Bring your poetry, prose or music or someone else's to **The Garden Poetry Reading / Open Mic** – or just come and listen.

For more information call Building IV resident Mary Grace Bookhardt at 212-866-4454.

**Friday, November 7 at 6:30 PM.  
Tuttle Center, 100 La Salle St. #MC**

*Contribution requested. (December date: 12/5)*

## 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, November 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.**

## The Mission of MRHS

The Mission of MRHS is twofold: 1) to help frail and at-risk elderly residents of Morningside Gardens remain in their own homes comfortably, safely, and with as much independence as possible for as long as they can; and 2) to provide programs which promote health and provide opportunities for education, socialization and recreation for all older residents of Morningside Gardens, with particular attention to the special needs of the infirm, homebound, and isolated.

## Ever Been to a Subway Museum?

Come join MRHS as we travel to Brooklyn to visit the recently re-opened, refurbished and expanded **New York Transit Museum**. Come face to face with history and see how mass transit affected the city while finding the museum an incomparable source of nostalgia. We will have a guided tour of the exhibits and will get to see some of those very subway cars we remember riding on many years ago. Lunch is on your own and there are several restaurants within walking distance of the museum.

**DATE: Tuesday, December 2, 2003**

**DEPARTS: 10:15 AM RETURNS: 3:00 PM**

**PRICE: \$20.00**

## Gray Panthers Meeting

On Tuesday, November 18, 2003 from 2:00 – 3:45 PM in the Thurgood Marshall Room, 80 La Salle St., the Gray Panthers will hold a meeting to develop their new project, *Media Watch*.

**RSVP to Building IV resident Naomi Bloom at 212-280-3707.**

**The New York Road Runners Club sponsors a free walk for seniors in Central Park every Tuesday and Thursday at 10:00 AM. Choose half-hour or one hour sessions. Meet at Engineers' Gate located at 91<sup>st</sup> and Fifth Avenue near the booth.**

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

To Benefit  
Morningside Retirement and Health Services

MRHS 2003

Flea  
Market

*Shop for the Holidays. Shop for your kitchen.  
Shop for fun !*

**Friday, Nov. 14 from 7 - 9pm**

**ADMISSION FEE \$5.00**

**Saturday, Nov. 15 from 10 - 4pm**

**NO ADMISSION FEE**

**Sunday, Nov. 16 from 12 - 4pm**

**NO ADMISSION FEE**

**Recreation Center  
100 La Salle St.**

**Please use Basement Entrance**