

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

Second Chance for Flu Shots!

MRHS and St. Luke's-Roosevelt Hospital Center will be sponsoring a Flu Immunization Clinic for residents of Morningside Gardens. The date and time will be announced soon. Please look for notices.

Residents 60 years of age and older can receive a flu shot with no "out of pocket" cost. Residents between the ages of 18 and 60 who suffer from chronic health problems or who care for an aged relative will also be able to sign up for a flu shot. A reservation is strongly recommended.

Please visit the MRHS office to sign up for your flu shot. Homebound visits may also be available. For more information, contact MRHS at 212-666-4000.

It's Flea Market Time!!

Mark your calendars now. The three sale times are **Friday, 7:00 - 9:00 PM, Saturday, 10:00 AM - 4:00 PM, Sunday, Noon - 4:00 PM.** We continue to accept donations on Tuesdays and Thursdays between 2:00 - 4:00 PM. We also need volunteers to help set up the Flea Market and of course for the sale itself. If you can give some time call the office (212-666-4000) and a form will be sent to you. *It's a great opportunity to mingle with your neighbors, contribute your help, buy that special something, enjoy refreshments, and have a great time too!*

Heart Disease: Prevention and Treatment

Come hear **Dr. Michael Correa**, director of the St. Luke's Community Care office, located at 1301 Amsterdam Ave., discuss this important topic at the MRHS Tuttle Center.

**Friday, November 16, at 2:00 PM
Tuttle Center, 100 La Salle, #MC**

Visit University of Pennsylvania Museum with MRHS

Join MRHS as we continue our Ivy League museum tour (remember Yale and Princeton?) and visit the renowned **University of Pennsylvania Museum of Archaeology and Anthropology.** We will have a docent led tour of the highlights of their collection and time for lunch on your own at the Museum Café as well as more time to explore the collection or walk around the beautiful campus.

DATE: Tuesday, November 27 **COST:** \$30.00
DEPART MRHS: 9:30 AM **RETURN:** 6:30 PM

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!

The Riverside Church offers a community Thanksgiving Dinner. Thursday, November 22 starting at 11:30 AM in the South hall of Riverside Church. Enter at 91 Claremont Ave. Cost is \$15.00; \$12.00 for seniors.

New Study for Healthy Elders:

Paving the Way to a New Generation of Memory Research Studies

Mount Sinai Medical Center is conducting a new study (funded by the National Institute for Aging-NIH) for healthy elders over the age of 75 to examine several different ways of measuring memory and thinking. If you are healthy, 75 or older, English speaking, and would like to help medical researchers without leaving the comfort of your home, you may be interested in participating in the Home Based Assessment Study.

The Home Based Assessment study is a nationwide research study to evaluate three different methods of collecting information about people's memory functioning for memory protection research in people over 75 years old. Currently, in order to participate in Alzheimer's Disease research studies, volunteers must periodically visit a clinic to meet with researchers. Such visits are time-consuming and may prevent older, less mobile people from participating in these studies.

Mount Sinai's Home Based Assessment study will evaluate three types of home assessment methods --a telephone, electronic kiosk (touch-screen computer) or mail-in forms to determine if there might be a better way to record study information and track memory and cognitive changes.

If you would like more information or to volunteer, please join Dr. Jane Martin (Principal Investigator) and Jessica Egan (Research Coordinator) for a short presentation and light refreshments on Wednesday, November 7 at 1:00 PM at the MRHS Tuttle Center. We look forward to seeing you there!

If you are unable to attend our presentation and would like to speak with someone directly for more information, please contact **Jessica Egan** of the Mount Sinai Alzheimer's Disease Research Center at 718-584-9000 ext.1704 or Jessica.Egan@mssm.edu

Happy November Birthday!!

To: Dorothy Edmonds, Doreen Harding, Eleanor Joynes, Valerie Luizer, Peggy McNamara, Erich Meyerhoff, Judith Nowinski, Klement Simoncic, Mamie Thomas, Kristina Vician, 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! Come on **Tuesday, November 20 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Nov. 3 *The Notebook* (2004) 2 hrs., 4 min. James Garner comes every day to read stories from his notebook to a woman in a nursing home (Gena Rowlands). The stories come to life on screen and eventually intermingle with the present. "Richly romantic," says one critic.

Nov. 10 *Finding Neverland* (2004) 1 hr., 41 min. How James M. Barrie was inspired to write *Peter Pan* over 100 years ago. Kate Winslett is the mother of four little boys who become friends with the Scottish playwright, convincingly portrayed by Johnny Depp.

Nov. 17 *Broken Flowers* (2005) 1 hr., 45 min. The comic account of a journey in which a bachelor (Bill Murray) whose past includes a long string of girlfriends searches for the one among them who might be the mother of a supposed teen-age son he never knew he had.

Nov. 24 *Arsenic and Old Lace* (1944) 1 hr, 58 min.

The director of this wacky comedy was Frank Capra. The sane nephew of the pair of nutty homicidal ladies is played by Cary Grant, whose Saturday Afternoon retrospective continues in its third year.

**Movies start at 2:00 PM.
Please be early.**

Please note: MRHS will be closed on Thursday November 22 and reopen on Friday, November 23. We wish you all a very Happy Thanksgiving!

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 1:15 PM** in the Tuttle Center.

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

Nurse's Hours – 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

Hypertension Screening – Alternate Wednesdays from 9-11 AM in the Tuttle Center:

Nov. 7, Nov. 28*, Dec. 12.

(*No screening on Nov. 21.)

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 pm Thursday, November 29 at 2:30 PM.

The popular "**Later Life Transitions**" group led by **Fran Geer** meets this month on **Thursday, November 8 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

This month the **Great Decisions** discussion program will meet on Tuesday, **November 6 at 7:00 PM** in the Tuttle Center, 100 La Salle, #MC. The topic is "Central Asia."

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

The next meeting of the MRHS Book Club will be on Wednesday, December 5, at 3:00 PM in the MRHS Tuttle Center, 100 La Salle, #MC. Please join us for a discussion of The Human Stain by Philip Roth.

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

Gardens Resident Contributes to Theatre Arts

Theatre Arts Magazine is about to republish an article written by **Aimee Scheff**, (Bldg. II), in March 1952. The article is to be included in a new anthology of essays about New York's Off-Broadway Theatre, which began in the 1950's.

Entitled "**Seven Interviews in Search of Good Acting**" (suggesting Pirandello's play) the article asks a series of penetrating questions of seven famous acting directors. The directors include: Lee Strasberg, Stella Adler, Herbert Berghof, Erwin Piscator, and Sanford Meisner. Aimee's article reveals how all seven directors managed to create dynamic and original Acting Schools bearing their names. At the time Aimee was **Theatre Arts** Magazine's Off-Broadway Editor.

When Aimee moved to the Gardens she luckily met **Lydia La Fleur**, (Bldg. I). Both being theatre actors and theatre lovers, they developed the Off-Off-Broadway theatre group, the Morningside Players. Aimee and Lydia have produced and performed in many classic and popular plays here at the Gardens. You might remember Aimee's performance as the Countess Aurelia in "The Madwoman of Chaillot." Aimee Scheff is now planning to direct a poetic play by her playwright brother, Lionel Abel. The work, "The Death of Odysseus," was first performed professionally by The Artists' Theatre in Greenwich Village in 1953.

Reading By Gardens Resident

Building IV resident John Kearns will be reading from his new book of short stories entitled, *Dreams and Dull Realities* at the Morningside Bookshop, 2915 Broadway at 114th Street, on Tuesday, November 13, at 7:00 PM. A unified collection of stories, *Dreams and Dull Realities* plays variations on the theme of imagination's colliding with concrete reality. John's novel in progress, *Worlds*, was a finalist in the 2002 New Century Writers' Awards. John has had several off-off Broadway plays produced, including *Sons of Molly Maguire* (2007), *In a Bucket of Blood* (2006), and *Designers with Dirty Faces* (2005).

MRHS 2007

**Flea
Market**

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

Friday, Nov. 16 from 7 - 9pm

ADMISSION FEE \$5.00

Saturday, Nov. 17 from 10 - 4pm

NO ADMISSION FEE

Sunday, Nov. 18 from 12 - 4pm

NO ADMISSION FEE

Recreation Center

100 La Salle St.

Please use Basement Entrance

To Benefit

Morningside Retirement and Health Services