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What You Need to Know About Long Term Care Planning

Planning for long term care (LTC) means thinking ahead and being prepared for the consequences of needing extended care. It's never too soon to plan for LTC. The younger you are, the less it costs over your lifetime. Many people start planning while still in their 40s'.

Make an informed decision about LTC planning. Attend this presentation to find out if Long Term Care Insurance is an appropriate choice for you. Topics to be covered include:

- What is Long Term Care?
- Where is Long Term Care provided?
- Who Should Consider It?
- What are Medicare's and Medicaid's Roles?
- The New York State Partnership - Is It Right For You?
- What Questions Do You Need To Consider in Your LTC Planning?

A Questions & Answer discussion will follow!
Presented by **Vivian Gallo, Long Term Care Planning Specialist.**

Thursday, November 12, 7:00 PM
Tuttle Center, 100 La Salle, #MC

Great Decisions

The popular monthly discussion program on U.S. foreign policy issues, **Great Decisions**, meets this month on **Tuesday, November 3 at 7:00 PM**. The topic is "Cuba on the Verge." The meeting takes place in the Tuttle Center, 100 La Salle, #MC. Articles related to this topic are available in the MRHS office.

MRHS is closed on Thursday, November 26. We reopen on Friday, November 27. Happy Thanksgiving!

Last Chance for Flu Shots At MRHS

On **Tuesday, November 24 from 1:30 to 3:30 PM** the seasonal ***influenza shots*** will be given to those over 50. Come to the **Recreation Center, Building I, basement**. The program is sponsored by MRHS and St. Luke's-Roosevelt Hospital Center. There is no out-of-pocket cost. Please note, if you have a health condition that calls for a flu shot you are also eligible or if you work with the elderly. **Appointments are necessary.** (Also, if you need to cancel an appointment please let us know.) Call to reserve or to learn more: 212-666-4000.

Learn to Say "Know" To Arthritis Pain

The Arthritis Foundation is excited to be partnering with MRHS to offer a free empowerment program for those living with challenges of arthritis. Participants in the Arthritis Foundation Self-Help Program will take part in engaging group discussion and receive easy-to-understand course materials. The informal, group setting allows participants to seek answers to the questions of most concern to them. Each class offers tips, techniques, and information regarding access to helpful resources. This program will be facilitated by **Mike Nguyen & Christine Collins, MSW** Candidates at Columbia University School of Social Work. Call MRHS to register.

MRHS Tuttle Center, 100 LaSalle. #MC
Six Weekly Sessions Starting
Thursday, November 5, 9:30 - 11:30 AM

The Riverside Church offers a community Thanksgiving Dinner, on Thursday, November 26, starting at 11:30 AM in the South hall of Riverside Church. Enter at 91 Claremont Ave. For information call 212-870-6700.

Relearning How to Move

As we age, it becomes more important than ever to use our bodies efficiently. The **Feldenkrais method** combines gentle movement with awareness training to improve the coordination of the whole self in action.

Awareness Through Movement (ATM)

ATM lessons help you to perform in an easier way activities like sitting up, standing and walking; reduce pain and/or stiffness in the neck, back, hips, knees, ankles and feet; promote a deeper and sounder sleep and an overall sense of wellness. This class is suitable for everyone.

Classes are led by Physical Therapist, **Thais Bicalho Silva**. Ms. Silva, once a professional dancer, graduated from the Federal University of Pernambuco in Brazil, as a Physical Therapist, and is now an authorized teacher of the Awareness Through Movement program.

**Alternate Fridays – Nov. 6 & Nov. 20,
10:00 – 11:00 AM, Tuttle Center *No fee!***

Students Need Your Help

Spend some time with students reminiscing while contributing to an important study. Graduate students from Columbia University, Teachers College, who are involved in a study on sibling relationships, will be visiting the MRHS office on Thursday, November 5 and Friday, November 6, from 9:30 AM to noon, to assist residents in taking this study. Anyone who is 18 or older and has a sibling (including a deceased sibling) can take the study online at <http://www.tc.edu/siblings/>. The core survey takes about 30 minutes to complete.

Sibling relationships have a significant and enduring impact on our lives. This study is designed to explore these issues in a large and diverse group of people. The purpose in conducting this survey is to understand how sibling relationships change across the lifespan and influence wellbeing. The students thank you in advance for your contribution to this important endeavor.

Happy November Birthday!!

To: Jacques Bendersky, Dorothy Edmonds, Israel Francus, Delores Gruber, Eleanor Joynes, Mary Jane Knight, Valerie Luizer, Peggy McNamara, Harvey Menes, Erich Meyerhoff, Judith Nowinski, Mamie Thomas, Kathleen Todd, Ralph Twining, Kristina Vician, Moira Whittington, and Sana Wu.

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 17 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Nov. 7 Marie Antoinette (2006) 2 hrs., 3 min. The story of a young Austrian princess who became Queen of France. Directed by Sofia Coppola, the movie focuses on the frivolous and luxurious life at Versailles before the Revolution.

Nov. 14 Smiles of a Summer Night (1955) 1 hr., 48 min. A charming romantic comedy with a bit of a serious undertone from the great Ingmar Bergman. Set in a Swedish country estate in the late 19th century. With subtitles.

Nov. 21 A New Kind of Love (1963) 1 hr., 50 min. Paul Newman and Joanne Woodward star in a romantic comedy with much more fluff than you would ever get from Ingmar Bergman. Two Americans meet cute against a Parisian background.

Nov. 28 Oklahoma! (1955) 2 hrs., 25 min. Who does not know most of the songs from this classic Rodgers and Hammerstein musical? Shirley Jones and Gordon MacRae play the leading roles.

**Movies start at 2:00 PM. Please arrive early.
Contribution is \$1.00.**

MRHS **Supper Club** will be held on **Wednesday, November 18, at 6:00 PM.** The menu will be announced soon. Cost is \$13.50. Please call MRHS at 212-666-4000 to reserve a place.

Just a Reminder

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.

Birthday Party – Remember it's the 3rd Tuesday of the month at 12:30 PM and everyone is invited.

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 – The blood pressure screening program takes place on - **Alternate Wednesdays from 9:00 – 11:00 A.M.**

Nov., 4, 18, Dec. 2, 16

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, November 19 at 2:30 PM**.

"Later Life Transitions" group meets this month on **Thursday, November 12 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Wednesday, November 4 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Out Stealing Horses by Per Petterson**.

The Low Vision Support group meets this month on **Friday, November 7** and **Friday, November 20 at 2:00 PM**.

If you need help getting to the voting booths in Building I on Election Day, call MRHS at 212-666-4000 for assistance.

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

Neighborhood News

The late **Henry Welch**, a resident of Bldg. I (9B) and husband of Eva Welch, was a coach for many years in New York City. Upon entering the Welch apartment, you are greeted in the hallway with an impressive display of Mr. Welch's many sports trophies. It's a memorial to his dedication to the youth of New York. It's so impressive that it's worth a visit. You may approach Eva Welch and request a "look-see." --- **Joy Cooke (Bldg. I)**

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 20.) 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.***

News from Assistant Director

Sometimes living independently is just a matter of knowing that you have one more person you can depend on. We have trained volunteers available to provide reassuring telephone outreach. They are available to call you during the times you need them (daily, weekly, weekends, during a difficult time, following a discharge from the hospital). Please contact Joanna Stolove at 666-4000 to learn more about our Telephone Reassurance Program.

Flea Market Time!!

The Flea Market dates are **11/13 – 11/15**. We accept donations **Thursday afternoons, from 2:30 PM to 4:00 PM, until Nov. 5**. Volunteers will be available in the Recreation Center by the entrance to the basement of 100 La Salle. Please note that we are *not accepting televisions, computers or clothing*. We still need help with collection, set-up, and sale workers. Let us know if you can help out!

**16th Annual Charity Flea Market to Benefit
Morningside Retirement and Health Services**

MRHS 2009

**Flea
Market**

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

Friday, Nov. 13 from 7 – 9pm

ADMISSION FEE \$5.00

Saturday, Nov. 14 from 10 – 4pm

NO ADMISSION FEE

Sunday, Nov. 15 from 12 – 4pm

NO ADMISSION FEE

Recreation Center

100 La Salle St.

Please use Basement Entrance