

Morningside Retirement and Health Services, Inc. www.mrhsny.org President: Sarah Cunningham
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Fight the Flu! Get a Flu Shot!

The Visiting Nurse Service of New York (VNS), in conjunction with the New York City Department of Health and Morningside Retirement and Health Services, will be sponsoring a Flu Immunization Clinic for residents of Morningside Gardens on **Monday, October 29**, from **One to 4:00 PM**.

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

Welcome, Joanna!

MRHS welcomes social worker, Joanna Stolove, LCSW, to the new position of Assistant Director of MRHS. She will join MRHS on October 22, 2007. Joanna comes to MRHS from GuildNet, which is a subsidiary of The Jewish Guild for the Blind, where she served as Mental Health Liaison. Joanna earned her MSW from the Wurzweiler School of Social Work of Yeshiva University in 2001. She has also earned her certificate in Psychoanalytic Psychotherapy from the Postgraduate Center for Mental Health.

We are delighted to welcome Joanna to MRHS. Stop by and say hello!

Congratulations to MRHS Social Work Supervisor, Ron Lennon, and his wife, Amalia Maranhao de Oliveira. The couple was married on September 7!

MRHS Offers Workshop --- Healthy Living with Chronic Conditions

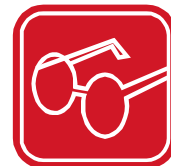
MRHS is sponsoring a program designed to help people with ongoing medical conditions or their caregivers cope with issues such as stress, fatigue and frustration that many people experience. You will be taught techniques that not only help you cope with conditions such as arthritis, diabetes, high blood pressure or heart and lung disease, but also renew your sense of well-being so that you feel healthier.

This interactive program, developed by Stanford University, has a record of success for those who complete it. You'll learn how to take small steps that will lead to positive changes in your life. The workshops are not meant to "cure" you, but they can change your life. By learning to understand your symptoms, accomplish goals and relax, you'll find increased energy, greater self-confidence and well-being.

The six weekly workshops are led by two specially trained group leaders. The sessions begin on **Monday, October 15, 1:00 to 3:30 PM in the Tuttle Center, 100 La Salle, #MC.** Participants **must pre-register by Tuesday, October 9.** For more information please call MRHS at 212-666-4000.

Low Vision Support Group

The MRHS **Low Vision Support Group** will meet **this month on two Fridays, October 5 and October 19 at 2:00 PM.**



Persons who are experiencing a vision problem or want to learn more are welcome to join. Call MRHS Social Work intern, Justine Jose at 212-666-4000, for more information.

Director's Column

As we age we naturally lose more of our friends, close relatives and peers as they pass away. The most recent "Harvard Mental Health Letter" includes a special supplement on "Seven ways to cope with grief," to help readers deal with the painful consequences of such losses. The seven suggestions are so grounded in common sense advice that it reads like "Harvard Medical School meets the Farmer's Almanac," which, as they say, is not necessarily a bad thing. The goal is not to make the grief go away so much as to help us from becoming debilitated by it.

As I was reading, some of the advice seemed faintly familiar, but not so much from psychology classes as from that faraway voice of my Harlem-bred, Italian-American mother! No doubt many of you will have similar reactions when I tell you that the first rule is to "Eat well." The Harvard Letter suggests that in times of grief we should try to eat healthy foods, avoid empty calories and drink plenty of fluids. It suggests that if you have lost your appetite, try taking small portions frequently and supplementing with a multivitamin. And try comfort foods, such as food from one's childhood or cultural background.

"Get the sleep you need" is another suggestion from Harvard. As the Letter points out, "Grief is exhausting." It's suggested that you go to bed early if possible and "nap if you need to." Of course, sleep may be the very thing that eludes us when grieving, so they suggest exercising more during the day and avoiding caffeine after 2:00 PM. In fact, exercise itself is recommended as another way of helping us pull through the grief. Long walks provide a distraction when needed or an opportunity to ponder the meaning of a loss.

"Delay big decisions." Grief can interfere with our thought processes and "many experts suggest waiting a year, if possible, before moving, changing jobs, clearing out keepsakes, and making other momentous decisions," says Harvard. Other strategies are "Take necessary medications," "Stop risky behavior" (such as drinking too much alcohol), and "Do something for yourself every day."

MRHS is available if you would like someone to talk to during a difficult period. Our new Assistant Director, Joanna Stolove, is a licensed clinical social worker (LCSW). MRHS also has the Harvard supplement available if you would like to read it.

Happy October Birthday!!

To: Hazel Bertz, Alan Borthwick, Aram Boyajian, Mary Grace Bookhardt, Robert Broadwell, Geruth Graham, Mary Lowry, Mary McDonald, Seong Moy, Aline Multare, Kay Murray, Mary Pallas, Angel (Rosario) Palovacini, Ivy Polk, Margaret Stuhlman, Ramsey Togo, Sydney Weinberg, Elyse White, Margaret Yi, Asa Zatz.

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 October are all invited to our Birthday Party! Come on **Tuesday, October 16 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Oct. 6 *Memoirs of a Geisha* (2005) 2 hrs., 25 min. The training and career of a beautiful geisha, in prewar and wartime Japan. In English, but with an excellent Asian cast.

Oct. 13 *Hotel Rwanda* (2005) 2 hrs., 2 min. Don Cheadle plays a hotel manager who, with great difficulty, shelters many people from the genocidal slaughter in Rwanda in 1994.

Oct. 20 *None But the Lonely Heart* (1944)

1 hr., 53 min. Cary Grant heads a stellar cast in a moody drama written and directed by Clifford Odets. Ethel Barrymore plays his dying mother.

Oct. 27 *Junebug* (2005) 1 hr., 46 min.

This portrait of a rural North Carolina family as experienced by a man who brings his big-city wife home to meet them has the feel of real life and clashing cultures.

Movies start at 2:00 PM. Please try to arrive early.

Welcome Justine!

MRHS extends a warm welcome to **Justine Jose**, Social Work intern from Columbia University, who will be with us on Mondays, Thursdays, and Fridays through May 2008. Stop by and say hello when you have a chance.

Just a Reminder

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

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:

The next screening is Oct. 10.

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 is on summer break, returning on **Thursday, October 25 at 2:30 PM.**

The popular "**Later Life Transitions**" group led by **Fran Geer** meets this month on **Thursday, October 11 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

The **Memory Tree Program** resumed meetings on September 24 and will continue to meet every Monday afternoon, except for holidays.

Great Decisions Program continues to offer stimulating discussions on world issues. The discussion on "War Crimes" will take place on **Tuesday, October 9 at 7:00 PM in the Tuttle Center.** Thereafter the group will meet on the first Tuesday of the month as usual.

Every Wednesday morning at 11:00 AM MRHS offers a class in Mandarin Chinese taught by native speaker and Bldg. I resident, Shuli Wu. Beginners are welcome!

Please note: MRHS will be closed on Monday, October 8 for Columbus Day.

Latest Flea Market News

Many of you have made inquiries about donating items for the next MRHS Flea Market. If you have already done so, thank you. We are continuing our procedure of accepting items **two days a week.** Please drop off clean, useable items to the **Recreation Center, in 100 La Salle, basement level, on Tuesdays and Thursdays from 2:00 to 4:00 PM.**

Please look for flyers announcing all details. The Flea Market dates are Nov. 16, 17, 18. (See attached flyer calling for volunteers.)

MRHS Book Club

The next meeting of the MRHS Book Club will be on Wednesday, October 17 at 3:00 PM in the MRHS Tuttle Center, 100 La Salle, #MC. Please join us for a discussion of The Reader by Bernhard Schlink.

Financial Planning Workshop:

Avoiding tax on your IRA distributions –

A once in a lifetime chance!

Individuals over age 70 and 1/2 can now make a tax-free distribution from their IRA to their favorite charitable organization. If you qualify, this temporary provision allows you to make such gifts only through December 31, 2007. Learn how to benefit from this very limited opportunity. The IRS is closing the window at the end of 2007. Question and Answer will follow.

Moderator: Daniel Kramer, CFP®, ChFC, CLU, began as a CPA in 1984. He is an independent, fee-based financial advisor and educator. Dan is a member of the American Institute of Certified Public Accountants, Financial Planning Association, and the Estate Planning Council of NYC.

**Tuesday, October 30, 7:00 PM
Tuttle Center, 100 La Salle, #MC**

Please register for this presentation by Friday, October 26.

HomeHealthCorner --- Vol. 7, Issue 8

*From the Visiting Nurse Service of New York
at Morningside Retirement & Health Services*

Q. What is Celiac Disease?

Celiac disease is the inflammation of the villi, the tiny hairs that line your small intestine and absorb nutrients into your bloodstream. It is caused by eating gluten, a protein found in wheat, barley, and rye. When you eat foods with gluten, you inflame your villi and they stop working. As a result, you don't get the nutrients your body needs. Symptoms of celiac disease include a nervous stomach, dark circles under the eyes, and mental confusion. Very often you are not aware you have the disease but a gastroenterologist can take a biopsy of your small intestine to confirm it. Adopting a gluten-free diet will allow your villi to recover in 6 months to 2 years. This means **cutting out** all breads, waffles, cereals, pasta, pastry, soy sauce, and beer. However, you can have these items if the packaging says "gluten-free."

Atlantic City CASINO TRIP

Join MRHS as we venture to Atlantic City to spend a day seeing what's new in America's most famous seaside town. We will be traveling to **Resorts Casino and Hotel** where you can spend the day trying your luck or simply go out and spend the day seeing the sights along the Boardwalk.

Our trip includes roundtrip transportation in a lavatory equipped deluxe motor coach, 6 hours of time in Atlantic City, \$20.00 slot cash for the Casino and an \$8.00 food voucher at Resorts. What a deal! The trip is open to everyone over the age of 21. Please contact Margaret to register and pay for your ticket.

DATE: Monday, October 22 **PRICE:** \$30.00
DEPART MRHS: 8:30 AM **RETURN:** 8:30 PM

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

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!



That's Anderson Coupe Bruno (aka "Andy") with his Mommy and Daddy at a recent MRHS function, with MRHS President Sarah Cunningham in the background. (Photo courtesy of Frank Minaya.)

Free Mammograms

Monday October 22, Starting at 8:00 AM

Look for the van at *Harlem Community Justice Center*, 170 East 121st St., between Lexington and Third Avenues. Appointment needed. Call 1-800-564-6868. Program sponsored by Judges and Lawyers Breast Cancer Alert in cooperation with American-Italian Cancer Foundation.