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Fifty Years of Wisdom

In celebration of Morningside Gardens 50th Anniversary, MRHS will present a series of panel discussions exploring the memories and stories of some of our original shareholders, our neighbors in the "Gardens" who have lived here for close to fifty years.

The first program will take place in the **Recreation Center at 7:30 PM on Thursday, September 20.** It will open with an hour's roundtable discussion among 10-12 participants (on stage), followed by questions and comments from the audience, in turn followed by refreshments and an opportunity for more casual conversation.

Thanks to Jean McCardell for organizing and coordinating this project. We also thank Marge Nissen and Tom Goodridge for the original concept. Watch for more information in September beside the elevator doors and bulletin boards

Great Decisions Series Returns

The popular discussion program on world issues returns this fall. Please note that the first session is now scheduled for the second **Tuesday, September 11.** The topic is "South Africa." **Dr. Ruby Sprott**, of the Riverside Church South Africa Support Group, who has led many trips to South Africa, will be our guest resource person. The discussion on "War Crimes" will take place on **Tuesday, October 9.** Thereafter the group will meet on the first Tuesday of the month as usual.

MRHS is seeking donations of large print books to add to our Hope Mead Library. Books in good condition only – fiction or non-fiction, general interest books are welcome.

MRHS Sails Along the Hudson

Come aboard the **M.V. Commander** and join MRHS as we set sail from West Point for a 4-hour cruise up the Hudson River. See the delightful scenery of Stony Point, Bear Mt., Storm King Mt., Cold Spring Harbor, Bannerman's Island and Garrison Landing. Bring your own lunch or buy hot dogs on the boat. Price includes bus transportation to West Point and return from West Haverstraw. Trip will take place in late September. Look for details about the trip including date and cost.

MRHS Book Club

The next meeting of the MRHS Book Club will be on **Wednesday, September 5 at 2:30 PM in the MRHS Tuttle Center.** Please join us for a discussion of **White Teeth** by Zadie Smith.



Annual Open Registration Day

MRHS will hold its annual **Activities Open Registration Day on Wednesday, September 12 from 4:00 PM to 6:00 PM** in the **Tuttle Center, 100 La Salle St., #MC.** The Open Registration is an opportunity to sign up for classes and to meet the instructors. It is also an opportunity to enjoy some light refreshments and the company of your neighbors.

So come join us for **Activities Open Registration Day on September 12** and learn more!

MRHS is closed on Monday, September 3 for Labor Day. A happy Holiday to all!

Director's Column

It is a tribute to our staff and community that MRHS was asked to lead workshops at two major national conferences in August – the Pioneer Network conference in Minneapolis and the Alzheimer's Association's Dementia Care Conference in Chicago. The goal of the workshops is to impart to participants the methods that MRHS has developed to enable people with dementia to remain living safely and comfortably at home. The workshops aim to demonstrate how NORC programs such as MRHS are particularly well suited to care for the dementia client in the community, thanks to a large network of volunteers and caring neighbors, as well as an interdisciplinary staff.

It is well known that a great majority of older adults would prefer to remain living at home, what's known as "aging in place." (Someone pointed out to me at the Pioneer Network conference that we're all aging in place regardless of who or where we are, but that's another story.) For example, in a front page article in the *Times* of August 14, called "A Grass-Roots Effort to Grow Old at Home" by Jane Gross, the preference for aging in place throughout the country was recently discussed. It is not surprising that this preference was reflected at Morningside Gardens in our survey last fall, in which 235 out of 254 older adult respondents (93%) said they plan to live in their "present apartment as long as possible."

MRHS tries to honor these choices even when a person has developed dementia. As I point out in the workshops, the person with dementia is particularly ill-equipped to make the transition to an institutional setting such as a nursing home, lacking some of the cognitive, emotional, and social resources that would make such an uprooting transition more bearable. I also point out that it takes an especially experienced and knowledgeable, *interdisciplinary* staff and partners (including nursing, social work, medical, and psychiatric clinicians) to make this kind of community care work. Without this breadth and depth, working with the dementia client at home is not likely to succeed, as the demands on the agency are considerable.

MRHS was one of the key agencies spearheading the NORC movement in the 1990's, which resulted in the first public funding for NORC programs. It is fitting that we remain in the forefront in the delivery of services among NORC programs.

Happy September Birthday!!

To: Ethel Baziotis, Tonia Blair, Dorothy Carter, Norma De Paur, Mary Harkins, Peggy Haskins, John Johnson, Jean Landon, Leila Lieberman, Anne Meyer, Helen Moenkhoff, Erwin Muscat, Maurice Nixon, Yonk-Ki Pak, Helen Poole, Winifred Price, Dorothy Savage, Shau-fen Tang, Yen Tang, Eileen Tobin, Joanna Wang, Audraine Wilson, John Yoshinaga.

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 September are all invited to our Birthday Party! Come on **Tuesday, September 18 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Sept. 1 *Capote* (2005) 1 hr., 45 min.

Philip Seymour Hoffman gives a fascinating portrayal of the writer Truman Capote as he investigates the horrible murder of a Kansas farm family, which became his book, *In Cold Blood*.

Sept. 8 *A History of Violence* (2005) 1 hr., 40 min.

A powerful and suspenseful drama about an ordinary man in a small town (Viggo Mortensen) caught up in a train of crime and violence. Ed Harris and William Hurt play the criminals who set the train in motion.

Sept. 15 *Once Upon a Time* (1944) 1 hr., 29 min.

Norman Corwin wrote the radio play that was made into this sweet movie about a Broadway producer, a young boy, and a dancing caterpillar. Cary Grant is the producer.

Sept. 22 *Cinderella Man* (2005) 2 hrs., 25 min.

Depression-era America is the setting for the story of Jim Braddock, a New Jersey longshoreman who became the heavyweight champion of the world. Russell Crowe gives a convincing performance as a hardworking family man.

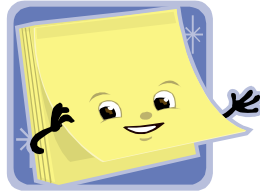
Sept. 29 *An Unfinished Life* (2005) 1 hr., 47 min.

A tense family situation develops on a ranch in Wyoming with the arrival of the widowed daughter-in-law of the rancher, played by Robert Redford. Also in the cast are Jennifer Lopez and Morgan Freeman.

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

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:

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:
Sept. 12, 26 Oct. 3, 17, 31

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, September 20 at 2:30 PM.**

The popular "**Later Life Transitions**" group led by **Fran Geer** meets this month on **Thursday, September 6 at 3:00 PM** in the Tuttle Center, 100 La Salle, #MC.

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, September 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.*

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

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 new 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.** It is easiest to use the basement door. A volunteer will be waiting to accept donations.

Please note: there is a need for additional volunteers to help with the accepting and packing of donations. Call MRHS at 212-666-4000 if you have some time on Tuesday or Thursday afternoons.

Flea Market dates: November 16, 17, 18.

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 recently received a generous donation of a resident's collection of jazz audio tapes to our Hope Mead Library. You are most welcome to come by, browse and borrow a few!

Congratulations to Building II residents, Harold and Jean Landon, who are celebrating their 72nd anniversary this year!

MRHS ACTIVITIES FOR FALL 2007

Mondays

Chair Yoga with Video

Relaxing, restorative, strengthening. Poses and stretches are done both standing and using the chair. Weekly, 10:00 AM. Ongoing.

Body Essence

Exercise designed by Reba Perez of Empire Dance Studio, for strength and flexibility. 10-week session. Registration fee: \$25. Weekly, 2:30 to 3:30 PM in Recreation Center. Starts Sept. 17.

Memory Tree

Program for those with mild memory problems and for those caring for someone with these problems. Weekly, 4 – 7 PM. Starts September 24.

Monday Night Yoga *New This Year!!*

Led by Gardens resident Melissa Hull, M.D., this class is perfect for everyone and especially for those who need a more gentle Yoga. Every Monday night at 7:30 PM. Ongoing.

Tuesdays

Chi Gong *New!*

A Chinese Healing Art using gentle movements and working with energy. The exercise enhances the immune system and the meditative aspect calms the nervous system. Can be done sitting or standing. Tuesdays from 10-10:30 AM. Taught by Gardens resident Marjorie Nissen. Tuesdays from 10-10:30 AM. Registration fee: \$15.00 for ten classes. Starts September 18.

Tai Chi *New!*

Slow relaxed movements for total self development. A combination of body and balance exercises, mind concentration and meditation. Tai chi is done standing. Taught by Gardens resident Xiao Chuan Ping. Tuesdays from 10:30 - 11:00 AM. Registration fee: \$15.00 for ten classes. Starts September 18.

NOTE: For those who take both classes the fee is \$25.00

Tuesday Lunch

Bring your lunch and enjoy the company of others. MRHS supplies the coffee, tea, cookies and conversation. Ongoing, 12:30 PM.

Birthday Party

Come celebrate your birthday with us. The party begins at 12:30 PM. MRHS supplies the coffee, tea, and birthday cake. Always takes place on the third Tuesday of the month.

Sing-Along with Gil

Brighten your day with music, laughter and Gil on the guitar. Ongoing, Starts at 1:15 PM.

Spanish Class

Led by Luis Argueta, a lively class including instruction and conversation with audio aids. Weekly, 3 – 4 PM. Ongoing. Start date tba.

Stress Reduction Through Exercise

A complete workout ending with relaxation. Warm up with breathing, stretching and exercise. Cool down with Stress Reduction techniques from Yoga and Chi Gong. Sitting or
(continued above right)

standing according to ability. Led by Marjorie Nissen. Ten Sessions. Registration : \$25. Weekly, 4:00 PM. Starts Sept. 18

Great Decisions Program

This is an opportunity to discuss important foreign affairs utilizing the resources of this highly respected program. Led by the MRHS Program Committee and volunteers from the Gardens community. Tuesday evenings, 7:00 PM, monthly. Resumes September 11.

Wednesdays

Stretch and Tone

Exercise with Lucienne Yoshinaga to stay lithe and limber. Weekly, 10 AM. Starts September 12. Held in the Recreation Center.

Hypertension Screening

Alternate weeks, 9 to 11 AM. Starts September 12.

Writing from Life Experience

Awaken your creativity and capture your memories on paper. Taught by Susan Willerman. 10 weeks. Registration Fee: \$50. 2:30 PM. Starts Sept. 26.

Book Club

If you love to read and talk about novels, come to the MRHS Book Club. 2:30 PM. Dates tba.

Thursdays

Book Discussion This literate discussion group continues reading *The Decline and Fall of the Roman Empire*. Led by Bea Gottlieb. Alternate weeks, 2:00 – 4:00 PM. Class closed.

Later Life Transitions Discussion in this lively group centers around issues of later life, based on readings by and about older people. Monthly, 3:00 – 4:30 PM. Led by Frances Geer. Starts September 6.

Take Charge of Your Health Led by nurse, Marie Phillips, this group will discuss topical health issues and concerns. Monthly, 2:30 PM. Ongoing, resumes September 20.

Garden Poetry/Open Mic

Opportunity for Gardens residents and their friends to share their own poetry with others or just enjoy hearing their favorite poets read. One evening a month or as announced.

Friday

Low Vision Support Group

For persons who are experiencing a vision problem or want to learn more about this concern. Every Friday at 2:00 PM. Led by MRHS social work staff.

Saturday

DanceFit for Seniors Movement/exercise class for everyone. Taught by Suzy Frazer. 10 week session. 9:30 – 10:30 AM. Fee: \$25. Starts Sept. 29.

Saturday Movies

See a different movie every Saturday at 2:00 PM. \$1.00 Donation. Program resumes September 1.

