

100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Rita Marie Pullium
Executive Director: Ronald Bruno

2014 Island Themed Trips

Long Island's Vanderbilt Museum and Planetarium

Join MRHS as we conclude our Island Themed Trips on Long Island at the **Vanderbilt Museum**, a unique combination of Mansion, marine and natural history museum, Planetarium and park. The Spanish Revival Mansion exemplifies the eclectic taste and collecting interests of William K. Vanderbilt II.



Following a tour of the Mansion, we will provide lunch including assorted wraps, salads, dessert and beverages. We will conclude the trip with an exciting showing of "Black Holes" at the New Vanderbilt Reichert Planetarium.

DATE: Tuesday, June 24 **DEPART:** 9:00 AM
PRICE: \$50.00 **RETURN MRHS:** 4:30 PM

MRHS Film Committee Presents

First Wednesday Films

Next meets on June 4 at 7:30 PM

Featuring: ***Pather Panchali***
(1955) 2 hrs.

Bengali with English subtitles. Chronicling a boy's childhood and family life in a remote village in Bengal, director Satyajit Ray captures what is unique in the Indian experience and what is universal. It won the Palme d'Or at the Cannes Film Festival. Unrated.

MRHS Tuttle Center, 100 La Salle, #MC
\$1.00 suggested donation

Men's Group to Visit MRHS

The **Old Guard of White Plains** is a social organization for retired business and professional men who get together for fellowship, relaxation, mutual edification and community assistance projects. Now in its 60th year, the Old Guard has met every week since its founding on October 5, 1954. On **Thursday, June 26 at 2:00 PM** members of the Old Guard will introduce their program to Morningside Gardens' residents in the MRHS Tuttle Center.

Following the presentation by the Old Guard, we hope to engage attendees in a discussion around developing a similar program within the Morningside Gardens community.

MRHS Artist-in-Residence

Artist-in-Residence, **Anna Adler** leads workshops in June on Monday, June 2 from 2:00 PM till 4:00 PM (change in time). On June 2 and June 9 the workshops will be **Photo Shoot: *Staged Realities***. On June 16 and June 23 from 10:00 AM to 2:00 PM the workshops will be called ***Individual Project: Focused Studio Time***. (These take place in the artist's studio in Suite MB, 100 La Salle.)

On **Friday, June 27, from 6:00 to 8:00 PM** there will be an ***Installation & Exhibition: Public Viewing*** featuring the artworks created over the last few months. Light refreshments will be included. The location will be in the Art Room, 100 La Salle, Suite MB. Additional viewing will be available on Saturday, June 28 and Sunday, June 29 from 12:00 to 3:00 PM.

This project is made possible by the Lower Manhattan Cultural Council, the NYC Department of Cultural Affairs and NYC Department For The Aging.

Director's Column

Readers of the MRHS Newsletter would be forgiven if they concluded that all MRHS does is host very interesting activities. While our bus trips and exercise classes and reading groups and art programs, etc. play an important role in meeting our mission, these activities are balanced by an array of clinical services. MRHS clinical services, which are utilized by our community's most infirm and in-need residents, are critical in enabling these residents to remain living at home --- i.e., of "aging-in-place." In fact, the widely-used "aging-in-place" term is slowly being replaced by the more accurate "aging-in-community," which describes better what we have been promoting at MRHS for forty-eight years. By clinical services we mean the services provided by our social work and health care staff, usually on a one-to-one basis and typically in residents' apartments. Naturally, to protect residents' privacy these efforts do not make the front-page of our Newsletter.

The documented provision of these clinical services is how we fulfill our city and state NORC (naturally occurring retirement community) contracts, which provide about sixty per cent of MRHS's funding each year. As a NORC program, the services MRHS provides are referred to as NORC case management, NORC case assistance, NORC health care management, and NORC health care assistance. MRHS staff is able to "manage" a resident's social service or health care needs by working with the resident on an ongoing basis to provide as much help as the person requires and requests in order to remain living at home. Residents who require occasional help with a health condition or a social service need fall into the "assistance" categories, usually provided on a time-limited basis. Many residents receive an assortment of services, as NORC programs utilize an interdisciplinary approach to providing care.

These clinical services are what distinguish the NORC program model and have made it a viable alternative to institutionalized care. City-funded NORC programs also utilize health promotion activities and a research-based approach to managing certain chronic health conditions in order to achieve their goals. If you or a neighbor needs help or have a question, please call MRHS at 212-666-4000 or contact me at

ronb@mrhsny.org .



Happy June Birthday!!

To: Eileen Canty, Ling-wang Chao, Michael Czajkowski, Mary Davidson, Michael Davidson, Quinten Fletcher, Bea Gottlieb, Bridget Leicester, Ted Leslie, Joan Levine, Norman Levine, Chen Liu, Joan Morford, Betty Reardon, John Seaman, Albert (Robbie) Sheldon, Aline Smith, Tamaara Tabb, George Todd, Ernestine Welch, and Shuli 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 June are all invited to our Birthday Party! Come on **Tuesday, June 17 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

June 7 – Summertime (1955)

1 hr, 38 min. A lonely American woman unexpectedly finds romance in Venice, Italy. Stars Katherine Hepburn and Rossano Brazzi. Directed by David Lean. Unrated.

June 14 – Sullivan's Travels (1941)

1 hr, 37 min. Joel McCrea plays a film director who decides his films are just fluff. In order to gain the life experience to make serious films, he sets out to discover the real world in this Preston Sturges comic classic. Veronica Lake co-stars. Unrated

June 21 – The Young Girls of Rochefort

(1967) 2 hrs, 5 min. French with English subtitles. Director Jacques Demy pays homage to the American musical films with his own pastel colored version. Starring Catherine Deneuve and her sister, Francoise Dorleac, and yes, Gene Kelly. Rated G

June 28– Twelve Years A Slave (2013)

2 hrs, 14 min. In the antebellum U.S., a free man, Solomon Northup, from upstate NY, is sold into slavery. Stars Chiwetel Ejiofor as Northup and Lupita Nyong'o as the slave, Patsy. Directed by Steve McQueen. The film won three Oscars and was nominated in six other categories. Rated R.

Movies start at 2:00 PM. Please arrive early. Suggested contribution is \$1.00.

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 – Come to the Sing-Along every **Tuesday at 1:00 PM**.

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

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

Nurse's Hours – Marie Phillips' schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 4	9 – 4	9 – 4	9 – 4	9 – 4

Hypertension Screening –Alternate Wednesdays from 9:00 to 11:00 AM

06/11, 06/25

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 take place on Thursday, **June 19 at 2:30 PM**.

"Later Life Transitions" group meets this month on **Thursday, June 5 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club** plans to meet on Wednesday, June 25 at 3:00 PM. The reading selection is **The Way We Live Now** by Anthony Trollope. All are welcome to join.

Computer Help ---

If you need help with your computer in any way including eBay training call MRHS at 212-666-4000 and ask for intern Jason Cam.



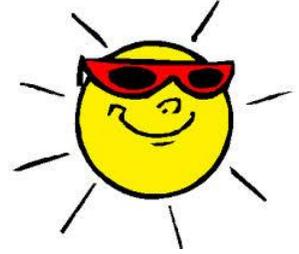
Intergenerational "Action Painting Workshop" on May 24

Summer: Use MRHS Services

As the heat of summer begins, safeguard your health by using MRHS Shopping and Laundry Services. Every

Tuesday the MRHS Health Aide does shopping for people who need help. On Thursdays, the Health Aide will do

your laundry. Just call Marie Phillips at the Nurse's Office (212-666-4000) one day before you would like the services. On the day you requested the service, the Health Aide will call you to let you know what time she will be at your apartment.



Blues and Gospel Concert

Echoes Of Our Ancestors presents **Ma, Mahalia, and the Man**, a special concert at St. Mary's Episcopal Church, 521 W. 126th St. on **Friday, June 20 at 8:00 PM**. Tickets are available through brownpapertickets.com or by calling (800) 838-3006. *Tami Tyree* who led a Black History Month program for MRHS last year will perform, along with special guest *LeeOlive Tucker*. *Sponsored by Harlem Community Arts Fund, Upper Manhattan Empowerment Zone Corp. and West Harlem Development Corporation.*

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, June 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.***

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

Technology For You:

MRHS "techNet"

The MRHS "techNet" group plans to meet in June. Stay tuned for information about the topic and the date of the meeting.

Also, for future reference, **Marcia Clarkson, Mike Davidson, or Tiana Leonard** will be happy to assist MHC residents in using the iMac, iPad, iPhone or Android phone (Tiana only). Please call Margaret Bianchi at MRHS to set up an appointment to meet.

For more information about any of the above, or if you wish to be added to our email list, send a message to

DrMichaelSDavidson@Gmail.com

or call the office.

Seeking Donations for eBay

MRHS is currently accepting donations to be auctioned by our eBay Program! All proceeds from the auctions go to benefit MRHS and the many programs we offer. If you are looking to get rid of any jewelry, handbags, shoes, small electronics, toys, artwork such as paintings and sculptures, and antiques and collectibles that are in very good condition, please call 212-666-4000 and speak with Paul. Your generosity is greatly appreciated. At right is our most recent sale: a New Tumi Bag that sold for \$102.50.



Timeslips Returns

Timeslips, a 10-week storytelling workshop provided by Elder Share the Arts, has returned to MRHS. Timeslips is a creative storytelling method that helps people with memory loss channel their life experiences and creativity. Timeslips takes place on **Mondays**, from **11:00 AM to 12:00 PM** in the **MRHS Tuttle Center** at 100 La Salle St. #MC. Call 212-666-4000 and speak with **Talia Orband** about signing up. Space is limited.

Memorial Quilts for Victims of Workplace Disasters

Two special quilts are on view at the Cathedral of St. John the Divine (Chapel of St. Boniface), Amsterdam Avenue at 112th Street **now through September 8, 2014**. Robin Berson has written an informative piece about the work on the quilt for the victims in Bangladesh and how it was inspired by the Triangle Fire Quilt. (See insert in this Newsletter, back of calendar.) Both quilts were produced at Morningside Gardens.

Volunteer Bill Payers Needed in Manhattan

Use your everyday life skills to help an older adult remain independent! Compassionate, detail-oriented volunteers are needed in Manhattan (not Morningside Gardens.) Visit a senior or adult with a disability to help with the timely payment of monthly bills. Clients make all their own financial decisions, but need hands-on help with the bill paying tasks. These may include organizing bills, writing out checks for the client to sign, balancing the checkbook and reconciling bank statements. Volunteers are screened, undergo background and credit checks, and receive training and ongoing supervision. The commitment is for one year, one or two visits a month for approximately 4-6 hours total a month. Multilingual volunteers (especially Spanish) needed. Please call 718-858-2164 or email: Volunteer Coordinator [volunteerbpp@cscs-ny.org]. The Bill Payer Program is operated by Council of Senior Centers and Services of NYC, Inc.

MRHS Website Blog

Go to the MRHS Blog on our website to read MRHS intern, Aissata Kebe's reflections on her internship at MRHS from September, 2013 to May:



<http://www.mrhsny.org/blog/farewell-and-good-luck-to-aissata>

