



newsletter

February 1, 2012
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www.mrhsny.org

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Wisdom-Making: A Spiritual Job Description for Elders

What is it that defines the spiritual needs of mature adults? Do we have particular spiritual gifts to offer? What, in fact, *is* spirituality and can one be spiritual without being religious? What are the common themes in human spirituality that apply across cultural lines? This presentation will suggest answers to those questions and include an invitation to explore the subject further.

The **Rev. Carole Johanssen**, BCC, is a board-certified healthcare chaplain and Coordinator of Pastoral Care at Phelps Memorial Hospital Center in Sleepy Hollow, NY. She is also a candidate for a Doctor of Ministry at New York Theological Seminary, focusing on spirituality and aging. In her personal experience and her work among other mature adults, she has become aware of the lack of attention to the unique spiritual needs of older adults. Her doctoral work is an attempt to offer a resource to meet those needs.

Wednesday, February 8, 7:00 PM
MRHS Tuttle Center, 100 La Salle, #MC.

Preventing Strokes Program

Strokes are a significant problem in our community. It is known that 1 out of 3 people who have had a stroke, will have a stroke in the future. In addition, African Americans have twice as many chances of having a second stroke and Latinos have three times more chances than Caucasians. Mount Sinai Medical Center will be presenting on what is a Stroke and how to tell the signs of a stroke, and giving out resources on stroke prevention.

Thursday, February 16, 2:00 PM
MRHS Tuttle Center, 100 LaSalle, #MC.

Celebrating Our Legends

**MRHS Salutes the Black Pioneers
Who lived among us!**

In recent months, Morningside Gardens has been saddened by the loss of two pioneers of the black community: Building I resident, **Dr. Muriel Petioni**, and former resident, **Judge Robert Carter**.

In honor of **Black History Month**, MRHS will pay tribute to these two legends who lived and thrived in our community. **Muriel Petioni** was a family physician who served the Harlem community tirelessly from the 1930's onward. The *New York Times* called **Robert L. Carter**, "a former federal judge in New York who, as a lawyer, was a leading strategist and a persuasive voice in the legal assault on racial segregation in 20th-century America."

Special guests will share memories and video clips will be shown. Join us!

Thursday, February 23, 7:00 PM
Thurgood Marshall Room, 80 La Salle.

Wii Bowling Kickoff

No special shoes required, no bowling balls allowed! No bowling experience necessary!

Come stop by the MRHS office on **Friday, February 3 between 10:00 AM and 12:00** for our official Wii Bowling Kickoff event. Wii bowling is a virtual bowling experience and is open to residents of all ages and health conditions. Learn more about the Wii and the MRHS Wii Bowling League scheduled to begin on Friday, February 10.

If you are unable to attend the Kickoff event and would like to sign-up to join the MRHS Wii Bowling League contact MRHS social work intern, **John Jacob** at the MRHS office for more information.

Director's Column

The Oscar nominees have been announced so it must be time to list the MRHS highlights for 2011. (Does anyone know why Alvin and the Chipmunks were bypassed again?)

We know we have a treasure chest of great stories at Morningside Gardens. That's why it was such a pleasure for MRHS to participate in the StoryCorps National Day of Listening this past year. We were able to conduct interviews with six longtime residents and to make a video recording of their stories, especially in regard to their early experiences of living at the Gardens. We now have about five hours of footage that we plan to edit down to an evening's program. When we do, you will be able to join us and hear all about the squirrel wars that riveted our attention for many years. The interviews have also appeared on the StoryCorps National Day of Listening website.

As MRHS's motto asserts, in addition to serving elders on a daily basis, a primary purpose of the organization is to "build community." Hosting community-wide events is just one way we aim to accomplish this. In February 2011, MRHS hosted a special screening and tribute to onetime Gardens resident, Thurgood Marshall, in honor of Black History Month. Building VI resident Judge George Bundy Smith shared his personal recollections of the former Supreme Court Justice. A lively and community-inspiring discussion followed. Our annual Winter Celebration in December recorded its highest attendance ever, with more than 150 residents of all ages participating in the music, neighborliness and good cheer. The MRHS Recognition Luncheon in June featured as guest speaker, resident Bob Berson, who regaled honorees with funny and moving stories of the MRHS community in its formative years. In August, MRHS held its first ever outdoor ice cream social, which was a particular hit with the under-twelve crowd. And for the over twenty-one crowd, there was the wine-tasting fundraiser in April!

Happy February Birthday!!

To: Mary Elder, Ann Jackson, Mary Jacobs, Nancy Jalet, Joanna Kapner, Charles Koppelman, Marie Ledoux, Julia Lu, Anna Mapp, Emily Maruoka, Annie Petrus, John Ryan, Sandra Saunders, Annette Sims, Hilah Thomas, and Marion Yeh.

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 February are all invited to our Birthday Party! Come on **Tuesday, February 21 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Feb. 4 *Frozen River* (2008) 1 hr., 37 min.
A woman struggling to provide for her children collaborates with a Mohawk woman on a nearby reservation to smuggle immigrants across the Canadian-American border. Melissa Leo gives a striking performance in this stark story in a stark winter setting.

Feb. 11 *Romeo and Juliet* (1936)
2 hrs, 6 min. George Cukor directed a remarkable cast in a lavishly costumed and decorated version of this classic drama. Norma Shearer is Juliet, Leslie Howard is Romeo.

Feb. 18 *A Single Man* (2009) 1 hr, 40 min.
Colin Firth is the focus in an understated account of a day in the life of an Englishman in Los Angeles brooding over the death of his longtime companion.

Feb. 25 *Water for Elephants* (2011) 2 hrs.
A romantic drama set in a Depression-era circus. A young man whose job is taking care of the animals falls in love with Reese Witherspoon, playing the wife of the circus's surly animal trainer.

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

MRHS is closed on Monday, February 20 for the President's Day Holiday.

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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

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 9:00 to 11:00 AM

Next on Feb. 1, Feb. 15, Feb. 29

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 not meet this month. Look for announcements for March meeting.

"Later Life Transitions" group meets this month on **Thursday, February 2 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will take place on **Wednesday, February 22 at 3:00 PM** in the Tuttle Center. The discussion is on the novel, ***Song of the Lark*** by Willa Cather. All are welcome to participate.

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, February 17). 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.***

Feng Shui for Health & Safety

Beginning **Wednesday, February 8, 2012 at 11:15 AM**, there will be a new group at MRHS led by two occupational therapy students from Columbia University. "*Feng Shui for Health & Safety*" will present residents with a fun and interesting approach to promoting harmony, safety, and health in their homes through basic feng shui and established home safety principles. Additionally, optional in-home safety assessments will provide individual residents with an objective analysis of their environment, and an opportunity to apply feng shui concepts to promote health and happiness at home.

Group sessions will be held every other Wednesday (Feb. 8, Feb. 22, March 7, March 21, April 4). Home safety assessment appointments will be available on the remaining Wednesdays (Feb. 15, Feb. 29, March 14, March 28).

MRHS Supper Club Returns

On **Thursday, February 9** MRHS will host a Supper Club Event. Italian cuisine is on the menu. It's a great chance to enjoy good food and meet your neighbors. Join us at **6:00 PM** at 100 La Salle, #MC. Cost is **\$13.50** and reservations are required. Please call 212-666-4000.

Thanks to All Our Supporters

In 2011, MRHS received support from the following. Thank you!

- Columbia Community Service
- Fifth Avenue Presbyterian Church
- Manhattan Borough President Scott Stringer
- Metzger-Price Fund
- Morningside Heights Housing Corporation
- New York City Council Member Robert Jackson
- New York City Department for the Aging
- New York State Office for the Aging
- Rona Jaffe Foundation
- UJA-Federation of New York
- YES! Solutions

Technology For You

The next **techNet meeting** will be on the subject of **Selling Books, Records and More on Internet Auctions**. To be presented by **Dr. Bill Clarkson** and **Allen Goodman, Esq.**

Bill, a retired English Professor, will discuss how to set up a seller account on Amazon and how to estimate whether a particular book is a likely seller. Also, he'll give advice on how to set a price, do a listing, and follow through on a sale.

Allen, an inveterate record collector, will provide an introduction to buying and selling on eBay. He'll include how it works as a marketplace including feedback, item descriptions and other important elements.

Thursday, February 16, 2012, 7:30 PM
MRHS Tuttle Center, 100 LaSalle, #MC.

Black History Month Trip

Join MRHS as we observe *Black History Month* with a tour of the **Apollo** followed by a soul food lunch at **Sylvia's Queen of Soul Food Restaurant**, which has been called the "best soul food restaurant in all of America." Apollo historic tours connect the past, the present and the future of this legendary venue, revealing the significant contributions of African-Americans and Latinos to the birth of global popular culture. Call MRHS at 212-666-4000 to reserve your spot, and let us know if you'll be meeting us at the Apollo at 10:45 AM or need us to provide transportation.

DATE: Tues., Feb. 28 PRICE: \$30.00
The Apollo (253 W. 125 Street) 10:45 AM
Reservation at Sylvia's: 12:45 PM

Great Decisions Program

On **Tuesday, February 7 at 7:00 PM** the Great Decisions Program will feature a discussion on "Middle East Realignment." Ken and Peggy Thomas are program facilitators. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including books for the 2012 program (\$20.00).

Super Bowl Sunday

NY GIANTS VS NEW ENGLAND PATRIOTS!

Join us in the Tuttle Center at MRHS for the Super Bowl on the big screen. Bring your own sandwich. Popcorn, pretzels, and soft drinks will be provided. Seating is limited, so call Margaret at 212-666-4000 to reserve. **Kick off at 6:25 PM, February 5.** Tuttle Stadium opens at 6:00 PM.

Notes from the Nurse: Hypertension

Most of the time, hypertension (high blood pressure) is "silent," which means you may feel no symptoms. That's why people have high blood pressure and not even know it. It's important to know that uncontrolled hypertension can raise your risk of heart attack, stroke, kidney disease, and even cognitive complications.

Hypertension is usually defined as having a systolic blood pressure (the top number) of 140 mmHg or higher and a diastolic blood pressure (lower number) of 90 or higher. Normal blood pressure is considered 120/80 or lower, and anything between normal blood pressure and high blood pressure is a condition known as "pre-hypertension," which should be a warning to take steps to bring down your blood pressure before your numbers elevate.

MRHS offers free hypertension screening and monitoring on alternate **Wednesdays from 9:00 AM to 11:00 AM**, at the **Tuttle Center at 100 La Salle Street**. You do not need an appointment. You can have your blood pressure checked on the following days:

February 1, 15, & 29 and March 14 & 28

If you are not able to get to MRHS on those dates, you can contact the nurse, **Marie Phillips**, at **212-666-2050** to schedule an appointment for another date.

Marie Phillips, RN, MPA

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

Stress Reduction Including Chi Gong

If you want to exercise and end up feeling relaxed, then this is the class for you. It begins slowly, emphasizing breathing and stretching exercises; continues with more active and aerobic sequences, and ends with relaxation techniques.

The last section of the class is Chi Gong, the Chinese healing art. It immediately benefits the circulatory and immune systems and calms the nervous system. You will get a workout, yet end up feeling relaxed.

This class can be done either sitting or standing. No previous experience is necessary. The instructor is **Marge Nissen**, (Bldg. III), a long-time experienced teacher certified in exercise, Yoga, Tai Chi, and Chi Gong. The class meets currently on **Tuesdays at 10:30 AM** in the MRHS Tuttle Center. All are welcome.

Save the Dates

Monday, March 5 at 1:00 PM:

Licensed Massage Therapist and Building I resident Faith Schwartz will discuss massage therapy.

Thursday, March 8 at 7:00 PM:

Author and Building VI resident Joy Carol on *Finding 'Spring' in the Darkness of Winter*

Friday evening, April 27:

The immensely popular MRHS wine-tasting fundraising event will return.