



# newsletter

March 1, 2012  
Vol. XXXVI, No. 3

100 LaSalle Street, NY, NY 10027 (212) 666-4000  
[www.mrhsny.org](http://www.mrhsny.org)

President: Rita Marie Pullium  
Executive Director: Ronald Bruno

## MRHS Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Monday, March 19, at 7:00 PM** in the **Building I Recreation Center**.

This year's meeting will include committee reports, introduction of new Board Members, Annual Report and other business. The Executive Director will comment on the work of the organization. A social hour follows with light refreshments.

***All Gardens residents are invited to attend.***

## Remembering Two Volunteers

Two longtime Gardens residents passed away in February. They both played a significant role as volunteers for MRHS programs as well as the Gardens community and we are very grateful for all they have given.

**Moira Whittington**, (Bldg. 1) passed away on February 2 at the age of 86. Moira was active in the MG Community and a long-time volunteer for MRHS. For many years she worked in the office every Monday. Most recently Moira provided invaluable help for the annual MRHS Flea Market. A memorial service will be held at The New York Society for Ethical Culture Ceremonial Hall, 4<sup>th</sup> floor, 2 West 64<sup>th</sup> Street on Sunday, March 4 at 2:00 PM

**Winifred Shearer**, a resident of Building IV, passed away at home on February 9 at the age of 95. Winnie was a long-time volunteer for MRHS. She was a volunteer for the Hypertension Program for many years, helped in the MRHS office on Friday afternoons, and was our official "calligrapher."

Moira and Winnie, who happened to be very close friends, will be greatly missed. Both were members of the MRHS Legacy Society.

## Turning Transitions into Positive Happenings

Many of us have an enormous fear of being in transition, of not knowing what lies ahead. At times dealing with change and the unknown seem almost more than we can bear. We may believe that when we don't know what will happen in the future that our lives will be completely out of our control. Yet more and more of us are in transition due to events and changes that are out of our control: financial insecurity, illness, disabilities, divorce, death, moves, an unknown and complicated world situation filled with terrorism and war.

This workshop addresses such issues as finding our strengths and our potential during times of transition; learning to expand our horizons even under difficult situations; understanding how to face life's challenges with peace of mind and calmness of spirit. Participants in this workshop will have the opportunity to explore methods and ways to calm us, reduce stress, and provide hope and courage.

This program will be led by **Joy Carol** (Bldg. VI). Joy Carol is a workshop and retreat leader, spiritual director, author, and national speaker. Her recent books include *The Fabric of Friendship: Celebrating the Joys, Mending the Tears in Women's Relationships*, *Journeys of Courage*, and *Towers of Hope: Stories to Help Us Heal* (Ave Maria Press). She writes a weekly spiritual blog at [www.joycarol.com/blog](http://www.joycarol.com/blog).

Please join us on **Thursday, March 8 at 7:00 PM in the MRHS Tuttle Center.**

## Save the Date:

*Friday evening, April 27:*

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

## Director's Column

Although NORC programs such as MRHS are primarily preventive and community-building in nature, we encourage you by all means to contact MRHS in the event of an emergency (though you may want to call '911' first depending on the situation.) Working alongside MHHC Public Safety (Security), we can respond to the event and provide guidance in making the best intervention. Particularly if our nurse, Marie Phillips, is on-site, this can be a valuable service and should be utilized.

But community programs such as MRHS are better equipped to prepare residents in advance should an emergency occur. There are a number of steps residents can take to be prepared. We encourage all residents to fill out the emergency contact form provided by MHHC and tape it to your broom closet or refrigerator. A copy should be filed with MRHS as well. MRHS has its own data base that includes emergency contacts. If you have not done so already, please provide us with the names of those you would like to be notified in the event of an emergency. We also recommend that you fill out a Consent Form, in the event other health care providers insist on seeing this before sharing health care information with MRHS.

It is important to have a Health Care Proxy. In the event you are unable to make health care decisions for yourself, your Health Care Proxy form appoints someone you trust and who knows your wishes and values to make those decisions for you. The Health Care Proxy is a very simple form that does not have to be notarized and must be accepted by all health care providers in New York State. We have forms available at MRHS. Every Spring MRHS hosts an attorney from the New York State Bar Association who discusses Advance Directives, including the Health Care Proxy. This year's talk is tentatively scheduled for May 4. (MRHS also has copies of the NY Bar Association's comprehensive Advance Care Planning guide.)

In the event you have been thrust into the position of being the primary caretaker for *someone else* who has become suddenly ill or injured, we encourage you to contact MRHS for support and guidance. We may also be able to contact relatives and to provide volunteers to assist you in your efforts. For further information, please stop by or contact us at 212-666-4000.

## Happy March Birthday!!

To: Odette Bigote, Lingxiou Cao, Iretha Fletcher, Corinne Green, George Gruen, Rhoda Gruen, Jean McCardell, Tih Lou (Sophie) Onne, Edna Philiba, Mildred Roxborough, Merryl Sheldon, Rose Voisk, Lorraine Wilbourne.

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 March are all invited to our Birthday Party! Come on **Tuesday, March 20 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**Mar. 3 *The Young Victoria*** (2009) 1 hr., 44 min.  
A lavish period film about the ascent to the throne of the 18-year-old princess and her courtship by Prince Albert. It was co-produced by Martin Scorsese and stars Emily Blunt.

**Mar. 10 *Holiday*** (1938) 1 hr., 33 min.  
This is one of George Cukor's most loved films. A delightful adaptation of a Philip Barry play, it stars Cary Grant and Katharine Hepburn, supported by a fine cast.

**Mar. 17 *Inside Job*** (2010) 1 hr, 48 min.  
A documentary about the conditions that led to the financial breakdown of 2008. It is a serious investigation of a corrupt system, revealed in all of its details. The narrator is Matt Damon.

**Mar. 24 *Crazy Heart*** (2009) 1 hr. 51 min.  
Jeff Bridges gives a much praised performance as a has-been country-music singer. Maggie Gyllenhaal plays a young woman who seems to promise love and love and salvation. Robert Duvall adds his distinctive presence and was also the film's producer.

**Mar. 31 *Rachel Getting Married*** (2008)  
1 hr. 53 min. Not a light-hearted wedding movie but a film about the family tensions swirling around as Rachel's sister (Anne Hathaway) shows up after a long absence.

**Movies start at 2:00 PM. Please arrive early. 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 – 5	9 – 5	9 – 5	9 – 5	9 – 5

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

Next on March 14, March 28

**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's next meeting will be announced soon. Look for the notices.

**"Later Life Transitions"** group meets this month on **Thursday, March 8 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will take place on **Wednesday, March 21 at 3:00 PM** in the Tuttle Center. The discussion is on the novel, **Freedom** by Jonathan Franzen. 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, March 16). 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.*

## "Almost All Chair Yoga" With Jana Titus

On **Thursday, March 15 at 11:00 AM**, **Jana Titus** (Bldg. I) will begin a new eight session series of classes. It is a meditative and highly therapeutic approach. Look for the flyers for more detailed information or call us at 212-666-4000. The cost is \$25.00 for the series.

## New Book for "Reading History" Group

There are openings for several participants in the next project of the Reading History group. It is expected to start on **April 5** and, as usual, meetings will take place approximately every other week on **Thursday afternoons from 2:00 to 4:00 PM**.

The book is Russell Shorto's ***The Island at the Center of the World***, a recent work based on the latest research about the Dutch settlement of New York.

Please sign up if you are interested in reading and discussing it in detail. **Beatrice Gottlieb** will lead the group. To register, see Margaret Bianchi in the MRHS office as soon as possible.

**Low Vision Group** will meet twice this month. Note the time is 1:00 to 2:00 PM (a change). On March 2 the topic is Advances in Research on Vision Loss and Repair; on March 30 there will be a special guest speaker.

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*Columbia University School of Social Work seeks a few volunteers over age 65 that wouldn't mind being interviewed by graduate students for a classroom assignment. The purpose of the interview is for students to have an opportunity to hear life stories from older persons. Interested persons should contact Ms. Cindy M. Bautista, Associate Director of Field Education at (212) 851-2311 or via email at [Cb2747@columbia.edu](mailto:Cb2747@columbia.edu).*

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## Benefits of Massage Therapy

On **Monday, March 5 at 1:00 PM, Faith Schwartz** (Bldg. I), a licensed massage therapist and a nurse, will give a demonstration and talk on the benefits of massage therapy for older adults. Issues addressed will be how to feel and move better with less stress and pain. Residents and caregivers are welcome. Please join us in the Tuttle Center to learn more.

## Technology for You

### Cloud Computing – What is It?

The next meeting of the MRHS “techNet” will take place on **Thursday, March 15 at 7:30 PM**. The topic will be “Cloud Computing” and presented by Chris Welber and Mike Armstrong of the Genesis Consulting Group, the team that does all the highly technical installations and maintenance of the MRHS computer server and systems.

Future meetings will be on the iPhone 4S, iTunes, How to Back Up Data, The History of Computing, the Kindle and Other Electronic Readers and much more. We will continue to offer individual instruction on the iMac. Please call Margaret (212-666-4000) to make an appointment with either Mike Davidson or Marcia Clarkson. This is in addition to the instruction provided by our Columbia Social Work Intern, John Jacob, on the PC.

For more information about any of the above, send an email message to [DrMichaelSDavidson@gmail.com](mailto:DrMichaelSDavidson@gmail.com) or call the office (212-666-4000).

## Great Decisions Program

On **Tuesday, March 6 at 7:00 PM** the Great Decisions Program will feature a discussion on “Promoting Democracy.” 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).

## Significance of the Black Church in the Community

The **Rev. Nicholas Stuart Richards**, Assistant Minister for Global Outreach at the Abyssinian Baptist Church, will lead a discussion on the history of the Black Church and its role in African-American Community. This program is schedule for **Monday, March 12 at 7:00 PM in the MRHS Tuttle Center, 100 La Salle, #MC**.

## Resident to Debut New Book

*Odete M. Bigote*, (a Building II shareholder), will present an inspirational talk to introduce her non-fiction book, entitled: **Before the World Began**, the Point of the Encounter of Love and Science.

It is an auto-biographical, self-healing book that helps everyone to rediscover the power of their mind. The talk will be followed by questions and answers. Please join us on **Tuesday, March 20 at 2:00 PM in the MRHS Tuttle Center**.

## Gold Coast Tour Continues!

### Vanderbilt Museum And Coe Hall

Join MRHS as we return to the Gold Coast to visit the unique **Suffolk County Vanderbilt Museum**, a combination of mansion, marine and natural history museum 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.

Our second stop will be **Coe Hall**, a 65 room Tudor Revival Mansion at Planting Fields, the former estate of insurance magnate William Robertson Coe Standard Oil heiress Mai Rogers Coe. Planting Fields is one of the few remaining Gold Coast estates on Long Island’s North Shore that retains its original 409 acres as well as its historic buildings and landscape.

**DATE:** Tues., March 27    **DEPART:** 9:00 AM  
**PRICE:** \$45.00    **RETURN MRHS:** 5:00 PM

## 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.

## Feng Shui for Health & Safety

The **Feng Shui** program at MRHS led by two occupational therapy students from Columbia University will continue in March and early April. "*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 (March 7, March 21, April 4). Home safety assessment appointments will be available on the remaining Wednesdays (March 14, March 28).

### Here is some information for those seeking assistance with their tax preparations.

This link is for free tax help from the **IRS** for people with incomes under \$50,000:

<http://irs.treasury.gov/freetaxprep>

The closest **IRS location** is:

Workforce1 Career Center  
215 W 125th Street  
6th Floor  
917-493-7212

Also, the IRS is launching a self-assistance service at select locations. If individuals have a simple tax return and need a little help or do not have access to a computer, they can visit one of the participating tax preparation sites and an IRS-certified volunteer will guide them through the process. The closest location is:

FoodbankNYC -W.Harlem  
252 West 116th St.  
West Harlem Community Kitchen

The **AARP Foundation** also offers free tax preparation for older adults over 60 with limited incomes. Call 1-888-227-7669 for more information.

The closest **AARP location** is:

Morningside Heights Branch, NY Public Library  
2900 Broadway  
E-filing Status: Yes  
(212) 666-5099  
Handicap Accessible: Yes  
Mon 10:30AM-2:30PM  
Sat 10:30AM-2:30PM  
AT 113TH STREET  
Closed Monday, Feb 20, Open Monday, April 16  
Walk-ins Welcome

# MRHS Legacy Society

Calling all who have made bequests in their wills to the MRHS... if you have made a bequest but are not yet a member of the Legacy Society, please let MRHS know (212-666-4000)! Someone will meet with you to do the simple paperwork (one page) with you, or for you. We would simply like to acknowledge this act of kindness and generosity in your lifetime, and add you to the list of those who inspire others with their foresight and generosity.

Please note that this form is not a legal contract nor does it ask you how much. All it is a statement that you have made, or are making a bequest. By making a bequest to MRHS, you have done something concrete towards ensuring that future generations of seniors can enjoy the programs and services of MRHS, just as exceptional individuals have done for us in the past. We still see the footprints they left on the sands of our own time.

During the recognition luncheon in June 2011, MRHS recognized a small group called the Legacy Society, whose names and deeds will be remembered in perpetuity. We have since been told that there are some who have made bequests unbeknownst to MRHS; perhaps they were not aware of the Legacy Society, perhaps they wrote their wills before the Legacy Society was created, or perhaps they chose to keep their good deed a secret. Now that you know about the Legacy Society, please be part of it! You will inspire others to do likewise. If you choose to be anonymous, you can still count toward this very special group of MRHS benefactors even while we honor your wish to remain anonymous.

**Rita Pullium, MRHS President**