



newsletter

May 1, 2013
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100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Do you love children? Do you like to read?

If so, TimeBanksNYC has an exciting opportunity for you!

You can be a volunteer reader to children waiting to see the physician at Metropolitan Hospital Center's pediatric clinic. They will love and welcome a distraction from their doctor's visit. Transportation is provided.

Date: Wednesday, May 22

Bus Departs: 9:30 AM (Please assemble at MRHS, 100 LaSalle Street, Suite MC, at 9:15 AM)

Bus Returns: 12:00 PM

Call MRHS at 212 666 4000 to register today!

Please keep in mind: This is a hospital environment. Though the hospital has standard procedures to contain contagions, there is no guarantee. Remember to use sanitation stations at the hospital. Please consult your physician if you have any concerns.

TimeBanksNYC is a free citywide resource for connecting individuals who want to exchange skills and services using time as currency rather than money; It is free and easy to join.

Call MRHS at 212 666 4000 and speak to Paul or Ariel to learn more about joining

TimeBanksNYC. You do not need to be a **TimeBanksNYC** member to participate in the Metropolitan Hospital volunteer reading opportunity.

MRHS will be closed on Monday, May 27 in honor of Memorial Day. We wish everyone a good holiday.

Essential Advance Planning

The importance of being prepared in advance should an emergency occur, especially having a health care proxy, cannot be emphasized too strongly. As in past years MRHS and the Elder Law Section of the New York State Bar Association invite you to participate in "Decision-Making Day." Attorney **Frank Colella**, will discuss wills, advance directives, the New York Health Care Proxy, the living will, powers of attorney, and procedures for organ donation. By preparing, you can ensure that your wishes are met in an emergency.

**Friday, May 10 at 1:00 PM
Tuttle Center, 100 La Salle, #MC**

"Ask the Doctor"

Come meet MRHS's new consulting psychiatrist, **Anna Costakis**, as she discusses **How To Stay Well in Stressful Times**. Dr. Costakis will talk about the impact that public events, such as the recent violence in Boston, might sometimes have on us. The talk will take place on **Friday, May 10, from 3:00 PM to 4:00 PM, Tuttle Center**. Light Refreshments will be served. Dr. Costakis will have regular Friday afternoon hours at MRHS beginning in May.

Echoes of Our Ancestors

If you attended MRHS's celebration of Black History Month in February, then you know that **Tami Tyree** can not only belt out a tune, but holds a wealth of knowledge about the history of African-American music in the United States. Join us for a series of sessions led by Ms. Tyree that will include *group singing*. Starting **Friday, May 10, from 7:00 to 8:00 PM** and continuing for five more Fridays at the same time in the **MRHS Tuttle Center**.

Director's Column

Since acquiring the apartment across the hall from the MRHS Tuttle Center in September 2012, the MRHS community has been rife with excitement and with suggestions for the new space's possibilities. Here is an update on what has taken place so far.

Currently, the space is receiving good use as the office of MRHS nurse Marie Phillips and as additional meeting room space when activities in the Tuttle Center overflow. This has allowed for ease of planning multiple activities at the same time. Having the entire staff work out of the same building location has promoted ease of communication and coordination of resources.

Moving forward, the MRHS Transition Committee has issued an RFP (Request for Proposals) to fifteen selected architects and firms to renovate the new space, taking into account its proximity across the corridor from the Tuttle Center and the possibility of attaching the two spaces. The RFP includes an MRHS Concept Statement, articulating MRHS's mission, values, and vision, and referencing MRHS's progressive approach to the provision of services and programs for the aging population.

Presently the Transition Committee is hosting interested architects for site visits, enabling them to better consider design possibilities for the spaces and to ask questions about the MRHS community's preferences. The deadline for architects to submit proposals is May 17, at which time the Transition Committee will begin its deliberations.

It is indeed an exciting time in the history of MRHS, as we undergo our first major renovation in nearly twenty years. We will be sure to keep the MRHS community up to date as we move ahead.

Coming Attraction: On Saturday, June 1 we are showing **My Neighbor Totoro**, a film for the whole family. Bring your children and grandchildren. Popcorn will be served!

Happy May Birthday!!

To: Eliza Chiu, Phyllis Darby, Anne Ellis, Cynthia Harris, Ronald Jackman, Leslie Kiss, Tina Lal, Elinor Levin, Elizabeth Mellen, Sue Miles, Daniel Morgan, Laura Brown Sands, Herbert Thorne, Martha Trezevant, and Gil Willis.

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 May are all invited to our Birthday Party! Come on **Tuesday, May 21, 2013 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

May 4 *My Afternoons with Marguerite* (2010) 1 hr., 22 min. Germain, a nearly illiterate man in his 50's, takes a walk to the park and happens to sit beside Marguerite who is reading excerpts from her novel aloud. They strike up a friendship that makes for a surprising and happy ending. French film with subtitles. Not Rated.

May 11 *Ride the High Country* (1962) 1 hr., 34 min. Aging ex-lawman Steve Judd (Joel McCrea) enlists old friend Gil (Randolph Scott) and his young sidekick to escort a gold shipment through dangerous territory only Gil decides he wants to make off with the gold. An amazing, powerful Western. Rated PG-13.

May 18 *The Third Man* (1949) 1 hr., 33 min. Novelist Holly Martins travels to shadowy, postwar Vienna, only to find himself investigating the mysterious death of an old friend, black-market opportunist Harry Lime. Not Rated.

May 25 *Moonstruck* (1987) 1 hr., 42 min. Romantic comedy set in Brooklyn Heights. Loretta Castorini (Cher), a young widow, lives with her parents. Her boyfriend Johny Cammareri (Danny Aiello) proposes and travels to Sicily to the bedside of his dying mother. The plot takes a turn when Loretta meets his brother Ronny (Nicolas Cage). Rated PG

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

May 1, May 15, May 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 this month takes place on **Thursday, May 23 at 2:30 PM** in the Tuttle Center.

"Later Life Transitions" group meets this month on **Thursday, May 9 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be on **Wednesday, May 29 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, ***The Women***, by T. C. Boyle.

Great Decisions Program

On **Tuesday, May 14 at 7:00 PM** the Great Decisions Program will begin the 2013 program with a discussion on "Myanmar and Southeast Asia." *Ken and Peggy Thomas* are program facilitators. Note that this is the second Tuesday of the month (a temporary date change). Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including books for the 2013 program (\$20.00).

TechNet: Technology for You ebay at MRHS

Did you know that 13% of the funds raised from the 2012 Flea Market came from donated items sold on eBay? On **Thursday, May 16 at 7:00 PM** in the **MRHS Tuttle Center**, MRHS staff members, Paul Nikolaidis and Laura Avila, will illustrate how they use eBay as a tool to raise funds for MRHS. We are also looking for volunteers interested in helping MRHS to grow its eBay presence. For more information, send a message to Paul Nikolaidis at pauln@mrhsny.org or call 212 666 4000.

If you wish to be added to our email list, contact DrMichaelSDavidson@Gmail.com.

MRHS Board Directors 2013-14

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Low Vision Support Group

The MRHS Low Vision Support Group is coming to a close for this season. Our final meetings until the fall will take place **Tuesday, May 7 from 3:00 – 4:00 PM and on Tuesday, May 21 from 3:00 - 4:00 PM**. This group shares ideas, tips, and resources for productive living. We will hear from a guest speaker and visit an organization that provides services for seniors with low vision.

Please contact Social Work Interns, **Laura Avila and Ariel Kaplan**, at **212-666-4000** with any questions.

What's the Matter, Lady?

Not seeing well scrambles my brain
Though I must say it gives no pain.
So painless I move on unsteady feet
Hoping to cope with what's on the street.

*Beatrice Gottlieb
February 2013*

MHHC Elections

Here is MRHS's policy in regard to assisting MG residents during MHHC elections:

- If requested, MRHS staff members may assist residents of Morningside Gardens to fill out their MHHC election ballots.
- Assistance may involve reading the ballot to the resident and filling out the ballot as directed by the resident.
- At no time is the MRHS staff member permitted to offer an opinion regarding the candidates or proposals on the ballot.
- If requested, MRHS staff members may deliver ballots to the MHHC office. In this case, the resident should sign his/her name across the sealed envelope.

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 May 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.*

Yankee Stadium Tour / Arthur Avenue Lunch

Our first stop is **Yankee Stadium** for a guided tour of the stadium including the **Yankee Museum and Monument Park**. Following the tour, we will have lunch at the famous **Mario's Restaurant on Arthur Avenue**. Lunch includes salad, pasta, a choice of entrée, dessert and beverages including wine. Please call MRHS at 212-666-4000 to reserve your spot and choose your entrée of chicken francese, veal parmigiana, or filet of sole scampi style.

DATE: Friday, May 31 PRICE: \$50.00
DEPART: 10:30 AM RETURN: 4:00 PM

Get Your Word's Worth!!

An annual and very popular event over the years – the annual reading by the *Writing from Life Experience* group is planned as a multidimensional event. It is billed as a Readers Theater Performance, during which members of the group will share their writings with the whole community. MRHS is very proud to co-sponsor this event with *Elders Share the Arts* and the NY State Council on the Arts. Light refreshments will be served. Please join us on **Wednesday, May 22, 2:00 - 5:00 PM** in the **Recreation Center, 100 La Salle, Basement**.

***** Please note: If you would like to nominate an MRHS volunteer for special recognition at our annual Recognition Luncheon, please contact MRHS at 212-666-4000 or info@mrhsny.org. Thanks! *****

***** For more information about MRHS movies go to the blog at <http://mrhsmovies.wordpress.com/>*****

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

Health Indicators Project

We need you!

MRHS is conducting interviews for our Health Indicators Project. The person-to-person interview with one of our staff members takes about 20 minutes to complete. If you are sixty years of age or older and live at Morningside Gardens, you qualify to take the survey. **All information from the survey will be kept confidential.**

The goal of the Health Indicators Project is to gather information about various health-related conditions. After the information is gathered, there will be an opportunity for some residents to have follow-up monitoring from the MRHS nurse, if you wish. All aspects of the project are voluntary. Such gathered data are important in our understanding the status of health conditions in the Morningside Gardens community, which is looked upon favorably when competing for grant money.

If you would like to participate, contact a staff member at MRHS who will arrange for you to take the 20-minute survey. All who participate will be entered into a drawing for a \$25 gift certificate from Bettalona Restaurant on Broadway!

Morningside Players to Present Shaw Play

The Morningside Players are proud to present George Bernard Shaw's rollicking comedy/adventure ***The Devil's Disciple*** directed by our own Susanna Frazer. The cast includes many Gardens residents: John Calderone, Luke Calderone, Luke Hofmaier, Bridget Leicester, Mark Speyer, and Chloe Niemann, along with four guest artists, including one of our own favorites, Stephen Bradbury. The dates are May 9-May 19. Suggested price is \$12, \$10 for seniors and students. Look for posters and check our website Morningsideplayers.org.

TimeSlips

MRHS is partnering with *Elders Share the Arts (ESTA)* to bring you **TimeSlips**. **TimeSlips** is a creative storytelling method that helps people with memory loss cultivate their imagination. Using a storytelling framework in which all participants can contribute, facilitators begin each session by greeting participants individually and then showing the assembled "storytellers" whimsical, theatrical, and provocative photographs. The stories are recorded to share with other facility staff and families of participants.

This group will meet every **Tuesday** from **2:00 to 3:00 PM, April 30 through June 25**. Please contact **Laura Avila** at 212-666-4000 for a list of dates and to sign up. Space is limited.

Storytelling Project — *Young at Heart*

Life itself is the most wonderful fairytale of all.
—Hans Christian Andersen

Storytelling has always been a passion of mine. There is something fulfilling about being able to listen to the stories of others. When I started my internship at MRHS I was enamored by the rich experiences and lives of the community members, and I wanted to know: *what keeps the members of this community young at heart?* From there I set out to capture as many stories as I could—both on and *off* the record. It has been a privilege to meet anyone who walks through the doors of MRHS. This is truly an extraordinary organization defined only by its extraordinary community and I have been grateful to be welcomed in it.

Please join me on **May 3 at 2 PM in the Tuttle Center** to celebrate the livelihood of this community through a collection of stories.

With much love and appreciation,
Laura Avila
Social Work Intern