



newsletter

June 1, 2012
Vol. XXXVI, No. 6

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www.mrhsny.org

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Federal Debt:

Who Ran up the Bill? Who'll Pay It?

Dr. June Zaccone, (Bldg. II) will lead a program focusing on the federal debt. The current debate about deficit and debt is a major diversion from discussing their real sources. These include a recession driven by financial speculation and fraud from which only profits, not working people, have recovered; a bloated military budget and mission; a costly, mostly private, healthcare system, which at much greater expense than the rest of the industrial world, now excludes 50 million people and produces poorer health outcomes; a tax burden, personal and corporate, at the low end of rich countries generally; and an economic strategy based on globalization which has created the most unequal income and wealth distribution since the high-flying 1920's, as well as slower growth, inadequate job creation, minimal wage improvements and greater international indebtedness.

The proposed remedy--cutting social programs and other government functions--promises to worsen the serious jobs/wages crisis. Her talk aims to help public understanding of the issue as well as propose alternative policies.

Dr. Zaccone taught economics for over 30 years. She is currently on the executive committee of the National Jobs for All Coalition as well as its webmaster. Join us: **June 14th at 7:00 PM** in the **MRHS Tuttle Center**.

Summer Ice Cream Social

MRHS will be offering an ice cream social to the Morningside Gardens community on **Thursday, June 28, from 6:30 to 8:00 PM** at the picnic table in front of building V. We hope this will be a fun intergenerational event. MRHS Board members and staff will be present if you would like to learn more about MRHS, but the main focus of the event will be fun and fellowship!

Renaissance Art and the Rise of Humanism

Erwin Panofsky noted that the "Arnolfini Wedding Portrait" marked the intersection of the profane and the sacred. The interaction of these two directions will be traced in European paintings from the fifteenth century to the seventeenth century. Highlighted are examples from Flemish and Dutch art.

Philip Gould taught art history at Columbia University and Sarah Lawrence College and was a visiting professor at Fordham University, Pratt Institute and Parsons in New York, as well as at the University of Taiwan in Taipei and at Teachers College in Beijing. At present he is an associate member of the University Seminars at Columbia University.

Come and enjoy! **June 6, 2:00 PM** in the **MRHS Tuttle Center, 100 La Salle, #MC**

Clutter Control: Control your Space, Belongings and Life

Join this practical and supportive workshop that will help you create more serenity in your life. Want less and enjoy what you have. Discover new ideas that are useful and realistic and develop an effective plan for organization. Discover how to master paper, too many belongings and develop new alternatives. Reduce your clutter, and find new space and a greater sense of ease and enjoyment in your life. **Constance H. Gemson** is an adjunct lecturer at La Guardia Community College. Join us on Wednesday, **June 20 and June 27, from 10:00 AM to 12:00 PM** in the **MRHS Tuttle Center**.

Director's Column

As you've probably heard MRHS will be expanding its space in the coming months! Although consolidating its space would be more accurate. The Health Office in Building VI, where nurse Marie Phillips has her office, will be moved to Building I where all MRHS programs and services will now be based. It's true that the apartment that MRHS will be moving into, adjacent to its current space in Building I, is a bit larger than the current Health Office, providing MRHS with an opportunity to expand programs and rethink its physical structure.

The expansion/consolidation was made possible by an arrangement with MHHC, whereby MRHS is paying for the difference in the value of the exchanged spaces, so that MHHC does not incur any expenses. MRHS was able to draw on its endowment to make this possible, an endowment that has been created over the past twenty years largely by bequests from residents of Morningside Gardens who utilized MRHS services. In exchange, MRHS will be given a 30-year lease for the consolidated space.

By taking this step, MRHS and the Morningside Gardens community is making a statement that it does not intend to plant its head firmly in the ground. Every week there seems to be another front-page story in the media referring to the aging of the population, with the word "tsunami" usually tossed in. As longevity increases and boomers age, a kind of perfect storm will be created that will result in unprecedented numbers of older people. In order to meet this wave, innovative and multifaceted programs, national and local, need to be developed.

According to the 2010 census, 500 of the 930 households of Morningside Gardens include someone over the age of sixty. In keeping with national trends, the 50 to 64 age group jumped from 313 residents in 2000 to 447 residents in 2010, an increase of 43%. Rather than bending to the biases of a youth-oriented culture, Morningside Gardens and other NORCs across the country are taking the steps necessary to provide local options for its older community members and for the family members who will be caring for them. MRHS certainly appreciates the opportunity to serve this farsighted community.



Happy June Birthday!!

To: Hisayo Asai, 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, Betty Reardon, Norma Roldan, John Seaman, Albert (Robbie) Sheldon, 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 19 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

June 2 Moneyball (2011) 2 hrs., 13 min.

This is a fast-paced account of one baseball manager's revolutionary approach to winning. The events are true. Brad Pitt as the manager heads a talented cast.

June 9 The First Grader (2010) 1 hr., 43 min.

An elderly man in Kenya makes a big decision to take advantage of new educational policies in his country by finally learning how to read. This, too, is a true story, but none of the African performers are celebrities.

June 16 Margin Call (2011) 1 hr, 47 min.

A suspenseful account of what happened in one of those booming Wall Street companies in the 2008 crisis. The stellar cast includes Jeremy Irons, Kevin Spacey, and Stanley Tucci.

June 23 Midnight in Paris (2011) 1 hr., 34 min.

Woody Allen directed this gentle fantasy, in which a young American enters the world of 1920s Paris and encounters his literary heroes.

June 30 Keeper of the Flame (1943)

1 hr., 40 min. George Cukor directed Katharine Hepburn and Spencer Tracy in this story about what may lie behind the popular image of a national hero. Tracy plays an investigative reporter working on a book.

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:

<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 June 6, June 20.

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" will resume meetings in the fall.

The **MRHS Book Club's** next meeting will be announced soon. Please look for the flyers.

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 15). 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.*

Technology for You

Data Backup

Data backups are the most important actions you can take to protect yourself from lost, stolen, or catastrophic damage to your computerized electronic devices (e.g. desktop computer, laptop, tablet, smartphone, pda, etc). Are you backing up your devices? If you are not or if you are, come to the next MRHS Technet meeting where we will discuss the variety of methods one can follow to backup your devices. We will discuss automatic and manual backups; local backups and online backups. Bring your smartphone or your portable computer and we will look at how to back it UP!



Leading this program is **Robert Marcus**, a certified technology professional with over 16 years experience providing technology help.

Join us on **Thursday, June 21, at 7:30 PM** in the **MRHS Tuttle Center, 100 La Salle, #MC**.

For more information about any of the above, send a message to

DrMichaelSDavidson@Gmail.com or call the office (212-666-4000).

Elder Smile Program

The Columbia University College of Dental Medicine **Community DentCare Network** will host the **Elder Smile Program** at MRHS on **Wednesday, July 11, 10:00 AM to 1:00 PM**. There will be workshops on oral health, diabetes and high blood pressure, as well as dental, blood pressure and blood sugar screenings and referrals. Come and receive a free "Goodies" bag. For more information about the Eldersmile Program please call 212-305-1045.

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

Welcome, Carolyn!

We're happy to report that Social Worker Carolyn Ulrich will be joining the MRHS staff for the summer. Carolyn completed her Masters of Social Work (MSW) degree at Columbia University in May and will be returning to her native San Francisco this fall.

Discover the Hudson Valley

First Stop: United States Military Academy and Hotel Thayer

Starting in June 2012, MRHS will embark on a series of tours along the Hudson River in the Lower and Mid Hudson Valley. Our first stop will be the United States Military Academy at West Point followed by lunch at the Hotel Thayer. Informative and fun, there is no better way to experience the sweep of America's history than with a tour of West Point. Historic figures such as George Washington, Robert E. Lee, U.S. Grant, Douglas MacArthur, Dwight Eisenhower and even Benedict Arnold all have walked these grounds and contributed to West Point's story. Along with the history and stories you will enjoy the breathtaking vistas of the Hudson Highlands, one of the most scenic spots in the Northeast. Lunch at the Hotel Thayer includes cold salads, deli sandwich makings, soup, entrees and assorted desserts.

DATE: Thurs., June. 28 **Depart:** 9:00 AM
PRICE: \$45.00 **RETURN MRHS:** 4:00 PM

Summer Savings at NIKKO for MG Residents!

NIKKO, our on-site Asian Fusion restaurant, is offering all Morningside Gardens residents a **10% discount***. MG residents 60 years and older receive a **15% discount***. Mention "MRHS" to your NIKKO server before you request your bill.

**The discount applies Sunday through Thursday after 5pm. Offer is valid through August 2012.*

MRHS is committed to Helping Elders and Building Community through local partnerships!

Life Collage Exhibition

Please join the participants of the Life Collage program for an exhibition of their work in the **Thurgood Marshall Room on Friday, June 8th at 2:30 PM.**

Show And Tell

With Members of A Circle of Hands

A Circle of Hands will hold a "Show and Tell" session on Tuesday, June 5, from 7:00-8:00 PM in the Tuttle Center at MRHS, Building I. Come see some of the projects we are working on – knitting, crocheting, quilting and even the assembly of a braided rug – and talk with the creators. Perhaps you will then want to join us at our remaining meetings in June. All are welcome.

Summer Art Class at MRHS

MRHS will be offering a special six-week art class this summer, starting in July, to be taught by artist and instructor **Francine**



Perlman. The class will focus on drawing, using charcoal, pastels, and pencil. Ms. Perlman has taught art at City College, where she had earned her MFA degree in 2002. Ms. Perlman's drawings and sculpture have been shown at many exhibitions and galleries, including the Ceres Gallery in Chelsea.

The class will meet on **Wednesdays from 2:00 PM to 4:00 PM**, beginning **July 11**, at the **MRHS Tuttle Center**. The cost for the six-week course will be **\$50**, which will include all supplies.

No Cash, Please

As a 'best practice,' MRHS has been advised by its independent auditor to handle as little cash as possible. Please help us to meet this goal by paying for all items and services at MRHS by check instead of cash. Thank you!

Journalist Looking for People to Share Health Care Stories

Paula Span, who writes the New Old Age blog on the New York Times website, is seeking our help in finding people for a Times special project focusing on medical decision-making in older adults.

She would like to talk with people over 70 and their families who believe that they've had a questionable test, procedure or surgery that led to subsequent health problems. This could be a screening test that medical guidelines don't recommend for people past a certain age, such as a routine colonoscopy for someone over 75 which led to infection or another complication. It could be a procedure where the risks outweigh the benefits for people who are frail or ailing or have a limited life span, and which led to a loss of mobility or independence. It could be an ill-advised drug that caused some damage. She's looking for ways in which current health care practices don't fit the specific needs of older people.

She would like these folks to be primarily English-speaking and to be in the eastern U.S., though she might be able to travel for the right subject. They would have to agree to be identified and photographed, but Paula would be happy to have initial off-the-record conversations to explain the project and what it involves.

If you think you or someone you know might fit the bill (which admittedly is not always easy to tell) and be willing to talk with her, please contact Paula and tell her about the situation.

Email: spanp@comcast.net

Phone: 973 746 6777 -- people can call her collect.

Thanks for your help with what could be an important story.

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 (212-666-2050) 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.



You love MRHS. Its programs and activities keep you going, add zest and meaning to your life day after day.

Do your relatives know how much MRHS means to you? Do they know of your vision for a better world in which neighbors help each other live life to the fullest as they age?

Provide for MRHS in your will... and join the Legacy Society of MRHS. It's the right thing to do!