

## Snug Harbor Cultural Center

Our first stop is Staten Island's **Snug Harbor Cultural Center & Botanical Garden** for a guided tour of the historical and contemporary exhibitions as well as the formal gardens. The Snug Harbor tour includes the New York Chinese Scholar's Garden and the Newhouse Center for Contemporary Art.

Following the tour, we will have lunch at the nearby **Blue Restaurant**, one of Staten Island's best waterfront restaurants with a view. Lunch includes an appetizer, entrée, dessert and non-alcoholic beverages. Please call MRHS to reserve your spot today.

**DATE: Tuesday, June 25 PRICE: \$50.00**  
**DEPART: 9:15 AM RETURN: 4:00 PM**

## TechNet: Technology for You

### Cyber Security – How to secure your home computer from online attacks?

On **Thursday, June 20 at 7:30 PM** **Robert Marcus** will lead a program on computer security. Discussion will focus on the common methods and procedures you need to follow to protect your home computer from being compromised by an online attack. We will discuss securing your home network, disabling nonessential services, the principle of least privilege, and securing your web browser. Bring your laptop whether it is a PC or Mac. If you don't have one then you can still attend and get something out of this event and learn about securing your home computer.

**Marcia Clarkson or Mike Davidson** will be happy to assist MHC residents in using the iMac, iPad or iPhone. Please call Margaret Bianchi (212-666-4000) to set up an appointment to meet at MRHS.

## Summer Ice Cream Social

MRHS will be offering an ice cream social to the Morningside Gardens community on **Wednesday, June 26, from 6:30 to 8:00 PM** in the plaza in front of building II. 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! Everyone is invited to attend including, of course, children of all ages!

## A Special Thank You

MRHS is very grateful to a group of volunteers from **Fifth Avenue Presbyterian Church** and from Morningside Gardens who cleaned the windows in the MRHS office space. Aably led by **Brenda Breckman** from the Church's Outreach Committee and coordinated by **Amanda Ashcraft**, Director of Outreach, they did a great job and brought their inspiring sense of community spirit to the work.

## Echoes of Our Ancestors

As a follow up to her Black History month concert, "Victorious Songs of the African-American Experience", Tami Tyree will lead us in study and singing sessions about the evolution of black people set to song. Come and join in casual singing with your neighbors, and learn tunes that have helped others to survive.

Continuing in June on **Friday, June 7 and June 14 from 7:00 to 8:00 PM** in the **MRHS Tuttle Center**.

## Director's Column

When I just turned twenty years old, fueled by reading Jack Kerouac and listening to a certain genre of folk-rock music, my friend John and I decided it was finally time for us to head out "on the road." Our means of transportation would be hitchhiking, except it was in the middle of a cold New York winter. We decided we needed to get to warmer climes first, namely the paradise of sunny California. This presented a problem: how to afford a trip to the west coast.

As if by magic I came across an ad in the Village Voice that read something like, "Bus leaving for West Coast on Thursday. Only \$30. Meet at Journal Square, Jersey City at 8:00 AM." Along with twenty or so other naifs, we arrived in Jersey City and were met by the sight of three double-decker London city busses that were being transported to a Seattle mall to be part of a publicity campaign. Little did we know that we would be pressed into service of driving these red, heatless goliaths on America's interstates, even though they could barely reach forty-five miles per hour except when heading downhill on the other side of the Rocky Mountains. All in all, we had a great time of it and even made the six o'clock news in Cheyenne, Wyoming!

I was reminded of this experience when reading, of all things, the Times' special Retirement Supplement. Included were a series of stories about people carrying on all sorts of unexpected activities in retirement: travelling, working overseas, even staying put in Marietta, Georgia. The most remarkable story was about a couple (he 76, she 60) in Minnesota that had adopted twelve children! "We've always thought that more retired people ought to adopt kids instead of play golf," said Rebecca Gawboy. The adoptions were all arranged through Mr. Gawboy's and the children's tribe, the Ojibwe. Adoption, of course, is a serious matter and not for everyone, but it is encouraging to see that our culture is beginning to embrace a range of possibilities for people as they age. Just remember to steer clear of Jersey City!



## 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, Joan Morford, Joe Platnick, Betty Reardon, Norma Roldan, 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 18, 2013 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**June 1 *My Neighbor Totoro*** (1988)

1 hr., 26 min. A delightful Japanese fantasy film about two girls who move to the country. Please bring your children and grandchildren. Popcorn will be served. Rated G.

**June 8 *The Court Jester*** (1955) 1 hr., 41 min.

Danny Kaye's funniest film is this Robin Hood musical spoof, with Basil Rathbone and Angela Lansbury; good old-fashioned swashbuckling fun. Not rated, but would be rated G today.

**June 15 *Life of Pi*** (2012) 2 hrs., 17 min..

After a shipwreck, a young man finds himself alone in a life raft with some very wild animals (or is he?). A beautifully photographed film about survival. Rated PG.

**June 22 *Dear Window*** (1954) 1 hr., 52 min.

A classic thriller from Alfred Hitchcock—Whellchair-bound photographer (Jimmy Stewart) spies on his neighbors from his apartment window and becomes convinced one of his neighbors has committed murder. Rated PG.

**June 29 *Incendies*** (2010) 2 hrs., 10 min.

A mystery drama which follows the journey of a twin brother and sister to the Middle East to discover family history, and fulfill their mother's last wishes. Nominated for an Academy Award for the Best Foreign Language Film, and made the NY Times Best Films List for 2011. Rated R.

**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**

June 12, June 26.

**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 resume in the fall.

**"Later Life Transitions"** group meets this month on **Thursday, June 6 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be on **Wednesday, June 19 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, ***The Sense of an Ending*** by Julian Barnes. All are welcome.

## 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 21). 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.***

## A Reason to Celebrate



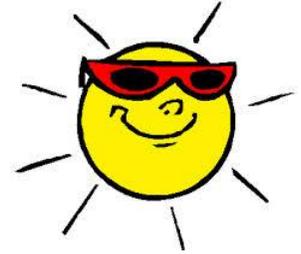
On May 5, 2013 Morningside Gardens seniors, **Annie Ruth Petrus** and **Forrest Crockett Murphy**

were married in a beautiful ceremony that took place here in the Gardens. We would like to offer congratulations and good wishes to them both.

## 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.*

## In Memoriam

**Phyllis Calese**, a former Treasurer of the MRHS Board of Directors passed away on April 2. Phyllis was a long-time resident of Morningside Gardens. In addition to serving on the MRHS Board for many years, Phyllis, a retired librarian, helped to keep the MRHS Lending Library in good order and worked at the Flea Market. She will be missed.

***\*\*\* For 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!

## Senior Net

Senior Net is a nationwide organization focusing on computer education for seniors. Here in New York, they are located at the Jewish Community Center, 334 Amsterdam Ave. (between 74th & 75th Streets).

MRHS volunteer Alice Lilly reports, "The facility is excellent as are the instructors and the prices are moderate." Full information on the program and profiles of the great teachers is available at the web site [seniornetny.org](http://seniornetny.org).



***If you wish to be added to the TechNet email list, contact [DrMichaelSDavidson@Gmail.com](mailto:DrMichaelSDavidson@Gmail.com).***

## Welcome Back, Joanna!

Assistant Director **Joanna Stolove** returns to MRHS in June after leaving for maternity leave in January. Joanna gave birth to a beautiful baby girl, Gabriella, on January 12. Gabriella has already been to visit at MRHS with big brother Max!

## 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 continues to meet on **Tuesdays** from **2:00 to 3:00 PM, through June 25**. Please contact **MRHS** at 212-666-4000 for a list of dates and to sign up. Space is limited. On **Tuesday, June 25** from **2:00 to 4:00 PM** the group will have a celebration honoring the participants. Please join us in celebrating the imaginative stories created by residents of Morningside Gardens. The stories are fun, whimsical, and original. Refreshments will be served.

## Get Your Words Worth

On Wednesday, May 24 MRHS's **Writing from Life Experience** group, co-sponsored by **Elders Share the Arts**, presented their writings in a dramatic reading. It was beautiful and moving. If you missed "Get Your Words Worth" you can take a look at the writers' works on their blog:

<http://getyourwordsworth.wordpress.com/>

