

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. Please call 212-666-4000 to reserve.

Discover the Hudson Valley Hudson Water Club Lunch and Cruise

The Hudson Water Club sits within a beautiful waterside setting, against sweeping views of the Hudson River. The restaurant's cuisine is Contemporary American designed by CIA trained Executive Chef Michael Dobias. Lunch includes house salad, choice of chicken marsala, penne ala vodka or salmon, dessert. Following lunch we will board the Commander for our cruise of the Hudson River. The Commander has the distinction of being the last operating vessel that served in the U.S. Navy in World War I. Enjoy the ride past Stony Point and Bear Mountain State Park. There is a short stop at West Point to load passengers for the shorter cruise past Constitution Island, Cold Spring, Breakneck Ridge to Bannerman's Island, with its ruined castle, before returning past Storm King Mountain.

DATE: **Tues., July 24** DEPART: **10:30 AM**
PRICE: **\$45.00** RETURN MRHS: **4:30 PM**

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. If you have not done so, please call or drop by MRHS to let us know of your interest.

Constance H. Gemson is an adjunct lecturer at La Guardia Community College. Join us on Wednesday, **July 18 and July 25**, from **10:00 AM to 12:00 PM** in the **MRHS Tuttle Center**.

Elder Smile Program

The Columbia University College of Dental Medicine **Community DentCare Network** will host the **Elder Smile Program** at MRHS on **July 11, from 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. Please call MRHS at [212-666-4000](tel:212-666-4000) to reserve a place.

*Please note: MRHS
will be closed on
Wednesday, July 4
for Independence Day.*



Charitable Fund Bequests

Q: Would the Legacy Society welcome charitable fund bequests?

A: Individuals who set up a **donor-advised fund** in a charitable fund (e.g. Schwab Charitable Fund) do it for two reasons: to take advantage of tax benefits and to increase what they can give to charity by using pre-tax dollars. Donors select investment choices within the fund company and designate amounts to legitimate charities (also known as recommending grants to charities) as they wish. They also choose a successor-adviser to make these recommendations after death, or alternatively, they can designate a beneficiary/beneficiaries to receive the balance of the fund.

If you have an account in a charitable fund, and would like to make a bequest to MRHS, why not designate MRHS as beneficiary? See your fund administrator to do this. Such a bequest would be just as welcome as a willed bequest, and is another basis for joining the MRHS Legacy Society. Join the Legacy Society -- keep MRHS alive and well for those who come after you!

The Children's Learning Center (CLC) at Morningside Gardens is in the early stages of planning an intergenerational garden for the community. If you have an interest in gardening and would like to become involved in the planning process, please let us know at 212-666-4000 or info@mrhsny.org.

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.

Happy July Birthday!!

To: Caridad Bertot, Cecile Boyajian, James Dyer, Iretha Fletcher, Tova Francus, John Gill, Kathy Hinton, Corazon Kangleon, Joan Mansoury, Sui Yung Moy, Marjorie Nissen, Mary Ellen Peinelt, Barbara O'Farrell, Doris Prillo, Maggy Sears, Chien 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 July are all invited to our Birthday Party! Come on **Tuesday, July 17** at **12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

July 7 *Daddy long legs* (1955) 2 hrs., 6 min. When an anonymous millionaire decides to adopt an 18-year old French orphan, 'somethin's gotta give' in this charming romantic comedy with Fred Astaire and Leslie Caron, lyrics and music by Johnny Mercer.

July 14 *Hugo* (2011) 2 hrs., 7 min. When his father dies, 12-year old orphan Hugo takes up residence in a Parisian train station. There, he meets Isabelle, the daughter of a filmmaker who holds the key to Hugo's destiny. Martin Scorsese directs this magical film starring Asa Butterfield, Chloe Grace Moretz, Ben Kingsley, Jude Law, and Sasha Baron Cohen.

July 21 *Cave of forgotten Dreams* (2010) 90 min. Famed director Werner Herzog, gains exclusive access, for perhaps the last time, to record an ancient cave, filming inside the Chauvet caves of Southern France, capturing the oldest known pictorial creations of humankind in their astonishing natural setting.

July 28 *Adam's Rib* (1949) 1 hr. 41 min. Husband and wife lawyers argue opposite sides in a sensational women's rights case. Following the first day of a contentious jury selection process, Adam (Spencer Tracy) and Amanda (Katherine Hepburn) return home and try to settle into their daily routine. With Judy Holliday, directed by George Cukor.

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

Resumes on September 12.

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 resumes in the Fall.

The **MRHS Book Club's** next meeting will take place on **Wednesday, August 29 at 3:00 PM** in the Tuttle Center. The discussion is on the classic novel, **Heart of Darkness**, by Joseph Conrad. 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, July 20). 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.***

Supper Club News

The Supper Club returns with another off-site edition! Join your neighbors for a wonderful Italian meal at our neighboring **Bettolona** on **Tuesday, July 31 at 6:00 PM** (3143 Broadway, between La Salle Street & Tiemann Place). The cost is \$15 (checks only, please) and reservations are required. Call MRHS at 212-666-4000 to reserve your spot. Hope to see you there!

New-York Historical Society Wants To Capture New Yorkers' Experiences During World War II

The New York Historical Society is undertaking a city-wide project to capture the memories of World War II. They are interested in **New Yorkers who served during World War II and New Yorkers who were children in New York during World War II and who could explain what it was like to be a child in New York at that time.** The New York Historical Society now has a children's museum where they try to tell historical stories through the eyes and voices of children who lived in that particular time in history.

The interviews will be conducted by Temple University interns using both audio and visual recordings. The interviews will be approximately 30-60 minutes and can be conducted in your home or at MRHS.

Please contact MRHS if you would be interested in participating.

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!

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

HIPAA: What the Privacy Law Really Says about Family Caregivers

Many family caregivers report that health care providers in hospitals and other health care settings tell them that they cannot talk to them about their family members' diagnosis, test results, or other medical information. They say this is because "HIPAA says I can only talk to the patient." This is not only frustrating to the family caregiver who has the responsibility of providing or managing the patient's care, but it is also a misunderstanding of the law and a barrier to good care.

The federal Health Insurance Portability and Accountability Act (HIPAA) is intended to protect patient's private medical information from employers, marketers, nosy staff members, and others who do not have a legitimate need to know.

The Department of Health and Human Services states clearly that doctors and other health care professionals CAN share information with family caregivers or others directly involved in providing or paying for a patient's care. The only exception is if the patient says he or she does not want information shared with others.

According to HIPAA, the patient does NOT have to sign any papers to allow discussion with family caregivers. However, some hospitals and other health care facilities may have their own policies that require patient consent. In this case, they should not say that it's because of HIPAA.

For more information about HIPAA and privacy protections, visit the Next Step in Care guide, "HIPAA: Questions and Answers for Family Caregivers" at www.nextstepincare.org.

Carol Levine is director of the Families and Health Care Project at the United Hospital Fund in New York. This article is adapted from "HIPAA: Questions and Answers for Family Caregivers," one of a series of free guides available in English, Spanish, Chinese, and Russian at www.nextstepincare.org.

Thurgood Marshall Art Gallery

On June 8, the **Life Collage** group (including several members of "The Memory Tree" and three volunteers) enjoyed their long-awaited exhibit of artworks created during a nine-week workshop held on Friday afternoons. Refreshments were abundant.



With assistance from a congenial Morningside Gardens maintenance worker – voila – appeared a wall full of beautiful collages. Below these, on several tables dressed in light blue, were more than a dozen unique collages framed in 9 x 12 boxes. The exhibit sensitively portrayed life experiences and memories. Many were so beautifully done that from a distance they looked like paintings.

Esperanza Cortes, teaching artist, with her assistant **Emily Abramson**, guided the group step by step during the sessions, using various materials and techniques to make up the art works.

In July and August this unusually creative exhibit will be installed in Duane Reade's special window. Don't miss it!

By Vivian Bergman (Bldg. IV)
Volunteer with Life Collage

MRHS Website Design

Are there websites that you visit regularly? Are there websites you recommend to friends? What kind of information do you hope to find on a website?

We are looking to explore these questions and more as MRHS begins the process of redesigning our website. We are looking for residents who are interested in contributing to the process, which will involve meeting once or twice to help brainstorm ideas. We are not seeking web designers, but residents who can offer thoughts and suggestions for what they would like to see on the MRHS website. Please contact **Joanna Stolove** for more information.

Summer Stretch and Tone Class

This summer, the “Stretch and Tone” class will continue meeting on Wednesdays from 10:00-11:00 AM (starting July 11), in the **Thurgood Marshall Room, 80 La Salle**, led by volunteers from the class. We hope you will join the group. New members are welcome.

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!