



newsletter

July 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

Museum of the Moving Image And Greek Restaurant!

At the Queen's Museum of the Moving Image our tour guide will bring us Behind the Screen for a one-of-a-kind experience that immerses visitors in the creative and technical process of producing, promoting, and presenting films, television shows, and digital entertainment. Behind the Screen also introduces visitors to the history of the moving image, from nineteenth-century optical toys to the present-day impact of digital tools on film editing and post-production.

Following the tour, we will have lunch in Astoria at a well-known Greek restaurant called Stamatis. Lunch includes appetizer, entrée, dessert and non-alcoholic beverages. Please call MRHS at 212 666 4000 to reserve your spot today.

DATE: Wednesday, July 17 **PRICE:** \$50.00
DEPART: 9:45 AM **RETURN:** 3:00 PM

MRHS Welcomes "Self-Help" With Jin Shin Jyutsu (jit-soo)

Using fingers and breath we harmonize body, mind and spirit with this ancient, powerful art. When energy pathways have become blocked we experience fatigue, pain, depression. We learn to release the stressors, enabling our own healing capacity to take over.

We will offer Jin Shin Jyutsu on four Tuesdays in July (**7/9, 7/16, 7/23, and 7/30**) from **2:30 PM to 3:30 PM** in the MRHS Tuttle Center. The class will be led by **Judith Janus**, a Jen Shin Jyutsu Practitioner who has conducted Self-Help Jen Shin Jyutsu for five years at DOROT, bringing relief from stress for many seniors. Call 212-666-4000 to reserve.

TimeSlips

MRHS in partnership with *Elders Share the Arts (ESTA)* brought **TimeSlips** to Morningside Gardens. **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 staff and families of participants.

The group met at MRHS for nine sessions and now they want to share the joy of their experience working together with all of you. On **Tuesday, July 2** 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.

Medicare Fraud

Medicare Fraud is one of the biggest and most expensive forms of consumer fraud today. Fraud is estimated to drain Medicare of between \$15 and \$65 billion each year. Come and join the fight to prevent Medicare Fraud in your community.

Presented by **AARP New York Volunteer Fraud Fighters**, this program is designed to help empower older adults by giving them the necessary resources and information they need to fight Medicare fraud. **Wednesday, July 10 at 2:00 PM in the Tuttle Center at MRHS.**

In Memoriam

Millie Weisbart, a former resident of Bldg. VI, passed away on May 23, 2013, at the Methodist Rehabilitation and Health Center in Riverdale, NY. A graveside funeral service was held the next day at King Solomon Memorial Park in Clifton, NJ. Ms. Weisbart's interest in Morningside Gardens continued unto her death. She was grateful for help given her across the years by MRHS.

Photo Consent Forms

As MRHS renovates its website we would like to add more pictures of MG residents. You may be asked to sign a photo consent form --- or feel free to request a consent form from Margaret at the front desk so that we have your formal consent on file.

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

Art Show Planned

Artist, Life Photographer, and writer, **John Seaman**, (Bldg. V), expects to have a large solo retrospective of his art work in August 2013, as part of the **New York Biennale**, organized by **Pietro Franesi**. The images will be printed on aluminum using an innovative technique. Details will be announced as soon as available. Look for the notices.

Please note:

MRHS will be closed on

Thursday, July 4

for Independence Day.



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 16, 2013 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

July 6 Rosetta (1999) 1 hr., 35 min.

An intense verite drama that closely follows a poor young woman struggling to hold on to a job to support herself and her alcoholic mother. Won the Cannes Film Festival's Palme d'Or for the Dardenne brothers and the best actress prize for the indomitable Emilie Dequenne. Rated R.

July 13 Robot and Frank (2012)

1 hr., 29 min. Set in the near future, an ex-jewel thief (Frank Langella) receives a gift from his son: a robot butler programmed to look after him. But soon the two companions try their luck as a heist team. Rated PG.

July 20 Far from Heaven (2002)

1 hr., 47 min. In 1950 Connecticut, a housewife (Julianne Moore) faces a marital crisis and mounting racial tension in the outside world. Also stars Dennis Quaid, Dennis Haysbert, Patricia Clarkson, and Viola Davis. PG 13.

July 27 The 400 Blows (1959) 1 hr., 39 min.

In crafting this pioneering film of the French New Wave, director Francois Truffaut made a deeply personal and semi-autobiographical movie about the new life of a troubled 12-year old in Paris. This lyrical and poetic film deserves its enormous acclaim in every way. *Not Rated.*

**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 September 11, 2013

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, July 18 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be on **Wednesday, July 24 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, **Home** by Toni Morrison. All are welcome.

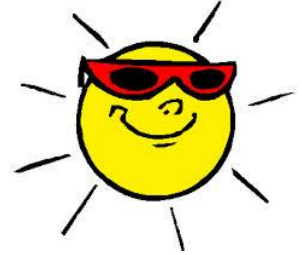
For Your Information

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 July 19). 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.*

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.



Flea Market/Holiday Bazaar

Here's some news you've all been waiting for! MRHS will begin accepting donations for this fall's Flea Market soon. We will accept donations **one evening a month beginning on Tuesday, July 23 between 7:00 and 9:00 PM and one afternoon per week from 2:30 to 4:00 PM beginning on Thursday, July 18**. Volunteers will be available to collect donated items in the Recreation Center (library room) by the entrance to the basement of 100 La Salle. Flea Market dates are **November 15, 16, and 17, 2013**.

Volunteers Needed: to assist with the collection of these donations; to serve on committees (Community Outreach, Publicity; Collection/Pricing). Morningside teenagers welcome to join in. Community-service credit is available. Contact the MRHS office at 212-666-4000 to volunteer.

Volunteers who participate in the sorting and collecting will be allowed to purchase a limited number of items before the actual sale. Contact MRHS to sign up for one day or every day we're collecting.

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

NYSOFA Radio Program -

The New York State Office for the Aging (NYSOFA) sponsors a call-in radio program, "Medicare Talk," on 1600 am radio/ WWRL. On Saturday, July 6 at 12:00 noon there will be a program on *Medicare 2013*. Kathy Dunphy responds to questions and offers tips on how you or your family can best use their Medicare benefits. (This program is aired live on the first Saturday of each month at 12:00 to 1:00 PM). The program also offers important tips on helping the New York State Senior Medicare Patrol program reduce Medicare fraud. The New York State SMP fraud hotline is 877-678-4697.

Scam Alert

A few of our residents have received telephone calls with the caller stating that he was ready to deliver the Medic Alert system that the resident had ordered, or else making reference to a Medic Alert system. As one resident reported, she informed the caller that she had never ordered a Medic Alert system and then hung up. This is the correct response. Never give out personal information over the telephone.



Explore Your Future Series Coming to Morningside Gardens!

Explore Your Future is a series of four facilitated interactive workshops that help individuals who are 50+ envision the next phase of life including pursuing civic involvement, lifelong learning and encore careers. The program is nationally tested and administered by Coming of Age NYC.

Four sessions will be offered on four consecutive Wednesday evenings **starting October 2** from **5:00 to 7:00 PM**. Classes will be held in the Thurgood Marshall Room, 80 LaSalle Street, Ground Floor. Participants should plan to attend all four sessions as they build upon each other.

WHAT WILL YOU LEARN?

The sessions are:

*October 2: **What Has Influenced Me?*** - Participants reflect on what has meant most to them in their lives and brought the greatest fulfillment while they explore people and events that have influenced them, their lives' themes, patterns and strengths.

*October 9: **Who Am I Now?*** - Through self-discovery and assessment, participants identify where they are in their lives and what talents they have. They explore values and motivators, passions and interests, individual gifts, strengths and aspirations.

*October 16: **How Can I Realize My Dreams?*** - Once participants gain more self-awareness, they address practical ways to align their values, passions and gifts by learning creative techniques for generating life options, strategies to fuse passion, purpose and personal strengths, and ways to imagine potential.

*October 23: **How Do I Create an Engaged Life?*** - Participants develop individual action plans based on specific, measurable, attainable, realistic and timely (SMART) goals; real and perceived challenges; and resources to help them reach their goals.

This dynamic four-workshop series is \$30 (which includes the workshop manual).

Class size is limited to 30 participants (first come, first served).

Register by calling 212 666 4000

Sponsored by MRHS