



newsletter

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www.mrhsny.org

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Follow the River: Final Stop: Culinary Institute of America

Join all the gourmets at MRHS as we explore fine dining in the Hudson Valley. Yes, we're off again to the world famous **Culinary Institute of America** in beautiful Hyde Park, N.Y. This time we will be having a spectacular feast at St. Andrew's Café.

We will have a sumptuous three-course meal in the beautiful restaurant followed by a guided tour of America's premier cooking school. It will be a great end to our tour series in the Hudson Valley with good food and good friends.

DATE: Wed., August 29th PRICE: \$45.00
DEPART: 9:30 AM RETURN: 5:00 PM

MRHS Recognition Luncheon

On June 13, MRHS hosted its **Nineteenth Annual Recognition Luncheon**, held at Columbia University's Pulitzer World Room to honor the 192 volunteers who contributed to the program in 2011. Special recognition was given to volunteers who provided extraordinary service, including **Joan and Norm Levine**, for their work on the Morningside Gardens Community Relations Committee, as well as for assisting frail neighbors in need. Also recognized was **Frank Minaya**, who creates photo and video records of many MRHS events.

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!

I'm 55+, What do I do Now?

Maintain Your Independence and Quality of Life

The Morningside Gardens community embodies a wealth of human capital: a majority of our neighbors have higher education degrees and have accumulated a myriad of knowledge, skills and experience. Continued engagement in work, volunteering, learning, and entrepreneurship contributes to better health outcomes for us all and benefits our community by utilizing our personal resources and energy.

This fall, MRHS will introduce an innovative workshop series to introduce and connect residents 55+ to the many opportunities that exist to remain active, engaged, and productive. The first session (Wednesday, October 3 @ 4:00 PM) will kick-off the program with an introduction by **Ada Mui, PhD.**, a world renowned expert in productive aging.

The subsequent workshops will explore specific opportunities in **volunteering** (Tuesday, October 9 @ 4:00 PM), **life-long learning** (Tuesday, October 16 @ 4:00 PM), **work** (Tuesday, October 23 @ 4:00 PM), and **entrepreneurship** (Tuesday, October 30 @ 4:00 PM). The program will conclude with individual **opportunity counseling sessions** to be scheduled in early November. Stay tuned for more details!

Community Picnic

The MHC Family Activities Committee and MRHS invite all residents to join us for a **Community Picnic on the Upper Lawn, Sunday August 12th, 11:00 AM-2:00 PM**. Bring your own blanket or light beach chair and picnic lunch.

Director's Column

As you can see on the front page of this Newsletter, MRHS will introduce a new series on Productive Aging this fall. While the term Productive Aging may conjure images of centenarians working on an assembly line, I can assure you the concept is much more benign. It is very different from "Active Aging," which was all the rage a number of years ago and was mostly concerned with keeping old people busy, regardless of what they were doing.

Productive Aging grows from the soil of belief that most people, *regardless of age*, want to develop their skills, create new experiences, contribute to society's welfare, and explore their own inner life. Productive Aging aims to make that possible. By challenging preconceived cultural ideas of what older adults are "supposed" to do and by providing support for new options in later life, Productive Aging proponents hope to change the landscape of aging.

Two cultural developments make the times propitious for these changes. First, people are living longer thanks to advances in medicine and sanitation. At the turn of the 20th Century average life expectancy was 49 years in the U.S. Today it's close to 80 years. When people turn 60 nowadays, they can reasonably look forward to decades of healthy life before them. This provides all kinds of opportunities for the first time in human history.

The second cultural development is the demographic phenomenon of the baby boom generation. The generation that grew up on the Who singing "hope I die before I get old" is getting old. (Of course, "old" in those days was defined as anyone over the age of thirty unless your name was Dennis Hopper.) Taking delight in challenging cultural norms has been a favorite pastime of boomers and we can expect the later years to provide fertile ground to continue this preoccupation.

Productive Aging can take many forms. Its purpose is to provide options for aging, not prescriptions. To learn more about Productive Aging, see the front page article and plan to attend the Productive Aging series at MRHS.



Happy August Birthday!!

To: Anne Burley, Fungying Chao, Vicki Chen, Sarah Cunningham, Carlotta Damanda, Corliss Hanson, Marjorie Horton, Phyllis Johnson, Ruby Johnson, Margaret King, Emil Koehler, Harold Landon, Phyllis Mais, Herbert Mendelsohn, Maggie Middleton, Dana Minaya, Zlata Paces, Rajdai Puran, Lotte Strauss, Susan Wersan, Llewellyn Williams, Lucienne Yoshinaga, and Alba Zatz.

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

Saturday Afternoon Movies

Aug. 4 *Woman in the Dunes* (1964) 2 hrs., 3min.
When scientist Jumpei (Eiji Okada) travels to sand dunes on an expedition, he is offered shelter in a house at the bottom of a sandpit where a young widow (Kyoko Kishida) lives alone. A fascinating yin-yang story unfolds. Award winning film directed by Hiroshi Teshigahara based on a novel by Kobo Abe.

Aug. 11 *Date Night* (2010) 1 hr., 28 min.
A slapstick story starring Tina Fey and Steve Carell involving a couple trying to survive a wacky life-threatening case of mistaken identity. A lot of laughs, a bit of romance, and plenty for either sex to relate to.

Aug. 18 *Newsies* (1992) 2 hrs., 1 min..
A musical based on the New York City newsboy strike of 1899. Starring Robert Duvall and Ann-Margaret. NB: July 20 was the 113th anniversary of the actual New York City paperboys' strike that inspired "Newsies."

Aug. 25 *Good Will Hunting* (1997) 2 hrs., 6 min.
Matt Damon and Ben Affleck co-scripted and star in this drama, about rebellious 20-year old MIT janitor Will Hunting, (Damon), gifted with a photographic memory. With therapist Sean McGuire (Robin Williams), Will is finally forced to deal with both his past and his future.

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, August 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.**

Facing the Challenges and Joys of "Being Alone"

In our Western culture, many people fear being alone or being "lonely." They often choose to be with anyone rather than to be by themselves - even though the company they are with may be boring, or unhealthy, even destructive. We may have been socialized to think that people who are "loners" are outsiders who wish they could "be on the inside," rather than people who might be content with their own company. We may have been conditioned to believe that when we are alone, we will ache for the company of others. We may even believe that a solitary existence would be the harshest lifestyle possible - perhaps a punishment.

Yet more and more of us are or will be alone due to divorce, death of a partner, even a conscious choice to remain single. This workshop addresses such topics as: finding special gifts and lessons in solitude; learning how we can experience joy and expand our horizons when we are alone; discovering peace of mind and a calmness of spirit in solitude; and finding new meaning and clarity in our lives that we might not have been able to do in the hustle and bustle of a busy life. Led by Gardens resident, Author, Speaker, Workshop/Retreat Leader, Spiritual Director **Joy Carol**.

Thursday, September 13, 7:00 PM
Tuttle Center, 100 La Salle, #MC.

Gerardo Torres, a resident of MG for the last twelve years recently published **Radio Transistor** (Terranova Editores, San Juan, PR), a mystery novel in Spanish about the lives of a series of odd New York City characters who are continuously moving between San Juan and New York

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.

Travel Right...Come Back

Today 40.3 Million Americans are age 65 and older (13% of the population). By 2050 this population will be represented by 89 million people. Older adults will represent 22% of the world population by 2050.

Due to increased life expectancies, and energetic life styles, many will live 20-25% of their lives in active retirement. Many older adults have sufficient discretionary financial resources to spend on vacation travel, and many mature professionals travel on business. In 2009, 12 percent of all trips in the United States were taken by persons age 65 and older, which equates to 45.5 billion trips. Miles logged by older adults now accounts for 10% of all miles traveled. By 2025 1 in every 5 drivers will be over the age of 65. Baby Boomers are exceptionally active and will continue to hike, swim, ski, travel to the mountains, beaches and islands to be where the physical and intellectual action is.

Although one has traveled all of their lives, it is important to understand that an individual's driving and travel ability can change with age. In order to continue traveling safely, awareness of when these changes are happening, getting help when they do, and the willingness to listen if others voice concerns is paramount. Even if individual warning signs appear minor, they could put a seasoned traveler and others in substantial risk in a travel situation.

Travel and driving require complex cognitive functions (i.e. airport terminal navigation, route mapping, etc). During this presentation and discussion we will review how travel stress, exhaustion, changes in environment and mild cognitive impairment can effect memory, and more specifically route finding. You will learn not only the basics but, the essentials for preparing a safe and fun travel experience. Travel Right and Come Back!

Tashia Amstislavski, MA, MSW, a resident of the Gardens, has a Masters in Social Work.

Wednesday, September 12, 7:00 PM
Tuttle Center, 100 La Salle, #MC.

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, August 14 between 7:00 and 9:00 PM and one afternoon per week from 2:30 to 4:00 PM beginning on Thursday, August 9.** 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 16, 17, and 18, 2012.**

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.

National Academy Presents "Women's Work"

A distinguished selection of work by women artists from the 19th century to the present will be on view at the National Academy through August 26. The exhibit includes work by **Colleen Browning (Wagner)** a former resident of Morningside Gardens whose part of the exhibit is entitled "Urban Dweller, Exotic Traveler. Museum hours are Wed. – Sun., 11:00 AM – 6:00 PM, at 1083 Fifth Ave. at 89th Street. Go to nationalacademy.org for further information.

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

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!

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.

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.