



Morningside Retirement & Health Services
Helping Elders. Building Community.

newsletter

100 LaSalle Street, NY, NY 10027 (212) 666-4000
www.mrhsny.org

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Historic Long Island Gold Coast Tour Series Begins!

First Stop: Oheka Castle and Old Westbury Gardens

Join MRHS as we head to the Gold Coast to visit the magnificent Oheka Castle, the second largest private home in the United States, a popular wedding venue for socialites, celebrities, and dignitaries, and the backdrop to many photoshoots and Hollywood productions. Following a private tour, we will enjoy coffee, tea and pastries at the castle, while listening to a lecture on Gold Coast Homes by historian Paul Mateyunas.

Our second stop will be **Old Westbury Gardens**, the former home of John S. Phipps, his wife, Margarita Grace Phipps, and their four children. Completed in 1906 by the English designer, George A. Crawley, the magnificent Charles II-style mansion is nestled amid 200 acres of formal gardens, landscaped grounds, woodlands, ponds and lakes. A boxed lunch is included.

DATE: Thursday, Oct. 27 **DEPART:** 9:00 AM
PRICE: \$45.00 **RETURN MRHS:** 4:00 PM

Supper Club Returns

On **Thursday, October 13** from 6:00 to 8:00 PM in the Tuttle Center. MRHS will host a Supper Club Event. The details will be announced soon. Cost is \$13.50. Call us at 212-666-4000 to reserve a place.

MRHS is closed on Monday, October 10 for Columbus Day. We wish everyone a good holiday weekend.

Wellness Bingo

Please join MRHS for Wellness BINGO!!!

While playing the game of **BINGO** you will learn:

- How our emotional well-being affects us **physically** and **emotionally**
- Common barriers to maintaining emotional wellness
- Practical tips for managing barriers to emotional wellness from day-to-day
- How to access local resources for additional help

DATE: Friday, October 21

TIME: 11:00 AM

LOCATION: MRHS Tuttle Center

SPEAKER: David Truzman, LMSW

In Memoriam

It is with great sadness that we report the passing of Building I resident and MRHS Board member, Jeanne Felker. As her church pastor put it, Jeanne was a person "who was passionate about justice, who delighted in the arts, who lived as a perfectionist but with a generous spirit." We will miss her dearly at Morningside Gardens.

Great Decisions Program

On **Tuesday, October 4** at **7:00 PM** the Great Decisions Program will feature a discussion on "Sanctions and Nonproliferation." Ken and Peggy Thomas are program facilitators. Meetings are in the **Tuttle Center, 100 La Salle, #MC**. Resource materials are available at the MRHS office.

Director's Column

As I mentioned in an earlier column about NORCs (naturally occurring retirement communities), in order for a community to be classified as a NORC there must be a significant number of residents over the age of sixty. According to the 2010 census, exactly 500 of the 930 households at Morningside Gardens include someone over the age of sixty. This represents 54% of the Gardens households, the same ratio as reported in the 2000 census.

This makes the Gardens qualify as a NORC and enables the complex to apply for public funding through its NORC program, MRHS. Currently, MRHS has contracts with both the state and the city of New York, in the annual amounts of \$136,600 and \$183,500 respectively. MRHS is able to use this funding to provide the needed programs and services that help us to achieve our goal of "Helping Elders, Building Community." MRHS works closely with MHHC to improve the quality of life of all Gardens residents and to create the sense of connection between neighbors that has distinguished Morningside Gardens from its inception and continues throughout the years.

Based on the 2010 census data, the next ten years will show a significant increase in the number of 60+ households at Morningside Gardens. The total population of MG is 1,714 residents. The number of MG residents over the age of 50 is 950 (or 55%). That compares with 848 residents (or 51%) in 2000, an increase of 102 (or 12%) in the 50+ age category. *Reflecting national trends, the 50 to 64 age group jumped from 313 residents to 447 residents, an increase of 43% in the last ten years.* This is the baby boom generation that will be turning 60 and 70 in the next ten years. The aging of the population provides a challenge and an opportunity to the Morningside Gardens community and to society at large. Data can be found at www.census.gov. Morningside Gardens is Census Tract 211, Block Group 6.

Happy October Birthday!!

To: Hazel Bertz, Mary Grace Bookhardt, Alan Borthwick, Mary Borthwick, Aram Boyajian, Robert Broadwell, Chia-hua Chang, Colin Chang, Melva Currier, Geruth Graham, Mary Lowry, Mary McDonald, George Mapp, Pat Moore, Aline Multare, Kay Murray, Seymour Newman, Angel (Rosario) Palovacini, Ivy Polk, Dorothy Teffeau, Ramsey Togo, Sydney Weinberg, Margaret Yi, Asa 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 October are all invited to our Birthday Party! Come on **Tuesday, October 18 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Oct. 1 *Made in Dagenham* (2010) 1 hr., 53 min.
Women workers at an English automobile plant in 1968 go on strike for wage equality. This is a lively account of real events, starring Saly Hawkins, Miranda Richardson, and Bob Hoskins.

Oct. 8 *Amelie* (2001) 2 hrs., 2 min.
A French confection (with subtitles) starring Audrey Tautou as an imaginative young woman with a gib heart. The film has been described as quirky and feel-good.

Oct. 15 *Black Orpheus* (1959) 1 hr., 43 min.
Here is another musical film from 1959, a retelling of the myth of Orpheus and Eurydice in the setting of Carnival in Rio de Janeiro. The language is Portuguese (with subtitles), the rhythm is that of the samba.

Oct. 22 *Dinner at Eight* (1933) 1 hr., 53 min.
George Cukor directed a big Hollywood cast in this sparkling drama of New York society. Among the women are Jean Harlow, Marie Dressler, Billie Burke, and Madge Evans. The male stars include John and Lionel Barrymore.

Oct. 29 *The Witches of Eastwick* (1987)
1 hr. 58 min. This lively fantasy is a head start on Halloween. Three latter-day witches in a pretty New England town are played by Cher, Susan Sarandon, and Michelle Pfeiffer. More or less based on a novel by John Updike.

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

October 5, October 19

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 meet on Thursday, **October 20**.

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

The **MRHS Book Club's** next meeting is set for **Wednesday, October 19 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, **The Help** by *Kathryn Stockett*. 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, October 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.*

MRHS Cluster Care Services

Shopping, Laundry and Personal Care Services are available to Morningside Gardens residents over the age of 60. Every Tuesday the MRHS Health Aide does shopping for people who need assistance. 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.

If you would like to add your name to the MRHS email list, please contact us at info@mrhsny.org and simply put "MRHS Email List" in the heading. Thanks!

Low Vision Support Group

The program for residents experiencing vision impairment or who wish to learn more about this concern resumes on **Friday, October 6, from 2 – 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Please join us every other Friday. The group is led by the MRHS social work staff.

Learn About Our Children-Senior Partner "Memory Tree Photo Project" for 2011-2012—"Going Green"
Go to: <http://mqphotoworkshop.com> to see YouTube video and details.

Welcome John and Melissa!!

MRHS extends a warm welcome to Columbia University Social Work Interns **John Jacob** and **Melissa Vollbrecht**. John will be with us on Monday, Tuesday, Friday. Melissa will be here on Monday, Thursday, and Friday. Come by to meet them.

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

Technology For You

mrhsTechNet News

iPad

The first MRHS "techNet" meeting of our "academic year" was held on Thu, Sept. 15. Mike Davidson demonstrated the Apple iPad 2. He showed how it was quite different from a standard computer, especially with its virtual keyboard, app icons and solid state memory drive. Because there was such unusual interest, he is willing to provide individual demonstrations at MRHS during the open times listed below.

Digital Photography

Since the "techNet" group will meet on the 3rd Thursday of the month at 7:30 PM, the next scheduled session will be on October 20 on Digital Photography at MRHS. This class will be in two parts, the second taking place on the following day, Friday, October 21 from 3 – 5:00 PM at the Teachers College Computer Lab. Participants will have an opportunity to use the latest combination iMac/PC computers to download and "touch up" their photos. Registration is required for both of these sessions. Watch for more information in early October.

Open Computer Times

Here is a list of the times when the iMac computer and Brother Printer are available for use by anyone who is interested. Please call the office to reserve your time or to request an individual iPad lesson.

Monday 9-10, 12-2

Tuesday 9-10, 4-6

Wednesday 9-10, 12-2

Thursday 9-10

Friday 9-1

For more information about any of the above, or if you wish to be added to our email list, send a message to DrMichaelSDavidson@Gmail.com or call the office (212-666-4000).

Flea Market/Holiday Bazaar

MRHS continues to accept donations for this fall's Flea Market. We will accept donations **two evenings in October, Tuesday, October 11 and Tuesday, October 25, between 7:00 and 9:00 PM and every Thursday afternoon (10/6, 10/13, 10/20, 10/27) from 2:30 to 4:00 PM.** 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 **11/18, 19, & 20.**

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. NOTE: Please return the insert enclosed for volunteering for Flea Market Set Up and Sale.

"The only thing that can save us as a species is seeing how we're not thinking about future generations in the way we live. What's lacking is generativity, a generativity that will promote positive values in the lives of the next generation. Unfortunately, we set the example of greed, wanting a bigger and better everything, with no thought of what will make it a better world for our great-grandchildren."

--- Erik Erikson, at age 87

MRHS is waiting to hear from St. Luke's Hospital about setting the date for distribution of flu shots at Morningside Gardens. Please stay tuned.

If you missed the MRHS Ice Cream Social in August, see Frank Minaya's video at:
<http://www.youtube.com/watch?v=HwD9zQiiip2o>