



Morningside Retirement & Health Services
Helping Elders. Building Community.

December 1, 2011
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newsletter

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www.mrhsny.org

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Winter Celebration 2011!

Come one, come all to the 2011 Winter Celebration at MRHS!

It's that time of year again – winter's coming and that means winter holidays and parties. MRHS announces one to look forward to, our annual Winter Party Fest. This year it is planned for **Monday, December 12** from **4:00 PM to 7:00 PM**. The festivities take place in the **Recreation Center, basement of 100 La Salle**. Entertainment by Vocal Ease begins at 6:00 PM. We will have good food and drink, singing, and conviviality. This is a great opportunity for everyone who lives in Morningside Gardens to come and celebrate!

A December Night's Music

Akiko Kobayashi, Julie Castor, Catherine Parsons, and Elaine Shin, are performing a recital where they will be answering questions from the audience and performing as soloists and as a string quartet. They are students and alumni from Manhattan School of Music and Yale University. On the program will be solo works by Johann Sebastian Bach, and the Mozart String Quartet in d minor, K 421.

The concert is scheduled for **Friday, December 2** at **8:00 PM** in the **Recreation Center, 100 La Salle, basement**.

MRHS is closed on Monday, December 26 for Christmas . We wish you all a Happy Holiday!

Flea Market Thanks!

MRHS wishes to express a warm thank you to all the 2011 Flea Market volunteers and MRHS staff for the excellent job they did! We especially want to thank **Dana Minaya**, for all her work in coordinating the Flea Market and to **Paul Nikolaidis** for coordinating the staff effort. There are many volunteers who have devoted themselves to this yearly community project year after year, and in so doing have created an event that the community eagerly anticipates and appreciates! This year the Flea market collected more than \$8,000 for the benefit of MRHS.

Playwright To Speak

Come hear playwright, **David Rimmer**, talk about his play, *New York*, which will be given a staged reading by the Morningside Players (on January 22 at 3:00 PM). *New York* was performed at the Hudson Guild Theater on the tenth anniversary of September 11th. The play has been published by Samuel French.

David is also the author of *Album*, which played for a year off-Broadway at the Cherry Lane Theater and was a Pulitzer Prize finalist.

The presentation is scheduled for **Thursday, December 22** at **7:00 PM** in the **Tuttle Center, 100 La Salle, #MC**.

Great Decisions Program

On **Tuesday, December 6** at **7:00 PM** the Great Decisions Program will feature a discussion on "Global Governance." 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

I recently had the pleasure of speaking with Vera Flint, sister of MRHS Board member Michael Davidson. What sparked my interest in Vera was Michael's mentioning that his sister, who will be 83-years-old, was preparing for her Bat Mitzvah. While I'm not Jewish, I know that 83 is somewhat beyond the typical age for a Bat or Bar Mitzvah. Vera pointed out that she will be 70 years past her 13th birthday, the traditional time for this ritual.

In preparation, she is learning how to read Hebrew and says that her "goal is to read Hebrew fluently." She meets with her rabbi regularly to review the Torah reading for the week. Her temple also requires a community service project. Vera was one step ahead, having been visiting people in nursing homes for the past ten years. She typically visits more than ten people in the course of a week, and has been able to incorporate this ongoing work into her project.

There has been increased interest in the literature about the importance of spiritual and religious practice in later life. I recently heard Rabbi Pamela Wax talk about this in a discussion she entitled, "An Age of Opportunity?" Rabbi Wax likes to use the term "eldership" (like "friendship" and "courtship") to describe this process. Vera talked about how she felt she was entering a new stage in life and the sense of accomplishment and the excitement this generated.

Another area of increased interest is called "productive aging," which recognizes that new roles have evolved that do not conform to our cultural image of aging. If I had room, I could list the activities that Vera Flint is involved in. Just some highlights: daily walks of 1 and $\frac{3}{4}$ miles, piano lessons, line dance, range of motion water class, working with weights, crocheting articles for donation, donating canned goods to a local pantry with friends. As her daughter says, Vera has come to know more people since moving to Virginia seven years ago than she herself knows in twenty-five years. As Vera puts it, she "feels best when making people happy," a feeling that certainly doesn't diminish with age.

Happy December Birthday!!

To: John Beard, Ruth Bendersky, Vivian Bergman, Mabel Carter, Fred Cooke, Dollie Cooper, Alan Cutter, Winifred Eileen Derryck, Heber Jones, Kamu Kamadoli, Douglas Knight, Shirley Korn, Gary Lee, Boyd Lowry, Joan McCann, Florence Robinson, Emma Saxlehner, Reka Schoumaker, Manowar Sikdar, and Mary A. Thompson.

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 December are all invited to our Birthday Party! Come on **Tuesday, December 20 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Dec. 3 *The Mikado* (1982) 1 hr., 56 min.
Possibly the best of Gilbert and Sullivan's operettas, this satire of English society has characters with comical Japanese names dressed in Japanese costumes. The film to be shown on Dec. 24 is about its making.

Dec. 10 *Jumping the Broom* (2011) 1 hr, 52 min.
Martha's Vineyard is the setting of this comedy about the wedding of a couple whose families represent contrasting styles of African-American life.

Dec. 17 *Everything Must Go* (2010) 1 hr, 37 min.
Raymond Carver wrote the story on which this movie is based. Will Ferrell plays a nice guy completely down on his luck and choosing to live on the front lawn of the house from which his wife has ejected him.

Dec. 24 *Topsy-Turvy* (1999) 2 hrs, 41 min.
William S. Gilbert and Arthur Sullivan are the subjects of this film, which focuses on the growing strain in their collaboration that is healed by the creation of their great comic opera (which we showed Dec. 3). Fascinating story, lots of delightful music.

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

Next on Dec. 14, Jan. 3

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 not meet this month. The program resumes in January.

"Later Life Transitions" group meets this month on **Thursday, December 8 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting will be announced soon. All are welcome to participate.

Low Vision Support group will meet next on Friday, December 2 at 2:00 PM in the Tuttle Center.

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, December 16). 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 on Facebook!

MRHS invites residents to 'like' us on Facebook. Our page is frequently updated and we welcome the community's participation.

Computer Lessons

Do you have computer questions or are just interested in learning more? MRHS social work intern, **John Jacob** will be offering one on one computer lessons on Mondays between 10:00 AM and 12:00. Please contact MRHS to schedule an appointment.

The Columbia University School of Social Work cordially invites residents from our Morningside Heights community to participate in a course on clinical practice with older adults. Participants will "play the role" of a client in an interaction with students who are learning to assess the physical, functional, mental and social health of older adults. The class will meet on Tuesday, November 29 from 9:00 AM – 11:00 AM in the Social Work building at 1255 Amsterdam. Transportation and a modest stipend of \$50.00 will be provided. If you have questions or need more information, please contact Prof. Denise Burnette at 212.851.2188 or jdb5@columbia.edu.

Free Tickets to Hear St. Cecelia's Chorus at Carnegie Hall. The Concert takes place on Friday, December 9 at 8:00 PM. The program is Handel's *Messiah*. Call MRHS at 212-666-4000 to request tickets. Supply is limited.

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Technology for You

December 2011

The next meeting of the MRHS "techNet" will take place on Thursday, **December 15 at 7:30 PM.** This will be a social gathering that will feature International Desserts and a pseudo presentation by Mike Davidson titled:

"The Inaugural Henry Higgins Lecture on A Proposal to Form the Internet L.A.M.P.S. Society"

The first person who can correctly guess what L.A.M.P.S. is an acronym for will receive a \$25 gift certificate to Pisticci's. Look for more information shortly before the event.

A Special Honor

Congratulations to Building IV resident, **John Yoshinaga.** John served in the Military Intelligence Service of the U.S. Army during the Second World War, stationed in the Philippines and then joining the occupation force in Japan after the war. Along with the 100th Infantry Battalion and the 442nd Regimental Combat Team, the Military Intelligence Service was honored for their display of courage and sacrifice with a **Congressional Gold Medal** at the United States Capitol in Washington D.C. on November 2. These units were made up of Japanese-Americans, many of whom had relatives in internment camps and some who had been in camps themselves. John's parents were in an internment camp while he served in the Army during the war.

The ceremony at the Capitol was meant to close this unfortunate chapter in American history and to honor the Japanese-Americans who served in the 100th Infantry Battalion, the 442nd Regimental Combat Team, and the Military Intelligence Service, to whom President Harry Truman once said, *"You fought the enemy abroad and prejudice at home, and you won."*

Congratulation to John and his wife, Lucienne, on this well-deserved honor!

Supper Club

The MRHS Supper Club will be held on **Thursday, December 8, at 6:00 PM** in the **Tuttle Center, 100 La Salle, #MC.** We will be enjoying cuisine from Dinosaur BBQ. Cost is \$13.50. Please call MRHS at [212-666-4000](tel:212-666-4000) to reserve a place.

The Prevent Return Of Stroke Program

Strokes are a significant problem in our community. It is known that 1 out of 3 people who have had a stroke, will have a stroke in the future. In addition, African Americans have twice as many chances of having a second stroke and Latinos have three times more chances than Caucasians. Thus, it is necessary that we find a way to prevent this from happening.

What are we doing about it? The Prevent Return of Stroke research program at Mount Sinai Medical Center offers a *free* 6-week workshop that may help stroke survivors prevent another stroke. These workshops are taught by people from the community and people who participate will learn how to control their cholesterol and blood pressure, prevent blood clots, lower stress and live healthier lives. As a thank you for their participation, participants receive **\$120 in gift cards** throughout the course of a year.

How can you help? You can help by referring stroke survivors to our program. Our goal is to enroll 600 stroke survivors from the community into our study. To be eligible, participants must have had a stroke or mini-stroke (TIA) in the past 5 years, be age 40 or older and have no plans to relocate out of New York City within the next year. Please help us reach this goal! We are accepting participants through December 31, 2011.

For more information about our program, please contact Rennie Negron at (212)-659-9571.

