

Morningside Retirement and Health Services, Inc. [www.mrhsny.org](http://www.mrhsny.org) President, Kathy Ch'iu Hinton  
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050 Executive Director: Ronald Bruno

## MRHS at Morningside Gardens Helping Elders. Building Community.

### Great Decisions Program

On **Tuesday, February 1 at 7:00 PM** the Great Decisions Program will inaugurate a new season with a discussion entitled "Rebuilding Haiti." Ken and Peggy Thomas are program facilitators. Meetings are in the Tuttle Center, 100 La Salle, #MC. Booklets (\$20.00) and resource materials are available at the MRHS office.

### Thurgood Marshall Film

On **Thursday, February 24**, in commemoration of Black History Month, MRHS and the New York Historical Society will be sponsoring a special program on onetime Gardens resident, **Thurgood Marshall**. The program will include a one-hour film to be followed by discussion. There will also be a drawing for the Society's latest book, *When Did the Statue of Liberty Turn Green?*

The program will take place in (where else!) the **Thurgood Marshall Room, Building III, from 7:00 to 8:30 PM.**

### "Preaching the Word"

On **Thursday, February 10 at 7:00 PM**, also commemorating Black History Month, we will hold a showing of the Channel 13 documentary, "**Preaching the Word**," produced by Building V resident **Anne Boggan**. Anne worked in television for 25 years, at NBC, PBS, ABC, and the United Nations Film Department. The film, which was nominated for an Emmy award, celebrates the history of the Black church in America by focusing on the role of the Black preacher.

### Healthy Kitchen Group

The **Healthy Kitchen** is a new group led by Occupational Therapy Students from Columbia University that focuses on safe, healthy and enjoyable participation in kitchen-related activities. Each week, the Healthy Kitchen will address a specific topic related to safety, wellness and health promotion within the kitchen context. Topics to be covered include falls prevention, getting organized, energy conservation, cooking for one and a recipe swap. **Wednesdays, 11:15 to 12:15.** The schedule so far is below.

- February 2 Creating A Healthy Kitchen-Avoiding Common Hazards
- Feb. 9 Falls Prevention in the Kitchen
- February 16 Protecting Your Joints and Conserving Your Energy
- February 23 Safety and Your Senses.

We hope to see you on February 2!

### Breakfast for Your Brain

Come and join us for Breakfast for Your Brain, a six-session program promoting brain wellness and capacity. Just like our bodies need breakfast to function properly everyday, our brain needs stimulation and refreshment. We will learn about the functioning of our brains, have an array of activities to improve memory and discussion about various topics.

We will hold our first session on **Friday, March 4 from 10:30 AM. to 12:30 PM.** at MRHS. For questions and signing up please contact student interns Elizabet Sucuyan or Huajuan Chen at MRHS 1-212-666-4000. Previous participants are also welcome. Please note that space is limited and all participants need to be pre-screened.

**MRHS is closed on Monday, February 21, in honor of President's Day.**

# Technology for You MRHS "techNet"

## Volunteers Needed

The MRHS Technology Committee is expanding its offerings. Not only do we have an iMac computer, printer, and BluRay player, our TV has high definition and a Digital Video Recorder. To get maximum use of all, we need several volunteers.

1. TV Committee - This group will learn how to operate the TIVO DVR. It will decide which programs to record and will set up a schedule to watch them. For example, we could have recorded the State of the Union address and then showed/discussed the speech at another time. We might also record Metropolitan Opera. Of course, we can also show live rather than recorded events of anything of interest.
2. Web Site Committee - The present MRHS website ([www.mrhsny.org](http://www.mrhsny.org)) provides some very good basic information. We want to make this much more dynamic and energetic. To do this, we need someone with website technical experience as well as writing/research staff.
3. Teachers for technology programs - We are presently offering a six-week class on Microsoft Excel. We would like to offer others. If you have a particular expertise in an application or equipment (digital cameras, electronic readers, Smart phones, etc.), please let us know.
4. Facebook, Twitter and YouTube - We have plans to set up MRHS on Facebook, Twitter and YouTube. If you know how to do any of this, we could use your help.

At the present time, we can use the Tuttle Center for all our purposes during these daytime hours. Monday - 9-10, 12-2; Tuesday, 9-10, 4-6; Wednesday 9-10, 12:15-2; Thursday 9-10; Friday 9-1. In addition, we could schedule events during some evenings as well as weekends.

If you want to volunteer, teach, learn, have fun, meet people, please call the MRHS office or email to [DrMichaelSDavidson@gmail.com](mailto:DrMichaelSDavidson@gmail.com)

## Happy February Birthday!!

To: Eleanor Charris, Mary Elder, Ann Jackson, Mary Jacobs, Nancy Jalet, Joanna Kapner, Charles Koppelman, Marie Ledoux, Julia Lu, Anna Mapp, Emily Maruoka, Annie Petrus, John Ryan, Sandra Saunders, Shan-Hong Shen, Annette Sims and Marion Yeh

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 February are all invited to our Birthday Party! Come on **Tuesday, February 15 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**Feb. 5 Ondine** (2009) 1 hr., 43 min.

A romantic fantasy that is something of a departure for Neil Jordan, the director of *The Crying Game* and *The Butcher Boy*. Colin Farrell stars as an Irish fisherman whose net pulls in a mysterious young woman.

**Feb. 12 Abraham Lincoln** (1930)

1 hr., 37 min. An early talkie directed by the silent-film master D.W. Griffith. Walter Huston is perfectly cast in the title role of an account of the entire life of the martyred president.

**Feb. 19 Only You** (1994) 1 hr., 45 min.

Marisa Tomei and Robert Downey, Jr., star in a romantic fantasy with a light touch that takes place in some photogenic Italian settings.

**Feb. 26 Yoo-hoo. Mrs. Goldberg** (2009) 1 hr.,

30 min. Gertrude Berg is the subject of this documentary, which explores the popularity of her creation, the long-running radio series and its TV successor. It also goes into its social and political background.

**Movies start at 2:00 PM. Please arrive early. Contribution is \$1.00.**

## **Correction**

The **Elections Committee** has learned that it does not have the authority to pick up proxies. (MHC Bylaws, Article II, Section 8, (f). We sincerely apologize to any shareholders this may inconvenience.

## 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 1:15 PM**.

**MRHS Office Hours** – The following is the MRHS Tuttle Center schedule:

Monday Tuesday Wednesday Thursday Friday  
8 – 6 8 – 6 8 – 6 8 – 5 9 – 5

**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 - 11:00 A.M.**

**02/09, 02/23, 03/09, 03/23**

**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 this month on **Thursday, February 24 at 2:30 PM**

**"Later Life Transitions"** group meets this month on **Thursday, February 10 at 3:00 PM** in the Tuttle Center.

The MRHS Book Club meets next on **Friday, February 11 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Bad Blood: a Memoir**, by **Lorna Sage**. Low Vision Group will meet this month, on **Friday, February 4 and Friday, February 18 at 2:00 PM**.

## 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 February 18). 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.*

## Welcome O.T. Students!!

Starting at the end of January until the end of March, two Occupational Therapy students will be working with MRHS every Wednesday morning. They are **Pam Caine** and **Lisa Steiner**. Please note their "Healthy Kitchen" program outlined in this issue.

## What Is Prostate Cancer?

Prostate cancer occurs when cells in the prostate gland grow out of control. Patricia Hepburn from the Herbert Irving Comprehensive Cancer Center of NY Presbyterian Hospital will discuss symptoms, diagnoses and treatment options.

**Friday, February 25, 11:30 AM**  
**MRHS Tuttle Center, 100 La Salle, #MC**

## Morningside Artist's Works at Amsterdam/Whitney Gallery

John Seaman (Building V), wants everybody to know about his forthcoming Chelsea Gallery Show from 2/4 to 3/1, at Amsterdam Whitney Gallery, [www.AmsterdamWhitneyGallery.com](http://www.AmsterdamWhitneyGallery.com), entitled, "Plato's Ideal Form Realized - Nudes on Classical and Modern Themes." Reception is February 10, 6-8 PM. John has shown his work at MG Camera Club, Riverside Church, Swarthmore College and Nimrod Restaurant & Jazz Club. John leads the Gardens Life Sketch Group in his Studio. You can view his work at <http://jseamanclassicnudes.Artspace.com>.

## Our Relationship to Food

Do you eat when you're feeling sad, lonely, or stressed? Do you forget to eat? Do you overeat? Do you find yourself preoccupied with food? Has your relationship to food changed with age? MRHS will be offering a limited time support group about our relationship to food. Please contact our social work intern, **Elizabet Sucuyan**, at 212-666-4000 for more information.

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

## A Day with the Nurse

Ron Bruno, Director of MRHS, has asked me to describe my role in the NORC (naturally occurring retirement community). Ron has informed me that residents have verbalized to him that they are not clear when or if they should call upon my services. My immediate response to that question is Call Me. If I am not the appropriate person to help you, I will refer you to the appropriate person &/or assist you in finding the appropriate resources.

As many of you know, I work Monday through Friday from 9:00 AM to 5:00 PM. My office is located at 549 West 123 Street on the ground level Apt. ME (Building 6). My office telephone number is 212 666-2050. If I am not in the office when you call, leave a message, and I will return your call.

The largest percentage of my time is spent making home visits to residents. However, I can and do see some residents in my office. I leave the choice of where we meet up to the resident. There is no fee for my service and all information shared with me is kept confidential.

As the NORC Nurse my role is to help residents identify strengths as well as resources to assist them to remain as independent as possible. Frequently that means explaining to residents the type of services available, how to obtain them, the cost of said services and/or options. I will also discuss services that MRHS can provide; one of which is the MRHS home health aide service. I also assist residents in the decision making process of if and when they should hire an aide to assist them in activities of daily living such as shopping, meal preparation, laundry, housekeeping, personal care. I can also do a home safety evaluation and make suggestions on safety equipment to prevent falls.

Another important part of my role is to help residents maximize their health and well being. Often I hear from residents that their doctor spends very little time with them; and they come home with new prescriptions and aren't

*(continued above right)*

sure why they need them. Frequently the doctor will tell them to watch their salt and fat intake but not tell them how to accomplish this task. I can be of assistance in these types of situations.

An important part of staying healthy is to be knowledgeable about the conditions for which you are seeing your doctor. An important part of what a NORC nurse does is health education. I can provide you with information about your conditions and the actions you can take to maximize your health.

It is also important to be knowledgeable about the medications you are taking. You should know why you are taking them, when you should take them and the name and dosage of your medications. It is a good practice to have a medication list of all your medications those prescribed as well as the OTC medications you are taking. I can assist you with making this list and updating it as needed. If you take several medications, you might benefit by using a medication box. I can discuss how to use the box as well as the different types of boxes available.

MRHS is also presently monitoring residents to prevent falls. This monitoring involves the NORC nurse checking the resident's blood pressure (both sitting and standing) on a quarterly basis as well as monitoring every six months the medications they are taking. If anyone has had a recent fall or thinks they should participate give me a call at 212 666-2050.

Some residents have also sought my assistance in working with their physicians or in finding a new physician. Those residents who have become homebound and would like to enroll in St. Luke's Physician Home Visit program can also contact me for information and assistance since I coordinate that program.

I look forward to your calls and the ability to assist you in maximizing your health and remaining as independent as possible.

*Marie Phillips, RN, MPA*

