



Morningside Retirement & Health Services  
Helping Elders. Building Community.

# newsletter

100 LaSalle Street, NY, NY 10027 (212) 666-4000

[www.mrhsny.org](http://www.mrhsny.org)

President: Rita Marie Pullium

Executive Director: Ronald Bruno

## Long Island Boat Cruise

Come join **MRHS** as we set sail on the **Lauren Kristy**, a 65' turn-of-the-century Mississippi riverboat providing a scenic day cruise on the Great South Bay. Nestled on the southern shore of Long Island, the Bay Shore Marina is a part of quaint, cozy downtown Bay Shore where we will board our ship. Our two and one half hour cruise will take us past Fire Island and along the calm waters of the Great South Bay. A brown bag lunch is included in the trip as well as our captain's guided tour.

**DATE:** Thurs., July 28    **DEPART:** 9:00 AM

**PRICE:** \$45.00    **RETURN MRHS:** 6:00 PM

## Creativity: Imagination and Insight

Connie Gemson will be leading 2 two-hour sessions on creativity in July. Discover new sources of play and positive energy. Lean new possibilities for enrichment and joy. Think out of the box and create a circle! **Connie Gemson, LMSW**, is an adjunct college instructor and a published writer. She has led workshops at various sites including MRHS. Please call MRHS at 212-666-4000 as soon as possible to reserve a space.

**Wednesdays, July 6 and July 13, 2:00 PM  
Tuttle Center, 100 La Salle St., #MC**

## Summer Exercise Classes:

Every Wednesday at 10:00 AM, starting July 6 volunteers will lead **Stretch and Tone**.

**DanceFit** with *Suzy Frazer* will hold a class for all ages, from 9:30 AM to 10:30 AM for six Saturdays, July 9 through August 13.

## Summer Theater Program

Interested in taking an acting class? Express yourself and learn new skills with weekly drama class! Playwright and Director **Michael Swift** will lead an acting class designed especially for older adults. All the activities are adapted to fit the needs and talents of each participant. Michael specializes in working with students who have all ranges of movement, sight, hearing and memory abilities.

Class will include poetry readings, adaptations of short stories, compilations of short plays, and full-length productions. Each session begins with warm-ups to energize the body, awaken the mind, and create focus. The next hour and 45 minutes are comprised of exercises to build specific theatrical skills, reading and discussing new material, exploring stories from your lives, and rehearsing plays.

Come show your talents every **Friday, 1:00 – 3:00 PM in the Tuttle Center**. Classes begin on **July 29** and will continue for six weeks. The cost is \$30. Please sign up before **July 15** to secure a spot. To sign up call MRHS at 212-666-4000.

## Summer Ice Cream Social

MRHS will be offering an ice cream social to the Morningside Gardens community on **Thursday, August 4, from 6:30 to 8:00 PM** at the picnic table in front of building V. We hope this will be a fun intergenerational event. MRHS Board members and staff will be present if you would like to learn more about MRHS, but the main focus of the event will be fun and fellowship!

*Please note: MRHS will be closed on Mon., July 4 for Independence Day.*

## The MRHS Legacy Society

*by Lydia La Fleur (Bldg. I)*

Several years ago I did what I thought would be the final version of my will, leaving the bulk of my estate to my two children and four grandchildren. Then this past year I became aware of The MRHS Legacy Society which consists of Morningside Gardens residents that have pledged to remember MRHS in their wills. That led me to thinking about the role MRHS has played and continues to play in my life.

Fourteen years ago my son suggested I write a memoir of my life to leave to my children and grandchildren. MRHS along with Elders Share the Arts were sponsoring a Writing from Life Experience workshop. So I joined this supportive group led by the inspiring and encouraging Susan Willerman. Although I never considered myself a writer, I soon found my own voice and style of writing and have been enrolled ever since. The greatest pleasure I experience from this is in the thrill of creating, and I now have a body of work to leave to my family.

I have loved reading and learning all my life and feel fortunate that MRHS sponsors two reading groups, one for fiction of the 20th and 21st centuries conducted by the widely read and insightful Gabriela Mora, the other Reading History, led by Bea Gottlieb whose scholarship and passion for the material has inspired me to explore the subjects through further readings and visits to the Metropolitan Museum. In her class I feel I am filling in the wide gaps in my knowledge of history, and find it very exciting.

Most of us have problems dealing with aging; in Later Life Transitions we can share our concerns easily in an informal setting under the guidance of the congenial Hardy Geer who has continued the group after the death of his wife, Frances, its previous leader.

MRHS offers so many different activities that there is something to meet everyone's needs. In addition to the activities mentioned above I have enjoyed the Winter Celebrations, the Birthday Parties, the recent fun Wine Tasting

*(continued on next page)*

## Happy July Birthday!!

To: Robin Berson, Caridad Bertot, Cecile Boyajian, James Canty, Carlos Crespo, James Dyer, Iretha Fletcher, Tova Francus, John Gill, Katherine Hinton, Maude Jenkins, 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 19 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

## Saturday Afternoon Movies

**July 2 Amreeka** (2009) 1 hr., 36 min. Life in America as experienced by a divorced Arab woman who leaves the West Bank with her teen-age son to be near her sister in rural Illinois. She has to cope with neighbors who are suspicious of her because of 9/11 and the war in Iraq.

**July 9 The Song of Sparrows** (2010) 1 hr., 36 min. A gentle Iranian drama about the troubles of a man who goes to Teheran after being fired from his job on a ranch that raises ostriches. He needs to get a child's hearing aid fixed and does not have enough money for the repair.

**July 16 Fantastic Mr. Fox** (2007) 1 hr., 27 min. A remarkable cast supplies the voices for the witty dialogue of this animated version of a book by Roald Dahl about a resourceful animal bent on outwitting his enemies, the local farmers.

**July 23 An Education** (2009) 1 hr., 40 min. The story of a bored London schoolgirl preparing to go to Oxford who becomes distracted by a charming man who introduces her to a world much more interesting than what she knows. An odd romance with a wry twist.

**July 20 The Beggar's Opera** (1953) 1 hr. 34 min. John Gay's 1728 London hit is the source of our musical this month. The director is Peter Brook, and Laurence Olivier stars as Captain Macheath, supported by Stanley Holloway and Dorothy Tutin, among others.

**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 – will not take place in the summer. Next screening is September 7.**

**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 in July or August.

**"Later Life Transitions"** group meets this month on **Thursday, July 7 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting is set for **Wednesday, July 20 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, The Stone Diaries by *Carol Shields*. All are welcome.

## The MRHS Legacy Society

*(L. La Fleur, continued from page 2)*

Event, the special talks such as those given by the late Mimi Lamb on playwrights, and others. I know that when I grow older and more housebound, there will be available to me the Saturday movies, the Tuesday lunches, and sing-alongs, the monthly dinners and maybe some yet to be created activity.

I know that with the many other services the wonderful social workers, nurse and other office staff provide I will hope to be able to live out my life in the comfort of my own home. I now realize what a tremendous role MRHS plays in my social, creative, educational and cultural life. For all of these reasons and because I want to help insure that future generations will enjoy these many blessings also, I have decided to become a member of The MRHS Legacy Society. I know my family will happily be in agreement with this decision, because they have frequently heard me extol the virtues of MRHS. Fortunately, I learned from my lawyer that I do not have to redo my will; a codicil can be inserted in the one I already have.

I hope that if you are not already a member, you will examine what MRHS means in your life, and even if you have family, come to the conclusion I did and join me in becoming a member of The MRHS Legacy Society.

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## Summer Tips from Foot Health Podiatry

Foot Health Podiatry, located at 1302 Amsterdam Avenue, points out that changes in the seasons mean changes in diet, clothing and even toiletries: "We see many problems that result from a patient inappropriately taking the season in account. During this time of the year when temperatures and humidity are at their highest, it is important to adjust one particular routine.

We see an increase in a particular type of Athlete's Foot that can have serious implications in anyone who is immune-compromised such as a diabetic or transplant recipient. This is called Intertrigo. It describes areas where skin is adjacent to one another and gets irritated from heat, friction and moisture. This is especially true between the toes especially if wearing socks and shoes over the summer months. Podiatrists recommend one simple solution: do NOT apply lotion, ointment or any types of creams between the toes. It is a gateway to more aggressive infections. If the area does itch or become irritated, the best thing to do is see a foot specialist to rule out any other problems."

The podiatrists from Foot Health Podiatry will be at MRHS on **Wednesday, August 3<sup>rd</sup>, at 1:00 PM** to answer any questions related to Intetrigo or other summer related issues.

***Due to space limitations, MRHS was unable to list the dedications made by our donors on their donation cards this past fall. So we are again listing the names of donors to our 2010 Annual Campaign, this time with dedications included. We started in our May Newsletter and this is the final installment. Once again, we thank all our donors!***

Baylen, Harris  
Moore, Melinda  
Moore, Patsy  
Rosen, Fredda  
Rosenblum, Edward, *in honor of* Gus Archilla &  
Elmer Lokkins  
Rothfeld, Anita  
Roxborough, Mildred, *in memory of* Mrs. Mattye T.  
Bond (Mother)  
Ruedy, Elizabeth & Reto  
Russell, Mary Lou & Robert  
Ryan, Sarah  
Saunders, Sandra and Raymond  
Saxlehner, Emma  
Saydah, Patricia  
Schichl, Annerose  
Sharma, Surendra  
Shearer, Winifred  
Sheldon, Merryl and Robby  
Silva, Reynaldo  
Simoncic, Jill and John, *in memory of* Klement &  
Betty Simoncic  
Simmons, Gwendolyn A., *in memory of* Marjorie  
Roesch  
Simmons, Jill & William  
Simpson Jr., Lawyer  
Singh, Mytri & Mukherjee, Gouri, *in memory of*  
Jean Broadwell  
Sloan, Fern & Douglas, *in memory of* Rebecca  
Sloan  
Smith, Alene and George Bundy  
St. John-Parsons, Donald  
Strauss, Lotte F., *in memory of* Herbert Strauss  
Stricoff, Alan  
Suaphan, Parita  
Tabb, Tamaara  
Taylor, Mary Spirit, *in memory of* Elizabeth Sturz  
Teffeau, Dorothy  
Tholfsen, Ann & Trygve  
Thomas, Hilah  
Thomas, Margaret & Kenneth  
Thomas, Mamie  
Tiedemann, Karl  
Todd, Kathleen and George  
Trible, Phyllis  
Twining, Celestein & Ralph  
Udris, Dace

Ungsunan, Usa  
Vician, Kristina, *in memory of* George Vician, Jr.  
Vincent, Christine & John, *in memory of* Margaret  
T. Givens, My Mother  
Walrich, Joan, *in memory of* Valerie Luizer  
(Bldg. 6) My Mother  
Weinberg, Sydney  
Welch, Eva  
Wersan, Susan, *in memory of* Ann Balduzy,  
Dorothy Edmonds  
West, Alethia  
Whittington, Moira *in memory of* Paul M.  
Whittington  
Williams-Henry, Barbara, *in memory of* Valerie L.  
Cornell  
Wright, Arlessie  
Wu, Sana Yuan  
Wu, Shuli & Charles  
Yaniv, Elaine  
Yeh, Marion & Samuel  
Yeh, Shirley and James  
YES Solutions, Inc.  
Yi, Margaret  
Yonemura, Margaret & George & Moir, Ariana  
Yoshinaga, Lucienne and John  
Yu, Peter  
Zaccone, June  
Zehnder, Linda K.

## **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 15) 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.***

**NOTE: MRHS has copies of Grasshopper Tales, a book of short stories by the late Mimi Lamb donated to MRHS by Mimi's family.**

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