



newsletter

September 1, 2014

Vol. XXXVIII, No. 9

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

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Grandparents Day Celebration

Join MRHS for our second annual celebration of Grandparents Day. We will start with a special film on **Saturday, September 6 at 2:00 PM** in the **Tuttle Center**. The film is *Hope and Glory*, a story of a young boy and his family living through the London Blitz. In the film he has the chance to really come to know his grandfather.

Following the film, thanks to a donation from **Yes! Solutions**, we will again have **Cream Puffs and Magic**. Please join us for this delicious and fun event featuring **Randy Masters**, who performs close up magic and mind reading, while interacting among the guests.

Come with your grandchildren of any age or perhaps you will just enjoy the company of the grandchildren of others!

Grandparents Day Continues

Then join us on **Monday, September 8 at 7:00 PM**, as **Grandparents Day** continues with a presentation by **Esther Wang** from *Caring Across Generations*, an organization building a national movement to transform the way we care in this country by harnessing the power of social action, social media and storytelling to spark connections across generations.

Esther Wang is a New York City-based community organizer, communications strategist, and writer. Currently, Esther is the Online Community Coordinator for *Caring Across Generations*, where she focuses on digital organizing strategies for the campaign. Her writing has been published in the AAWW's Open City online magazine, Left Turn, Labor Notes, Racialicious.com, the Austin American-Statesman, and the American Prospect.

Altered Books

With Anna Adler & Rebecca Rikle

Altered Books are books that are recycled and remade into unique works of art.

Join us for an exciting workshop where you can draw, paint, cut, and collage in a discarded book of your choice! Tear, sew, scribble, stamp, glue, and much more. Paint over pages and white out the text. Experiment. Share ideas, and create books of your own.

Saturdays in September (9/6, 9/13, 9/20, 9/27) from 4:00 PM to 6:00 PM

Fee: \$25. for the four sessions

Space is limited! Please RSVP with Margaret Bianchi, margaretb@mrhsny.org, or call MRHS at 212-666-4000.

MRHS Film Committee Presents

First Wednesday Films

Next screening on September 3 at 7:30 PM

Featuring: *The Secret of Roan Inish*
(1994) 1 hr., 42 min.

John Sayles' most popular movie ever is the magical tale of a young girl's search for her missing baby brother. Photographed on Ireland's rugged northwestern seacoast, it is visually rhapsodic, a cinematic tone poem in which man and nature, myth and reality, flow together in a way that makes them ultimately indivisible. A treat for all ages. Rated PG.

MRHS Tuttle Center, 100 La Salle, #MC
\$1.00 suggested donation

MRHS is closed on Monday, September 1 for Labor Day. We wish everyone a good holiday.

Type 2 Diabetes

Type 2 Diabetes occurs when the body cannot process sugar glucose, resulting from not enough or poor responsiveness to the hormone insulin. New data from the Centers for Disease Control and Prevention indicate that 26-27 million Americans have type 2 diabetes and about a quarter of them are unaware they have it.

Dr. Xavier Pi-Sunyer, Professor of Medicine at Columbia University, will be available to answer your questions about type 2 diabetes and its treatment. Dr. Pi-Sunyer will also discuss GRADE (Glycemia Reduction Approaches in Diabetes: A Comparative Effectiveness Study). GRADE is a National Institutes of Health-funded study that is investigating which combination of two diabetes drugs is best for the long-term treatment of treatment of type 2 diabetes. GRADE is being conducted at 48 medical centers across the country, including Mt. Sinai St. Luke's Hospital.

Tuesday, September 9 at 4:00 PM
MRHS Tuttle Center, 100 LaSalle, #MC

Telephone Reassurance Program

For the past few years we've been offering a **Telephone Reassurance Program (TRP)**. The TRP connects older adults with a reassuring call daily, weekly or as needed. If you're interested in receiving a call, please contact us for more information.

We're excited to be expanding our Telephone Reassurance Program with the addition of **Daily Calls**.

Daily Calls is a technology based system that enables residents to "check-in". Daily Call participants call a dedicated telephone number every day before 1:00 PM. If our computer system does not receive your call, a volunteer will follow-up with a telephone call, a knock on the door and lastly, a call to security. Please contact us to learn more about Daily Calls.

Happy September Birthday!!

To: Tonia Blair, Gilda Brodsky, Joyce Davis, Ralph Della Cava, Norma De Paur, Peggy Haskins, John Johnson, John Kapner, Leila Lieberman, Rachel Martin, Maurice Nixon, Yong-Ki Pak, Dorothy Savage, Katherine Scheuer, Gwen Simmons, Adolf Singer, Yen Tang, Celestine Twining, Una Tuttle, Roderick Wallace, Audraine Wilson, Margaret Yi, and John Yoshinaga.

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 September are all invited to our Birthday Party! Come on **Tuesday, September 16th at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

Sept. 6 – Hope and Glory (1987)

1 hr, 53 min. A British comedy-drama film, produced by John Boorman and based on his own experiences of growing up in the Blitz in London during World War II. Rated PG.

Sept. 13 – The Red Shoes (1948)

2 hrs, 13 min. A dance film classic; Moira Shearer stars as a young ballet dancer torn between the man she loves and her career pursuit to become a prima ballerina. Not rated.

Sept. 20 – Sawdust and Tinsel (1953)

1 hr, 35 min. This early Ingmar Bergman film, the first of his to really display his mastery of the medium, tells the story of a circus ringmaster visiting his estranged wife, while angering his mistress. In Swedish with English subtitles. Not Rated.

Sept. 27 Two English Girls (1972)

2 hrs, 20 min. Just as the director's "*Jules and Jim*" was about one woman in love with two men, so this film is about one Frenchman in love with two sisters. Gorgeous cinematography; lush and lovely story. Director, Francois Truffaut. French with English subtitles. Rated PG.

Movies start at 2:00 PM. Please arrive early. Suggested 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 – 4 9 – 4 9 – 4 9 – 4 9 – 4

Hypertension Screening – resumes on Wednesday, September 10 and will also meet on **Sept. 24** from 9:00 AM to 11:00 AM.

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 **Thursday, September 25 at 2:30 PM**.

"Later Life Transitions" group's next meeting will be announced soon.

The **MRHS Book Club's** next date will be Wednesday, September 10 at 3:00 PM, in the Tuttle Center. Discussion is on two books, **Wise Blood**, a novel by Flannery O'Connor, and **Flannery: A Life of Flannery O'Connor** by Brad Gooch. All are welcome to join this stimulating literary group.

"OrCam" Presentation – Thursday, September 4 at 2:00 PM - "OrCam is an intuitive portable device with a smart camera mounted on the frames of your eyeglasses" to assist visually impaired individuals.

Stretch and Tone

Summer "Stretch and Tone" classes with video continue through September 6 in the Thurgood Marshall Room. The classes with Lucienne will resume every Wednesday from 10:00 AM to 11:00 AM in the Recreation Center 100 La Salle on Wednesday, September 10.

Flea Market/Holiday Bazaar

MRHS is now accepting donations for this fall's Flea Market. We will accept donations **one evening a month, this**



month on Tuesday, September 16 between 7:00 and 9:00 PM and one afternoon per week from 2:30 PM to 4:00 PM continuing till Flea Market Time. This month the dates are Thursday, 9/4, 9/11, 9/18, 9/25. 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 14, 15, and 16, 2014**.

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. We especially need volunteers who can help with lifting and transporting items. We also need donations of old newspaper and strong boxes for packing. 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.

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, September 20). 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.***

Grounds for Sculpture and Mediterranean Lunch

Join MRHS to the Grounds for Sculpture in Hamilton Township, New Jersey followed by lunch at Mediterra Restaurant in Princeton.

Grounds For Sculpture is situated on the former New Jersey State Fairgrounds and includes 42 magnificently landscaped acres, and a constantly evolving collection of superb contemporary outdoor sculptures. We will take a one hour guided tour of the sculptures on the grounds. Following the tour, we will have lunch in Princeton, New Jersey at Mediterra restaurant, which taps into the extraordinary cuisines of the nearly two dozen cultures surrounding the Mediterranean Sea. Lunch includes Caesar Salad, Chicken or Pasta Entree, Dessert, Soda, hot tea and coffee.

Reserve your spot today by calling MRHS at [212-666-4000](tel:212-666-4000).

DATE: Wed., October 1 **DEPART:** 9:30 AM
PRICE: \$50.00 **RETURN MRHS:** 4:30 PM

Planning & Paying for Long Term Care

Long Term Care Insurance? Medicare? Medicaid!

Martin Petroff, an elder-law attorney and health-care advocate for the elderly and disabled, will address the important aspects of *Planning & Paying for Long Term Care* including Medicaid eligibility rules for the adult-day-care program, home care, and nursing-home care.

Mr. Petroff will explain how middle-class persons may qualify for Medicaid without having to spend down their savings and without losing their homes.

Also covered in his presentation will be a brief review of Durable Powers of Attorney, Health Care Proxies and Living Wills and their relevance to long-term care planning.

Tuesday, September 16 at 4:00 PM
MRHS Tuttle Center, 100 LaSalle, #MC

Great Decisions Program

On **Tuesday, September 2 at 7:00 PM** the Great Decisions Program will continue the 2014 program with a discussion on "Energy

Independence." *Ken and Peggy Thomas* are program facilitators. Meetings are in the **Tuttle Center**. Resource materials are available at the MRHS office, including the book for the 2014 program (\$20.00.)



Reading History Program Starts New Book

This fall the Reading History Group, led by **Beatrice Gottlieb** (Bldg. V), begins a new selection. The book is *The Family in the Western World from the Black Death to the Industrial Revolution*, (1994) written by Beatrice Gottlieb who is leading the group.

The group meets every other Thursday for two hours. The book is read slowly and carefully (one or two chapters will be assigned per meeting) and there is a lot of opportunity for discussion. In this case discussion may include focus on the group members' actual families and you will see that the family has indeed changed.

Meetings will begin on **Thursday, October 2, 2014**. Openings are available to bring the group up to a maximum of 12 participants. There is no fee except for the cost of the book, estimated to be around \$35. Please call MRHS at 212-666-4000 to sign up.

MRHS Fall Programs

MRHS has exciting programs lined up for this fall. Please look for the complete schedule and registration materials to be delivered to your doors very soon.

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

