



Morningside Retirement & Health Services  
Helping Elders. Building Community.

November 1, 2011  
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# 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

## Last Chance for Flu Shots

On **Tuesday, November 22 from 1:00 to 3:00 PM** the seasonal *influenza shots* will be given. Come to the **Recreation Center, Building I, basement**. The program is sponsored by MRHS and St. Luke's-Roosevelt Hospital Center. There is no out-of-pocket cost. Please note, if you have a health condition that calls for a flu shot, or if you work with the elderly, it is very advisable for you. ***Appointments are necessary.*** (If you need to cancel an appointment please let us know.) Call to reserve or to learn more: 212-666-4000.

## MRHS Veteran's Day Concert

**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, November 11 at 8:00 PM** in the **Recreation Center, 100 La Salle, basement**.

## Low Vision Group

The MRHS Low Vision Group is excited to welcome **Carla Slomin** to our first group in November on the 4<sup>th</sup> at 2PM. Ms. Slomin is an MRHS Board Member, a nurse, a former Health and Community Educator with the Jewish Guild for the Blind and is also visually impaired. She has a wealth of information on vision impairment from both a professional and personal perspective. She will be sharing techniques, tips and equipment that she's found helpful. We hope to see you there!

## StoryCorps at Morningside Gardens

**StoryCorps** is a national nonprofit organization whose mission is to provide Americans of all backgrounds and beliefs with the opportunity to record, share, and preserve the stories of our lives. Since 2003, tens of thousands of Americans have recorded interviews through **StoryCorps**, and millions listen to weekly broadcasts on NPR's Morning Edition and at [storycorps.org](http://storycorps.org). MRHS is a former Community Outreach Partner with **StoryCorps** and has been invited to participate in **StoryCorps National Day of Listening** ([www.nationaldayoflistening.org](http://www.nationaldayoflistening.org)).

We are inviting a small group of Morningside Gardens' original and longtime residents to come share their story. The story will be recorded and shared on **StoryCorps National Day of Listening** website.

We are also looking to recruit middle school and high school Morningside Garden residents, who are interested in conducting the interview.

The MRHS Day of Listening is scheduled for Veteran's Day, **Friday, November 11th**. The MRHS office will be closed on Veteran's Day for all other business. Please contact MRHS for more information and to sign up to participate in the **National Day of Listening**.

**\*\*\* MRHS is closed on Friday, November 11 for Veterans Day. We are also closed on Thursday, November 24 for Thanksgiving, but will re-open on Friday, November 25. \*\*\***

## Jeanne Felker

It is with sadness that we acknowledge the death of our fellow Board Member Jeanne Felker. A memorial for Jeanne took place on October 15 at the Broadway Presbyterian Church.

Jeanne Felker was an ardent supporter and friend of the MRHS. She took part in its activities and programs, especially the Reading History Group and the Book Club. Over a year ago she made a major commitment to support MRHS with a legacy by joining the Legacy Society. She joined the board this year, and agreed to work in two committees: the nominating committee and the personnel committee.



We will miss Jean's calm and gentle presence, her inquiring intellect, and her generous spirit. Amid our loss, we celebrate her life, her causes, and her love for MRHS.

**Rita Pullium, MRHS President**

### 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.***

## Happy November Birthday!!

To: Jacques Bendersky, Israel Francus, Delores Gruber, Eleanor Joynes, Mary Jane Knight, Peggy McNamara, Erich Meyerhoff, Judith Nowinski, Jean Rooks, Mary Taylor, Hilah Thomas, Mamie Thomas, Kathleen Todd, Ralph Twining, Kristina Vician, Moira Whittington, and Sana 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 November are all invited to our Birthday Party! Come on **Tuesday, November 15 at 12:30 PM.** MRHS provides coffee, tea, and birthday cake.

### Saturday Afternoon Movies

Nov. 5 **The Greatest Movie Ever Sold** (2011) 1 hr., 30 min. From the man who did Super Size Me, this documentary goes after the way movies are financed, especially by the placing of brand-name products. Be prepared to learn that the products shown in this film helped finance it.

Nov. 12 **Me and Orson Welles** (2008) 1 hr, 53 min. A clash of personalities and rivalry with Orson Welles over an actress form the fictitious plot played out as Welles and his group are involved in a real-life event: the Broadway production of a modern-dress Julius Caesar.

Nov. 19 **David Copperfield** (1935) 2 hrs, 10 min. George Cukor directed this classic film version of the Dickens novel. David is played by Freddie Bartholomew, who is supported by stars like Basil Rathbone, Edna May Oliver, Madge Evans, Maureen O'Sullivan, and W.C. Fields.

Nov. 26 **The Conspirator** (2010) 2 hrs, 2 min. About Mary Suratt, in whose boarding house John Wilkes Booth and his accomplices met several times before Lincoln's assassination. In this tense courtroom drama directed by Robert Redford her defense lawyer shows that her guilt is far from certain.

**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:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 6	9 – 6	9 – 6	9 – 6	9 – 6

**Nurse's Hours** – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 – 5	9 – 5	9 – 5	9 – 5	9 – 5

**Hypertension Screening –Alternate Wednesdays from 9:00 to 11:00 AM**

Nov. 2, Nov. 16, Nov. 30

**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, **November 17**.

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

The **MRHS Book Club's** next meeting is set for **Wednesday, November 30 at 3:00 PM**. Discussion is on the acclaimed biography, **Cleopatra** by *Stacy Schiff*. 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, November 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.**

## Computer Lessons

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

## MRHS on Facebook!

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

## Lecture by Art Professor

### *Architectural Polarities*

This illustrated lecture focuses on two unique works of architecture separated by two thousand five hundred years: The Parthenon in Athens, Greece and the Kaufmann House in Bear Run, PA by Frank Lloyd Wright. Each one exemplifies its time and culture. One was religious and public; the other secular and private. Analysis of structure, design, materials, and function reveal how a society's value system finds expression in architecture.

The conclusion can be drawn that the "classical" tradition in architecture has indeed survived through the twentieth century and the two buildings have, in fact, much in common. In recent decades, however, a truly radical departure in architectural style has occurred. The lecture will conclude with an exploration of the nature and genesis of the change and the role of contemporary American painting in this dramatic architectural transformation. Among the architects discussed are Antoni Gaudi, Le Corbusier, I. M. Pei, and Frank Gehry; among painters: Frank Stella and Ellsworth Kelly.

Philip Gould, Art History Professor Emeritus (Columbia, Sarah Lawrence, Fordham, Pratt) will conduct the program.

Join us at the **Tuttle Center** on **Wednesday, November 2 at 1:30 PM**

## Technology for You

**Digital Photography** – The two-session Digital Photography meeting by **Dr. Chris Pawelski** was a “splendid” success. This presentation included first learning how to use a digital camera and was followed by a second session at the Teachers College Computer Lab. Using Picasa, a Google application, everyone was able to upload their photos and edit them. As a result, the entire set of pictures is on a CD, available from the MRHS office, and can be seen on our iMac computer. Special thanks go to the four TC students who gave their time to help as well as to TC for their support of our programs.

Since there is such great interest in Digital Photography, we are making a Digital Camera available for Gardens residents to try. The camera can be borrowed for a day or more on weekends. See Margaret Bianchi to sign out the equipment. Directions are included.

**Future “techNet” meetings.** The November meeting is tentatively planned on Cloud Computing. December will be primarily a **social event** along with a surprise pseudo presentation by **Dr. Davidson**. January will be on “Internet Buying.” February will be on “Making Money on the Internet,” and will show how to sell at auction on such sites as Amazon and eBay.

### **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.

Monday 9-10, 12-2

Tuesday 9-10, 4-6

Wednesday 9-10, 12-2

Thursday 9-10

Friday 9-1

**Coming soon** – Open computer instruction, probably on Wednesdays from 12-2.

For more information about any of the above, send a message to

**DrMichaelSDavidson@Gmail.com** or call the MRHS office (212-666-4000).

## Great Decisions Program

On **Tuesday, November 1** at **7:00 PM** the Great Decisions Program will feature a discussion on “Crisis in the Caucasus.” 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.

## Flea Market/Holiday Bazaar

MRHS continues to accept donations for this fall’s Flea Market. We will continue to accept donations on **Thursday afternoons until November 10 from 2:30 to 4:00 PM and on Tuesday evening, November 8 from 7:00 to 9:00 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:** Morningside teenagers welcome to join in. Community-service credit is available. Contact the MRHS office at 212-666-4000 to volunteer. Contact MRHS to sign up for one day or every day we’re collecting.

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**Save the Date:** MRHS Supper Club will be held on Thursday, December 8, at 6:00 PM. 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.

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**If you need help getting to the voting booths in Building I on Election Day, November 8, call MRHS at 212-666-4000 for assistance.**

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**Save the Date:** The Annual MRHS Winter Celebration will be held on Monday, December 12, at 4:00 PM! Mark your calendars for an afternoon of celebration, music, fellowship and holiday cheer.

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