

Morningside Retirement and Health Services, Inc. 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.

Transitioning Your Aging Loved One

Eldercare advocate, author and speaker Dale C. Carter, is offering a one hour presentation, sharing key aspects of her book, *Transitioning Your Aging Parent: A 5 Step Guide Through Crisis & Change*. Dale will share the process she used during her own mother's crisis and transitions.

If you are caring for an aging loved one, you will learn how her process (the ADAPT method) can help you:

- make the right decision in time of crisis
- balance needs of your loved one and yourself
- build your support network

If you are an aging parent, this information and book can be an invaluable resource to pass along to your children. Help get your family on "the same page" before crisis hits.

Join us on **Wednesday, March 9 at 7:00 PM** in **the MRHS Tuttle Center, 100 La Salle, #MC**

Computer Tutorial for Low Vision Support Group

Low Vision Support Group is offering an iMac Computer Tutorial led by Michael Davidson. The tutorial will be about how to make the iMac more accessible for residents with low vision. It takes place on **Friday, March 25 from 2:00 to 3:00 PM** at MRHS. Call *Elizabeth Sucuyan* or *Huajuan Chen* at MRHS if you are interested in attending. We hope to see you there!

Breakfast for Your Brain

Come and join us for ***Breakfast for Your Brain***, a five-session program promoting brain wellness and capacity. Just as our bodies need breakfast to function properly everyday, our brain needs stimulation and refreshment. We will work on the following topics:

- Session 1: Introduction to brain functioning
- Session 2: Art appreciation
- Session 3: Back to school activities
- Session 4: Reading comprehension
- Session 5: Food for thought

We will hold our first session on Friday, March 25 from 10:30 AM .to 12:30 PM. at MRHS. The last session will be held on Friday, April 22.

For questions and to sign up please contact student interns *Elizabeth 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 Annual Meeting

The **MRHS Annual Meeting** will be held this year on **Monday, March 21, at 7:00 PM** in the **Building I Recreation Center**.

This year's meeting will include committee reports, introduction of new Board Members, Annual Report and other business. The Executive Director will comment on the work of the organization. A social hour follows with light refreshments.

All Gardens residents are invited to attend.

If you would like to nominate an MRHS volunteer to be honored at our annual recognition luncheon, please contact Margaret Bianchi at 212-666-4000.

Director's Column

It's been some time since I've been able to write my once monthly column, due to space limitations. But I do want to present some MRHS highlights from 2010 before we get too deep into 2011. As always, I want to thank the MRHS staff for all their work with individual clients during the past year, as well as the assistance of all our volunteers.

One of MRHS's significant accomplishments has been our ability to thrive in an environment where many worthy organizations have perished. I recently learned that the nonprofit FRIA (Friends and Relatives of the Institutionalized Aged) was the latest to succumb, after more than thirty years of serving elders and their families. Those of us who used the services at FRIA know what a valuable and irreplaceable organization it was. While public funding has been reduced during the past two years, MRHS has managed to find replacement funding.

In 2010, MRHS and the Early Alzheimer's Foundation developed an Intergenerational Theater Program designed for the participants of the MRHS Memory Tree. This program brought struggling readers from PS 161, a local elementary school, to MRHS. The intergenerational theater program was designed to boost students' reading comprehension, provide meaningful activity for elders, foster intergenerational relationships, and provide all participants with an opportunity for creative expression. MRHS has been invited to describe the program at the annual conference of the American Society on Aging. MRHS added several new technological services for residents in 2010. Residents now have access to a public computer, printer and a wireless internet connection. A state-of-the-art flat-screen is now available, currently used during presentations at MRHS for easier viewing, for showing movies each Saturday, and for projecting images from the public computer or individuals' laptop computers.

For a more thorough listing of our 2010 highlights, please come to MRHS.

Happy March Birthday!!

To: Odette Bigote, Lingxiou Cao, Iretha Fletcher, Corinne Green, George Gruen, Rhoda Gruen, Mimi Lamb, Jean McCardell, Tih Lou (Sophie) Onne, Edna Philiba, Merryl Sheldon, Rose Voisk, and Lorraine Wilbourne.

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

Saturday Afternoon Movies

Mar. 5 *Eat Pray Love* (2010) 2 hrs., 20 min.

A romantic tale based on the memoirs of Elizabeth Gilbert, who wrote of her search for a way to shape her future after her unhappy marriage. Julia Roberts stars.

Mar. 12 *Into the Arms of Strangers* (2000)

1 hr., 57 min. This award-winning documentary about the Kindertransport describes how thousands of European Jewish children were rescued during World War II by being shipped to England.

Mar. 19 *The Magic Flute* (1974) 2 hrs., 14 min.

A different sort of musical for our ongoing series of movie musicals, this fairy-tale opera by Mozart was directed by the great Ingmar Bergman. In Swedish (with subtitles) and performed by an attractive Swedish cast.

Mar. 26 *The Social Network* (2010) 2 hrs. The

much talked-about account of the origins of Facebook. The central character is a somewhat fictionalized version of the overnight billionaire Mark Zuckerberg. See it and join the discussion.

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

If you would like to add your name to the MRHS email list, please contact us at info@mrhsny.org and simply put "MRHS Email List" in the heading. Thanks!

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.

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, March 24 at 2:30 PM**

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

The MRHS Book Club meets next on **Friday, March 18 at 3:00 PM in the Tuttle Center, 100 La Salle, #MC**. Discussion is on the book, **Palace Walk**, by **Naguib Mahfouz**.

Low Vision Group will meet this month, on **Friday, March 11** and **Friday, March 25** at **2:00 PM**.

Supper Club Returns on Thursday, March 10 from 6:00 to 8:00 PM MRHS will hold a Supper Club event. The details will be announced soon. Cost is \$13.50. Call us to reserve a place.

RSVP of the Community Service Society is a gateway to thousands of meaningful volunteer opportunities for individuals 55 and over! After participating in an interview, you will be placed in an assignment that's most suitable for you. Volunteer positions include teaching adults to read, conducting tours at a museum, advocating for nursing home residents, developing marketing plans for non-profit agencies, preparing or serving meals in a soup kitchen and many more. If interested, contact Meredith Gemeiner at 212.614-5394 or email mgemeiner@cssny.org.

Great Decisions Program

On **Tuesday, March 1** at **7:00 PM** the Great Decisions Program will meet with a discussion entitled "American National Security Since 9/11." 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.

Healthy Kitchen Group

In March, **The Healthy Kitchen Group**, a weekly group led by two Occupational Therapy Students from Columbia University will continue to promote safe, healthy and enjoyable participation in kitchen- related activities. Please join us on Wednesdays from 11:15-12:15 in the Tuttle Center. The schedule is listed below:

- ❖ March 2: Nutrition to Boost Brain Function
- ❖ March 9: Understanding Food Labels
- ❖ March 16: Cooking For One
- ❖ March 23: The Healthy Kitchen Recipe Swap

We look forward to seeing you!

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 March 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.***

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

Legacy, a Matter of Choice

How many things in life do we do because we have to? Especially when it comes to spending, how much choice do we really have? We have to pay taxes, we have to pay the maintenance on our apartments, we have to eat, we have to get around with some transport, we have to pay medical bills and health insurance, etc. etc.

While it is true that within limits, we can choose what to eat or where to live or how to get around, these are rather narrow limits based on our income, our capacities, and our habits. If we are lucky, we might have a little bit left to indulge our hobbies and wishes or support a cause. But really, unless we have a lot of discretionary income, we do not have a whole lot of choice.

Interestingly, there is one choice that is truly ours to make -- what we do with what we have when we no longer need it, no matter how much or how little. Not to decide is to decide in favor of the law that will inevitably determine what goes where. While you can still enjoy what you have, stand up for what you believe in --- neighbors helping neighbors, elders living in dignity and in community. Dig deep inside your heart and make one last statement in favor of what you believe. Join the Legacy Society, remember MRHS in your will, and feel good knowing that what you no longer need someday will create a lasting impact, leaving your footprints on the sands of time. What a remarkable choice!

Joining the MRHS Legacy Society is ultimately a statement of intention, intention that you will remember MRHS in your will. The white form enclosed is neither a legal nor a financial document, and no dollar amount needs to be stated. However, this form, when signed and returned, informs MRHS that you take seriously the values behind its creation and will go out of your way to ensure that it stays alive for future generations of seniors. **Rita Pullium, Chair
MRHS Development Committee**

Students from the Columbia University School of Social Work are looking to interview individuals 65 and over about their life trajectory. Students will be interested in events such as where the individual grew up, during what time period, significant current event, schooling, occupation, age and timing of significant relationships, and gender roles. This assignment is about the role of social structures in our lives not about intrapersonal analysis or difficulty. Most folks find the interview fun. If you would like to volunteer to be interviewed please contact MRHS or Cindy Bautista at cb2747@columbia.edu.

Review: *The Heiress*

Once again the Morningside Players have given us a deeply compelling piece of theater. Once again their most recent performance underlines our good fortune in having them as part of this coop—professional and non-professional actors who live here, professionals from other groups, and persons with related other skills that make each presentation so special.

The Heiress, adapted by Ruth and Augustus Goetz from Henry James' novel, *Washington Square*, is set in mid-nineteenth-century New York, entirely in the parlor of a Washington Square mansion belonging to Dr. Austin Sloper, prominent local physician, portrayed by Arthur French with striking sensitivity and emotional depth. What, he asks himself, has caused the sudden infatuation of his usually shy and retiring daughter Catherine (Lindsay Mack) with Morris Townsend (Corey Hibbs) and why the sudden explosion of mutual love leading to an immediate, ill-considered engagement? Dr. Sloper sees Morris, just recently returned from a lengthy stay in Europe, as a charming but ignorant wastrel who cares for nothing about the uncharismatic, generous, and kind Catherine, except her sizeable fortune.

That is the story—what happens with these two young people—and it's an engrossing tale. Lavinia Penniman, played with wit and warmth by Carol Carter, is Catherine's self-appointed and sympathetic confidant. Both Corey Hibbs as Morris and Lindsay Mack as Catherine give gripping, deeply engaging performances, and the play's denouement is brilliantly rendered by Catherine. **Anne Ellis (Bldg. I)**