

Morningside Retirement and Health Services, Inc. www.mrhsny.org
100 LaSalle Street, NY, NY 10027 (212) 666-4000, 666-2050

President: Rita Marie Pullium
Executive Director: Ronald Bruno

Elder Smile Program

The Community DentCare Network Elder Smile Program, part of the Columbia University College of Dental Medicine, will be at Morningside Gardens on **Friday, May 20 from 12:30 to 3:30 PM**. They will offer a workshop on oral health, diabetes and high blood pressure. Following the presentation there will be dental, blood pressure and blood sugar screenings, including referrals for follow-up treatment. Goodie bags will be distributed. Please call MRHS (212-666-4000) to reserve.

Great Decisions Program

This month the Great Decisions Program meets on Wednesday, **May 4 at 7:00 PM** with a discussion entitled "Responding to the Financial Crisis." The meeting is changed to Wednesday so as not to conflict with the Annual Stockholders Meeting. 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.

Visit Storm King Art Center

Join MRHS for our second trip of 2011 as we visit the Storm King Art Center and their wonderful outdoor sculpture grounds. Storm King is celebrating their 50th anniversary this year. We will have a docent led tour of the grounds. There will be facilities available to purchase lunch or bring your own. MRHS trips are open to all 60+ residents of the Gardens.

DATE: Wednesday, May 25 **DEPART:** 9:00 AM
PRICE: \$40.00 **RETURN MRHS:** 6:00 PM

MRHS will be closed on Monday, May 30 in honor of Memorial Day. We wish everyone a good holiday.

MRHS at Morningside Gardens
Helping Elders. Building Community.

Buddhi Body Yoga Classes

Move your body, exercise your brain.

Buddhi means intelligence. Yoga means union, bringing into harmony all the parts of your being, physical, emotional & mental.

Buddhi Body Yoga brings your mind into focus in your body, specifically on your spine, balance and breath - then you take that focus into movement. Using visualizations, you learn to 'see' your spine & the energy that flows through it; to stabilize your center by connecting with your pelvic floor and abdominal muscles; to direct breath & energy through your entire body. Movement becomes an active meditation. Slow and conscious, practice generates energy rather than consuming it. The result is a calmer, clearer mind, improved postural alignment, and a more flexible, energized body.

Come and learn about this unique approach to yoga practice, and experience the sheer pleasure of your brain and body joined in tension free movement. On **Thursday, May 12 from 11:00 AM to 12 Noon**, *Jana Titus* will begin an introductory class at MRHS (100 La Salle, #MC). All are welcome!

Jana Titus has been teaching yoga and meditation for over 30 years, synthesizing Iyengar Yoga, Integral Yoga, Tibetan Yantra Yoga and T'ai Chi and meditation into one practice. She is a certified instructor of the Alexander Technique and practitioner of CranioSacral Therapy and is registered with the Yoga Alliance at the highest level of experience.

Director's Column

One of the things I like to boast about MRHS is the stability of our staff, particularly since rapid staff turnover is the bane of elder care services. But I am sorry to announce that one of our longtime staff members, Ron Lennon, LMSW, will be leaving us in June. Ron will be leaving MRHS and New York for the greener pastures of Brazil, where he and his wife, Amalia, will take up residence. Ron has been with MRHS since March, 2000, and has become well-known and well-loved in the Morningside community since that time. If you've taken an MRHS bus trip in the past ten years and you noticed how well planned and organized it was, it was thanks to Ron! Ron will be sorely missed and the only silver lining is that staff will now be able to spend less time asking, "So which Ron are you looking for?"

MRHS Board Directors 2011-12

Rita Marie Pullium, President
Carla Slomin, Vice-President
Margaret Johnson, Treasurer
Kate Dunn, Secretary

Amy Berg	Melinda Moore
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Jeanne Felker	Janet Wise-Thomas
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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!

Our neighbor Mary Spiritt Taylor from Building II is featured on a program that is sponsored by Mayor Bloomberg's Commission on Women's Issues. Mary was honored by Mayor Bloomberg as one of 31 extraordinary women who has made a contribution to New York City.

Click on:

http://www.nyc.gov/html/media/wcproject/wc_home.html and then click on photo #30 to see Mary's one-minute video speech and "Read More" to learn about her work.

Happy May Birthday!!

To : Laura Brown, Phyllis Calese, Eliza Chiu, Phyllis Darby, Cynthia Harris, Leslie Kiss, Elinor Levin, Sue Miles, Daniel Morgan, Winifred Shearer, George Staller, Herbert Thorne, Martha Trezevant, and Gil Willis

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 May are all invited to our Birthday Party! Come on **Tuesday, May 17 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

May 7 Fair Game (2010) 1 hr., 48 min.

About the scandal of several years back, when the name of a CIA agent, Valerie Plame, was leaked to the public. The agent is portrayed by Naomi Watts, and Sean Penn plays her husband, Joseph Wilson.

May 14 Way Out West (1937) 65 min.

An old-fashioned comedy with the marvelously goofy Stan Laurel and Oliver Hardy at their best.

May 21 The Illusionist (2010) 1 hr., 20 min.

A French animated film for adults based on an idea by Jacques Tati. It's the wistfully sad tale of a fading magician, set in a very recognizable Edinburgh.

May 28 The fighter (2010) 1 hr., 45 min.

Mark Wahlberg plays the title role in a drama about a large Boston family. He is coached by his brother (Christian Bale), a promising fighter until he becomes addicted to crack. A true story about family pressures and loyalties.

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

Copies of ***The Healthy Kitchen Recipe Book*** are available at MRHS. This homemade book consists of a collection of recipes from your neighbors in the MRHS Healthy Kitchen Group, which was led by Occupational Therapy student interns from Columbia University this past spring.

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
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.

05/04, 05/18

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, May 19 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, May 5 at 3:00 PM** in the Tuttle Center.

Look for notice about the **MRHS Book Club's** next meeting soon to be announced!

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, May 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.*

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

Sophie Onne Marks 100th Birthday!!

On March 17, 2011 long-time Gardens resident, *Sophie Onne*, celebrated her 100th birthday. We are so happy that Sophie and some of her family members were able to join MRHS's monthly birthday party in March (see photo).

(photo by Dana Minaya)



Wine-Tasting A Success!

MRHS is happy to report that everyone had a great time at our recent benefit Wine Tasting. We are grateful to retired wine professional, Patrick Sere, for donating his time and expertise. His presentation was informative and very engaging. We also want to thank the 60+ residents who bought tickets and came to enjoy the fun. Thanks too for a donation of wines from La Salle Wine and Liquor (La Salle & Broadway). Thanks to all the volunteers, especially those who helped with decorating and setting up the tables. Special thanks go to the Development Committee and MRHS President, Rita Pullium. Many people said they would enjoy more such events!

MG Resident Marion Rothenberg (Bldg.V) is appearing in an art show sponsored by The Alumni

Association of the City College of New York. The Opening reception takes place

on April 28 from 5:00 to 7:00 PM, at Aaron Davis Hall, West 135th Street and Convent Avenue. The exhibit dates are April 27 to June 6. For more information call 212-650-5343.



Due to space limitations, MRHS was unable to list the dedications made by our donors on their donation cards this past fall. So we will be again listing the names of donors to our 2010 Annual Campaign, this time with dedications included, beginning in this Newsletter and continuing the next two months. Once again, we thank all our donors!

Ackerman, Andrew and Ann Fridlind, *in memory of*

Katherine Wallen

Adler, Ellen & Moshe

Adler, Robert & Anne-Marie Nolin

Allen, Genevieve

Anderson, Judith

Anderson, June

Anonymous, *in memory of* Susan Powers Lagunoff,
resident 1957-58

Anonymous, *inhonor of* Mary Thompson; *in memory of*
Doris Gray, Geoffrey Wagner

Arai, Tomoe, *in memory of* Tim Arai

Argueta, Luis A., *in memory of* Oscar Zucchero

Argueta Dudley

Arnold, Jimmy

Azim, Abdul & Noor J.

Baldwin, Susan & Will

Back, Sara

Teodora Barlow

Beard, John R.

Bendersky, Ruth & Jacques, *in memory of* Jacques
Touboul

Benson, Jodi & Stewart

Bergman, Vivian

Bernstein, Marion, *in honor of* Ellen Goldfarb

Berson, Robert, *in memory of* Leah Hoffman

Bertz, Hazel, *in memory of* My sister Margaret Willhite

Blair, Tonia, *in memory of* My husband, Vachel L.

Blair a resident from 1957-1999

Boggan, Anne

Bookhardt, Mary Grace

Borthwick, Mary & Alan

Brenner, Frank

Brinigar, Marianne

Brodie, Erica & Joseph A., *in memory of* Sadie Shapiro,
founder of MRHS (Joseph's aunt)

Brodsky, Gilda

Brown, Laura

Brown, Laura

Browne, John

Bruno, Ronald

Butler-Mills, Marion

Calese, Phyllis

Canty, Anne & Quintana, Victor

Canty, Eileen, *in honor of* and gratitude for all those
who contribute to the goals of MRHS, staff and
volunteers

Careddu, Katherine

Carol, Joy

Carter, Dorothy

Chang, Emily

Chang, Victor

Chang, Stephen & Susan Opotow

Charris, Eleanor, *in honor of* Mary Thompson

Choi, Soon

Christian, Fred

Clarkson, Marcia & William

Coles, Constance C. & W. B. McKeown

Cooke Frederick

Cooke, Joy S.

Crothers, Diane

Cunningham, Sarah, *in honor of* all the MRHS Staff
who serve us so well!

Czajkowski, Michael & Sandra

D'Addona, Lawrence & Theresa Mehrer

Dalton, Elizabeth

Darby, Phyllis

Darling, Gregory J.

Davidson, Mary and Mike

Davidson, Shirley

De Borja, Dolores and Michael

della Cava, Olha and Ralph

de Paur, Norma

Derryck, Winifred Eileen, *in honor of* The Nurse &
Office Staff, Thanks.

Diamond, M. David

Dubosky, Celeste

Dunn, Katharine & Ellis, James W.

Ellis, Anne and William

Felker, Jeanne

Foshay, Angela

Foster, Evelyn & Gail

Gardner, Mary Ida, *in honor of* Mrs. Ann Jackson

Geist, Sheila, *in memory of* Sylvia Friedman

Gilbert, Johnnie M.

Gill, John H.

Goldstein, Carol and Rothfeld, Neil

Gomez, Julian

Gonzalez, Conchita & Luis

Goodridge, Tom, *in honor of* Dorothy Savage (thanks
for her contribution to MRHS & The Gardens
50th Celebration)

Gottlieb, Beatrice

Gruen, Rhoda & George, *in honor of* the staff and
officers of MRHS

Halborg, John E.

