



Morningside Retirement & Health Services
Helping Elders. Building Community.

newsletter

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

www.mrhsny.org

President: Rita Marie Pullium

Executive Director: Ronald Bruno

Visit Kykuit

Come join the MRHS trip takers as we visit the magnificent Rockefeller Estate, **Kykuit**, and the **Union Church of Pocantico Hills**. **Kykuit** is a splendid Hudson River villa with spectacular river views and one of America's greatest gardens. See a collection of classic autos and carriages, and hear stories of the famous family that lived here for four generations. The stained glass windows of the Union Church provide a unique view of the works of two modern masters, Henri Matisse and Marc Chagall. Guided tours will be provided for both attractions and lunch is on your own at the Greenhouse Café at Philipsburg Manor.

DATE: Wed., June 29 **DEPART:** 9:00 AM
PRICE: \$40 **RETURN MRHS:** 5:00 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. Learn 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 Memorial Sloan-Kettering Cancer Center and the New York Presbyterian Hospital, as well as at MRHS.

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

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!

Goodbye, Ron L!

Come join us on **June 1 at 3:00 PM** to say goodbye to Ron Lennon. Ron joined the MRHS family in March, 2000, and has been a steady presence ever since, serving the older adult residents of Morningside Gardens as MRHS's Social Work supervisor. We are all saddened and know that Ron's cheerful presence will be sorely missed by the entire Morningside community. So stop by the going-away party to wish Ron well as he steps forward into the next chapter of his life's journey! That's **June 1 at 3:00 PM at the MRHS Tuttle Center!**

Volunteer Needed

The present MRHS website (www.mrhsny.org) provides some very good basic information. We want to make this much more dynamic and energetic. To do this, we need someone with website technical experience. Please contact us at 212-666-4000 or info@mrhsny.org if you are interested. Thanks!

Get Your Word's Worth!!

An annual and very popular event over the years – the annual reading by the *Writing from Life Experience* group is planned as a more multidimensional event this year. It is billed as a Readers Theater Performance, during which members of the group will share their writings with the whole community. MRHS is very proud to co-sponsor this event with *Elders Share the Arts* and the NY State Council on the Arts. Light refreshments will be served. Please join us on **Wednesday, June 8, 2:00 - 5:00 PM** in the **Recreation Center, 100 La Salle, Basement.**

Director's Column

Discussing Alzheimer's disease is always a dicey proposition. As Margaret Morganroth Gullette, author of "Agewise: Fighting the New Ageism in America," noted in a recent *Times* op-ed piece, there is a widespread "irrational fear" of Alzheimer's. Every time a baby boomer loses keys or misplaces socks, he or she is sure it's Alzheimer's. I have two friends who think they have Alzheimer's, even though one is a practicing attorney and the other ... um, well. I myself am inoculated from thinking I'm developing Alzheimer's thanks to my mother's referring to me as "the absent-minded professor" when I was a kid because of my forgetfulness. So I've always been this way, it's not Alzheimer's – or else it's a very slowly progressing form of the disease.

On the other hand, Alzheimer's disease does present us with a long-term public health challenge that is staggering. With the aging of the baby boom generation coming at a time of unprecedented human longevity, there is something like a perfect storm of demographic currents brewing. As Gullette points out, the rate of Alzheimer's in those over 65 is only 1 in 8. But that rate increases significantly as we age and in 30 years there will be a lot of us baby boomers past the age of 85. Unless a cure is found many of us will be afflicted, creating a tremendous drain on our societal and family resources.

If you know of someone taking care of a relative or friend with advanced dementia (and this task has fallen predominantly on women), you know that for some the storm is already here. Our health care system was not designed to care for those with chronic, debilitating disease. While I agree with Gullette that we habitually fail to recognize many of the strengths of those with Alzheimer's, I think we also underestimate the devastating effects of the disease at our own risk. Funding for Alzheimer's disease is far behind cancer and heart disease, and the costs to society are arguably greater.

Happy June Birthday!!

To: Hisayo Asai, Eileen Canty, Ling-wang Chao, Michael Czajkowski, Quinten Fletcher, Bea Gottlieb, Bridget Leicester, Ted Leslie, Joan Levine, Norman Levine, Chen Liu, Betty Reardon, Norma Roldan, John Seaman, Albert (Robbie) Sheldon, Tamaara Tabb, George Todd, Ernestine Welch, and Shuli 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 June are all invited to our Birthday Party! Come on **Tuesday, June 21 at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

June 4 *A Midsummer Night's Dream* (1935)

1 hr., 57 min. About the scandal of several years back, when Here Hollywood brought together the great German stage director Max Reinhardt, Shakespeare, the music of Mendelssohn, and a roster of its stars, such as Olivia de Havilland, James Cagney, Mickey Rooney, Dick Powell, and Joe E. Brown.

Please Note: *This screening is dedicated to the memory of Mimi Lamb. It will start at 4:00 pm so that those who want to attend her memorial service earlier in the day will be able to do so.*

June 11 *True Grit* (2010) 1 hr., 50 min. A

remake by Joel and Ethan Coen of a John Wayne Western. Jeff Bridges plays the lead role in his own special way. The story is about the pursuit of the killer of the father of a young girl bent on revenge. Breathtaking scenery.

June 18 *la Vie En Rose* (2007) 2 hrs., 21 min.

The life story of the singer Edith Piaf—gritty, sad, at times triumphant. The actress Marion Cotillard acts and sings the part brilliantly.

June 25 *Get low* (2009) 1 hr., 40 min. An

eccentric loner in backwoods Tennessee arranges to have his funeral while he is still alive. A true story, brought to bittersweet life by gifted actors like Robert Duval, Billy Murray, and Sissy Spacek.

Movies start at 2:00 PM, except on June 4. 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

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.

06/01, 06/15, 06/29

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, June 16 at 2:30 PM**

"Later Life Transitions" group meets this month on **Thursday, June 2 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting is set for **Wednesday, June 22 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, **Love, Again**, by *Doris Lessing*. 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, June 17). 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.

Welcome Back, Paul!

MRHS is happy to announce that former MRHS social work intern, Paul Nikolaidis, will be joining the MRHS staff on Monday, June 9. Paul interned at MRHS in 2010 and was largely responsible for putting together the "Legacies" event with Cicely Tyson and others, honoring the pioneer designer Arthur McGee. Paul's title will be Social Worker / Development Officer.

Confused about the using the internet? Interested in opening an e-mail account? We have a student volunteer from the local Junior High School available for assistance with basic computer tasks. He'll be available for the month of June from 1:00 – 2:30PM on Wednesdays. Contact MRHS for more information.

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 exhibit dates are April 27 to June 6. For more information call 212-650-5343.

New Ideas, New Options: Career Alternatives. Interested in starting a new business or seeking out new career alternatives? In this interactive class, you will explore career goals and values, and create a viable plan for success!

Mondays and Tuesdays, 6/6, 6/7, 6/13 and 6/14, 9:00 AM – 11:00 AM

CS 133, 2121 Fifth Ave. (130th St)

Register at <http://parentjobnet.org/job-readiness-workshos.aspx> or call 212-362-2735

From Children's Learning Center: We wanted to extend an invitation to MRHS to visit our first annual Scholastic Book Fair which will be held June 15th-17th at CLC. It will be mostly children's books (great for grandparents!) but will have some bestsellers for adults as well. Lots of kids and parents will be around so it will be a wonderful time to gather and make new friends. We'd love to see you there!

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 will continue into next month. Once again, we thank all our donors!

Harris, Cynthia G.
Haupt, Carol & Robert
Hawkins, Beatrice, *in memory of* Leonard and Delayne
Hawkins

Herz, Paula
Hinton, Katherine C.
Holleman, Edith
Howell, Lois
Hughes, Helen
Hughes, Mark and Johnston, Amy
Hughes, Olga, *in honor of* Marie Phillips and the
MRHS Staff

Hunt, Jane, *in memory of* Rose Komatsu
Interollo, Joseph

Jackman, Peggy and Ronald
Jackson, Ann

Jenkins, Kenneth V.
Johnson, Margaret
Johnson, Phyllis & John

Kane, Margaret A.
Kane, Sherry
Kangleon, Corazon

Kapner, Joanna
Keene, Carolyn

Keller, Florence
Kern, Marcella, *in memory of* Helen Baker

Ketley, Margaret
Kiss, Leslie

Koehler, Emil
Korn, Shirley

LaFleur, Lydia, *in memory of* Jean Broadwell

Lamb, Margaret, *in memory of* Fred Garel
Lawless, Beulah, *in honor of* Nurse Marie Phillips

Lay, Addellia
Lazarcik, Gregor

Le, Yen-Chi
Ledoux, Marie
Leicester, Bridget

Levin, Elinor, *in memory of* Judson L. Levin aka Judd
Levine, Joan and Norman

Lieberman, Leila
Lin, Lucy Kuangsan

Lopez, Maritza
Lou, Howard H.
Lowry, Mary and Boyd

Mansoury, Joan
Mapp, Anna & George
Markman, Mary Ellen

Marsella, Patricia Gilroy
Maruoka, Emily
Marx, Terry and Arpadi, Stephen
McDonald, Mary, *in memory of* Anne Balduzy
McNamara, Robert & Heist, Karl
Mellen, Elizabeth and Allen
Menes, Amy and Lederman, Steven, *in honor of*
Herman Menes

Mercado, Epifania O.
Meyerhoff, Erich
Meyers, Cynthia & Bywaters, David
Minaya, Dana and Frank
Moghadam, Bejan
Moorman, Margaret
Moy, Seong & Sui Yung
Murphree, Mary, *in honor of* Sarah Cunningham,
former MRHS Board Chair

Murphy Forrest, *in memory of* Lois Valdes
Murray, Kay C.

Muscat, Audrey and Erwin
Neri, Velia

Nicholson, Marjorie and Horton, Joel
Nissen, Marjorie

O'Farrell, Barbara
Ofstedal, Anne and Lu, Wei, *in memory of* Jean
Broadwell

Onne, Sophia
Ortecho, Elizabeth, & Rose, Bob

Otis, Carroll H.
Paces, Zlata

Pagnoni, Laurence
Papier, Lewis

Petioni, Muriel, *in memory of* Charles and Rosa
Petioni

Petrus, Annie
Platnick, A.H. & J.L.

Pohlig, Karen and Goodhue, Thomas
Poole, Helen

Pullium, Rita and Rush
Rezenda, Paula

Rich, William
Riddett, Cecelia

Rikleen, Rebecca and Thorne, Herbert
Rivera, Elina & Switzed, Russell

Robotham, Gloria & Winifred Price, *in honor of* Kind
and gentle services of MRHS and all those who serve us.

Ronson, Joyce & Irwin
Rooks, Jean L.