



Morningside Retirement & Health Services
Helping Elders. Building Community.

August 1, 2011
Vol. XXXV, No. 8

newsletter

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

www.mrhsny.org

President: Rita Marie Pullium

Executive Director: Ronald Bruno

Summer Ice Cream Social

MRHS will be offering an ice cream social to the Morningside Gardens community on **Thursday, August 4, from 6:30 to 8:00 PM** at the picnic table in front of building V. We hope this will be a fun intergenerational event. MRHS Board members and staff will be present if you would like to learn more about MRHS, but the main focus of the event will be fun and fellowship!

Tips from Foot Health Podiatry

Foot Health Podiatry, located at 1302 Amsterdam Avenue, points out that changes in the seasons mean changes in diet, clothing and even toiletries: "We see many problems that result from a patient inappropriately taking the season into account. During this time of the year when temperatures and humidity are at their highest, it is important to adjust routines.

We see an increase in a particular type of Athlete's Foot that can have serious implications in anyone who is immune-compromised such as a diabetic or transplant recipient. This is called Intertrigo. It describes areas where skin is adjacent to one another and gets irritated from heat, friction and moisture. This is especially true between the toes especially if wearing socks and shoes over the summer months. Podiatrists recommend one simple solution: do NOT apply lotion, ointment or any types of creams between the toes. It is a gateway to more aggressive infections. If the area does itch or become irritated, the best thing to do is see a foot specialist to rule out any other problems."

The podiatrists from Foot Health Podiatry will be at MRHS on **Wednesday, August 3, at 1:00 PM** to answer any questions related to Intertrigo or other summer related issues.

Coping with Change: Facing the Future with Confidence

This interactive workshop will enable participants to master new events with greater certainty and ease. Learn the process of



change: endings, the neutral zone and new beginnings. Examine the difference between initiated and imposed change.

Discover how your personality style can

influence the way you cope with new events.

This seminar, led by Connie Gemson, will encourage you to review and reflect on life choices and create new options. **Connie Gemson, LMSW**, is an adjunct college instructor and a published writer. Please call us at 212-666-4000 to sign up by August 5.

Dates: Two Wednesdays:

August 10 & August 17, 2:00 - 4:00 PM
Tuttle Center, 100 La Salle St., #MC

City Island/ Bartow-Pell Mansion

Come join MRHS as we are off to **City Island** for lunch at the famous waterfront **Lobster House Restaurant** and then to the magnificent **Bartow-Pell Mansion** in Pelham Bay Park for a guided tour. The lunch includes appetizers, pasta, eight choices of entrees and dessert. Alcoholic beverages sold separately. What a way to spend a summer day!

DATE: Thurs. August 25 **PRICE:** \$45.00
DEPART: 11:00 AM **RETURN:** 4:30 PM

Director's Column

Every few years I try to answer the question, "What is a NORC?" A NORC ("Naturally Occurring Retirement Community") is any community that has a significant number of older adults who have "aged in place." *NORC programs* are the innovative programs that have been put in place in these communities as a result. So Morningside Gardens is a NORC and MRHS is a NORC program.

With the surge of baby boomers entering older adulthood, the prevalence of NORCs is expanding. NORC programs are viewed as robust and sustainable models to meet the needs of this growing demographic. Not only do NORC programs meet the humanitarian need of enabling older people to remain living in their own homes, but NORC programs save society valuable healthcare dollars by reducing costly emergency room utilization, hospital readmissions, and premature nursing home admissions.

Before coming to MRHS, I worked as the Director of Social Services at two nursing homes, including overseeing admissions. Time and again we would see older people who six months earlier had been living comfortably at home suddenly uprooted and moving into an institution. Frequently it was the case that the person had sustained an initial medical setback that had not received adequate care, leading to a spiral of setbacks that made nursing home admission necessary. Without a community of care to address the initial condition, an inevitable progression would follow taking the person to the nursing home's doorstep. The goal of a NORC program is to become that community of care. Most of the work of a NORC program is preventive in nature.

In order for a NORC program to succeed, the community must identify itself as a community that is committed to all its members, including its oldest. This has been the strength of Morningside Gardens through the years and why MRHS is considered a model NORC program.



Happy August Birthday!!

To: Tomoe Arai, Anne Burley, John Careddu, Fungying Chao, Vicki Chen, Sarah Cunningham, Carlotta Damanda, Corliss Hanson, Marjorie Horton, Phyllis Johnson, Ruby Johnson, Margaret King, Emil Koehler, Harold Landon, Phyllis Mais, Herbert Mendelsohn, Maggie Middleton, Dana Minaya, Zlata Paces, Rajdai Puran, Lotte Strauss, Susan Wersan, Llewellyn Williams, Lucienne Yoshinaga and Alba Zatz.

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

***** Saturday Afternoon Movies
resume on September 3.*****

Summer: Use MRHS Services

As the heat of summer continues, safeguard your health by using MRHS Shopping and Laundry Services. Every Tuesday the MRHS Health Aide does shopping for people who need help. 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.



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 1:00 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 – 5	9 – 5	9 – 5	9 – 5	9 – 5

Hypertension Screening – *will not take place in the summer. Next screening is September 7.*

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 not meet in August.

"Later Life Transitions" group meets this month on **Thursday, August 4 at 3:00 PM** in the Tuttle Center.

The **MRHS Book Club's** next meeting is set for **Wednesday, August 24 at 3:00 PM** in the Tuttle Center. Discussion is on the novel, Scoop by *Evelyn Waugh*. 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, August 19). 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.*

MRHS Program Survey

Last month MRHS included a survey on its programming in the Newsletter. If you have not already done so, please take the time to fill out the survey. We have survey forms available at the MRHS Tuttle Center. Just ask Margaret Bianchi or another staff person for one. It would be a great help to MRHS if as many people as possible filled out a survey. Thank you!



Florence Keller, Marie Ledoux, and MRHS Board Member Melinda Moore at the MRHS Annual Recognition Luncheon in June.

(Photo by Frank Minaya)

Emotional Wellness Workshop

Please join MRHS for an interactive workshop on health and wellness!

You will learn:

- How our emotional well-being affects us physically and emotionally
- Common barriers to maintaining emotional wellness
- Practical tips for managing barriers to emotional wellness from day-to-day
- How to access local resources for additional help

As a special thank you, free gifts will be provided to those who participate!

DATE: Friday, September 23

TIME: 11:00 AM

LOCATION: MRHS Tuttle Center

SPEAKER: David Truzman, LMSW

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

Flea Market/Holiday Bazaar

Here's some news you've all been waiting for! MRHS will begin accepting donations for this fall's Flea Market soon. We will accept donations **one evening a month beginning on Tuesday, August 16 between 7:00 and 9:00 PM and one afternoon per week from 2:30 to 4:00 PM beginning on Thursday, August 4.** 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 18, 19, and 20, 2011.**

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. 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.

MRHS Legacy Society

If you've already included MRHS in your will, please consider joining the MRHS Legacy Society. All that's required is that you fill a simple one-page form. If you have not included MRHS in your will, please consider doing so. Thank you!

"Don't read books about aging by 40-year-old people from Beverly Hills, but instead learn from people who are 85 and happy and who didn't get that way by having a good plastic surgeon.... The keys to growing old are gratitude and forgiveness - not a whopping IRA."

--- From an interview with George Vaillant, M.D., author of AGING WELL: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development (2002).

Mount Sinai School of Medicine Project

The Family Studies Research Center at the Mount Sinai School of Medicine (MSSM) is conducting a research study of healthy cognition in aging. They plan to examine the use of computers and internet in individuals age 85 and older, and compare the effects of a computerized cognitive training program with a computerized games program.

MSSM is currently seeking individuals to participate to help them learn more about how these cognitive training programs affect cognitive functioning.

Who can participate?

- Individuals age 85 and older
- With no, or minimal, problems with your memory
- With a home computer with internet access

What does participation involve?

You will receive 3 visits:

--- In visit 1, you will complete memory and thinking tasks, and an MSSM staff member will set up the computer program (internet-based) and help you use it for the first time. This visit will last 2-3 hours.

--- In visit 2, which will happen about 2 months after the first visit, you will again complete the memory and thinking tasks. This visit will last about 1 hour.

--- In visit 3, which will happen about 4 months after visit 2, you will again complete the memory and thinking tasks. This visit will last about 1 hour.

The computerized training program will be provided free of charge.

If you have any questions, or are interested in participating, please contact Rebecca West at 212-659-5603. You can also contact Mrs. West at Rebecca.west@mssm.edu.

(GCO#09-2339)

(MSSM IRB Approved through 1/4/2012)