

THE VILLAGER

Vol. 17 No. 09

September 1, 2025

Meet Your Neighbors

I'm Lisa Yee and I have lived in this neighborhood for most of my adult life. My husband and my daughter are proud graduates of the Riverside Church Weekday School. I became involved with LiLY through the movie group during covid. My husband, Norman Chung, participates in the LiLY men's group. LiLY has enhanced our sense of community with new friends, information and entertainment, and support and advice in times of need.

Norman and I are also regulars at the Riverbank State Park. You will find him in the gym and me at the pool. The year round Olympic size pool indoors and the 25 yard outdoor pool in the summer are both only 4 feet deep throughout. Mornings are reserved for seniors and adults for lap swim and aquatic exercise. Sign up for fall swim and exercise classes will be happening soon, so keep an eye out for it. <https://parks.ny.gov/parks/93/details.aspx> Aquatic classes for seniors are \$10 for the semester plus a \$3 registration fee. There is a ramp and a mechanical chair



lift for anyone who needs help getting in and out of the pool. I've met so many interesting people at the pool. There's something about the being in the

water that is meditative, and of course, seeing everyone in a swimsuit is a great equalizer! Come and join me, Paula, Karen, Kathy and other LiLY folk in the pool!



Beatrice Roper is 88 yrs young and happily married for many years. She loves cruises and has been on many all around the world. Her wish is to go on one more cruise while she is able to. She loves trying and eating good food.

It started with a picnic organized by Michelle with her friend group from church that Josh attended on Roosevelt Island. "I contacted her afterward, but she ignored me for two months." Eventually, she said yes to a meet up for tea, since Michelle is a certified tea sommelier. They met at a coffee shop and the tea there was terrible, but a real date followed and now the couple has been married for almost two years! Josh came to New York four years ago to attend Columbia University. He fell in love with the UWS, being surrounded by parks. When their relationship started to become serious, Michelle wanted to live closer to Josh, moving to Morningside. Soon after, they attended a LiLY volunteer appreciation party and were inspired by the stories they heard. It was a natural fit for them to become volunteers. Most Saturday mornings Josh and Michelle can be found at the Hungarian Pastry Shop and Plowshare is a favorite for coffee.





Dr. Norma Braun

Legionella Pneumonia

Legionella pneumonia, often called *Legionnaires' disease*, is caused by bacteria that thrive in water systems such as cooling towers, hot tubs, decorative fountains, and shower heads. The bacteria grow best in water between 68° and 120°F, particularly in biofilms. During hot summers, cooling towers used for air conditioning can become breeding grounds if not properly disinfected. When contaminated water is aerosolized, people can inhale the bacteria and develop infection. Masks do not prevent this, but the illness is not spread person-to-person.

Not everyone exposed becomes sick. Risk increases with age (especially over 55), chronic illnesses such as heart, lung, or kidney disease, diabetes, or weakened immunity. A high enough exposure is also required.

The disease was first recognized in 1976, when more than 100 people at an American Legion convention developed severe pneumonia with fever, muscle aches, cough, and shortness of breath. A milder form, known as Pontiac fever, was identified earlier and causes flu-like symptoms that usually resolve on their own within a few days.

Legionella pneumonia, however, can be life-threatening. Most patients require hospitalization for antibiotics, oxygen, and sometimes mechanical ventilation. Diagnosis is made through sputum cultures, urine antigen testing, and chest X-rays. Delayed diagnosis in vulnerable patients can lead to death.

To protect yourself, ask your landlord about cooling tower inspections and water disinfection in your building. The Health Department offers test kits for home water, and flushing taps or showers briefly can also reduce risk.

Upcoming Events!!!

Although summer is ending, **Summer on the Hudson** will be continuing with fun activities throughout the year. Here are some options for September:

Do you enjoy bingo? Meet on W. 125th and Marginal Streets on the pier on Fridays from 5:30 to 7:00.

Love birds? You can volunteer at the Bird Sanctuary on 9/6 from 9:30 to 11:30 on W. 120th and Riverside Drive or enjoy a birding walk on 9/12 from 5:30 to 7:00 or join the Birding Club on 9/27 on W. 116th and Riverside Drive.

Calling all artists – **Sketch Jam** takes place on 9/13 from 11:00 to 1:00 on W. 72nd Street and Riverside. Basic art supplies will be provided but you may also bring your own.

Want to learn about the fascinating history of oysters in NYC? Attend the **Billion Oyster Project Presentation** on the pier at W. 125th Street and Marginal Streets on 9/6 from 12:00 to 2:00.

For great music, head to **Jazz in the Park** at Ralph Ellison on 9/7 at Riverside Drive and 150th Street from 2:00 to 5:00 or River Rhyme on 9/20 from 4:00 to 5:00 on the West Harlem Piers Park for a concert featuring a brass ensemble.

Morningside Lights will return this year with a procession on Saturday 9/20 at 8:00. This annual event brings together neighbors, students and visitors to walk together through the campus, surrounded by the handmade lanterns. The lanterns are made during a week of public workshops from 9/13 to 9/19 at the Miller Theater. Registration begins on 9/3 and can be accessed at morningside-lights.com.

If you would like to make a lantern but need help registering, contact Paula at 646-734-0182. If you want to carry a lantern during the event, please arrive one hour prior at 7:00 for a quick rehearsal on 120th and Morningside Avenue.

FOOD FOR THOUGHT

"It was a lovely afternoon—such an afternoon as only September can produce when summer has stolen back for one more day of dream and glamour."

- L.M. Montgomery

"Nostalgia—that's the autumn, dreaming through September. Just a million lovely things I will always remember."

- Jacqueline Kennedy Onassis

"September smiled at her wonderful friends in all their colors and bright eyes and gentle ways."

- Catherynne M. Valente

"Happily, we bask in this warm September sun, which illuminates all creatures."

- Henry David Thoreau

On September 18th at 1:00 at the Riverside Church, Eldercare Attorney Abraham Mazloumi will present:

The Importance of Estate Planning
- Wills and Trusts (and what are the differences)

- Powers of Attorney (and how one can end up with a guardianship w/o a POA)

- Healthcare Proxies and Living Wills
- Guardianships (when are they needed and how to avoid them)

These are important topics and we hope you can attend. Please RSVP to Marnie at 727-773-7547 or Miriam at 646-467-1023. Refreshments will be served.

Abraham Mazloumi is an attorney with a focus on Estate Planning and Elder Law. Mr. Mazloumi speaks four languages and can make house calls if needed.

Stay Ahead of the Season: Protect Yourself and Your Loved Ones with the Flu Shot By Mariam Fakhry

As the crisp autumn air approaches, so does flu season, and this year the Centers for Disease Control and Prevention (CDC) is urging everyone 6 months and older to roll up their sleeves for the 2025–2026 flu vaccine. A simple step that can make a big difference for your health and the health of those around you. The flu is far more than "just a bad cold." Each year, it sends hundreds of thousands of Americans to the hospital and takes thousands of lives. The flu shot is our best defense, and even if you still get sick, it can make symptoms milder and reduce your chances of hospitalization or serious complications. The CDC recommends getting vaccinated by late September to October, though later is still better than never, as the earlier you get it, the sooner your body can build the protection you need before the flu begins to spread widely. And while you're protecting yourself from the flu, it's the perfect time to update other recommended vaccines:

Updated COVID-19 Vaccine – Protection Against Severe Illness from Current Variants, Covered under Medicare Part B at no cost for eligible individuals, Ages 65 and older automatically qualify. Ages 6 months to 64 years qualify if they have an underlying health condition.

RSV Vaccine – For older adults and certain pregnant individuals

Tdap Booster – Prevents tetanus, diphtheria, and pertussis; vital for those around newborns

Shingles Vaccine – For adults 50 and older

Pneumococcal Vaccine – For seniors and those with chronic conditions
Vaccination is about more than protecting yourself. It shields the newborn too young for shots, the grandparent with a fragile immune system, and the friend living with a chronic illness. Every person who gets vaccinated helps create a stronger wall of protection in the community.

I'm Mariam Fakhry, a pharmacy student in my final year at Long Island University rotating at Town Drug Pharmacy. I'm passionate about helping people make informed health decisions, especially when it comes to medications and vaccines. If you have any questions or need guidance, feel free to stop by or call us at 212-678-0636! As an RPh student, I'm always happy to assist and provide reliable advice to ensure your health and wellness.

<https://www.donotcall.gov/>

If you are receiving a large number of unwanted marketing phone calls you can register your landline or mobile phone at this government website:

<https://www.donotcall.gov/>

If you need help, registering your phone, call Jonathan at (917) 921-7090



LiLY member Toby Rabiner, retired special education teacher and artist, shared this beautiful painting of her mother. To see more of Toby's work, visit saatchiart.com/tobyabiner

Digital Wallet

Over the years, I have had my wallet stolen on several occasions and it was a stressful experience every time. Cards have to be canceled, bank accounts changed, new identification ordered, etc. I eventually realized that there is usually no need to carry a wallet full of cards so I now try to leave the house with as little personal documentation as possible. I don't carry my driver's license but do keep a picture of it on my phone that I can show if needed (I have used this to visit someone at a hospital or rehab). If I carry cash, it is in very small amounts and I often no longer even bring a credit card or Metro card as I learned that I can use my phone to "tap" and pay almost everywhere with the "wallet app". This has made life easier as I am no longer fumbling for a card while climbing onto a bus. And, this phone "tap" works for senior fares as well. I have also learned that it is important to keep your identification up to date. If you lose your social security card, you can order a replacement online – but only if you have a valid NY State driver's license or identification card. If your ID has expired, you need to visit the Social Security office in person to request a new card. And, your social security card is best kept at home in a safe place unless it is needed for a very specific reason. If you are interested in learning how to set up Apple or Google Pay on your phone for metro card use or general purchases, please contact Paula at 646-734-0182.

September 2025 LiLY Events Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
Card Playing @ 4 PM	Jewelry Making @ 12 PM Walking Group 114th St and Riverside @ 2 PM	Men's Luncheon Group @ 2 PM French Circle at Le Monde @ 3 PM	Ena's Exercise Class on Zoom @ 11:30 AM Jewelry Group @ 1PM Opera Group @ 3PM Film Discussion Group on Zoom @ 3:30 PM	Coffee Discussion Group on Zoom @ 1 PM	Family Caregiver Support Group on Zoom @ 2 PM	Storytelling Group on Zoom @ 11 AM
7	8	9	10	11	12	13
Card Playing @ 4 PM	Jewelry Making @ 12 PM Walking Group 114th St and Riverside @ 2 PM	Men's Luncheon Group @ 2 PM French Circle at Le Monde @ 3 PM	Ena's Exercise Class on Zoom @ 11:30 AM Jewelry Group @ 1PM Opera Group @ 3PM Film Discussion Group on Zoom @ 3:30 PM	Coffee Discussion Group on Zoom @ 1 PM		Storytelling Group on Zoom @ 11 AM
14	15	16	17	18	19	20
Card Playing @ 4 PM	Jewelry Making @ 12 PM Zoom Book Group: @ 2 PM Walking Group 114th St and Riverside @ 2 PM	Men's Luncheon Group @ 2 PM French Circle at Le Monde @ 3 PM Annual LiLY Picnic @ 12 PM	Ena's Exercise Class on Zoom @ 11:30 AM Jewelry Group @ 1PM Opera Group @ 3PM Film Discussion Group on Zoom @ 3:30 PM	Coffee Discussion Group on Zoom @ 1 PM		Storytelling Group on Zoom @ 11 AM
21	22	23	24	25	26	27
Card Playing @ 4 PM	Jewelry Making @ 12 PM Walking Group 114th St and Riverside @ 2 PM	Men's Luncheon Group @ 2 PM French Circle at Le Monde @ 3 PM	Ena's Exercise Class on Zoom @ 11:30 AM Jewelry Group @ 1PM Opera Group @ 3PM Film Discussion Group on Zoom @ 3:30 PM	Coffee Discussion Group on Zoom @ 1 PM		Storytelling Group on Zoom @ 11 AM
28	29	30	1	2	3	4
Card Playing @ 4 PM	Jewelry Making @ 12 PM Zoom Book Group: @ 2 PM Walking Group 114th St and Riverside @ 2 PM	Men's Luncheon Group @ 2 PM French Circle at Le Monde @ 3 PM	Ena's Exercise Class on Zoom @ 11:30 AM Jewelry Group @ 1PM Opera Group @ 3PM Film Discussion Group on Zoom @ 3:30 PM	Coffee Discussion Group on Zoom @ 1 PM	Family Caregiver Support Group on Zoom @ 2 PM	Storytelling Group on Zoom @ 11

Call Paula at 646-734-0182 if you are interested in participating in one of our group activities

Lifeforce in Later Years (LiLY)

P.O. Box 250402
New York, NY 10025
T: (646) 543-9460
Web: www.L-i-L-Y.org

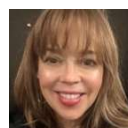
LiLY
lifeforce in later years



West Harlem
Development
Corporation

This program is supported by funding from the West Harlem Development Corps

The Villager
A LiLY Newsletter
Created by Paula Seefeldt



and Sidney Slon

