

THE VILLAGER

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Meet Your Neighbors



The LiLY Walking Group is now meeting on Mondays at 4 o'clock at Riverside Park and 114th Street. If you are interested in joining, please call Paula at 646-734-0182.



Miss Eloise Wood is a 90 plus young senior who worked for Medicaid for many years. She keeps up with current events and news. Swimming and exercising keep her active. Never one to remain idle her new hobby is painting on canvas which she states keeps her hands and mind busy.

Matilde Lugo is one active senior! A limited command of the English language does not stop her from communicating with her neighbors at Logan. She enjoys Chair yoga, DVP and the grandparent group. She participates in jewelry making and as many LiLY activities as possible! She is truly a people person, welcoming everyone with a smile.

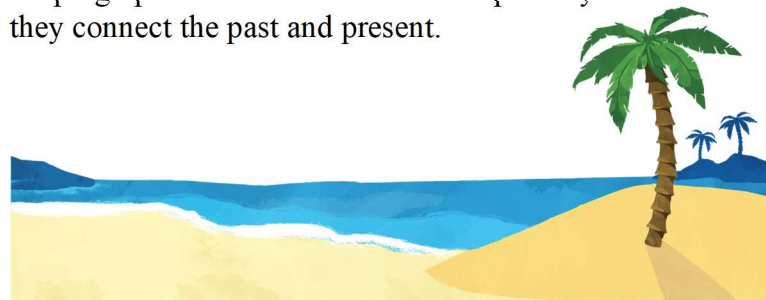


I am originally from Iowa, where I lived until I graduated from the University of Iowa and moved to New York for my job at an art gallery. I wanted to join LiLY to volunteer in my new neighborhood, as I had volunteered with seniors previously in college. I have thoroughly enjoyed working with and learning from my senior companion. Even though I have moved neighborhoods, I am still in touch with her, which I am immensely grateful for!



My name is Richard, and I'm an 18-year-old student who's passionate about storytelling, writing, and understanding the world around me. I'm curious by nature and love learning from people with different experiences and perspectives. In my free time, I enjoy reading, having thoughtful conversations, and

keeping up with the current news—especially when they connect the past and present.





Dr. Norma Braun

The Sun: Friend and Foe

The sun powers life on Earth, providing light and energy for growth. Just 10 minutes of daily sun exposure in warmer months can supply enough vitamin D for bone and muscle health, with added anti-inflammatory benefits. However, due to climate change and human activity, solar radiation is intensifying—posing risks.

Ultraviolet (UV) radiation comes in three forms: UVA, UVB, and UVC. While UVC is absorbed by the ozone layer, UVA and UVB reach the Earth's surface. UVA penetrates deeper skin layers; UVB affects the outer layer. Over time, exposure accumulates, increasing the risk of skin cancers—including basal cell, squamous cell, and melanoma, the deadliest and most invasive form.

Sunscreens help protect against damage. SPF (Sun Protection Factor) measures duration of protection. SPF 15 offers less coverage than SPF 30; levels above 60 add minimal benefit. Sunscreens should be used daily on all exposed skin—even indoors, as UV rays penetrate windows. Reapply when sweating or swimming, and choose water-resistant, broad-spectrum (UVA & UVB) formulas.

Skin tone matters—fairer skin needs higher protection. Cloudy days still pose burn risks. Sunglasses, hats, and UV-protective clothing add essential defense. Generic sunscreens are just as effective—check labels, and remember: some protection is always better than none.



A Flower

Waiting with the flowers
For the sun to come
And place its light on me
I have become a flower.

Artist, therapist and LiLY member Giora Carmi was recently interviewed by Contemporary Art Collectors about his work. You can read the interview here:

<https://www.contemporary-art-collectors.com/noble-art-conversations/giora-carmi>

To see more of his work, visit:

gioracarmi.com

FOOD FOR THOUGHT

“Because of your smile, you make life more beautiful.”

– Thich Nhat Hanh

“Peace begins with a smile.”

– Mother Teresa

“A smile is the best makeup a girl can wear.”

– Marilyn Monroe

“Beauty is power; a smile is its sword.”

– John Ray

“A smile is a curve that sets everything straight.”

– Phyllis Diller

“A smile cures the wounding of a frown.”

– William Shakespeare

Black Health Matters/HARLEM WEEK

August 14 @ 8:00 am – 5:00 pm



“Our Voice, Our Wellness. ADVOCATING FOR A HEALTHIER TOMORROW”

Join us for the Black Health Matters HARLEM WEEK 2025 Health Summit & Expo on Thursday, August 14th – a transformative day of health, wellness, and fun, entirely focused on YOU. Dive into vital topics, from Autoimmune Diseases to Oncology, and engage with top health providers to gain insight into better health!

Keeping A Cool Head

Renee Slon, RN



We asked for it and now it is here! Summer! 90 plus degrees and muggy! And for many, the heat comes with symptoms that are just plain miserable. However, there are some symptoms that are specific to the body not having enough water which can be dangerous.

DEHYDRATION! Common signs of dehydration include feeling faint, fast heartbeat, dizziness, fatigue, muscle cramps and headaches.

Unfortunately, as we get older, dehydration is more likely and more dangerous. This is due to age-related impairments in our response to maintain balance within our bodies which can be further compromised by chronic health conditions including heart disease and diabetes. The older you are, the more vulnerable to the heat. Here are some tips on those sizzling days of summer.

Stay hydrated. Drink more water than normal and do NOT wait until you are thirsty. As our sense of thirst diminishes with age, reminders to drink are a good way to keep hydrated. Leave a bottle or pitcher of water out throughout the day. And give yourself a drink!

Don't like plain water? Add flavor to the water! Herbal tea, fresh herbs, lemon peel and rose water are ways to spice up the water.

Resist store-bought sports drinks and drink coconut water, milk, or fresh fruit juice with or without water: watermelon, lemon, lime and grapefruit juice are examples.

Avoid caffeine, alcohol, sugary drinks and fruit juices with sugar. These increase dehydration. If you must have a bit of sweetness, had a touch of honey to your water or herbal tea. Many of the Yogi herbal teas have a bit of sweetness.

Skip the exercise routine on hot days and slow down. Lastly, take symptoms of heat-related dehydration seriously and get help!

Upcoming Events!!!

Campus Access

We have been working with Columbia University to provide campus access passes to local residents. If you are interested in getting a pass, please call Paula at 646-734-0182.

Live Music in Riverside

Roella Oloro, a British/Jamaican/Nigerian multi/instrumentalist, singer and composer will perform at the RTA Summer Sunset Concert Series on **Saturday, August 9** from **7 to 8:30 PM**.

It will be at the tennis courts in Riverside Park at 96th Street. Call 212-870-3089 for more information.



The 111th Street Block Association will screen Singin' in the Rain on Saturday, August 23rd at 8:00 PM. Bring a chair to Amsterdam Avenue and 109th Street (the block will be closed to car traffic).

August 2025 LiLY Events Calendar

Did you know that 60% of all falls happen at home? Falls are the leading cause of fatal injury for older adults and I know many of us are afraid of falling. Exercises like strength training and balance work can help prevent falls, but there are also things we can do to make our home environment more safe. Health Advocates for Older People is a local nonprofit that can provide free assessments. They also have an equipment a program that allows them to provide canes, walkers, shower chairs and other adaptive devices. To learn more, call Josh Krasner at 212-980-1700.

Free Movies at the NYPL

8/11/2025: "True Love"

8/25/2025: "Dogfight"



SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
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
3	4	5	6	7	8	9
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 Film Discussion Group on Zoom @ 3:30 PM	Coffee Discussion Group on Zoom @ 1 PM		Storytelling Group on Zoom @ 11 AM
10	11	12	13	14	15	16
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
17	18	19	20	21	22	23
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24	25	26	27	28	29	30
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Call Paula at 646-734-0182 if you are interested in participating in one of our group activities

Lifeforce in Later Years (LiLY)

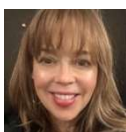
LiLY
lifeforce in later years



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The Villager
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Created by Paula Seefeldt



and Sidney Slon

