

# THE VILLAGER

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December 1, 2025

## Meet Your Neighbors



Hi! My name is Kate Dunn. I'm a graduate student at Columbia Mailman School of Public Health studying Epidemiology. I'm from Rochester and just moved to the Upper West Side in August. I enjoy how close my neighborhood is to Riverside Park and Mamas Too Pizza! In my spare time I like to walk around the city listening to music or study with classmates in Columbias libraries. On nice days I like to find the best ponds to sit by in Central Park. I'd like to work in Pharmaceutical Development after I graduate, and I hope to stay in NYC for a while!



Shruti Sharma ran in the NYC Marathon this year, representing LiLY!



Siri and Janet pose for a photo. November 2025.



The short days and cool dry air of winter can pose challenges, but they also give us glorious sunsets. With less moisture in the air, water vapor scatters less, providing more intense color. The Earth also spins closer to the sun at this time of year leading to lingering sunsets. If you find yourself out outside or near a window at the end of the day, look up. The light reflecting off some of our buildings is absolutely beautiful.



Dr. Norma Braun

# Microplastics: What Are They?

Micro air particles and microplastics are tiny pollutants that come from many everyday sources, including fossil fuel use, wildfires, vehicle traffic, tire wear, and even the breakdown of the plastics that surround us.

These particles are incredibly small (PM2.5 is about 2.5 microns, far thinner than a human hair), so we can't see them and our noses and airways can't filter them out. They move deep into the lungs, then into the bloodstream, and eventually reach organs throughout the body. Although plastics have only existed since 1907, we now create about 400 million tons of plastic waste each year, much of which breaks down into particles we breathe, drink, and eat.

Once inside the body, these pollutants trigger inflammation. That shows up as coughing, sneezing, or burning eyes, but long-term exposure is linked to asthma, chronic lung disease, lung cancer, high blood pressure, heart attacks, Type 2 diabetes, obesity, strokes, and even dementia.

To protect yourself: check daily air-quality reports, avoid smoking, use HEPA filters, wear N95 masks when needed and reduce outdoor activity on polluted days. You should also cut back on plastic use by choosing reusable containers like glass Tupperware, and support clean-energy and environmental policies.

## Upcoming Events!!!

On **December 1**, Advent Lutheran Church will host a free concert at 7:30 PM. Violinist Jennifer Koh and pianist Thomas Sauer will perform Beethoven's "Kreutzer" Sonata and Vija Iyer's Bridgetower Fantasy. Seating is first come, first serve so we recommend you arrive early. The address is **2504 Broadway on the corner of 93rd Street**.

The Interchurch Center **Wednesday Weekday Concerts at 12PM:**

- **December 3** - Jennifer Hoult, solo harp
- **December 10** - The Interchurch Center Chorus
- **December 17** - The Interchurch Gospel Choir

MetroCards will no longer be sold **after December 31, 2025**. They will continue to be accepted early into 2026, but then everyone will need to transition to an OMNY card. If you use a smart phone, you may also use the Wallet app to pay with your senior discount. This can all be confusing and **if you need help making the switch, please call Paula at 646-734-0182**. If you do not want to travel down the subway steps to reload your OMNY card, you may do so at several local retailers including CVS on Broadway and 110th St., Duane Reade on Broadway and 111th St., Duane Reade on 1125 and Broadway and Omega Pharmacy on Amsterdam and 131st St.



*Image from omny.info*



## FOOD FOR THOUGHT

“Wisdom comes with winters.”

- Oscar Wilde

“The color of springtime is in the flowers. The color of winter is in the imagination.”

- Terri Guillemets

“In seed time learn, in harvest teach, in winter enjoy.”

- William Blake

“Winter is a season of recovery and preparation.”

- Paul Theroux

## Columbia Community Cares

Columbia Community Cares is located on the grounds of the Cathedral of St. John the Divine on **Amsterdam and 112th Street** and it provides a food pantry from **Monday to Friday from 9:30 AM to 5:00 PM.**

No appointment is necessary, simply walk in to pick up shelf stable or refrigerated items. You may also register at [app.plentifulapp.com](http://app.plentifulapp.com) to receive an assortment of hygiene, cleaning supplies, and additional food items.

If you need help registering, call or text Paula at 646-734-0182.



### Movies at the NYPL

Dec 8, 12PM – “The Bling Ring”

Dec 22, 12PM – “Somewhere”



*FreelImages.com / MerggyR*

ParkNorth Physical Therapy (located on Broadway between 108th and 109th) will host a free workshop on **Friday December 5th at 2 PM.**

The focus will be on stiff muscles and flexibility. **To RSVP, contact Wida at 917-855-4800.**

### How to Choose a Good Walking Shoe

Joann Li, DPM

The right shoes can make all the difference for walkers – whether they walk for fitness, errands, or to clear their head. A good walking shoe will help to support your feet, absorb shock, and keep you comfortable.

Here are some qualities for a good walking shoe:

- **Flexible ball:** The shoe should bend easily at the ball of the foot — that is where your foot naturally flexes as you walk.
- **Firm heel counter:** The firm part around the back of the heel should feel sturdy. A firm heel counter keeps your heel stable and helps prevent overpronation or wobbling.
- **Heel drop:** This is the height difference between the heel and the ball of the shoe. A moderate heel drop (about 8–12 mm) is ideal for most walkers — it helps shift pressure slightly off the Achilles tendon and encourages a smooth, comfortable stride.
- **Fit:** Your toes should have a thumb’s width of space in front, and your heel should stay snug without slipping. Try shoes on later in the day when your feet are slightly swollen for the best fit.
- **Flexibility & Traction:** The sole should have enough grip for your walking surface — lighter and smoother for sidewalks, more tread for trails or uneven ground. Replacing worn-out shoes every 6–12 months and wearing supportive socks can help prevent fatigue and pain, keeping your walks enjoyable and your feet healthy.

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Our feet are the foundation of our body — they support our weight and take us wherever we need to go. Small problems can lead to big discomfort with our feet, and taking care of your feet is an important part of staying active and healthy.

Here are some of the most common causes of foot pain:

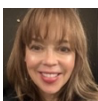
- **Plantar fasciitis:** One of the leading causes of heel pain, this occurs when the thick band of tissue along the bottom of your foot (plantar fascia) becomes irritated or inflamed. The pain is often sharp, especially with your first few steps in the morning or after resting.
- **Metatarsalgia:** This causes pain or burning in the ball of the foot — the area just behind your toes. It can feel like you're walking on a pebble and is often linked to tight shoes, high heels, or long periods of standing or walking.
- **Arthritis:** The joints in your feet can wear down over time (osteoarthritis) or become inflamed from autoimmune conditions (like rheumatoid arthritis). Either type can cause stiffness, swelling, and pain that make walking difficult.

Healthy feet start with good habits — wearing properly fitted, supportive shoes; stretching your calves; keeping toenails trimmed; and checking your feet regularly. If foot pain lasts more than a few days or affects your ability to walk comfortably, it's best to see a podiatrist. Early care can help prevent small issues from turning into long-term problems.

**The Villager**

**A LiLY Newsletter**

**Created by Paula Seefeldt and Sidney Slon**  
**Translations by Miriam Ortiz / Reviewed by Anita Gold**



## December 2025 LiLY Events Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
30	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 NYPL Movie @ 12PM 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
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	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 NYPL Movie @ 12 Walking Group 114th St and Riverside @ 2 PM	Men's Luncheon Group @ 2 PM French Circle at Le Monde @ 3 PM	Christmas Eve	Christmas Day		Storytelling Group on Zoom @ 11 AM
28	29	30	31	1	2	3
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	New Year's Day	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

**Our annual New Year's Tea Party will be at The Forum, 601 W. 125<sup>th</sup>, on January 9th at 1 PM.**  
 We hope you can join us for this festive event that includes games, prizes, and musical entertainment.

**Please RSVP to Wida at 917-855-4800.**

### Lifeforce in Later Years (LiLY)

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

**LiLY**  
 lifeforce in later years



**West Harlem  
 Development  
 Corporation**

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