

# THE VILLAGER

Vol. 18 No. 01

January 1, 2026

## Meet Your Neighbors



Every week, LiLY friends Abi Spingarn and Antoinette Williams get together. Antoinette teaches backgammon and competes regularly in championship games and also has her own blog - <http://www.doorswideopen.org/blog/> - that provides a listing of food service establishments that cater to people with disabilities. For the past two years, Abi has been helping her regularly with computer needs, paperwork and other issues that need to be addressed on an ongoing basis to keep up with her many projects.

If you are experiencing tech challenges or need help with paperwork, please let us know and contact Marnie at 727-773-7547.



Hi all! My name is Claire Wergin and I'm new to volunteering with LiLY as of this fall! I moved to the city 3 years ago & currently live and work downtown. I'm originally from Rochester, NY & attended St. Lawrence University for my undergrad. I work in Digital Advertising, but in my free time besides volunteering, I love to try new restaurants, plan/host events, go on long walks & spend time with those closest to me. Very excited for the year ahead & what's to come!



Born and raised in Connecticut, Claire Campbell moved to NYC to study massage therapy and never left. She has lived in the UWS for more than 30 years. Claire wanted a change and spent several years designing kitchens but knew she wanted more. Working with seniors was the more she was searching for and she offers assistance in many areas but specializes in organizing, decluttering and house cleanout. She calls it Clearing the Way and said there are four parts to the process: sorting, organizing, cleaning and releasing. "You only deal with a piece of paper once.

Paper can be overwhelming. I'm not perfect with paper either, but I developed a system that works." Claire said many seniors don't know where to start and assisting them, clearing the way, is very rewarding work. In her off time, Claire enjoys biking and swimming, hiking and camping, and she is an avid knitter and gardener, so successful at it that she often needs to propagate. She also loves the parks on the UWS and feels a connection to classical music. "Where else can you go in NYC and sit with hundreds of people, be transformed and everybody's completely quiet?"

Please join us at the Morningside Heights Library on Friday February 13th at 1:00. Jacob Gonzalez will offer a free introductory workshop to using the internet, including learning how to set up an use email. Please RSVP to Pat at 917-847-7275.





Dr. Norma Braun

# Seasonal Affective Disorder (S.A.D.)

Seasonal Affective Disorder (S.A.D.) is a form of depression that typically begins in late fall or early winter and improves with the longer, sunnier days of spring and summer. Less commonly, some people experience symptoms in spring or summer. Symptoms often start mildly and worsen as the season progresses.

Common signs include feeling sad or low most of the day, loss of interest in activities, low energy, excessive sleep, carbohydrate cravings, weight gain, difficulty concentrating, and feelings of hopelessness or guilt. In severe cases, thoughts of not wanting to live may occur. Spring or summer S.A.D. may present differently, with insomnia, poor appetite, weight loss, agitation, anxiety, or increased irritability. People with bipolar disorder are at higher risk.

S.A.D. is more common in women, younger adults, those living farther from the equator, and individuals with a family history of depression, bipolar disorder, ADHD, or anxiety. Reduced sunlight affects serotonin and melatonin levels, influencing mood.

Management includes daily light exposure (outdoor morning light or light therapy at 10,000 lux for 30–45 minutes), adequate sleep aligned with circadian rhythms, regular physical activity, and a healthy diet. Vitamin D supplementation, medications, and psychiatric care may help in more severe cases. Starting treatment early can reduce symptom severity or prevent recurrence.

Wishing everyone good health this winter.



An Ecology of Quilts is at the American folk Art Museum through March 1. Thirty quilts from their permanent collection are on display with an examination of the history of textile production and the environment. The museum is located at 2 Lincoln Square, on Columbus Avenue at 66th St. Admission is always free and hours are Tuesday through Sunday from 9:30 to 6 o'clock. You may travel there on the M104, the M7, M10, M11 or the number one train.

## New LiLY Group Starting January 30 - Exploring Spiritual Well-being

In this group, we'll use conversation, stories, writing, art, poetry, music, meditation, and the sharing of wisdom from multiple spiritual traditions to explore together what spiritual well-being means to each of us and how we can cultivate it wherever we are in the life cycle.

Union Theological Seminary, Room AD30, enter at the main entrance at [3041 Broadway](#) (at 122nd Street), and sign in at the desk. The room is fully accessible.

Friday afternoons, 2-4pm, January 30, 2026 - April 24, 2026  
(no meeting March 20)

If you are interested in participating, please contact Erika Arthur at [erika@lfily.net](mailto:erika@lfily.net) or 413-559-1373. Erika is a Master of Divinity Candidate in Buddhism & Interreligious Engagement / Chaplaincy at Union Theological Seminary



## FOOD FOR THOUGHT

“Success is not final, failure is not fatal; It is the courage to continue that counts.”

- Winston Churchill

“You are never too old to set another goal or dream a new dream.”

- C.S.Lewis

“It is never too late to be what you might have been.”

- George Eliot

“The beginning is the most important part of the work.”

- Plato

“Tomorrow is the first blank page of a 365-page book. Write a good one.”

- Brad Paisley

The Wallach Art Gallery at The Forum is presenting a retrospective of Chilean artist Lotty Rosenfeld through March 15th. Located in the Lenfest Center for Art at 615 W. 129th Street, the gallery is open Wednesday through Sunday from noon to 6 PM.



LiLY member and author, Lynne Sharon Schwartz, has released her latest novel, “A Stranger Comes to Town”. A former finalist for the PEN/Faulkner award and the National Book Award, Schwartz is a prolific writer who has published thirty books over her long career. In her new novel, Upper West Sider Joe Marzino wakes up in an ambulance not knowing who he is. He has to learn what his life has been, forcing an evaluation of things he has done and choices he has made. If you are interested in purchasing a copy locally, it is available at our neighborhood independent bookstore, Book Culture. If you would like to

explore more of Schwartzys work, her books are available at the New York Public Library.

## THE NEW YORK MANDOLIN ENSEMBLE



LiLY member Linda LoPresti and her group, The New York Mandolin Ensemble, will perform at our annual **New Year's Tea Party** on January 15th

Malecki Law will present a fraud prevention workshop on Friday, February 20 at 1 o'clock at The Forum at 601 W. 125th Street.

This is an extremely important topic and we hope that you are able to join us. In 2025, top financial scams targeting seniors include Tech Support, Grandparent/Family Imposter, and Government Impersonation scams, leveraging fear and urgency. New twists involve AI voice cloning, but they are all aiming to steal money or personal data. Ms. Jenice Malecki will discuss having a Trusted Contact Person on your accounts to protect you and what you should disclose to your financial professionals so they can be on the lookout to safeguard you.

# LiLY's New Years Tea Party

We hope you can join us for our annual  
festive event that includes games, prizes  
and musical entertainment!

The Forum, 601 W. 125<sup>th</sup> Street  
January 15th, 2026 @ 1:00PM

RSVP: Wida Lucas

917.855.4800



**JANUARY 15th TEA PARTY**  
**1:00 PM**

**THE FORUM**  
**601 W. 125th STREET**

**CALL OR TEXT**  
**WIDA LUCAS**  
**TO RSVP**  
**917-855-4800**

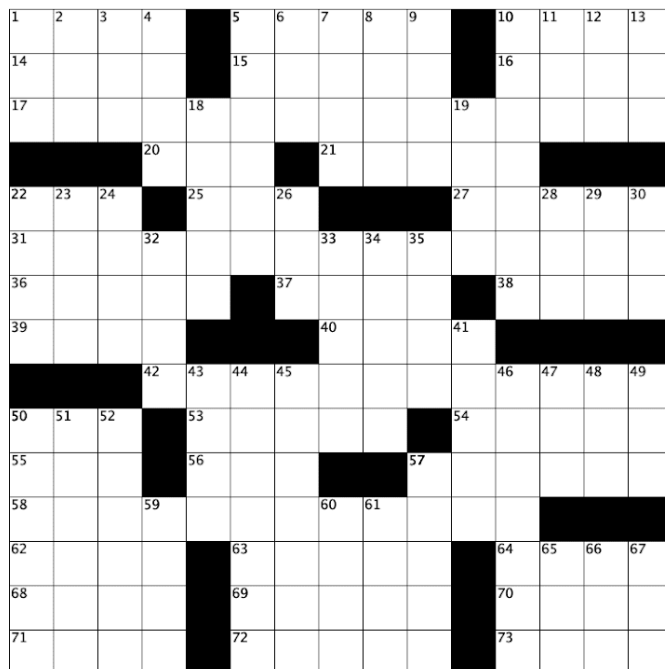
## ACROSS

1. Architect/designer Lin
5. Way to go, in Paris
10. Promise
14. Samuel Adams and Bass, for two
15. Shaq or Ryan
16. Lidl competitor (has the "Hall of Shame")
17. Message
20. Wrap up
21. Capital city on the Han
22. Chengdu greeting ni ma

25. Pat
27. Schleps
31. Message
36. One way to get clean
37. Vicinity
38. Takes care of
39. Missing letters
40. Choral voice
42. Message
50. Shrinks' org.
53. Secret store
54. T. S. Eliot's "cruellest month"
55. Clear
56. Today, in Tijuana
57. 2, 3, and 5 but not 4, 6, and 10
58. Message
62. Bundle
63. Caitlin Clark for one
64. Story of a lifetime
68. News piece
69. Set straight
70. Prog. for Dreamers
71. Bounders
72. Smell or taste
73. Word with sharp and wide

## DOWN

1. Big mouth
2. "Sports Illustrated" "Sportsman of the Century"
3. Last word of "Ulysses"
4. Court legend Arthur
5. When Martin Luther King Jr.'s birthday is always celebrated
6. Chang's Siamese twin
7. Concert swag
8. Carry on
9. Butter alternative
10. Ambushed
11. Stale
12. Nutritional info.
13. How-to letters
18. Book end, often
19. German valley
22. TV journalist Kotb
23. One or two
24. Cuatro x dos
26. "Maude"'s Arthur
28. \_\_\_ momento
29. Bigger than med.
30. Leaking tire sound
32. Kind of smoke and terror
33. Photographer Diane
34. Come to



35. Wild party
41. Boxes
43. Org. for plants
44. Perfect worlds
45. Springtime dance center, of a sort
46. Serial part
47. Spot for a shot
48. French co.
49. High lines
50. Like 1 2 3 not I II III
51. Something you often hit without seeing it
52. Bewildered
57. Pasta whose Italian name means "feathers"
59. Takes up in a way
60. "\_\_\_ . . . you lose"
61. Hounds
65. An e marketplace's ending
66. Rocks
67. Bit

## Lifeforce in Later Years (LiLY)

**LiLY**  
lifeforce in later years

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)

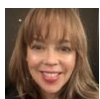
The Villager

A LiLY Newsletter

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and Sidney Slon

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Corporation

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