

THE VILLAGER

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Meet Your Neighbors



Hello, my name is Preston Parker. I am a sophomore at Columbia University studying Political Science and Statistics. I love learning about technology and its effects on our mental health, beliefs, and social interactions. At Columbia, I run a Luddite Club which is centered around

critiquing technology and limiting our use of it when possible – so much so that I have a flip phone myself.

Outside of school, I like doing things that require me to talk to people. I believe those are the moments you learn the most and step out of your comfort zone. I've been bartending for about three years now, and I've worked both here in NYC and in Connecticut where my family is from. I love listening to Jazz and am currently learning how to play the alto saxophone. I also do Brazilian Jiu Jitsu and lastly, I babysit two amazing children, Charles and Charlotte. I can't wait to meet more of the LiLY family!

Chair Yoga with Rachel

Join me every other Tuesday at 11 am on Zoom for a 45-minute chair yoga class! We'll move gently from head to toe, waking up all eight joints, and focus on breathing techniques to increase our inner fire and calm the nervous system. My hope is that you'll come away with tools for taking on the present moment with ease. Smiles and laughter encouraged — come and be welcome!

To learn more, call Paula at 646-734-0182.



Hi, I'm Chloe. I studied cognitive science at Barnard College and am currently completing a post-baccalaureate program at Columbia as I prepare to apply to Physician Assistant school. My goal is to practice medicine that is both clinically rigorous and deeply human — rooted in presence, dignity, and thoughtful care.

Before returning to school, I worked in the technology sector, which sharpened my analytical thinking. But some of my most formative experiences have come through relationships with older adults. I'm especially close to my grandparents in Hong Kong, who have shaped my understanding of aging, resilience, and intergenerational connection — something that volunteering with older adults has only deepened. Outside of school, I play competitive tennis, practice Pilates, and love long walks through Riverside Park, especially on quiet snow days when the city feels softened and still. I treasure unhurried conversations, afternoons spent looking through old photographs, and the simple joy of sharing stories. I'm so grateful to have met my neighbor Wendy — our conversations over ginger snaps have already become a highlight of my week.

I'm truly happy to be part of the LiLY community and look forward to connecting with each of you.



Dr. Norma Braun

Dealing With A Leaky Bladder

Bladder leakage affects both men and women, but embarrassment makes it one of the most under-discussed medical conditions — and one of the hardest to ask for help with. It has multiple causes and real solutions. The most common underlying factor for both sexes is weak pelvic muscles, which can result from age, stroke, heart failure, or neurological disease.

For women, the NIH estimates about 13 million American women are affected. The most common cause is the stretching of pelvic muscles during pregnancy and delivery, compounded by hormonal changes. Without targeted exercise afterward, those muscles may not regain their former strength — leading to leakage triggered by running, laughing, coughing, sneezing, or lifting. Remedies include: an OTC silicone pessary (such as Uresta), which provides vaginal wall support; pelvic floor physical therapy with a rehabilitation specialist, the most effective long-term solution; and absorbent underwear, some of which is covered by insurance and Medicare.

For men, nearly all men over 65 develop prostate enlargement (BPH), which can cause urinary hesitancy and, in more severe cases, incontinence. Prostate cancer, which occurs in 1 in 8 men, and its surgical treatment can also affect urinary control. Remedies include: a urology consultation to discuss medications and treatment options; condom catheters that drain into a discreet leg bag, covered by some insurances and Medicare; and in rare severe cases, surgical diversion.

Upcoming Events!!!

There are some exciting events this month at **The Morningside Heights Library (Broadway and 113th Street):**

On **Tuesday, March 17th**, the library will host its monthly celebration of Legacy, Heritage and Greatness. This is a new series that occurs on the third Tuesday of every month from **1:30 PM to 4:30 PM**. For March, the discussion will focus on Irish history, women’s history, Greek American history and more. You may bring a light snack and drink and join the group in the basement community room.

On **Saturday, March 28th at 1:30 PM**, the library will host Open Stage/Open Mic@Morningside Heights. If you would like to perform, show up early or register by emailing miawashington@nypl.org.

The Bloomingdale Library (100th Street between Amsterdam and Columbus Avenue) is working with Single Stop to provide free tax preparation on **Thursdays and Saturdays**. They do not take walks in.

You can call 800-290-7189 to book an appointment.

Confronting McCarthyism: Generational Lessons from Families who Resisted the Red Scare

Thursday, March 13, 7–9 pm | Cathedral of St. John the Divine

Speakers include Michael Meeropol (son of Julius and Ethel Rosenberg), MaryLouise Patterson (daughter of civil rights leaders Louise and William Patterson), and Molly Jong-Fast (granddaughter of blacklisted novelist Howard Fast). Moderated by Beverly Gage, Pulitzer Prize-winning author of *G-Man: J. Edgar Hoover and the Making of the American Century*.

RSVP at www.stjohndivine.org. Need help with RSVP? Call Wida at 917-855-4800.

Piano Performance Forum

Tuesday, March 25, 4 pm | Juilliard School, Paul Hall, 155 W. 65th Street (between Columbus and Amsterdam).

Free admission.

Pop-up Concert

Monday, March 31, 6 pm | Miller Theatre, Broadway at 116th Street.

Free admission — no Columbia ID required. One complimentary beer or wine per attendee. Guests are welcome to sit onstage with the performers.

Food For Thought

“March is a tomboy with tousled hair, a mischievous smile, mud on her shoes, and a laugh in her voice.”

— Hal Borland

“Our life is March weather, savage and serene in one hour.”

— Ralph Waldo Emerson

“Daffodils,
That come before the swallow dares, and take

The winds of March with beauty.”

— William Shakespeare

“March is the month of expectation, the things we do not know,
The persons of prognostication are coming now.

We try to sham becoming firmness,
But pompous joy betrays us, as his first betrothal betrays a boy.”

— Emily Dickinson



HE BUILT THIS CITY JOE MACKEN'S MODEL

Artist Joe Macken has spent over 20 years building a detailed architectural model of New York City using balsa wood, cardboard and glue.

It is now on display at The Museum of the City of New York. Admission is pay-what-you-wish for New Yorkers and free on Wednesdays. The museum is located on Fifth Avenue and 103rd Street, along the M4 bus route.

Grocery Delivery from Westside Market

Westside Market offers phone orders with free delivery for LiLY elders who are homebound. Call 212-222-3367 and ask for Maggie - she handles all phone orders.

Be sure to mention that you're a senior and part of LiLY. Orders must be placed before **11 AM**, and a minimum purchase is required for free delivery.

For questions, call Jonathan at 917-921-7090.

FREE TECHNOLOGY WORKSHOPS FOR 60+



About the Program

Join us at the **Morningside Heights Library** for two free, easy-to-follow technology presentations designed specifically for older adults (age 60+). These sessions are beginner-friendly, relaxed, and focused on everyday tech skills you can actually use. This presentation will be performed by staff from the non profit organization, **Search and Care**.

LOCATION:

Morningside Heights Library
2900 Broadway
New York, NY 10025

Learn the basics.
Ask questions.
No experience needed!

Friday, March 13th at 1:30 PM
Understanding Icons

Learn how to recognize and understand commonly used icons on smartphones, tablets, and computers so you can navigate your device with more confidence.

Search and Care



New York
Public
Library



West Harlem
Development
Corporation

An exciting new exhibition at **dieFirma Gallery (32A Cooper Square)** celebrates Nadia Gould (1929–2007), who was a longtime Morningside Heights resident. *Because I Am Young, Beautiful & Talented* features bold paintings and works on paper from the 1960s to the 1980s spanning geometric abstraction and vibrant figurative work. It is the first solo show of Gould's work since 1995. The show is on view through March 28. Learn more at www.diefirmanyc.com.



How to Stop Junk Mail By Marnie Dupuis

Just like Ralphie in A Christmas Story, checking the mail used to make me giddy. But as I got older, it became mostly disappointing — bills, circulars, catalogs, credit card offers, and solicitations from organizations I'd donated to at some point.

After some research, I found a few solutions that worked well. dmachoice.org charges a small fee for 10 years to remove your name from marketing lists; catalogchoice.org lets you opt out of specific catalogs; and optoutprescreen.org stops pre-approved credit card and insurance offers. For persistent offenders, write "Refused: Return to Sender" and put it back in the mail.

I also switched to paying bills and receiving bank and credit card statements online, which uncluttered my life enormously. Now I get requests from organizations and politicians I care about via email or text, making it much easier to donate. Most weeks my mailbox is empty save for The New Yorker or an occasional personal piece — and that feels very good.

March 2026 LiLY Events Calendar

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

Movies at the NYPL:

March 9 - "Both Sides of the Blade"

March 23 - "Beau Travail"

Lifeforce in Later Years (LiLY)

LiLY
lifeforce in later years



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

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