

THE VILLAGER

Vol. 18 No. 04

April 1, 2026

Meet Your Neighbors

Bill LaRock grew up in Missouri, where he married young and raised a daughter as a single father after his divorce. He went on to earn his medical degree in California, dedicating his career to serving unhoused communities and working as a community activist and physician. Later, he moved to New York City to pursue a PhD in Public Health at Columbia University, continuing his work in service to the city. Now in his early seventies, Bill has recently retired and joined LiLY as an elder. He is a member of the LiLY Men's Group, which meets every Tuesday for lunch.



Ena Shed is a dedicated health and fitness coach who takes a holistic approach to wellness, focusing on the mind, body, and soul. Since 2012, she has led a senior fitness class with LiLY (currently on Zoom on Wednesdays at 11:30), empowering older adults to live longer,



healthier lives. Her mission is to help seniors feel stronger, more confident, and independent in their everyday movement while nurturing their overall well-being.

Search and Care is a 50 year old nonprofit Manhattan based organization dedicated to helping older adults (age 60+) who live on the Upper East Side, the Upper West Side and East Harlem, live independently in their communities through the use of free case management, socialization/educational groups, and programs.



Jacob Gonzalez joined Search and Care in January 2021 and a few months later became the coordinator for the Silver Circles Technology Assistance Program. Silver Circle's mission is to help older adults increase their knowledge of their tech devices through 1-on-1 assistance and group workshops, in an attempt to shorten the digital gap. To learn more, call Jacob at 212-289-5300.

New York Public Library *Search and Care* LiLY LIFE LONG TO LIVE BETTER YEARS

FREE TECHNOLOGY PRESENTATIONS FOR ADULTS 60+!

Learn the basics. Ask questions. No experience needed!



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**.

Friday, April 10th at 1:30 PM
Virtual Decluttering Part 1
Learn how to remove unnecessary photos, videos, and documents from your device!

Friday, April 17th at 1:30 PM
Virtual Decluttering Part 2
Learn how to organize the photos, videos, and documents you have kept on your devices from part 1!

Location:
Morningside Heights Library
2900 Broadway (W 113th St)
New York, NY 10025

Doors will open at 1:20pm
Presentation will begin at 1:30pm



Dr. Norma Braun

Talking About Your Health

Have you ever left a doctor's appointment feeling frustrated, unheard, or unsure what to do next? That experience is more common than you might think. Studies show doctors allow patients an average of only 12 to 23 seconds to speak before redirecting the conversation, and many visits last less than 20 minutes. Here are some practical ways to make the most of your time.

Prepare before you go. Write down your concerns in order of importance. Practice saying them out loud. Start the visit with a brief personal connection: "How is your day going?" Then, move directly to your first concern. Be specific and honest: "I'm afraid of falling," "I haven't been sleeping," or "I've had pain here for three days."

Don't accept "it's just your age" as a final answer. If cost is a barrier to a test, procedure, or medication, say so. You can be referred to a social worker who can help you navigate your options. If you feel a delicate issue requires privacy, it's completely appropriate to ask for a moment alone with the doctor.

Bring support if you can. A trusted friend or family member can take notes and help you remember what was said. You can also ask the doctor to repeat anything unclear, request printed materials, or find out if there's a patient portal for follow-up questions.

Finally, know that you have the right to switch doctors if you consistently feel unheard. And if you haven't yet had a conversation about your end-of-life wishes, consider one: compassionandchoices.org/eolc-tools is a helpful resource to get you started.

Upcoming Events!!!

Here are some exciting free music events happening in the neighborhood this April:

The Interchurch Center (91 Claremont Avenue) hosts free Wednesday Noon Concerts:

- On April 8th, mezzo-soprano Patrice Eaton will perform.
- On April 15th, flutist Amy Tu takes the stage.
- On April 22nd features Trio Fadolin
- On April 29th, Jason Roberts will perform a solo organ concert.

Alice Tully Hall at Lincoln Center hosts free Wednesday concerts featuring Juilliard students:

- On April 8th, catch a chamber music program.
- April 15th brings a Percussion Ensemble
- April 22nd features the Lab Orchestra
- April 29th closes out the month with the Wind Orchestra.

The Miller Theatre (Broadway and 115th Street) is hosting a series of free Pop-up Concerts — no Columbia University ID needed, and one free beer or wine is included:

- On Sunday, April 6th at 6 PM, bassist and composer Eleonore Oppenheim will perform.
- On Monday, April 28th at 6 PM, join Alice Tessyier and Friends for an evening concert.

New French Group

Are you a Francophile who knows some of the basics of French grammar and who wants to expand your knowledge of French vocabulary and culture?

If so, let Paula know and we will set a date and place for our first meeting. We will meet twice monthly.

The group will be called: "Pourquoi Pas?" See you there!



Food For Thought

“Life is like a bicycle. To keep your balance, you must keep moving.”

- Albert Einstein

“If there is no struggle, there is no progress.”

- Frederick Douglas

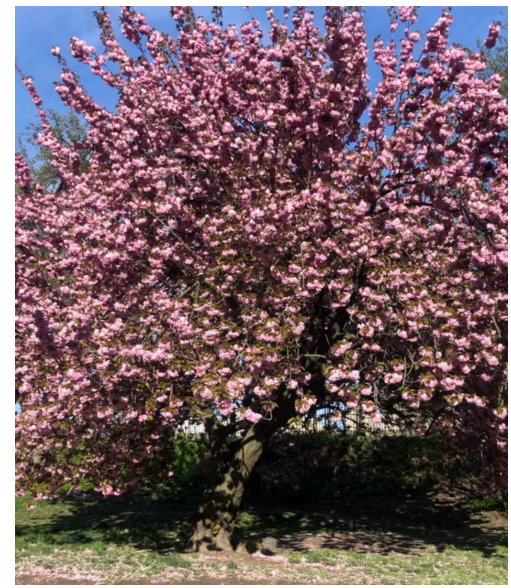
“Be the change you wish to see in the world.”

- Mahatma Ghandi

“‘No’ is a complete sentence.”

- Anne Lamott

Sakura Park, located at 500 Riverside Drive, north of Riverside Church, was originally named Claremont Park but was renamed when Japan donated the cherry trees in 1912 (sakura means cherry blossom). The trees are at their peak beauty in mid- April. If you would like to visit and enjoy their blooms but need some help getting there, call Marnie at 727-773-7547 .



LiLY member DD Schroeder enjoys a beautiful spring day on campus with her daughter Kyra and beloved dog Sadie. If you are interested in getting a campus pass, please contact Paula at 646-734-0182



Technology Workshops

On Friday, March 13th, LiLY sponsored a technology workshop at Morningside Heights Library. The presentation called Universal Icons 101 was conducted by Jacob Gonzalez, Program Coordinator at Search and Care. Lily member Sylvia Weber attended and said she enjoyed it enormously.

“It was so effective, an answer to my prayers.” She said initially she thought the instructor was going to meet one-on-one

with participants but there was a group presentation followed by questions. She said she learned a lot from other people in attendance who asked questions she hadn’t considered, and Search and Care provides free at home assistance. If you are not in the catchment area, you can go to the Search and Care office for individual help. Sylvia said she is making a list of questions she has about her laptop and cell phone to prepare for her upcoming visit.

“I could not praise Jacob too highly. He makes everything easy to understand, it’s obvious he really cares about his job and he is so patient. Search and Care is a real gift. People should come to the workshops to learn how to get the most out of their equipment,” Sylvia said. Because there was a lot of interest in understanding more about how useful knowing how to navigate technology can be, future Search and Care workshops will be scheduled soon. Make sure to read this newsletter for information regarding dates and times.



MCB9
MANHATTAN COMMUNITY BOARD 9

SAVE THE DATE!

4th ANNUAL

SENIOR RESOURCE FAIR

Connecting Seniors to Vital Services & Resources

MAY 8 2026

FRIDAY
11:00 AM - 3:00 PM

THE Forum
601 W 125th Street, New York, NY 10027

Free Resources • Health Screenings • Benefits Info • Housing Assistance • And More!

ALL ARE WELCOME!

For more information:
www.mcb9.org
646-355-3172

March 2026 LiLY Events Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
Card Playing @ 3 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
5	6	7	8	9	10	11
Card Playing @ 3 PM	Jewelry Making @ 12 PM NYPL Movie @ 12PM Walking Group 114th St and Riverside @ 2 PM Mahjong Group @ 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
12	13	14	15	16	17	18
Card Playing @ 3 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
19	20	21	22	23	24	25
Card Playing @ 3 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	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	Storytelling Group on Zoom @ 11 AM
26	27	28	29	30	1	2
Card Playing @ 3 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	Spiritual Group @ 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)

LiLY
lifeforce in later years

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



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

"The Villager" A LiLY Newsletter
Created by Paula Seefeldt



and Sidney Slon



Translations by Miriam Ortiz

Reviewed by Anita Gold