

THE VILLAGER

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May 1, 2026

Meet Your Neighbors

Born and raised in Manhattan, Mario Riservato grew up between Williamsburg and Bed-Stuy before going on to serve in the Air Force, where he worked as a statistical clerk on a classified project involving the U-2 high-altitude spy aircraft. He later earned a degree in architecture and interior design from Pratt University, sparking a lifelong passion for mid-century modern and Italian-style furniture. Mario spent his career as a sales representative for top designers and manufacturers, collaborating with furniture design firms. Along the way, he built lasting relationships with some of the most respected architects and designers in the field. He retired in 2015 at the age of 75.

These days, Mario is a proud resident of 111th Street, where he serves as president of the block association. He volunteers with Riverside Park as a dedicated pruner — earning him the nickname "Prince of Prune" — and can often be found on his favorite bench at 111th Street, catching up with neighbors. He is also a member of LiLY.



Chantel Wong was born in California and raised in Beijing and Shanghai. She graduated from Barnard College in May 2025, and has been a volunteer with LiLY since 2026. Wong is currently fulfilling a gap year before applying to medical school. In her free time, Wong enjoys cooking, going on walks, exploring the city, bouldering, and spending time with friends.



Hailing from a small town in upstate New York, Julie Bichler is a sophomore at Barnard College studying Cellular and Molecular Biology. Julie enjoys traveling, finding new places around the city and plants. She is currently an intern at the New York Botanical Garden, studying plant anatomy to inform sustainable technology. Additionally, Julie works at the Barnard Greenhouse and as a STEM instructor for NYC kids.

Julie started volunteering with LiLY member Chitra Desai in late fall and was able to get a Christmas tree for Chitra that they decorated together. When asked what she likes best about volunteering Julie said, "I love our late-night talks and dinners." She also enjoys delivering groceries monthly to LiLY seniors. As she continues her studies at Barnard, Julie looks forward to creating new connections, helping whenever she can and taking recommendations for new places to explore around the city.





Alcohol Through The Ages

Dr. Norma Braun

Alcohol dates to 7000 BC in China, where fermented honey, rice, and fruit created an early pleasurable drink. Wines followed in Georgia and Iran, with barley beer emerging around 3500 BC. Alcohol is prized by every culture, as even the Egyptians used it medicinally, and the Old Testament recommended it to ease suffering.

But what happens as we age? Alcohol affects every organ, and the brain bears the greatest cost. It's absorbed rapidly and diffuses quickly into brain tissue. Even two drinks per day can cause volume loss equivalent to ten years of aging in both gray and white matter. Cognition declines, dementia follows, and the limbic system, which governs emotion, sensation, and balance, is especially vulnerable. In severe cases, irreversible Korsakoff's psychosis can result.

Beyond the brain, any alcohol consumption raises the risk of colorectal, esophageal, breast, liver, and oral cancers. The Surgeon General now echoes these concerns.

Some alcohol can be very enjoyable especially with meals as food slows down absorption. Exercising caution is prudent. Tell your doctors about your habits so advice can be individualized to protect your unique brain.

Happy Spring.

Monthly Events Bulletin

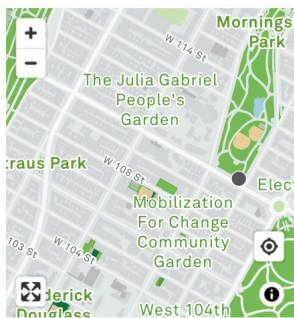
Trees Count at Morningside Park with the Urban Park Rangers

Saturday, May 16, 2026
1:00 p.m.–3:00 p.m.

Volunteer with NYC Parks for Trees Count 2025! At each event you will receive a tote bag with all the materials needed to count trees. Next, we'll provide a 30-minute training session that includes the basics of tree identification and how to measure and assess each tree. Using our Tree Census app, you'll split up into different zones within the park to start counting trees! After completing your first training event, you are welcome to continue counting trees on your own in smaller parks across the city. Registration is required. Registration begins on April 25.

Location

Manhattan Avenue and West 110th Street in [Morningside Park](#) Manhattan
[Directions to this location](#)



Cost

Free

Registration

Registration not required.

Event Organizer

NYC Parks Urban Park Rangers

Contact Number

(212) 304-2277

Miller Theatre Pop Up Concert, Monday May 18 at 6:00, free admission, doors open at 5:30

Manhattan School of Music has multiple free student recitals in May. To see the schedule or learn more, call 917-493-4428 or email boxoffice@msmnyc.edu

The Charlotte Mayerson Overlook Concerts:
Sundays from 2:00 to 3:30 in Riverside Park at 116th Street
May 10: French Cookin' Blues – This Blues Hall of Fame band plays authentic Blues from around the country for a special New York sound.
May 17: Latin Jazz with the Bloomingdale School of Music – A faculty ensemble from the Bloomingdale School of Music presents a jazz trio with a Brazilian flair.

Mahjong

Do you love to play mahjong or have you always wanted to learn? Beginners and experienced players are welcome to attend LiLY's newest group. To learn more, contact Paula at 646-734-0182.



Photo from left to right - Leanne Italie, Iris Shoring, Anita Landow and Anita Gold

The CDC is recommending a covid vaccination twice a year for those age 65 and up. If you are unsure of your vaccination schedule or would like to schedule an in-home vaccination, call John Navarra at Town Drug at (516) 650-1870.

Food For Thought

“The world's favorite season is the spring. All things seem possible in May.”

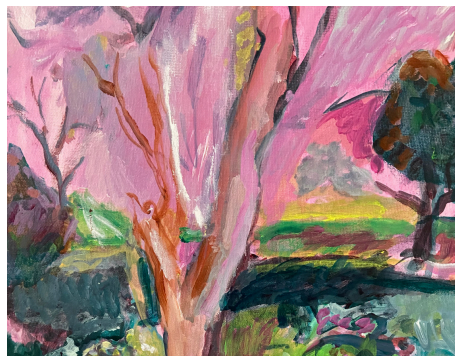
- Edwin Way Teale

“Be like a flower and turn your face to the sun.”

- Kahlil Gibran

“The bad news is time flies. The good news is you're the pilot.”

- Michael Altshuler



LiLY member Toby Rabiner has been inspired by the blooming beauty of spring and is sharing this picture with us. To learn more about her work, visit: www.tobyabinerart.com

Have you noticed tourists with binoculars standing on Amsterdam at 112th Street? A raven and her five babies are nesting above the south door at St. John the Divine.



Balance-Boosting Footwear Tips for Older People

Dan Kline, MSPH/MBA, FACHE

Falls are the leading cause of fatal and non-fatal injuries among older people, according to the CDC. Each year, three million older people are treated in emergency departments for fall injuries. More than 800,000 patients a year require hospitalizations due to a fall injury. In 2015, falls cost more than \$50 billion in total medical costs, according to the CDC.

"Preventing falls among older Americans is a top health priority, and improved balance can help reduce the risk of a fall," said Matthew Garoufalis, DPM, a podiatrist and past president of APMA. "Proper footwear can help improve balance, especially in older people who may struggle with mobility and balance issues."

When selecting a shoe to improve balance, keep these guidelines in mind:

Put shoes to the 1-2-3 test.

Step 1: Press on both sides of the heel area to ensure the heel is stiff and won't collapse.

Step 2: Bend the shoe to check for toe flexibility. The shoe shouldn't bend too much in the toe box area, but it shouldn't be too stiff and inflexible either.

Step 3: Try twisting the shoe; it shouldn't twist in the middle.

Have your feet professionally measured every time you shoe shop. Natural aging and health changes can cause the size of your feet to change. Measure both feet—late in the day—and shop for the larger foot.

Bring the type of socks you plan to wear with the shoes and walk around the store in the shoes before you purchase them.

If you don't feel comfortable or steady in the store, don't buy the shoes. Shoes should feel comfortable and supportive right away; if they don't feel good right away, breaking them in won't improve things.

If you have specific health challenges or foot issues, talk to a podiatrist about the best footwear for your needs. If your podiatrist has prescribed orthotics—biomechanical inserts that go into your shoes—take them with you when you shop and try them out in the shoes you're considering.

Quality shoes can be an investment. Before you buy, check to see if the brand and style you're considering have earned the APMA Seal of Acceptance. APMA grants the seal to products found to promote good foot health.

Tai chi

Renee Slon, RN

Tai chi is gaining popularity these days with advertisements all over the internet, advising that walking makes you old and Tai chi makes you young. Some even claim you can lose 30 pounds in one month! As revolutionary as this sounds, Tai chi is not a new fad but an ancient form of exercise that people have used for health, for balance, for piece of mind and for enjoyment. Tai chi is an internal martial art based on the ancient Chinese philosophy of Taoism, stressing natural balance. It is multifaceted and can be different things to different people. It can be practiced by people of all ages as it is low impact and generally safe if done properly. The practice of Tai chi is learning movements, or forms, that flow together. The number of forms can vary from as little as 6 to over 100.

The movements are directed from the mind, controlled by the torso and expressed by the hands. There are slow continuous movements, calm breathing, intentional transferring of weight, and in Yang and Sun styles, an emphasis on upright posture. This coordination of movement and mindfulness results in a mind-body connection that has several benefits. Studies have shown evidence of benefits for fall prevention, osteoarthritis, Parkinson disease, emphysema and improved cognition. Tai chi was also found to increase leg strength and fitness for those who are not accustomed to exercise. If you want to become more balanced mentally and physically, learn something new and meet fun people, join a Tai chi class. There is one in your neighborhood at no cost at the Broadway Presbyterian Church on Tuesdays, 2:00 pm to 3:00 pm starting May 12th . Contact me at renee.slon@mountsinai.org, if interested.

May 2026 LiLY Events Calendar

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

May has 31 days – May 31st falls on a Sunday, but could not be included in the calendar due to spacing issues. 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



West Harlem
Development
Corporation

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