

# THE VILLAGER

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## Meet Your Neighbors

Lelia Stroud, 76, joined Lifeorce in Later Years (LiLY) nearly 16 years ago. A resident living in the same building as LiLY founder Irene Zola, she became interested in LiLY's activities reaching out to elders in Morningside Heights. Initially helping a neighbor with shopping and pet care, Lelia also joined up with jewelry-making instructors Pat Lewis and Barbara Hohol at the 112th Street home of a generous neighbor who hosted a beading group for LiLY Members. When LiLY needed a new home for the weekly group meetings several years later, Lelia, along with fellow upstairs neighbor Eleanor Jackson, welcomed jewelry group members to her home.

Lelia found LiLY membership and participation especially beneficial when her mother Elvira Prisco came down to live with her and husband Steve here in the Morningside neighborhood. They attended Koffee Klatch afternoons and several jewelry group meetings, collaborating on making necklaces. Lelia was grateful that through LiLY her mom was able to interact with some of her elder neighbors in weekly activities or when simply relaxing on the roof deck. LiLY was the connection that made this possible.



I was born and raised in Brooklyn in 1948 (the good old days), in a very close family. We did many things together: sports, camping and scouting. Also, in the neighborhood, the elders taught the youth. Neighbors helping Neighbors, it takes a village sort of speak. I was taught to care and look out for the people around me. I believe the knowledge and experience we receive in life comes through us and not for us. And since like money, you can't take it with you, pass it on! **NEIGHBORS HELPING NEIGHBORS.**

Are you interested in learning how to quilt or knit? To learn more, contact Paula at 646-734-0182





# Dealing With Heat Stroke

**Dr. Norma Braun**

Summer is arriving early this year due to climate change, increasing the risk of heat stroke. The human body maintains a normal temperature of 97°–99°F, as our cells function best within this range. When overheated, the body requires more water to sweat and cool down. At 104°F, symptoms include headache, dizziness, nausea, vomiting, cramps, weakness, and dehydration. At 105°F or higher, cellular proteins begin to break down, causing confusion, unconsciousness, and potentially permanent brain damage or death. Rapid diagnosis and treatment are critical to recovery.

Heat stroke comes in two forms. Exertional heat stroke can affect anyone overexerting on a hot day, particularly the young who tend to dismiss early symptoms. Non-exertional heat stroke affects those with diminished temperature regulation, including the elderly, very young, chronically ill, or those on medications that inhibit sweating. Risk factors include dehydration (the most reversible), sleep deprivation, lack of acclimatization, no air conditioning, prior heat stroke, and use of antihistamines, diuretics, blood pressure or heart medications, or antidepressants.

Fortunately, heat stroke is preventable. Drink plenty of water even without thirst, stay in air conditioning, and wear loose, lightweight, light-colored clothing. Avoid strenuous activity between 10am and 4pm, take frequent breaks, remove helmets when possible, and cool down with showers. Cooling is the most vital step in both prevention and treatment. Speak with your doctor about any medications that may increase your risk, but do not stop taking any medication on your own. Stay cool this summer.

## Monthly Events Bulletin

Neighbors in and around Morningside Heights, you're invited!

### Community Solutions Forum & Neighborhood Fair!



**Saturday, June 13, 12 – 5pm**

Broadway Presbyterian Church - W114th Street & Broadway

Music, games, discussions, resource tables, food, and more

|                                |  |
|--------------------------------|--|
| 12PM Resource Tables           | 3pm Discussion: Institution & Local Business Roles |
| 1pm Discussion: Neighbor Views | 4pm Group Photo, Live Music                        |
| 2pm Live Music                 | 5pm End  |



Have you always wanted to try the tango? Everybody Tango will take place on June 10 from 6:30 to 8:30 on 125th and Marginal Streets. To learn more, call 212-870-3089.

The New York Philharmonic will perform a free concert in Central Park on June 10 at 8 o'clock on the Great Lawn.

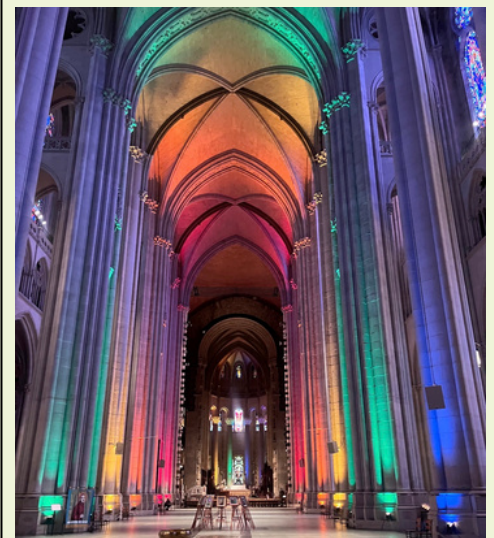
Jazz at Ralph Ellison Park presents Let the Music Play on June 14th from 2:00 to 5:00 on Riverside Drive and 150th Street.

YAI helps older adults get accessible priority seating at a wide range of New York City events, including Shakespeare in the Park and the outdoor summer Philharmonic series. If you would like to attend some of these events but have mobility challenges.

Call 212-273-6181 to learn more and request seats.

### Pride Evensong

The Cathedral of St. John the Divine will host an Evensong service on June 21 from 4 to 5 p.m. featuring LGBTQIA+ composers and performance by the Cathedral Community Choir. Admission is free.



Dances for a Variable Population (DVP) will host Revival10, an intergenerational dance performance that will be held in front of Grant's Tomb from 5:00 to 7:30 on June 20th.

## Food For Thought

"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside."

– Maud Hart Lovelace

"And what is so rare as a day in June? Then, if ever, come perfect days."

– John Keats

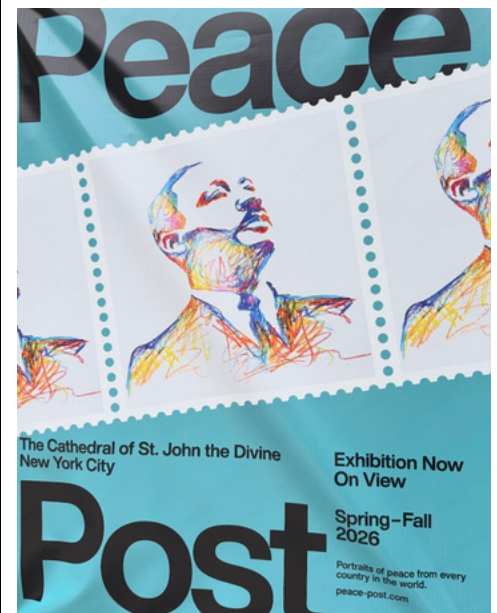
June is the pearl of summer, shining with warmth and joy."

– L.M. Montgomery

Green was the silence, wet was the light, the month of June trembled like a butterfly."

– Pablo Neruda

The Harlem Public Arts Project is back for a third year with new sculptures on view in Morningside, Jackie Robinson and St. Nicholas Parks. Another great reason to get outside and visit one of our fabulous local parks.



Peace Post is a new exhibit at the Cathedral of St. John the Divine with a collection of portraits of 198 piece activist from around the world, one for each country. The cathedral is open daily and admission is free of charge.

## Brooklyn Public Library

Did you know that any New York State resident can join the Brooklyn Public Library? Many of us are regular users of our local Manhattan branch but using the Brooklyn library can greatly enhance your access to books in a timely manner. I recently downloaded the app and was immediately able to read an electronic book that was not available in Manhattan.

If you would like assistance or have never used “e-books” and would like to learn how, please contact me at 646-734-0182. E-books can be read on a tablet like an Ipad, or a kindle or even your phone. One of the advantages of reading this way is that you can increase the size of the type face which is really helpful if you have any visual challenges. You can also opt for audiobook, which you can listen to on your phone. To learn more, visit <https://www.bklynlibrary.org/card/>



Do you like to walk? Our group meets on Mondays at 2:00 on Riverside and 114th. If you'd like to join us.  
Call Paula at 646-734-0182.

After being rained out twice, intrepid LiLY members gathered on May 21 for an indoor picnic. We hope to be back at Riverbank State Park next year, but Fred's restaurant did a great job accommodating us at the last minute.



# June 2026 LiLY Events Calendar

| SUN                 | MON  | TUE   | WED  | THU                                    | FRI   | SAT                                |
|---------------------|--|---|--|--|---|------------------------------------|
| 31                  | 1  | 2   | 3  | 4                                      | 5   | 6                                  |
| Card Playing @ 4 PM | Jewelry Making @ 12 PM<br>Walking Group 114th St and Riverside @ 2 PM                            | Men's Luncheon Group @ 2 PM<br>French Circle at Le Monde @ 3 PM | Ena's Exercise Class on Zoom @ 11:30 AM<br>Jewelry Group @ 1PM<br>Opera Group @ 3PM<br>Film Discussion Group on Zoom @ 3:30 PM | Coffee Discussion Group on Zoom @ 1 PM | Spiritual Group @ 1 PM<br>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<br>NYPL Movie @ 12PM<br>Walking Group 114th St and Riverside @ 2 PM       | Men's Luncheon Group @ 2 PM<br>French Circle at Le Monde @ 3 PM | Ena's Exercise Class on Zoom @ 11:30 AM<br>Jewelry Group @ 1PM<br>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 |
| 14                  | 15   | 16  | 17   | 18                                     | 19  | 20                                 |
| Card Playing @ 4 PM | Jewelry Making @ 12 PM<br>Zoom Book Group: @ 2 PM<br>Walking Group 114th St and Riverside @ 2 PM | Men's Luncheon Group @ 2 PM<br>French Circle at Le Monde @ 3 PM | Ena's Exercise Class on Zoom @ 11:30 AM<br>Jewelry Group @ 1PM<br>Opera Group @ 3PM<br>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<br>NYPL Movie @ 12 PM<br>Walking Group 114th St and Riverside @ 2 PM      | Men's Luncheon Group @ 2 PM<br>French Circle at Le Monde @ 3 PM | Ena's Exercise Class on Zoom @ 11:30 AM<br>Jewelry Group @ 1PM<br>Opera Group @ 3PM<br>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 |
| 28                  | 29   | 30  | 1  | 2                                      | 3   | 4                                  |
| Card Playing @ 4 PM | Jewelry Making @ 12 PM<br>Zoom Book Group: @ 2 PM<br>Walking Group 114th St and Riverside @ 2 PM | Men's Luncheon Group @ 2 PM<br>French Circle at Le Monde @ 3 PM | Ena's Exercise Class on Zoom @ 11:30 AM<br>Jewelry Group @ 1PM<br>Opera Group @ 3PM<br>Film Discussion Group on Zoom @ 3:30 PM | Coffee Discussion Group on Zoom @ 1 PM | Spiritual Group @ 1 PM<br>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)



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