

THE VILLAGER

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Meet Your Neighbors

David Buchdahl was born in New York City and moved away when he was six weeks old. He returned last year with his wife Carol and settled into an apartment in Morningside Heights. His early childhood was spent in Massachusetts; his parents then moved to Raleigh, North Carolina, where David attended high school. He remembers three specific things about high school: he was the only Jew (he later learned there were two others), his class was seven hundred students, and he dated a cheerleader.

He attended The Johns Hopkins University, where he met his wife Carol. The couple moved to Chicago, where David attended the University of Chicago and received a PhD in Anthropology. The couple moved to Rhode Island, where he taught at Brown University. Carol gave birth to two children, Jacob and Sara. David received a public service research grant under the Carter Administration and moved the family to Vermont to do research with the Abenaki tribe and study their application of organic farming. However, when Ronald Reagan swept into power, the new administration canceled research projects, including the one David was engaged with. The family liked Vermont and decided to stay. David found a teaching position at the state community college of Vermont for the next 30 years. They have five grandchildren.



Katia Araujo has resided in the neighborhood for over 30 years and is the mother of a young adult son, the light of her life. She earned her MA in International Affairs from the New School and has dedicated her professional career to international development within the humanitarian sector. Currently, she collaborates with international partners on social and economic development initiatives that enhance climate resilience.

Additionally, she assists partners in responding to, learning from and mitigating disasters affecting their communities. Outside of work, Katia likes to stay active and get outdoors—especially walking and biking in Central Park and Riverside Park. She values nature as a sense of renewal and tranquility. Katia also enjoys cooking for gatherings of family and friends. She began volunteering with LiLY earlier this year.



Migdalia "Millie" Marte

I have lived on West 107th Street for almost 50 years. This is where I lived with my husband and raised my four children. For forty-three of those years, I was "Miss Millie," the cafeteria worker who prepared meals at Ascension School. I also volunteer and work at the local church pantry, helping with various church activities. I am 75 and have no intentions of slowing down or stopping. Helping people of all ages, especially my LiLY neighbors - that is what brings me true joy.

Choosing the Right Shoes for Hot Weather

**Joann Li,
Doctor of Podiatric
Medicine**

With summer here, many people are eager to put away their closed-toe shoes and enjoy lighter footwear. The good news is that you can wear sandals and stay comfortable in the heat—as long as you choose a pair that provides good support.

While sandals are a great option during the summer, not all sandals are created equal. Flat flip-flops and unsupportive footwear may lead to foot fatigue, arch pain, or instability, especially if worn for long periods of walking or standing. Instead, look for sandals with cushioned footbeds, good arch support, and a secure fit.

For those who experience bunions, arthritis, or general foot discomfort, shoes with a wide toe box can help reduce pressure on the toes and forefoot. Adjustable straps are also helpful, as feet often swell during the day, particularly during hot weather.

If you prefer sneakers, lightweight shoes with breathable mesh uppers are an excellent choice. These materials allow air circulation to help keep feet cool while still providing the support and stability needed for everyday activities. When shopping for summer footwear, consider the following features:

- Non-slip soles to improve traction and help prevent falls
- Adjustable straps or closures to accommodate changes in foot size throughout the day
- Breathable materials, such as mesh or perforated leather, to keep feet cool and dry
- Cushioned footbeds with arch support for greater comfort during walking and standing
- A wide toe box to reduce crowding of the toes and accommodate common foot conditions

The best summer shoe is one that feels comfortable, provides support, and allows you to stay active safely. Taking a little extra time to choose the right footwear can help keep your feet healthy and comfortable all season long. To address your foot health care needs, you can make an appointment at the Foot Clinic of New York at the New York College of Podiatric Medicine/Touro University. Call 212.410.8158 or go to www.footcenterofnewyork.org.



Musician and friend of LiLY Jeffrey Ellenberger can sometimes be seen practicing on the corner of 111th St. and Amsterdam. It's a beautiful setting and near the Hungarian Pastry Shop in case he needs a coffee break.



Monthly Events Bulletin

FREE Lincoln Center Events

Friday July 3 at 6:30: Tribute to Latin Music Giants with Jimmy Bosch

Wednesday July 8 at 6:30: Glad Rags Orchestra (dance band music from the 1920s and 30s)

Friday July 17 at 6:30: Joe Bataan "The King of Latin Soul"

Thursday July 23 at 6:30: Shanghai Restoration Project and Tebza Majaivane (electronic and rap)

Friday July 31 at 6:30: Chelsea Reed and the Fair Weather Band (swing music)

Riverside Park Events

Birding Tour: Saturday, July 25 from 8:00 AM – 10:00 AM. Meet at 116th Street and Riverside Drive for a guided birdwalking tour.

Tai Chi in the Park: Sundays (including July 5, 12, 19, and 26) from 8:00 AM – 9:30 AM at Soldiers' and Sailors' Monument at West 89th Street.

Star Gaze: Saturday, July 18 from 8:00 PM – 11:00 PM at Pier I at 70th Street.

Members of the Amateur Astronomers Association will guide you with high powered telescopes.

Game Night: Friday, July 10 from 7:00 PM – 9:00 PM at Pier I at 70th Street. Enjoy giant games, bingo, and quiz shows with prizes for winners.

Pop Culture Trivia Night; Friday, July 3 from 7:00 PM – 9:00 PM at Pier I at 70th Street.

Food For Thought

"And the summer came, the New York summer, which is like no summer anywhere. The heat and the noise began their destruction of nerves and sanity and private lives and love affairs." –James Baldwin

"Something's always happening here. If you're bored in New York, it's your own fault." –Myrna Loy

"When you leave New York, you are astonished at how clean the rest of the world is. Clean is not enough." –Fran Lebowitz

"My favorite thing about New York is the people, because I think they're misunderstood. I don't think people realize how kind New York people are." – Bill Murray

The films at the library for

July will be:

Love and Basketball

Killer of Sheep

LiLY Theatre Outing

We are excited to announce that we have 10 free tickets to attend the August 5th matinee of "Are You Now or Have You Ever Been" at New York City Center.

These tickets will be given out to the first 10 people who called Marnie at (727) 773-7547.

We will organize to travel together, but you may also travel independently if you prefer.

FREE BACKGAMMON LESSONS BY WORLD CHAMPION ANTOINETTE-MARIE WILLIAMS

July 11th + 25th, 2026
2-4 PM
AMSTERDAM AVE. + W. 109th ST
Weather Permitting

Nice Cream: A Treat To Beat The Heat

If you're looking for something cold and creamy to eat on a hot day, but don't want all the sugar found in ice cream, try making "nice cream". You can basically blend any fruits, milk, or peanut butter together and make something cold and delicious.

Here is a chocolate peanut butter version:

Take four ripe bananas and chop them up and freeze them. Blend them together with 1/4 cup peanut butter, 1/3 cup cocoa powder, 1/4 teaspoon vanilla and 1/8 teaspoon salt. If this mixture is a little too thick for your blender, add a small amount of milk. You can eat it immediately as soft serve or put it in the freezer for an hour for a more traditional ice cream taste. Enjoy!

ARE YOU CONCERNED ABOUT FALLS?

HAVE YOU HAD A FALL?

Are you 65 years or older?

Have you had 2 or more falls in the past year?

OR a fall with injury?

OR fear of falling is impacting your social life?

Do you live in an apartment or assisted living?



Come to the Falls Prevention Clinic!

- Thorough evaluation to address cause(s) of fall
- Relevant recommendations related to mobility needs, medication, specialists and resources.
- Education related to falls.
- Referrals to reduce your risk of falls
- Follow up with Fall Prevention Nurse in 6 weeks and provider in 3 months.

Mount Sinai Morningside Geriatric Clinic
419 West 114th St., 10th floor

For appointment: Call 212.659.8552 indicating Falls Prevention Clinic



Search and Care



FREE TECHNOLOGY PRESENTATIONS FOR ADULTS 60+!

Learn the basics.
Ask questions.
No experience needed!



Join us at the **Morningside Heights Library** for a free, easy-to-follow **technology presentation** 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, July 17th at 1:30 PM Artificial Intelligence (AI)

- Learn the basics of Artificial Intelligence and how it works
- Understand the differences between popular AI tools (ChatGPT, Gemini, Claude, etc.)
- See a live demonstration of AI in action
- Explore practical ways AI can be useful in everyday life

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**

Everyone goes through hard times. If you are experiencing a particular financial challenge requiring assistance, please call Paula at 646-734-0182.

How does ORAL Health Affect Health?

Dr. Norma Braun

We take oral health for granted, yet it's the gateway to our bodies. Baby teeth have thin enamel since they're replaced, but permanent teeth—and their enamel—must last a lifetime, as enamel never regenerates. That's why consistent twice-daily hygiene matters. Chronic mouth inflammation results from dietary acids, teeth grinding, and abrasive brushing, causing sensitivity, yellowing (worsened by coffee/tea), or translucent edges. Sugary, acidic foods—sodas, energy drinks, citrus—soften enamel and promote plaque, harboring bacteria that cause gum disease, tooth loss, and chronic inflammation. This inflammation links to heart disease, stroke, worsening diabetes, respiratory infections, arthritis, and frailty. Brushing can even let mouth germs enter the bloodstream and infect the heart lining, causing endocarditis. Evidence increasingly ties chronic inflammation to higher dementia risk.

Many avoid dentists due to bad memories or poor insurance. Dentists understand this and now offer comfort-focused technology and flexible payment plans. Always tell your dentist about habits and medications—blood pressure, bladder, allergy, pain, sleep, and depression drugs reduce saliva, which protects teeth, so decay accelerates without it. Floss daily to remove trapped food and plaque; bleeding gums warrant a prompt visit. Remember 2-2-2: brush with fluoride toothpaste 2 minutes, 2 times a day; see a dentist 2 times a year. Take care of your mouth—it will take better care of you.

July 2026 LiLY Events Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
Card Playing @ 4 PM	Jewelry Making @ 12 PM Walking Group 114th St and Riverside @ 2 PM Mahjong Group @ 3pm	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	Family Caregiver Support Group on Zoom @ 2 PM	Storytelling Group on Zoom @ 11 AM
5	6	7	8	9	10	11
Card Playing @ 4 PM	Jewelry Making @ 12 PM NYPL Movie @ 12PM Walking Group 114th St and Riverside @ 2 PM Mahjong Group @ 3pm	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
12	13	14	15	16	17	18
Card Playing @ 4 PM	Jewelry Making @ 12 PM Zoom Book Group: @ 2 PM Walking Group 114th St and Riverside @ 2 PM Mahjong Group @ 3pm	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 @ 4 PM	Jewelry Making @ 12 PM NYPL Movie @ 12PM Walking Group 114th St and Riverside @ 2 PM Mahjong Group @ 3pm	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
26	27	28	29	30	31	1
Card Playing @ 4 PM	Jewelry Making @ 12 PM Zoom Book Group: @ 2 PM Walking Group 114th St and Riverside @ 2 PM Mahjong Group @ 3pm	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	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

The Classical Theatre of Harlem will present Othello beginning on July 2. Performances are Tuesday through Sunday at 8:30 at Marcus Garvey Park which is wheelchair accessible.

Julliard Jazz at Grant's Tomb at noon on July 4th.
Free BBQ and Cake at 11:30

Jazzmobile Returns this summer. Performances will be Wednesday nights from 7:00-8:30 at GRANT'S TOMB, W 122nd St & Riverside Drive

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



West Harlem
Development
Corporation

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"The Villager" A LiLY Newsletter
Created by Paula Seefeldt



and Nigel Slon



Translations by Miriam Ortiz

Reviewed by Anita Gold