

THE VILLAGER

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September 1, 2026

Meet Your Neighbors

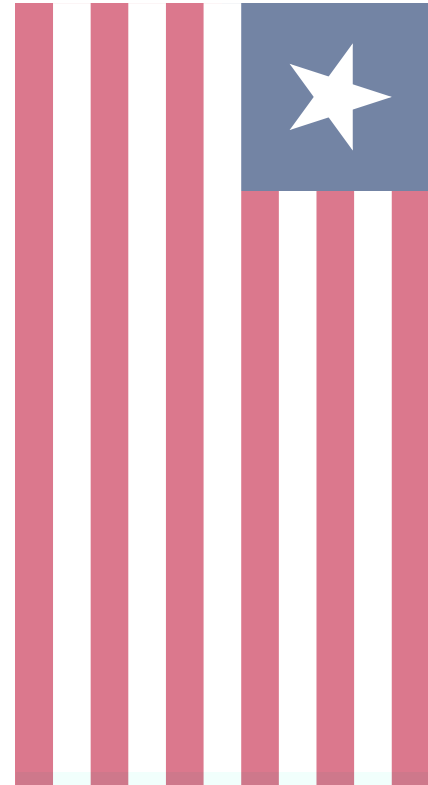
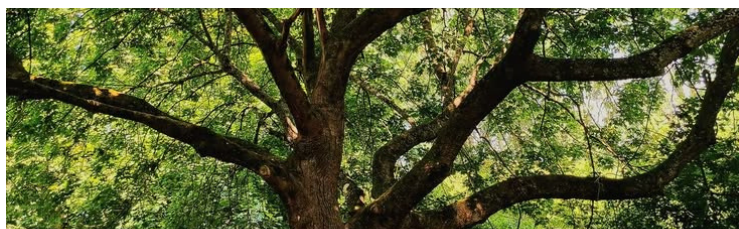
In April 2026, Eleanor Jackson, a 91-year-old LiLY member, received an extraordinary call. A cousin from her hometown in South Carolina found her through Ancestry.com and was at the family cemetery, searching for the graves of their grandmother and other relatives. Eleanor assisted him in locating the graves via FaceTime. A month later, the four brothers and their wives, who had traveled from various parts of the U.S., visited her at her NY apartment, her first reunion with them in 81 years!



Eleanor Jackson shares a heartfelt story about her friend, neighbor, and fellow LiLY member, Rita Kaye. Known for her cheerful attitude, kindness, and humor, Rita launched the podcast Call Your Grandmother during the pandemic and actively participates in LiLY's MahJong, card, and film groups.



In the last week of July 2026, at age 96, Rita had surgery to remove a large tumor from her colon. Fortunately, the tumor was benign. Her swift recovery allowed her to return home without needing rehabilitation, thanks to her good health and optimistic outlook. She is now at home, healing and enjoying time with family and friends.



Liberia: Debunking the Myth

Join us on September 11 at 2 p.m. at The Forum, 601 W. 125th Street, for an insightful talk by Professor Charlotte Martin, a Liberia native who has resided in New York for many years. She will explore the intricate history of Liberia's founding, including the involvement of the American Colonization Society.

To attend in person or via Zoom, please RSVP to Paula at 646-734-0182. Refreshments will be served.



Vaccine Season



Dr. Norma Braun

While it may be the dog days of summer, it is not too early to prepare for upcoming seasons. Here is an update on the most prevalent respiratory viruses: COVID-19, Respiratory Syncytial Virus (RSV), and Influenza. The absence of recent news does not mean they are no longer present. According to the Centers for Disease Control, COVID-19 is increasing in 43 states based on ER visits. There is no change as of yet in New York. The dominant mutation is now BA.3.2. The good news is these viruses are treatable.

Pertussis, commonly known as Whooping Cough, is experiencing a resurgence. The cough can be so severe as to cause rib fractures. A TDAP booster vaccination is recommended every 7-10 years covering tetanus, diphtheria and pertussis. Unvaccinated children are the primary transmitters.

What actions can be taken? If an individual has not experienced a COVID-19 infection or received a booster vaccination within the last six months, a booster is advisable. This year, the FDA has approved a new mRNA influenza vaccine. Studies involving over 40,000 individuals demonstrate its increased efficacy and longer-lasting immune response. The new RSV vaccine is recommended for all persons over 50, requiring only a single dose.

Additional protective measures are proven effective and staying current with immunizations is crucial. Vaccination significantly reduces the risk of severe illness, hospitalization, and death, and decreases the likelihood of Long COVID in COVID-19 infections.

Hand hygiene is essential! Regularly washing with soap and water or using hand sanitizer for at least 20 seconds eliminates approximately 98% of viruses. Disinfect doorknobs, elevator buttons, and frequently touched surfaces with disinfectant cloths, or wash hands afterward. Avoid touching the face before cleansing; wearing masks discourages face touching.

Maintain a balanced diet, stay physically active, ensure adequate restful sleep, and avoid tobacco use while minimizing alcohol consumption to support immune health.

Consult your healthcare provider to determine your individual needs or if illness develops.

Monthly Events Bulletin

Free Outdoor Screening: In The Heights

September 18th at 7:30 pm

Riverside Park North of 96th St. Tennis Courts

15th Annual Morningside Lights

Lantern-Building Workshops at Miller Theatre

September 12-18th

Workshop registration opens
on Wednesday, September 2

Saturday, September 19, 2026, at 8:00 PM

Parade begins at Morningside Park at 116th Street and
Morningside Avenue

French films at the Morningside Library

Monday, September 14:

The Women on the 6th Floor, directed by Philippe Le
Guay

Monday, September 28:

Keep It Quiet, directed by Benoît Jacquot

Riverbank Fall Registration



Priority Senior Registration	Mon, August 10 - Tue, September 8 9:00 AM - 5:00 PM	Submit application to department of choice
General Senior Registration	Thursday, September 10, 2026 9:00 AM - 12:00 PM	Robert Frederick Smith Center for Performing
General Registration	Saturday, September 12, 2026 9:00 AM - 1:00 PM	Cultural Complex Hallway

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.

2026 FALL PROGRAM REGISTRATION DATES

Fall Season (Aquatics, Athletics, & Cultural):

October 1, 2026-December 13, 2026

Aquatic Complex (212) 694-3665

Athletic Complex (212) 694-3637

Cultural Complex (212) 694-3634

Food For Thought

“In life, there is nothing to fear; there is only something to understand.”

-Marie Curie

“If you obey all the rules, you lose all the fun.”

-Katharine Hepburn

“Normal is just a cycle in a washing machine.”

-Whoopi Goldberg

“There is no real security except the security you build within yourself.”

-Gilda Radner



Before the Fall

Renee Slon, RN

Every September is Falls Prevention Awareness month, created by the National Council of Aging to raise awareness about the impact of falls in older adults. For those of you who know me, I have been working to help people prevent falls for many years through workshops, falls prevention classes, tai chi and a multidisciplinary falls clinic. The facts are that millions of older people are treated in the ERs every year for fall injuries such as broken bones and head injuries. One out of every four people fall every year and falling once doubles your chance of falling again. Reasons for falling are most times multifactorial. For example, the sidewalk is cracked + I am in a rush + I am not paying attention + I have a bum knee that impacts my balance: all adding up to why I fell. The basis of falls is related to:

- Medications
- Gait and balance
- Neurological health
- Heart health, vision and hearing
- Joints and mobility
- Environment

Knowing the reasons for a fall is the best way to prevent the next fall. At Mount Sinai Morningside Geriatric Clinic, we have a dedicated clinic to find out why people fall and give recommendations to prevent further falls. If you have fallen or have a fear of falling that is impacting your life contact us at (212) 659-8552 and see if you are eligible for the Falls Prevention Clinic. Tell them that you would like to come to the Falls Prevention Clinic and mention that you spoke to Renee.

Introduction to Strength Training

It is never too late to start strength training! Maintaining strength and balance is an important part of staying safe, independent, and confident with everyday activities. Regular strengthening exercises can improve the muscles needed for functional activities such as walking, standing, climbing stairs, and recovering from a loss of balance, while balance training can help reduce the risk of falls.

ParkNorth Physical Therapy Workshop

September 9th at 2:00 pm

To RSVP, contact Marnie at (727) 773-7547



Upcoming Theatre Opportunities!

Other Desert Cities

Featuring an all-star cast, this compelling drama follows an explosive Christmas Eve with a Palm Springs political family.

Sunday, October 4 | 2:00 PM
at Hudson Theatre (W. 44th Street)

Tickets: 10 available



Note: All seats are in the balcony and require walking up stairs.



Phyl

A rarely seen play first written in 1911. Presented by The Mint Theatre, known for reviving forgotten works by female playwrights.

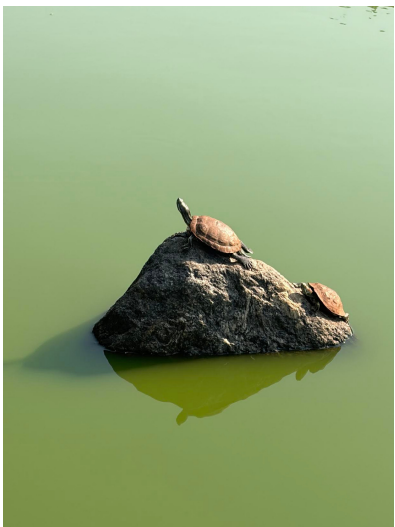
Sunday, October 18 | 2:00 PM
at Mint Theatre at Theatre Row (W. 42nd Street)

Tickets: 15 available

If you would like to attend either production, please contact Paula at 646-734-0182.



Longtime LiLY member Mary Thurston enjoyed a Wednesday evening at Grant's Tomb dancing to Tito Puente's music.



September 2026 LiLY Events Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
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
6	7	8	9	10	11	12
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
13	14	15	16	17	18	19
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20	21	22	23	24	25	26
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27	28	29	30	1	2	3
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Now that we are having some cooler days, you can enjoy walking around the neighborhood and exploring the parks again. Maybe you will see some turtles on the pond in Morningside Park!



Lifeforce in Later Years (LiLY)

LiLY
lifeforce in later years

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