

THE VILLAGER

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Meet Your Neighbors



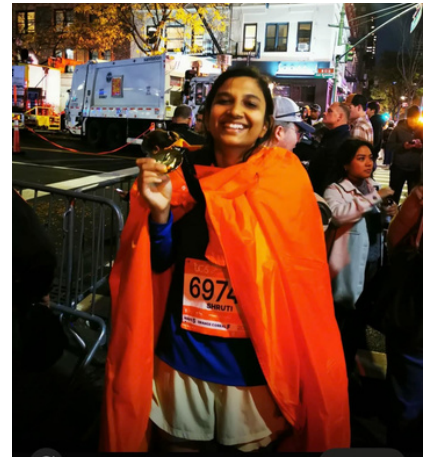
Hi everyone! My name is Wen Fu, and I'm from China. My path to LiLY has been a little unexpected, but somehow it also feels like it was meant to be. I studied mathematics and economics in Wisconsin and London. Over time, however, I found myself becoming less interested in numbers and more curious about people and human connection. I began volunteering to support older adults in Buddhist communities in China, and those experiences taught me that sometimes the heart can teach us things that the mind alone cannot. That journey eventually brought me back to the U.S. and to Union Theological Seminary, where I am now studying Buddhism, interreligious engagement, pastoral care, and spirituality.

I'm very grateful to join the LiLY community. Even though I'm just getting started, I already feel at home here. I've received so much love, compassion, warmth, and kindness from this community. I look forward to hearing everyone's stories and creating new memories together.

Edward Gibbons-Brown recently joined LiLY in an administrative and communications role, helping support the behind-the-scenes systems that keep the organization connected and running smoothly. Outside of LiLY, Edward works in the arts and nonprofit worlds as an administrator, theatre artist, writer, performer, and producer. He also works with the Romare Bearden Foundation and produces FRIGID Nightcap, a monthly late-night variety show in New York City.



He loves theatre, storytelling, good conversation, wandering around New York, and learning about the people and communities that give the city its character. At LiLY, he's especially excited to get to know his neighbors in Harlem as well as the volunteers, staff, and supporters who have built such a strong community of care — and to help make some of the administrative work behind that community a little easier.



LiLY is a New York Road Runners Marathon Partner again this year. We are very excited to have this opportunity and will be out cheering on the 11 dedicated people who are running to raise money on our behalf.

If you would like to join our cheer station on 112th St. and Fifth Avenue on November 1 call Paula at 646-734-0182



Do you like walking? Our group meets on Mondays at 2:00 p.m. at the corner of Riverside and 114th Street.

If you would like to join us call Paula at 646-734-0182.





Helping Your Bladder Function

Dr. Norma Braun

Bladder function is essential to bodily stability and quality of life. The kidneys maintain the body's balance by removing metabolic waste and medications while regulating fluid levels. Normal bladder emptying occurs about every 3–4 hours, depending on activity, sweating, and fluid intake. Coffee and alcohol can increase urine production. Waking more than once or twice during an 8-hour sleep period may indicate a problem. Fluids, carbonated beverages, artificial sweeteners, chocolate, chili peppers, spicy foods, and large amounts of Vitamin C may also increase frequency.

Delaying urination, particularly when public restrooms are uncomfortable, may contribute to bacterial growth and urinary tract infections (UTIs). Infection is the most common cause of increased frequency and may cause strong-smelling or dark urine, pain, or blood. Diuretics and other medications can also increase urination. Changes in muscles, nerves, pelvic tissues, or cancer treatments such as pelvic radiation may affect bladder function. Muscle relaxants, sedatives, and some blood pressure medications may contribute as well.

Diabetes, vaginal prolapse or vaginitis, prostatitis, urethral stricture, bladder stones, and overactive bladder can cause frequent urination. Weak pelvic muscles may cause leakage when coughing, laughing, or sneezing. Overflow incontinence occurs when the bladder does not empty completely, sometimes due to an enlarged prostate or constipation, resulting in frequent urges to pass small amounts of urine. Arthritis may also make reaching the toilet difficult; a bedside commode or disposable absorbent underwear may help.

How much should you drink? Drink enough to keep your urine pale yellow. Needs vary with thirst, diet, and time of day. If nighttime urination is a problem, reducing fluids after 4 p.m. may help. Ask your doctor whether medication timing can be adjusted. Pelvic exercises and treating constipation may also improve bladder function.

Seek medical attention for fever with dark urine, blood, back or groin pain, a feeling of incomplete emptying, difficulty passing urine, or loss of bladder control.

Keeping the spooky fun going! On **Saturday afternoon, November 7**, a group of kids and families will be making post-Halloween neighborhood visits in full costume to share smiles and extra-sweet treats with our seniors.

If you would like to receive a visit that afternoon, contact Paula at 646-734-0182



Choosing the Right Footwear for Cooler Weather

Joann Li, DPM

As we begin to feel a breeze in the air and the weather becomes chillier, your footwear stops being a fashion statement and starts being a piece of safety equipment. Rain, snow, and ice can make roads and sidewalks slippery, and the right pair of shoes or boots can be the difference between a graceful stroll and an ungraceful sit-down in front of the neighbors.

Start from the ground up: traction is everything. Look for a shoe or boot with a good non-slip sole. Good tread grips wet, snowy, and icy surfaces and helps keep you upright. But let's be honest — no sole is magic. Remember that even shoes with good traction cannot completely prevent falls on ice, so take your time and use extra caution in slippery conditions.

For boots, a wide toe box is your friend. Your toes should be able to wiggle and spread naturally, not audition for a game of sardines. This is particularly helpful for people with bunions, hammertoes, or other areas of foot discomfort.

A good shoe or boot should also have a firm heel counter. The heel counter is the stiff back portion of the shoe that cups your heel. It should feel sturdy and supportive, holding your heel in place instead of letting it slide. At the same time, the front of the shoe should have some flexibility. A quick test: try flexing the shoe at the ball of the foot, right where your toes naturally bend when you walk. It should give there. A shoe that stays stiff at the ball will fight your stride with every step.

When shopping for cooler-weather footwear, look for:

- Non-slip soles with good traction
- A wide toe box that allows the toes to spread naturally
- A firm heel counter to keep the heel stable
- Flexibility at the ball of the foot to allow a more natural walking motion
- A secure fit so the foot does not slide around inside the shoe
- Adequate insulation and water resistance to help keep your feet warm and dry

As the temperature drops, don't sacrifice comfort or stability for style. A well-fitting pair of boots will keep you active, steady, and comfortable all season long. Find shoes at the Foot Center of New York, on 55 East 124th Street.

Here's How I Use My Meta Glasses

Antoinette Williams

During a recent checkup with my Ryan Health optometrist, Dr. Samouha suggested that I start wearing sunglasses. She explained that long-term exposure to ultraviolet (UV) light can damage the internal structures of the eye and increase the risk of cataracts and age-related macular degeneration, a leading cause of vision loss. At 79¾, I decided to take her advice.

Finding the right pair, however, was not easy. I have high cheekbones, and non-prescription glasses often don't sit properly on my nose bridge. After visiting many stores, I finally saw an ad for Meta sunglasses and decided to investigate.

On my way to dinner recently, I stopped at Sunglass Hut in Macy's Herald Square. A friendly young salesman showed me the Meta options. Most were black, which didn't appeal to me because I wanted something that would coordinate with all my clothes.

Then I tried on the Ray-Ban Skyler (Gen 2), Shiny Transparent Peach, with Clear-to-Brown Transitions. Whala! They were comfortable, attractive, suited my complexion, and could go with any color I wear. The salesman explained Meta's features and helped set everything up on my iPhone 17. Outdoors, the lenses automatically change color. I can say, "Hey Meta," and the glasses can make or answer calls, read messages, find places, tell me the time and weather, take pictures, and play music.

A touchpad lets me play or pause audio and adjust the volume. I am delighted with my discovery. I'm still learning everything these glasses can do, and Meta continues to improve them. I can listen to music for nearly six hours, and the glasses tell me when they need charging. The rechargeable case uses a USB connection and Apple's power adapter.

Here are me and Meta!



On September 9, ParkNorth Physical Therapy hosted a workshop for LiLY members on strength training, emphasizing that building strength reduces falls and injuries and boosts confidence. The event highlighted prevention through daily routines, sharing a safety plan: regular movement, hazard checks, and consulting healthcare providers. Staff answered questions, demonstrated exercises, and safe weight use.

More events are coming soon!

THE HAIRY APE



THE HAIRY APE By Eugene O'Neill

First debuting in 1922, this play created a huge stir with its powerful story of class and economic disparities, a message that remains just as relevant over 100 years later.

Join us for a performance at the Irish Repertory Theatre!

Interested in Attending? Contact Edward Gibbons-Brown at 845-475-4392 or edward@lfily.net. The play is Sunday, November 8 @ 3:00 PM.

Food For Thought

"October is the opal month of the year. It is the month of glory, of ripeness."

-Henry Beecher Stowe

"I'm so glad I live in a world where there are Octobers."

-Lucy Maud Montgomery, Ann of Green Gables

"I cannot endure to waste anything so precious as autumnal sunshine by staying in the house."

- Nathaniel Hawthorne

"Autumn skies and pumpkin pies, I can tell no lies, this I love."

- Unknown

Monthly Events Bulletin

Saltwater fishing on the pier at 125th St.
Saturday, October 10, from 11 AM to 12:30

Functional yoga at the Riverside Church
Thursday, October 15, from 1 PM to 2 PM

Birding: Fall Migration: Join Rangers for a guided bird walk that begins at 116th Street and Riverside Drive.
Saturday, October 24th
Call 212) 304-2277 for more information

Historic Harlem Super Hike: Join the Urban Park Rangers for a hike from Morningside Park through Saint Nicholas Park, ending at Jackie Robinson Park.
Call 212) 360-1444 for more information.

Harlem MEET Africa Festival

This free festival will take place on Sunday, October 18 from 2 o'clock to 7 PM in Marcus Garvey Park.

No registration is required. Stop by to enjoy live music, culture, and community!



This charming gazebo is located in the People's Garden on 111th Street and Amsterdam. It has blocks, games and other toys as well as a shelf full of books for both children and adults.



Schmigadoon

We have 10 tickets to the Tony Award-winning musical Schmigadoon! **Sunday, November 22 at 3 PM.** If you would like to attend, please contact Edward Gibbons-Brown at 845-475-4392
Please Note:
The mezzanine has no elevator

Eyal Vilner Big Band A Very SWING OUT Holiday!

The Eyal Vilner Big Band returns to the Museum at Eldridge Street to celebrate the holidays in a swinging fashion on Friday, December 25th at 2:00!

Described by DownBeat Magazine as "one of the more notable swing dance orchestras in the world," the Eyal Vilner Big Band draws on the traditions of jazz, swing, and the blues, while bringing a distinct contemporary voice to the classic big band sound.

LiLY has 25 free tickets. If you would like to attend, please call or text Paula at 646-734-0182 (The address is 12 Eldridge St, between Canal and Division Streets)

October 2026 LiLY Events Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2	3
Card Playing @ 3 PM	Jewelry Making @ 12 PM NYPL Movie @ 12PM Walking Group 114th St and Riverside @ 2 PM Mahjong Group @ 3 PM Yoga in Spanish @ Morningside Heights Library 10 AM to 11 AM	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
4	5	6	7	8	9	10
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11	12	13	14	15	16	17
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18	19	20	21	22	23	24
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25	26	27	28	30	31	1
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@ NYPL October 19th we will screen "Flow"; On 10/26, we will screen "Louise by the shore"



We will be providing Thanksgiving meals again this year, hand-delivered from Riverside Church.

We are limited to 100 meals this year, so please put in your request as soon as possible. If you would like a dinner on Thanksgiving Day, please contact Edward at (845) 475-4392 or edward@lfily.net

Lifeforce in Later Years (LiLY)

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

LiLY
lifeforce in later years

 West Harlem
Development
Corporation

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Created by Paula Seefeldt



and Maeve Slon



Translations by Miriam Ortiz

Reviewed by Anita Gold

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