THE VILLAGER

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Meet Your Neighbors



Hello. My name is Birgit, and I am very happy and thankful to join the LiLY community. I was born and raised in Germany but have called the United States my home for the past 30 years. Three years ago, I moved to Morningside Heights from Denver, Colorado. I recently retired from working with preschool children and am preparing to volunteer in local school literacy programs. I enjoy long walks and bird watching, and I am really looking forward to meeting and connecting with my neighbors.



We are developing a new book club... with a twist!

Rather than everyone reading a book every month, the members will take turns to read a book and then do a small group presentation about the book and have a discussion based on its themes. If you would like to learn more, contact Paula at 646-734-0182

Hi everyone! I'm Alice Hunsberger, and I started with LiLY before it had a name. In the 1970s, Irene Zola was my friend, living in the same building. We both wanted more programs for our preschoolers, her son Danny and my daughter Adriane. So I jumped at the opportunity in 1981 to help Irene start the school, Learning Annex, that still operates out of the brownstone on 112th Street.



I hammered the wooden planks in the backyard fence and convinced the local carpet store on 106th street to donate carpet samples for the floor. Decades later, I was on the board of LiLY, helping with gala events and fundraising. Now, finally old enough to benefit from LiLY's senior services, I'm a lucky member of the Cercle Francais/French Circle every Tuesday. This is my neighborhood ever since graduate school at Columbia, where I earned my PhD in Middle East Languages and Cultures, specializing in Persian and Arabic literature and religions. I lived and taught in Isfahan, Iran, under the Shah, and was there for the start of the revolution, with tear gas and soldiers on campus beating up my students. Professionally, I've had two simultaneous careers, one for money and health care --working as a fundraiser for international nonprofits, like Amnesty International and Asia Society, and the other my academic career, teaching at Univ. of Puerto Rico, Queens and Hunter Colleges, and in London, and now at SUNY College at Old Westbury on Long Island. While I love going around the world and giving lectures, I'm really excited about my new venture this fall, a Live Radio show, GLOBAL EXPLORATIONS, on SUNY student radio station, which is on the Internet. You can listen LIVE on your computer or phone every Wednesday, 6-7pm, when I talk about a different part of world culture. HOW to tune in - Visit OWWRNY.ORG on-line, click the big green &"LISTEN LIVE"; button, and press play.

Scam Prevention

By Paula Seefeldt

Scamming can dramatically increase during the holiday season with online fraud attempts spiking during Thanksgiving weekend. According to the Pew Research Center, 73% of adults have experienced a scam attempt with $16.6 billion in losses in 2024 alone. Older adults are often targeted and AI is adding a new dimension to the attacks. There are steps you can take to protect yourself:

1. Don't be ashamed if you get scammed! The attackers are very skilled and know how to use fear to manipulate their victims. Being scammed is never your fault.
2. Hang up on suspicious or unsolicited calls. Do not open attachments in emails that you don't recognize. If someone calls you from a number that you do not recognize, let it go to voicemail. If they leave a legitimate voicemail, you can call them back. You can also block any number that seems suspicious.
3. Do not rush – scammers are trying to panic you. Hang up or close the email and call a friend or family member and share what happened.
4. AI can mimic anyone's voice. Be very wary of false distress calls. A friend of mine received a call from "the police". The fake cop said his daughter had hit another car, injuring a pregnant woman. My friend asked to speak to his daughter and someone sounding like her got on the phone asking him to pay bail. He was about to do it when he decided to call his daughter on her cell phone. She was at home and had no idea what he was talking about.
5. If someone claims to be calling from your bank, hang up and call the number on the back of your bank card or go to the bank.
6. Go paperless when you can and shred any pre-approved credit offers, insurance forms, bank or credit card statements, etc, before discarding them.
7. Do not use the same password for every account. You can use your comuputer generated password.
8. Government agencies do not call – do not give any personal information over the phone, just hang up.
9. There are scammers who can pop up on your computer telling you that your computer has been infected and will claim that they are from Microsoft or Apple and that you need to pay them and give them remote access to fix the problem. You do not – these companies never send pop-up warnings. Disconnect from the Internet. When you log in again, clear your browser history. If this happens, call Paula or a family member if you need help with these steps.
10. If you get an email invitation to a party from someone you haven't heard from in a while, do not click on the invite, call your friend instead, they have likely been hacked.



Navigating housing, benefits like SNAP and SCRIE/DRIE, or tax season can feel overwhelming.
Fortunately, the Northern Manhattan Improvement Corporation offers free, community-based support for older adults in need. Reach out today at 929-415-8745 or info@nmic.org.



Here is last month's theater outing after seeing Phyl! You can join just by checking out this months free theater oppertunities.

The Season of giving is here



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

Monthly Events Bulletin

Legal workshop on November 12

Attorney Abraham Mazloumi will return to Riverside Church to discus "The Importance of Estate Planning and the Intersection with Elder Law." The talk will begin at **1 PM**, but lunch will be served at noon. You may arrive at either time.

Free Concerts: Music Middays

This is a program featuring emerging musicians performing one-hour programs at **12 PM** on select Tuesdays at Advent Lutheran Church at 2504 Broadway at 93rd Street.

Admission is FREE. Ensemble 132 will perform chamber music on **Tuesday November 18**.

Free Theater opportunities in December!

On Saturday, **December 5th**, we have 15 tickets for the matinee performance of *Here There Are Blueberries*, a 2024 Pulitzer Prize finalist.

On Sunday, **December 13**, we have 15 tickets matinee to *Hadestown*, the 2019 Tony winner for Best Musical.

- Tickets are open to everyone but priority will be given to those who have not yet attended a production. If you would like to join us at either of these events, please contact Edward at (845) 475-4392 or edward@lfily.net

Food For Thought

"Believe you can and you're halfway there." - Theodore Roosevelt

"Be the change that you wish to see in the world." - Mahatma Gandhi

"Don't cry because it's over, smile because it happened." - Dr. Seuss

"Education is the most powerful weapon which you can use to change the world." - Nelson Mandela



Pain: A Universal Sensation

Dr. Norma Braun

While acute pain alerts us to protect an injury, pain lasting over 3 to 6 months becomes chronic, carrying both physical and emotional burdens. About 25% of chronic pain sufferers develop Chronic Pain Syndrome (CPS) when anxiety and depression compound the condition. Causes vary widely, from arthritis and nerve damage to old fractures, digestive inflammation, and chronic fatigue. As we age, past injuries and new conditions frequently resurface.

Pain perception is subjective and difficult to measure objectively. Left untreated, chronic pain alters daily life, triggering sleep disturbances, fatigue, depression, substance abuse, and even suicidal ideation.

Addressing chronic pain begins with a detailed medical history and physical examination by a physician. Diagnostic tools like blood tests, X-rays, CT scans, and MRIs help identify root causes. Management often starts with a primary care provider or specialist an individually tailored combination of therapies.

Effective treatments can include physical therapy and occupational therapy, TENS units, bracing, nerve blocks, relaxation techniques (such as yoga and meditation), and counseling. Medications range from NSAIDs and muscle relaxants to antidepressants and anti-seizure drugs, though long-term NSAID use carries risks like ulcers and kidney issues. Opioids are strictly limited to short-term use (10–14 days) due to severe addiction risks, outside of end-of-life care.

A crucial factor in treatment success is managing expectations. Achieving a "zero pain" state may be unrealistic, but reducing pain by more than 50% can significantly improve daily functioning and overall quality of life.



We recently piloted a chair yoga class

If you are interested in participating in future classes, please contact Paula at 646-734-0182

November 2026 LiLY Events Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
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
8	9	10	11	12	13	14
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15	16	17	18	19	20	21
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22	23	24	25	26	27	28
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29	30	1	3	4	5	6
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We will be watching French films at the library this month.

Screenings are at noon and there will be pizza

November 9: A Single Girl by Benoit Jacquot

November 24: The Measure of a Man by Stephane Brize



Christmas is just around the corner...

A Very SW!NG OUT Holiday!

with The Eyal Vilner Big Band

Friday, December 25th at 2:00 PM

At The Museum at Eldridge Street (12 Eldridge St, between Canal and Division Streets)

Tickets: 25 free tickets available via LiLY.

Call or text Paula at 646-734-0182 to reserve.



Locating Girlhood: Place and Identity in Early American "Schoolgirl" Art at The American Folk Art Museum untill February 28, 2027

To see this stunning exhibit of needlework and other ornamental work by girls from the 18th and 19th centuries, visit the museum at Columbus Avenue and W. 66th Street. The museum is open Wednesday through Sunday from 11:30 AM to 6:00 PM.

Needlework Picture (Tree of Life) by Mary King

Lifeforce in Later Years (LiLY)

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lifeforce in later years

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