



Summer 2012  
Vol 4, No 3

# MORNINGSIDE VILLAGER

## Morningside Village Neighbors Help Elders to Age Comfortably in Their Own Homes ... And, it's free of charge!

Although there will always be thousands of students living in this community, there are also thousands of seniors, and hundreds of them are 85 years old and over! Approximately 80 volunteers of Morningside Village (a neighborhood program of the nonprofit organization Lifeforce In Later Years (or LILY)) are helping over 60 of them to age comfortably in the homes they love .

Seniors and most volunteers live in our catchment zone, between W. 106<sup>th</sup> St. and W.118<sup>th</sup> St., from Riverside Drive to Morningside Drive/Columbus Av.

**SENIORS WHO NEED SOME NEIGHBORLY HELP SHOULD CALL US AT: 917-775-1199**



Silver haired Stephanie Ramos on a Morningside Village rooftop tea in May

## SILVER HAIR IS ALL THE RAGE IN MORNINGSIDE VILLAGE



Volunteers Ayesha & Isabella Marra talk with their friend, Dr. Raji Murty.

**VOLUNTEERS CAN FIND OUT MORE ABOUT HOW YOU CAN HELP OUR OLDER NEIGHBORS!**

**COME TO AN ORIENTATION MEETING ON – TELL A FRIEND**

**THURS., JUNE 21<sup>st</sup> AT 7PM**

**241 West 108<sup>th</sup> St., Apt. 7D**

LILY, with its 501(c)(3) status, thanks supporters:

- ❖ Bank Street College
- ❖ Columbia Housewares
- ❖ Columbia University
- ❖ Famiglia Pizza
- ❖ Good People Fund
- ❖ International Wines and Spirits
- ❖ Liberty House
- ❖ Milano's
- ❖ Morgan Stanley
- ❖ New York Assembly Member Daniel O'Donnell
- ❖ Nussbaum and Wu
- ❖ Samad Deli
- ❖ St. Luke's Hospital
- ❖ Tom's Restaurant
- ❖ University Hardware
- ❖ Village Copier
- ❖ West Side Market

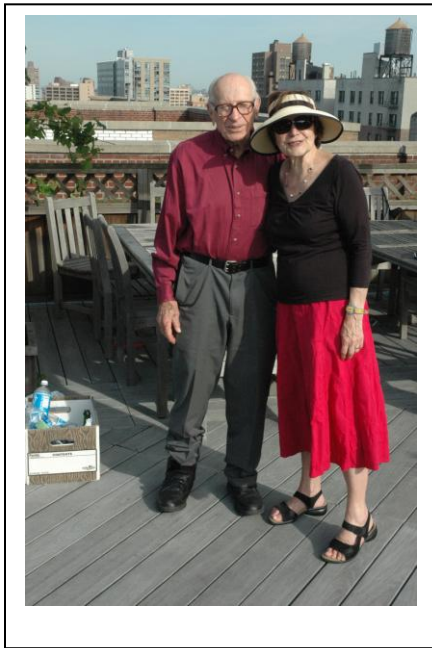
TO DONATE  
MAKE YOUR  
CHECK  
PAYABLE TO:

Lifeforce in  
Later Years  
P O Box 250402  
NY, NY 10025

## What Our Seniors Are Up To...



A meeting of the minds...Left to right, **Peggy Kuhns, Kate Kolchin and Olga Hruby** share thoughts at Morningside Village gathering.



**Judge Vincent McConnell** (l) a senior "Villager", now writing his memoirs, with Morningside Village Coordinator **Francoise Noble** (r)

### CLASSIFIED

-Wanted, donation of a laptop computer with wifi for a senior wanting to communicate with far away family.

-Wanted, donation of a piano in good condition for Morningside Village events.

-Anyone wanting to adopt a pet? Beautiful orange and white neutered male cat, 5 years old, looking for home...he's a little shy!

Responders, please call 917-775-1199 or email us at [info@L-i-L-Y.org](mailto:info@L-i-L-Y.org)

## Mr N. writes, "OUT FOR A WALK"

What a morning! It's like that song in 'Oklahoma', 'Oh what a beautiful morning; everything's going my way'. There was Gordon McRae singing away. I must go out! Besides, walking is the best way to exercise. When my visitor comes, I'm sure we can do at least a mile and get a coffee too. I better turn on the t.v. and check the weather channel. I think it must be in the 70's.

I want to go to the Cathedral garden. I think the lilies are in full bloom. After that we can go for the coffee, maybe at that place on the Columbia campus, near the Jefferson statue; quiet and among green trees and lawns in middle campus. The coffee is OK, too. If that's too crowded, maybe we can sit out at Nussbaum and Wu or Il Cibreo under the blue sky and see who else is out on Broadway.

Beforehand, I must go to the toilet and put on sun screen. I'll wear long sleeves, too; keeps the sun off my arms. If I can find it, I have a straw hat that has a wide brim to keep the sun out of my eyes.

I hate crossing the street because I'm so slow. I think drivers see what is what and wait for slowpokes like me to make it across, but a few may not like it if they're in a hurry. Ironically, those very drivers may feel rattled in 50 years from now when they're crossing the street at a snail's pace too! If only they realized.

I hear the doorbell. "Yes, who is it? Oh, it's you, Liz, come in." I'm going to wear these sneakers, comfortable and sure, no slipping on the pavement. But, I'm not going to wear my hearing aids. They're too noisy in the traffic. Okay, we're all set now. So...Gordon McRae, here I come.



CONTACT US...

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[www.L-i-L-Y.org](http://www.L-i-L-Y.org)

Email:

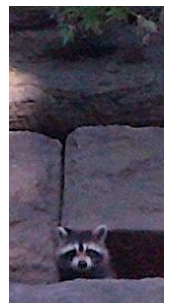
[Info@L-i-L-Y.org](mailto:Info@L-i-L-Y.org)

Tel: 917-775-1199

## What Our Volunteers Are Up To....



**Four year old Lily Zola** helps stuff envelopes for the mailing of our spring newsletter.



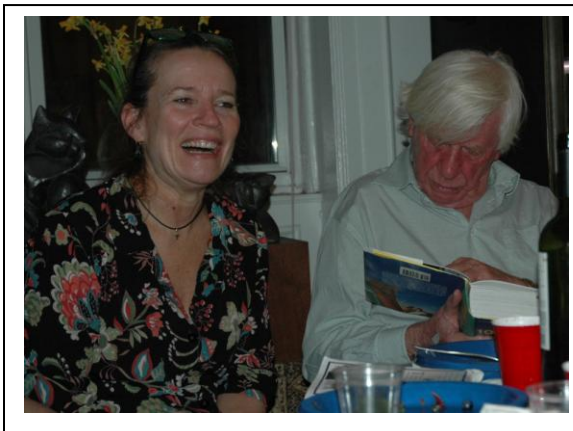
Raccoon in  
Riverside Park in  
June

## MORNINGSIDE VILLAGE CREATING CIRCLES!

Several Villagers (intergenerational) have the idea of creating some more groups focused on their interests, groups that could meet perhaps once a month or more, depending on wants. Already, we have had a successful reading group that is now two years old (see below). And, a Writing Group of three has just developed. Film Prof., John Loose, is organizing a Film Watching and Discussion group. Do you want to join one of these:

- Reading Circle Number II
- Current Events Discussion Circle
- Knitting or Crocheting Circle
- Writing Group
- Film (Watching & Discussing) Circle
- Walking Group (even with walkers)
- Plays Aloud - Reading Circle
- Chinese or Western Chess Circle
- Mahjong Circle
- Bridge or Pinochle Circle
- Bird and Tree Watching

Please give us a call if you're interested or if you have another idea! Our telephone number is 917-775-1199. Leave a message, and we will get back to you, *pronto!*



**Angela Lantz Smith and Ian Lawson**, at a meeting of Morningside Village's First Reading Circle. It has been meeting around a Villager's ample dining room table, as members bring finger food and drink. Seniors get an escort to and from the monthly meeting, if wanted.

## SUMMERTIME...But What If...? By N. Noble

When I was a young teen, I spent summer vacations on my grandfather's sheep and goat ranch in west Texas. I loved it. After all, I was escaping the do's and don'ts imposed by my parents: eat this, and don't eat that; read this, and don't read that; go here and don't go there, and so on and so on. However, I found that even in the sun baked barren mountains of very dry West Texas, there were rules.

The first one was; water, water, water; drink a glass when you get up, a glass with breakfast; a glass before lunch; with lunch, after siesta; with afternoon snack; with supper; before going to bed. Ugh. But I did.

Not too long after WWII you will remember that we had our atomic bomb scare, the radiation alert for all of Europe and the USA. Like many Americans at the time, my grandparents had a shelter equipped with basic necessities:

-Bottled water to last a week,

-Dried fruits and nuts, cereal, canned things like meat or fish, vegetables and soups.

-There was a first aid kit, bandages, pain relief pills, disinfectant, and a thermometer.

-There were candles and matches, and a battery operated flash light with extra batteries too.

-Although my aunt wanted a fancy lace hand fan, just to keep up her spirits, my grandfather kept a battery operated fan.

-Also, one needed amusement, like a deck of cards and some board games as well as books.

Thankfully, when the Berlin Wall came down, we got rid of that shelter business.

Now, living in 21<sup>st</sup> century Manhattan, we all know that, along with the fragrance of linden trees throughout our neighborhoods, summertime can bring with it heat emergencies and energy blackouts. I think my grandfather's shelter recipe is a perfect one for us to follow as we keep ourselves prepared for emergencies.

We can also arrange the furniture so that we can get around in the dark without stumbling. The first aid kit and other emergency items should be kept exactly where they can be quickly reached. In addition to the 1900s version of preparedness, today we can consider keeping a battery operated CD player at hand with a supply of our favorite music CD's, maybe even the soundtrack from 'Porgy and Bess', so we can sit back and sing along with the chorus as it soothingly sings 'Summertime'. Should an emergency occur, it's also nice to know that our volunteers will be on hand to help us through!



**Chinese Chess pieces look very different from Western Chess Pieces.**

## What Our Volunteers Are Up To...

Columbia student **Brian McGrattan** (l) and 50 year resident of “Morningside Village”, **William Wood** (r), leaving restaurant, Nussbaum and Wu, after a rollicking game of Chinese chess, a weekly game, except for summer break.

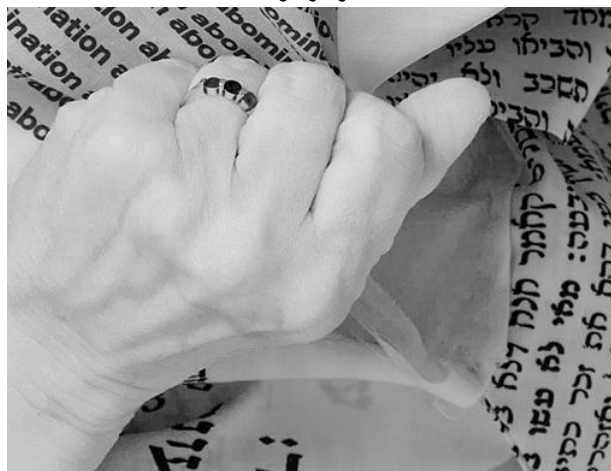


## What Our Volunteers Are Up To...

**Erin Broad** and therapy dog **Kate** like to visit canine-loving seniors. Erin is also **Director of Volunteer Recruitment** at Morningside Village, attracting, orienting, and training new Morningside Village volunteers.



**Social Workers Tonya Reid** (l) and **Rebecca (Becca) Nieubuurt** (r) are making the rounds to introduce themselves to “Village” seniors and to see if there are additional services that seniors can benefit from.



**Volunteer and Artist Susan Kaplow** is highlighted in an installation at Temple Emanu-El, 1 East 65<sup>th</sup> Street, June 4-14<sup>th</sup>. Her work, “Abomination: Wrestling With Leviticus” explores the legacy of biblical doctrine on homosexuality for gay people today.

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