



August 2012
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MORNINGSIDE VILLAGER

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

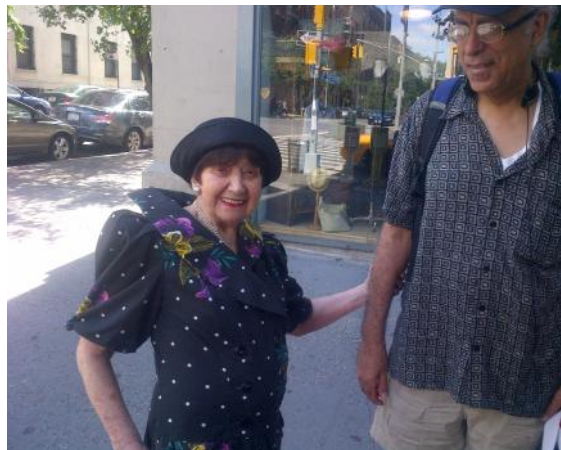
Although there will always be thousands of students living in this community, there are also thousands of seniors, and hundreds of them are 85 years old and over! Approximately 80 volunteers of Morningside Village (a neighborhood program of the nonprofit organization Liferforce In Later Years (or LiLY)) are helping nearly 70 of them to age comfortably in the homes they love .

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

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



New York State Assembly Passes a Resolution!



Two *Morningside Villagers*, Rajna E. (left) and John Hailu (right) walk on Broadway on one of the more pleasant summer days in July.

As part of its visibility campaign at a time when older seniors are often invisible in the media, in spring 2012, members of LiLY's Board of Directors came up with the idea of creating a special NY state day that would be set aside on the calendar to honor our oldest neighbors. To conform with the UN's "Day of Celebrating Older Adults", we chose October 1st. We then spoke to our NYS Assembly Member, Daniel O'Donnell. Voila! The New York State Assembly has now passed a resolution proclaiming October 1st "Love An Elder Day" in the State of New York.

LiLY's Directors are now planning ways that we can celebrate "Love An Elder Day" in Morningside Village! Let us know your ideas by calling Françoise or Irene at 917-775-1199 or emailing us at info@L-i-L-Y.org. Perhaps fireworks are in order!!

LiLY, with 501(c)(3) status, is in part supported by:

- ❖ Bank Street College
- ❖ Columbia Housewares
- ❖ Columbia University
- ❖ Famiglia Pizza
- ❖ Good People Fund
- ❖ International Wines and Spirits
- ❖ Liberty House
- ❖ Milano's
- ❖ 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

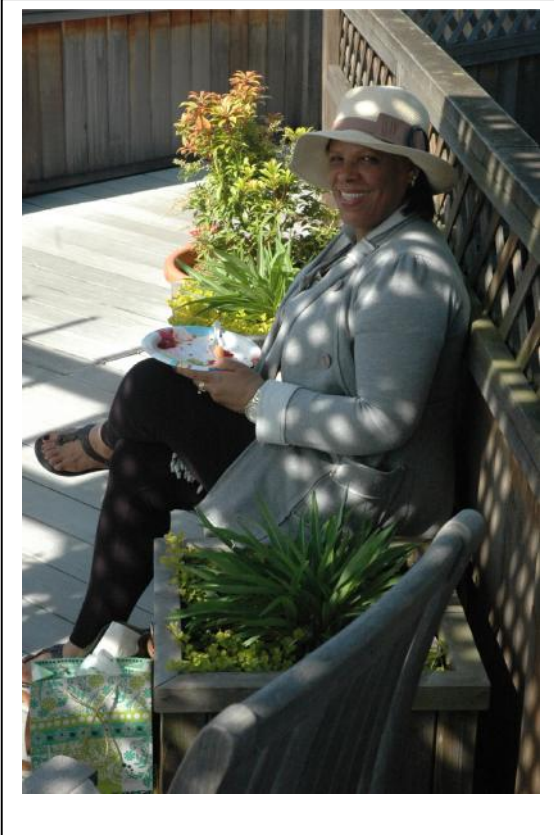
TO DONATE, MAKE YOUR CHECK PAYABLE TO:

Liferforce in Later Years

At: P.O. Box 250402
NY, NY 10025
Or use Paypal on our website
www.L-i-L-Y.org

What Our Volunteers Are Up To:

Nazari Hernandez has been a volunteer for Morningside Village for over a year. Spanish is her mother tongue. She helps volunteers with translation when needed. We send her a GET WELL SOON!



Volunteers Jane Scileppi and Ian Lawson who live on W.111th St. send us all a “hi” on their summer vacation.



“Let’s Eat!” by N. Noble

It's summer! It's hot! It's humid! The temp. is above 90 degrees, the humidity above 98%. It's horrible. Who wants to eat? NOBODY!!!

Wait a minute. I hear tiny voices in my head. Perhaps they come from my niece, from my parents, from the doctor, from the PR department of several super markets. They are all whispering to me that I must eat to keep my brain and body nourished. Of course I must. BUT, I am not going into a hot kitchen to make it hotter.

It is summer and I am going to take advantage of the wonderful fresh fruit and veggies in the market now. The little cooking I do will take place in the morning before it gets hot and in the evening after the sun has gone down across the Hudson. I will not turn on the oven, not once!

Here is my game plan: In the morning I'll have a bowl of oatmeal, but soaked in cold nonfat milk for 15 minutes to soften it! I can add honey, agave, or a little maple syrup and some fresh fruit. Perhaps some soft raw cashew nuts too. I can't skip that cup of tea with my breakfast, but it's the last hot drink for the day.

For my morning snack I'll have an iced decaf coffee with yogurt & blueberries or strawberries.

Lunch will be two open faced sandwiches on whole wheat pita bread. I'll cut the bread in half and put on it a touch of mayonnaise, some fresh lettuce, cucumber slices or tomato slices with herbal salt. I'll sometimes add some salmon pieces from the extra can I keep in the cupboard...just in case.

After my siesta I'll drink a cold drink or just plain water, with maybe a frozen banana. Ever had one? You may be surprised at its rich texture. Freeze it in the skin. It'll turn black, but then peel it, and you've got a melt-in-your mouth treat.

For my 5pm cocktail, I'll have some fresh lemonade or one of my special lime-aides (lime soda with a splash of tonic water). On the cocktail tray I'll have a bowl of carrot sticks, celery sticks, some olives, some humus or salsa, and a small wedge of low-fat cheese with crackers. I like gruyere, cheddar, feta cheese, and gouda, but I can't forget the cholesterol factor! When I have these, I'm ungenerous.

For dinner it's a bean salad with a tossed green salad or a *salade niceoise*. I'll alternate these over the week. On Sunday I eat a mushroom omelet with a small green salad, if the weather be good! Otherwise, it's cold chicken for me, with salad. Asian Sesame dressing makes any salad yummie!

