

THE VILLAGER

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Preparing for the Holidays

By Dr. Norma Braun



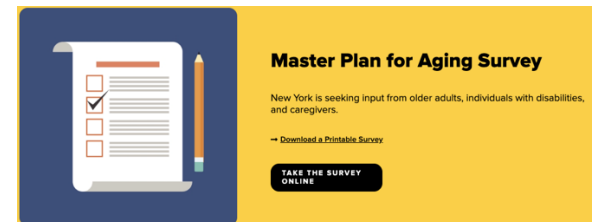
This season, we are already beginning to experience the “Tridemic”: Seasonal Influenza, which is starting earlier, Respiratory Syncytial Virus (RSV), more transmissible than the Flu, and COVID-19, which is still with us. We are so fortunate that we have effective vaccines for ALL these, and which are covered by Medicare and other insurances. Remember, it takes 4-6 weeks to make sufficient antibodies to handle the invasion, so the sooner you get vaccinated the better. Masks are still important to reduce disease impact. These are all tips to remember during the oncoming holidays, which increase our risks as people gather for the celebrations.

For those who contract COVID despite their vaccination status, and if symptoms are more severe, Paxlovid (a combination of Nirmatrelvir and Ritonavir) helps to reduce viral replication until your body controls the infection. This is best taken within 48 hours of symptom onset and taken twice a day for 5 days. Gastrointestinal side effects can be reduced by taking the medicine with food. You need to call your doctor for a prescription and for a possible adjustment of medications that may interact with Paxlovid. It may result in altered taste while taking it, which means your system has successfully absorbed the medication. Paxlovid reduces the chance of needing oxygen, hospitalization, and death while sick with COVID. Staying safe will help you enjoy the holidays!

NY State’s Master Plan for Aging

Governor Hochul recently announced that New York State is working on a statewide plan to address the needs of seniors. As part of their research, they are asking for feedback from senior residents throughout the state. If you would like to participate in the survey, you may go to the website listed below, and click the link for the online survey. If you would like to participate, but are unable to do this online, please let us know, and we will arrange for a volunteer to assist you.

<https://www.ny.gov/programs/new-york-states-master-plan-aging>



Screenshot from ny.gov

Good News for Social Security Recipients!

For Social Security (SS) recipients and those on Supplemental Security Income (SSI), the Social Security Administration has announced that, starting January, benefits, on average, will increase by more than \$50 per month!

Over 66 million SS and approximately 7.5 million SSI recipients will see the cost-of-living adjustment by January 2024. Those receiving both SS and SSI will experience twice the raise in their monthly income, and help folks keep up with today’s cost of living changes.

Recipients should be receiving notices in the mail starting early December.

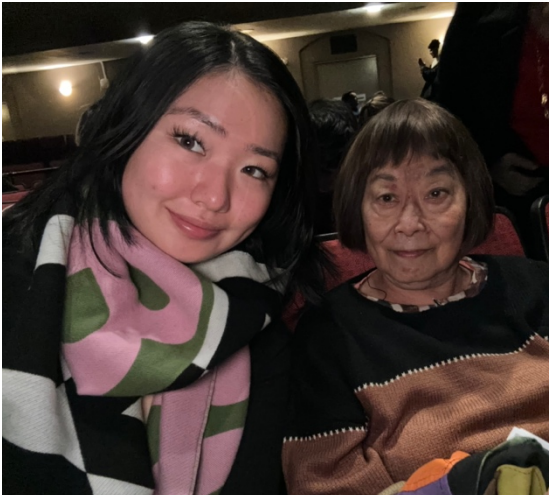
Winter Weather is Coming!

Fall isn’t yet finished, but it’s not too soon to prepare for wintry weather which usually shows up well in advance of December 21, the official start of winter. LiLY wants to be sure that you...

- Wear appropriate clothing, such as a tightly woven or wind-resistant coat or jacket, and possibly inner layers of light, warm clothing.
- Use gloves or mittens, hats, scarves, and walking shoes or waterproof boots.
- Don’t be distracted, and walk carefully when outside, avoiding icy patches.
- Carry a cell phone.
- Do indoor exercises. Several exercise workouts to follow can be found on youtube.com.



~~ WHAT HAS THE LiLY COMMUNITY BEEN UP TO ~~



Anna Li and Julia Mueller enjoy a night on the town watching the Columbia University Ballet Ensemble.



Martha Warner (at age 90) wraps up another winning golf season. Martha has discovered that Access-a-Ride can be a great option to travel to the golf course in the Bronx.

LiLY members Ibbby Lang and Wendy Wilson enjoy a Hudson River harbor cruise.



Shruti Sharma and Chitra Desai enjoying a birthday celebration.



JOIN A LiLY GROUP

The LiLY Men's Group meets every Tuesday at 2PM for lunch and hours of discussion.

The LiLY Women's Group meets every Wednesday at 1PM at a restaurant of their choosing.

For more info, contact Paula-Seefeldt@lfily.org or Jonathan-Slon@LFiLY.org

~ Divine Pathways at the ~ Cathedral



Amsterdam Ave. and 112th Street

The Cathedral of St. John the Divine, the largest Gothic cathedral in the world, is currently hosting this stunning installation by Brooklyn artist Anne Patterson. Each ribbon measures 75 feet and together there are over 75 feet of ribbons. Patterson drew inspiration from the colors within the church and visitors are encouraged to write a prayer or hope on the ribbon. There is an admission fee to the church but simply explain that you are a neighborhood resident, and you will not be charged.

GETTING INVOLVED & THINGS TO DO

Americorps Seniors Foster Grandparents Program

Are you looking for a way to volunteer? Are you interested in mentoring young children? The foster grandparent program, sponsored by the NYC Department for the Aging, is a chance to work one-on-one with children aged 3 to 12 in a school or school-based setting. To participate, volunteers must be at least 55 years old, undergo a background check and possible medical clearance, be available for 15 hours a week, meet low-income guidelines, and be a NYC resident. If you are interested in learning more, you can email fgp@aging.nyc.gov or call 212-AGING-NYC (212-244-6469).

Carillon Concerts at Riverside Church

In case you needed more proof of the cultural richness of our neighborhood, Riverside Church has free outdoor carillon concerts every Sunday at 3:00 from now until December 17th. This is the largest carillon in the world, containing 74 bronze bells, and was a gift from John D. Rockefeller in 1930 in honor of his mother. To enjoy the concerts, it is recommended to find a bench in Sakura Park, immediately north of the church and relax to the beautiful sounds.

Location: Riverside Drive between 120th and 122nd Streets

Department for Aging Presentation at Riverside Church on Thursday December 7th at 1:30, Room 9T – Refreshments Provided!

I hope you can join us for this informative event where we will learn about free services available to seniors in NYC: The NYC Department for the Aging (NYC Aging) assists older adults in living healthier and longer lives, which can help to delay institutional care until medically necessary. The goal of this presentation is to help audiences become more familiar with NYC Aging's programs that can be accessed for eligible older New Yorkers and those that care for them. To this end we will provide a comprehensive overview of services and supports to older adults and caregivers.

To RSVP, please email Paula at Paula-Seefeldt@lfily.org or call Pat at 917-847-7275.

Four Saints in Three Acts Documentary Screening at NYPL

on Broadway and 113th on Tuesday, December 12th at 2:00

When it was produced in 1934—in the midst of the Great Depression—*Four Saints in Three Acts* was an oddball sensation. It featured abstract words by Gertrude Stein set to music by Virgil Thomson and an all-Black cast performing on a set with cellophane trees by Florine Stettheimer. Who would ever guess that such a concoction would become the longest-running opera on Broadway? Dr. Steven Watson, author of the acclaimed book about this unlikely collaboration, *Prepare for Saints*, will show his documentary film (broadcast on PBS) about the opera and lead a conversation with the audience.



To RSVP, please email Paula at Paula-Seefeldt@lfily.org or call Pat at 917-847-7275.

MEET YOUR NEIGHBOR



LiLY partnered with the NYC Marathon this year and LiLY member Clara Levrero ran to raise money to help fund our community programming.

Go Clara!!

FOOD FOR THOUGHT

Life is a lot like jazz, it's best when you improvise.

- George Gershwin

It ain't as bad as you think. It will look better in the morning.

- Colin Powell

Be kind whenever possible. It is always possible.

- Dalai Lama

My friends are my estate.

- Emily Dickinson

Wrinkles will only go where the smiles have been.

- Jimmy Buffet

Try to be a rainbow in someone's cloud.

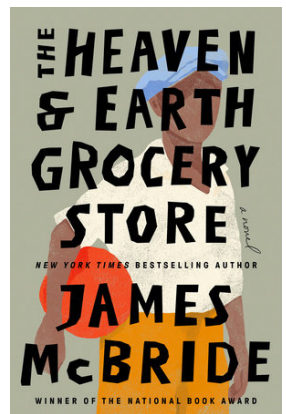
- Maya Angelou

~ READING LIST ~

A new book to read...

The Heaven and Earth Grocery Store by James McBride is that rare combination - critically acclaimed and a commercial hit.

A beautiful story of life in a neighborhood of African Americans and Jewish immigrants in the first half of the twentieth century, it is nominally a mystery but really a story of love and friendship.



OUR COMMUNITY

Local pharmacist John Navarra from Town Pharmacy visits Carl Bullock at home to make sure he is up to date on his flu shot.

PRODUCED BY AN AMERICAN CRAFTSMAN GALLERIES

Crafts at the Cathedral

The 25th Annual

A GLORIOUS
HOLIDAY SHOPPING
EXPERIENCE



DEC.
1-2-3



The Cathedral
Church of Saint John
the Divine



TICKETS

INFORMATION

LOCATION 1047 Amsterdam Avenue at 112th street New York, NY 10025	HOURS		ADMISSION	
	Friday 1st	Noon-8pm		
	Saturday 2nd	9:30am-8pm		
	Sunday 3rd	1pm-5pm		
			Adults	\$15
			Seniors	\$12
			Students	\$10
			Weekend Pass	\$18
			12 & Under	Free

AmericanArtMarketing.com
StJohnDivine.org

Are you having trouble taking care of your pet?

PAWS NY helps New York City's most vulnerable residents remain with their pets by delivering critical programs and services through a community of partners and volunteers. PAWS NY helps New York City residents who are most at-risk of losing their pets due to the physical and financial obstacles they face, with particular emphasis on low-income older adults and individuals living with illness or disability.

PAWS NY



If you would like to learn more about this program, call 212-203-4760.

Lifeforce in Later Years (LiLY)

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



'The Villager'
A LiLY Newsletter
Edited by Paula Seefeldt and Sidney Slon