

The HOUSE GAZETTE

James Lenox House and Carnegie East House

CELEBRATING 150+ YEARS: 1866-2022 VOL. XII, ISSUE I WINTER 2022

ANNOUNCING: OUR 2022 ANNUAL GALA

Our annual Gala is back. We hope you will join us at the James Lenox House Association's Spring Blossoms Gala on March 15, 2022 at Manhattan's Ziegfeld Ballroom, honoring Roxanne Donovan, Tom Scarangelo and Nancy Rabstajnek Nichols, welcoming back MC Sandy Kenyon, and supporting our mission of providing safe, affordable, independent and enriched living for older adults in NYC since 1866.

MARY LENOX SHEAFE AWARD



ROXANNE DONOVAN
President, Great Ink

Under her leadership, Great Ink, which she established in 1992 to focus exclusively on the commercial real estate industry and built environment, has been recognized as one of the top boutique PR firms in the nation. In addition to setting and executing

strategies that help clients achieve their business goals, she supports education for women as the current International President of Delta Phi Epsilon sorority. She is also Trustee of the Board of PEN America and a long-time volunteer supporter of JLHA.

Roxanne and Tom, married for 26 years with two sons, are the first couple in our 150+ year history to each receive the award named for our visionary founder.

MARY LENOX SHEAFE AWARD



THOMAS Z. SCARANGELLO, P.E.
Executive Chairman,
Thornton Tomasetti

Over his 40 years with Thornton Tomasetti, an international professional practice of engineers, scientists, designers and software developers, he has led structural engineering of buildings worldwide, spanning high-rise commercial buildings, entertainment and sports venues -

including Yankee Stadium for which he was engineer of record. He has driven the firm's growth and diversification, and is passionate about developing innovative Architecture/Engineering/Construction (AEC) technology. He is a founding member of AEC Angels, which drives investment in and adoption of cutting-edge technology. Philanthropic commitments include serving as a trustee of St. Patrick's Cathedral.

LIFETIME SERVICE AWARD



NANCY RABSTEJNEK NICHOLS
James Lenox House Association
Board Member

As Senior Vice President, External Affairs of Interpublic Group, she counsels corporate leaders on effective relationships with business, community, governmental and charitable organizations, as well as serving as liaison with key influencer

bodies, spanning advertising industry associations and the World Economic Forum. She serves on numerous business and pro bono boards, including as an active board member of JLHA for three decades, chairing many key committees and making invaluable contributions to our organization.

MASTER OF CEREMONIES



SANDY KENYON
ABC Eyewitness News

The reviews and feature reports of this popular Entertainment Reporter and Movie Critic have appeared on Channel 7 Eyewitness News since 2005 and once again can be seen in NYC taxicabs as part of WABC-TV's Taxi TV. Over his career, he has interviewed hundreds of

legendary stars. In addition to his own starring role in our Gala, he is a special friend and advisor to JLHA.

Providing **safe, independent** and **enriched living** for older adults in NYC since 1866.

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UPDATE FROM OUR BOARD PRESIDENTS AND EXECUTIVE DIRECTOR

When you read this, the chokehold that Covid has had on our lives may be ongoing. And the memories are still vivid.

As we look back, the degree of difficulty presented by the pandemic at both James Lenox House and Carnegie East House was staggering, including creating critical safety protocols on the fly...struggling to secure essentials, gloves to vaccines...a tsunami of federal, state and city paperwork, hourly drama, constant crises.

Joe Girven made a vow that Covid would not take the life of anyone at our Houses. He and all those who work at the Houses literally put themselves in harm's way to save the lives of our nearly 200 residents. Their response to this emergency was a whatever-needs-to-be-done approach, often working completely outside their job descriptions while doubling down on their primary responsibilities.

They won.

Every resident at both James Lenox House and Carnegie East House, many in their 80s and 90s, remains safe.

However—not surprisingly—fund-raising events needed to support our residents came to an abrupt halt although we did put on a virtual Gala last year that was a lifeline for our not-for-profit Houses.

This issue covers that Gala as well as two of our recently resumed Health and Wellness programs and introduces you to two remarkable residents. On page seven is a list of donors to whom we are deeply grateful. We thank them and all those who supported us in so many ways through the past two years.

Looking to the future, we hope you will join us on March 15, 2022 for our (hopefully) live Spring Blossoms Gala at the Ziegfeld, honoring three individuals who have done so much for New York and for JLHA: power couple, Roxanne Donovan and Tom Scarangelo, and Nancy Rabstejnek Nichols.

The Gala is always our most important fund-raising event of the year, and this year it is more vital than it's ever been. It will be good to see you!

Best wishes for a healthy and happy 2022.



Andrew Bonzani
President
James Lenox House Association



Calvin Mew
President
Carnegie East House



Joseph H. Girven
Executive Director

VIRTUAL GALA, REAL JOY

Whoa. What do we know about writing, producing, airing a digital platform Gala... "Don't worry," said Sandy Kenyon, ABC-TV Entertainment Reporter and friend of James Lenox House. "I'll show you how to do it." And so our pandemic-cancelled plans for a live 2020 Gala morphed into the 2021 Virtual Spring Blossom Gala, starring Sandy as our celebrity host, JLHA residents and staffers, supporters and our two honorees, Peter Riguardi and Bebe Broadwater. And to our astonishment, it worked.

Lights, cameras, a puff of make-up, and Action. The James Lenox House living room was transformed into a stage set for a day, the backdrop to Sandy's lively interviews with the honorees, good natured cajoling by our favorite auctioneer, special appearances including by our Executive Director, a past honoree and Board members. Wonderful photos dating back almost 150 years were intercut to help make the point that this wasn't our first pandemic. The response was stunning. In a year when many virtual fund-raisers unfortunately faltered, ours soared far past our pandemically modest goals.

Thank you!



On the set of the Gala filming, Bebe Broadwater (right) JLHA Board Member and recipient of the Lifetime Service Award, with Robin Lathrop, whose By Robin Event Design and Management Group produced the video.



Sandy Kenyon (right) interviews Peter Riguardi, Chairman and President of the Tri-State operations of Jones Lang LaSalle and recipient of the Mary Lenox Sheafe Award



Ted Moudis of Ted Moudis Associates and long-time volunteer Gala Auctioneer



Joe Girven, JLHA/CEH Executive Director

REAL GOLF

Last year's only live fund-raising event was our Third Annual Golf Outing, held in October, in which 11 foursomes hit the Manhattan Woods links. Our thanks to all the participants. A few photos from the sunny day...



RESIDENT: RICKY MABON

Innovator And Educator

Frederica Mabon, whom everyone calls Ricky, made the front page of The New York Times when she opened the Lenox Hill Senior Center at Saint Peter's Church in midtown Manhattan. The Times reported that she was not a fan of Bingo, so instead created a new kind of center, one that "bustles with vigor."

The center grew to thousands of members, becoming a model for senior centers everywhere. That wasn't her only ground-breaking achievement.

Now 83, she looks back at a social work and educator career bursting with innovation. An English and Art major, a post-college detour to a social work project introduced

her to possibilities she hadn't considered, in turn leading her to earn a M.S.W. from Fordham University's Graduate School of Social Services and later an L.C.S.W. She went on to become an advocate for children, for women, for immigrants and the disadvantaged.

She taught for 14 years at Fordham; designed conferences for New York State and educational programs for Marymount College; was a member of the United Nations Council on Global Aging and the National Council on Aging; was honored by the New York State Senate with their 2012 "Women of Distinction Award."

She credits the simple act of being a good listener and a gift for connecting with others with her success in inventing new and meaningful ways of delivering help and support. There are countless beneficiaries.

Along the way, she raised two children, Francesca Hall Mabon and Charles Donovan Mabon.

A longtime resident of the 10021 area code, it was Ricky's late husband who discovered JLH and years ago, without telling her, put her on the waiting list. When her son came with her for a tour he said, "you'll be happy here." She is, as is her 20-year-old red tabby, Fleur. "There are extraordinary women here and I have made many new friends. I love the library, the many services offered, and the sense of community we share. It is a beautifully managed and lovely space."



Ricky Mabon in 2012 when honored with the "Women of Distinction Award"

BOARD NEWS

Welcome!

To **Ruth Collier**, a finance executive whose experience spans close to three decades with Capital Group Companies, including as Senior Vice President, Mutual Fund Sales and Marketing. In addition to leading sales and sales planning, marketing intelligence and account development for the company, she coached and trained financial professionals and their teams and created webcasts for the company's national sales force. Active with her alma mater, Tufts University, including on their Women's Impact Initiative, she also has volunteered her time to JLHA, serving on our Investment Committee for the past two years.

To **Barbara Samuelson** whose career began as a financial journalist, including with Barron's and The New York Times, before joining Merrill Lynch where for over 30 years she has been Senior Vice President, Senior Financial Advisor. Her not-for-profit Board participation includes sitting on the Finance Committee of Ronald McDonald House New York; on the Executive Board of Grow NYC; on the Boards of the America-Israel Cultural Foundation, the Westport Country Playhouse, the Financial Women's Association. Through her late husband and JLHA Board Member, John Samuelson, she has been a longtime friend of our organization.

RESIDENT: FAY MORRIS

Caring For New York

After she retired, her far flung family tried to convince Fay Morris to move closer to them, in Fort Lauderdale or on Long Island, perhaps. She is having none of it. It's not that she doesn't appreciate her family. She especially "dotes on her nephews, nieces and godchildren."

But New York City has theatre which she loves, great sports teams—including the Mets, her favorite. She is active in her nearby Episcopal church. And from here she easily can travel, another passion of hers that has taken her to the UK, Europe, Canada, throughout the Caribbean, and Asia. A highlight, she says, was attending the 2008 Olympics in Beijing. On her list of places to go next, Covid-permitting, is Israel.

She seems always to have known what she wants to do. "Growing up, I wanted to be a nurse. There was no question in my mind" she says with a smile. She started by tending to her dolls and ended up as an elite cardiothoracic nurse in New York Presbyterian Hospital's cardiac unit. The road from dolls onward included graduating from The University of the West Indies, moving to New York where she earned a BSN degree at Pace University, working at Doctor's Hospital on Long Island, rising to Head Nurse. Then joining New York Hospital (as it was then known).

"I loved working in the cardiac unit," she says. "Patients going in for heart surgery are scared. I was

there to talk to them, reassure them, care for them and see them afterwards. Being able to help people through a frightening time is very rewarding."

Now, sitting in her sunny apartment she looks out on sweeping cityscape views and says approvingly, "New York has a vibe, an excitement that no other city can match. And for seniors like me, Carnegie East House is perfect."



Fay Morris in 2005 in the Cardiac Unit of New York Presbyterian Hospital.

Fond Farewell

To **Chris Trink**, a JLHA Board Member since 2014. Chris was a man of depth and great character and one of our most active and dedicated Board members. An accountant and tax service professional, he was exceptionally generous with his time and expertise. He served on our Joint Audit Committee and spent many hours as Assistant Treasurer of Carnegie East House. Chris and his wife Nancy also co-chaired the James Lenox House Association Activities Committee and regularly attended our residents' parties and events. Chris was a long time member of neighboring Madison Avenue Presbyterian Church where he had served as treasurer, trustee and deacon.

HEALTH AND WELLNESS

Qigong & Choreography at our Houses

Qigong exercises are more than 3,000 years old. Proper breathing is essential and the core of all the practices according to Qigong instructor, Sokie Lee. Mindful movement coordinated with the breath increases the flow of energy, focus, and wellness.

Amos Machanic Jr., a Teaching Artist for Alvin Ailey's AileyDance For Active Aging program, likewise focuses on the mind-body connection, leading weekly dance classes choreographed by participant story-telling.

The value of social engagement and exercise in promoting longer and better life for older adults is clear. Two approaches...

Qigong

Alignment is critical in Qigong, whether one is standing, walking, or sitting. Movements are performed slowly to ensure safety. Deliberate weight shifting and singled-legged exercises build leg strength and stability. She reassures those with balance issues that with regular practice, one can achieve better balance.

"After years of teaching seniors, I am also a senior now, so I understand." Sokie laughs. Her years as caregiver to her parents along with her siblings make her both compassionate and also acutely sensitive to the different levels of the students and she customizes classes accordingly each time.

Sokie's motto is "keep things simple, always keep moving. Don't be idle, make time for movement at least 15 minutes daily."



AileyDance

"Stories connect us to one another - do you remember this, remember that" says Amos. The core of the AileyDance program is story-telling in the form of choreography, taking inspiration from Mr. Ailey's most famous work, Revelations, which through dance tells the story of his own life. Amos knows the story well having been an Alvin Ailey dancer for years, traveling across the globe and in 2010 performing at the White House in a tribute to Judith Jamison, before becoming an enchanting teacher for Ailey Arts in Education & Community Programs.

“

*Creativity doesn't stop at any age,
neither does the sheer joy of movement.*

Mobility is not an issue. Gaining flexibility, gaining strength is part of his goal for students, along with working on memory through repeat dance steps. As important is exercising curiosity by exploring new stories to tell and inventing accompanying choreography. "Creativity doesn't stop at any age, neither does the sheer joy of movement," he says. He approaches each class with a lesson plan but if a participant asks whether a dance improvisation could be created around, say, lines from a favorite poem or lyrics from a Frank Sinatra song, he's all in. When people are comfortable offering suggestions in class, "that's when the magic happens. It's a sign of trust in the room. It brings joy into the space."

Please Support Our Houses

An envelope is attached or please contact
Lane Richards Peace at 212-288-5883 or Lpeace@jlhainc.org

THANK YOU

James Lenox House Association and the residents and staff of James Lenox House and Carnegie East House thank each donor and the members of the Board for their generous leadership gifts and thoughtful investment of time and dedication during 2020 and 2021.

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The Ziegfeld Ballroom

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