

The HOUSE GAZETTE

James Lenox House and Carnegie East House

CELEBRATING 150+ YEARS: 1866-2023 VOL. XIII, ISSUE I WINTER 2023

WHY JAMES LENOX HOUSE MATTERS

Troublingly, safe, affordable housing for older adults remains scarce. James Lenox House (JLH) is a bright spot, thanks to community and donor support.

Last Spring, NY1 named our Executive Director, Joe Girven, “New Yorker of the Week” for his leadership through the staggering complexity of protecting residents from Covid, and the remarkable, against-the-odds fact that not one of our residents has died of Covid. One resident interviewed

for the segment said simply, “Joe has saved our lives in the last three years.”

Called a “sanctuary” in a Wall Street Journal article, JLH has been offering safe, independent, affordable housing through World Wars, Recessions, Pandemics. Its sister, Carnegie East House (CEH), opened in 2002 and likewise not-for-profit, offers enhanced services to those needing help with daily living. A key asset at both is superb, caring staff.

Critically, the health and wellness offerings at both Houses are linked to equally essential donor-enabled social engagement programs that keep our diverse community of older adults active and connected.

Going forward, we are putting in place plans to expand community access to our health-centric programs. opening our doors to more opportunities to enrich more lives and ensure that our Houses remain a vibrant part of our city. We hope you will continue to support us.

ANNOUNCING: OUR 2023 ANNUAL GALA

James Lenox House Association’s primary fund-raising event is our Spring Blossoms Gala. This year it will be held on April 4, 2023 at the Ziegfeld Ballroom and honor three remarkable business leaders with the Mary Lenox Sheafe Award, named for our Founder: **James Donaghy**, **David Hollander** and **Ken Rapp**. In addition to their professional prominence, all personally give generously to our communities.

MARY LENOX SHEAFE AWARD



James Donaghy,

Executive Chairman of STO Building Group and a 30-year veteran of the construction industry,

led STOBG’s expansion internationally into a global network of offices with over 4,000 employees focused on providing professional excellence in construction management and general contracting services to every client enterprise no matter the scope, complexity or schedule.



David Hollander,

a Vice Chairman of CBRE’s Manhattan operations, has over 30 years of commercial real estate experience with a loyal, long-standing blue chip clientele that includes some of the most prominent companies in the world. David has been with CBRE for 28 years and has regularly been honored as one of their top

producers and has mentored and developed many young brokers within the organization.



Ken Rapp,

a Vice Chairman of CBRE’s Midtown Manhattan office, recently won the company’s highest honor, The William H. McCarthy Award, recognizing one high producing professional annually for materially impacting CBRE’s culture, leadership and excellence. Over 34 years, his 500+ lease transactions have totaled 25 million+ square feet with aggregate rent commitments of \$20+ billion, making him a CBRE top 3% global producer.

PROVIDING SAFE, INDEPENDENT AND ENRICHED LIVING FOR OLDER ADULTS SINCE 1866

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UPDATE FROM OUR BOARD PRESIDENTS AND EXECUTIVE DIRECTOR

In accepting the 2022 Lifetime Service Award, long time Board Member Nancy Rabstajnek Nichols said that one of the joys of being part of JLHA is that all residents in both Houses have led interesting lives and have wonderful stories to tell.

A new book, titled *The Questions We Don't Ask Our Families but Should* by Elizabeth Keating, an anthropology professor at the University of Texas at Austin, makes a similar point about the splendid individuality of older adults.

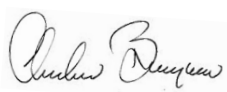
This issue introduces you to two remarkable individuals, both of whom have led lives that could well inspire film scripts. We also cover some of the often unexpected social engagement and exercise programs that are good for the body, good for brains, good for creativity and keeping residents active and engaged.

Additionally, we salute the honorees of last year's successful fundraising Gala that enables the programs we offer residents and introduce you to this year's remarkable Gala honorees.

Much of the funding that supports residents is a result of stellar help from our NYC community. Gratifyingly, residents themselves often give back to JLHA in many ways. We were thrilled to learn that Dolores Barattini, a resident for many years, last year left a significant bequest in her will specifically designated for upkeep of the JLH living room, a hub of resident activity.

The Gala is always our most important fundraising event with donations going towards critical wellness and social engagement support to residents. We hope you will join us on April 4 at the Ziegfeld Ballroom.

We are enormously grateful to you.



Andrew Bonzani
President
James Lenox House Association



Fran Condon
President
Carnegie East House



Joseph H. Girven
Executive Director

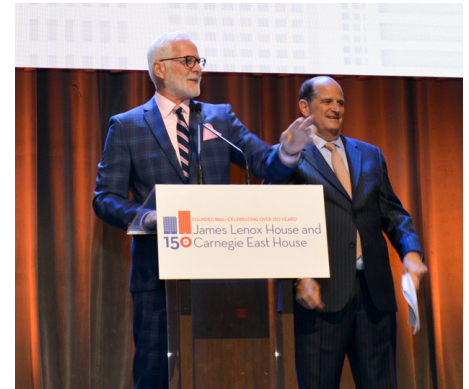
SPRING BLOSSOMS GALA 2022

The historic Ziegfeld Ballroom was the scene for our 2022 Spring Blossoms Gala benefitting the residents of both James Lenox House and Carnegie East House.

Highlights included record-setting Live and Silent Auctions and the privilege of saluting the evening's extraordinary honorees. Roxanne Donovan, President, Great Ink and Thomas Z Scarangelo, P.E., Executive Director of Thornton Tomasetti became the first married couple in our 150+ year history to each receive the Mary Lenox Sheafe Award. Nancy Rabstajnek Nichols, Senior Vice President, The Interpublic Group and long-time JLHA Board Member was honored with the Lifetime Service Award.



Above: Thomas Scarangelo and Roxanne Donovan on stage to each accept Mary Lenox Sheafe awards for their commitment to James Lenox House and the community, presented by [right] Joe Girven, JLHA/CEH Executive Director.



Above: Richard Haray, JLHA Board Member and the evening's Auctioneer, charmingly coaxed record-setting donations, abetted by Joe Girven, Executive Director, JLHA/CEH

GOLF BENEFIT



Our Fourth Annual Golf Outing, held in September, saw 12 foursomes hit the Manhattan Woods links to benefit JLHA. Our thanks to all the participants. A photo from the sunny day.



Above: Presenting the Lifetime Service Award to Nancy Rabstajnek Nichols is Sandy Kenyon, JLHA Gala Host and ABC Eyewitness News Reporter and Joe Girven, JLHA/CEH Executive Director.



Above: Surprising their grandmother with flowers as she left the stage are [l to r]: Hudson, Jimmy, Bella, Gracie (in red).

BOARD NEWS:

Welcome: Nancy Trinka, new JLHA Board Member. The widow of late Board Member, Christopher Trinka, she frequently accompanied him to JLHA events. Her professional background includes the financial services industry where she was responsible for shareholder information materials for Investshare, Inc. She also worked in education including as a substitute teacher within the Montgomery County Public School system while raising two sons. Now a Manhattan resident, she is member of Madison Avenue Presbyterian Church, has served as a Deacon since 2019 and is on their Outreach Committee, supporting the elderly and the food insecure community.

RESIDENT: ROSEMARIE ALDIN Madam Chef

Artwork, as well as books, hundreds of books, line the walls of Rosemarie Aldin's apartment, including ones by Jacques Pepin and James Beard whom she knew through her own career as a chef.

She didn't aim to become a chef, she says. Her love really was research, deep diving into topics, a passion that helped enable her husband's academic success. In her 40s, when she became a divorced single mother of two, she turned to cooking to "pay the bills" though her research skills also helped.

She worked with the chef, Felipe Rojas-Lombar, for instance, on his book, *The Art of South American Cooking*, praised both for its culinary diversity and for illuminating discussions on how particular foods fit into the fabric of meals. Other food-focused writing and consulting followed, for publishing houses as well as magazines such as *Good Housekeeping*.



Rosemarie with grandson, Brodie

On a parallel path, she stepped into hotel and restaurant kitchens.

Working her way up the ladder was hard. "I had credentials. I didn't have a culinary degree." Another barrier: women were rare

in the male-dominated world of top chefs. At last, a chef at the iconic Waldorf kitchens recommended her for the first of what would be a series of executive chef posts - including at celebrated restaurants and at Columbia Medical School where she famously created extraordinary daily buffets.

Finally, years of long days in hot kitchens took a toll, nudging her to more sedentary creativity: director of a modern art gallery, a segue from earlier volunteer work at the International Institute of Education where she had helped vet artists' grant applications and introduce galleries to new talent.

Now retired, she relishes time with her son in upstate New York, her Princeton NJ-based daughter, grandchildren, two sisters and nieces still living in her native Germany. She keeps her whisks nearby however, from time to time contributing to James Lenox House events. "It's wonderful to be able to live here," she says.

AROUND OUR HOUSES: Music, Exercise, Intrigue and enjoying each others' company



Above (l to r) John Zeltin, JLH Board Member and Chairman of the Library Committee; and Lucy Kirk, author; Carol Davis, Library Committee

The JLH Library Committee invited Lucy Kirk to speak to residents about her new book, *The Poison Factory. A Spy Novel*, as part of its Lenox Library Author Series. Deftly interviewed before a full house by Library Committee Member, Carol Davis, Ms. Kirk, a former CIA operations officer with a focus on Russia, wove fascinating tales of intrigue. A lively Q&A followed.



Above: JLH residents reach for the stars as part of Alvin Ailey's series of creative movement classes, AileyDance for Active Seniors



Above: Last year Helen Hamlin, a Founder and much later a resident of CEH, celebrated her 100th birthday there surrounded by friends and family

RESIDENT: DUANE WOOD

A Well-Built Life

A photo of a lovely woman, centering a custom snow globe, has pride of place in Duane Wood's Carnegie East House apartment. That's Mary, the love of his life, his wife of 65 years. Widowed last year, he moved from Florida to New York to settle in just blocks away from his son whom he credits with not only finding and furnishing his new home but also, with a grandson, putting every possession into precisely the right place before he moved in. "I didn't change a thing," he marvels.

His delight in his new setting seems a continuation of a life well lived. Now 93, a handsome man with a gift for storytelling, he grew up in Flint, Michigan, flew 43 combat missions in the Korean War (crash landing once in a rice paddy), returned home where he met and, six months later, married Mary.

Grinning, he hands a visitor a 9-page fact-packed biography on the history of his and

Mary's families and their own life together. "Do this for your kids," he says. "They need to know their story."

Wonderful story. Just a glimpse. After joining Buick from which he would retire 40 years later, he and Mary bought their first house, really just a shell. They wired and plumbed and insulated it until it was livable. Building by hand became a joyful theme of their life together.

They hand-built a weekend cottage on Lake Missaukee which became their full-time home in retirement. They invented their own adventures, taking their two kids, Cindy and Craig, on many camping trips. They brought in snowmobiles, water skis and built their own tennis court. After putting their kids through college, they launched empty nest explorations including throughout the southwest, Australia, New Zealand, Europe. Along the way they adopted Mesa Arizona as their winter home, then began a



lively new golf-friendly life in The Villages in Florida. A good life, with more adventures to come.



Above: A quartet of Julliard students gently enthralled CEH residents during a recent special guest performance

Right: Officer Nuccio from NYC's 13th Precinct also enthralled, though he was invited to CEH to gently alert residents to dangers and scams, particularly those targeting the elderly



Left: Musicians from the NY POPS stopped by JLH to perform classics from The Great American Songbook.

HEALTH AND WELLNESS

Exercising Creativity

Knitting might not be top of mind when considering exercise activities.

But in fact, knitting is good exercise for hand-eye coordination. It's also good for the brain since it requires use of many parts of the brain at the same time.

Moreover, knitting regularly forces the brain and hands to work together to help maintain good motor skills. All good. There's more. Knitting also can improve and maintain hand dexterity and strength, helpful for improving one's grip, particularly relevant for older adults.

These benefits are cited by this year's two young Fordham Social Work interns, Colleen Scheuer and Molly McCullen. The knitting classes they introduced at JLH have delighted residents. So too have the Art (watercolor) classes and Journaling program.



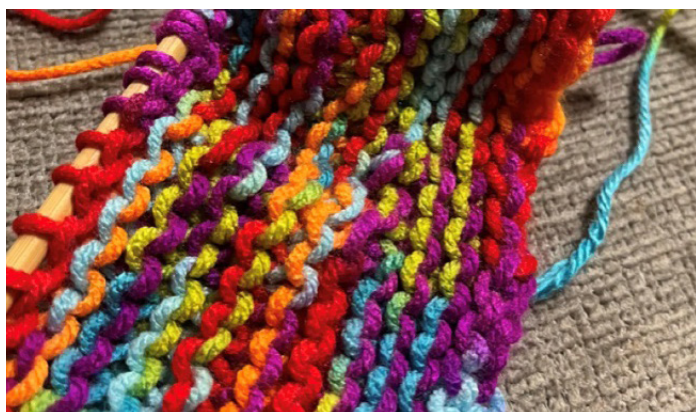
Resident excursion to the Metropolitan Museum of Art

unexpectedly sad.

Each initiative lends itself to active and positive social interaction, vital to both mental and physical health. Each also can be a beneficial personal exercise. Knitting can be a curl-up-in-a-chair absorbing private pastime or a terrific social connector in which participants learn from and about each other.

The JLH intern partnership with Fordham University's Graduate School of Social Service has been in place for decades, each year bringing in fresh thinking and energy. The programs they bring are designed to be engaging and fun while critically, as Colleen put it, "encourage a sense of community and connection."

The Fordham program joins a deliberately eclectic array of health and wellness offerings, spanning Alvin Ailey's AileyDance for Active Seniors, Chair Yoga, Qigong classes, Shakespeare with Leo (professional actor Leo Schaff), NY Pops on the Patio, intergenerational Tech Help programs pairing middle school students with residents and often yielding what one resident called "a wisdom exchange".



The origin of knitting goes back to 1100 BC

Surprises are part of the appeal. For Art class participants a group trip to the nearby Metropolitan Museum of Art was organized. Molly's Journaling experience is that participants tend to be very supportive of others' efforts, whether they be humorous or

*Right:
Residents at a JLH
Art Class*



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 2022.

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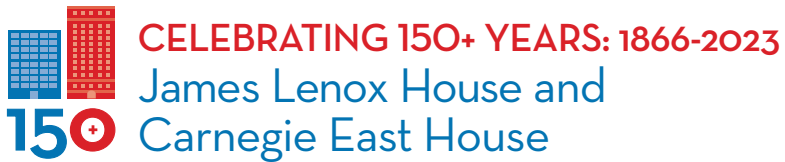
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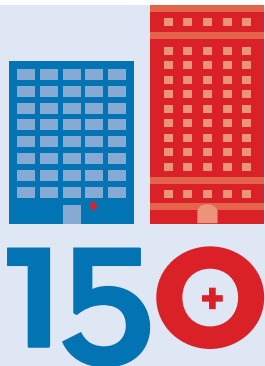
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SAVE THE DATE!

SPRING BLOSSOMS GALA 2023

TUESDAY, APRIL 4, 2023

THE ZIEGFELD BALLROOM

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