

The HOUSE GAZETTE

James Lenox House and Carnegie East House

CELEBRATING 150+ YEARS: 1866-2017! VOL. VIII, ISSUE II SUMMER 2017

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JOIN US AS WE CELEBRATE OUR 2017 ANNUAL AUTUMN LEAVES GALA THIS FALL!



MARY LENOX SHEAFE AWARD

GREGG S. FISHER, Founder & Head of Quantitative Research and Portfolio Strategy, Gerstein Fisher, has been on the Board of Carnegie East House since 2011; recently serving as Vice President. Gregg founded Gerstein Fisher in 1993, a real-world investment practice, which became a division of People's Securities, Inc., a subsidiary of People's United Bank, N.A. in November 2016. Gregg serves on a number of philanthropic boards and we are proud to have him as an esteemed honoree.



MARY LENOX SHEAFE AWARD

LOUIS S. MILO, President and Founder of Milrose Consultants, Inc. Started in 1988, Milrose is the largest building code consulting firm in the Northeast. Top-tier organizations rely on them to bring their monumental construction projects to life. Milrose and Lou are very active in the philanthropic community. We are delighted to honor him for his commitment to older adults and for supporting the efforts of our organization.



LIFETIME ACHIEVEMENT AWARD

RUTH R. ALWARD joined the James Lenox House Association Board of Directors in 1981. She served as president of the Board and in many other roles during her tenure. Dr. Alward is a retired nurse educator and consultant, now living in Washington, DC. She has served on many philanthropic Boards including IONA Senior Services in Washington, DC. Ruth travels to New York to continue her participation on the James Lenox House Association Board and is committed to ensuring the well-being of the residents and the organization.

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

MASTER OF CEREMONIES

BILL EVANS, is the Senior Meteorologist for Eyewitness News This Morning and Eyewitness News at Noon. Mr. Evans is a 15-time Emmy award winner for "Outstanding On-Camera Achievement in Weather Broadcasting." He has been with WABC-TV since December 13, 1989.



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Association and Carnegie East House

Lane Richards Peace,
Director of Development

UPDATE FROM THE BOARD PRESIDENTS AND EXECUTIVE DIRECTOR

As we head into the last month of summer, we hope that you've had a chance to relax and spend time with your loved ones! We are thankful for having had a very successful start of the year which included our Spring Theatre Benefit and the TD 5 Boro Bike Tour 2017, a brand new fundraising event in support of our residents at James Lenox and Carnegie East Houses.

This year's annual **2017 SPRING THEATRE BENEFIT** featured a celebratory and delicious dinner at Tony's di Napoli which was followed by the hit musical, *Sunset Boulevard*, starring the remarkable Glenn Close. As always, we had wonderful support from our friends and Board members and close to 115 tickets were purchased to help provide needed services to our two residences! (More on page 4.)

The **TD 5 BORO BIKE TOUR** was an extremely successful first time undertaking for us. We are very grateful to 15 dedicated riders who solicited sponsorship from their friends and colleagues to help raise additional funding for our two Houses. (More about this on page 10.)

We are delighted to announce our honorees and Gala which will take place this fall at a new venue:

AUTUMN LEAVES GALA 2017

THE NEW YORK HILTON

1335 6th Avenue

Tuesday, October 10, 2017

6:00 pm Cocktails – 7:00 pm Dinner

We hope you will join us as we honor three exceptionally worthy supporters of James Lenox House and Carnegie East House.

• GREGG S. FISHER

Mary Lenox Sheafe Award

Founder & Head of Quantitative Research and Portfolio Strategy, Gerstein Fisher

• LOUIS S. MILO

Mary Lenox Sheafe Award

President and Founder, Milrose Consultants, Inc.

• RUTH R. ALWARD

Lifetime Achievement Award

James Lenox House Association Board Member

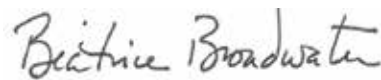
As we look forward to the rest of the year we are proud of our staff, volunteers, and supporters who go above and beyond their prescribed duties with every resident. Please know that your continued commitment allows us to keep providing healthy and richly rewarding lives for our older adult residents.

We are truly honored that you have chosen to be a supporter of our family of dedicated Board members, staff, and residents.



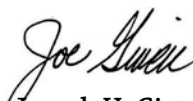
Barbara R. Evans

President,
James Lenox House Association



Beatrice Broadwater

President,
Carnegie East House



Joseph H. Girven
Executive Director

RESIDENTS: PHYLLIS SILVERMAN

A Woman of the World

To meet Phyllis Silverman is to know right away that this is a woman who loves and lives life to the fullest. She's raised a family, worked, travelled the world and made significant contributions for many years to her community and to society.

Phyllis was born in Manhattan in 1930, but her family moved soon after to Borough Park, Brooklyn, where she grew up along with her 3 siblings. Her parents were Orthodox Jews – “very, very Orthodox,” as Phyllis says. But her father, who was in the woolen business, was also very liberal and idealistic, she adds. Those values would inform her life.

When Phyllis fell in love with a man who was a student in Reform Judaism, her family did not object. After marriage, Phyllis and her husband, who became a Reform Rabbi, moved frequently as he worked in different communities across the country – from the East Coast, to the South, to Chicago, and then to Albany. The “deep South” – Louisiana – was a challenge, Phyllis remembers. Her husband was involved in civil rights and took risks going to black schools even when his congregation warned him of the danger. Phyllis herself taught in public schools until her three children – two daughters and a son – were born. She also taught English as a Second Language in a very early program when the government



first began financing it. She organized a Head Start group as well. After her children were raised, Phyllis went back to teaching and became even more committed to community work for which she received many awards. In Albany, she and her husband were very involved in Jewish-Catholic dialogue with the diocese. They travelled to Rome and Israel on an interfaith trip organized by her husband and the Bishop of the Albany Diocese. Along with both of them, Phyllis was involved with a project called “From Fear to Friendship” bringing Albany’s Catholic and Jewish communities together.

When she speaks about her faith, Phyllis recalls the values of her parents. “Their values were so unusual even with this extreme orthodoxy. I never heard my parents say one bad word about anybody, ever. The values they had were what religion



Left: Phyllis Silverman in her Carnegie East House apartment.

Above: Phyllis with her husband Rabbi Martin Silverman, 1995.

should really be.” Today, Phyllis says she considers herself “a Jewish woman of the world.”

It comes as no surprise that Phyllis is already involved in her community at Carnegie East House. After moving in less than a year ago, she has been elected to the Residents Board. She also chairs the food committee!

Phyllis decided on the move from her Albany home where she'd lived since her husband passed away in order to feel more secure and to be near family. Her son and his wife live a few blocks away and she also has nieces and nephews and a grandson in the area. She's happy with her decision. “The staff is very caring. You feel safe and you don't feel isolated. You also have freedom. You come and go as you wish. You're not stuck in your apartment,” Phyllis says. She frequently spends time with her family. She also takes advantage of various activities at Carnegie East House. She's especially interested in the Shakespeare group. Residents work on and discuss the plays. As a fan of classical music, Phyllis loves the concerts and the Greek philosophy lectures. She also attends services led by a visiting Cantor. “Nobody has to be bored,” she explains. And she loves her apartment: “It's very, nice, really and truly.” She is a positive person who continues to contribute to others. We are grateful to have her as part of our community! 🇫🇷

Right: Phyllis teaching Arab children in Israel, 1982.



SPRING THEATRE BENEFIT: SUNSET BOULEVARD

On Wednesday, March 8, 2017, guests, residents, and Board members enjoyed a wonderful evening. We began with dinner at Tony's Di Napoli consisting of antipasto followed by Chicken Parmegiana, Veal Francese and Salmon Oreganato all of which was loved by everyone. Our hosts at Tony's Di Napoli were very happy to entertain us as we ended with luscious deserts like homemade Tiramisu and Cannoli!

After dinner, we enjoyed a performance of **Sunset Boulevard** at the Palace Theatre, starring Glenn Close. It was exhilarating and our guests had a marvelous time while sitting in some of the best seats in the house. Thank you again to dear friends, Board members, and residents for making this another very special evening of sparkling entertainment and music. ■■



Above (left to right): Suzanna Houston, Bruce Dimpflmaier, Louis Garcia, Tony Cardillo, Nelida Barreto.

Right (left to right): Arleen Otero, James Lenox House Association and Carnegie East House Board Member William Patterson, Carolyn Patterson, Michael Schall, Miriam Rubinton.

Right, below (left to right): Beatrice Broadwater, Carnegie East House President and Claudia Paul.



Welcome to Tony's Di Napoli.



On Broadway!

RESIDENTS: OWEN CLARKIN

A Man at Home

When Owen Clarkin opens the door to his James Lenox House apartment, it's with the air of a gracious host, proud of his home. And home it truly is to Owen. He moved in ten years ago after having to move from a building nearby in the East Seventies where he'd lived for 40 years. He learned about JLH from a friend and was able to get on the waiting list. Finally, after 8 years, he was in! "I was so thrilled! What a relief," he says, "because I knew I could not live in New York City if I didn't have this situation. Here you start with a low rent and although it will go up a little it will be manageable."

Owen is so happy to be able to stay in his old neighborhood. "It's a beautiful area. We're very fortunate. You can walk. There are beautiful plantings everywhere. There are no high rises. Owen shows off the view from his apartment window, looking out on brownstone gardens. "It's really, really nice. Those trees down there are on our property. We have a small garden down there. You can sit out anytime."

Owen was born in Manhattan but when he was a year old in 1933, crisis hit his family.



Owen Clarkin in Central Park around 1980.



Owen Clarkin on his 84th birthday with friends.

His father died of a staphylococcus infection, leaving his mother with two children and no money. Both of his parents were Canadians, so his mother moved to Montreal where she could get a secretarial job "for a pittance." After living with their grandmother for a couple of years, Owen and his sister were placed in a Roman Catholic orphanage. His sister would die of a burst appendix. At that point, his mother's family and friends finally came to the rescue. Owen was put in a good boarding school and an aunt who'd moved to California, gave the family a large house. Owen enjoyed the rest of his childhood there. He worked summers and then went to work full time at the age of 18 for the Bank of Montreal. When he was 25, he was offered a transfer to the New York City Office on Wall Street. But he expected to be drafted so decided to go ahead and join the Army. "I thought the Army could be no worse than banking and that I might see more of the world which I did. It was a great deal worse," Owen adds, "but I don't regret the experience."

Owen also battled alcoholism for several years until overcoming it when he was in his forties. "Since that time," he says, "my life has been a happy one."

He does suffer from asthma which led him to take early retirement when he was 55. He

was able to manage by renting out a second bedroom in his apartment. When that building was up for sale, the landlord bought Owen out. But he knew the capital would probably not last his lifetime and decided to take a lifetime annuity. He expects that will sustain him with the help of his James Lenox House home. His wise financial decision also affords him the ability to travel and stay with friends in the summers and winters.

Owen has his life well organized. He's able to shop himself for food at neighborhood stores. He has heavy groceries delivered. Delivery is always a great back-up and one store offers free delivery to older adults. "One thing about New York is you can order anything. You can manage much better than you can in many cities," he says.

Owen loves classical music and takes advantage of the concerts at James Lenox House. "The concerts are great! I couldn't be happier," he stresses. "I'm not alone here. I can go downstairs and talk to people. There are so many things to do right here in the building – exercise classes and events. You're not isolated. There's a support system here."

"My gratitude is greater every day. It is a wonderful home for all of us and run by a caring staff and uniquely kind benefactors." ■■

HEALTH AND WELLNESS:

Qigong: Better Balance and Other Benefits



Residents...S-T-R-E-T-C-H!

Qigong is an ancient Chinese art of movement that is drawing lots of attention lately because of the many benefits it offers for health and well-being. Now Qigong (pronounced Chee-gong) has come to James Lenox House and Carnegie East House through a new program of classes conducted by Sokie Lee. It's certainly proving its popularity with residents! Qigong exercises are movements that are designed to activate the flow of "Qi, or energy, that is within us and all living beings." When the Qi is flowing, it helps our bodies release pain and blockages.

The benefits of this 3000-year old practice have been shown to also improve balance, increase energy and stamina, reduce stress, and improve concentration.

Sokie Lee is a highly qualified practitioner and teacher. She is a certified T'ai Chi Chih Instructor and NYS Licensed Massage Therapist with over 20 years of bodywork experience. She's also taught classes at the Hospital for Special Surgery, Mount Sinai Beth Israel and the 92nd Street Y, among other places. Sokie says she's "committed to helping people improve their health through the joy of movement."

She has classes at James Lenox House once every two weeks. The exercises are so gentle that the class can be given in the evening. The attendance is great! Usually there are 15 to 18 people in the class.

Sokie also conducts classes twice a month at Carnegie East House. She tells us that she loves working with the residents at both houses.

The Qigong program started a few months ago and offers residents a wonderful option to supplement our other exercise classes: "Chair Yoga," offered for one-hour every other Thursday at 4:00pm. The "Exercise Class" is weekly on Tuesdays at 11:00am for one hour.

We also continue to give presentations on other important health and wellness issues for older adults. This past spring, we offered a "Balance and Fall Prevention Lecture" presented by Fox Rehabilitation. Raymond Sileo, PT, Doctor of Physical Therapy and Regional Director, spoke to our residents regarding this important issue for older adults. The lecture took place on April 13, and like many of our "Health and Wellness" initiatives, was coordinated by our Social

Work Interns, Dominique Rennell and Abby Strauss.

On April 24, the Department of Community Affairs, NewYork-Presbyterian Hospital/Weill Cornell Medical Center held an hour long presentation on "Strokes: Prevention and Identification."

We welcomed Dr. Michael P. Lerario, Board Certified Neurologist, who spoke to a large audience of our residents about leading stroke causes. He particularly outlined not only stroke prevention tips, but above, all stroke identification. NYP is the only hospital that has a dedicated "Stroke Ambulance" in New York City. The ability to get to a potential stroke victim within ½ hour can almost eradicate the effects of stroke entirely. Materials and contact information were handed out to all attendees and distributed throughout James Lenox House.

We look forward to bringing more of these exciting programs and presentations to our residents in the coming months! ■■■



Sokie Lee

MEET OUR STAFF: WINNIE COUSINS

A Friend Indeed

Winsome – “Winnie” – Cousins loves her work. To her, it’s not just a job; it’s a calling. “I like working with older people,” she says. “I learn a lot from them and hopefully they learn something from me and for me it’s a very rewarding job.”

Winnie has been a Personal Care Worker at Carnegie East House since 2004. She’s from Jamaica and found New York City to be a culture shock when she first arrived in 1987. But she’s grown to love it and says she wouldn’t live anywhere else.

Winnie works with 9 to 10 residents a day. She’s on the morning shift so one of her

“Sometimes you are the only person they will see for a whole month so it’s like you are a family member to them.”

duties is to escort residents to breakfast and lunch. She also helps them with activities of daily living, helping them dress and to do tasks they can’t do alone. But for her, it’s the relationship with the residents that is most important. “Just talking to the residents here is a good experience,” she explains. “For me it’s very rewarding. I get to work with a lot of exciting residents. Sometimes they describe their past life. Most of the residents coming here are professional people – doctors, lawyers, nurses, scientists. I’m lucky. I learn a lot. They teach me things,” Winnie says.

She had one very special relationship with a resident – a former teacher. “We came in together,” Winnie remembers. “We followed each other. Whatever floor I worked on, she moved to that floor. She was very,



Winsome “Winnie” Cousins in the Carnegie East House Library.

very nice to me. She didn’t treat me like I was a worker. She treated me like I was her granddaughter. She explained things to me that I should do. She taught me how to invest.” The resident had taught herself to invest in order to supplement her teacher’s income. So she passed on what she’d learned. Winnie worked with this resident until she passed away about two years ago and remembers her fondly. “I miss her. She was a very wonderful lady.”

Winnie welcomes such close relationships with the residents. “I understand they need someone who is patient and understands their needs. I feel that that’s the experience I have here with the residents I work with.

I have very good relationships with them. I would like to think they have a good relationship with me. I’m very patient with them. Sometimes you are the only person they will see for a whole month so it’s like you are a family member to them. You are the only person that they have close contact with.”

Winnie says some residents tell her that they’ve come to Carnegie East House from other, luxury assisted living places because the service is better at Carnegie East. “We do everything for them,” Winnie adds. And she stresses that she enjoys the work. “I have fun doing the job. I’m lucky to be working here.”

Eventually, Winnie thinks she will go back to school for training to be a nurse. “I’m really thinking about it,” she says. “But for now I’m happy here. It’s my dream job. I love my work.”

Obviously, many residents love having Winnie as their helper and friend! ■■■

AROUND THE HOUSES

Celebrating Edith's 100th birthday!

Right: Edith arrives at her party.

Below: Joe Girven, Executive Director, celebrating with Edith Sagul.



Scott Gordon surprised by residents and staff on his 10th anniversary as Director of Activities!

Concerts and Parties



Above: Residents enjoying one of our parties.

Above, right: Resident Gisela Selo speaking to TD 5 Boro Bike Tour Riders Megan Scruggs and Maria Polland.

Right: Residents at one of our many concerts.



Nancy Bercow receiving award from Michele L. Izzo at the AWS Annual Dinner.

CONGRATULATIONS TO NANCY BERCOW

Longtime resident, Nancy Bercow, was awarded The Dolphin Medal for her outstanding efforts to promote the art of watercolor through her volunteer work of 49 years at the American Watercolor Society.

The Dolphin Medal is awarded to those making outstanding contributions to art – especially to the AWS. This is not an award for painting. We congratulate Nancy on her dedication and generosity working on behalf of artists and the society.

2017 TD 5 BORO BIKE TOUR FOR JAMES LENOX AND CARNEGIE EAST HOUSES:

Congratulations Team James Lenox House!

On Sunday, May 7, 2017, over 32,000 cyclists of all levels took to city streets totally free of cars. Produced in conjunction with the City of New York, the TD Five Boro Bike Tour presented by REI is the largest charitable bike ride in the U.S.

Our two Houses were proudly represented by Team James Lenox House! Our intrepid riders included:

William Sullivan
Suzanna Houston
Calvin Mew
Mary Crawford
Nick Elliot
Cesar Ricci
Louis Garcia
Fred Rogers
David Peace
Jonathan Rosenberg
Megan Scruggs
Maria Polland (riding for Catherine Wang)
Scott Lazarz
Kelly Andrews
Dov Zamore



Our Intrepid Team!

Clockwise starting from the left: (front row) Megan Scruggs, Suzanna Houston, (back row) Scott Lazarz, Nick Elliot, Cesar Ricci, William Sullivan, Maria Polland, David Peace (Below) See our team T-shirts! (left) Team dinner at Carnegie East House



Our team had set a goal of \$30,000 to help provide much needed services to both our residences.

With a resoundingly successful finish, thanks to our hard pedaling riders and supporters, we are all thrilled to have raised over \$37,000 in support of our older adult residences.



The evening before the Bike Tour, the team had dinner at Carnegie East House where specialty foods from each borough were beautifully presented by the catering staff! A number of members from our Residents Board joined the festivities as our riders mingled and got to know them better. During dinner, Dennis Sullivan, President of the Residents Board, spoke to the group about his late brother, Paul Sullivan. To our great surprise, we learned that Paul started the 5 Boro Bike Tour 40 years ago. We took this to be a very good omen for our first bike tour.

After the exhilarating *but leisurely* ride through all 5 boroughs, the team convened at Tony's Di Napoli for some much needed relaxation, good food and great comradery.

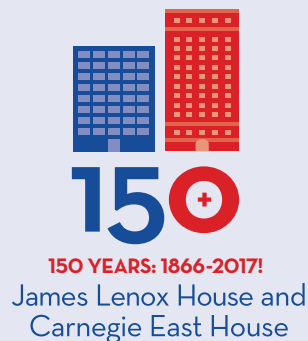
Food from the 5 Boroughs!

Top: Dinner selections from the 5 boroughs! Left, above: Team dinner at Tony's Di Napoli after Bike Tour, Right, above: Board Members Ruth Alward 2017 honoree and Bill Sullivan.

What a way to end a perfect weekend. Now we look forward to next year! 🇺🇸

THANK YOU FOR YOUR SERVICE AND LOYALTY!

Regretfully, our dedicated and esteemed Board member, **JANE HRUBES THOMPSON**, has resigned from the James Lenox House Association Board of Directors after 17 years of service. During her tenure Jane held the position of Assistant Treasurer and served on many committees including: Admissions, House, and Activities, as well as the Stewardship Committee. Jane is very proud of her involvement several years ago with Carnegie East House. She and her husband Kenneth were also instrumental in assisting with the design of our patio garden together with Charles Baskett. Jane has used her organization and management skills background to help many of the boards she has served on including the Baruch College Advisory Board and the Business Improvement District for Downtown Brooklyn. Jane has worked as a counselor for the Helen Keller Services for the Blind and has been devoted to many philanthropic causes. However, the Board, our residents and staff will all miss Jane's contributions to our cause!



James Lenox House Association,

founded in 1866, has led the challenge of providing housing and services for New York City's older adult residents for over 150 years!

James Lenox House

provides older adults with affordable, independent housing with a multitude of supportive services all in a caring environment that allows our residents to live fulfilling lives.

Carnegie East House

provides enriched housing to older adults who need help with their activities of daily living. Care includes professionally-prepared meals served in a beautifully appointed dining room, as well as laundry service, housekeeping, and when needed, personal care services and medication management. Apartments include access to common areas and a lovely terrace garden.

...

Under the leadership of our Executive Director, Joseph Girven, we celebrated our 150th anniversary of service to our residents and the New York Community.

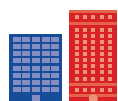
PLEASE SUPPORT OUR HOUSES TODAY!

YOU CAN USE THE ENCLOSED ENVELOPE OR VISIT OUR WEBSITE: jlhainc.org

FOR MORE INFORMATION PLEASE CONTACT:

Lane Richards Peace at 212 288 5883 or lpeace@jlhainc.org

49 East 73rd Street, New York, NY 10021-3520



150+ YEARS: 1866-2017!

**James Lenox House and
Carnegie East House**

Return Service Requested

NEWSLETTER STAFF

Kurt Fulton
Lane Richards Peace

CONTRIBUTORS

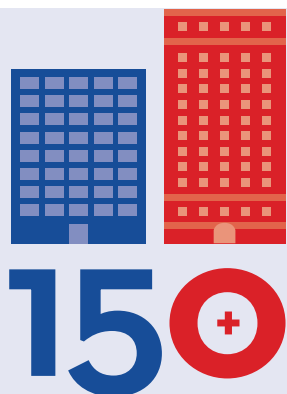
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Joseph Girven
Lane Richards Peace

NEWSLETTER DESIGN

Judith Rew



SAVE THE DATE

Autumn Leaves Gala 2017

Tuesday, October 10, 2017

The New York Hilton

Benefiting the residents of James Lenox House and Carnegie East House

HONORING

THE MARY LENOX SHEAFE AWARD

Gregg S. Fisher, Founder & Head of Quantitative Research and Portfolio Strategy, Gerstein Fisher

Louis S. Milo, President and Founder, Milrose Consultants, Inc.

LIFETIME ACHIEVEMENT AWARD

Ruth R. Alward, James Lenox House Association Board Member

MASTER OF CEREMONIES

Bill Evans, Senior Meteorologist, ABC Eyewitness News