

Summer/Fall 2024



COLUMBIA UNIVERSITY NEIGHBORS

NEWSLETTER

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Community Care

Local Outdoor Summer Programs for Neighborhood Seniors



As summer arrives, it's important for everyone, especially seniors, to stay active outdoors. The Centers for Disease Control and Prevention advises adults aged 65 and older to aim for at least 150 minutes a week of moderate-intensity activity.

To help seniors reach this goal, these Columbia Community Service grantees are holding active programming outdoors:

- **Lifeforce in Later Years** works to enhance the well-being of the senior community and holds a walking group just for seniors. Contact Robin Villa at robin.villa@gmail.com for more information.

- **DOROT** helps to address challenges facing seniors and holds a weekly walking group with New York Road Runners coaches in Central Park. Register at dorotusa.org.
- **Dances for a Variable Population** is a movement-centered community that provides outdoor dance classes for seniors at Washington Square Park, Garibaldi Plaza (from May to December), and Grants Tomb (all year round). No registration required!

Learn more about other programs at neighbors.columbia.edu/senior-programs.

Free Columbia Shuttle Bus Services for Seniors



Columbia University provides a shuttle bus service free of charge to members of the local community who are disabled or who are senior citizens (including their attendants) via the ADA-accessible Intercampus Shuttle.

The shuttle connects 96th St., the Morningside campus, 125th St., Columbia University Irving Medical Center in Washington Heights, and Harlem

Hospital, with stops at nearby subway and transit hubs. The shuttle bus service runs Monday through Friday, 9:00 am to 5:00 pm, except on state and federal public holidays. View and download the map and schedule at transportation.columbia.edu.

Programs & Resources

Bundles Scholars Partners with Incite to Offer New Program Benefits



A 'Lelia Bundles Community Scholars at Columbia University are members of the Upper Manhattan community who receive a three-year affiliation with the University and access to campus resources

"The new partnership with Incite will allow the program to grow."

while they work on a project or skill that relates to or benefits their community.

Recently, the program announced that it is partnering with the University's Incite Insti-

tute to offer new opportunities and enhancements, including greater funding, mentorship, skill-building, and networking. The next cohort of scholars will be announced later this year.

"The new partnership with Incite will allow the program to grow," said Interim Provost Dennis Mitchell. "It reflects the University's commitment to bringing together the best minds, to dismantling barriers to success, and to supporting work that enhances life on campus, in our community, and across the globe."

Learn more about the Bundles Scholars program at communityscholars.columbia.edu.

Programs & Resources Directory



Columbia has a longstanding commitment to cultivating community-driven partnerships in Upper Manhattan, making hundreds of programs available to our neighbors at no cost. The University commits not only to funding, but also the time and energy of students, faculty, and staff who work in collaboration with a wide array of local organizations dedicated to making a difference in the lives of people Uptown.

Neighbors hosts an online directory of programs and resources, including graduate scholarships for local elementary teachers, the Manhattanville Course Auditing program, and more. Check out the directory at neighbors.columbia.edu/resources.

Double Discovery Center

Double Discovery Center Receives Federal Funding to Launch First-Gen Mentorship Program



The Roger Lehecka Double Discovery Center (DDC) recently announced new federal funding to create Project Start Right, an initiative aimed at reducing college attrition rates among underserved and first-generation communities throughout Northern Manhattan and West Harlem. DDC, first established in 1965, has been working with college-bound youth to help ensure their success to, through, and beyond their years as an undergraduate.

Thanks to U.S. Senators Chuck Schumer and Kirsten Gillibrand, who shepherded \$388,000 in funding for the initiative through the FY'24 spending bill, this project will allow DDC to support first-generation students enrolled in colleges across the country.

“We are very excited to launch this new initiative, which we hope will become an important resource for our young neighbors throughout West Harlem, Washington Heights, and Inwood,” said Columbia University President Minouche Shafik. “Project Start Right will provide valuable counseling to young college enrollees from Upper Manhattan, with the goal of removing any obstacles that stand in the way of a completed college degree.”

Learn more about Project Start Right at neighbors.columbia.edu/ddc-24.

Meet Double Discovery Center Mentor Anthonella Fabiana Mendoza

A mentor at DDC and a Columbia student, Anthonella Fabiana Mendoza (CC'25) is on a mission to show local students their true potential.

The summer before her senior year, Mendoza experienced the power of mentorship when she received free college advising from the nonprofit, Matriculate. While her school's guidance counselors primarily promoted in-state options, her Matriculate mentor opened her eyes to a wider range of possibilities.

Mendoza aims to pay it forward in her mentorship role at DDC, where she began volunteering through a class she took called



“Equity and Access in Higher Education.”

“I was paired with two high school juniors as their mentor, and I still keep up with those students to this day,” said Mendoza.

“It's a full-circle experience because I'm providing them with the same support I received when navigating high school and the pre-college journey.”

Read the entire interview with Mendoza at neighbors.columbia.edu/ddc-mentor.

Health & Wellness

Columbia's Mobile Health Clinic Hits the Road



Delivering health screenings and low-cost dental care to residents of Northern Manhattan and the Bronx, Columbia's mobile health clinic has increased its capacity with a \$500,000 grant from the Mother Cabrini Health Foundation.

The new and improved van integrates in-

frastructure for both primary medicine and oral health, featuring both a dental chair and a medical examination table.

The mobile clinic will travel to neighborhood schools, Head Start programs, day care centers, foster care facilities, nursing homes, rehabilitation centers, and health clinics in Harlem, Inwood, Washington Heights, and the South Bronx to provide on-site oral health care and preventive health services to children and seniors through Columbia's DentCare program.

Learn more about the clinic at neighbors.columbia.edu/mobile-health.

Support for Parkinson's Caregivers at Columbia Neurology

Are you a caregiver for someone living with Parkinson's? Every first Wednesday of the month from 2:00 pm to 3:00 pm, a virtual support group at Columbia University Irving Medical Center is held to provide a supportive space for those taking care of a person with Parkinson's.

The Parkinson's Caregivers Support Group is free and open to anyone who is a caregiver. The group is facilitated by a passionate movement disorders team led by Erika Adelman, who spoke with *Neighbors* about the challenges experienced by caregivers and how the group can help.

“One thing we focus on is teaching people how to ask for help,” said Adelman. “This can be as simple as learning how to advocate for a loved one during doctor's appointments or, on a larger scale, how to



Erika Adelman (right) and members of her movement disorders team.

navigate the complex healthcare and social services system.”

Alongside the caregivers support group, the movement disorders team also leads other programs for Parkinson's patients to improve speech, reduce loneliness, and increase support.

Learn more about the Parkinson's Caregivers Support Group and other wellness programs for Parkinson's patients at neighbors.columbia.edu/parkinsons.

Columbia Employment

Navigate Your Job Search with the Columbia Employment Information Center



The Columbia Employment Information Center will celebrate its 20th anniversary in 2025.

Near the Manhattanville campus—and a stone's throw from the 125th Street subway station—sits a resource center for all job seekers.

The Columbia Employment Information Center (CEIC), which operates from Monday to Friday, 9:00 am to 4:00 pm, has welcomed nearly 58,000 individuals since its founding. It provides guidance on resumes, interview skills, and strategies for securing a job—both at Columbia and elsewhere.

At the heart of CEIC's mission is a commitment to welcoming every visitor and providing tailored assistance to their job-search needs.

"We get really excited when people walk in," said Barbara Catalano, executive director of CEIC. "We meet people at the door to figure out why they're here and how we can help them."

Though CEIC's career resources are available to anyone who needs them, the team specializes in helping visitors apply for opportunities at Columbia.

"Open positions can run the gamut from a writer to IT positions, to administrative

work up at the Medical Center," said Catalano. "We also work closely with Facilities on temporary maintenance needs like porters, door attendants, groundskeepers, locksmiths, and more."



Elizabeth Jones (left) and Barbara Catalano (right) at the CEIC

And though any job-seeker is welcome to take advantage of CEIC's resources, its accessibility to the local community is key to its mission.

"Any visitor that walks through the door, regardless of where they live, is welcome and we help them equally," said Catalano. "But we are in this location specifically for the local community. People really appreciate that we're so accessible."

Read the full article at neighbors.columbia.edu/ceic.

Assistant IT Director Lamaka Opa Reflects on His Time at Columbia



While coming of age, Congo-born, Paris-raised Lamaka Opa was surrounded by examples of empowerment. His father was a physician who used the practice of medicine to uplift communities and his mother was an accountant who led microfinancing efforts to support women in purchasing land and building their own businesses. For Opa, who had an affinity for technology, those displays of service would remain a source of inspiration.

Upon moving to Harlem 16 years ago, Opa aimed to advance his career by finding employment at Columbia. However, the grueling job search and difficulties getting visibility proved frustrating.

Determined to change the course of his quest, Opa leaned on the resources and support provided by the CEIC, which was instrumental in helping his vision of working at Columbia become a reality.

With encouragement from Elizabeth Jones, the director of Community Employment Programs and Services at CEIC, Opa found open roles that fit his skills at Columbia and eventually landed a technician position in the surgery department

at Columbia University Irving Medical Center in 2015.

Now, Opa serves as assistant director of IT in Columbia's Facilities and Operations (CUFO) department, and focuses

"The staff at the CEIC is very welcoming, professional, and friendly."

on ensuring others have a seat at the table through his work with the CUFO Equity and Inclusion Council.

Nearing his ninth year at Columbia, Opa reflected on his transformative experience at CEIC.

"The staff at the CEIC is very welcoming, professional, and friendly," said Opa. "They smile at you. They want to know what you're there for. It's positive. I haven't been there for years, but that's what stays with me. It's really important, especially in a time when society is lacking human connection."

Learn more about Opa's career journey at neighbors.columbia.edu/lamaka-opa.

Housing & Legal Services

Are you a Manhattanville resident seeking legal aid to prevent an eviction, preserve affordable housing, or address safety hazards in your residence?

Columbia University has contracted with P.A.L.A.N.T.E. Harlem to provide two attorneys to work on anti-eviction and anti-harassment legal assistance for residents of the Manhattanville area.



Attorneys help residents:

- Remain in their apartments
- Overturn illegal rent increases
- Identify unhealthy conditions
- File housing code violations

- Present findings with landlord and engage them in renovations



Manhattanville tenants seeking legal assistance from P.A.L.A.N.T.E. can begin the process two ways:



Reach out directly to P.A.L.A.N.T.E. Harlem

- 1 Call (212) 491-2541 for a brief phone intake to discuss concerns with a housing specialist.
- 2 After intake, P.A.L.A.N.T.E. will set up an appointment with an attorney to discuss the case at length.
- 3 Bring necessary documents. This may include rent registration history, lease or proprietary lease, and court documents (if already court-involved).



Visit the Community Board 9 Office

- 1 P.A.L.A.N.T.E. is present at Community Board 9's office, every first Thursday of the month from 1:00 pm to 5:00 pm.
- 2 Residents can meet one-on-one with an attorney—no appointment required—but are encouraged to bring documentation on first visit.
- 3 A follow-up appointment will be set with P.A.L.A.N.T.E. to discuss the case at length.

Learn more about Columbia University's community commitments at neighbors.columbia.edu/cba-commitments.

Columbia & Connection



5 Highlights From Community Events at Columbia

Columbia and our neighbors have celebrated milestones, forged new partnerships, and celebrated cultural diversity. While we look forward to more community-driven events, here are a few highlights—from Taste of Harlem to opportunities to break bread together.

Last summer, **Taste of Harlem**, brought a culinary showcase to The Forum celebrating local food businesses. Later, crowds gathered at St. Nicholas Park for **Good Vibes in the Park**, an outdoor celebration of Black joy and relaxation, sponsored by Columbia's Office of Government and Community Affairs (GCA).

In the fall, hundreds of NYC students attended **Conversations with the Commissioners**, a panel hosted by **The Community**

Initiatives of New York. The event created an open forum for students to discuss education, health, and more, with NYC commissioners.

In winter, alongside the Riverside Hawks, GCA gave away toys and books and provided 300 free meals from **Charles Pan-Fried Chicken** at the A. Philip Randolph Senior Center.

This spring, Columbia's partnership with the famed restaurant will continue at The Forum for a series of **Buy Local, Feed Local** events, which brings local restaurateurs to the café space on a rotating schedule, while also providing free meals for neighbors in need.

Stay updated on public events at neighbors.columbia.edu/events.

New Online Form Available to Rent Space at Columbia Through the In-Kind Program

Did you know local nonprofits based in or serving Manhattan Community District 9 can rent space at Columbia for special events? The University has committed to making a range of facilities, services, and amenities available to local nonprofits through its In-Kind program, free of charge!

Columbia, West Harlem Development Corporation, and Community Board 9 recently launched an online application that is made available to nonprofit applicants every first week of the month.

Learn more and begin your in-kind space request at neighbors.columbia.edu/in-kind.

Summer Uptown

Farmers Markets You Can Visit This Summer

Farmers markets are better than ever in the summer. For local residents, here is a list of Uptown farmers markets where you can grab fresh produce, all summer long. Make sure to consult the market's website or social media for the latest information.

Down to Earth Morningside Park Farmers Market

West 110th St. & Manhattan Ave.

All year round

Saturday, 9:00 am - 2:00 pm

Grassroots Farmers Market

West 145th St. & Edgecombe Ave.

July to November

Saturday, 9:00 am - 4:00 pm

GrowNYC Greenmarkets

Please refer to GrowNYC's website (gownyc.org) for information on all of their Uptown locations, but here are a few to note:

- Columbia Sunday Greenmarket
- 175th St. Greenmarket

Uptown Good Food Farm Stand

330 St. Nicholas Ave.

June to October

Thursday, 4:00 pm - 7:00 pm

West 137th St. & St. Nicholas Ave.

June to November

Saturday, 9:00 am - 3:00 pm

Bro/Sis Green Youth Market

West 143rd St. & Amsterdam Ave.

July to November

Wednesday, 10:30 am - 6:30 pm

Harvest Home Farmers Markets

Please refer to Harvest Home Farmers Markets website (harvesthomefarm.org) for information on all of their Uptown locations, but here are a few to note:

- Harvest Home East Harlem
- Harvest Home Lenox Ave.

Uptown Night Market Returns for Its Fourth Season in West Harlem



Summer in the city means the return of street festivals, and West Harlem is lucky to host one of the city's largest, Uptown Night Market. The event is held every second Thursday of the month from April to October, from 4:00 pm to 10:00 pm, under the viaduct arches at West 133rd St. & 12th Ave.

Central to Uptown Night Market's mission is a determination to empower and uplift communities like Harlem. In an interview with *Neighbors*, founder Marco Shalma shared his desire to serve the community and support local businesses.

"Our mission from day one has been to support communities that otherwise were ignored before and support small businesses that are representative of who we are," said Shalma. "We wanted to do



Marco Shalma

something that served communities in a way that feels organic."

When it came time to find a home for Uptown Night Market, it was no question to Shalma that the West Harlem viaduct was the perfect place.

"The scenery lends itself so beautifully. It's just such a beautiful iconic setting," said Shalma. "I've always wanted to do something in that area to showcase it to people. It's a symbol of Harlem and Harlem is a symbol of New York. That's why I thought hosting it along 12th Ave. would be iconic."

Read more of our conversation at neighbors.columbia.edu/marco-shalma.

Harlem Week 50 Gears Up for August



Join Harlem Week this August for its 50th anniversary! Come celebrate the spirit of the neighborhood and honor the innovators and institutions that have made their mark on Harlem's history.

harlemweek.com

SIGN UP FOR CONSTRUCTION UPDATES

Do you live in the Manhattanville area? Are you curious about construction on campus?

Sign up for weekly email updates on construction at neighbors.columbia.edu/construction-updates.





LAMONT-DOHERTY EARTH OBSERVATORY OPEN HOUSE

Aerial view of Columbia's Lamont-Doherty Earth Observatory campus. Credit: James Spencer

Discover Earth Science Saturday, October 19, 2024

Every fall, Columbia Climate School's Lamont-Doherty Earth Observatory located in the Palisades, NY, holds an Open House.

Whether you're an aspiring young scientist or a long-time science enthusiast, all are welcome to visit the picturesque campus for an annual celebration dating back to 1949.

Activities include talks with world-renowned climate experts, opportunities to learn about the latest discoveries in climate science, and dozens of hands-on science activities for kids and families. Free shuttle buses are available to and from New York City.

Stay tuned for more updates at openhouse.ldeo.columbia.edu.

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