

Wellness Guide

CONTENTS

GROCERIES

PARENTING

EXERCISE

ART

MUSIC

NEW YORK'S INTERNATIONAL NEIGHBORHOODS

MENTAL HEALTH RESOURCES

GROCERIES

In Washington Heights

- Super FoodTown at 160th and Broadway is fresh and has good prices
- La Rosa Market between 176th and 177th and Broadway is a local Spanish market with good meat and fish counters and many specialty Spanish foods (bacalao, morcilla sausages, chorizo, etc)

Outside Washington Heights

- Closest Trader Joe's locations are at 92nd and Columbus and at 72nd and Broadway
- Closest Whole Foods are at Columbus and 97th and at Columbia Circle (on A express train)
- For those coming from upstate New York, there IS a Wegman's in Brooklyn (at the Navy Yard)
- Many residents also use Fresh Direct and Amazon Fresh
- New York has many greenmarkets include one right outside the Neurological Institute on Tuesdays; the full list is on grownyc.org
- Two indoor market halls: Chelsea Market and Essex Street Market, both in Manhattan

For hard-to-find international products

- See the section on "New York's International Neighborhoods" below, but a quick list:
- East Asian — H-Mart on 110th street, many supermarkets in Chinatown (Hong Kong Supermarket and Chinatown Supermarkets are large and good), for Japanese-specific, try the Sunrise Marts in Midtown/Soho
- German and Eastern European — Schaller and Weber on Upper East Side, Polish meat markets in Greenpoint, NetCost in Brighton Beach
- Greek — Titan Foods in Astoria, International Foods on 40th Street and 9th Avenue
- Indian — Patel Brothers in Jackson Heights, Queens or Kalustyans in Murray Hill, Manhattan
- Middle Eastern — Sahadi's and Balady's in Brooklyn, Kalustyan's in Murray Hill, Manhattan
- Spanish — Despana in SoHo, Mercado Little Spain in Hudson Yards

Halal Meats

- Honest Chops in the East Village (9th street) is terrific
 - Many halal butchers in Jackson Heights
-

PARENTING

Babysitting

- Sitters Studios (www.sittersstudio.com): service that hires both babysitters and nannies, trusted by residents and specializes in NYC and Chicago
- care.com is similar service also used by residents and faculty

Day care

- Bright Horizons through NYP (get on waitlist ASAP, takes months to get slot)
- Medical Center Nursery School also through NYP (<https://www.mcns.org/>)
- Many parents at Columbia use Little Thinkers with two locations near campus

Car services

- Kid Car (www.kidcar.com)
- Uber and Lyft offer carseats for children >2 years old
- The Car Seat Lady (<https://thecarseatlady.com/>) is a good resource for child-friendly travel in NYC

Schools

- Parent's League New York: group to guide parents through challenges of raising children in New York City and particularly preschool and school applications. Does cost around \$300 per year to join.
- Inside Schools (insideschools.org/) has reviews of the NYC public schools
- Niche (www.niche.com/k12/search/best-schools/) has similar reviews for NYC private schools
- Worthwhile to peruse the Department of Education's website (<http://www.nysed.gov/>) as curriculums shift back to more in-person learning in the wake of COVID

Apartments for families

- Washington Heights generally offers more space for the money than other neighborhoods in Manhattan
- Multiple residents with families also live outside the city with Fort Lee (New Jersey, just across the GW Bridge) and Westchester both popular choices

Other

- Babyquip (www.babyquip.com) for trips: delivers baby equipment directly to where you are staying instead of having to carry equipment on plane/car/etc.
 - The book *Cribsheet* by Emily Oster is very helpful
 - Lovevery (lovevery.com) provides quarterly boxes of age-appropriate toys
-

EXERCISE

Gyms

- Bard Hall gym on campus at 50 Haven Avenue, free for house staff
- Blink Fitness on 178th street is cheap, very clean, but can sometimes be busy
- Planet Fitness on 158th street is also cheap but a little grungier than Blink

Running

- Central park
 - Path around reservoir and loop road are very popular but many other routes
- Hudson River Greenway
 - From Northern Manhattan to Battery Park; enter near campus at either 181st or 158th street
- Fort Tryon Park and Inwood Park north of campus

Cycling

- Many different options to explore
- Central Park road loop and Hudson River Greenway both popular
- For more nature without a car, bike across the George Washington Bridge to the Palisades Interstate Park in New Jersey; cycle north along Old Route 9W (no cars but only 1.5 miles long) or Henry Hudson Drive

Rock climbing

- Has become extremely popular in NYC with many gyms. Closest to hospital are:
 - Steep Rock Bouldering on 125th and Broadway on 1 train line (bouldering only)
 - The Cliffs at Harlem on 125th and Frederick Douglass on A/C train line; also has full gym

Yoga

- Brahman Yoga on 145th Street has classes for as little as \$10 and is very good

Secret and Not-so-secret Green Spaces

- Obvious ones: Central Park, Prospect Park, Bronx and Brooklyn Botanical Gardens; lesser-known are...
 - Wave Hill in the Bronx (formal gardens, former estate)
 - The waterfront parks — some relatively new, all with beautiful views
 - Brooklyn Bridge Park (Brooklyn), Gantry Plaza (Queens), Hudson River and Battery Park (Manhattan), Domino Park (smaller, Brooklyn), and the Brooklyn Heights Promenade (not new but classic), Four Freedoms Park on Roosevelt Island, Wards and Randalls' Island
 - Can take MetroNorth to Beacon, Cold Spring, and the Hudson Valley for hiking
-

ART

Museums

- Metropolitan Museum of Art (82nd and 5th Avenue)
 - Also has Met Cloisters (medieval art in beautiful monastery buildings) in Fort Tryon Park
 - Pay-what-you-wish for NY state residents if you present NY ID, library card, or bill with NYC address
- Museum of Modern Art
 - Free for healthcare workers with ID through September 30th 2021
 - Also MoMA PS1, an outpost for contemporary art in a renovated school in Long Island City, Queens (one ticket will admit to both museums within 7 days)
- Frick Collection (currently at Madison and 75th street)
 - Small but stellar collection of mostly Old Master works
 - Normally housed in beautiful fin-de-siècle mansion at 5th Avenue and 70th street, temporarily at above location four five years during renovations
- Whitney Museum of American Art (Gansevoort Street in Meatpacking District)
 - Pay-what-you-wish Thursdays 1:30 - 6PM
- Many others including...
 - Guggenheim (iconic building but smaller collection), New Museum (generally more edgy, contemporary art), Neue Galerie (mostly Expressionist works), Brooklyn Museum (much smaller than the Met but with strong American art collection), Natural History Museum, El Museo del Barrio (Hispanic art)
- If you like a particular museum and visit >3 times per year, many of the individual memberships are in the \$50-\$100 range; also many museums have pay-what-you-wish days

Galleries

- New York has an exciting and diverse gallery scene and almost all are free to enter. You can spend a very enjoyable afternoon walking through the below neighborhoods and wandering into galleries.
- Neighborhoods
 - Chelsea (side streets between 10th and 11th avenues, mostly between 19th and 30th streets)
 - Tribeca (generally between Lafayette and West Broadway east/west and Leonard and Canal north/south)
 - Lower East Side (generally between Essex and Bowery east/west and Hester and Houston north/south)
 - Bushwick, Brooklyn (most between Johnson, Bushwick, Knickerbocker, and Myrtle avenues)
 - Good gallery guide at freewilliamsburg.com, also well-known for street art and murals
 - The New Yorker has a constantly updated page recommending current museum and gallery shows at newyorker.com/goings-on-about-town/art
 - Also the Art Observed blog has frequent posts on new NYC shows at artobserved.com/

MUSIC

Classical Music

- Metropolitan Opera House
 - One of the premier opera houses of the world; has \$25 rush tickets day of performance
 - Also has Family Circle tickets (very high up but good acoustics) for ~\$35 regularly
- Carnegie Hall
 - Can join “Notables” which is for people 40 years old or younger; cost is \$20 per year and allows you to purchase \$20 tickets for excellent seats to most of their programs
 - Also has the Weill Recital Hall for chamber music with inexpensive tickets
- Bargemusic
 - Floating concert hall in DUMBO, Brooklyn for excellent chamber music with tickets \$20-40
- Lincoln Center
 - Difficult to obtain inexpensive New York Philharmonic tickets (unless you know a student)
 - Chamber Music Society of Lincoln Center has \$60 for three tickets subscriptions for patrons ages 21-39
- Peoples’ Symphony Concerts has top-tier musicians at churches and school auditoriums for very cheap prices but drawback is that audience is mostly senior citizens (and some music students!)
- Juilliard and Manhattan School of Music have frequent student performances for free or cheap
- Good resource for the myriad smaller ensembles and frequent church performances is NY Classical Review at <https://newyorkclassicalreview.com/category/calendar/>

Jazz

- Small’s Jazz Club in Greenwich Village is \$25-30 per show (ticket plus drink minimum)
- Fat Cat also in Greenwich Village is \$3 for entrance, has a college-y vibe with billiard and table tennis
- Jazz Gallery on Broadway near 28th street (varying tic
- Dizzy’s Club at Columbus Circle (part of Jazz at Lincoln Center) has jazz seven nights a week with late night sets that pre-COVID were \$10
- Bill’s Place on 133rd Street has a terrific house band and is BYOB; tickets \$30 pp
- Birdland and Village Vanguard are historic venues but more expensive

Rock/Pop/World/Etc

- A little far but Barbès in Park Slope, Brooklyn has almost nightly world, Latin, jazz, singer-songwriter etc.
-

NEW YORK'S INTERNATIONAL NEIGHBORHOODS

African

- Le Petit Sénégal (generally francophone West African) along 116th Street in Harlem
- Large Ghanaian community in Concourse in the Bronx

Caribbean

- Richmond Hill in Queens, Crown Heights in Brooklyn (which hosts J'Ouvert yearly), and Bedford-Stuyvesant, in Brooklyn especially around Fulton and Nostrand

Chinese

- Chinatown, Manhattan (traditionally Cantonese) including many Chinese supermarkets
- Flushing, Queens
 - The mall food courts (especially in New World Mall) are very good— completely unlike the usual mall food courts so don't assume!
- Sunset Park, Brooklyn (eastern side of neighborhood around 7th and 8th avenues)

Dominican

- Washington Heights, Manhattan!!

Greek

- Astoria, Queens
- Many restaurants especially along 23rd and Ditmars avenues
- Titan Foods along 31st street is a terrific Greek supermarket
- Omega Wines along 31st street has many Greek wines you cannot find elsewhere

Indian and Himalayan

- Jackson Heights, Queens
 - Multiple large Indian markets including Patel Brothers and Apna Bazaar
 - Also multiple halal butchers
 - Don't miss the many Himalayan restaurants and the momos!
- Smaller Indian neighborhood in Murray Hill, Manhattan on Lexington between 20th and 30th streets

Irish

- Woodlawn in the Bronx (not large but has pubs with music and Prime Cuts butcher for black pudding etc)
-

COLUMBIA UNIVERSITY NEUROLOGY RESIDENCY WELLNESS GUIDE

Italian

- Little Italy in Manhattan is the best known (especially Di Palo's, Alleva cheese, and Piedmont Ravioli)...
- ...but Arthur Avenue in the Bronx has the most authentic food (confirmed by two of our Italian residents)
 - Especially check out Calabria Pork Store and Teitel Brothers

Jewish

- The two largest Hasidic neighborhoods are South Williamsburg and Borough Park, both in Brooklyn
- Many kosher markets and good bakeries (Oneg Heimishe for babka!)

Korean

- Koreatown, Manhattan ("K-town") along 32nd street between 5th and 6th avenues
- Also many Korean restaurants in Flushing, Queens

Latin America (other than Dominican and Mexican)

- The eastern part of Jackson Heights, Queens along 37th avenue and Roosevelt Avenue has many Ecuadorian and Colombian restaurants and markets along with some Argentinian
- Astoria, Queens, has a Brazilian community though not really a centralized neighborhood

Mexican

- Sunset Park, Brooklyn is the largest (western part, around 5th and 6th avenues)
- Corona, Queens has multiple Oaxacan restaurants and stores

Middle Eastern

- Bay Ridge, Brooklyn has a large Lebanese, Palestinian, Yemeni and Jordanian community
 - Balady's Market for Middle Eastern groceries in NYC and there are many good restaurants
- Steinway Street in Astoria, Queens is a major Egyptian community
- Also check out Sahadi's market and Damascus Bakery on Atlantic Avenue in Brooklyn Heights

Polish

- Greenpoint, Brooklyn has many restaurants and traditional meat markets

Russian and Georgian

- Brighton Beach and Sheepshead Bay, Brooklyn
- Many good restaurants, the two major markets are NetCost (formerly Gourmanoff's) and Brighton Bazaar

Sri Lankan

- Tompkinsville, Staten Island (~20 minute walk from ferry terminal, also a bus from ferry)
-

MENTAL HEALTH AND NYP RESOURCES

Columbia Campus House Staff Mental Health

- Dr. Laurel Mayer, Director of House Staff Mental Health Services, NYP/Columbia Campus (646) 774-8067, lsm16@cumc.columbia.edu
- Dr. Lyuba Konopasek, Director of Physician Engagement and Well-Being Programs, NYP (917) 941-7429
- Lesley Kondratowicz, Work Force Health and Safety Psychiatry, Nurse Case Manager (212) 305-0861
- CopeNYP (fast access to free virtual visits): (646) 962-2710, empcounselinghelp@med.cornell.edu (applies to Columbia as well)
- Psychiatrist-on-call (off hours): Telephone: 914-393-7683

24/7 Hospital Services:

- Columbia Psych ED Crisis Line – 212-305-8075
- NYP Healthy Mind – 844-860-0365, 800-697-0353

National Services

- Physician support Line: 888-409-0141 (physiciansupportline.com)
- National Suicide Prevention Lifeline: 800-273- 8255
- Crisis Text Line: Text TALK to 741741
- Emotional PPE Project: emotionalPPE.org

NYP Resources

- NYP runs an integrative health program for massage, acupuncture, yoga, etc.
 - <https://www.nyp.org/integrative-health-program/our-services>
- NYP also has a perks program with shopping discounts for employees
 - <https://infonet.nyp.org/employees/pages/employeediscounts.aspx>