

OCTOBER 2018



CO-OP VILLAGE NORC NEWS

465 Grand St, 4th Floor, NY, NY 10002
646-395-4510

This month, NORC will start its first-ever “Healthy You” Month, begin some new weekly groups and will take a field trip to Arthur Avenue.

GROUP UPDATES

Two very exciting groups will start at NORC in October. We will now have **Tai Chi** on Wednesdays at 10:00 AM. This group will be taught by Vickie Gomez, who is a prior NORC instructor.



The creative writing class, **Share A Story**, will meet on Mondays at 11:00 AM and will be a continuation of the group started by our rabbinical student. This new group will be facilitated by NORC members Kathryn Ryan and Sue Deutsch.



October is NORC’s First-Ever “Healthy You” Month.

Studies have shown that maintaining regular physical activity can help by:

- Improving **Physical Health**.
- Improving **Mental Health**.
- Decreasing **Risk of Falls**.
- Improving **Social Engagement**.
- Improving **Cognitive Function**.

Stop by the NORC to obtain your new **“Healthy You” Card**, and get your card stamped each time you attend one of our fitness classes. If you attend four fitness classes during the weeks of October 1-5, 8-12, 15-19, 22-25 and three classes October 29-31, you will earn a place on our **Weekly Health Wall-of-Fame**. Besides being featured on our Wall, these members will also receive “Health Bucks” for use at any of NYC’s Farmer’s Markets.

Also, please visit our News Board (on the large bulletin board inside NORC) to read articles about the many health benefits that physical activity has for seniors.

TRIP ALERT

On **October 17th**, please join us on a trip to **Arthur Avenue in the Bronx**. Tour the original “Little Italy” and see the local highlights presented by NORC Director Bonnie Lumagui. Departure is at 9:30 a.m. and return will be around 3:15 p.m. As a tribute and to set the mood, we will show the movie, *A Bronx Tale*, the week before. The Sign-up for the trip will start **October 1st**. Space is limited, so sign up early.

On **November 8th**, NORC will travel to Queens to the **Noguchi Museum** for a guided tour of the gallery as well as a film about Isamu Noguchi. Departure will be at 12:15 p.m. and return will be around 4:15 p.m. Sign ups will start on **October 25th**. Space is limited, so sign up early.

SPOTLIGHT ON VOLUNTEERS...**Regina Shopkorn**

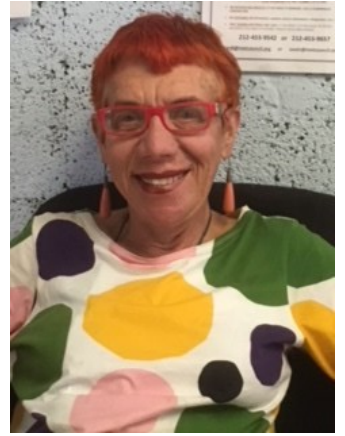
Regina Shopkorn came to the NORC four years ago because she was searching for activities to do in her spare time. NORC's painting class seemed interesting, so she decided to try it. She says, "I never thought I had talent for painting before. Now I have about 300 paintings I've done."

In that painting class, another member, Harriet Panensky, told Regina about the needlepoint group that she led, and Regina began to attend that class as well. One thing led to another, and Regina started to volunteer in the needlepoint class by facilitating the class in Harriet's absence and, on occasion, assisting Harriet during the class. Over time, Regina continued to involve herself at the NORC, and she helped by volunteering in other capacities as well, like baking items for the flea market and selling goods there.

Regina is a very creative person who spends much time attending art classes at NORC and Sirovich Senior Center. She enjoys "abstract art and cartoons" and she "sticks to them for inspiration". Besides volunteering at NORC and attending classes, she also has been a volunteer kayak instructor at the Downtown Boathouse for the last 20 years. Regina is also an avid ballroom dancer and has danced for many years.

Regina says that NORC is a great program because it helps bring people together. She says, "I have all of the supplies at home for painting and could paint there, but I like getting together with people and getting out of the house."

Thank you, Regina, for all the creativity and fun that you give to the NORC community!

**Highlight on Medicare**

I got Medicare in February of this year. My friend told me that people can change the way they get their Medicare benefits in the fall every year. Is this true? How will I know what changes to make?

Your friend was referring to Fall Open Enrollment. Fall Open Enrollment runs from October 15 through December 7 each year. During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare coverage. Even if you are happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

You can make as many changes as you need to your Medicare coverage during Fall Open Enrollment. The changes you can make include joining a new Medicare Advantage Plan, joining a new Part D prescription drug plan, switching from Original Medicare to a Medicare Advantage Plan, or switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

As you review your current Medicare coverage, you should consider your access to providers you want to see, your access to preferred pharmacies, your access to benefits and services you need, and the total costs for insurance premiums, deductibles, and cost-sharing amounts.

The last change you make to your Medicare coverage during Fall Open Enrollment will take effect on January 1, 2019. To avoid enrollment problems, it is best to call 1-800-MEDICARE (1-800-633-4227) when making any changes to your health and/or drug coverage.

-Marci

ROVING REPORTER



What are the simple pleasures in your life?

Grace Ilchuk: Knitting, Talking to friends, coming to NORC

Irwin Kaplan: Ice Cream, especially Gelato

Laura Noskowitz: Watching my great-grandchildren grow and develop

Lita Karp: My family loving each other

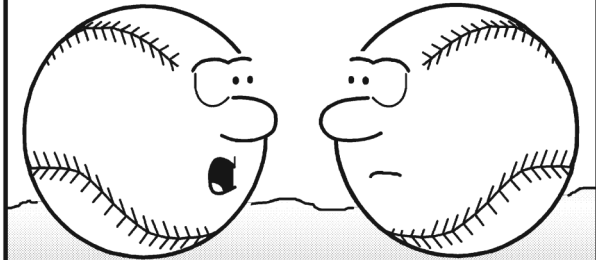
Marilyn Gombo: Coming to NORC, seeing my great-grandchildren, and just getting up each morning.

SMILE A WHILE... Culled from the Internet



THE JOKE'S ON YOU

by Phil Ryder & YOU



"So... we're gonna play hardball, are we?"
- Sheila Moss • Nashville, TN

FLEA MARKET UPDATE

The Co-Op Village Annual Flea Market will be on SUNDAY, DECEMBER 2nd in the East River Community Room (477 FDR Drive). Please note that this year's event will fall later than usual. Mark your calendars! More details to come!

Co-Op Village NORC welcomes our new social work intern, **Morgan Leon**, a student at NYU's Silver School of Social Work. Morgan will be here at NORC for the school year. Welcome, Morgan!

NEW SOCIAL WORKER AT NORC

We are happy to announce that we have a new social worker at NORC, **Mara Gordon**. Mara is a graduate of Hunter College's Silberman School of Social Work. She will be working with clients doing case management and counseling. Next month's newsletter will include more information about our new member of the NORC team. Welcome Aboard, Mara! We're so happy you're here.

Co-Op Village NORC held an End-of-Summer Bash on August 29th. We sang along to the music of Avenue A, ate summer treats, and honored our NORC members who are 95 years-old and older. We also held our annual raffle drawing. It was a fun-filled event!



CONGRATULATIONS TO OUR
END-OF-SUMMER RAFFLE WINNERS!!

People's Concert Series Tickets:

Joanne Floyd, Coula Farris, Helene Greenfield, and Helen Baker

Rainbo's Fish Gift Certificate: Anne Huang

Essex Flowers Gift Certificate: Kathryn Ryan

Katz's Deli Gift Certificate: Ellen Renstrom

Frank's Bike Shop, Bicycle Helmet: Gale Weintraub

Economy Candy Gift Certificates: Ellen Chen, Dan Singer

Quality Sunglasses from Triangle Optical: Margaret Boyd

Disney Messenger Bag from Altman's Luggage: Dalia Lopez

Disney Backpack from Altman's Luggage: Phyllis Lerman

Hand-Knitted Aghan by Laurianne Marrell: Phyllis Smoller

Thank you to these wonderful neighborhood stores for such generosity in your donations to our raffle! Thank you to all the fabulous NORC volunteers for assisting in the End-of-Summer Event and Raffle! You're the BEST!