

NOVEMBER 2018



# CO-OP VILLAGE NORC NEWS

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

**November is National Diabetes Month, and we are offering many health-related activities. We also will have a fun trip to Queens to view some beautiful Noguchi sculptures.**

## ***Intergenerational* Program with Beth Jacob Students will be this month.**

Students from the neighborhood Beth Jacob School will join members of our NORC community on three Wednesdays this month to complete an art project and get to know each other. Students and seniors together will work on creating Gratitude Journals .

**The program will take place on Wednesdays, November 7, 14, and 21 at 1:30 PM at NORC, 465 Grand Street, 4th Floor.**

All supplies will be provided and no crafting experience is necessary. This is **FREE** of charge, and all are welcome.

Thank you to UJA-Federation's Jeanette Solomon Intergenerational Cultural Arts Fund for sponsoring this wonderful event.

## **NORC will offer some fun and informative Thursday specials in November**

November 1st: **“Healthy Eating and You”** Presentation by ShaoMei Zhang and a Walking trip to the Farmer's Market , 2 PM

November 8th: **Trip to the Noguchi Museum** —leave at 12:15 PM, return by 4:30 PM. Call 646-395-4508 to register

November 15th: **“Falls Prevention Event”** Presentation by Pace Nursing Students and Valerie Diaz, Nursing Student at the School of Professional Studies Capstone Project, 2 PM

November 22: **NORC will be closed**

November 29th: **“Reading Nutrition Labels”** presented by Lauren Margolis from the Essex Street Market. **Cooking Demonstration**—Learn how to make Butternut Squash and Apple Mash, and **get a coupon** for the market, 2 PM



## **NORC's trip to The Noguchi Museum**

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 4:30 p.m. Sign ups will start on **October 25th**. Space is limited, so sign up early. Trip will cost \$5 to reserve your seat, and you will get your money back on the bus.

## **HOLIDAY SCHEDULE**

**NORC will be closed for the Thanksgiving holiday on Thursday, November 22, and Friday, November 23rd. We will be open again on Monday, November 26th. Happy Thanksgiving to all!**

**SPOTLIGHT ON VOLUNTEERS...****Mike and Audrey Rosenberg**

Mike and Audrey Rosenberg are an active “volunteer couple” at NORC. They have been part of the organization since 2011 when they retired. They began their time at NORC by attending the exercise classes and the art class at East River. They initially volunteered by helping with the curation of the monthly art exhibit at 465 Grand Street. Audrey says, “Once we volunteered, we saw how appreciative everyone was, and it made us want to do more.” Now in addition to curating the art display, Audrey and Mike are members of NORC’s Trips Committee and the Advisory Board, they are the liaisons to the Eldridge Street Synagogue and bring NORC members free concert tickets,. They also assist with NORC’s annual Flea Market.



Besides coming to the NORC, Mike and Audrey have many diverse interests. Mike is an expert in U.S. Revenue Stamps/Civil War Private Tax Stamps and volunteers at the Manny Cantor Center preschool and at the UJC food pantry. Together, they collect paraphernalia of the Disney Character, Goofy, and make puppets at the United Jewish Council (UJC). Audrey and Mike, thanks for all that you do and for your consistent devotion to the NORC and the Lower East Side community.

**Highlight on Medicare**

Part C is the part of Medicare law that allows private health insurance companies to provide Medicare benefits. These Medicare private health plans, such as HMOs and PPOs, contract with the federal government and are known as Medicare Advantage-Plans. If you want, you can choose to get your Medicare coverage through a Medicare Advantage Plan instead of through Original Medicare.

Medicare Advantage Plans must offer, at minimum, the same benefits as Original Medicare (those covered under Parts A and B) but can do so with different rules, costs, and coverage restrictions. You also typically get Part D as part of your Medicare Advantage benefits package (MAPD). Many different kinds of Medicare Advantage Plans are available. You may pay a monthly premium for this coverage, in addition to your Part B premium.

If you join a Medicare Advantage Plan (like an HMO, PPO, or PFFS), you will not use the red, white, and blue card when you go to the doctor or hospital. Instead, you will use the membership card your private plan sends you to get health services covered. You will also use this card at the pharmacy if your health plan has Medicare prescription drug coverage (Part D). **Reminder that the Open Enrollment Period end on December 7, 2018. If you have further questions, NORC staff can help you.**

## ROVING

## REPORTER

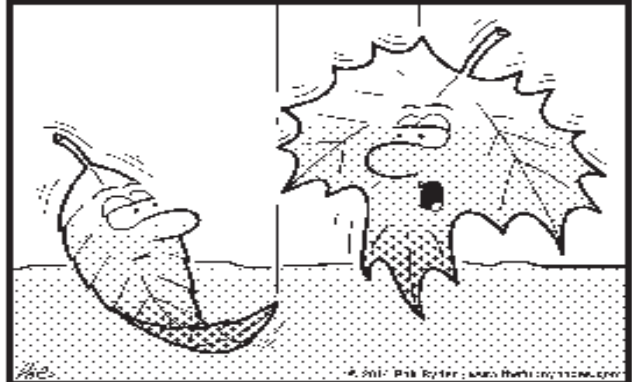


## SMILE A WHILE...



## THE JOKE'S ON YOU

by Phil Ryder &amp; YOU



"Whew! I just narrowly avoided a pile-up today!"

- T. McConnell • Averagetown, USA

## What was your favorite childhood meal?

**Barbara Weber:**  
Sable with Cream  
Cheese and a Bagel



**Morgan Leon  
(Social Work Intern):** Hotdogs  
with Mustard and Relish

**Shavee Altman:** Homemade Chicken  
Soup with "Unborn" Eggs

**Irwin Kaplan:** Spaghetti

**Phyllis Smoller:** Frankfurters with  
Mustard on Rye Bread

**Mona Prokopin:** Meatballs and Spa-  
ghetti.

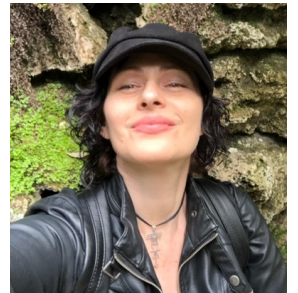
**Kendall Hamid (NORC staff  
member):** Anything my grandmother  
made

## Farewell, Shervon!

NORC's wonderful Case Aide, Shervon Prado-Alvarez, bid farewell to us on October 19. She stepped down from her position to devote more time to her family. Shervon says, "Thank you to all the seniors for welcoming me. It was a great two years, and I will hold all those memories dear." You will be missed, Shervon!

## All About Mara, NORC's new Social Worker

Mara Gordon, LMSW chose social work as her second career after a career of over 18 years in the garment center where she successfully merchandised and designed knit fabrics. She began her undergraduate journey studying psychology but eventually transferred to a business program at F.I.T where she would tap into her creativity. Mara experienced too many years where everything was about financial profit. This led her to return to school to get her Master in Clinical Social Work from Hunter, which would allow her to work in a field where wellness is the bottom line. People over profit is what drives her today. Over the years, Mara became a Reiki Master as well as a creator of handmade healing jewelry. Reiki is a healing art with roots in Japanese origin. The Japanese word - (Rei) meaning "Universal life" - and (Ki) meaning "Energy". There is no religious affiliation with Reiki, and today many progressive hospitals offer Reiki treatments to their patients as a simple and effective form of spiritually guided life force energy to help balance and clear blocked energies. Mara hopes to be of service to humanity through her work, her art and her being.





Our superb volunteers assisting with Flu Shot Sign-ups at NORC



A cooking demo at the Essex Street Market

### **Flea Boutique update and information**

**NORC's Annual Flea Boutique and "Win What You Want" Raffle** will be on **December 2nd from 11 am-3 pm in the East River Community Room at 477 FDR Drive**. Please help us raise money for your NORC by shopping, shopping, shopping. There will be jewelry, handbags, books, toys, etc. Also, we will draw names for our fabulous raffle prizes. Tickets will go on sale the week of November 12th and you can bid for which items you like. **Please help us spread the word about this exciting event.**

#### **Donation drop off will be on:**

- November 13, 20, and 27 at the East River Community Room (477 FDR) from 2:30-3:30 PM. Please take your donation straight to the closet.
- November 16 and 30 at 465 Grand Street from 9 AM-12 PM
- If you need to arrange another drop-off time, please call Kendall at 646-395-4508.

**"Win What You Want" Raffle tickets are currently being sold at NORC, 465 Grand Street, 4th Floor and at the Flea Boutique on December 2nd.**

Prizes are from **Target, Zafi's, Altman's Luggage, Trader Joe's, El Castillo, Davidovich Bakery, Kossar's, Paul Taylor Dance Company, East Side Glatt, Eldridge Street Synagogue, The Pickle Guys, Special Touch Cleaners, Moishe's Bakery, East Side Kosher, The Tenement Museum, and much more**