

JANUARY 2019



CO-OP VILLAGE NORC NEWS

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646-395-4510

Happy New Year! We hope 2019 brings you much health and happiness. We are looking forward to some fabulous programs to keep the winter doldrums away.

TRIPS AND EXCURSIONS

We will take a return trip to the New York Botanical Garden Holiday Train Show on **January 17th**. **Sign ups for this trip will start January 2nd.**

The buses will leave at **9:15 AM** from **465 Grand Street** and will return by **2:30 PM**.

Cost **\$23**. Please call **646-395-4507** to register.

****IMPORTANT****

New Check-In System

In order to protect our members' confidentiality and minimize disruptions, we are asking that you first check in with Rosa at the front desk before going to see a NORC staff member in his or her office. It is very important that we maintain the privacy for our members, so we ask that you comply, even if you have a scheduled appointment with a staff person. Thank you.

Thursday Specials in January

January 3: **Chair Massage**, 2 PM. Please call 646-395-4507 to make your 5 min. appointment.

January 10: **Healthy Brain and Memory Wokshop** presented by The Alzheimer's Association, 2 PM.

January 17: **Trip to the New York Botanical Garden Holiday Train Show**. Registration starts on January 2nd. Cost \$23 Please call 646-395-4507 to register.

January 24th: **Reiki Healing for Mind, Body & Spirit**. Facilitated by Mara Gordon, LMSW, NORC Social Worker, 2 PM.

January 31: **Cooking Demo: Make Sweet Potato and Red Bean Chili and discuss "Heart Health"** presented by Lauren from the Essex Street Market, 2 pm.

NORC Welcomes back Glamour Gals on January 24th

After the success of the Glamour Gals program last year, NORC again welcomes back the students from The Beacon School, who will meet with our NORC members to give FREE beauty service. The program will run from 3:30-5:00 PM and will be monthly. If you are interested in an appointment for a manicure or makeover, please contact Kendall at 646-395-4508.

HOLIDAY SCHEDULE

NORC will be closed on January 21, due to Martin Luther King, Jr. Day.

SPOTLIGHT ON VOLUNTEERS...*Morgan Leon*

Morgan Leon is a social work intern from the NYU Silver School of Social Work. Morgan is interning at NORC for the duration of the school year, and for her “field placement”, she spends three days a week working with clients and leading a group at the NORC (Building Community Through Compassion, Tolerance, and Respect).



Morgan says that she has “always been interested in human behavior, psychology, and helping people. [She] always knew that she wanted to go into a helping profession.” At NORC, Morgan “enjoys the opportunity to learn more about older adults and to help them work through their issues, especially as seniors are an often overlooked population.”

In addition to attending school and being an intern at NORC, Morgan has many interests and hobbies. She enjoys baking and cooking, health and exercise, animals, and reading. Thank you, Morgan, for your help at the NORC this year. We love having you here.



Medicare Reminder

When choosing a [Medicare Advantage \(MA\)](#) plan, be aware of the different cost-sharing you may face. Costs in MA Plans are often different from in [Original Medicare](#), and may come with additional rules. Consider each plan carefully before enrolling.

Medicare Part B premium: In an MA Plan, you generally must pay the [Part B premium](#). Plans may also charge you an additional premium. In some cases, the plan may pay part of your Part B premium.

- **Deductible:** MA Plans may charge you a deductible for services, including inpatient, outpatient, and prescription drugs. Deductibles will vary by plan.
- **Copayment:** MA Plans usually charge a copayment (copay) for doctor’s visits, instead of the 20% coinsurance you pay under Original Medicare. Keep in mind that MA Plans cannot charge higher copays than Original Medicare for certain care, including chemotherapy, dialysis, and skilled nursing facility (SNF) care.

Maximum out-of-pocket (MOOP) limit: All plans must include a maximum out-of-pocket limit. This means the amount you pay out of pocket is capped for the year, which protects you from excessive costs if you need a lot of care or expensive services. These limits are typically high, and they include copays and deductibles.

In addition to the above, remember that MA Plans have different coverage rules.

- Many plans cover services only if you receive them from doctors, hospitals, and pharmacies that are in the plan’s network. Before you join an MA Plan, make sure your doctors (or other providers you may want to use in the future) are in the network and that they are accepting new patients from the plan. Keep in mind that doctors and hospitals may leave the plan at any time, but you can only leave an MA Plan during an enrollment period if you want to avoid incurring a penalty.
- Though MA Plans must cover the same health services that Original Medicare covers, they may ask you to pay more for certain services or require that you take certain steps before they will pay for your care. For example, a plan may require your provider to ask the plan’s permission before giving you certain services, or require more formal referrals to see specialists or prior authorization for certain services.

Remember: you cannot buy a [Medigap](#) policy to supplement an MA Plan and cover cost-sharing. Medigap policies only work with Original Medicare.

ROVING REPORTER



SMILE A WHILE... Culled from the Internet



What is your secret to keeping a New Year's resolution?

Shel Orenstein: "Not Making Any."

Elaine Cohn: "A Tremendous Need."

Karen Kowarsky: "Don't make it, and if you do make it, do it for a short time and make it realistic."

Rosa Morales (NORC Case Aide):
"Make it a simple one."

Stuart Steiner: "DO get so drunk that you don't remember your resolution" (Then you can't break it).

Happy New Year Jokes

A New Year's resolution is something that goes in one year and out the other.

I'll remember 2018 like it was yesterday.

What do you cows celebrate on December 31st? Moo Years Eve.

May all your troubles last as long as your New Years resolutions.

Educational Alliance CEO, Alan Van Cappelle, visits NORC's Current Event Group

by Guest Columnist Herb Zolty

On Tuesday, December 4, 2018, Alan van Capelle, CEO of the Educational Alliance, took part in discussing the current events of this past week. He was very impressed with how the group was led by facilitator, Helen Baker. Discussion was brisk and interesting and well-attended. We really enjoyed having Mr. van Capelle in the group. The group meets every Tuesday at 1 PM, open to all.

**Need help using your
Smartphone or Laptop?
Which apps do you need?
What is the difference be-
tween Facetime and Face-
book?**

Who better to help you than a teenager! NORC has several teenage volunteers who want to show you all the tricks that your technology can do. If you are interested in meeting with one of these volunteers, please let Kendall know at 646-395-4508.

NORC's annual Flea Boutique and Raffle was a huge success

Thank you so much to our many volunteers who helped facilitate our Flea Boutique, and thanks to East River Housing for use of your community room. It was a hugely successful event, and we could not have done it without your help and support.

At this event, we also drew the names of several winners for our raffle prizes. **Margaret Eldosouky, Joan Rosenberg, May Chen, Phyllis Lerman, Stu Portner, Leena Kuivanen, Phyllis Smoller, Nettie Oak, Penny Hickey, Annabelle Waldman, Helena, Andreyko, Ellen Renstrom, Rachel Aledun, and Mary Shen**

Also, a HUGE congratulations to our \$100 Target Gift Certificate winners, Mary Ann Algerio and Frances Turek.



Thank you to all the wonderful restaurants, organizations, and retail stores who donated to this event:

Altman's Luggage, Seward Park Liquors, Special Touch Cleaners, Target, Davidovich Bakery, East Side Glatt, East Side Kosher, El Castillo Grand, El Castillo Rivington, Randall's Barbeque, Kossar's, Moishe's Bakery, The Pickle Guys, Trader Joe's, Eldridge Street Synagogue, Paul Taylor Dance, Tenement Museum.

NORC welcomes students from Beth Jacob School

On November 7, 14, 21, we welcomed 6th graders from the Beth Jacob school for a fun and meaningful intergenerational art project, making gratitude journals.

The seniors and students enjoyed getting to know each other and create together.

