

FEBRUARY 2019



# CO-OP VILLAGE NORC NEWS

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

**February is American Heart Month. Please join us for some informative presentations to promote your health and wellness.**

## **TRIPS AND EXCURSIONS**

We will take a shopping excursion to **IKEA** in Brooklyn on **February 27th**. Sign-ups for this trip will start **February 12th**. Cost will be \$5 to reserve your spot. You will get \$3 back, and we will give the rest to the driver as a tip.

The vans will leave at 9:15 AM from 465 Grand Street and will return by 1:00 PM.

### **SAVE THE DATE**

On **March 14**, we will take a trip to the **Cooper Hewitt, Smithsonian Design Museum** to see the exhibit: **The Road Ahead: Reimagining Mobility**. The cost will be \$20. More info to follow. **Sign-ups will start March 1st**. Please call 646-395-4510 for more information.

### **Trip Payment Policy Update:**

When you sign up for a trip, please pay for the trip within three business days to guarantee your spot. Please note that if you cancel your reservation, you will get your money back only if the spot is filled. Please be sure you want to go on the trip before committing.

## **Thursday Specials in February**

**February 7: It's Not Just for Kids: Coloring for Adults and its health benefits**

**February 14: What You Need to Know about Diabetes.** Presented by Albert Eschoo from Right at Home, 2 PM.

**February 21: Origami: Learn the Ancient Art and Reap its Therapeutic Benefits.** Presented by Denise Shalev from Theragami, LLC. , 2 PM

**February 28: Cooking Demo featuring Pumpkin Oat Pancakes and learn about "Hidden Sugar Content."** Presented by Lauren from the Essex Street Market, 2 pm.

### **\*\*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.**

### **HOLIDAY SCHEDULE**

**NORC will be closed on February 18th in honor of President's Day.**



The Group "**Creative Writing/Share Your Story**" will resume on February 4th at 11 AM. No writing experience necessary. Join us for some fun, imagination, and creativity.

**SPOTLIGHT ON VOLUNTEERS...****Sam Schwartz, plant whisperer**

Sam Schwartz has been donating plants to NORC and caring for them for the last three years, when he first became a member. Sam found most of these plants in the garbage area of his building and “rescued” them. Now they are thriving at NORC.

Sam claims to know nothing about plants, but he takes care of these beauties perfectly. Here are some of his tricks:

- 1) Put your finger in the soil to test if it’s dry. Water it and wait for the water to drain out. Then you have watered it enough.
- 2) Put the plants on a baking sheet and add extra water to the baking sheet. Many small plants can fit on the baking sheet, and the extra water gives humidity, especially in the summer.
- 3) Make your own “compost water” by adding egg shells or a meat scrap to a water bottle. Once it decomposes, you can use this water for the plants. It’s do-it-yourself plant food.

Sam has many plants at home including hot pepper plants, avocado plants, and many of the same plants as NORC. Sam says, “Every apartment should have plants. They give you oxygen, especially big leafy ones, and plants cost virtually nothing.”

In the future, Sam wants to add to NORC’s plants and include peppers and avocado plants. Thanks, Sam, for keeping our office beautiful, oxygen-filled and green! We love your plants and appreciate all that you do for NORC!



*Health Tip*

As the weather gets colder, it is important to keep yourself safe and healthy. If your body temperature drops too low, you are at a risk for hypothermia, which can cause health problems including heart attack, kidney problems, and liver damage. The [National Institute for Aging](#) recommends some of the following tips to keep yourself warm this winter:

- Set the heat to at least 68-70°F. You can save money on heating bills by closing off rooms that you are not using, placing a rolled towel in front of doors to prevent drafts, and keeping your blinds and curtains closed to avoid losing heat through your windows.
- Even indoors, make sure you dress warmly. Wear socks and slippers in your home, and keep blankets available to place over your legs. At night, use extra covers and wear a cap or hat.
- Ask a friend or family member to check in on you when the weather is cold.
- Try to stay inside on cold, windy days. If you need to go outside, wear warm, waterproof clothes in loose layers to keep your body warm.

# ROVING REPORTER



## SMILE A WHILE... Culled from the Internet



### What was your very first job?

**Libby Wilson:** I was working in a dress making factory. I used chalk to outline the patterns before they were cut. I worked part-time.

**Grace Ilchuk:** My first job paid 25 cents an hour. I worked on Saturdays in a department store selling handbags.

**Anne Lee:** My first job was at Key Food as a cashier. I was in school and working part-time.

**Adriana Myfitija:** When I first came to the US and I didn't speak English, I worked in a factory and put numbers inside handbags. Then I worked in a job where I made bridal crowns.

**Irwin Kaplan:** I had two jobs, a wine tester and mattress tester. I also worked at unemployment.

**There's nothing better than a little Yogi Berra to brighten up your winter days. Here are some of his famous sayings...**

"Half the lies they tell about me aren't true"

"If you come to a fork in the road, take it."

"A nickel ain't worth a dime anymore."

"Baseball is ninety percent mental and the other half is physical."

"You better cut the pizza in four pieces because I'm not hungry enough to eat six."

"The future ain't what it used to be."

"You can observe a lot by just watching."

"It ain't over till it's over."

"I never said most of the things I said."

**Please note that NORC has a suggestion box **on the information table**. If you have any comments, questions, feedback, etc., please feel free to leave us a note in the box. We welcome your input.**



NORC VISITS THE NYBG HOLIDAY TRAIN SHOW



NORC HOLDS AN ANNUAL WINTER CELEBRATION

by Herb Zolty (guest columnist)



On Wednesday, December 19, 2018, Co-Op Village NORC held its annual winter bash in the community room of East River Houses Co-Op. In a party atmosphere, seniors were entertained by the Frisson Dove Trio, playing and singing holiday music. The seniors enjoyed the entertainment, singing along with the group. After the entertainment, everyone was served with potato latkes, sour cream, apple sauce, cupcakes, and various flavors of sodas. It was a delicious and entertaining event, and everyone is now looking forward to the next annual summer bash. A hearty thank you to the staff and volunteers for a job well-done.



The Winter Bash is SO MUCH FUN!



Game Time, Anyone?

Please note that NORC has many board games in the back room, and we offer "game time" several days a week. If you are interested in RummiKub, Mah Jongg, Scrabble, Card Games, Trivial Pursuit, Jigsaw Puzzles, Chinese Checkers, etc., we can assist you and help you find others to play with. Please call 646-395-4508 to make arrangements.

