

MARCH 2019



# CO-OP VILLAGE NORC NEWS

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

**Winter is more than halfway over! Please join us at NORC for our wonderful programming . We are a great place to meet friends, have fun, and learn some new skills.**

## **TRIPS AND EXCURSIONS**

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. We will depart at 9:30 and return to NORC by 1:30. **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.

### **SLEEP HYGIENE IS KEY!**

**March 10-16 is the National Sleep Foundation's Sleep Awareness Week® 2019.** This month NORC will be giving out information with helpful tips for better sleep at night. Please take one of our handouts when you visit the office. Good sleep is vital for your everyday functioning and health!

## **Thursday Specials in March**

**March 7: Cooper the Dog visits with his human companion, Tina, 2 PM.**

Following this at **2:45 PM** there will be a **Pokeno Game with the Pace Nursing Students**. Please join them for fun and laughs.

**March 14: Spine Health Part 2 .** Facilitated by Dr. Alan Berger, Chiropractor, 2 PM.

**March 21: Opera performance and information session facilitated by Nicola Mills, Professional Opera Singer, 2 PM.**

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

**PACE NURSING STUDENTS TO OFFER FREE BLOOD PRESSURE SCREENINGS & MEDICATION REVIEWS**



Please join our Pace Nursing Students on **Thursday, March 28th, from 10-12** at 465 Grand Street. They will offer blood pressure screenings and will review your medications. Please bring all of your medi-

## **Reminder**

**Daylight Savings Time starts on Sunday, March 10th.** Don't forget to "spring ahead" and change your clocks.

***SPOTLIGHT ON VOLUNTEERS...* Phyllis Lerman**

Meet our volunteer Phyllis Lerman, who has been a part of the NORC for two years. She began attending the program because she needed to keep busy after her son moved out of the city. NORC attracted her because she knew people there and she was interested in the activities. Today Phyllis especially enjoys Chair Yoga, Falls Prevention with Guiqin, brain aerobics, Jewish Traditions, Mah Jongg, and the Thursday specials. Phyllis says NORC is special because it's "being with people and everyone is nice."



Volunteering came naturally to Phyllis because she had volunteered at other places in the past, such as in her childrens' school. Phyllis became a NORC volunteer after one of her friends (another NORC volunteer) asked her to help sign in people to the annual Flu Shot event. Ever since, Phyllis has helped with that same event. Phyllis also volunteers at NORC's Flea Boutique and is on the Advisory Board. Volunteering "makes you feel a part of things", says Phyllis.

Thank you, Phyllis, for being an enthusiastic member of NORC and for your avid participation and volunteering. We appreciate all that you do.



## Medicare Reminder

If you missed your Initial Enrollment Period (IEP) and need to enroll in Medicare, you likely will have to enroll during either a Special Enrollment Period (SEP) or the General Enrollment Period (GEP).

### Special Enrollment Period

If you are eligible for the Part B SEP, you can enroll in Medicare without penalty at any time while you have job-based insurance and for eight months after you lose your job-based insurance or you (or your spouse) stop working, whichever comes first.

If you are under 65, are Medicare-eligible due to disability, and have job-based insurance through a family member's current work, you may also be entitled to the SEP if there are at least 100 employees at your family member's place of work.

Know the differences in coverage through job-based insurance if you are Medicare-eligible due to age versus disability.

### General Enrollment Period

The GEP takes place January 1 through March 31 of each year. During this period you can enroll in Medicare Part B.

Enrolling during the GEP means your coverage will start on July 1. Until that time, you will not be covered by Medicare.

Enrolling in Medicare during the GEP means you will have to pay a Part B premium penalty.

# ROVING REPORTER



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



### WHAT ARE YOUR BEST TIPS FOR A GOOD NIGHT'S SLEEP?

**Fran Kamerman:** I walk a lot and dance. I love to dance! It gets me tired.

**Harold (NORC's jack-of-all-trades):** Go to bed early.

**Sue Manahi:** Go to sleep in time and wake up in time. Eat lightly after 8 p.m. Eat banana and yogurt. Don't watch disturbing movies before bed.

**Herb Zolty:** Use a comfortable blanket and pillow.

**Eileen Guttenberg:** Try doing meditation or anything relaxing. Don't watch the news. Try to solve your problems before you go to sleep. If you're having problems, see a social worker.

**Henny Youngman was the king of the "one-liner." Here is a tribute to him and his humor.**

"I told the doctor I broke my leg in two places. He told me to quit going to those places."

"If at first you don't succeed...so much for skydiving."

"If you had your life to live over again, do it overseas."

"If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late."

"What is a home without children? Quiet."

"Just got back from a pleasure trip: I took my mother-in-law to the airport."

"Dancing on pointe...Why don't they just get taller girls?"

"Take my wife—please!"

**Please check out NORC's "Healthy You" bulletin board. We are continually updating it with articles and news about ways that you can maintain your health and wellness. The bulletin board is inside the NORC office at 465 Grand Street.**



## PIECES OF THE PROGRAM

In this column, we will profile a “piece” of NORC each month and give you more information about it. This month, we are focusing on our group, **BRAIN AEROBICS**.

The **Brain Aerobics group** is a great way to challenge your brain while also having fun. In this group, we do trivia quizzes, number puzzles, word games, etc. Each week is different, and the kinds of puzzles vary from session to session. The challenges are done individually and the answers are discussed with the group, making it a fun and social experience.

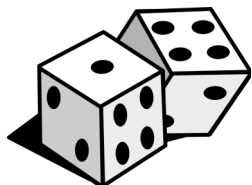
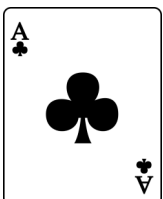
Please note that studies show that doing these types of puzzles and games are beneficial in preventing memory loss. Please join us for this fun group **twice a month on Wednesdays from 1:15-2:15 PM**. Please check our calendar for the exact days each month.

### IN NEED OF TAX PREPARATION?

The **Educational Alliance’s Center for Wellness and Recovery** is offering **FREE** tax preparation on Thursdays from 10 AM to 2 PM until April 13th. They are located at **25-29 Avenue D (Between East 3rd and East 4th Street) 10009**. Tax prep is first-come first-served, so bring all of your documents and go early. It is advisable to go before 10 to ensure your place in line. If you have questions, please call NORC at 646-395-4507.

### **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.



### [NORC offers Intergenerational Technology Tutoring](#)

**Curious about the latest technology? Need help using your Smartphone, Laptop, or Tablet? Which apps do you need? 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**. Please note that these volunteers must meet at NORC. They cannot go into individual apartments.

