

APRIL 2019



CO-OP VILLAGE NORC NEWS

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

Spring has sprung and Co-Op Village NORC has some new and interesting programming this month. Please join us for shopping, workshops, classes and more!

TRIPS AND EXCURSIONS

We have two exciting shopping trips this month. On Friday, April 5th, we are traveling to FISH FRIDAYS at the Acme Smoked Fish Factory. We will leave NORC at 9 am, and return around noon. The cost is \$5 to reserve your seat and you will get \$3 back on the trip (\$2 will be used for the driver's tip). Flyers have gone up in the buildings and registration started on 3/25. Please call 646-395-4507 to reserve your seat or join the wait list.

We are doing an additional trip to East River Shopping Plaza on Wednesday, April 10th. Pickup from NORC will be at 9:30 AM and we will return to NORC by 2:30 PM. The cost is \$5 to reserve your seat and you will get \$3 back on the trip (\$2 will be used for the driver's tip). Please call 646-395-4507 to reserve your seat. Sign up starts on Monday, April 1st.

New Group ...“Hey, You’re Not Alone—Coping with Life’s Transitions”

Transitions and changes can sometimes take their toll on us, even when we are able to push through our discomforts, and giving voice to what causes us discomfort takes away its power over or hold on us. NORC will now offer a new group, “Hey You’re Not Alone—Coping with Life’s Transitions” and will now offer a forum for discussion and support.

Please join facilitator **Mara Gordon, LMSW**, for this group. Like the layers of an onion, as you share, you peel away a layer that no longer serves you, and the more you share, the more layers that get peeled away.

This important group will meet bi-monthly and will meet on Mondays, April 8 and 22 at 2:15 pm. If you have questions, please call NORC at 646-395-4507.

Thursday Specials in April

April 4: Game Day with the Pace Nursing Students: Play Heads-Up, 2 PM.

April 11: Walking 101, Facilitated by the NY Road Runners Club, 2 PM.

April 18: Health Presentation by the Pace Nursing Students. Topic: Polypharmacy and You, 2 PM

April 25: Broadway Up Close: The History of the Great White Way and Insider Tales. Presented by Tim, from Broadway Up Close Walking Tours, 2 PM

NORC To Offer Two Fun Spring Workshops

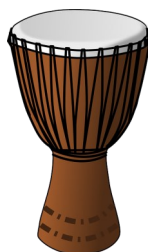
Please join us for two creative workshops to welcome the spring and relieve stress.

Tuesdays, April 9, 16, 23, and 30, we will bring back Denise Shalev to lead us in a four-part series about the art of **Theragami**

(Therapeutic Origami). This will be from 2:15-3:15 PM on those days.

Also, on **Mondays, April 29, May 6, and May 13**, we will offer a **Drumming Workshop series**, facilitated by Musical IQ.

This program will utilize handheld drums as a vehicle for making music, relieving stress, and bringing everyone together for fun and enjoyment. This will be from 1:15-2 PM.



We hope that you can attend these exciting workshops. Please call **646-395-4707** for more information.

SPOTLIGHT ON VOLUNTEERS... Phyllis Smoller

Phyllis Smoller has been an active member of NORC for 18 years, after she moved to the Lower East Side from Brooklyn. Phyllis, a former elementary school teacher, moved to the neighborhood and was looking for physical activity. She first joined NORC's dance class, Dance with Fran, then expanded her activity at NORC to include knitting classes (with "two wonderful and patient teachers, Laurianne and Leena"), and taking trips. In addition to keeping busy at NORC, Phyllis is also active at the Weinberg Center. She participates in the Alliance Stage Company and takes Silver Sneakers classes at the gym. Overall, Phyllis loves living on the Lower East Side, as there is "always something to do."



As a volunteer at NORC, Phyllis sits on the Advisory Board. She likes and supports NORC because "it has a calming effect" on people. Thank you, Phyllis for all of your 18 years of support and participation. We appreciate it!



I do not have a car of my own, and I wanted to learn more about how Medicare covers medical transportation. When does Medicare cover transportation in an ambulance? Does it cover ambulette transportation?

Medicare Part B covers emergency [ambulance services](#) and, **in limited cases**, non-emergency ambulance services. Your trip is scheduled when Part B covers **emergency ambulance services** if an ambulance is medically necessary, meaning it is the only safe way to transport you, the reason for your trip is to receive a Medicare-covered service or to return from receiving care, you are transported to and from [certain locations, following Medicare's coverage guidelines](#), and, the transportation supplier meets Medicare's ambulance requirements

To be eligible for coverage of [non-emergency ambulance services](#), you must be confined to your bed (unable to get up from bed without help, unable to walk, and unable to sit in a chair or wheelchair) or need essential medical services during your trip that are only available in an ambulance, such as administration of medications or monitoring of vital functions

Original Medicare never covers the services of ambulettes, wheelchair vans, or litter-vans. Medicare also does not cover ambulance transportation just because you lack access to alternative transportation. Medicare Advantage Plans must cover the same services as Original Medicare, and may offer some additional transportation services. transportation. Note that if you are receiving skilled nursing facility (SNF) care under Part A, most ambulance transportation should be paid for by the SNF. The SNF should not bill Medicare for this service.

Under Original Medicare, Part B covers medically necessary emergency and non-emergency ambulance services at 80% of the Medicare-approved amount. In most cases, you pay a 20% coinsurance after you meet your Part B deductible (\$185 in 2019). All ambulance companies that receive Medicare payments must be participating providers who accept assignment in all cases. If your health is not in immediate danger, it is not considered an emergency. If you have a Medicare Advantage Plan, contact your plan to learn about the costs of ambulance transportation.

ROVING REPORTER



SMILE A WHILE... Culled from the Internet



If you could study any one thing, what would you want to learn?

Herb Zolty: How to play piano

Grace Ilchuk: The study of linguistics

Iwona Zarzecka (VNS Nurse): Any kind of dancing

Priscilla Brooks: Chinese and French and how to make French pastries

Alla Golden (NORC Case Manager): Psychology

Diane Chin: Languages, computer tech, what's new in medical information, learning about people in other countries

Phyllis Smoller: How to arrange a perfect and stress-free trip

It's Kind of Funny...

1. I used to think I was indecisive, but now I'm not too sure.
2. Doing nothing is hard, you never know when you're done.
3. If two wrongs don't make a right, try three.
4. I am not lazy, I am on energy saving mode. Life is short, smile while you still have teeth.
5. A balanced diet means a cupcake in each hand.
6. People say nothing is impossible, but I do nothing every day.
7. A bank is a place that will lend you money if you can prove that you don't need it.
8. If you think nobody cares if you're alive, try missing a couple of payments.
9. Always remember that you're unique. Just like everyone else.
10. One advantage of talking to yourself is that you know at least somebody's listening.

NORC welcomes a new case manager, Alla Golden!

NORC is happy to welcome Alla Golden as its new Case Manager. In the past, Alla has worked helping various populations, has participated in care management, and has led activity groups. Alla is excited to be at NORC and looks forward to meeting all of you and hearing your stories.





PIECES OF THE PROGRAM

One unique feature of our NORC is the health care piece. We have health care partnerships with Mount Sinai HealthCare System and Visiting Nurse Service of NY. Our full-time nurse **Guiqin Chen** is from Mount Sinai and **Iwona Zarzecka** is from Visiting Nurse Service of NY. They are excellent and caring nurses on site for you. They have office hours, offer home visits, if needed, and provide group services. You are welcome to see them for health issue counseling, physical discomfort, health promotion, diet counseling and medication teaching. The purpose is to have you stay healthy in the community.

Please note...Nurse Walk-In Hours are on Monday from 10:30 AM-12 PM and Fridays from 11 AM-1 PM.



**Last month,
NORC visited
the Cooper-
Hewitt Design
Museum .**



**Pokeno Game Day with
the Pace Nursing Students.**

**A “pawsitively” fun visit
with Bella the Dog!**



Save the date...

EDUCATIONAL ALLIANCE

CO-OP VILLAGE NORC & WEINBERG CENTER

YOM HASHOA EVENT

In Tribute to our Community Heroes Who Survived

Thursday, May 2, at 3 PM

3 PM at Manny Cantor Center,

197 East Broadway, 6th Floor.