

MAY 2019



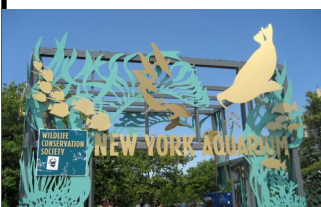
CO-OP VILLAGE NORC NEWS

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

May is Older Americans Month! The theme this year is “Connect, Create, Contribute.” Co-Op Village NORC is the perfect place to do all of this! Please join us this month for some exciting and interesting activities.

TRIPS AND EXCURSIONS

We will take a trip to the newly refurbished **New York Aquarium** on Wednesday, May 22. The vans will depart NORC at 9:00 AM and will return to the NORC by approximately 3:30 PM. The trip will cost \$21. Please note that the trip is self-



guided with no formal tour. Sign up starts on May 8th. Call 646-395-4507 to register.

SAVE THE DATE:

On Wednesday, June 19, we will travel to the **Vanderbilt Museum, Mansion and Planetarium** on Long Island. More details to follow in the June newsletter. Sign up for this trip will start June 3rd.

NORC to welcome elementary-age students from P.S. 140.

Be sure to join us at NORC on three Thursdays this month: May 9, 16, and 23rd as we welcome the students from the after school program at P.S. 140.

We will take part in activities to get to know each other and we will watch performances by the students, who are working on their production of “Lower East Side Story”. Thanks to Concerts in Motion and UJA Federation’s Jeannette Solomon Fund for making this program possible.

This event will be on Thursdays, May 9, 16, and 23rd at 3 PM at 465 Grand Street, 4th Floor.

P.S. 140’s “showcase” of this performance in its entirety will be on May 31st at 4 PM. NORC members are welcome to attend.

Thursday Specials in May

May 2: **Yom Ha Shoa/Holocaust Remembrance Event**, at Weinberg Center, 197 East Broadway, **3:30 PM.**

May 9, 16, 23: **Intergenerational Event with P.S. 140, 3 pm (see below)**

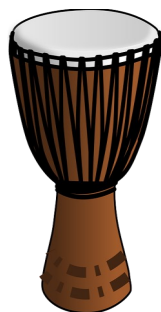
May 30: **Glucose and Cholesterol Screening**, sponsored by Mount Sinai Beth Israel Karpas, **2-4 pm.** Please call 646-305-4507 to register.

WALKING GROUP RESUMES

After a brief hiatus for the winter, NORC’s walking group is resuming this month. This fun and beneficial group will meet from **9:30-10:30 AM on Wednesdays, May 1, May 15, and May 29.** Put on your comfy sneakers and join us!



Please join us for our last Drumming Workshop sponsored by NORC and in conjunction with Musical IQ. This will be on Monday, May 6 from 1:15-2 PM. It will be a fun way to bring together our community, create, laugh, and enjoy.



Please note that Co-Op Village NORC will be closed on Tuesday, May 14, for the annual All-Staff Conference AND on May 27 for Memorial Day.

Spotlight on Volunteers... Anne Lee

Anne Lee has been a NORC Volunteer for several years. She helped NORC greatly by working at the Flea Boutique and selling her crafts projects, helping with clerical work, and making phone calls to help promote NORC events. In addition to volunteering at NORC, Anne volunteers at several other sites. She teaches English to Chinese speaking seniors at Hamilton Madison House, helps with clerical work at Caring Kind, and assists Chinese speaking seniors in filling out forms and applications at the Chinese Consolidated Community Center. Anne is very busy and really likes to help people. "I feel happy when I'm doing that", she says.



Anne first came to NORC after retiring from the Board of Education, where she had worked as a bilingual assistant for 15 years. She joined the needlepoint class and really enjoyed it. Anne then started participating in other classes like Knitting and became a volunteer at NORC soon after. In describing NORC, she says, "People are kind and the classes let people talk and have fun."

In addition to attending NORC classes and volunteering at various organizations, Anne also loves to spend time with her family. She has 6 grandchildren who all live nearby.

Thank you, Anne, for the work you do helping others!



Questions to ask when new to Medicare

If you are new to Medicare, there are several questions you should consider while approaching or within your Initial Enrollment Period (IEP) or a Special Enrollment Period (SEP). Use this guide to consider your options when preparing to enroll in Medicare or after you have already enrolled.

What are the basics? Medicare is a complex program and can sometimes be confusing. The best place to start when you are new to Medicare is by familiarizing yourself with the differences between it and the health insurance you have now. Learn what makes a person Medicare-eligible, the different parts of Medicare insurance and what those parts cover, times to enroll in Medicare, and how putting off enrollment can result in penalties. These initial steps will help smooth the transition from your current insurance to Medicare once you are eligible.

What are your coverage options? Everyone has different health care needs, meaning the coverage that is right for your friends or family may not be right for you. Will you enroll in Original Medicare or would you prefer a Medicare Advantage Plan that may limit your provider networks or have different costs but that offers additional coverage? If you have current employer insurance, you may decide not to enroll in Medicare until you have retired. If you are already retired, you might find that Original Medicare plus retiree insurance works better for you than Original Medicare plus a Medigap (or vice versa). Find out the full range of your coverage options.

Should you enroll in Part D? While you should make sure you enroll in Part D prescription drug coverage when you become Medicare-eligible (assuming you do not have other creditable drug coverage), there are many Part D options for you to explore. Keep in mind, too, that sometimes retiree insurance offers prescription drug coverage that is as good as or better than Medicare Part D. If that is the case, you might decide not to take Part D because you are already covered. Finally, if you have difficulty affording your drug costs, you may want to consider applying for programs that can help pay these costs.

Are you eligible for programs that help lower Medicare costs? There are several programs for people with low incomes that help pay for Medicare-related costs, such as premiums and copays. Some of these programs are federal while others are state-specific. Find out whether you meet the eligibility requirements and take full advantage.

What resources exist to help you navigate Medicare? Medicare is a complex and beneficial program, and a variety of trusted sources can help you navigate your rights and options. A few are listed here:

1-800-MEDICARE, Social Security Administration, State Health Insurance Assistance Program (SHIP), Medicare Rights Center. NORC Social Work Staff can also help you with understanding this decision-making process.

ROVING

REPORTER



SMILE A WHILE... Culled from the Internet



SPRING JOKES. HAHA!

Can February March?
No, but April May!

Why is everyone so tired on April 1?
Because they've just finished a long, 31
day March!

What season is it when you are on a
trampoline?
Spring-time!

What flowers grow on faces?
Tulips (Two-lips)!

Why are trees very forgiving?
Because in the Fall they "Let It Go" and
in the Spring they "turn over a new
leaf".

Why is the letter A like a flower?
A bee (B) comes after it!

"APRIL SHOWERS BRING MAY FLOWERS." WHAT IS YOUR FAVORITE KIND OF FLOWER?

Frances Rivera: Calla Lily

Ana Gutu: Roses

Rita Pollack: 1) Peonies 2) Tulips

Rosa Morales (NORC staff): I
like roses of all colors and orchids.

Dina Nobel: Magnolias

Shavee Altman: Lily of the Valley
and Gardenias

Lita Karp: Roses

**Reminder... Please silence your
cell phone during "Sam's Mov-
ing Pictures" and "Movies and
Ice Cream". If you enter late or
leave early, please be silent so
you do not disturb
others or disrupt the
movie in progress.
Thank you.**



Please note...

**When at the NORC, in order to
maintain confidentiality, **DO NOT**
enter any office or room if the
door is shut. If you have ques-
tions about whether or not a
room is occupied, please check in
with Rosa at the front desk.**

NORC Member Irwin Kaplan's work is part of the Borough President's Art Show.

In the month of April, Gale A. Brewer, Manhat-
tan Borough President, held an art show featur-
ing 46 artists over the age of 60. Irwin Kaplan,
one of NORC's very own, was one of the people
whose art was selected. His work, consisting of
decoupage, marker, and paper is titled, "Human
Omelette". Congrats Irwin!!



"Human Omelette"



Irwin and the Manhattan
Borough President.



PIECES OF THE PROGRAM

One tradition at Co-Op Village NORC is its “**Thursday Specials**”, begun by its original Group Programs Coordinator (and current NORC volunteer, Rita Siff.) Every Thursday, we offer a special afternoon presentation. Each week is different. Past topics have ranged from speakers about health or legal issues, movies, games, trips, performers and cooking demonstrations. If you have suggestions for future “Thursday Specials”, please let Kendall know at 646-395-4508.



Nicola Mills from “Nicola Mills, Opera for the People” performed for our members. What a great show! We will welcome Nicola back in June for more fun and music.



NORC goes to the ACME Fish Factory for Fish Friday!



NORC members did jigsaw puzzles this month. Please join us during game time and help us put a puzzle together!

The weather is getting hotter, and hydration is important. When you come to NORC, feel free to bring your water bottle and fill it at our water cooler. This keeps you hydrated and saves the planet, with fewer disposable cups being used.



EDUCATIONAL ALLIANCE

CO-OP VILLAGE NORC & WEINBERG CENTER

YOM HASHOAH EVENT

A Tribute to our Community Heroes Who Survived

Thursday, May 2, at 3:30 PM

Manny Cantor Center,

197 East Broadway, 6th Floor.