

JUNE 2019



# CO-OP VILLAGE NORC NEWS


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

**June is Pride Month as well as the first days of summer. At NORC, we have exciting trips and presentations . We have lots of great activities to look forward to this month.**

## **TRIPS AND EXCURSIONS**

On Wednesday, June 19, we will travel to the **Vanderbilt Museum, Mansion and Planetarium** in Centerport, Long Island. We will leave NORC at 9:45 AM and return by 5:00 PM. We will take a coach bus. Please bring a lunch to eat on the premises. **The cost of the trip will be \$25. Sign up starts June 5.**



 On Thursday, July 11, NORC will travel to the **Museum of Jewish Heritage** to see the **Auschwitz exhibition**. We will leave NORC at 9:45 and return by 2:00 PM. You can buy lunch at the museum or bring lunch to eat afterwards outside. **The cost will be \$16. Sign up starts on June 26th.** Please call 646-395-4507 to register for these trips.

## **Thursday Specials in June**

**June 6: Tour of the NEW Essex Street Market, leave NORC at 2 PM (meet in NORC lobby)**

**June 13: Make Beaded keychains with Elaine Oshman, 2 PM**

**June 20: Audiology visit and presentation by Captel, 2 PM**

**June 27: Memory Changes. What to look out for.** Presented by Licet Valois from the Alzheimer's Association, 2 PM

## **NORC welcomes back Tobi Zausner, former Senior Social Worker, for a presentation about "Miracles"**

Miracles come in many shapes and sizes. Some are human-made, and others seem to come from a Divine source. In this illustrated presentation, we will look at many kinds of miracles including those you can make for yourself and those you can create to help others. We will also see that we are surrounded by miracles and how important it is for our health and happiness to recognize them in our life.

Tobi Zausner, PhD, LCSW is a Fellow of the American Psychological Society, a clinician in private practice, and an award-winning visual artist. Previously Senior Social Worker at the NORC, Dr. Zausner is currently writing a book on creativity to be published by Cambridge University Press.

**This program will take place on Monday, June 3 at 1:15 PM**

## **PACE UNIVERSITY NORC Welcomes the Pace Nursing Students**

We are very happy to have the Pace nursing students here for the first-ever summer session at NORC. These students will visit NORC members in their home as well as lead community events. Below is the schedule of upcoming programs:

**Thursday, May 30th: Blood Pressure Screening 465 Grand St. 2-4 PM**

**Thursday, July 25th: Pokeno with the students, 2 PM, 465 Grand St., 2 PM**

**Thursday, August 1st: Name That Tune, 2 PM, 465 Grand Street, 2 PM**

**Thursday, August 8th: Pace Students present on a Health Topic, To Be Determined, 2 PM**

## Spotlight on NORC Friends...Tom Farrell

Tom Farrell started working at NORC in March and has quickly become a member of our community. Tom came to NORC through a program at the Department for the Aging that helps place seniors in jobs around the city. At NORC, he works in an assistant role and helps with various tasks .

Before Tom retired, he worked for over 20 years as a Copy Production Coordinator at *Time Magazine* and *Sports Illustrated*. As a side job, Tom also has worked as an actor and has been in such films as *Paris, Texas, Awakenings*, and *Experimenter*.



Tom likes being at NORC and says, “it’s a friendly place and I like the people I meet. I like the sense of community here and that people come to NORC because they belong to a community. It’s a beautiful concept.” Tom also says that working at NORC is “rewarding emotionally.”

We are so happy that you came to NORC, Tom, and are part of our community ! **Thanks for all that you do on a day-to-day basis to help our program and our members.**



## The risk of falling

The risk of falling rises as you age, and many older adults report feeling afraid of falling. The National Institute on Aging suggests taking the following steps to avoid falling and the health problems that might come with a fall:

- Stay physically active
- Have your eyes and hearing tested
- Find out about the side effects of any medicine you take
- Get enough sleep
- Limit the amount of alcohol you drink
- Stand up slowly
- Use an assistive device if you need help feeling steady when you walk
- Be very careful when walking on wet or icy surfaces
- Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet

**Always tell your doctor if you have fallen since your last checkup, even if you are not hurt when you fall**

# ROVING REPORTER



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



**What is an experience you had that made you feel close to nature?**

**Leena K:** Girl Scout camping.

**Laurianne M:** I bike ride on a rail trail in upstate New York through the farmlands almost every weekend.

**Diane C:** Hiking when I was pregnant and there was no latrine around.

**Phyllis S:** Buying flowers at Trader Joe's and taking care of them.

**Joan:** When I was in the desert in Eilat, there was an unobstructed view of the stars and sky.

**Harold (NORC staff):** Walking through Central and Prospect Park in the woodsy areas.

**Reminder... Please do not move chairs around at the NORC group activities. We have set up the chairs in a specific way to accommodate the most people. Moving them around can interfere with this. Also, it is a liability for non-staff members to move furniture around. Thank you.**

### Fun One-Liners

I think it's wrong that only one company makes the game Monopoly. – Steven Wright

I changed my password to "incorrect". So whenever I forget what it is the computer will say "Your password is incorrect". – Anonymous

The worst time to have a heart attack is during a game of charades. – Demetri Martin

The New England Journal of Medicine reports that 9 out of 10 doctors agree that 1 out of 10 doctors is an idiot. – Jay Leno

I can't believe I got fired from the calendar factory. All I did was take a day off. – Anonymous

I have a friend. He keeps trying to convince me he's a compulsive liar, but I don't believe him. – Ben Bailey

The future, the present and the past walked into a bar. Things got a little tense. – Anonymous



In May, Musical IQ came to NORC to do a three-part drumming workshop. It was a great way to bring us all together.





## PIECES OF THE PROGRAM

The group, “Chat with NORC Director Bonnie Lumagui”, came about several years ago because NORC members had been asking for one-on-one time to ask Bonnie questions or make suggestions. This group was born and now meets monthly on a Monday afternoon . The topic varies each month and the group members set the agenda each session. This group is an excellent way to get to know NORC better. Bonnie welcomes your participation. This month, the group will meet at 1:15 on June 17th.

## Advocacy Works.MTA Bus Stops are Saved!

**Co-Op Village NORC seniors and community advocates spoke and the MTA listened. After much debate, a press conference, a petition with over 5000 signatures, and intense pressure by the community, many of the bus stops along the M14 line have been restored, including the Pitt Street Stop, which people use to visit NORC. Thank you, everyone, for your help in the effort. It paid off immensely!**



On May 1, there was a press conference to protest against the proposed changes to the M14 bus. Our seniors came out in droves and made their voices heard.



NORC members make signs for the press conference about the removal of MTA bus stops .