

JULY 2019



CO-OP VILLAGE NORC NEWS

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

Happy Summer!! Take a break from the sweltering heat and join us at NORC for some trips, groups, movies, and very exciting programs.

TRIPS AND EXCURSIONS

On **Thursday, July 11**, NORC will travel to the **Museum of Jewish Heritage** to see the **Auschwitz exhibition**. We will leave NORC at 9:30 and return by 3:00 PM. You can buy lunch at the museum or bring lunch to eat afterwards outside. **The cost will be \$16. Sign-up started on June 26th. Spots are extremely limited, so call early.**



NORC will also travel to **East River Plaza** on **Wednesday, July 31st** for Costco, Marshall's and other good stores. The vans will leave NORC at 9:30 and will return to NORC by 2:30. The cost will be \$5 to reserve your spot and you will get \$3 back, the day of the trip. \$2 will be to tip the driver. **Sign-up starts on Wednesday, July 17th.**

Please call 646-395-4507 to register

Co-Op Village NORC and the NYU Department of Communication Disorders presents

MEMORY & SWALLOWING

CHECK-UP

AND HEARING SCREENING



Wednesday, July 10th

1:30 pm - 4:30 pm

465 Grand Street, 4th Floor

CALL- 646-395-4507 to sign up

Thursday Specials in July

July 11: Trip to the Jewish Heritage Museum, Auschwitz Exhibit

July 18: Coloring for Adults, 2 PM

July 25: Pokeno with the Pace Nursing Students, 2 PM

NORC starts a new group in conjunction with the Seward Park Library

Starting July 18 at 3:30 PM, NORC will offer a new monthly group called "Andrew's Article Discussion". Andrew Fairweather, Senior Librarian in the Adult Department, will choose the articles and lead this thoughtful discussion each month. The article will be available the month prior, and you can borrow a copy of the article on a "loan" basis and return it to NORC after you finish reading. Andrew offers a similar group at the Seward Park Library in the evening, but NORC's group will be held during the daytime to make it easier for our members.

The article for the first session is entitled, "The Death of a Once Great City: The fall of New York and the urban crisis of affluence" by Kevin Baker. For more information or to borrow a copy of the article, please call NORC at 646-395-4508.

A Beginner's Spanish Class w/ Iris Will Start at NORC on July 1st

Want to learn Spanish? Please come to the NORC on **Mondays at 3:15 PM**, starting July 1st. The wonderful senior companion, Iris Bufalino, has kindly offered to teach this useful language. For more information, please call Kendall at 646-395-4508.

Co-Op Village NORC will be closed on Thursday, July 4th. Happy Independence Day!



Spotlight on NORC Volunteers: Pace Nursing Students

We are very happy to have the Pace nursing students here for the first-ever summer session at NORC. As part of this program, these devoted students visit NORC members in their homes for health assessments and monitoring. They also liaise with medical professionals as needed and work closely with relevant NORC staff. Donna Maloney, Clinical Adjunct Professor at Pace stated, "This partnership with Co-Op Village NORC has been a rewarding experience for the student nurses as they transition into the nursing profession." The Pace students are very interested in getting to know the NORC members and will be leading the following upcoming presentations.



Thursday, July 25th: Pokeno with the students @ 2 PM, 465 Grand Street

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

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



SKIN CANCER AWARENESS

According to the Skin Cancer Foundation, skin cancer is the most common cancer in the United States, but is also one of the most preventable forms of cancer. The following [prevention tips](#) can help protect you:

- Seek the shade, especially between the hours of 10 a.m. and 4 p.m.
- Avoid tanning and never use UV tanning beds
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sun glasses.
- Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply one ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.

ROVING REPORTER



SMILE A WHILE... Culled from the Internet



What is your favorite experience with a lake, river, or ocean?

Priscilla Brooks: I love sitting on the Brooklyn Promenade and watching the boats go by. It is a gorgeous view to watch.

Sheldon Secolsky: I like the beach, especially Brighton Beach and Coney Island.

Selma Baumgarten: I don't go near the ocean ever since it was my "best friend" when I took a cruise. I have avoided cruises and ferries ever since.

Kendall Hamid (NORC staff): I loved going to my uncle's Lake House when I was a child because I loved water skiing and riding in his boat.

Lita Karp: I live near the ocean in Maine and go there every summer.

Rita Pollack: I used to love riding the waves when I was a teenager.

Summer One-Liners

Why was it so hot in the stadium after the baseball game? All the fans left!

Where do sharks go on summer vacation? Finland!

What do you call a dog on the beach in the Summer? A hot dog!

I stayed up all night wondering where the sun went. Then it dawned on me.

A friend went for a job at a sun cream factory but didn't get it. He's going to reapply.

What did the pig say on the warm summer's day? I'm bacon.

What's the best letter to have in summer? Iced T.

Why do robots have summer holidays? To recharge their batteries.

Reminder... Please **DO NOT** move chairs around at our 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!

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.





PIECES OF THE PROGRAM

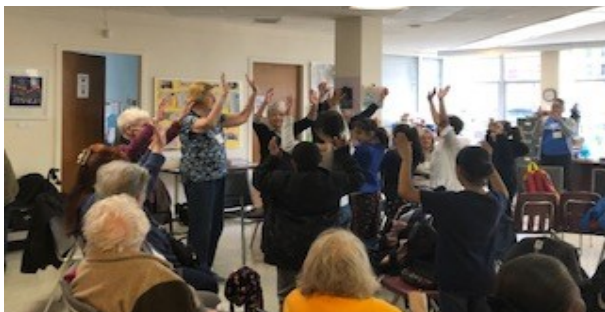
The group, “Movies and Ice Cream” is a weekly group where we show a movie and serve ice cream. We typically show newer films, but on the last Friday of the month, we show a “classic” movie. Movies start at 1:15 PM, and ice cream is served starting at 1:00. Participants should arrive early to eat and get a seat. Please note that seats are first-come first served and you are not allowed to save seats. We always take requests for movies, so please let us know if there is a movie you would like to see.

On May 30, the Older Adults Division of the Educational Alliance held an “Art Explosion” at the Sirovich Senior Center. Below are some pictures of the event .



In May, in honor of Older Americans Month, NORC held an intergenerational program with P.S. 140’s after-school program. The program allowed us to get to know each other and explore our talents .

On June 12, NORC recognized it’s many wonderful volunteers with a luncheon. Volunteers who have contributed more than 5 hours this last year, were in attendance. In the last year, NORC volunteers have contributed **2074 hours** to NORC and each and every volunteer is vital! More photos from this fun event will be in next month’s newsletter.



In May, NORC traveled to the New York Aquarium in Brooklyn. It was a beautiful day to see animals and walk on the Coney Island Boardwalk.

