

SEPTEMBER 2019



CO-OP VILLAGE NORC NEWS

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

Fall leaves and colors are here now. As poet Avijeet Das said, "There is a subtle magic in the falling of old leaves." We hope you enjoy the magic of the many activities NORC has to offer this month.



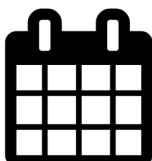
TRIPS AND EXCURSIONS

On **Wednesday, September 25**, NORC will travel to the **East River Plaza** for shopping, food, and more. We will leave NORC at 9:30 AM and return to NORC by 2:30 PM. The trip will cost \$5 to reserve your spot, and you will get your \$3 back on the day of the trip. (\$2 will go toward a driver's tip). Registration starts on **9/10**. Call 646-395-4507 to register.

SAVE THE DATE: Our October trip will be to the **Met Cloisters**. This trip will feature a guided tour, costing \$13 (including transportation). **Mark your calendars for Thursday, October 24th**. More information and registration details will be included in next month's newsletter.

PLEASE NOTE...

NORC will be closed on the following dates: September 2 for Labor Day; Monday, September 30th; Tuesday, October 1st; and Wednesday, October 9th for the High Holy Days! **HAPPY NEW YEAR TO THOSE WHO CELEBRATE!**



NORC will also be closed on the afternoon of Thursday, September 26th due to a staff conference.

Thursday Specials in September

September 5: **It's Not Just for Children: Coloring for Adults**, 2 PM

September 12: **Performance by "Voices of Gotham"** (NYC Singing Group), 2 PM

September 19: **"Medicaid Myths" and Applying to Medicaid**, presented by **Michele Biggert**, Director of Business and Community Development of the Burner Law Group, P.C., 2 PM

September 26: **No Thursday Special**. NORC will be closed this afternoon for a staff conference.



FLU SHOTS

In conjunction with **Beth Israel/Mount Sinai**, NORC will offer flu shots again this year. The first date will be on **Wednesday, October 16th**, from 10 AM to 2 PM at 465 Grand, 4th Floor. Please call 646-395-4507 for an appointment.

We will also offer flu shots on a drop-in basis (No appointment required) on **Thursday, October 17th** from 10 AM to 2 PM at the East River Community Room, 477 FDR Drive.

These Flu shots are open to anyone over 18 so please help us spread the word.

Spotlight on NORC Volunteers...They do it all!

*This month we're focusing on the many different ways our NORC volunteers contribute to our community. Our volunteers wear many hats...everything from **answering the phones** to serving on the **Advisory Board** or **trips committee** to **teaching classes** to **helping with trips** to **friendly visiting/telephone reassurance** to **fundraising and advocacy**, and **everything in between**. Libby Wilson, who assists with the knitting class, works at the Flea Boutique, serves on the Advisory Board, and assists with advocacy, says, "I like volunteering at NORC because I'm helping people and I'm learning at the same time."*

*This past year, NORC has also begun a program with teenage volunteers who help with **technology tutoring**. This has been a wonderful way to show the younger generation the joy of giving back to the community while bringing older and younger people together for nice conversation and learning. Maya Rivas, one the teen volunteers, says, "I really liked working with the same person every week, and therefore, I built a relationship. She told me about her family, etc. It was also very interesting to see how different generations experience technology. I really enjoy volunteering at NORC."*

Thanks to all of our volunteers for helping in the numerous ways that you do. If you are interested in becoming a NORC volunteer, please call Kendall at 646-395-4508.



Medicare and Medicaid Reminder

Medicaid is a federal and state program that provides health coverage for certain people with limited income and assets. Each state runs different [Medicaid-funded programs for different groups of people](#), including:

- Older adults
- People with disabilities
- Children
- Pregnant people
- Parents and/or caretakers of children

All states also have Medicaid programs for people with limited incomes and assets who need nursing home care, long-term care services, and home health care services. Some states also have programs for individual adults who don't fit any of these categories.

Each state uses financial eligibility guidelines to determine whether you are eligible for Medicaid coverage. Generally, your income and assets must be below a certain amount to qualify, but this amount varies from state to state and from program to program. You are eligible for Medicaid if you fall into an eligible group and meet that group's financial eligibility requirements.

If you are eligible for Medicare and Medicaid (dually eligible), you can enroll in both. Medicaid can cover services that Medicare does not, like long-term care. It can also pick up Medicare's out-of-pocket costs (deductibles, coinsurances, copayments).

Some states offer a [Medicaid spend-down program](#) or medically needy program for individuals with incomes over their state's eligibility requirements. A spend-down program allows you to deduct your medical expenses from your income so that you can qualify for Medicaid. Contact your local Medicaid office to learn if a spend-down is available in your state.

ROVING REPORTER



SMILE A WHILE... Culled from the Internet



Fall leaves remind me of...



Claire Toise: I like the different colors of the leaves.

Rosa Morales (NORC Case Aide): The nice breeze we're about to get and wearing comfortable, cozy clothes.

Fran Kamerman: It makes me think about being outside and enjoying.

Shavee Altman: That summer is over.



Concerts In Motion musicians, Oscar Onoz and Humberto Sanchez, performed at NORC and played the soothing sounds of Latin music.



Jokes So Terrible, They're Actually Funny

Two antennas met on a roof, fell in love and got married. The Ceremony wasn't much, but the reception was excellent.

A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."

A man walks into a bar with a slab of asphalt under his arm and says, "A beer please, and one for the road."

An invisible man marries an invisible woman. The kids were nothing to look at either.

I went to buy some camouflage trousers the other day and couldn't find any.

What do you call a fish with no eye? A fish

A man woke up in a hospital after a serious accident. He shouted, "Doctor, doctor. I can't feel my legs." The doctor replied, "I know you can't. I've cut off your arms."





PIECES OF THE PROGRAM

Did you know that Co-Op Village NORC can help you obtain an Emergency Alarm Response System (EARS)? Assistance is there when you need it—day or night. The EARS offers medical alert security and access to ambulance services. This is perfect for seniors who want to stay in their own home AND STILL KNOW that emergency help is available at the push of the button. If you are interested in learning more about this important program, please call Ned Lustbader, Social Worker, at 646-395-4518 to discuss fees AND THE PROCESS TO SIGN UP.

NORC went to the **Metropolitan Museum** for a tour of the “Great Paintings”. **Thank you to our tour guide, Syma Afia (A NORC member) for the wonderful tour!**



Last month, the Pace Nursing Students sponsored a “Name That Tune” activity with the NORC. A spontaneous karaoke party emerged from this event. Thanks to those who participated and joined in on the fun.