

OCTOBER 2019



CO-OP VILLAGE NORC NEWS

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

“The trees are in their autumn beauty, The woodland paths are dry, Under the October twilight the water mirrors a still sky.” *William Butler Yeats*

TRIPS AND EXCURSIONS

Our October trip will be to the **Met Cloisters on Thursday, October 24th**. This trip will feature a guided tour of the museum highlights. The cost will be \$13 (including transportation). We will leave NORC at **11:30 AM** and will return by **4:30 PM**. **REGISTRATION will start on 10/7**. Please note that this trip will require the use of stairs and moderate walking. There are NO lunch options at the Cloisters, so please eat before you leave.

SAVE THE DATE:



On Monday, November 18th, NORC will go on a trip to see the fall foliage at Bear Mountain and to shop at Woodbury Commons. Cost will be \$10. This will be a coach-bus trip, and **registration will start on 10/28**. As our trip policy states, refunds are not guaranteed unless your spot is filled. More information to follow in the November newsletter.

FLU SHOTS

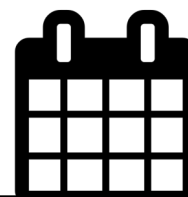
In conjunction with Beth Israel/ Mount Sinai, NORC will offer flu shots again this year. The first date will be on **Wednesday, October 16th**, from 10 AM to 2 PM at 465 Grand, 4th Floor. Please call 646-395-4507 for an appointment.

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.

PLEASE NOTE...

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



Thursday Specials in October

October 3: Medicare 2020 Update, presented by Michelle Berney from DFTA, 2 PM

October 10: Pokeno with the Pace Nursing Students, 2 PM

October 17: NO THURSDAY SPECIAL. FLU SHOTS walk-in at 477 FDR Drive, 10AM-2 PM.

October 24: NORC trip to The Cloisters (see TRIPS AND EXCURSIONS)

October 31: “Take a Bite Out of Autumn” Party with the Pace Nursing Students, (Costumes Optional), 2 PM

October is our 2nd annual Healthy-You Month and NORC, once again, will be giving away “Health Bucks” to the Farmer’s Market. Attend one of our exercise classes this month (Chair Yoga, Tai Chi for Arthritis, or Falls Prevention Exercise) and receive a \$2 coupon for the Farmer’s Market. While supplies last!



Spotlight on NORC Volunteers...Elsie Morales

Elsie Morales came to Co-Op Village NORC in the last year after retiring from her job in 2018. She was on a quest to find ways to fill her time, and a friend told her about the programs at NORC. She then joined NORC and began attending the needlepoint class, This class was “a wonderful group” and it lead to her doing more NORC activities such as going on trips and volunteering.

Elsie says she loves being part of the group activities in the neighborhood because you learn new things, you meet people, and you have a place to go. Elsie specifically loves the needlepoint class at NORC because “We have our laughs, and it’s a good group of women.” She was new to needlepointing when she started and now it’s become a fun hobby that she even does on her own at home.

As a volunteer, Elsie works at the NORC front desk and assists in chaperoning trips. Elsie says, “I like helping out and giving back to my neighbors.” She was born and raised on the Lower East Side and has lived here her whole life.

Thank you, Elsie, for all you do to help the NORC and your Lower East Side community.



 *Dear Marci*

My sister told me that Medicare’s Fall Open Enrollment is coming up and that I should review my Medicare coverage. I don’t think there’s anything wrong with my current coverage. What is Fall Open Enrollment, and do I need to do anything while it is happening?

Fall Open Enrollment runs from October 15 through December 7 every year. During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare coverage. Even if you are happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

You can make as many changes as you need to your Medicare coverage during Fall Open Enrollment. The changes that you can make include: [Joining a new Medicare Advantage Plan](#); [Joining a new Part D prescription drug plan](#); [Switching from Original Medicare to a Medicare Advantage Plan](#); or [Switching from a Medicare Advantage Plan to Original Medicare \(with or without a Part D plan\)](#). The last change you make will take effect on January 1, 2020. To avoid enrollment problems, it is best to call 1-800-MEDICARE (1-800-633-4227) when making any changes to your health and/or drug coverage.

Regardless of how you receive your Medicare coverage, you should consider: Your access to health care providers you want to see; Your access to preferred pharmacies; Your access to benefits and services you need; and the total costs for insurance premiums, deductibles, and cost-sharing amounts. Even if you are happy with your current Medicare coverage, consider other Medicare health and drug plan options in your area. For example, even if you do not plan to change your Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year. There could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

-Marci

ROVING REPORTER



SMILE A WHILE... Culled from the Internet



Given your choice of anyone in the world, past or present, who would you want as your dinner guest?

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Karen Lichtblau: “Betsy Ross...because I’m in the needlepoint class.”

Barbara Weber: “Nobody unless they’re taking me out to dinner.”

Helen Baker: “Franklin Delano Roosevelt because I could ask him a lot of questions about the state of our country. He’d have a lot of good advice.”

Grace Ilchuk: “Malala, Greta Thunberg, and Emma Gonzalez so I could thank them for all of their work.”

Bonnie Lumagui (NORC Director): Eleanor Roosevelt because she’s a brilliant mind and I find her fascinating.

From the Mouths of Babes....

How Can a Stranger Tell if Two People are Married? You might have to guess, based on whether they seem to be yelling at the same kids (Derrick, Age 8)

What Do You Think Your Mom and Dad Have in Common? Both don’t want any more kids. (Lori, Age 8)

What do Most People Do on a Date?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. (Lynette, Age 8).

On the first day, they just tell each other lies, and that usually gets them interested enough to go for a second date. (Martin, Age 10)

What is the right age to get married? Twenty-three is the best age because you know the person FOREVER by then. (Camille, Age 10)

Congratulations to our End-of-Summer Bash Raffle Winners

Hand-Knitted Afghan by Laurianne Marrell: Leena Kuivanen

\$50 Gift Certificate for Metro Acres Market: J. Slamowitz and Iris Soberman

\$50 Gift Certificate to Essex Flowers: Minnie Michalski

People’s Symphony Concert Series Tickets: Sandy Yu and Judi Aronowitz

\$25 Certificate for Lunch at Randall’s BBQ: Audrey Rosenberg

Quality Sunglasses from Dr. Michael Cohn from Triangle Optical: Gladys Valle

\$50 Certificate to El Castillo Restaurant on Grand: Diane Chin

\$20 Certificate to Economy Candy: Marcia Portner

1 Bagel Package from Kossar’s: Polly Thompson

\$25 Certificate to East Side Glatt: Jerry Rodman

Thank you to the NORC community for your support of our End of Summer Raffle and for all of your help in making our Bash a success!!



**Educational
Alliance**
Older Adult Services



NYC
Department for
the Aging

This project is supported by funding from the New York State Office for the Aging. Its contents are solely the responsibility of the grantee and do not necessarily represent the official view of the New York State Office for the Aging



PIECES OF THE PROGRAM

Co-Op Village NORC has so much more than meets the eye. Did you know that we have social workers who can help you get benefits and entitlements, homecare, supportive counseling, access to emergency alarm response systems and much more? This service is eligible for those who live in Seward Park, East River, and Hillman and are over 60 years of age. Please let us know if you have any concerns or would like to see one of our social workers or case managers. We are there for you!



NORC member Rocky Chen spoke about his travels to Cuba and Utah as part of the Travel Expo last month. Thanks, Rocky, for the fascinating presentation about your and May's experiences.



Thank you Voices of Gotham for your riveting performance of A Capella Music! We enjoyed the harmonies and beautiful tunes immensely!



NORC held its End-of-Summer Bash on August 28, 2019. Our 95+ year-old seniors were honored, and we all rocked out to the sounds of Sean Mahoney. Congrats to our honorees as well as to our raffle winners.

