

JANUARY 2020



CO-OP VILLAGE NORC NEWS

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HAPPY NEW YEAR to all of you! We wish you a wonderful, happy, and healthy 2020! As writer Henry David Thoreau said, "Go confidently in the direction of your dreams."

TRIPS AND EXCURSIONS

NORC will travel to the **new MOMA on January 15th**. Registration will begin January 2nd. The trip will cost \$5. The buses leave at 9:30, and we will return by 3 pm.

NORC will also visit **Wegman's** again on **January 29th**. The bus leaves at 11 AM and returns by 2:00 PM. **THOSE WHO WERE ON THE WAITLIST FOR THE DECEMBER TRIP HAVE PRIORITY FOR THIS OUTING, AND THEN WE WILL SIGN UP OTHER PEOPLE.** Please call us on January 13 to see if there are any available seats. The trip will cost \$5 and you will get back \$3 the day of the trip.

Please call 646-395-4507 to register or to get more information about these trips.

Thursday Specials in January

January 2: It's Not For Children: Coloring for Adults, 2PM

January 9 : Osteoporosis and its Implications, presented by Anchor Health Homecare Services, 2 PM

January 16: Financial and Other Benefits Screenings by the New York City Department of Finance and LiveOn NY, 2-4 PM. **Please call 646-395-4507 to sign up.**

January 23: Everything You Need to Know about Glaucoma, presented by the New York Eye and Ear Infirmary, 2 PM

January 30: Feel Grand Video and Discussion: "Redefining Cancer", presented by Albert Eshoo and Joyce Barocas from Right at Home, 2 PM

DEPARTMENT OF FINANCE AND LIVEON NY TO COME TO NORC TO OFFER BENEFITS SCREENINGS. THIS MAY SAVE YOU MONEY!

On Thursday, January 16, from 2-4 PM, NORC will host the NYC Department of Finance and LiveOn NY. They will offer some of the following screenings:

Co-Op Abatements, STAR Enhancement, SCHE, SCRIE, SNAP (food stamps), Medicare Savings Program, Medicaid, HEAP (Home Energy Assistance Program)

If you'd like to sign up for a screening appointment, please call Rosa at 646-395-4507.



PLEASE NOTE... NORC will be closed on the following dates: **Wednesday, January 1st for New Year's and Monday, January 20th in honor of Dr. Martin Luther King, Jr. Day.**



Spotlight on NORC Volunteers...Marcia Portner

Marcia Portner grew up on the Lower East Side and first learned of NORC from her mother, who had been a member. When her mother got sick, NORC helped with its “great deal of resources.” Marcia says, “I knew I’d join NORC when I turned 60”, and that’s just what she did.

Now Marcia is very active in NORC’s Needlepoint class and has many positive things to say about it—“Harriet [the teacher], has the patience of a saint, and the group of women, from all walks of life and all ages, are fantastic. We help each other out when we have a problem.”

As a volunteer at NORC, Marcia works in the Needlepoint class as an assistant instructor, helps at the Flea Market, and helps with our office front desk when needed.

Aside from volunteering, Marcia loves to travel when she can and is a big lover of animals. Thanks for all that you do to contribute to our NORC community, Marcia!



COPD is a chronic disease that makes it more difficult to breathe. According to the American Lung Association, early detection and treatment is very important. They suggest that if you are experiencing any of the following symptoms, you should discuss COPD with your doctor:

- Chronic cough
- Shortness of breath while doing every day activities
- Frequent respiratory infections
- Blueness of the lips or fingernail beds
- Fatigue
- Producing a lot of mucus
- Wheezing

ROVING REPORTER



SMILE A WHILE...
Culled from the Internet by Sue Deutsch and Grace Ilchuk



What is your best New Year's Memory?

Barry Panensky: The Midnight Run in Central Park. It's the last run of the year and the first run of the next year. There are also fireworks and champagne.

Marcia Portner: My parents threw a New Year's Day party every year and my cousin would sleep over.

Marsha Friedman: Spending New Year's Eve with family every year. Also, when I was really young, my mom would give me pots and spoons and opened a window. We banged away and welcomed the near year.

Priscilla Brooks: My aunt, who lived in Brooklyn, would have a family New Year's Eve party in her house every year. There was music, food, and the party would last until the next day. That tradition is one of the things that made me feel so strong about family.



AS I WATCHED THE DOG CHASING HIS TAIL, I THOUGHT DOGS ARE EASILY AMUSED. THEN I REALIZED I WAS WATCHING THE DOG CHASE HIS TAIL.

We went to Bear Mountain and Woodbury Common. The rain didn't stop us from having fun.



Last month, NORC had a "Listening Party" as the culminating event of the Oral History interviews done by Columbia Graduate student, Bridget Bartolini. Thanks Grace Ilchuk, Max Becker, and Milton Fechter for participating in this project, and thank you, Bridget, for your hard work.



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

Andrew's Article Discussion is an interesting and thoughtful group led by Andrew Fairweather from the Seward Park branch of the New York Public Library. Each month Andrew chooses a new article for the group to read and discuss. Articles have ranged from topics about privacy, democracy, liberty, etiquette, to much more. The group meets once a month on a **Thursday at 3:30 PM**. Please check the monthly calendar each month to get the date or stop by the NORC to pick up the latest article. The group will take a break in January and **will resume Thursday, February 27**.

CONGRATULATIONS TO OUR "WIN WHAT YOU WANT" RAFFLE WINNERS

Rachel Lazar	Winner of the Shawl by Barbara Soong and the Trader Joe's gift bag
Mary Shen	Winner of the knitted afghan and a Trader Joe's spa bag
Joan Rosenberg	Winner of the Pickle Guys gift and wine from Seward Park Liquor-
Arlene Rindner	Winner of a pizza from East Side Kosher
Betty Portner	Winner of cookies from Moishe's Bakery
Diane Chin	Winner of a gift certificate from Special Touch Cleaners
Phyllis Smoller	Winner of a gift certificate from Special Touch Cleaners, a Trader Joe's gift bag, a 3-month membership to the MCC Gym, and a gift certificate from Alphonso's Pizza
Marcia Porter	Winner of a duffle bag from Altman Luggage
Priscilla Brooks	Winner of a gift certificate from Davidovich Bakery
Leena Kuivanen	Winner of liquor from Seward Park Liquors
Dundee	Winner of Breakfast for two at Zafi's
Maryanne Stimmer	Winner of a gift certificate to El Castillo Rivington
Sam Hipschmann	Winner of tickets to the Paul Taylor Dance Company and a Russ and Daughter gift certificate
Julie Bittman	Winner of vouchers to the Eldridge Street Synagogue
Rosa Morales	Winner of the Trader Joe's spa bag
Colin O	Winner of the gift certificate from Frank's Bike Shop
Libby Wilson	Winner of a gift certificate to Saluggis' East
Ros Scaff	Winner of a bagel package from Kossar's
Anya Hoerburger	Winner of a gift certificate to Katz's Deli
Penney Hickey	Winner of a class at the Educational Alliance Art School

Thank you so much to all who participated and a special thanks to our donors for the generous prizes!

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