

DECEMBER 2019



# CO-OP VILLAGE NORC NEWS

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**Winter starts this month, and here's hoping the fun and excitement at NORC's programs will put a smile on your face, despite the cold. We have lots to look forward to.**

## **TRIPS AND EXCURSIONS**

NORC will travel to **Arthur Avenue** in the Bronx on Thursday, **December 12th**.

Registration began on 11/25. The bus will depart at 9 AM and will return to NORC by 2:30 PM. Seats are limited, so sign up early. Cost will be \$5 to reserve your seat. You'll get \$3 back the day of the trip.



NORC will travel to the new Wegman's in the Brooklyn Navy Yard on **December 17th**. The bus will depart at 10:30 AM and will return to NORC by 2:00 PM. Please plan to either bring your lunch or buy lunch at Wegman's. Registration began on 11/25. Seats are limited, so register early. Cost will be \$5 to reserve your seat. You'll get \$3 back the day of the trip.

Save the date...

NORC will travel to the **new MOMA** on **January 15th**. Registration will begin January 2nd. More information to come in the next newsletter.

## **Thursday Specials in December**

**December 5: Winter Health with Shao** (Make your own chapstick, do Laughter Yoga, Bollywood Dance); 2 PM

**December 12 : Trip to Arthur Avenue.** No Thursday special. See Trips and Excursions section

**December 19: NORC's Winter Fest;** Featuring the festive DJ sounds of Sing4karaoke, (East River Community Room, 477 FDR Drive), 2 PM

2 PM **December 26: Mid-winter opera: Mozart's the Magic Flute,** video directed by Kenneth Branagh, 2 PM

## **Join us for NORC's Winter Fest Latke Party.**

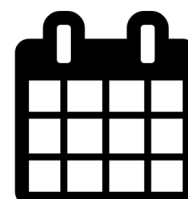
Please join us for the festive DJ, Sing4karaoke, and our fun holiday party on **Thursday, December 19 at 2:00 PM, in the Community Room, 477 FDR Drive, Building M.**



Eat Latkes, listen to the songs, and YOU choose the music! The DJ will take care of playing the music, and singing is optional. Your NORC friends may have a few surprises up their sleeves, though! Don't miss the merriment!

## **PLEASE NOTE...**

**NORC will be closed on the following dates: Wednesdays, December 25th and January 1st. Happy New Year!**



## Spotlight on NORC Volunteers...Dena Mezei, one of NORC's wonderful Social Work Interns.

I was born and bred on the Lower East Side of Manhattan. My mom grew up here with her folks, and she and my dad raised me here in the greatest neighborhood around. My grandma, Mrs. Rita Siff worked at NORC for over 20 years, and I grew up as a part of the NORC community. I remember looking forward to attending the NORC functions, the flea boutique and the get together of seniors and Beth Jacob students. Since I was a young child I wanted to work with people and help society in whatever way I could. I understand the world won't ever be a perfect place, but I would love to be a part in trying to perfect it as best as we can. I have always been particularly interested in the older adult community, I often go to the hospital and nursing homes to visit with seniors, to talk, sing, do activities... I am really appreciative to everyone at NORC for being so warm and welcoming, and so far I am really enjoying and learning a lot from NORC, the staff and members alike. NORC is a place that sincerely cares for the needs of every individual and working with them has been inspiring and exciting. I look forward to contributing in any way I can to such a great organization.



## Medicare Reminder



Medicare Advantage Plans must work to maintain access to health care services and prescription drugs during emergencies for plan members living in affected areas. Plans must meet certain requirements following the declaration of a disaster, emergency, or public health emergency.

### In these cases, Medicare Advantage Plans must:

- Allow you to receive health care services at out-of-network doctor's offices, hospitals, and other facilities
- Waive referral requirements
- Charge in-network cost-sharing amounts for services received out of network

Suspend rules requiring you tell plans before you get certain kinds of care or prescription drugs, if failing to contact the plan ahead of time could raise your costs or limit your access to care

### In these cases, Part D plans must:

- Cover formulary Part D drugs filled at out-of-network pharmacies
  - o Part D plans must do this when you cannot be expected to get covered Part D drugs at an in-network pharmacy
  - o Remove restrictions that stop you from getting refills too soon
  - o Cover the maximum supply of your refill if you request it

After the disaster, emergency, or public health emergency ends, plans can stop following these requirements. The government will typically indicate when the emergency has ended.



## ROVING

## REPORTER

SMILE A WHILE...  
Culled from  
the Internet

**Calling all reporters!!** Do you have the passion to be the next Barbara Walters? Love to talk to people and ask intriguing questions?

We are looking for a person to help with this column each month. If you are interested, please call Kendall at 646-395-4508.

The roving reporter column will resume next month.



### Columbia University Oral History Program comes to NORC

Please join us for a special program on Monday, December 9th, that will bring our NORC members' stories and experiences to life. Bridget Bartolini, of the Five Boro Story Project and a student from Columbia University's Oral History Master's Program, has facilitated oral history interviews with several NORC members. Snippets of these interviews will be presented at our **"Listening Party"**. **The party starts at 1:00 PM and will feature interview clips, a discussion about oral history with Bridget and the participants, and more. Refreshments will also be served. Please join us for this unique experience.**



**NORC welcomed Beth Jacob students on three Wednesdays last month. We participated in activities to get to know each other. We also created "Dreams, Hopes, and Wishes" Journals. Thank you to UJA Federation and the Jeanette Solomon Fund for this wonderful program.**





## PIECES OF THE PROGRAM

**Art with Jodie** is a wonderful and fun painting class taught by Jodie Niss, a professional artist and teacher. Jodie works hard to teach her students new skills while promoting their individual artistic styles. The class meets on Mondays at 3:30 PM at 477 FDR Drive in the East River Community Room. Come try this class for fun and creativity.



NORC had a wonderful "Take A Bite Out of Autumn" party with the Pace Nursing Students in October! Costumes, trivia, and music! What more do you need?



We took a trip to the Met Cloisters! What an interesting tour and beautiful art to boot!



Touro College PT Students came to NORC to administer balance screenings. This was very helpful and informative!