



MARCH 2020



# CO-OP VILLAGE NORC NEWS

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“March comes in like a lion and goes out like a lamb,” as the old proverb says. Let’s see how this month goes.

## TRIPS AND EXCURSIONS

NORC has several upcoming trips to be aware of:

On Monday, March 16, we will go on a tour of Temple Emanu-El. We will leave NORC at 12:45 PM and return by 4:30PM. The cost will be \$5 to reserve your spot (you get \$3 back the day of the trip). Signup starts on Tuesday, March 3.

On Tuesday, March 31, we will go to East River Plaza for some pre-Easter/Passover shopping. We will leave NORC at 9:30 AM and return by 2 PM. The cost will be \$5 to reserve your spot (you get \$3 back the day of the trip). Signup starts on Tuesday, March 3.

On Friday, April 3, we will visit the Acme Fish Market for “Fish Friday”. The cost will be \$5 to reserve your spot (you get \$3 back the day of the trip). Signup starts on Thursday, March 12.


### Thursday Specials in MARCH

March 5: Pace Nursing Students Present: **Jeopardy**, 2 PM

March 12: Pace Nursing Students Present: **Not Your Normal Bingo**, 2 PM

March 19: NYCC Road Runners, Striders, Presentation, 2 PM

March 26: Alliance Players Present, a Short skit and Q & A, 2 PM




### The 2020 Census is almost here!

This month, please look out for letters and postcards in the mail with more information. These mailings will give you an ID number to use to request your paper copy of the 2020 Census.

### NORC TO OFFER GLUCOSE/BLOOD PRESSURE SCREENINGS

Co-Op Village NORC, in conjunction with Beth Israel Mount Sinai, will offer glucose, cholesterol & blood pressure screenings on **Wednesday, March 18 from 10 AM– 1PM**. If you are interested in signing up for an appointment, please call Rosa at 646-395-4507.



**PLEASE NOTE...** NORC will be closed on TUESDAY, MARCH 17TH FOR its annual ALL-STAFF CONFERENCE



## Spotlight on NORC Volunteers...Phyllis Unroch

Phyllis Unroch grew up in Brooklyn and moved to the Lower East Side as an adult. She made friends with some NORC members in the neighborhood, and when she retired from her job, she asked these friends what she should do to keep busy. One of her friends, Fran Kamerman, NORC's dance teacher, told Phyllis she should join her weekly line dancing class. Phyllis agreed and the rest is history.

Eventually, Phyllis began to volunteer as well. As a volunteer, Phyllis contributes to the "Smile A While" column in this newsletter, sits on our advisory board, and makes suggestions for trips that NORC can go on. (The famous trip to "Fish Friday" at the Acme Fish Factory was Phyllis's idea).

Phyllis says about her ideas, "If they work for me, why wouldn't I share them?" Thanks, Phyllis for all the ways you help us!



### Medicare Reminder—TRAVELING WITH MEDICARE

**If you have [Original Medicare](#), you have coverage anywhere in the U.S. and its territories.**

This includes all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands. Most doctors and hospitals take Original Medicare.

If you have a [Medicare Advantage Plan](#), your plan may or may not cover care outside of its service area. Some plans may cover providers that are out-of-network or out of your service area, but with higher cost-sharing (copayments, coinsurances). Your plan may also impose other rules or restrictions (like prior authorization). Contact your plan to see what rules and costs apply when you travel within the U.S.

Note: Medicare Advantage Plans are required to cover emergency and urgent care anywhere in the U.S. without imposing additional costs or coverage rules.

**If you travel outside your Medicare Advantage Plan's service area continuously for more than six months, you will automatically be disenrolled from most plans.** You will have a Special Enrollment Period to join a different Medicare Advantage Plan. If you do not choose a new plan, you will automatically be enrolled in Original Medicare. Some Medicare Advantage Plans provide special benefits that allow you to stay in the plan if you travel continuously in the U.S. or its territories for up to 12 months. Check the rules closely if your plan offers a visitor or travel benefit. Only certain areas may be included, certain care may not be covered, and/or you may pay more if you see providers that are outside the plan's network.

**Medicare usually does not cover medical care you receive when traveling outside the U.S. and its territories.** However, Original Medicare and Medicare Advantage Plans must cover care you receive outside the U.S. in certain circumstances:

- Medicare will pay for emergency services in Canada if you are traveling a direct route, without unreasonable delay, between Alaska and another state, and the closest hospital that can treat you is in Canada.
- Medicare will pay for medical care you get on a cruise ship if you get the care while the ship is in U.S. territorial waters. This means the ship is in a U.S. port or within six hours of arrival at or departure from a U.S. port.
- In limited situations, Medicare may pay for non-emergency inpatient services in a foreign hospital (and any connected provider and ambulance costs). Your care is covered if the hospital is closer to your residence than the nearest available U.S. hospital. This may happen if, for example, you live near the border of Mexico or Canada.

Some [Medigap policies](#) provide coverage for travel abroad. Medigap plans C through G, M, and N cover 80% of the cost of emergency care abroad. Check with your policy for specific coverage rules.

Medicare Advantage Plans may also cover emergency care abroad. Contact your plan for more information about its costs and coverage rules.



## ROVING

## REPORTER



## SMILE A WHILE...

Culled from the Internet by Sue Deutsch and Grace Ilchuk and Phyllis Unroch



**Spring is a great time for taking walks. What is your favorite neighborhood to walk through?**

**Honey Federman:** Down to East River Park because it's pleasant to watch the boats and imagine plays that took place on the stage.

**Sue Deutsch:** Down Grand Street. In the spring, people are in a good mood, say "Hi", and are smiling.

**Mary Shen:** Down to South Ferry and see new things like the Park and to watch people coming off of the ferry.

**Grace Ilchuk:** When I came to NY, I didn't stop walking. I walked to Bleecker Street and back, both ways, to go to and from work.

**New York Therapy Animals visited us in January. We hope they'll come back soon.**



**NORC is happy to announce that it again has teenage volunteers who can help answer questions about your iPads, iPhones, and laptops. The appointments take place at the NORC office at 465 Grand Street, 4th floor.**

**For more information or to set up an appointment, please call Kendall at 646-395-4508.**





PIECES OF THE PROGRAM



Did you know that Co-Op Village NORC has a group called, Game Time, which meets twice a week? At this group, you have your choice of board games to play, everything from Scrabble to Rummi-Kub to Pictionary (and everything in between). This group meets on Mondays and Tuesdays at 3 PM at 465 Grand Street. Please join us for some good, old-fashioned board game fun!



Rabbi Joanna Samuels speaks to the NORC community about recent hate crimes and the importance of acceptance and tolerance.



NORC welcomed two young musicians, Leo and Nikita Paas, who charmed and impressed us with their musical talents. Thanks so much for giving your time and sharing your music with us, Leo and Nikita.

