

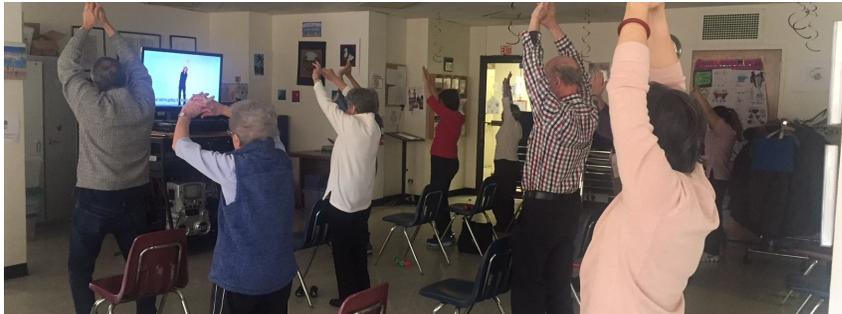
APRIL 2018



CO-OP VILLAGE NORC NEWS

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

April is the perfect month for springtime, blooming flowers, chirping birds, and NORC's exciting programs.



Members of the Falls Prevention class are hard at work. This class is not only fun, it's also a wonderful workout.

NORC offers some amazing programs to benefit your health. They include:

Chair Yoga: This class is a great way to relax and get exercise at the same time. Yoga group participant, Selma Baumgarten says, "We're moving and that's the most important thing, and it gets me out of the house." **This class meets Mondays at 10:00 a.m.**

Meditation: Meditation is a great way to relax and distract yourself from the stresses in life. Participant Pearl Schein says, "It's relaxing, especially after yoga. We support each other and help each other." **This class meets on Tuesdays at 11 a.m.**

Brain Aerobics: Brain Aerobics offers games and mental exercises to keep your mind sharp and focused. Group participant Herb Zolty says, "I like brain aerobics because: 1) It is fun to solve the problems, 2) It stimulates the thinking process, and 3) It gets me out of the house." **This class meets two Wednesdays a month at 1:15 p.m. (Check calendar for dates.)**

Falls Prevention: Falls Prevention combines exercises for strengthening, balance, and flexibility to prevent falls. Group participant Jan Kral says, "Even people in their 20's would get a nice workout. You can adjust the exercises to fit your need." **This class meets on Tuesdays at 10:30 a.m.**



Games in the afternoon? Our Games group meets every day at 3:00 p.m. and is looking for new participants. Our game library includes: Rummy Kub, Playing Cards, Scrabble, Trivial Pursuit, Backgammon, Chinese Checkers, Dominos, and many more.

If you are interested, please call Bonnie at 646-395-4510.



Adorable Bunnies for Sale!!

Made by our Knitting group!

\$3 for one or \$5 for two.

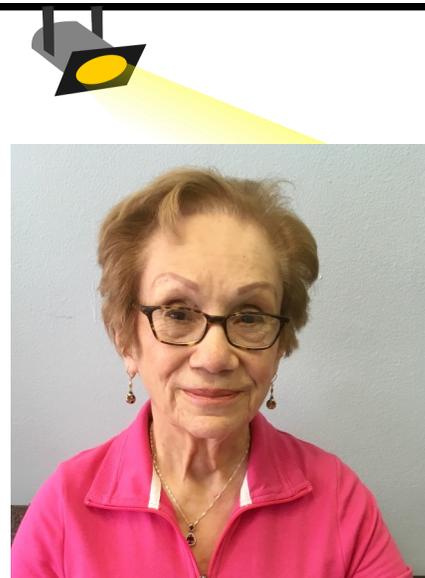
Funds Benefit NORC Programs.

SPOTLIGHT ON**Iris Bufalino, Senior Companion
Volunteer**

Iris Bufalino has the distinction of being the Senior Companion with the longest tenure at Co-Op Village NORC. At 17 years on the job, Iris has seen it all. "I like to help people. I do this job with all my heart," she says.

Iris came to New York from Puerto Rico when she was 22 years-old, and worked for the United Jewish Council's (UJC) Home Attendant Program for 30 years. She was a home care worker, and she truly enjoyed her time at UJC. "I spent much time talking to the people, and I loved shopping and cooking."

Several years after retirement, Iris joined the Senior Companion Program, a national program for retired seniors to offer support to more isolated older adults. It seemed like a natural way to continue the caring work she did at UJC, and she was happy about finding the program. Her favorite parts of being a Senior Companion are talking to the seniors and keeping them company. "The people can feel lonely, so I like to talk to them," she says. She also enjoys going on walks with the seniors she works with. Iris, at 84 years-old, loves being a Senior Companion, and says this job keeps her young. Thank you, Iris, for your 17 years of companionship.



Your Medicare Answers

What is Medicare Fraud?

Medicare billing fraud means knowingly billing Medicare -- possibly over and over again -- for products and services that were not **medically necessary**, accurately coded, or for an actual beneficiary. You can help detect Medicare billing fraud by carefully reviewing your payment notice. This is the notice you get whenever a doctor or health care provider bills Medicare or your insurance company for a health care product or service. The notice identifies the product or service and lists the total amount billed, the amount Medicare or your insurance company paid to the provider, and the amount you owe.

Also, beware of providers who:

- Tell you that the more tests they perform, the less you pay out of pocket
- Use telemarketing (calling you at home) and door-to-door sales
- Offer gifts as incentives to use their services
- Routinely waive co-pays or routinely charge co-pays, even though your plan makes the service available with no co-pay
- Tell you they know how to get Medicare to pay for something that's not covered under your plan
- Claim that Medicare endorses their products or services

From www.ehealthmedicare.com

ROVING

REPORTER

REPORTER



April 22 is Earth Day. What are some things you do to help our planet?

Dina Noble: "I go to Whole Foods, Trader Joe's, and the Farmer's Market and eat only real food that comes from the earth."

Elaine Cohn: "I bring items downstairs to be recycled."

Grace Ilchuk: "I bring compost to Clinton and Grand on Mondays and Fridays. I use my own bags and try never to use plastic bags."

Helen Baker: "I'm very concerned about Global Warming. I use a fan instead of air conditioning as much as I can."

SMILE A WHILE...

CULLED FROM THE INTERNET
BY PHYLLIS UNROCH



Let's face it - English is a crazy language.

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture..
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his desert in the desert..
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.

Welcome, Susan Stuart, NORC's New Case Manager

My name is Susan Stuart. I have worked with seniors for many years. I am excited to be part of the NORC community. I have also been a paralegal and notary public for many years, and I will have set hours during which I can notarize documents. I can also help you fill out forms to access services like Medicaid and tax exemptions for seniors. I can also refer you to other necessary services at NORC and in the community. I look forward to meeting you all.



HAPPY RETIREMENT, RITA!

Rita Siff, Co-Op Village NORC's fearless Groups Program and Volunteer Coordinator, recently retired after 24 years on the job. We celebrated her devoted career (and surprised her) with a party. Here are some pictures from the eventful celebration!



Rita may be retired, but she's not gone from the NORC. You will still find her teaching the Jewish Traditions class at East River on Tuesdays at 1:00 p.m.

Thanks, Rita, for everything.

Please Join Us for the YOM HASHOAH EVENT

In Tribute to our Community Heroes Who Survived

SHARING OUR STORIES

WEDNESDAY, APRIL 11, 2018 at 3:00 PM

At the

MANNY CANTOR CENTER

197 East Broadway, 6th Floor

Honor our community heroes and their families as they light memorial candles and we discuss the short documentary "The Numbers on Great-Grandpa's Arm." Participate in a commemorative program of prayer, music, stories, and refreshments. Hear inspiring words as together we remember the past, appreciate the present and look to the future.