

JULY 2018



# CO-OP VILLAGE NORC NEWS

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

July is a busy time at NORC. We are offering new groups, some great presentations, a trip to the Essex Street Market, and we're starting our End-of-Summer Raffle (see the back page for more info.) .

## **THURSDAY SPECIAL ALERT: What is a Pooled Trust and how can it help you get the services you need?**

On Thursday, July 12th, NORC welcomes Peter Travitsky, Esq., from New York Legal Action Group (NYLAG). Mr. Travitsky will discuss Pooled Trusts and Managed Long Term Care Programs. The presentation will be at 465 Grand Street, 4th Floor at 2:00 PM.

## **NYU Langone Health and NORC present "Healthy Brain Aging", Thursday, July 19th at 2:00 PM.**



Healthy Brain aging can occur well into the 10th decade of life. Older adults with a healthy brain can still carry out their activities of daily living and lead a productive and happy life. With age, it may take longer to do things or recall information. This presentation will overview the difference between normal memory loss and abnormal normal memory loss. You will also learn more about what you can do to keep your brain healthy along with our current research findings!

## **New Groups at NORC**

### **Share Your Story: A Group for Writing and Reflecting**

Led by Miriam Grossman, Rabbinical Intern from Jewish Theological Seminary

**Reflecting on old memories, telling stories, and writing creatively are all ways to connect with the past and the present. Whether you love to write or just love to tell stories and writing isn't your thing, give this group a try! We will open every class with a game to get our creative juices flowing. Then, with questions about favorite memories and stories we will take time to write out our thoughts and ideas. Every class closes with a poem for discussion. This group is a fun way to keep your mind active, share your stories with others, and explore how language can awaken feelings of gratitude, awe, and curiosity in us all.**

**Share Your Story will meet on Mondays at 11:00 from now through August 6th.**



### **Walking Group to the Essex Street Market: A 5-part series.**



Five week series starts on Thursday, July 26, at 2:00 PM .

Meet Lauren at the Essex Street Market for a tour, nutrition lesson, and a food demonstration. Receive a \$2 coupon each session!

Get some exercise on your walk to the market.

For more information or to sign up, call Kendall at (646)-395-4508.

**SPOTLIGHT ON****DIANE CHIN, NORC VOLUNTEER**

Diane Chin has been an enthusiastic volunteer for NORC for the last two years. After retiring from her 39 years as an Administrator at Gouverneur, Diane was looking for activities in the neighborhood. "I retired, and the next day was July 4, and then I started looking for things to do," says Chin. She was happy to find so many programs close-by. Now she keeps so busy that her children have trouble keeping tabs on her, she says.

Diane first came to the NORC as a member of the needlepoint group. She was the very first member of the class, a novice needlepointer, and a "lefty". Harriet Panensky (another devoted NORC volunteer) taught Diane how to do the craft (even as a southpaw), and Diane helped recruit for the class and make it grow. Diane continues to enjoy needlepoint, other crafts, exercising, going to the theater, and volunteering at NORC.

As a volunteer, Diane is willing to do whatever task the NORC needs. For example, she answers phones, sells items for the crafts groups, works at the Flea Market, and stuffs envelopes, among other things. One of Diane's favorite things about volunteering is working with people. Chin says, "I like people and making contacts. I love selling the crafts and listening to customers and getting their feedback."



## Your Medicare and You

### Medicare Reminder

For each 12-month period you delay enrollment in Medicare Part B, you will have to pay a 10% Part B premium penalty, unless you have insurance based on your or your spouse's current work (job-based insurance) or are eligible for a [Medicare Savings Program \(MSP\)](#).

In most cases, you will have to pay that penalty every month for as long as you have Medicare. If you are enrolled in Medicare because of a disability and currently pay premium penalties, once you turn 65 you will no longer have to pay the premium penalty.

### How do you calculate your premium penalty?

Let's say you turned 65 in 2010 and you delayed signing up for Part B until 2018 (and you did not have employer insurance, which allows you to delay enrollment). Your monthly premium would be 70% higher for as long as you have Medicare (7 years x 10%). Since the base Part B premium in 2018 is \$134, your monthly premium with the penalty will be \$227.80 ( $\$134 \times 0.7 + \$134$ ).

Note: Although your Part B premium amount is [based on your income](#), your penalty is calculated based on the base Part B premium. The penalty is then added to your actual premium amount.

# ROVING REPORTER



**What is the activity you do or once did in the summer that gives you the most enjoyment?**

**Bernice Wimberly:** I like to be outside. Anything I can find to be outside.

**Irwin Kaplan:** 1) I love outdoor concerts at Lincoln Center. I used to go there and to Tavern on the Green for free dancing and live music. 2) Riding my bicycle late at night when the city is empty. 3) Fireworks and the Philharmonic on The Great Lawn at Central Park.

**Penny Hickey:** I like to walk a lot. I love to look for summer fruits to eat. I love going to the theater.

**Sue Manahi:** I love New York and Lower Manhattan. I love walking out and seeing my city. I love going to NORC. They welcome me and help me.

## SMILE A WHILE... Culled from the Internet



**Co-op Village NORC presents  
some July 4th Humor for you.**



What did one flag say to the other flag?  
Nothing. It just waved!

Why did Paul Revere ride his horse from Boston to Lexington?  
Because the horse was too heavy to carry!

How is a healthy person like the United States?  
They both have good constitutions!

Did you hear the one about the Liberty Bell?  
Yeah, it cracked me up.

What did King George think of the American colonists?  
He thought they were revolting!



**Scenes from the Volunteer Recognition Luncheon 2018**

# End of Summer Raffle

**YOU COULD BE A WINNER!**

**FANTASTIC PRIZES TO BE WON!!**

**Tickets are only \$1 each or 6 for \$5.**

**10 amazing prizes this year....**

- 1st Prize:** Essex Flowers-\$50 Gift Certificate
- 2nd Prize:** People’s Symphony Concert Fall Series—  
Admission for 2
- 3rd Prize:** Hand-Knitted creations by Laurianne Marrell,  
NORC Volunteer
- 4th Prize:** \$50 Gift Certificate to Katz’s Deli
- 5th Prize:** Complimentary Bike Helmet from Frank’s Bike Shop
- 6th Prize:** Quality Sunglasses—Compliments of Dr. Michael  
Cohn from Triangle Optical—90 Delancey Street
- 7th Prize:** \$25 Gift Certificate to Rainbo’s Fish (Ira’s)—at 120  
Essex Street
- 8th Prize:** Two \$10 Gift certificates to Economy Candy
- 9th Prize:** Mickey Mouse Messenger Bag from Altman’s  
Luggage—135 Orchard Street
- 10th Prize:** Disney’s Bambi Backpack from Altman’s Luggage--  
135 Orchard Street



NORC Seniors, Mike and Audrey Rosenberg, with the marionettes they created at the United Jewish Council.

Sam Schwartz and his “babies”, the beautiful plants at NORC.

