



IN AND AROUND

Co-op Village NORC | The Weinberg Center for Balanced Living

465 Grand St, 4th Floor

197 East Broadway

NORC/WEINBERG GEAR UP FOR FLU SHOTS



On **Monday, October 12, from 10-1** the vaccine will be administered at 465 Grand (4th floor) by appointment as in the past. To register call 646-395-4507

No appointment is necessary at 477 FDR Drive. Residents 18 and over are welcome to Walk-In on **Thursday, Oct. 15 from 10-1.**

Flu Shots will be available at the Weinberg Center on **Monday, Oct. 26, 10-2** Call (646) 395-4270 to register.

Special thanks to *Mt. Sinai Beth Israel* for providing this important service to the LES community.

UPCOMING NORC SPECIALS FEATURE IMPORTANT INFO

Make sure to reserve your Thursdays at 2 PM in October for important informational sessions at NORC.

Updates on vaccines for seniors will take place on October 8, Hearing Health Info on Oct. 22 and Medicare Choices on October 29.

On Wednesday, October 28, NORC will join seniors from the Weinberg Center for a visit to the Union Square Farmers Market. A bus will leave from 197 E. B'dway at 9:30 and return by noon. A free tour and "Health bucks" will be offered. To reserve your space call 646-4507 ASAP.

WANT TO HAVE YOUR NEWS- LETTER/CALENDAR MAILED TO YOU?

Call the office at either NORC, 646-395-4507, or Weinberg at (646) 395-4270 and leave your name and address.

NEW AT THE WEINBERG CENTER

By Karen Taylor

We know a LOT of older adults are interested in a variety of technology classes. The Weinberg Center has expanded its offerings, and we wanted to give you an update on what options you have.

For newcomers, an **Introduction to Computers** class is scheduled on Wednesdays from 9:30-11:30 in our 4th floor classroom.

Interested in specific computer programs, like Word or Excel? The Weinberg Center is partnering with Educational Alliance's new **Employment Services Department**, and offering half-day classes on these and similar topics. Stop by the Weinberg Center office to learn more, or call (646) 395-4260.

Our Tuesday **Moving Stories** program combines walking, storytelling, and technology, with a focus on smart phones, digital cameras, and social media. Join the class on Tuesdays from 9:30-11. Bring your smart phone, camera, or borrow one from a friend.

Finally, we offer laptop computers for your use on Monday and Friday mornings in our 4th floor lounge. You are welcome to cruise the internet, check your email, add to your blog, look for jobs, listen to music, or whatever else you'd like to do. Stop by from 9:30-11:30 on Mondays and Fridays for independent laptop time.

Trip to NY Botanical Garden.

Weinberg Center is visiting the Frida Kahlo exhibit at the NY Botanical Garden on Tuesday, October 20th. Cost is \$20 and includes bus transportation, kosher bag lunch, and access to the exhibit, plus the entire botanical garden. For more information, please call (646) 395-4270 or stop by the Weinberg Center Office during member hours (10-2).



Union Square Market

Grab your farmers market coupons and join the Weinberg Center for two visits to Union Square Market in October! Join us on either Friday, October 9 and Wednesday, October 28. We will have a bus leaving at 9:30 and returning by noon. Free tour and "health bucks" offered for each trip!



THE DIRECTOR'S MESSAGE

By

BONNIE LUMAGUI, CO-OP VILLAGE NORC

Hello Everyone,

For those of you who celebrated holidays in September I hope they were joyous and meaningful. October is Flu Shot month. I had the flu and do not want it ever again so every year I get my shot. Between NORC and Weinberg Center there are three days in October when free shots will be available, so please come by and get your vaccine. Thank you Mount Sinai Beth Israel for supplying the vaccine.

Also please note that I have heard your request and NORC is now offering an exercise class in the afternoon. I hope you will join Andrew Carter for Feldenkrais on Thursday at 1pm at NORC. Please read the calendar to see all the many programs available to you.

Thank you to all who completed the 75 question health Indicators survey. We received 266 completed surveys. Our findings show that falls and falls risk is still our most pressing health issue followed by Heart Disease, Diabetes, and Lung Diseases. These surveys will help us to better serve the NORC community going forward so thank you for helping us better serve you.

Bonnie



Marci's Medicare Answers

Dear Marci,

I am having heart valve replacement surgery soon and spoke with my primary care doctor about care after my surgery. She said that I should ask the hospital for a discharge plan before I leave so that I understand how to continue my care once I am home. Does Medicare require the hospital to provide a discharge plan to me as part of my hospital stay?

Hospital discharge planning services are intended to make your move from the hospital to your home or other location as smooth and safe as possible, and aim to prevent additional trips to the hospital for you. Under specific circumstances, Medicare does require all hospitals to provide discharge planning services as part of a hospital stay. Let's see if those circumstances might apply to you.

Hospital discharge planning is only required if you are admitted to the hospital as an [inpatient](#). If you are considered a [hospital outpatient](#), Medicare does not require hospital staff to help you prepare for your care following a hospital stay. Since you had heart valve replacement surgery, it is likely that you will be considered a hospital inpatient. Here are additional steps you can take to ensure that you leave the hospital with the plan you need.

You or your doctor should ask hospital staff for a comprehensive discharge planning evaluation. A discharge planning evaluation tries to foresee your medical and other care needs after your hospital stay. Some hospitals automatically evaluate the discharge needs of all patients, and some do not. That said, if you or your doctor asks for a comprehensive discharge evaluation, the hospital must give you one. Know that the discharge evaluation is not the same as a discharge plan, but it is a necessary step for acquiring a discharge plan if you are eligible.

1. **Be aware that the hospital's main goal during your evaluation should be to return you to the place you left before your hospital stay (this may be your home or another facility).** If this isn't possible, the hospital should recommend other, more appropriate places for you.

Make sure hospital staff members consider your range of needs following your hospitalization. If you are returning home following your surgery, the discharge planning evaluation should see whether you can care for yourself or if you will need assistance from family, friends, or other community caregivers. For example, do you need [home health care](#) or meal delivery services? The hospital staff should also see whether you will need medical equipment or changes to your home to make it safe. If you are going back to a facility, the hospital must make sure the facility can still care for you after your hospital stay.

Review which post-discharge services will be covered by Medicare and how much they will cost. If you have another type of insurance, such as [Medicaid](#), check what is covered by that insurance.

1. **Tell the hospital discharge planning staff about your needs and preferences for care after your hospitalization.** If you are eligible for a discharge plan, your needs and preferences must be incorporated into your plan of care.
2. **Be sure the hospital prepares you for discharge.** Before you leave the hospital, staff must educate and train you, your family, and/or your caregivers about your care needs. Hospital staff should also provide a clear list of instructions for your care and all medications you will need. The hospital must explain what to do if problems occur, including who to call and when to seek emergency help. The hospital must provide referrals as appropriate for other care, including referrals to home health, skilled nursing or hospice agencies, physicians, and medical equipment suppliers, among other supportive services.

Be sure to follow up with your primary care provider and other providers involved in your care after your hospitalization. The hospital should send your providers information about your medical condition no later than seven days after you leave the hospital. Keep in mind that Medicare now pays for your primary care provider to manage your care right after your hospital discharge. - *MARCI*

HAPPY BIRTHDAY!

All NORC/Weinberg members who have birthdays this month are invited to be guests and to celebrate at lunch on **Thursday, October 29 at noon** at the Weinberg Center, 197 East Broadway. Let us know by signing up with volunteers at the lunch check-in table at Weinberg or by calling NORC (646-395-4507) throughout the month.



HAPPENINGS

At Co-op Village NORC and The Weinberg Center for Balanced Living

NORC OCTOBER THURSDAY SPECIALS

All take place at 465 Grand at 2 PM unless otherwise noted

- Oct. 1 :** **MINH'S MONTHLY HEALTH MATTER: HEALTH & WELLNESS**
Facilitator: Minh Tieu, MPH, RD
- Oct. 8 :** **TAKE A SHOT FOR HEALTH: The Latest on Vaccines for Seniors**
Presenters: NYU Carelink Student Nurses
Facilitator: Patty Guclu, NYU Carelink Facilitator
- Oct. 15:** **COMBATING FATIGUE, NORC's first DVD in a series about new research and smart ways to stay healthy and feel energized**
Facilitator: Albert Eshoo, Right At Home
- Oct. 22:** **"WHAT DID YOU SAY?" Maintaining Good Hearing Health**
Presenter: Alison Mendez, Engagement Manager, NYCochlear Americas
- Oct. 29:** **WHAT SENIORS NEED TO KNOW ABOUT 2016 CHOICES IN MEDICARE: MEDIGAP/MEDICARE ADVANTAGE/PART D, EPIC, EXTRA HELP, MEDICARE SAVINGS**
Presenter, Eric Hausman, Medicare Expert, HICAP, NYC-DFTA

MORE WEINBERG NEWS—

Five Week Class on Bioethics

Just as there is a lot of debate on when life begins, there are also questions about when life ends. **Michel DeMatteis**, adjunct lecturer at Hunter College, will introduce bioethical concepts and specialized terms used by medical professionals. She will also discuss how knowledge of bioethics can inform and affect the decisions we make about medical care for ourselves and our loved ones. Classes run on Thursdays from 2-4pm throughout October.

Senior Citizen Rent Increase Exemption

Learn about SCRIE from the people who know it best. A special presentation from the NYC Department of Finance will take place on Tuesday, October 13th in room 404. All are welcome.

SMILE A MINUTE

CULLED FROM THE INTERNET
 by Phyllis Unroch



If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked and dry cleaners depressed?

14 RECEIVE AWARDS AT NORC END OF SUMMER PARTY



Eugenia Shulman was one of 14 to receive a NONAGENARIAN AWARD for 95+ years of Life Experience at the Co-op Village NORC End of the Summer Party .



Weinberg Center members pose for NYC Department for the Aging



Summer trips included a boat ride to West Point, and El Museo del Barrio



NORC Art Exhibits & End of Summer Parties, followed by a Rosh Hashanah Lunch at Weinberg Center, get us ready for fall.

