



BIG SIX TOWERS 2020 NORC NEWS



LOCATION KEY:
ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY. CALL 718-565-6569 FOR MORE INFORMATION

			<p>January is such a Beautiful Month! Its birth flower is the Carnation and Martin Luther King Day is celebrated throughout the nation. A garnet on the hand is worn, and January is so beautiful because.</p>	<p>NORC CLOSED</p>
<p>4 TRIVIA 1:00 PM Via Zoom</p>	<p>5 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>6 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 via ZOOM</p>	<p>7 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p>	<p>8 BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>11 Advisory Council 12:00 PM via Zoom ***** TRIVIA 1:00 PM via Zoom</p>	<p>12 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>13 Short Story Group 11:30 AM VIA ZOOM</p>	<p>14 NORC NURSE: Call for Appt NUTRITION w/Anna 12:00 PM via Zoom HEALTH CHAT 1:30 via ZOOM</p>	<p>15 BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>18 Martin Luther King Jr. Day NORC CLOSED</p>	<p>19 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>20 Short Story Group 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 via ZOOM</p>	<p>21 NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p>	<p>22 BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p>25 TRIVIA 1:00 PM Via Zoom</p>	<p>26 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>27 Short Story Group 11:30 AM VIA ZOOM SUPPORT GROUP: COPING WITH OUR LOSSES; 3:00 p.m. via ZOOM</p>	<p>28 NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p>	<p>29 BRAIN GAMES 1:00 PM VIA ZOOM</p>

zoom

Due to COVID-19, all NORC services and activities are offered remotely either over the phone or through ZOOM. Check our column on the other side of this page for helpful suggestions on how to access Zoom and join our many activities. Below are the links and Meeting Numbers you will need. You can always speak to one of our staff members (call 718-565-6569) if you have any questions or need help in learning how to use ZOOM.

BIG 6 NORC ACTIVITIES VIA ZOOM

ACTIVITY/MEETING	MEETING ID:
TRIVIA	569 009 0379
SHORT STORIES	569 009 0379
BRAIN GAMES	569 009 0379
LATIN RHYTHMS	569 009 0379
ADVISORY COUNCIL	569 009 0379
https://selfhelp.zoom.us/j/6950528675	
NUTRITION	695 052 8675
VIRTUAL TOURS	695 052 8675
CONCERTS	695 052 8675
HEALTH CHATS	695 052 8675
SUPPORT GROUP	695 052 8675

MESSAGE FROM THE DIRECTOR
Theodora (Dora) Ziongas, M.A.

BEST WISHES FROM THE NORC TEAM FOR A HAPPY AND HEALTHY NEW YEAR

2020 was no doubt a very difficult year. The pandemic required many drastic changes to our daily lives, our communities, the way we work and interactions with friends and family. Throughout, the NORC team continued to provide services, organize activities remotely and worked to overcome many challenges. There are strong signs of hope for 2021 as several highly effective vaccines are now offered. We will continue to offer services and new activities remotely until conditions allow us to return to a more normal routine in a safe manner. Safety is our priority for those we serve, as well as our dedicated staff and volunteers.

Call 718-565-6569 for information.

BIG SIX NORC OFFICE:
59-55 47th Avenue, Apt. 2G, Woodside, NY, 11377/ 718-565-6569

NURSE VANESSA'S CORNER

There is a lot of hope with the new COVID-19 vaccines but also many questions. Here is some useful information from the U.S. Centers for Disease Control (CDC) about the vaccines:

8 Things to Know about the U.S. COVID-19 Vaccination Program

- Safety of COVID-19 vaccines is a top priority.
- Vaccination will help protect you from getting COVID-19. Two doses are needed.
- Right now, CDC recommends COVID-19 vaccine be offered to healthcare personnel and residents of long-term care facilities.
- There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come.
- After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection.
- CDC makes vaccination recommendations, including those for COVID-19 vaccines, based on input from the Advisory Committee on Immunization Practices.
- Cost is not an obstacle to getting vaccinated against COVID-19
- The first COVID-19 vaccine is being used under an Emergency Use Authorization from the U.S. Food and Drug Administration (FDA). Many other vaccines are still being developed and tested.
- COVID-19 vaccines are one of many important tools to help us stop this pandemic.

Join us on Thursday, January 14th, 2021 at 1:30 p.m. for a **HEALTH CHAT: WHAT YOU NEED TO KNOW ABOUT THE NEW COVID-19 VACCINES**
Via ZOOM Meeting ID: 695 052 8675

Do you have a laptop/tablet/cell phone and would like to learn more about it? Do you want to learn how to use Zoom and join more activities? Then schedule a

TECH TALK WITH NOEL



No question is too basic
Call and speak with Noel directly
917-402-6244

SUPPORT GROUP VIA ZOOM COPING WITH OUR LOSSES

The restrictions imposed during COVID-19 have been very challenging for all. We can't help but feel a sense of loss in many ways, a loss of our independence, relationships, social connections, control, etc. This can be especially difficult for those living alone.

Join us for a special weekly Zoom group meeting, facilitated by NORC Social Worker, Gladys Ofori, MSW, beginning Wednesday, Jan. 27th through Feb. 17th at 3:00 –4:00p.m. Meet with other NORC members, share experiences, strategies, and support each other during this unusual and challenging time.



Preregistration is required. Call Gladys Ofori or Ruth Cassidy for more information at 718-565-6569.



TRAVEL AROUND THE WORLD WITH US

Join us twice a month, the first and third Wednesday of each month, as we travel around the world from the comfort of our homes.

**WEDNESDAY, JANUARY 6, 2021
at 1:30 P.M.
For a visit to the
NYC WORLD'S FAIR**



**WEDNESDAY, JANUARY 20, 2021
at 1:30 P.M. for a visit to
VIENNA, AUSTRIA**



**Via ZOOM Meeting ID:
695 052 8675**



INSTRUCTIONS FOR JOINING BIG 6 NORC ZOOM ACTIVITIES/MEETINGS

FROM A COMPUTER:

1. Type in **WWW.ZOOM.US** in your browser window.
2. When the site loads go to the Resources tab.
3. When prompted, enter the Meeting ID Number (without spaces).
4. You will then join the meeting

FROM A MOBILE DEVICE: You may join the meeting by using your web browser on your mobile device and following the instructions above or by downloading the application directly to your mobile device. To download the application:

1. Login to your account in the Apple Store (IOS) or Google Play (Android).
2. Search for the Zoom application.
3. Download the application and follow the directions after installation.
4. When prompted enter the Meeting ID Number (without spaces).
5. You will then join the meeting.

TO JOIN THE MEETING VIA TELEPHONE (AUDIO ONLY):

1. Call 646-876-9923
2. When prompted enter the Meeting ID Number (without spaces).
3. You will then join the meeting.

