



BIG SIX TOWERS 2024 NORC NEWS



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7 NATURE JOURNALING 10:30am	8 SAIL 11:00 MAH JONGG 1:00 PM	9 ZUMBA 11:00 Short Story 11:30 Health Coaching 2-4	10 TALENT IS TIMELESS FINALE 10 AM SAIL 11:00 NUTRITION 1pm 	11 CHAIR EXERCISES 11:00 AM
14 NATURE JOURNALING 10:30am ADVISORY COUNCIL 12:30 MOVIE: 2:00PM	15 SAIL 11:00 MAH JONGG 2:00 PM	16 ZUMBA 11:00 Short Story 11:30 Health 2-4	17 SAIL 11:00 NUTRITION 1pm	18 CHAIR EXERCISES 11:00 am
21 NATURE JOURNALING 10:30am MET ART BOXES 1:30 PM	22 SAIL 11:00 MAH JONGG 2:00 PM	23 ZUMBA 11:00 Short Story 11:30 MEDICARE update 12:30 Health 2-4	24 SAIL 11:00 NUTRITION 1pm	25 CHAIR EXERCISES 11:00 AM
28 NATURE JOURNALING 10:30am MET ART BOXES 1:30 PM	29 SAIL 11:00 MAH JONGG 2:00 PM	30 ZUMBA 11:00 Short Story 11:30 Health 2-4	31 SAIL 11:00 NUTRITION 1pm 	LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM. REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION

NORC SERVICES
NORC programs bring together social workers, nurses, housing management, residents and community resources to support older adults age in place.

If you need assistance from one of the NORC social workers or nurses, please call 718-565-6569 to make an appointment. We will visit you in your home if you are unable to come to the office

Your cooperation is greatly appreciated as we work to accommodate the needs of the many clients we serve

We maintain confidentiality and are a trusted resource.

Information in this newsletter is as accurate as possible at the time of printing. Sometimes there are circumstances beyond our control requiring a change. It is always best to call the NORC office at 718-565-6569 and confirm the day and time of an activity. the most up-to-date information on NORC activities, sign up for our e-newsletter

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

We wish all those who celebrate this month, Happy Holidays

October is Breast Cancer Awareness Month
American Cancer Society screening recommendations for women at average breast cancer risk

These guidelines are for women at average risk for breast cancer. For screening purposes, a woman is considered to be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer (such as in a BRCA gene), and has not had chest radiation therapy before the age of 30.

- Women 40 to 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.
- All women should understand what to expect when getting a screening mammogram—what the test can and cannot do.

Clinical breast exams are not recommended for screening among average-risk women at any age.

For the most up-to-date information on NORC activities, sign up for our e-newsletter.

BIG SIX NORC OFFICE:
 61-10 Queens Blvd., Cellar Level, Woodside, NY, 11377/ 718-565-6569

Nurse's Corner

Community Room, Bldg. 2
Milagros Dolores, RN
is available in the



**Community Room
for walk-in visits**
Tuesdays 12-1:00 pm
Fridays: 12-1:00 PM

Other times call 718-565-6569 to
make an appointment



BENEFITS CORNER

NORC social workers are available to assess eligibility and help you apply for benefits. Call 718-565-6569 for an appointment.

MEDICARE OPEN ENROLLMENT October 15-December 7th

This is a time when you can compare your options and change plans if you wish. You might find a plan that saves you money.

Compare your current coverage to all your choices for 2024 and select the plan that best fits your needs and budget. Why compare options for next year? Just like your health, Medicare plans can change every year—and your current one might be changing. Plus, not all plans have the same benefits and out-of-pocket costs. By comparing all your options, you could find a plan that offers you better coverage, saves money, or both. Review your current plan, costs, and health needs, then go to Medicare.gov. It's easy to compare options on Medicare.gov. At Medicare.gov, you can do a side-by-side comparison of plan coverage, costs, and quality ratings to help you see the real differences between plans and feel confident in your choice. If you choose a new plan for 2024, you can enroll right there.

Current coverage still meets your needs best?
Then, you don't have to do anything.

JOIN US ON WEDNESDAY, OCT. 23, 2024 @ 12:30
for a presentation by a representative from NYC
AGING on MEDICARE: WHAT YOU NEED TO KNOW.
Presented virtually via Zoom. View from home or
in Community Room;

CELEBRATING ITALIAN HERITAGE MONTH MOVIE: CABRINI

Monday, Oct 14, 2024 @ 2:00 PM
Arriving in New York City in 1889, Italian immigrant Francesca Cabrini is greeted by disease, crime and impoverished children. She soon sets off on a daring mission to convince the mayor to secure housing and health care for society's most vulnerable. With broken English and poor health, Cabrini uses her entrepreneurial mind to build an empire of hope unlike anything the world has ever seen.



PRESENTATION ELDER ABUSE: FINANCIAL SCAMS OCTOBER 2nd, 2024 at 12:00 NOON

Financial crimes against older adults can be devastating, often leaving victims with no way to recoup their losses.

Learn how to identify scams.

Arnold Raphaël, BA, ACPH, CIPC, STB, TCAFP

Injury Prevention, Education, & Community Outreach Coordinator

Department of Surgery & Trauma
Jamaica Hospital Medical Center



Pizza and refreshments will be served

Back By Popular Demand
HEALTH COACHING FOR
HYPERTENSION Wednesdays
beginning
October 2nd,
2024
2:00-4:00 PM
Preregistration
Required



HISPANIC HERITAGE MONTH Friday, October 4th, 2024 12:30—2:00 PM

INMA HEREDIA performs songs and flamenco dances. Followed by snacks & refreshments from various Latin American countries



NUTRITION AND HEALTHY COOKING CLASSES

With ANNA DIMAGGIO
Community Room, Bldg.2
@ 1:00 PM



OCTOBER NUTRITION TOPICS

10/3 Important Lab Work to Have Done and Numbers to Know

10/10 Learning How to Navigate a Restaurant Menu for Healthiest Meal Selection

10/17 Italian Heritage Month: Culinary Contributions and Optimal uses of Ingredients in Italian Recipes

10/24 Ask Me Anything : Bring all your questions to class

10/31 Spooky Week: Making Fun, Healthful Halloween Themed Treats

ART CLASSES led by Donna Miskend NEW PROGRAM

NATURE JOURNALING

Participants will create a personal diary of observations of nature with sketches, thoughts, poetry and science and guided how to draw plants/animals, outside to sketch.



Mondays @ 10:30 a.m.

MET ART BOX sessions

October 21st & 28th @ 1:30
Call 718-565-6569 for more details & to register



TRIP OCTOBER 10, 2024

TALENT IS TIMELESS 2024 GRAND FINALE



United Palace Theater
4140 Broadway (176 St)
NY, NY 10033

Call 718-565-6569 to register



All services are available to seniors 60+ residing in Big 6 Towers without regard to race, gender, disability, religion or sexual orientation, living in the NORC community, and regardless of ability to contribute. Funded in part by the NYC Department for the Aging and the NYS Office for the Aging.