



Selfhelp | 85 YEARS OF CARING



# BIG SIX TOWERS 2021 NORC NEWS



<p><b>LOCATION KEY:</b> ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY. CALL 718-565-6569 FOR MORE INFORMATION</p>		<p><b>1</b> Short Story 11:30 AM VIA ZOOM</p>	<p><b>2</b> NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p>	<p><b>3</b> CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom  BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p><b>6</b> LABOR DAY NORC CLOSED</p> 	<p><b>7</b> ROSH HASSANAH NORC CLOSED Happy Holidays</p>	<p><b>8</b> Short Story 11:30 AM VIA ZOOM</p>	<p><b>9</b> NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p>	<p><b>10</b> CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p><b>13</b> Advisory Council 12:00 PM via Zoom</p>	<p><b>14</b> COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p><b>15</b> Short Story 11:30 AM VIA ZOOM  VIRTUAL TOUR 1:30 VIA ZOOM</p>	<p><b>16</b> YOM KIPPUR NORC CLOSED</p>	<p><b>17</b> CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM</p>
<p><b>20</b> NORC PICNIC 12:30 P.M. Outside Building 2 Bring own lunch. Snacks, refreshments desserts offered</p>	<p><b>21</b> COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p><b>22</b> WALK WITH EASE KICKOFF 10:00 A.M. outside Bldg 2 Short Story Group 11:30 AM</p>	<p><b>23</b> NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM  HEALTH CHAT 1:30 via ZOOM</p>	<p><b>24</b> CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM</p>
	<p><b>28</b> COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p><b>29</b> Short Story 11:30 AM VIA ZOOM  VIRTUAL TOUR 1:30 VIA ZOOM</p>	<p><b>30</b> NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p>	



Due to COVID-19, all NORC services and activities are offered either over the phone or via ZOOM. Information on how to access Zoom is on the other side of this page. Below are Meeting Numbers and passcodes 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.

ACTIVITY/MEETING MEETING ID:

<https://selfhelp.zoom.us/j/5690090379>

Passcode: 4812

TRIVIA	569 009 0379
SHORT STORIES	569 009 0379
BRAIN GAMES	569 009 0379
COFFEE SOCIAL	569 009 0379

<https://selfhelp.zoom.us/j/6950528675>

Passcode 914515

NUTRITION	695 052 8675
VIRTUAL TOURS	695 052 8675
SPECIAL PRESENTATIONS	695 052 8675
HEALTH CHATS	695 052 8675
SUPPORT GROUP	695 052 8675
ADVISORY COUNCIL	695 052 8675
CHAIR EXERCISES	695 052 8675

**MESSAGE FROM THE DIRECTOR Theodora (Dora) Ziongas, M.A.**  
**THE NORC OFFICES WILL BE MOVING TO A NEW LOCATION IN THE SHOPPING CENTER. STAY TUNED FOR OUR BACK TO OFFICE DATE**  
**As more and more people continue to receive the COVID-19 vaccine, we are beginning to plan a limited number of OUTDOOR activities, following guidelines including mask requirements and social distancing. Join us for our Picnic on September 20th and the Kickoff event for our walking club on September 22nd. Call 718-565-6569 for more information. We all look forward to seeing you in person again soon**

**BIG SIX NORC OFFICE:**

59-55 47th Avenue, Apt. 2G, Woodside, NY, 11377/ 718-565-6569

## **NURSE VANESSA'S CORNER**

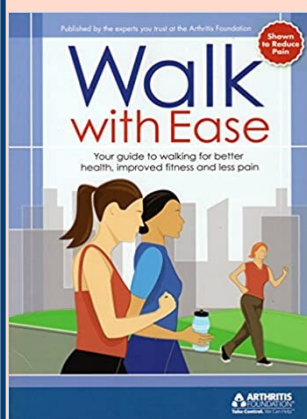
**HEALTH CHAT**  
**FALLS PREVENTION**  
**Thursday, September 23rd,**  
**2021 @ 1:30 PM via ZOOM**  
**Meeting ID: 695 052 8675**  
**Passcode: 914515**

### **Take Control of Your Health: 6 Steps to Prevent a Fall**

1. Find a Good balance and exercise program. The NORC has various such programs
2. Talk to you health care provider and ask for an assessment of your falls risk
3. Regularly review your medications with your pharmacist or doctor to make sure they are not increasing your falls risk
4. Get your vision and hearing checked annually
5. Keep your home safe and remove trip hazards
6. Talk to your family members and get their support to keep you safe

### **WALK WITH EASE**

KICKOFF Sept. 22nd 2021 outside Building 2



Join us for a kickoff and introduction to this evidence-based walking program. Participants will receive a pedometer and water bottle when signing up and prizes for those completing this self-paced, 6-week program.

For more information and to sign up call the NORC at 718-565-6569

JOIN US EVERY FRIDAY MORNING AT 11:00 AM FOR

### **CHAIR EXERCISES TO LATIN RHYTHMS**

ZOOM Meeting ID: 695 052 8675  
Passcode: 914515

### **NORC PICNIC**

September 20, 2021 at 12:30 p.m.  
OUTDOORS outside Building 2.

Snacks, refreshments and desserts will be provided. For more information and to RSVP call 718-565-6569

Are you 60+ and reside in Big 6 Towers?

Want to contribute to your community?

Want to be a part of a great organization?

We are looking for people like you.

### **JOIN THE BIG 6 NORC ADVISORY COUNCIL**



Call Dora Ziongas at 718-565-6569 for more information

### **TRAVEL AROUND THE WORLD WITH US**

from the comfort of your homes.  
WEDNESDAY, September 15th,  
2021 at 1:30 P.M.  
ISRAEL



WEDNESDAY, September 29th,  
2021 at 1:30 P.M. Lower East Side  
of Manhattan



Via ZOOM Meeting ID:  
695 052 8675; passcode 914515

Do you enjoy cooking?  
Even more important, do you enjoy eating delicious food?  
Do you want to eat more healthy meals which are also delicious?  
Do you want to have fun with a great group of friends?  
JOIN US EVERY THURSDAY at 12:00 PM (NOON) via Zoom for

### **COOKING CLASSES with ANNA DIMAGGIO**



Via ZOOM Meeting ID:  
695 052 8675; passcode 914515

### **BENEFITS**

Do you qualify for benefits you might not be aware of? Are you 60 years and over and reside in Big 6 Towers. The NORC staff can help you review and apply for benefits including the following:

**SCRIE**—Senior Citizen Rent Increase Exemption, helps eligible older adults stay in affordable housing with a rent freeze.

**DRIE**— Disability Rent Increase Exemption—Local governments and school systems grant a reduction on the amount of property taxes paid by persons with disabilities who qualify by submitting documented evidence of their disability and meet certain income and other requirements.

**Enhanced STAR** exemption reduces the school tax liability for qualifying senior citizens by exempting a portion of the value of their home from the school tax

**SNAP**—Supplementary Nutrition Assistance Program provides nutrition benefits to supplement the food budget of those who qualify.

The NORC Social Workers may help you review and apply for benefits. Call 718-565-6569, leave a message and someone will call you back.