



# BIG SIX TOWERS 2024 NORC NEWS



<p><b>2</b> <b>LABOR DAY</b>  <b>NORC CLOSED</b></p>	<p><b>3</b> <b>SAIL 11:00</b> <b>MAH JONGG 1:00 PM</b> </p>	<p><b>4</b> <b>ZUMBA 11:00</b> Short Story 11:30 Walking 2-4</p>	<p><b>5</b> <b>SAIL 11:00</b> NUTRITION 1pm <b>TALENT IS TIMELESS Rehearsal 3-5</b></p>	<p><b>6</b> <b>CHAIR EXERCISES 11:00 AM</b> </p>
<p><b>9</b> <b>NATURE JOURNALING 10:30am</b> <b>ADVISORY COUNCIL 12:30</b> Crochet/Knitting 1:00 PM; Bldg. 2</p>	<p><b>10</b> <b>SAIL 11:00</b> <b>MAH JONGG 1:00 PM</b> <b>TRIP: CITY ISLAND</b></p>	<p><b>11</b> <b>ZUMBA 11:00</b> Short Story 11:30 Walking 2-4</p>	<p><b>12</b> <b>SAIL 11:00</b> NUTRITION 1pm <b>TALENT IS TIMELESS Rehearsal 3-5</b></p>	<p><b>13</b> <b>CHAIR EXERCISES 11:00 AM</b> <b>BOOK CLUB 12:00</b> <b>KARAOKE 2:00</b> <b>Birthday 3:00</b></p>
<p><b>16</b> <b>NATURE JOURNALING 10:30am</b> Crochet/Knitting 1:00 PM; Bldg. 2 <b>MET ART BOXES 1:30 PM</b></p>	<p><b>17</b> <b>SAIL 11:00</b> <b>MAH JONGG 2:00 PM</b> <b>TALENT IS TIMELESS BW</b></p>	<p><b>18</b> <b>ZUMBA 11:00</b> Short Story 11:30 <b>NYSARC 12:30</b> Walking 2-4</p>	<p><b>19</b> <b>SAIL 11:00</b> NUTRITION 1pm </p>	<p><b>20</b> <b>CHAIR EXERCISES 11:00 am</b> <b>MOVIE: 2:00-4:00</b></p>
<p><b>23</b> <b>NATURE JOURNALING 10:30am</b> Crochet/Knitting 1:00 PM; Bldg. 2</p>	<p><b>24</b> <b>HEALTH FAIR 10:30-2:00 PM</b> </p>	<p><b>25</b> <b>ZUMBA 11:00</b> Short Story 11:30 Walking 2-4</p>	<p><b>26</b> <b>SAIL 11:00</b> NUTRITION 1pm </p>	<p><b>27</b> <b>CHAIR EXERCISES 11:00 AM</b> <b>TRIP: Circle Line</b></p>
<p><b>30</b> <b>NATURE JOURNALING 10:30am</b> Crochet/Knitting 1:00 PM; Bldg. 2 <b>MET ART BOXES 1:30 PM</b></p>	<p> <b>NATIONAL HISPANIC HERITAGE MONTH</b> September 15 to October 15</p>	<p> <b>SEPTEMBER 22 FALLS PREVENTION AWARENESS DAY</b></p>	<p><b>LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY RM. REMOTE ACTIVITIES VIA ZOOM. CALL 718-565-6569 FOR MORE INFORMATION</b></p>	

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

**FALLS PREVENTION**  
September is National Falls Prevention Month

*For seniors, falls are a real and serious risk. No one is destined to fall. If you take the necessary steps now, you can protect yourself before you fall. If you wait until after you fall, things may be even more difficult. You might be dealing with a serious injury.*

*An adult aged 65 or older falls every second of the day in the United States. Falls are the most common cause of traumatic brain injuries. Falls are the second leading cause of accidental or unintentional injury deaths worldwide. **The NORC has many Falls Prevention Programs including exercise and education programs.***

*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.**

*A simple accident like tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can be the start of more serious health problems and can lead to long-term disability.*

**What may cause a fall:**

- Your eyesight, hearing, and reflexes might not be as sharp as when you were younger.
- Diabetes, heart disease, thyroid, nerves, feet, or blood vessels can affect balance and lead to a fall.
- Conditions that cause rushed movement to the bathroom, such as incontinence.
- Mild cognitive impairment or certain types of dementia may lead to higher risk of falling.
- Age-related loss of muscle mass, problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting are all risk factors for falling.
- Foot problems that cause pain, and unsafe footwear such as backless shoes or high heels.
- Some medications can increase risk of falling due to side effects such as dizziness or confusion. The more medications you take, the more likely you are to fall.
- Safety hazards in the home or community environment can also cause falls.

**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.

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The cost of living has increased dramatically the last few years, making it exceptionally difficult for older adults on fixed incomes. Our social workers may be able to identify resources to assist you.

## MEDICAID

Medicaid is a program for persons whose income and/or resources are below certain levels. It can cover services beyond what Medicare covers. Medicaid offers a full range of health services for eligible persons including:

- All regular medical checkups and needed follow-up care.
- Immunizations.
- Doctor and clinic visits.
- Medicine.
- Medical supplies.
- Medical equipment and appliances
- Lab tests and x-rays.
- Eye care and eye glasses.
- Emergency care.
- Dental care.
- Nursing home care.
- Emergency ambulance transportation to a hospital.

## CELEBRATING HISPANIC HERITAGE MONTH

MOVIE: Fri. Sept 20th @ 2:00



Inspired by the real-life story of NASA flight engineer José Hernández, *A Million Miles Away* follows him on a decades-long journey, from a rural village in Michoacán, Mexico, to more than 200 miles above the Earth in the International Space Station. With the support of his family, José's drive & determination culminates in the opportunity to achieve his seemingly impossible goal.

Join us on **Wed., September 18th at 12:00 noon** for a presentation on **POOLED INCOME TRUSTS**. Hear how those with disabilities and older adults with disabling chronic health conditions may spend down their excess income by utilizing a pooled income trust and qualify for government means tested benefit programs, such as Medicaid, community long term care, etc. and still have access to their income without giving it directly to Medicaid in order to qualify.



**KARAOKE**— Friday, Sept. 13th @ 2 pm.  
 Back by popular demand, followed by celebrations of August and September birthdays at 3:00 pm.

## SECOND ANNUAL BIG SIX NORC HEALTH FAIR

SEPT. 24th, 2024  
 10:30am to 2:00 pm  
 Community Room

Screenings, resources, entertainment and raffle  
 call 718-565-6569



## Easy Home Modifications TO PREVENT FALLS



For other strategies and tips to avoid falls, check out "Preventing Falls," the online guide from Harvard Medical School. [www.health.harvard.edu/fall](http://www.health.harvard.edu/fall)

## NUTRITION AND HEALTHY COOKING CLASSES

With **ANNA DIMAGGIO**  
 Community Room, Bldg.2



**WILL RESUME**  
**SEPTEMBER 5th @ 1:00 PM**

## ART CLASSES led by Donna Miskend NEW PROGRAM

### NATURE JOURNALING

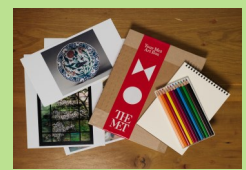
Participants will create a personal diary of observations of nature with sketches, thoughts, poetry and science and guided how to draw plants/animals, outside to sketch.



**Mondays @ 10:30 am beginning Sept. 9, 16, 23 and 30**

## MET ART BOX sessions continue 2x/month

Sept 16 & 30th @ 1:30 p.m.



Call 718-565-6569 for more details and to register

## TRIPS

**City Island; Sept 10th:**  
 Rescheduled trip; Those who registered for original trip will have priority, followed by waiting list  
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## CIRCLE LINE Lunch Cruise: Fri. Sept. 27th



Combined trip with other Selfhelp NORCs  
 Details to follow  
 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.