



Selfhelp | 85 YEARS OF CARING

BIG SIX TOWERS 2020

NORC NEWS



<p>1 TRIVIA 1:00 PM Via Zoom</p>	<p>2 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>3 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 via ZOOM SUPPORT GROUP: COPING WITH LOSS; 3:00 p.m. VIA ZOOM</p>	<p>4 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p>	<p>5 BRAIN GAMES 1:00 PM VIA ZOOM</p> 
<p>8 Advisory Council 12:00 PM via Zoom ***** TRIVIA 1:00 PM via Zoom</p>	<p>9 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>10 Short Story 11:30 AM VIA ZOOM SUPPORT GROUP: COPING WITH LOSS; 3:00 p.m. VIA ZOOM</p>	<p>11 NORC NURSE: call for Appt. NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM</p>	<p>12 BRAIN GAMES 1:00 PM VIA ZOOM</p> 
<p>15  NORC CLOSED</p>	<p>16 LATIN RHYTHMS 11:00 AM VIA ZOOM COFFEE SOCIAL 1:00 PM VIA ZOOM VALENTINES DAY CELEBRATION 2:00 VIA ZOOM</p>	<p>17 Short Story 11:30 AM VIA ZOOM VIRTUAL TOUR 1:30 VIA ZOOM SUPPORT GROUP: COPING WITH LOSS; 3:00 p.m.</p>	<p>18 NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM HEALTH CHAT 1:30 via ZOOM</p>	<p>19 BRAIN GAMES 1:00 PM VIA ZOOM</p> 
<p>22 TRIVIA 1:00 PM Via Zoom</p>	<p>23 LATIN RHYTHMS Marcelo Rodriquez 11:00 AM VIA ZOOM ***** COFFEE SOCIAL 1:00 PM VIA ZOOM</p>	<p>24 Short Story Group 11:30 AM VIA ZOOM</p>	<p>25 NORC NURSE: Call for Appt NUTRITION w/Anna DiMaggio 12:00 PM VIA ZOOM BLACK HISTORY MONTH CELEBRATION 1:30 PM VIA ZOOM</p>	<p>26 BRAIN GAMES 1:00 PM VIA ZOOM</p> 
			<p>LOCATION KEY: ALL ACTIVITIES ARE PRESENTLY HELD REMOTELY. CALL 718-565-6569 FOR MORE INFORMATION</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	https://selfhelp.zoom.us/j/5690090379 569 009 0379
SHORT STORIES	569 009 0379
BRAIN GAMES	569 009 0379
LATIN RHYTHMS	569 009 0379
NUTRITION	https://selfhelp.zoom.us/j/6950528675 695 052 8675
VIRTUAL TOURS	695 052 8675
CONCERTS	695 052 8675
HEALTH CHATS	695 052 8675
SUPPORT GROUP	695 052 8675
ADVISORY COUNCIL	695 052 8675



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

COVID-19 VACCINES

A major effort is under way to make the COVID-19 vaccines as widely available as possible throughout the city and state. Obtaining information and navigating the registration process can be a challenge. The NORC staff is here to provide information and assistance. If you need help navigating the system, please call our office, leave a message and someone will reach out to you. Below are some valuable resources if you are able to register on your own:

- NYC Vaccine Command Center:** nyc.gov/vcc
- NYC DOHMH vaccine website:** nyc.gov/covidvaccine
- Vaccine site locations for eligible New Yorkers:** <https://vaccinefinder.nyc.gov/>
- Vaccine appointment phone number:** 1-877-VAX4NYC (1-877-829-4692)
- NORC OFFICE:** 718-565-6569

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

NURSE VANESSA'S CORNER
GO RED ON FEBRUARY 5th. RAISE
AWARENESS OF HEART HEALTH
FOR WOMEN

Every year the first Friday of February has been dedicated to National Go Red Day as an awareness day for American women to understand their number one health threat - heart disease. The day encourages women to know their Blood pressure, HDL cholesterol and total cholesterol levels, as well as their body mass index (BMI) to better understand their health risk for heart disease. It is not just a man's disease.

Here is what it means to Go Red:

G: GET YOUR NUMBERS

Ask your doctor to check your blood pressure and cholesterol

O: OWN YOUR LIFESTYLE

Stop smoking, lose weight, exercise, and eat healthy. It is up to you. No one can do it for you

R: REALIZE YOUR RISK

We think it won't happen to us, but heart disease kills one of three women

E: EDUCATE YOUR FAMILY

Make healthy food choices for you and your family. Teach your kids the importance of staying active

D: DON'T BE SILENT

Tell every woman you know that heart disease is our No. 1 killer.



Join us on Thursday, February 18th, 2021 at 1:30 p.m. for a HEALTH CHAT: WHAT YOU NEED TO KNOW ABOUT HEART HEALTH

Via ZOOM Meeting ID: 695 052 8675

HAPPY VALENTINE'S DAY CELEBRATION

TUESDAY, FEBRUARY 16th, 2021
at 2:00 P.M. Via ZOOM
meeting ID 695 052 8675



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, on the first and third Wednesday of each month, as we travel around the world from the comfort of our homes.

WEDNESDAY, FEBRUARY 3, 2021 at 1:30 P.M.
For a visit to the HARLEM, NYC

WEDNESDAY, FEBRUARY 17, 2021 at 1:30 P.M. to visit NEW ORLEANS, LOUISIANA

Via ZOOM Meeting ID: 695 052 8675

JOIN US ON THURS., FEBRUARY 25th, 1:30 p.m. BLACK HISTORY MONTH CELEBRATION

To commemorate and celebrate the contributions to our nation made by people of African descent.
 via ZOOM Meeting ID: 695 052 8675,



American historian Carter G. Woodson established Black History Week nearly a century ago. The event was first celebrated during the second week of February 1926, selected because it coincides with the birthdays of both Abraham Lincoln (February 12) and abolitionist/writer Frederick Douglass (February 14). In 1976 as part of the nation's bicentennial, it was expanded to a month.

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.

