

# st.louis **norc**news

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### Thank You To Our Volunteers!

St. Louis NORC is very lucky to have the support of dedicated volunteers who share their time, talents and energy to prepare mailings, lead NORC programs and lectures, provide computer training and assistance, attend to leaky faucets, change lightbulbs and furnace filters, flip mattresses, rake leaves, and much more. At the time this newsletter went to print (i.e., mid-December), volunteers donated 852 hours of service for 2017, saving members approximately \$18,378 and offering a priceless opportunity for community members to connect with and support each other.

We treasure and rely on the thoughtful notes and generous donations received from you in appreciation of the hard work of our volunteers. Not only do your words brighten the days of the NORC volunteers (and staff), but it is incredibly valuable to share your words with potential funders who want and need to see the impact that our programs and services have on our members.

In the coming year, we look forward to maintaining the special relationships we've developed with our amazing volunteers and are enthusiastic about cultivating new ones. If you or someone you know is interested in volunteering, please contact any NORC staff—our names and contact information is on the back of this newsletter.



**Brothers from Wash U's Sigma Alpha Epsilon Chapter pose before getting to work on NORC members' yardwork.**

### Now Accepting 2018 Membership Applications!

Keep all of your wonderful benefits in place by renewing your NORC membership today! Your annual fee of just \$35/individual or \$50/couple makes it possible for us to continue to provide the array of activities and services that you and your neighbors have come to enjoy and trust! Renew now or join for the first time in 2018 by submitting your application, which can be found on page 12.

**If you have a friend who lives outside of NORC's boundaries and would like to take part in NORC activities,** please encourage them to become a Friend of NORC. With their annual tax-deductible donation of \$20, they will receive NORC's quarterly newsletter and calendar of events and programs. Please contact Sarah at [slevinson@jfedstl.org](mailto:slevinson@jfedstl.org) or 442-3859.

## Sarah's Sentiments



Dear Neighbors,

One of my favorite parts of the new year is picking out a new planner. It's an important decision; after all, this calendar and I will go through a lot together in the coming year. Though the pages start out blank, they quickly fill up with meetings, deadlines, to-do lists, questions, new ideas, birthdays, anniversaries, dates with friends and hopefully a vacation or two. At the end of the year, it's always surprising how quickly time has passed. The planner contains proof that 1) it's possible to survive the most hectic of weeks—those are the pages with coffee and chocolate stains; 2) it's sometimes necessary to deviate from the schedule; and 3) there is always more work to be done and progress to be made.

The year “2018” has a nice ring to it, perhaps because the number “18” has special meaning in Judaism. Each Hebrew letter has a numerical value. The letters Chet (8) and Yud (10) make the word Chai (18), or life. Therefore, it is customary to give gifts or donations in multiples of 18 to express wishes and blessings for a long life. According to numerology, number 18 also represents humanitarianism, self-determination, tolerance, philanthropy, and efficiency .

How perfectly the essence of the number 18, our coming year, embodies the values, goals and future of St. Louis NORC. The health, happiness, and well-being of our NORC members is paramount and we are pleased to continue to offer you a variety of opportunities for meaningful community involvement and increased access to services. We strive to create an inclusive environment in which everyone feels welcome and has an opportunity to contribute to the program's success and sustainability. Our commitment to efficiency requires ongoing assessment of the current needs and resources of the organization.

After January 31, 2018, staffing will be restructured such that there will no longer be a part-time Research and Community Liaison position, currently held by Dr. Peggy Neufeld. Joan, Laura and I will continue to provide the programs and services you have come to enjoy and trust to help you remain in your home and connected to your community.

We will miss Peggy and wish her well. Her passion and creativity helped to shape and elevate St. Louis NORC as a national model for healthy aging and her many contributions remain with us. Please join us for a reception in her honor from 1:30—3:00pm on Wednesday, January 31st, at The Gathering Place at the JCC.

Warm wishes for a happy and healthy new year,

*Sarah Z. Garrison*

## **ANNUAL Tax Deductible Membership Benefits** **(\$35 Ind./\$50 Couple)**



- EARS to YOU!! Mobile Hearing Healthcare Services. Special NORC member pricing. Contact Jane Manhart: 636-448-6760 or [earstoyoustl@yahoo.com](mailto:earstoyoustl@yahoo.com)
- Foot-Loose Foot Care - reduced pricing/group rates. Contact Krista Sieve: 314-550-8824)
- LifeFone Personal Emergency Response & Safety System Discount. Contact David: 761-6157
- Concierge Services by Staff for Community Resources, Referrals, Personal Attention
- Reduced Staenberg Family Complex Fitness Center (JCC) Membership Fees (**M-F 10 AM-3 PM**)
- Minor Home Repair and Yard Work by Screened and Trained Volunteers
- In-home Computer Assistance
- NORC Advantage Card Discounts at Local Merchants
- On-site Monthly Nurse Visits (health consultations and blood pressure screenings)
- Cultural, Educational, and Health & Wellness Programs
- Professional Home Safety Assessments with a Skilled Occupational Therapist, and Modifications at 50% Off the Total Cost of Equipment and Installation
- Day Trips with Transportation
- Opportunities to Meet and Engage Socially with NORC Neighbors
- Quarterly NORC News (Newsletter) with Information, Resources, and Activities

## **Thank You To Our NORC Donors!**

We are very appreciative of the following individuals for their generous, tax deductible support.

### **TRIBUTES**

#### *In appreciation of NORC staff*

Lucie Corradi  
Jan McCormick  
Gloria Zoole

#### *In appreciation of Andrew Goldfeder*

Ann Greenstein

#### *In appreciation of Jim Struckel*

Billie Hoelscher

#### *In appreciation of volunteers*

Frank & Dorothy Brown  
Marge Fenster  
Florence & Frank Greenberg  
Betty Heath  
Marjorie Levinson

#### *In memory of Annabelle Richards*

Karen Berry Elbert  
Anonymous

#### *In memory of Raymond Hutner*

Karen Berry Elbert/  
Charles Elbert

### **INDIVIDUAL CONTRIBUTIONS**

Doris Abrams

Bernice Brandmeyer

Benita Brimer

Jimmy Early

Patricia Fanning

Barbara Geller

Carol Glixman

Susan Goodman

Betty Heath

Louis & Mac Heyman

Leslee Jacobson

Pat Schmiz Kelley & Jerry Kelley

Sanford Lebman

Janet Loiterstein

Leila McKinnon

Dorry Parks

Irene Schankman

Joan Schenberg

Marian Shapiro

Sharon Shattan

Lois Sher

Donald Silverstone

Jared Skatoff

Paul Steinberg

Judy Ugalde

Dan Weinberg

Margaret Williams

Gloria Zoole



2018

norc member

signature

## The NORC Advantage Card

Thank you to our ongoing NORC ADVANTAGE CARD partners.  
Present your card to receive these offers.

### RESTAURANTS/FOOD ESTABLISHMENTS

<b>The Circle @ Crown Cafe</b> 8350 Delcrest Drive, 63124 M-F, 8am—2pm Free coffee (incl. refill) with any café purchase (cardholder only)	<b>Crushed Red Creve Coeur</b> 11635 Olive Blvd 15% off after 3pm daily (cardholder only)	<b>Fortel's Pizza Den</b> 567-8900 624 N. New Ballas (Creve Coeur only) 15% off any dine-in or carry-out purchase (delivery not included)	<b>GC Food &amp; Brewery</b> 11411 Olive Rd 20% off any food purchase <u>or</u> \$2 off Sunday brunch (cardholder only)	<b>Great Harvest Bread Co.</b> 7360 Manchester Rd, Maplewood Buy one sandwich, get a free Signature Sandwich for your guest	<b>Kohn's Kosher Meat and Deli</b> 10405 Old Olive Street Rd 10% off any dine-in from prepared food counters
<b>Lion's Choice</b> 12010 Olive Blvd 15% off sandwich or meal (cardholder only)	<b>McDonald's</b> 11521 Olive Blvd 20% off sandwich/meal purchase (cardholder only)  <b>Ray's Donuts</b> 12414 Olive Blvd 15% off purchase	<b>The Rice House</b> 11982 Dorsett Rd, Maryland Heights/ 10% discount on any purchase at all locations	<b>Stir Crazy Fresh Asian Grill</b> 10598 Old Olive Street Rd 10% off any purchase daily	<b>T.G.I.Friday's</b> 12398 Olive Blvd 20% off table's entire food purchase, available daily	<b>Zoup! Fresh Soup Company</b> 810 N New Ballas 15% off any purchase daily

### PERSONAL CARE SERVICES

<b>Always There Home Care—Lifeline</b> David: 761-6157 Discounted NORC rate for emergency response system	<b>AW Healthcare</b> Golda: 749-7099 NORC discounted hourly rate = \$18/hr; Free RN assessment with service	<b>Beyond Driving with Dignity</b> Vicki: 266-2678 Driving assessments—\$100 off regular price	<b>BrightStar</b> 819-6000 Receive 4 hours of first 20 hours of service free; includes free health assessment	<b>Cooperative Home Care</b> 800-466-2337 New customers receive 10% off first 30 days of service	<b>Home Care Assistance</b> 863-8989 Call for discounted NORC rate
<b>Home Team TMG LLC</b> 863-5976 For the first 90 days, buy 9 visits and get 10th one FREE	<b>Medical West Healthcare Center</b> 44 S. Brentwood, Clayton 10% off purchase of home medical products/equipment (restrictions apply)	<b>Private Home Care</b> 844-785-2273 (toll-free) NORC discounted rate: \$17/hr	<b>Rehabilitation Professionals, Inc.</b> 6 Millstone Campus, # 3040 991-1978 FREE 15-min physical therapy assessment/FREE Monday tai chi at Covenant Place	<b>ResCare HomeCare</b> 993-2273 15% off all services	

## RETAIL &amp; COMMERCIAL SERVICES

<b>Cheryl at Studio Salons</b> 633 N. New Ballas #10 983-0100 Call for apt NEW CLIENTS—free cut and blow dry with color. Other discounts available.	<b>Creve Coeur Tailor</b> 10451 Old Olive Street Rd 997-2882 New customers: 10% discount for 1 year. Existing customers: one time \$5off. For those unable to drive, one year home fittings.	<b>Crowne Vision Center</b> 11615B Olive Blvd 30% off any product not covered by insurance	<b>Curves</b> 9449A Olive Blvd, Olivette New members only: one month free membership <hr/> <b>Dobbs Tire &amp; Auto Center</b> 9598 Olive Blvd 991-1013 5% off any parts or service	<b>Electro Savings Credit Union</b> 1805 Craigshire Dr, Creve Coeur Lisa: 434-6470 x1503 Free document shredding, up to 5lbs/calendar quarter for credit union members ≥ 62. Matches initial \$5 membership deposit	<b>Hartke Nursery</b> 1030 N. Warson, Olivette 10% off any cash and carry purchase, Weds only. No combining w/ other offers.
<b>Holly B Hair</b> JS Hair Designs 750 New Ballas 960-5311 New clients: free blow dry w/cut or 20% off haircut and style. Call for apt.	<b>MassageLuxe</b> 12410 Olive Blvd 439-5893 \$38 for 1-hr standard massage or \$48 for LuXe facial (Olive location only)	<b>New Jewish Theater</b> JCC, 2 Millstone Campus Dr \$5 discount on advance purchase of individual ticket for upcoming season at box office (cardholder only)	<b>Olive Street Pharmacy</b> 10420 Old Olive St Rd #103 Irina: 736-5555 \$10 gift card to Panera with any transferred Rx's; 15% off retail price on any over-the-counter meds or vitamins	<b>Olivette Lanes</b> 9520 Olive Blvd 991-0365 Bowl for \$1/ game, M-F, 11am—5pm <hr/> <b>Partyland</b> 1317 Lindbergh Plaza Center 10% off any purchase	<b>Pattonville School District Community Education Program</b> 11907 St. Charles Rock Rd Mary: 213-8094 Resident rate on all program offerings (tours excluded)
<b>Saul Brodsky Library</b> 12 Millstone Campus Dr 10% discount for first-time members (\$54 w discount/ \$60 w/o discount)	<b>Schneider/ Classic AireCare</b> Kim or Sydney: 991-1137 New customers: Buy super tune-up (clean/check furnace and A/C unit) and receive 15% off any service for one year. Will also purchase first new NORC membership	<b>Sport Clips Haircuts</b> 12426 Olive Blvd (at Tempo Dr) It's Good to Be A Guy. No appt. needed Free Shampoo, hot towel, neck and shoulder massage with \$17 Haircut	<b>Valvoline Instant Oil Change</b> 11333 Olive Blvd 993-5808 15% off entire invoice using code #VD020. Good at any service center	<b>Waterway Gas &amp; Wash</b> 10559 Old Olive St Rd only \$5 Express Wash or \$5off any other wash	<b>West Oak Cleaners</b> 11042 Olive Blvd 11471 Olive Blvd Creve Coeur 15% discount on any incoming dry cleaning

Interested in helping St. Louis NORC to recruit new Advantage Partners?

Please contact Sarah at 442-3859 or [slevinson@jfedstl.org](mailto:slevinson@jfedstl.org)



## A Goodbye and My Wish for the NORC

by Peggy Neufeld, Ph.D, OTR/L, FAOTA  
St. Louis NORC Research & Community Liaison



As you read from the NORC Manager, my consulting position as the Research & Community Liaison has been eliminated. As I say goodbye, I am proud that I was at the initial conversations when we dreamed of what a NORC could mean for our community, and I'm even more proud to see what we have accomplished together 15 years later. My involvement with NORC began at its inception in 2002 when I was part of the WUSTL Center for Aging NORC Research Team's initial needs assessment. When programming began in 2004, I was excited to become an instrumental member of the NORC Team to build the successful model we have today. I feel honored that my perspectives helped shape this incredible organization.

Looking back, I'm grateful for the opportunity to share my experiences and skills in community program development, evaluation, teaching, and grant writing to help NORC grow. Also, I enjoyed serving as a bridge to bring resources to NORC from my affiliations with university faculty, students and community organizations. As a teacher in this community my aims were to support, educate, and empower members to promote health and dynamic aging –and we have seen this occur. Working with members has been a joy, as I developed and assisted programs that fostered participation, leadership, and capacities to thrive and flourish in the community. As an evaluator I listened to members' views and suggestions, then proposed how to adapt programs and define success. I am excited that members say they are significantly more aware of community resources and feel part of a strong community.

My wish for NORC is for continued growth as a strong community model and for further engagement and inspiration for members in their 60s to their 90s+ to feel welcomed and empowered to raise their voices and help drive programming. I also envision other organizations recognizing NORC's strengths and resources, and reaching out for our members' involvement in mutually beneficial activities.

As NORC continues to grow, I will continue my work consulting with organizations that are also making a difference in St. Louis. I pledge to focus my energy in collaborations that promote successful aging and meaningful inclusive participation for people of all ages. I will miss each of you, my NORC friends, and know our paths will cross again as we all live our lives with purpose and gusto.

Please join us for a casual reception to honor Peggy  
for her many contributions to St. Louis NORC. Light refreshments served.

**Weds, Jan 31 | 1:30 – 3pm | The Gathering Place at J | RSVP to Laura 442-3255**

## Volunteer News

by Joan Hirst, M.A., Outreach, Support and Volunteer Specialist



What's on your list of resolutions for 2018? Think about how NORC might help you to accomplish your goals through a variety of programs, volunteer services and opportunities to connect you and your community.

We are very proud of our volunteers and appreciate everything they do for our members. Below, find an updated listing of services offered by our volunteers. Please know that we work diligently to accommodate your requests as quickly as possible; our ability to fulfill your needs is based on our volunteers' availability. **Please contact Joan at 442-3834 with all requests.**

### Need assistance from a St. Louis NORC volunteer? Our awesome team of volunteers is able to assist with the following jobs:

- **Minor plumbing:** changing toilet seats, fixing leaky faucets or toilets that don't fill or flush properly, and plunging (no snakes).
- **Minor electrical:** replace light bulbs, hook up electronic equipment: DVD players, TV's phones/ answering machines and electrical troubleshooting
- **Computer assistance and troubleshooting**
- **Haul boxes/ moving heavy items in home**
- **Change smoke detector batteries, furnace filters and light bulbs**
- **Flip mattresses**
- **Organize closets**
- **Hang curtain rods and pictures**
- **Tighten door locks and cabinet hardware**

- Call Joan at 442-3834 with all requests so she can find the volunteer that is right for the job
- Please be mindful of the number and nature of requests as NORC honors and respects our volunteers' privacy and personal schedules

**Please contact the NORC office (442-3834) with all volunteer requests so that we may find the person that is right for the job based in skillset and availability.**

Due to safety, licensure and liability issues, requests may be referred to **St. Louis County Older Residents Program (CORP)**. CORP brokers home care and repair services provided by experienced workers who must be approved after a St. Louis County Police record check. Services include referrals for minor home repair jobs and homemaker/chore services. For more information, contact **CORP's Home Care and Repair Coordinator, Rusoun Belue at 314-615-7446.**



## NORC Comings and Goings...



**Friends, Mac Heyman and Joan Althaus, share a chair and a chat before the 90s Party begins!**



**Shirley Gerchen celebrates with her family at the 90s Party.**



**Charlotte Cole's secret to longevity?  
Eat kale.**



**Joan Hirst and Laura Press Miller planned  
a great 90s party!**



**The group applauds NORC's "wisest" members, Sylvia Rosen (above) and Sam Kaufman (not pictured), and "wisest" couple, Mac and Lou Heyman (not pictured).**



# Jean's Bus Trip to Springfield, IL

Thanks to the generosity of the Women's Auxiliary Foundation for Jewish Aged, 47 NORC members and friends enjoyed an exciting day trip to Illinois' capital city.



## On Your Health...

### Vaccines: What Medicare Pays For

Vaccines play a vital role in preventing illness and maintaining health, but knowing if and when Medicare pays for vaccines can be confusing. This table clarifies which parts of Medicare cover commonly recommended vaccines. If you have specific questions, contact your health care provider.

Source: <https://www.ncoa.org/resources/vaccines-what-medicare-pays-for/>

Vaccine Type	Medicare Coverage	Coverage Rules & Frequency
Influenza	Part B	Medicare pays for (and recommends) one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.
Shingles	All Part D plans must cover	One shot paid for (and recommended) after age 60. Patient must check with plan to find out specific rules for administration and payment.
Pneumococcal (pneumonia)	Part B	Medicare pays for one shot, recommended for all adults aged 65+ and younger adults with chronic health conditions.
Hepatitis B	Part B	Series of three shots, paid for by Medicare for high- or medium-risk individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions and lower resistance to infection.

### **Washington University School of Medicine Seeks Participants for Muscle Fatigue Study**

Are you having difficulty performing physical activities like getting up from a chair or going up a flight of stairs? Washington University School of Medicine is seeking participants for a research study to see if a new medication can reduce muscle fatigue and make it easier to perform daily activities. You may qualify if you are 70-89 years old, can walk without an assistive device, AND do not use insulin or Metformin. Contact Monica at 314-286-2716 to see if you qualify.

Have you visited [www.nextavenue.org](http://www.nextavenue.org)? As “public media’s first and only national journalism service for America’s booming older population,” Next Avenue covers a variety of interesting topics worth exploring!



## Program News

All St. Louis NORC programs in The Gathering Place (TGP) at the JCC or the Jewish Federation Building are open to the entire community. We welcome your attendance!

**!!!! FREE TAXIS AVAILABLE FOR ALL NORC PROGRAMS !!!! CALL 442-3255**



### Creative Writing Class

**Fridays, January 19, January 26 and February 2: 11 AM - 12 PM**

This 3-session class will offer participants the opportunity to try new writing forms, such as poetry, short-story, memoir-writing, speech-writing, etc. Investigate why we write and the gratification we receive from doing so. This class will involve writing and peer sharing. Learning will be encouraged. Dan Weinberg, NORC member, volunteer and educator will lead the class. Dan's experience spans education, law, music and writing. Bring lined notebooks and pens. Space is limited and register in advance to Laura at 442-3255. The Gathering Place at the JCC.

### Need Technology Assistance?

**Friday, January 19: 11:30AM - 2PM**

**PARKWAY NORTHEAST MIDDLE SCHOOL, 181 COEUR DE VILLE DR**

Tech savvy students from Parkway Northeast Middle School are ready to answer your questions about Android phones, iPhones, iPads, Facebook, e-mails, YouTube, and Instagram. Join in on this one-time opportunity with to share your challenge and receive one-on-one assistance. Reserve your space with Laura now by calling 442-2355.



### Curiosity and Wonder: Important Keys to Successful Aging

**Wednesday, February 28: 1—2:30PM**

Deb Gaut, founding member of Boomalally Magazine, will lead a fun, interactive workshop for all to share personal stories of humor and truth, and learn ways to gain wonder in one's life. RSVP to Laura at 442-3255. The Gathering Place at the J



### SAVE THE DATE for NORC's Spring Bus Trip to Edwardsville

**Thursday, April 26: 8:30AM - 4:30PM**

Experience Historic Edwardsville, Illinois' third oldest city! Leave the plans and driving to us, and enjoy the day away with the comforts of coach bus travel. Tour the historic 1820 Stephenson House and the 1903 Wildey Theatre followed by a riding tour of LeClair Community, parts of Route 66 and more, led by a step-on guide. All are welcome. Full lunch is included in the day. Space is limited and payment is your reservation. Early bird pricing is \$55 for NORC members. Call 442-3255 for information.



Building renovations are underway at Jewish Federation's Kopolow Building. Your safety is a top priority. Please call Joan or Sarah before visiting.





## 2018 Membership Application For St. Louis NORC Residents Age 65+

**Please print (or update information if renewing-no need to FULLY complete if all same):**

Name: \_\_\_\_\_ Gender: ☐ F ☐ M

Name: \_\_\_\_\_ Gender: ☐ F ☐ M

Address: \_\_\_\_\_ Apt # \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_(M)

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_(F)

May we send your NORC calendars via email? (must have email address listed) ☐ Yes ☐ No

We take photos at NORC programs to use in our newsletters and/or website. Do you give your consent for your photo to be used for those purposes? ☐ Yes ☐ No

Do you have an interest in volunteering with the NORC Program? ☐ Yes ☐ No

### Emergency Contact Information:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Do you typically need transportation to NORC programming? (Optional) ☐ Yes ☐ No

Are you willing to provide your neighbors with rides to NORC programs? ☐ Yes ☐ No

Would you like your address and phone number published in a Membership Directory and distributed to other members? (Inclusion guarantees you a copy of the Directory.) ☐ Yes ☐ No

Please make checks payable to St. Louis NORC and write  
"Jewish Federation of St. Louis-Membership" in the memo line.

Amount Enclosed: ☐ \$35 (individual) ☐ \$50 (couple)

Additional Contribution to Support St. Louis NORC: \$ \_\_\_\_\_

*Please mail this application with your check for your continued access to all NORC benefits to:*

NORC Membership • 12 Millstone Campus Drive • St. Louis, MO 63146

Contact Sarah Z. Levinson, NORC Manager, with questions at 442-3859 or [slevinson@jfedstl.org](mailto:slevinson@jfedstl.org).

### FOR OFFICE USE ONLY

Date Rec'd \_\_\_\_\_ DB Entry \_\_\_\_\_ Payment Amount \_\_\_\_\_





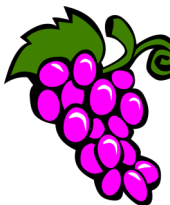


## Something to Think About...

### Good Luck Foods for 2018

by Joan Hirst, M.A., Outreach, Support and Volunteer Specialist



On either New Year's Eve or New Year's Day, people from around the world eat certain foods to summon good luck, health and abundance. Here's a list of 10 foods believed to entice prosperity across the globe:

1. In China, Japan and other Asian countries, it's traditional to eat long noodles which signify longevity. 
2. People in Turkey eat pomegranates for several reasons: Their red color represents the human heart denoting life and fertility, and the abundant seeds signify prosperity. 
3. In Germany, Poland and Scandinavia eating herring at the stroke of midnight will bring a year of bounty. These fish are plentiful throughout Western Europe and their silver skin is similar to the color of coins.
4. A popular New Year's meal in Italy is lentils and sausage. Some believe that when cooked, the lentils plump up denoting growing wealth. 
5. Tradition in Spain says 12 grapes or raisins eaten just before midnight will bring good fortune for the New Year as long as they are eaten before the final stroke.
6. The Russians ring in the New Year with sauerkraut. The more strands in the bowl the more prosperity the New Year will bring. 
7. In the Southern United States, black-eyed peas and cornbread are served on the first day of the New Year. Because the beans resemble coins and the cornbread is associated with the color gold, eating these foods is believed by some to bring good fortune.
8. From the coastal American South to Europe, people eat leafy green vegetables such as kale, collards and cabbage because they are the color of paper money. The belief is the more you eat the richer you become. 
9. Pork is enjoyed as sausages in Germany and pig's feet in Sweden. Pigs symbolize wealth and prosperity because they root forward while they forage for food.
10. In Mexico, Three Kings Bread, a ring-shaped cake is baked with a few small trinkets and decorated with candied fruit. If a charm is found in your slice on New Year's Day, good luck is coming your way!

**HAPPY NEW YEAR!**

## Upcoming Events In and Around the NORC

Reservations preferred for all programs regardless of an associated cost. Call Laura at 442-3255. (TGP = The Gathering Place) **FREE TAXIS FOR PROGRAMS.**



Laura Press Millner

### Monday, January 1 - NORC Offices Closed—New Year Holiday Observed

Tuesdays, Jan 2, 9, 16, 23, & 30 **Chair Yoga** 11-11:45AM TGP at the JCC RSVP to Laura at 442-3255

Tuesdays, Jan 2, 9, 16, 23, & 30 **Current Events Discussion** 12:30PM-1:45PM TGP at the JCC

Thursday, Jan 4 - **Bingo Bash** 1—2:30 PM Prizes, hot cocoa and conversation TGP at the JCC

Thursday, Jan 4 - **Outsmart your iPhone** with Richard Walker (Part 2 of 2) 1-3PM TGP at the JCC

Monday, Jan 8 - **Monthly Film: Part 4 of 8-part series: *The Men Who Built America*** 1-2:15 PM

Film/discussion TGP at the JCC

Wednesday, Jan 10 - **MO History Museum Exhibits—#1 in Civil Rights, WWI, and Panoramas of the City** \$10 for transportation and cost of lunch on own. 9:30AM –2:30PM . Advance reservation to 442-3255.

Thursday, Jan 11—**Be Well 2018**—JCC Professional Fitness Trainer shares wellness tips and JCC offerings for the New Year. Light refreshments and attendance prizes. 1:30-2:30PM TGP in JCC

### Monday, Jan 15 NORC Offices Closed—Martin Luther King Jr. Day Observed

Tuesday, Jan 16—**BJC “Ask the Nurse”** - Nurse available for blood pressure checks, health questions, etc. 10:30AM-12:30PM TGP in JCC

Wednesday, Jan 17—**Creative Expressions Art Group with Artist Joanne Szapszewicz** – Express thoughts and emotions through creativity at this monthly art group. Artist Journal is required for class. Space is limited. Contact Laura for information 10:30AM-Noon TGP at JCC

Fridays, Jan 19, January 26 and February 2—**Creative Writing Group— 3-session group.** Explore writing forms such as poetry, short-story, memoir, etc. 11AM-12PM TGP in JCC See page 11.

Friday, Jan 19- **Tech Troubleshooting with Parkway Northeast Middle School** - Tech savvy students will offer one-on-one answers to your questions. 11:30AM-2PM Parkway NE Middle School (181 Coeur de Ville Drive) See page 11 for more information.

Friday, Jan 19 - **Book Club: Underground Railroad by Colson Whitehead.** Group meets the 3rd Friday of each month. 1-2:30 PM TGP in JCC

Monday, Jan 22—**Knitting, Crafts, and more**—Bring a friend and visit while working a project. 1-2:30PM TGP in JCC

Wednesday, Jan 24 - **St. Louis Mercantile Museum at UMSL Bus Trip: “Headlines for History: Historic Newspapers of St. Louis Exhibit** \$10 for transportation and cost of lunch on own. 9:30AM – 2:30PM . Advance reservation to 442-3255.

Thursday, Jan 25—**Dinner Out** –Social dining with NORC neighbors at Lester’s Restaurant (9906 Clayton Rd.) \*Advance reservations\* Contact Joan at 442-3834. Pay on own. 4:30PM

Friday, Jan 26 - **Men’s Breakfast at McDonalds Creve Coeur** (11521 Olive Blvd.) 9-10 AM

Monday, Jan 29 - **“Brain Games with Wii”** Play Jeopardy and Millionaire. 1-2 PM TGP in JCC

Wednesday, Jan 31 - **Reception in Appreciation of Dr. Peggy Neufeld**—1:30-3PM TGP in JCC. See page 6 for more info. RSVP to Laura—442-3255

**Tuesdays, Feb 6, 13, 20, 27—Chair Yoga** 11-11:45AM TGP at the JCC RSVP to Laura at 442-3255

**Tuesdays, Feb 6, 13, 20, 27—Current Events Discussion** 12:30PM-1:45PM TGP at the JCC

Friday, Feb 2 - **Coffee Concert at Powell Hall Bus Trip** 9:30AM-1:45PM See details on page 11  
**Creative Writing Group— Last of 3-session group.** Explore writing forms such as poetry, short-story, memoir, etc. 11AM-12PM TGP in JCC See page 11.

Mondays, Feb 5 and 19—**Knitting, Crafts, and more—**1-2:30PM TGP in JCC

Thursday, Feb 8 - **Heart Health Month—Don't Miss a Beat Lunch and Learn** with desserts provided by AW Healthcare. Bring your own bagged lunch. 12-1PM TGP at JCC

Monday, Feb 12 - **Monthly Film: Part 5 of 8-part series: *The Men Who Built America*** 1-2:15 PM TGP at JCC

Thursday, Feb 15—**Paraquad Health & Wellness Center Bus Trip** –Visit this unique center and learn of services designed and directed by health professionals, including OTs and PTs. \$10 for transportation and cost of lunch on own. 9:30AM –2:30PM . Advance reservation to 442-3255.

Friday, Feb 16—**Book Club: Nathaniel Hawthorne's House of Seven Gables** 1-2:30 PM TGP in JCC  
**Dinner Out** –Social dining with NORC neighbors at **St. Richard's Parish Fish Fry** (11223 Schuetz Rd)  
 \*Advance reservations\* Contact Joan at 442-3834. Pay on own. 4:30PM

Tuesday, Feb 20—**BJC "Ask the Nurse"** - Nurse available for blood pressure checks, health questions, etc. 10:30AM-12:30PM TGP in JCC

Wednesday, Feb 21—**Creative Expressions Art Group with Artist Joanne Szapszewicz** – Express thoughts and emotions through creativity at this monthly art group. Artist Journal is required for class. Space is limited. Call 442-3255 for information 10:30AM-Noon TGP at JCC

Thursday, Feb 23 & Thursday, Mar 1—**Outsmart Your iPhone**—Learn the basics of your iPhone in this **two-session series**. Attendance at both sessions is requested. Space is limited. RSVP to 442-3255.

Friday, Feb 23 -**Men's Breakfast at McDonalds Creve Coeur** (11521 Olive Blvd.) 9-10 AM

Monday, Feb 26 - "**Brain Games with Wii**" Play Jeopardy and Millionaire. 1-2 PM TGP in JCC

Wednesday, Feb 28– **Curiosity and Wonder: Important Keys to Successful Aging with Deb Gaut**– 1-2:30 PM TGP at JCC See page 11 for details.

**Tuesdays, Mar 6, 13, 20, 27—Chair Yoga** 11-11:45AM TGP at the JCC RSVP to Laura at 442-3255  
**Tuesdays, Mar 6, 13, 20, 27—Current Events Discussion** 12:30PM-1:45PM TGP at the JCC

Mondays, Mar 5 and 19—**Knitting, Crafts, and more—** 1-2:30PM TGP in JCC

Wednesday, Mar 7 - **Bowling Shirt Company Tour Bus Trip**—\$10 for transportation and cost of lunch on own. 9:30AM –2:30PM . Advance reservation to 442-3255.

Thursday, Mar 8– **Living in Israel: Young Adults' Perspectives** 11AM-12PM TGP at JCC

Monday, Mar 12 - **Monthly Film: Part 6 of 8-part series: *The Men Who Built America*** 1-2:15 PM Film/discussion TGP at the JCC

Friday, Mar 16—**Book Club**– Call 442-3255 for book information . 1-2:30 PM TGP in JCC  
**Dinner Out** –Social dining with NORC neighbors at **Our Lady of Pillar Parish Fish Fry** (403 S. Lindbergh Rd) \*Advance reservations\* Contact Joan at 442-3834. Pay on own. 4:30PM

Tuesday, Mar 20—**BJC "Ask the Nurse"** - Nurse available for blood pressure checks, health questions, etc. 10:30AM-12:30PM TGP in JCC

Wednesday, Mar 21—**Creative Expressions Art Group with Artist Joanne Szapszewicz** – Space is limited. Contact Laura at 442-3255 for information 10:30AM-Noon TGP at JCC  
**Osteoporosis Dos and Don't** by OASIS. Space is limited. RSVP to 442-3255. 1PM-3PM. TGP at JCC

Friday, Mar 23 -**Men's Breakfast at McDonalds Creve Coeur** (11521 Olive Blvd.) 9-10 AM

Monday, Mar 26 - "**Brain Games with Wii**" Play Jeopardy and Millionaire. 1-2 PM TGP in JCC



## Naturally Occurring Retirement Community

*Connecting Neighbors. Enriching Lives.*

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### Our Mission

St. Louis NORC supports the healthy aging of older adults  
in their own homes by providing opportunities for meaningful community  
involvement and increased access to support services.

**St. Louis NORC is a nonsectarian program,  
supported in part by the State of Missouri general revenue funds  
and the United Way.**

To discontinue receiving this newsletter, please call 442-3859  
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