



Dear community,

Happy [International Pronouns Day](#), which seeks to make respecting, sharing, and educating about personal pronouns commonplace! Using a person's preferred pronouns is crucial to showing respect. Highlighting the need to take care in this action helps us to honor people's multiple and intersecting identities. Learn more about [why pronouns matter](#) and share what you learn with someone else. Doing so is one small step we can take to create a more inclusive community!

As a reminder, the PSPS program space is now open from Monday - Thursday, 9 AM - 5 PM, and we want to thank our membership for heeding our requests to visit only if pre-registered for a program or with an appointment. ***Program participants and visitors are required to complete a COVID-19 Health Screening and Liability Waiver. Masks must be worn at all times and capacity limits will be enforced to allow for social distancing.***

If you are in need of assistance from a social worker or nurse, please call 212-243-3670, option 0, to arrange to speak with one by phone or to schedule a home visit.

It takes the entire community to keep us all safe and we thank everyone for playing their part! To learn more about the **importance of Flu & COVID-19 vaccinations** in doing just that, please join us for a **presentation by our CUNY School of Professional Studies nursing student interns today @ 2 PM via Zoom**. To register, please email magosto@jasa.org or call 212-243-3670, option 0.

As always, our commitment to supporting the older adults of Penn South continues and below are the things we continue to do, see, hear, and offer.

ACCESS FODD

Food Bag Program for Seniors - After a COVID-19 hiatus, NYC Council Speaker Corey Johnson's *Food Bag Program for Seniors* is back! While PSPS does not currently have enough staff onsite to be a distribution point, there are three local Older Adult Centers participating in the program:

- **SAGE Senior Center**, 305 Seventh Avenue, 15th Floor, (646) 576-8669
- **Visions at Selis Manor**, 135 West 23rd Street, (646) 486-4444
- **Hudson Guild Elliot Center**, 441 West 26th Street, (646) 543-8057

Every two weeks, order a bag for just \$9 (cash only) at any of the above Centers, and then pick up your food bag on delivery day! The next sign-up days will be on **Monday, November 1** and **Tuesday, November 2** and the **delivery date will be on Tuesday, November 9**. Please call your preferred pickup location in advance to confirm the hours for sign-up and food bag delivery.

Grocery Shopping Assistance - PSPS volunteers are available to provide assistance with grocery shopping. Requests must be submitted at least 48 hours in advance to receive services. Please call 212-243-3670, option 0, and leave a message to request this assistance.

GET INVOLVED

Volunteer Opportunities - PSPS is always seeking volunteers to help support our program and its members. We would love for your

- **Grocery Shoppers** - Volunteers provide this crucial service to our members who are unable to do so. ***Grocery shopping volunteers must be 18+, have some availability Monday through Friday, 9AM to 5PM, and have the ability to push up to one cart of groceries.*** If you or someone you know is interested in becoming an essential member of our volunteer team, please contact Group Services & Volunteer Supervisor, Fernando Gomez, at fgomez@jasa.org or call 212-243-3670, option 2.
- **Medical Appointment Escorts** - PSPS is in the planning stages of restarting our volunteer medical appointment escort program. Volunteer Escorts are essential, and help to support older adults in our community to remain safe and healthy by assisting them on their travels to their medical

appointments! **Medical escorts must be 18+, have some availability Monday through Friday, 9AM to 5PM, and be comfortable traveling with seniors on their trips to/from medical appointments** If you are interested in learning more about this opportunity, contact Group Services & Volunteer Supervisor, Fernando Gomez, at fgomez@jasa.org or (212) 243-3670, option 2.

- **Presenters** - Do you have an area of expertise that you would like to share with the community? Perhaps you are an art historian, music librarian, food anthropologist, or aficionado of some sort? If you are interested in facilitating a presentation via Zoom in an area in which you are well-versed and passionate, please submit a proposal to Group Services & Volunteer Supervisor, Fernando Gomez, at fgomez@jasa.org or call 212-243-3670, option 2.

KEEP CONNECTED

Join Us on Facebook and Instagram - Visit and “LIKE” our [Facebook](#) page and follow us on our [Instagram](#) account to keep up-to-date on all that’s happening in our program! We are also posting recordings of recent Zoom presentations and special events so you have the opportunity to enjoy them even if you were not able to attend.

Technology Assistance

- **Tech Soup** - This volunteer-led tech support program coordinated through the JCC of Manhattan is available to provide **virtual assistance** to PSPS members. If you are interested in one-on-one guidance in utilizing your Smartphone, tablet, or computer, please contact Justin Greene, Group Services and Volunteer Coordinator, at jgreene@jasa.org or leave a message at 212-243-3670, option 0. Justin will connect you to a volunteer for assistance.
- **UJA Tech Helpline** - At a time when we’re online more than ever, a little technical support goes a long way. The UJA Tech Helpline provides advice over the phone to questions such as - How do I get an attachment to open? What happened to my WIFI? How does someone see me on a Zoom call? I touched something, and now the screen is blank! Available

in English, Russian and Spanish on Monday - Friday from 10:00 AM – 4:00 PM, call **1-888-510-6299** for assistance.

REMAIN INFORMED

Attention all NYC Municipal Retirees!

If you haven't already heard, the City and the Municipal Labor Committee selected an alliance between Empire BlueCross BlueShield and Emblem Health to provide the [NYC Medicare Advantage Plus Plan](#) to retirees and their eligible dependents. The NYC Medicare Advantage Plus Plan is a Medicare Advantage plan which is an alternative to the traditional Medicare program. It will replace the current Senior Care program, which is a supplement to traditional Medicare, as the program that is free to all retirees. ***Retirees will automatically be enrolled in the new NYC Medicare Advantage Plus Plan with an effective date of January 1, 2022, unless they opt-out by October 31.*** Retirees will have the ability to opt-out of the NYC Medicare Advantage Plus Plan and buy up to and remain in the health plan of which they are currently a member, but they must do so by October 31.

If you are a NYC Municipal Retiree, contact your union directly for more specific information, as well as visit the following links:

- [EmblemHealth & Empire Benefit Information Meetings](#) - Registering for an upcoming information session presented by the two insurance companies sponsoring the NYC Medicare Advantage Plan
- [DC37 Retirees Association Information Page](#)
- [United Federation of Teachers Presentation](#)

Virtual Presentation on Scams & How To Avoid Them with Officer Jarett DiLorenzo of the NYPD -10th Precinct & Dr. Fogel and Dr. Hinrichsen of Mount Sinai Health System Tuesday, October 26 from 2PM - 3PM via Zoom

Join Officer Jarett DiLorenzo of the NYPD -10th Precinct, along with Geriatrician, Dr. Joyce Fogel, and Geropsychologist, Dr. Greg Hinrichsen of Mount Sinai Health System as they present important information on scams, how they target everyone (especially individuals with cognitive impairment), and what to do if you are targeted. Learn from personal experiences, followed by a

Q&A with the experts. To register for this event, please email magosto@jasa.org or call 212-243-3670, option 0.

Bone Health Presentation with NORC RN, Lisa Rubin
Wednesday, October 27 from 1PM - 2PM via Zoom

This virtual presentation will review important information on bone health and nutrition, exercise, osteoporosis, and how to minimize your risk of a fracture. Lisa will discuss the basics of bone health and why it is important for everyone, followed by a Q & A! To register for this event, please email magosto@jasa.org or call 212-243-3670, option 0.

STAY ACTIVE AND ENTERTAINED

Creativity and Play: A Virtual Showcase
Sunday, October 24 @ 4 PM via Zoom

Join the Penn South Players, in conjunction with our fantastic NYU Drama Therapy Interns, as they share their talents during this virtual showcase of dramatic and comedic performances! To register to participate, please email magosto@jasa.org or call (212) 243 - 3670, option 0.

Virtual Collage Cover Notebooks with The Creative Center
Wednesday, October 26 @ 3PM via Zoom

Create a beautiful (and useful) collage cover notebook with The Creative Center Workshop Artist Omi Gray. In our hour together, we will learn to create our own painted papers for collage and discover different techniques to make dynamic and durable covers to keep precious thoughts and notes. To register to participate, please email magosto@jasa.org or call (212) 243 - 3670, option 0.

Virtual Musical Performances with Concerts in Motion

Live, virtual performances from professional musicians!

- **Tuesday Jazz & Friday Spanish @ 12 PM via Zoom**

Talented musicians from across the city perform in these weekly virtual concerts. Enjoy the music in a community of music lovers and chat with the musicians! To register, email May-Ling Agosto at magosto@jasa.org or call 212-243-3670, option 0.

- **Concert Series for People with Dementia**
Mondays @ 1 PM via Zoom

A weekly virtual concert series for individuals with dementia, these performances feature one musician and run less than an hour, with more music and less talk! All individuals with cognitive impairment are welcome to attend, as are their caregivers. Access the concert by clicking <https://us02web.zoom.us/j/5270678391> or by calling +1 646 558 8656 with Meeting ID: 527 067 8391 at the scheduled time.

TAKE ACTION

Hard Truths Study Hall with Dr. Shenique Davis Making Space at Penn South for an Open Discussion of Race & Privilege Wednesday, October 27 @ 5:30 PM via Zoom

During this session, Dr. Davis, Assistant Professor of Criminal Justice at the Borough of Manhattan Community College, will lead a review and discussion on antiracism efforts in various community settings. *This event is open to all Penn South cooperators*, and participants will be provided with a resource study list to explore in preparation for the meeting. To register to participate, please email magosto@jasa.org or call 212-243-3670, option 0.

TAKE CARE

COVID-19

- **COVID-19 Safety Guidance** - [Click here](#) for updated information on precautions you should continue to take even if you are vaccinated.
- **COVID-19 Testing** - [Click here](#) to find the testing site nearest you.
- **COVID-19 Vaccine** - [Click here](#) to schedule an appointment for an initial vaccine or a booster near you!
 - [Booster Shots \(Pfizer\) for those 65+](#) - Third doses of the Pfizer vaccine are now available for those over 65 who received their initial doses of this vaccine brand more than six months ago.
 - [Booster Shots \(Pfizer and Moderna\) for the Immunocompromised](#) - Third doses of the Moderna or Pfizer

vaccines are available for individuals who are severely immunocompromised.

- [In-Home Vaccinations for New Yorkers 12+](#) - NYC is now vaccinating all NYC residents 12 and over at home if requested.
- [Walk-Up Vaccinations for New Yorkers 12+](#) - New Yorkers 12 and over, along with a companion, are now eligible to obtain a vaccine at multiple locations around the city without an appointment.
- **COVID-19 Proof of Immunization** - If you are fully vaccinated but lost your COVID-19 Vaccination Record Card, there are several options to request a copy:
 - **By Mail or Fax**
 - Print and complete the [Immunization Record Request Application](#) (PDF).
 - Call 311 to ask for a copy of the Immunization Record Request Application by mail.
 - Requests by mail or fax can take up to two weeks to process.
 - **On-Line**
Visit [My Vaccine Record](#) to learn how to access your records on the NYC.gov website.

**S.A.I.L with Board Certified Dance & Movement Therapist, Lisa Wisel
Wednesdays & Fridays from 12:15 PM - 1PM via Zoom**

Made possible through generous funding from the UJA, Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 60+ of all physical and cognitive abilities (caregivers are also welcome to participate!). Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce fall risk. Consistent participation in the twice weekly SAIL Program will improve strength and balance! To register to participate, please email magosto@jasa.org or call 212-243-3670, option 0.

Wishing you continued health -

Anne (she/her/hers), Chris (she/her/hers), Dana (she/her), David (he/him/his), Fernando (he/him/his), Justin (he/him/his), Lisa (she/her/hers), May-Ling (she/her/hers), and Veronica (they/them).

**To donate in support of our work, [click here](#)
or mail your donation, payable to PSSS,
to 290 Ninth Ave, Ste 21K, NYC 10001**