



Dear community,

We are pleased to share with you that Moderna booster shots are now available at our local pharmacy and Penn South commercial tenant, Chelsea Apothecary. If you received your initial vaccination through Chelsea Apothecary, click [HERE](#) to schedule an appointment for a Moderna booster shot. For information on the Pfizer or Johnson & Johnson boosters, see the **Take Care** section of today's newsletter. Also, don't forget to get your flu shot!

Please join **NORC Nurse, Lisa Rubin, today at 1 PM for a virtual Bone Health Presentation.** Lisa will review important information on bone health as it relates to nutrition, exercise, osteoporosis, as well as discuss how to minimize your risk of a fracture. Join the Zoom Meeting with the following information:

Click the link: <https://us02web.zoom.us/j/81171296040>

Call in by dialing (646) 558 8656 and entering Meeting ID: 811 7129 6040

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.

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.

The Opt-Out deadline of October 31 has been extended as the result of a Court injunction. A new deadline has yet to be established, but we will publish information here as we learn it. For more information, contact your union directly and visit the following links:

- [NYC Medicare Advantage Plus Plan](#)
- [DC37 Retirees Association Information Page](#)
- [United Federation of Teachers Retirees Program](#)

Low Vision Services & Resources That Can Help Improve Your Life, Health Presentation with Dr. Leanza Tang of NY Eye & Ear Infirmary Thursday, November 11th from 3PM - 4PM via Zoom

Low vision is a specialty within eye care that aims to help people with vision loss who are experiencing difficulty with everyday tasks like reading, watching television and playing cards. When more conventional glasses alone are not enough, low vision providers can prescribe devices like magnifiers, telescopes and other electronics to help someone achieve their vision goals. Dr. Tang will discuss how a low vision exam is different from a traditional eye exam and demonstrate a variety of devices that can help people with different tasks. To register, please email magosto@jasa.org or call (212) 243 - 3670, option 0.

STAY ACTIVE AND ENTERTAINED

***Gender Liberation Project* Information Session with NYU Drama Therapy Thursday, November 4th from 3PM - 4PM via Zoom**

PSPS' next collaboration with the Department of Drama Therapy at NYU invites you to join a community of artists to question and play with concepts of gender identity and personal expression. This three-month experience, commencing in early 2022, will culminate in a virtual performance. To register for this information session and learn more, 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

Looking Out for Each Other: Bystander Intervention Training Sen. Liz Krueger and the NYC Commission on Human Rights Thursday, October 28 @ 7:00 PM

Bystander intervention is predicated on the idea that we all play a role in creating safe public spaces for each other when we see our neighbors and community members facing bias, discrimination, or harassment. The NYC Commission on Human Rights provides trainings to New Yorkers with the tools and strategies to help New Yorkers respond safely when they witness bias

incidents and discrimination. Participants leave these trainings equipped with verbal and behavioral de-escalation strategies to intervene non-violently to disrupt hate-violence or hate speech. Click [HERE](#) for more information and to register.

**Hard Truths Study Hall with Dr. Shenique Davis
Making Space at Penn South for an Open Discussion of Race & Privilege
Wednesday, November 10 @ 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 \(Pfizer & Moderna\)](#) - Third doses of the Pfizer vaccine are now available for those over 65 who received their initial doses more than six months ago, as well as for those 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, Chris, Dana, David, Fernando, Justin, Lisa, May-Ling, and Veronica

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