



Dear community,

PSPS achieved an exciting milestone yesterday - we hosted our very first hybrid exercise class! We welcomed back longtime instructor, Ivy Volkowitz, for her Beginner's Fitness class. Ten members participated in person with an additional seven members participating from home via Zoom! While we still have some technological glitches to fix, the hybrid experiment was a success! We plan to add the hybrid element to different classes as we move forward. In the meantime, there is plenty of space in the virtual room of Ivy's Beginner Fitness class, Tuesdays at 11 AM. To register, email May-Ling Agosto at [magosto@jasa.org](mailto:magosto@jasa.org) or call 212-243-3670, option 0.

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. ***As a reminder, 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!

**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.**

**FIND SUPPORT**

**Access to Food** - 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, October 18** and **Tuesday, October 19** and the **first delivery date will be on Tuesday, October 26**. Please call your preferred pickup location in advance to confirm the hours for sign-up and food bag delivery.

**Benefits/Entitlements Assistance** - There are a wide variety of government-funded benefits and programs available to help support the physical health and financial well-being of older adults. Speak with one of our social workers who can assist you in being matched with the appropriate resources. You may reply to this email or call 212-243-3670, option 0, and a social worker will respond during business hours.

**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](mailto: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](mailto: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](mailto: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](mailto: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.

## **STAY ACTIVE AND ENTERTAINED**

**Fall Trimester** - Our fall trimester of classes and activities kicked off last week! With a combination of virtual and in-person classes, there is something for everyone. Click [HERE](#) to view the course catalog, or contact May-Ling Agosto at [magosto@jasa.org](mailto:magosto@jasa.org) or call 212-243-3670, option 0. **While we are unable to hold our annual, in-person registration event, we still request a suggested donation of \$25 per class.** Your donations help us expand our offerings, so please donate what you can by mailing a check to PSPS, 290A Ninth Avenue, New York, NY 10001 or [online](#). Thank you!

### **Virtual Film Screening & Discussion: "The Land of Azaba"**

**Film Screening on Wednesday, October 6 @ 5:30PM via Zoom**

**Film Discussion Panel on Friday, October 8 from 1PM - 2PM via Zoom**

Join a virtual screening of *The Land of Azaba*, a film by Penn South resident, Greta Schiller, exploring the existential issue of our time: climate change, and how it and biodiversity loss are two sides of the same coin. *The Land of Azaba* is the first feature documentary on the subject of ecological restoration, and it is set in one of the world's first "hot spots" for increasing and maintaining biodiversity, Campanarios de Azaba Nature Reserve in Western Spain. *The Land of Azaba* immerses the viewer in a magical world where humans and wildlife work together to restore the largest remaining tract of wild nature in western Europe. To register for this screening and discussion, please email [magosto@jasa.org](mailto:magosto@jasa.org) or call (212) 243 - 3670, option 0.

### **Virtual 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](mailto: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**

### ***How to Be Antiracist* Book Discussion**

#### **Monday, October 18 from 7 - 8 PM via Zoom**

Join the PSPS Antiracism Committee's first Book Club meeting where the group will be discussing Ibram Kendi's ***How To Be An Antiracist***. There are a limited number of copies available for participants who register for this event, or you can also reserve your copy at the Muhlenberg Library by calling (212) 924 - 1585. *This event is open to all Penn South cooperators.* To register to participate, please email [magosto@jasa.org](mailto:magosto@jasa.org) or call (212) 243 - 3670, option 0.

## **TAKE CARE**

**Ask the Doc!** Courtesy of our partnership with Mt. Sinai's Department of Geriatric Medicine and Palliative Care, made possible through a generous grant from the UJA Federation, one-on-one telephone consultations are available with **Geriatrician, Dr. Joyce Fogel, on Thursday, October 14 between 3 – 4 PM** to discuss any concerns you might have regarding your physical or mental health. **Caregivers are also welcome to schedule a session** to discuss the person for whom they care. To schedule an appointment, please email May-Ling Agosto at [magosto@jasa.org](mailto:magosto@jasa.org) or call 212-243-3670, option 0.

## **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.

**Mental Illness Awareness Week** - October 3 through October 9 is Mental Illness Awareness Week, which aims to raise awareness of mental illness, fight discrimination and provide support to those living with it. Visit [NAMI's website](#) for more information and how you can participate. As always, if you need support, please contact PSPS at 212-243-370 and ask to speak with a social worker or call 1-888-NYC-WELL (1-888-692-9355).

**NORC Nursing Services** – PSPS NORC Nurses – **Lisa Rubin** on Mondays & Wednesdays, and **Dana Evans** on Tuesdays, Thursdays, & Fridays – are available to provide clinical guidance and support for any acute or chronic conditions you may be experiencing, either over the phone or in your apartment. To speak with a nurse, please call 212-243-3670, option 0.

Finally, we want to take this opportunity to wish PSPS Social Worker, Motolani Odukogbe, all the best in the next phase of her social work journey as she ends her time with the program on October 8. Tolani has been a member of the PSPS for more than four years. In addition to supporting older adults in Penn South, Tolani also pursued and obtained her Master's in Social Work degree during her time here. We thank her for all that she has done for the community!

Wishing you continued health -  
Anne, Chris, Dana, Danny, 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***