

September 15, 2021

Dear community,

When PSPS began publishing our weekly electronic newsletter back in March of 2020 in response to the onset of the COVID-19 pandemic, who would have thought it was the beginning of an 18-month foray into remote service provision? We envisioned this communication as a source of important information to help Penn South navigate the challenges of a temporary stay-at-home order. While the stay-at-home order has lifted, the COVID-19 pandemic remains with us and this newsletter has served to keep the community connected as we negotiate our way forward through continued uncertain times.

In the spirit of moving forward, we are pleased to announce that PSPS will begin resuming some indoor programming as soon as next week! The safety of our members, staff, volunteers, and consultants is our top priority, so we will be strictly adhering to safety protocols mandated by the NYC Department of the Aging. ***Program members will only be allowed onsite if they have pre-registered for a class or event, and they will be 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.***

PSPS staff will be returning to the program space on a rotating basis from Monday through Thursday each week, but in the interest of safety, we will not allow walk-ins and in-person appointments in the center at this time. 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 we transition back into our program space, please join us in welcoming the newest addition to our team, porter, David Strachan! Prior to the onset of the pandemic, David worked with us in a temporary capacity, but we are thrilled that he has joined us permanently. David has been working hard to prepare the program space for our return and he will be responsible for maintaining it in accordance with COVID-19 safety protocols, which includes increased frequency of cleaning and sanitizing.

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

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

The PSPS Annual Member Meeting

Wednesday, September 29 from 6 - 7:30 PM via Zoom

The PSPS Advisory Council will again virtually host one of our fall traditions, our annual member meeting. Please join the Advisory Council and PSPS staff as we gather to reflect on the challenges and successes of another unprecedented year. For those new to the program, join for the opportunity to learn about all PSPS has to offer its members, meet some of the staff, and hear from several class instructors. We also welcome your questions, your suggestions, and your feedback in this interactive meeting! To register, please email May-Ling Agosto at magosto@jasa.org or call 212-243-3670, option 0.

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

Fall Cleaning: Keeping our Homes Clutter Free During the Pandemic Friday, September 17 from 11 AM - 12 PM via Zoom

As we age, keeping our homes organized and tidy can feel like a big task! How are we managing this during a pandemic when things begin to pile up inside our apartments? Please join staff from Housing Conservation Coordinators to learn and share tips and tricks for decluttering your home. No pre registration required - simply join at the time of the presentation by clicking [HERE](#).

STAY ACTIVE AND ENTERTAINED

Fall Trimester - Our fall trimester of classes and activities kicks off on September 20! 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 or call 212-243-3670, option 0.

Insectageddon at the Highline!

Saturday, September 25 from 3 - 6 PM

Insectageddon, the closing event for this year's High Line Horticulture Celebration, will feature speakers and performers, film screening, and art workshops for all ages. ***High Line staff and members of the High Line Teens program will be available to meet with interested Penn South community members at the corner of West 26th Street and 9th Avenue at 2:30 PM, and then escort them to the High Line to enjoy the offerings.*** On the way, the group will stop at Hudson Guild's Elliot Center on West 26th Street between 9th and 10th Avenues to join with our neighbors. The final stop will be the West 23rd Street entrance of the High Line, which has an elevator for accessibility needs. From there, you will be on your own to explore and attend

any and all Insectageddon events. Click [HERE](#) for a full listing of the events at this end-of-the season celebration!

Supernova Film Discussion

Thursday, September 23 from 3 - 4 PM via Zoom

Made possible through funding from UJA, join Mount Sinai Geriatrician, Dr. Fogel, and Geropsychologist, Dr. Hinrichsen, for a discussion of this poignant film about Sam and Tusker, who travel across England in their old RV to visit friends, family and places from their past. Since Tusker was diagnosed with dementia two years before, their time together is the most important thing they have. Drs. Fogel and Hinrichsen will lead a discussion regarding the important aspects illuminated in the film and how to address them in our own lives. If you missed the PSPS virtual film screening of [Supernova](#), you can [rent it on Amazon Prime!](#)

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 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. 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 and participate in this book discussion, please email 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 Tuesday, September 21 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 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**
 - **Booster Shots for the Immunocompromised** -Third doses of the Moderna or Pfizer vaccines are available for individuals who are severely immunocompromised. [Click here](#) for more information and to see if you qualify.
 - **In-Home Vaccinations** - NYC is now vaccinating all NYC residents 12 and over at home if requested. For more information, [click here](#).
 - **Walk-Up Vaccinations for New Yorkers 50+** - New Yorkers 50+, along with a companion, are now eligible to obtain a vaccine at

multiple locations around the city without an appointment. In our neighborhood, this service is available at **Hudson Guild's Fulton Community Senior Center**, located at **119 Ninth Avenue**, and open **Tuesday through Sunday from 10 AM - 5 PM**. They are currently providing the Pfizer vaccine.

- To search for an appointment at another location, visit the following websites:
 - [NYC Vaccine Finder](#)
 - [NYS Vaccine Finder](#)
- **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.

NORC Nurses – 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.

PSPS will be closed as of 3 PM on today, Wednesday, September 15 as well as on Thursday, September 16, in observance of the Yom Kippur holiday. To all who celebrate, we wish you ***g'mar chatima tovah!***

Wishing you continued health -

Anne, Chris, Dana, Danny, David, Fernando, Justin, Lisa, May-Ling, Motolani, 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**