

NORC

Department Newsletter

To our members



Our commitment to supporting our NORC participants continues throughout this challenging time. We want to assure you as a team that we are doing our best to make these difficult and uncomfortable times as smooth as possible. We have many programs to keep you connected with us while staying safe. Here is this month's Programs and Events

We miss you and can't wait to see you again!

**For More information
call or email**

Joshua Wright-Spence
Program Coordinator

646 481 6239

Jspence@hudsonguild.org



Elliott-Chelsea NORC is a joint effort by Hudson Guild and NYC Housing Authority, Visiting Nurse Service of NY, & St. Luke's Roosevelt Hospital Center targeting residents of Elliott-Chelsea Houses age 60+. Funded by the NYC Department for the Aging, Hudson Guild and New York State Office of the Aging.





Covid Vaccine at Elliot Center

Please contact Joshua for more information

jspence@hudsonguild.org
646 481 6239

Free Tax Assistance

Monday- Friday
9:00 am-5:00 pm

Deadline
March 26th

(Drop off your tax documents in an envelope at the front desk)

Location: Elliot Center 441
West 26th st, New York, NY
10001



NORC Nurses

Our NORC nurses are available to provide telephonic clinical guidance and support for any acute or chronic conditions you may be experiencing. To speak with a nurse, please give us a call at (212) 760-9800: Ext 6



NORC

Weekly Programs

Monday

Cantonese Lunch and
Learn w/ Lauren

1:30 pm-2:00pm

Dial-In #: 929-436-2866

Meeting ID: 837 9377 3167#



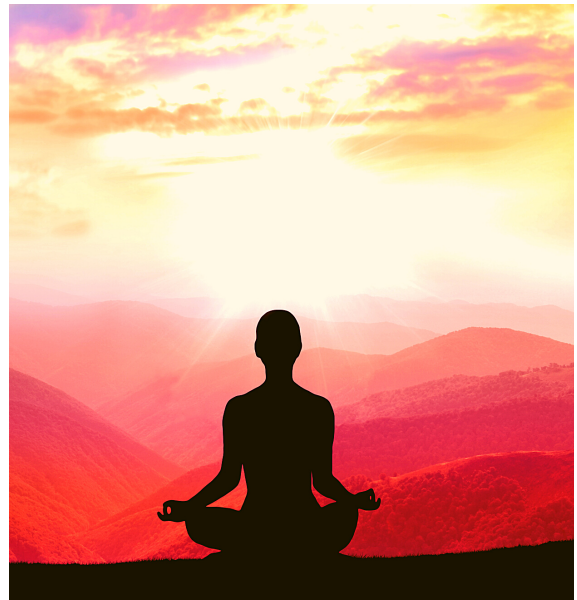
Tuesday

Lunch and Learn
w/ Nelson

10:00 AM- 10:30AM

Dial-In #: 929 436 2866

Meeting ID: 875 6073
7696#



THURSDAY

Meditation w/Nelson

10:00 AM- 10:30 AM

Dial-In #: 929 436 2866

Meeting ID: 826 7785 2842#

NORC

Weekly Programs



Thursday

Cultura Hispana
w/ Brigitte & Deniss

1:00 PM

Dial-In #: 929 436 2866

MEETING ID: 822 4724 5582#

Friday

Creative Journaling
w/ Rebecca & Deniss

2:00 PM

Dial-In #: 929 436 2866

MEETING ID: 852 6342 2033#



Don't know how to join our zoom programs?
see the last page for step by step instructions



Times have been hard, one thing you shouldn't have to worry about is when your next meal will come. We have partnered with the **Get Food NYC** to help relieve the stress of our members.

We are here to help you!



Concerts in Motion

Concerts in Motion is safely bringing concerts into the homes of our recipients digitally through Zoom, a free conferencing platform. These concerts feature interactive performances by both professional and youth musicians and are designed to relieve isolation.

Friendly Visitor Program (FVP)

Please contact us if you would like to be matched with a friendly visitor volunteer who can provide weekly calls to our NORC members. For more information on our FVP, please give us a call! The Hudson Guild NORC Department
(212) 760-9800 Ext 6

Want to Join



Zoom

Option 1 : Computer/Tablet

Step 1: Go to <https://Zoom.us/download>

Step 2: Click [Download](#) in the "Zoom Client
for Meetings" section



Step 3: After Zoom is Downloaded
you must install it onto your
computer

Option 2: APP on Phone

Step 1: Search: Zoom App and

Download



iPhone Users click



Andriod Users Click



Step 2: Download app on Phone

Want to Join a Meeting?

Option 1: Meeting on the a Phone

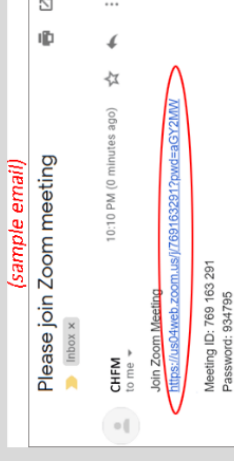
Step 1: Dial-in phone number

Step 2: Dial Meeting ID number

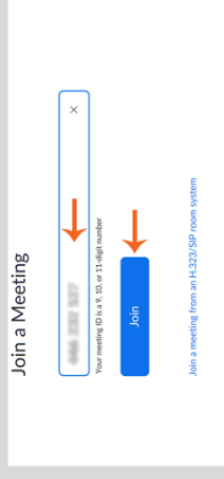
Step 3: Dial Meeting ID number (see
invitation for specific ID number)

Option 2: Join Meeting on your computer

Step 1 :Click Link in Email invitation
(*sample email*)



Step 2: If prompted enter MEETING ID
And PASSWORD



Step 3: Enjoy Meeting 🍷

想參加

zoom

選項 1: 使用電腦/平板電腦

想參加會議?

步驟 1: 去 <https://Zoom.us/download> 網站

S步驟 2: 請點擊 [Download] 在 "Zoom Client for Meetings" 部分



步驟 3: 下載 "Zoom" 之後, 您必須將其安裝到你的電腦或平板電腦上

選項 2: 手機應用程式

步驟 1: 搜索 "Zoom" 應用程式



蘋果手機用戶

(Iphone), 請點擊



安卓手機用戶

(Android), 請點擊

步驟 2: 下載應用程式在手機上



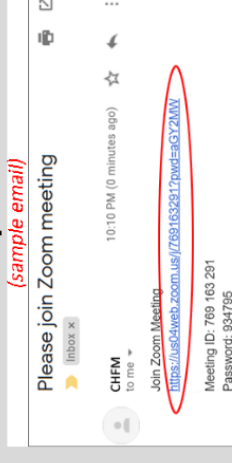
選項 1: 在電話上開會

步驟 1: 請撥電話號碼

步驟 2: 請撥打會議編號, 後按"#"
(有關會議編號, 請看邀請函)

選項 2: 在電腦上開會

步驟 1: 請點擊邀請鏈接在邀請電子郵件
中



步驟 2: 如果促使, 請輸入會議編號和密碼
(有關會議編號和密碼, 請看邀請函)



步驟 3: 請享受會議!!

