

INDEPENDENT LIVING Weekly Telegraph



October 28—November 3, 2024

The Nottingham Channel 1340
A publication for Residents and Employees

- Calendar of Events
- Coming Attractions
- Special Announcements
- Birthdays

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In September 2024, the Center for Medicare and Medicaid Services (CMS) announced a data breach which had compromised the data of some of their participants. If your information was compromised you received a letter directly from CMS making you aware.

From the CMS Website:

At this time, we are not aware of any reports of identity fraud or improper use of your information as a direct result of this incident.

However, if your MBI was potentially affected, a new Medicare card with a new number will be issued to you. CMS will mail the new card to your address in the coming weeks. In the meantime, you can continue to use your existing Medicare card.

If you get a new card, you should:

- a. Follow the instructions in the letter that comes with your new card.
- b. Destroy your old Medicare card.
- c. Inform your providers that you have a new Medicare Number.













If you receive a new Medicare Card please provide this information to The Nottingham to update your Resident Records.

MONDAY, OCTOBER 28, 2024

NEW Buffalo Pharmacy office hours: 10 a.m. -12 p.m. in the Resident Store.

Medication and Sharps disposal are available with pharmacist during this time.

Resident Store Hours: Open 1 p.m. – 4 p.m.

9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Jess in the Pool
9:45 a.m. – 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Move and Groove with Jess in the T.V. Room
10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
11:00 a.m.		Gentle Yoga with Jess in the T.V. Room
1:00 p.m.		Poker in the Memories Lounge This is a resident-run activity. New players welcome! (Free to play — no gambling)
1:00 p.m.		Wii Games in the T.V. Room This is a resident-run activity.
1:30 p.m.		Mahjong for advanced players in the Arts & Crafts Room. New players welcome! This is a resident-run activity.
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
3:00 p.m.		Poetry Reading in the Clubhouse Bring your favorite poem to share with others.
6:00 p.m.		Trick or Treating in the Clubhouse Help hand out candy to visiting staff/community members' kids! Candy will be provided first come first serve - residents can bring their own to hand out.
8:00 p.m.		Mystery Monday on Channel 1340: Incidents or discoveries that occurred from the 20th century on with unconfirmed and debatable explanations: The Somerton Man, The Disappearance of Amelia Earhart, Max Headroom Hijackings, D.B. Cooper, and more! RUNTIME: 23 minutes

TUESDAY, OCTOBER 29, 2024		Resident Store Hours: Open 1 p.m. – 4 p.m.
10:15 a.m.		Mindful Movement Class with Emily, OT in the T.V. Room
10:15 a.m.		Seated Exercise Video on the Nottingham Channel (Ch. 1340)
10:45 a.m.		Life Enrichment Committee Meeting in the Arts and Craft Room All residents welcome to review monthly events, give suggestions and feedback to Life Enrichment!
1:30 p.m. - 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Spiritual Services for All in the T.V. Room Pam Stewart, Chaplain and Fred Fiske, postlude
2:30 p.m.		Mahjong for beginners in the Arts & Crafts Room New players welcome! This is a resident-run activity.
2:30 p.m.		Pitch Card Game In the Memories Lounge. All are welcome!
2:30 p.m.		Oasis Zoom Class: The American Revolution In the Conference Room. Prior registration with Oasis req.
2:45 p.m.		BINGO in the T.V. Room This is a resident-run activity. \$1 to play + \$1 for two boards.
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
7:15 p.m.		Musical performance in the T.V. Room Enjoy classical music performed by Ida Tili-Trebicka on piano and Edgar Tumajyan on the cello.
8:00 p.m.		Terrible Tuesday on Channel 1340: A Day In The Life Of A Plague Doctor During The Bubonic Plague. Until the advent of germ theory in the nineteenth century, the only hope for ravaged communities was a plague doctor: an “expert” brought in to control the rising death toll as best as possible, though their effectiveness was often questioned. RUNTIME: 10 minutes

WEDNESDAY, OCTOBER 30, 2024

Resident Store Hours: Open 1 p.m. – 4 p.m.










9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Jami in the Pool
9:30 a.m.		COVID/Flu Shot Clinic for all residents: Please see flyer that was delivered for more information
9:45 a.m. – 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
1:00 p.m.		Bridge in the Memories Lounge This is a resident-run activity.
1:30 p.m.		Stock Market Group in the Glens Community Room This is a resident-run activity.
3:00 p.m. - 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
3:00 p.m.		Creepy Astronomy! Multimedia presentation with Jami in the T.V. Room Zombie planets? The Great Attractor? Gamma Ray Bursts? Sometimes space is scary. Come learn about what's behind these oddities and debate how creepy they are!
8:00 p.m.		Weird Wednesday on Channel 1340: Weirdest laws in every state. In Hawaii, it's illegal to stick a coin in your ear.... RUNTIME: 6 Minutes

HANDY HINTS . . .

Please label your canes/walkers/wheelchairs etc. with your name!

THURSDAY, OCTOBER 31, 2024

Resident Store Hours: Open 1 p.m. – 4 p.m.














10:30 a.m.		Exercise Video on the Nottingham Channel (Ch. 1340)
10:30 a.m.		Exercise Class for all residents in the T.V. Room
11:00 a.m.		Cornhole Bean Bag Toss Game in the T.V. Room All are welcome to join and learn! This is a resident-run activity.
11:00 a.m.		Make Chocolate Pretzel Webs with Jami In the Arts and Crafts Room
1:00 p.m.		Poker in the Memories Lounge This is a resident-run activity. New players welcome! (Free to play — no gambling)
1:30 p.m. - 3:00 p.m.		Open Swim/Lap Swim in the Pool
3:00 p.m. – 4:30 p.m.		Halloween Party Happy Hour in the Clubhouse With musical performance by Howie Bartolo Enjoy the new weekly cocktail special!
4:30 p.m. - 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
8:00 p.m.		Halloween Documentary on Channel 1340: Explore the roots of Halloween - the legends, myths, culture behind it, and more. RUNTIME: 45 MINUTES

HAPPY HALLOWEEN






FRIDAY, NOVEMBER 1, 2024








NEW Resident Store Hours: Open 1 p.m. – 4 p.m.

9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Jess in the Pool
9:45 a.m. – 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340
10:30 a.m.		Fitness Fun with Jess in the T.V. Room This week: Cardio Drumming
11:00 a.m.		Weekly Wrap-Up in the Glens Community Room A current events discussion group. Bring news articles to share. This is a resident-run activity.
11:15 a.m.		All Saints Day Service with the Syracuse Diocese in the T.V. Room
1:30 p.m.		Bible Study in the Arts and Crafts Room With Pastor Tom Worth. All are welcome to join.
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
2:30 p.m.		Piano Performance by Dr. Richard Weiskopf in the T.V. Room
3:00 p.m.		Shabbat service with Rabbi Moshe Saks of Temple Adath in the first floor Conference Room
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. \$1 to play + \$1 for two boards
8:00 p.m.		Freaky Friday on Channel 1340: A Brief "Dark" History Of Freak Shows. RUNTIME: 9 minutes

SATURDAY, NOVEMBER 2, 2024

10:30 a.m.		<p>Seated Yoga Tune into The Nottingham Channel 1340 to participate!</p>
10:30 a.m.		<p>Seated Balloon Volleyball in the T.V. Room This is a resident-run activity.</p>
TBA		<p>S.U. vs Virginia Tech TIME TBA - Check TV guide on Channel 388</p>
12:00 p.m.		<p>Poetry writer's workshop in the T.V. Room Join the Writers Voice of Central New York group, a local group hosted at the YMCA of high-school aged students, as they share their poetry and workshop to create your own with Tim Carter, director of Writing Workshops at the YMCA.</p>
1:30 p.m.		<p>65 Card Game in the Arts and Crafts Room This is a resident-run activity.</p>
2:00 p.m.		<p>Train Dominos in the Memories Lounge This is a resident-run activity.</p>
2:00 p.m.		<p>Let's Play Chess in the Bistro This is a resident-run activity.</p>
8:00 p.m.		<p>Strange Science Saturday on Channel 1340: History's deadliest colors. When radium was first discovered, its luminous green color inspired people to add it into beauty products and jewelry. It wasn't until much later that we realized that radium's harmful effects outweighed its visual benefits. Unfortunately, radium isn't the only pigment that historically seemed harmless or useful but turned out to be deadly. J. V. Maranto details history's deadliest colors. RUNTIME: 6 minutes</p>

SUNDAY, NOVEMBER 3, 2024

10:30 a.m.		Chair stretching: 20 minutes of seated stretching On the Nottingham Channel 1340
11:00 a.m.		Catholic Mass with Father Kehoe In the D-Wing Chapel
11:00 a.m.		Catholic Mass with Syracuse Diocese Priests In the T.V. Room
2:00 p.m.		Scrabble in the Arts and Crafts Room All are welcome! This is a resident-run activity.
2:30 p.m.		Sunday Movie in the T.V. room: <i>The Immortal Life of Henrietta Lacks.</i> An African-American woman becomes an unwitting pioneer for medical breakthroughs when her cells are used to create the first immortal human cell line in the early 1950s. Starring Oprah Winfrey. RUNTIME: 92 minutes
3:00 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.
8:00 p.m.		Historical Sunday on Channel 1340: Historic Cemeteries and Graveyards, Trail of History by BBC. Trail of History travels around the Charlotte region exploring the stories and people connected to historic cemeteries and graveyards. From large European inspired cemeteries in uptown Charlotte to a small church graveyard in Lincolnton. RUNTIME: 26 MINUTES



Daylight Savings time ends today!
Be sure to set your clocks back one hour before heading to bed!