

# Our Mission

The mission of Catholic Charities Brooklyn and Queens is to promote unity among all persons by developing caring communities. The Catholic Charities Sheepshead-Nostrand NORC Program carries out this mission by providing services that promote dignity, independence and respect. Our goal is to create an environment that encourages physical and emotional stability to assist people 60 years and older to attain quality of life while living in their community.

## Contact Us!

3677 Nostrand Ave.  
# 3A

Brooklyn, NY 11229  
T: 718-769-3579  
F: 718-769-4155

Monday — Friday  
8 AM — 4 PM

We Speak English  
Se Habla Español  
Мы говорим на русском

*Funded in partnership with  
NYC Council and NYC Aging*



## Sheepshead-Nostrand NORC Program

*(Naturally Occurring  
Retirement Community)*



[www.ccbq.org](http://www.ccbq.org)

*Live long and prosper at the NORC!*

# SERVICES

The Catholic Charites NORC Program provides supportive service for the residents of the Sheepshead-Nostrand Houses, age 60 and over. Our program is designed to promote healthy, successful aging and develop appropriate supports that build on client strengths that help them to remain as independent as possible. Our multilingual staff is able to assist the clients in the following languages: English, Spanish and Russian.



**Over 300 older adults enrolled!**

**WE OFFER FREE SERVICES!**

**Make the call today to find out about our programs and services!**

## **Volunteer Opportunities:**

- Telephone Reassurance
- Advisory Board
- Welcoming Committee
- Group Leaders

# OUR SUPPORTIVE SERVICES

## **Social Services**

- Benefit Screenings
- Benefits/Entitlement Assistance
- Advocacy
- Case Management
- Information & Referrals
- Telephone Reassurance
- Friendly Visiting



## **Nursing Services**

On-site Nurse assesses seniors, develops a care plan that maximizes their strengths and addresses their health care needs. The nurse works closely with the NORC staff in coordinating lectures, health screenings and other activities designed to help NORC older adults to manage chronic conditions and to maintain their optimal health.

## **These activities include:**

- Individual Consultations with the nurse
- Medication Review
- Blood Pressure Screenings
- Health and Wellness Lectures
- Weight Management

# EDUCATION/ RECREATION

The Sheepshead-Nostrand NORC prides itself in providing activities that will appeal to all seniors in our community. The programs are inviting and helpful to maintain an active and healthy lifestyle while having fun and meeting new people.

The programs are held in various community locations, including our main office, Kings Bay Library, The Bay Older Adult Center, and surrounding community.



## **Activities include in-person and virtual:**

- Movement classes
- Walking club
- Arts and Crafts workshops
- Cultural celebrations
- Community seminars
- Discussion/support groups
- Information lectures
- Interest clubs and gatherings
- Wellness workshops

**For more information on our program including activities, visit [www.ccbq.org/older-adult-centers/sheepshead-nostrand-norc/](http://www.ccbq.org/older-adult-centers/sheepshead-nostrand-norc/).**