

NNORC News

Volume 18, Number 3

May-June 2022

Celebrate Older American Month with Ruth Pelham Wednesday, May 11 at 1 p.m. (In-person)



Come join singer and community organizer Ruth Pelham at B'nai Sholom Congregation (420 Whitehall Rd, Albany) for our annual Older American's Month celebration. This year's theme perfectly aligns with NNORC's mission: "Age My Way."

For this program, Ruth has composed a new song called "Age My Way" that spirits an upbeat melody and words that affirm elder power and camaraderie. Ruth will invite participants to join her in singing and chatting informally about how we can age in our way. As is always a part of Ruth's presentations, participants will also join in a hands-on activity that catalyzes individual expressions of creativity and foster group connection and friendship.

Ruth lives in Albany, NY where since 1977 she has been the founder and director of Music Mobile, whose concerts, workshops, special initiatives, and more have impacted the lives of generations of Capital Region residents. She has led several programs for the NNORC and has delighted residents with her warm and witty original songs written especially for us! **NOTE: For this event, if you have not received your COVID-19 vaccine, B'nai Sholom asks that you wear a mask.**

Welcome Back, Mayor Sheehan Wednesday, May 18 at 9:30 a.m. (In-person)

As part of our Older Americans Month celebration, we are delighted to bring back Mayor Kathy Sheehan! She is a dedicated supporter of our Albany NNORC and recognizes the value for seniors to remain in their own homes as they age. In this session, Mayor Sheehan will discuss quality of life concerns, neighborhood safety, and recreational opportunities. She will also provide an overview of the American Rescue Plan Act (ARPA) funding and the process for determining how funding is awarded. Join us for this rich discussion at the Albany JCC (340 Whitehall Rd, Albany).



Tour the Cornell Cooperative Master Gardens – Wednesday, June 15 at 1 p.m. (In-person) (Rain date Thursday, June 16 at 11 a.m.)

Join us as one of Cornell Cooperative Extension Master Gardeners takes us on a private tour through their 20 distinctly designed gardens, including their Shade Garden, Native and Pollinator Garden, a Shrub Garden, a Grass Garden, a Knot Garden, and more. They also have a Vegetable Trail Garden and a Culinary Herb Garden. The Vegetable Garden is used to train annual and perennial vegetable varieties for growth habit, fruit production and disease resistance, while showcasing techniques that can be used by home gardeners.

Feel free to bring a bag lunch and eat in the gazebo (either before or after the tour, depending on which date). The tour will last one to one and a half hours. There is a cost of \$5 per person. Please sign up by June 6. The garden is located at 24 Martin Rd, Voorheesville.





NNORC Director

Jennifer Plouffe, MSW

Director of Programs

Marla Gornstein, LMSW

Case Manager

Anne Hill

Director of Marketing

Monica Tan

Residents' Council

Phyllis Cohen

Eric Copland

Jim Dennehey

Leslie Dykeman

Julie Elson

Maria Hazapis

Jeffery Marks

Victor Reiner

Olga Tenney

Maryellen Casey Usis

Program Partners

Lead Agency: Jewish Family Services

B'nai Shalom Reform Congregation

Catholic Charities

Community Caregivers

Congregation Beth Emeth

First Congregational Church

Helderberg Neighborhood Association

Jewish Federation of NENY

Maria College

Mater Christi Parish Center

Roman Catholic Diocese of Albany

St. Peter's Health Partners

St. Sophia Greek Orthodox Church

Life Path

Sidney Albert Albany Jewish

Community Center

Temple Israel

NNORC is a Program of



This project is supported by funding from the New York State Office for the Aging. Its contents are solely the responsibility of the grantee and do not necessarily represent the official view of the New York State Office for the Aging.



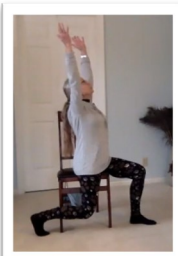
@Your Albany NNORC

May/June Programs — In-person and remote!

Ahhhh! That's the sound of our collective sigh of joy as we started to plan in-person programs! It is our intention to plan additional programs in-person, but we have to keep COVID transmission rates in mind. We will continue to follow Albany Department of Health and CDC recommendations, and we will return to remote programs if needed. In the meantime, please check out our May/June programs and we look forward to seeing your smiling faces soon!

Please register for programs at nnorc@jfsneny.org or 518-516-1114. We will give you an access link or phone number for you to participate via Zoom.

Chair Yoga – Tuesdays, May 3, 17 and June 7, 21 at 11 a.m. (Zoom)



There are so many good reasons to tune into our chair yoga class. Benefits include improving core strength and balance, increasing flexibility, promoting mobility, reducing stress, and more. Join Yoga Judi, who will take you through a range of stretches and poses with the support of a chair. You can practice weekly chair yoga by watching an archived classes at YouTube.com. Just search JFSNENY.

Let's Take a Walk Around the Pond – Wednesday, May 4 at 1 p.m.



(Rain date – Thursday, May 5 at 1 p.m.)

As the weather warms up, we're so excited to do more activities with our NNORC friends in a safe and fun way. Join us for a walk at Buckingham Pond. We will meet up by the playground (Berkshire & Colonial) and walk on the path around the pond. Please wear comfortable shoes and weather-appropriate clothing.

All-levels Yoga – Thursdays, May 5, 26 & June 16 & 30 at 6 p.m. (In-person)



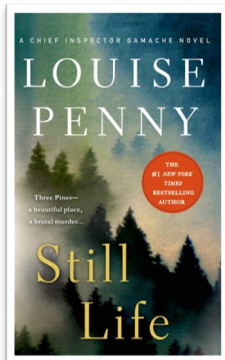
In this class, you will join instructor Bailey Walz as she takes you through a variety of postures, breathwork and a closing relaxation. This is an all-levels mat class, so participants must be able to comfortably get up and down from the floor. Bring your own supplies: mat, yoga ties or other props you need, as well as a bottle of water. Wear clothing that allows for ease of movement. We will honor current COVID precautions — social distancing will be maintained. Please refrain from attending if you

should feel ill. This program is offered free of charge for NNORC residents. The cost for non-NNORC residents is \$5 per class. Join us at First Congregational Church of Albany (405 Quail St, Albany). **NOTE: Registration is required. We need six people to sign up for this class to run. Please sign up to help this class go!**

One-on-One Computer Skills – Thursday, May 12 & June 9 at 12 p.m. (In-person)

Do you want to increase your technology skills? In this group we will pair you with a fellow NNORC senior who has volunteered to offer their NNORC neighbors assistance using the computer, tablet, phone, etc. Maybe you lack the skills and confidence to make full use of your device or you want help navigating the internet on your computer. We'll help you gain skills so you can stay connected to friends, family, doctors, and the NNORC! Please bring your charged device – tablet, phone, or laptop, if possible. We are looking forward to offering this program again in partnership with APL's Bach Branch (455 New Scotland Ave, Albany). Appointments are required, as space is very limited. Contact NNORC to register. **If you have strong computer skills and feel you would make a good computer or device instructor, please let us know.**

Novel NNORC Book Club – Monday, May 23 at 1 p.m. (In-person)



The Novel NNORC Book Club is trying out a new genre - cozy mysteries! This month's pick is *Still Life*, which is the first in a series of books by Louise Penny about Chief Inspector Armand Gamache. Here's the description: The discovery of a dead body in the woods on Thanksgiving weekend brings Chief Inspector Armand Gamache and his colleagues to a small village outside Montreal. Gamache cannot understand why anyone would want to deliberately kill well-loved artist Jane Neal, especially any of the residents of Three Pines - a place so free of crime that it doesn't even have its own police force. Louise Penny is the author of the #1 New York Times and Globe and Mail bestselling series of Chief Inspector Armand Gamache novels. Join us at St. Sophia's Greek Orthodox Church for this book club (440 Whitehall Rd, Albany).

NNORC Resident Council – Wednesday, May 25 at 10 a.m. (Zoom)

Join the NNORC Resident's Council and have your voice heard on the issues that matter most to you and your community. This is an open meeting for all NNORC residents.

Let's Talk Albany – Thursday, May 26 at 1 p.m. (Zoom)

This month, we're "traveling" to the city of Troy to learn about its history. Known for its rich and unique architecture, the recent HBO series, *The Gilded Age* was partially filmed in Troy, which has raised awareness of the city and its history. We'll talk about this and other fun facts about the city along the Hudson River.

Let's Walk and Talk! - Thursday, June 2 at 10 a.m.

It was so nice to see all of you in our first walk of the spring, so we're heading outside for another walk. Please plan to wear comfortable shoes and weather-appropriate clothing. We'll meet at The Crossings of Colonie and walk around the pond. Park by the playground (second parking lot on the right as you drive in) and we'll meet by the pond. The Crossings is at 580 Albany-Shaker Rd, Loudonville.



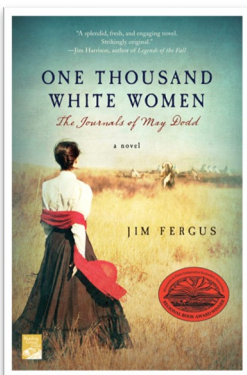
One-on-One Computer Skills – Thursday, June 9 at 12 p.m. (In-person)

See description above

Cook the Book/ Spice Club – Thursday, June 23 at 1 p.m. (Zoom)

Our first meeting of the Spice Club was such a success that we are going to do it again! This month the featured spice is smoked paprika. Regular paprika contains crushed dried chili peppers. Smoked paprika is made from smoke-dried chili peppers that were dried over an oak fire before being ground into a powder. It can elicit flavors from your dishes that you may not taste otherwise.

When you sign up for the program, NNORC will deliver some of this spice to help you get started! Then, you will find a new recipe that includes smoked paprika and discuss your opinions, experiences, and love (or dislike) of the spice. If you need assistance finding a recipe, please let us know. We are looking forward to hearing how this new



Novel NNORC Book Club – Monday, June 27 at 1 p.m. (In-person)

This month's selection is *One Thousand White Women* by Jim Fergus, a historical fiction story of May Dodd and a colorful assembly of pioneer women who, under the auspices of the U.S. government, travel to the western prairies in 1875 to intermarry among the Cheyenne Indians. The "Brides for Indians" program, launched by the administration of Ulysses S. Grant, is intended to help assimilate Native Americans Indians into the white man's world. Toward that end, May and her friends embark upon the adventure of their lifetime. Jim Fergus has so vividly depicted the American West that it is as if these diaries are a capsule in time. We'll discuss this book at St Sophia's Greek Orthodox Church (440 Whitehall Rd, Albany).

Dinner and a Movie at Madison Theater – Tuesday, June 28 around 3:30 p.m. (In-person)



We are looking forward to spending the afternoon at the Madison Theater. Please join us for dinner or a movie (or both)! You can eat as you watch the movie (the theater is set up with counters and chairs) or just snack on popcorn! The movie schedule will be available the week before and you can contact us for the options (most movies will start around 3:30 or 4:00 p.m.). Movie tickets are \$5 on Tuesdays. (1036 Madison Ave, Albany)

NNORC Resident Council – Wednesday, June 29 at 10 a.m. (location TBD)

Join the NNORC Resident's Council and have your voice heard on the issues that matter most to you and your community. This is an open meeting for all NNORC residents.

Save the Date – Wednesday, July 20

Full details of the next NNORC/Helderberg Neighborhood Association meal delivery will be in the July *NNORC News*, but this time we're ordering from The Fountain – an Albany favorite for sure! Stayed tuned!

May is Older Americans Month: This year's theme is "Age Your Way"

The NNORC team would like to take this opportunity to recognize and celebrate the contributions of our older adults. We thank you for staying rooted in the community, for volunteering to assist others, and for your continued engagement with the Albany NNORC team to contribute to the development of programs, services and supports. We are committed to helping you continue to "Age Your Way."

Your Albany NNORC fully embraces the "Age Your Way" theme (see our Credo on the back page) in all that we do. Our variety of services and supports include:

- | | |
|--|---|
| ⇒ Case management services | ⇒ Blood pressure screenings and wellness and prevention clinics |
| ⇒ Health and wellness activities | ⇒ Access to Mental Health Counseling |
| ⇒ Evidence-based programs related to health promotion and disease prevention | ⇒ A variety of volunteer opportunities |
| ⇒ Educational programs designed to prevent and manage chronic health conditions. | ⇒ Social and recreational activities |
| ⇒ Occupational Therapy for Life Enrichment | ⇒ Help with home safety evaluations |

If you are interested in participating in any of our NNORC services, supports, or programs, please call us at 518-516-1114. Leave a message with your name and phone number and a member of our team will call you to discuss how we can support you to "Age Your Way."

With warmest regards and on behalf of the Albany NNORC team,
Jennifer Plouffe, MSW,
Albany NNORC Director



AGE MY WAY: MAY 2022



In the Hood

Sixty+ Dining at the JCC

The JCC provides kosher lunches to those 60+ years old. Meals are prepared in the Albany JCC kitchen under the kosher supervision of the Vaad Hakashruth of the Capital District. This program is supported by the Albany County Department for Aging and is Participants are encouraged to contribute a suggested amount of \$3 for a meal. No one will be denied due to an inability to pay. Adults under 60 years may join a family member or friend for \$15. Lunch is offered on Mondays, Wednesdays, and alternating Fridays in the JCC's Auditorium at 12 p.m. Reservations are required. Call 518-438-6651 to request a reservation or pre-register online at www.albanyjcc.org/60dining. This link also includes the lunch menu. Join us at the JCC (340 Whitehall Rd., Albany).

Greek Fest is Back!

NNORC partner, St. Sophia Greek Orthodox Church will host their annual Greek Fest May 13-15, 2022. This is a family friendly event that includes three full days of Greek dancing, food and music. Don't miss the fun and festivities at 440 Whitehall Rd, Albany.

COVID-19 Booster – Delivered!

The Albany County Department of Health wants to make sure homebound seniors, people with disabilities, and others with accessibility issues can get their COVID-19 booster. If you cannot get to a clinic or pharmacy to get your booster, they will come to you! Just call (518) 447-7198 to schedule a time for an Albany County Department of Health staff member to vaccinate you at your home.



In the Know

Ah Choo! It's Allergy Season in Upstate NY!



As the temperature warms up, you'll probably want to spend more time outside, which means increased exposure to pollen. Here's what allergens you can expect in May and June, as well as typical allergy symptoms. You can avoid bringing pollen into your home by taking your shoes off at the door and changing your clothes as soon as you get inside. It's also a good idea to shower before you go to sleep to avoid bringing pollen into your bed.

MAY: Tree and grass pollens are still a concern in May. You may also start to see more insects, so stay alert if you are allergic to insect stings or bites.

JUNE: Grass pollens like Bermuda, oat, and rye are in full effect in June and can be affected by environmental changes, such as temperature and rainfall. If you haven't experienced any symptoms from grass pollen yet, it's likely you may start noticing symptoms during this month.

Seasonal allergy symptoms can be similar to a common cold and can include:

- | | |
|---|-------------------------------------|
| ⇒ Coughing | ⇒ Congestion |
| ⇒ Sneezing | ⇒ Ear pressure |
| ⇒ Runny nose | ⇒ Fatigue |
| ⇒ Itchy nose, throat, and roof of mouth | ⇒ Bags under your eyes |
| ⇒ Watery, itchy eyes | ⇒ Decreased sense of taste or smell |

Comparing Cold, Flu, Allergies, and COVID-19				
SYMPTOMS	COLD	FLU	AIRBORNE ALLERGY	COVID-19
Fever	Rare	Usual, 100–102 °F, sometimes higher, 3–4 days	Never	Common
Headache	Uncommon	Common	Uncommon	Common
General Aches, Pains	Slight	Usual; often severe	Never	Common
Fatigue, Weakness	Sometimes	Usual, can last 3 wks.	Sometimes	Common
Extreme Exhaustion	Never	Usual, at the beginning of the illness	Never	Common
Stuffy, Runny Nose	Common	Sometimes	Common	Common
Sneezing	Usual	Sometimes	Usual	Rarely
Sore Throat	Common	Sometimes	Sometimes	Common
Cough	Common	Common, can become severe	Sometimes	Common, dry cough
Chest Discomfort	Mild to moderate	Common	Rare, except for those with allergic asthma	Common; can cause trouble breathing or persistent pain or pressure in the chest that calls for immediate emergency care
Loss of Taste or Smell	Rarely	Rarely	Rarely	Common
TREATMENT	Get plenty of rest. Stay hydrated. Decongestants. Aspirin, acetaminophen, or ibuprofen for aches and pains	Get plenty of rest. Stay hydrated. Aspirin, acetaminophen, or ibuprofen for aches, pains, & fever Antiviral medicines (see your doctor)	Avoid allergens (things that you're allergic to) Antihistamines Nasal steroids Decongestants	NIH has developed guidance on treatment of COVID-19, which is regularly updated. Remdesivir is the FDA approved drug to treat COVID.
PREVENTION	Wash your hands often. Avoid close contact with anyone who has a cold.	Get the flu vaccine each year. Wash your hands often. Avoid close contact with anyone who has the flu.	Avoid allergens, such as pollen, house dust mites, mold, pet dander, cockroaches.	Get the COVID-19 vaccine. Wear a mask in indoor public places. Avoid crowds. Wash your hands often and avoid touching your eyes, nose, and mouth. Get tested if you think you might have COVID-19.

The cold, flu, allergies and COVID-19 can come with complications.
Visit <https://tinyurl.com/flu-cold-covid-allergies> for more information.

NNORC Events Calendar: May-June 2022

Please call 518-516-1114 or email us at NNORC@jfsneny.org to sign up so that we can give you the correct access link or phone number for you to participate. You can contact us for a one-on-one Zoom tutorial with a staff member. We look forward to hearing from you!

EVENT	DATE, TIME & PLACE
Zoom in for Chair Yoga (Zoom)	Tuesdays, May 3, 17 & June 7, 21 at 11 a.m.
Let's Take a Walk Around the Pond	Wednesday, May 4 at 1 p.m. (Rain date: May 5 at 1 p.m.) Buckingham Pond—Colonial & Berkshire in Albany
In-person All-levels Yoga	Thursdays, May 5, 26 & June 16 & 30 from 6 – 7 p.m. First Congregational Church, 405 Quail St, Albany
Celebrate Older Americans Month	Wednesday, May 11 at 1 p.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd, Albany
One-on-One Computer Skills	Thursdays, May 12 & June 9 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave, Albany
Welcome Back, Mayor Sheehan	Wednesday, May 18 at 9:30 a.m. Albany JCC, 340 Whitehall Rd, Albany
Novel NNORC Book Club	Monday, May 23 at 1 p.m. (<i>Still Life</i>) Monday, June 27 at 1 p.m. (<i>One Thousand White Women</i>) St. Sophia Greek Orthodox Church, 440 Whitehall Rd, Albany
NNORC Residents' Council Meeting (Zoom)	Wednesday, May 25 at 10 a.m. Wednesday, June 29 at 10 a.m.
Let's Talk Albany (Zoom)	Thursday, May 26 at 1 p.m.
Let's Walk and Talk!	Thursday, June 2 at 10 a.m. The Crossings of Colonie, 580 Albany-Shaker Rd, Loudonville
Tour the Cornell Cooperative Master Gardens	Wednesday, June 15 at 1 p.m. (rain date: Thursday, June 16 at 11 a.m.) 24 Martin Rd, Voorheesville
Cook the Book/Spice Club (Zoom)	Thursday, June 23 at 1 p.m.
Dinner and a Movie	Tuesday, June 28 at 3:30 p.m. (time to be confirmed) Madison Theater, 1036 Madison Ave, Albany

IN-PERSON PROGRAMS AND COVID

We are delighted to offer in-person programs, but your health and safety are paramount. If in-person gatherings are curtailed due to a spike in COVID cases, we will contact you and migrate programs to Zoom where possible.

ALBANY NNORC OFFICE HOURS

NNORC Program & Jewish Family Services: Monday—Thursday, 9 a.m. to 5 p.m. We will respond to your messages at our first opportunity. Our office will be closed on Monday, May 30 for Memorial Day.



184 Washington Ave Extension
Albany, NY 12203

518-516-1114
nnorc@jfsneny.org
jfsneny.org

Non-Profit Org.
US Postage
PAID
Albany, NY
Permit # 587



Library Links is Back!

Do you live within the NNORC boundaries and are no longer able to go to the library? APL's Bach Branch and NNORC are partnering to deliver library books right to you front door. If you have difficulty going out or bad weather is inhibiting you from driving, we can help. Please contact Marla at 518-516-1113 to sign up for this service.

The Albany JCC Senior Center is offering some in-person programs for seniors. For a listing of their programs, please visit albanyjcc.org/adults.



Our Credo

We Believe:

- We are happier when we are independent *and* interconnected.
- Living for as long as we want in our homes and community is best.
- Having access to support and resources is critical to our mental and physical health.
- Education, recreation, and wellness programs keep us engaged and connected.
- Being active is fun!

Contact us for more information, if you have a question or if you want to attend a program: nnorc@jfsneny.org or 518-516-1114.