



News

Volume 18, Number 1

January-February 2022

Do you use more energy than your neighbors?

Wednesday, January 12 at 10 a.m.



Did you know National Grid has programs that can give you money to help reduce your utility costs and decrease your carbon footprint?

Peter Hoffman and George Angevine from National Grid will show you how to save energy and money, as well as answer questions you may have about how to live more sustainably without sacrificing comfort. They will also present on the current energy efficiency programs relevant to the community.

If you can't make it, please make sure to take a look at National Grid's programs for ways to help you save energy and money: www.NGRID.com/unyee

So, Who Do I Choose? – Wednesday, January 19 at 10 a.m.



Please welcome back Kimberly Strauchon Verner, Esq., as she returns to the NNORC to discuss an important legal topic. She will outline the differences in serving as agent under Health Care Directive, Power of Attorney, Executor and Trustee and the qualities and qualifications that are essential in each role. She'll answer questions including: Is the oldest child always the best one to serve? Should you choose a local family member or someone who lives far away? Kim has over 20 years of legal

experience in areas of elder law, special needs planning, estate and tax planning, and estate administration.

Musical Memory – Wednesday, February 9 at 10 a.m.

Hearing a song evokes a tune, a lyric, and a rhythm. For many of us it also evokes emotions and memories. For those of us with Alzheimer's Disease or dementia, music seems to stick around, even through the cognitive changes. How is it that the brain changes of dementia don't affect our ability to recognize a tune, even when we have trouble recognizing where we are or the people around us? Explore musical memory in the context of dementia with Rachel Robinson, LMSW, from the Center of Excellence for Alzheimer's Disease.

Let's Talk Albany with Guest speaker Maeve McEneny-Johnson

Thursday, February 17 at 1 p.m.

"Albany Amour" is a romantic storytelling experience where we share tales of the sweet, the scandalous, and the downright notorious partnerships throughout Albany's history. Each story has its own flavor of drama, from the traditional courtship of Alexander and Eliza Hamilton, the exceptional bravery of Stephen and Harriet Myers, the insidious murderous affair at Historic Cherry Hill, and the modern triumph in passing New York State's Marriage Equality Act. Join Maeve McEneny Johnson, Community Engagement Manager from Discover Albany for this fun program.



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Catholic Charities

Community Caregivers

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Helderberg Neighborhood Association

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Life Path

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Temple Israel

NNORC is a Program of



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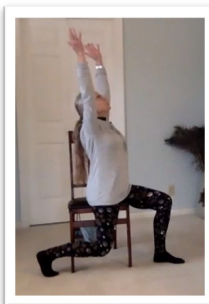
@Your Albany NNORC

January/February Programs

Zoom or In-person Programs

We really miss seeing everyone in person! We want you to know that every month, we ask the same question: can we offer in-person programs yet? It is our 100% intention to do so, but there is that huge wrinkle: COVID! Between changing State mandates, varying restrictions put forth by our NNORC partners (where we hold our programs) and participant's comfort, we will need to continue to offer virtual programs.

Chair Yoga – Tuesdays, January 4, 18 and February 1, 15 at 11 a.m.



New year — new yoga schedule! We are changing up the chair yoga schedule to every-other-week. Why? See page 4 for details. The class will still be led by our beloved Yoga Judi, who will take you through a range of stretches and poses with the support of a chair. New year can also mean, new you. If you haven't joined a chair yoga class, now is the time. You will develop strength, balance and flexibility. If you still want to practice weekly chair yoga, you can watch archived classes on YouTube.com. Just search JFSNENY.

In-person All-levels Yoga Returns to the NNORC

Starting in January, First Congregational Church of Albany will host all-levels in-person yoga classes two times per month. As with other yoga practices, sessions will include postures, breathwork and a closing relaxation. This is a mat class, and 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.

COVID Precautions: Social distancing will be maintained during classes and masks are required based on the recent State mandate. Please continue to practice self-care and group-safety by refraining from attending if you should feel ill.

Instructor: Bailey Waltz is an experienced yogi and artist. She believes your practice should be a form of self-care and self-expression. She loves to create unique flows that move and soothe the body and soul. She completed her 200-hour Yoga Teacher Training in 2021 and feels at home with her Sangha (community of practice) at Jai Yoga Studio, where community means everything. In her free time, she loves to cook and craft.

Join us Thursdays, January 13 & 27, February 10 & 24 from 6 – 7 p.m. at First Congregational Church, 405 Quail St., Albany. Please call or email the NNORC office to register: 518-516-1114 or nnorc@jfsnyny.org. This program is offered free of charge for NNORC residents. The cost for non-NNORC residents is \$5 per class.

NNORC Resident's Council – Wednesday, January 26 at 10 a.m.

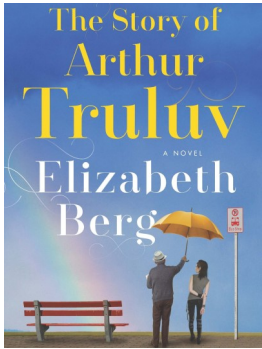
Join the NNORC Resident's Council and have your voice heard on the issues that matter most to you and your community. This is an open meeting for all NNORC residents. This program will be held on Zoom.

Save February 23 at 10 a.m. for the next Resident Council Meeting.



Let's Talk Albany – Thursday January 27 at 1 p.m.

Who remembers the *Freihofer's BreadTime Stories* show? This show ran every weekday evening for 15 minutes from 1948 to 1966 in the Capital Region. It had five different hosts over the years, but the best-remembered was "Uncle" Jim Fisk. It also created an opportunity for local children to be on television. Who can still sing the jingle? In this Let's Talk Albany, we will watch some BreadTime Stories highlights and have a chance to reminisce about the show. Now, about that jingle, "Freddie, we're ready, we're waiting for you..."



Novel NNORC Book Club – Monday, January 31 at 1 p.m.

This month's book pick is a beautiful, life-affirming novel about a remarkably loving man who creates for himself and others second chances at happiness. It's about three people who find their way back from loss and loneliness to a different kind of happiness. Arthur, a widow, meets Maddy, a troubled teenage girl who is avoiding school by hiding out at the cemetery, where Arthur goes to visit his late wife. The two strike up a friendship that draws them out of isolation. Along with Arthur's nosy neighbor Lucille, they create a loving and unconventional family, proving that precious life moments are sweeter when shared.

Why are Women Paid Less? - Wednesday, February 16 at 10 a.m.

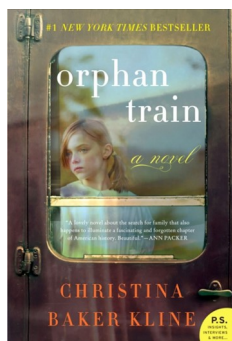
We'll watch a short video on the topic "Why are women paid less," where female leaders discuss the cultural norms at the center of the worldwide gender pay gap, including the "motherhood" penalty. Some areas to consider include:

- Do women deserve to be paid less?
- Why are women sometimes perceived as second to men?
- Does gender limit one's ability to perform tasks?
- To those who have daughters and granddaughters, what are the lessons/advises have you given them?

Join us for this stimulating discussion led by Jefferson Basco, NNORC Social Work intern.

NNORC Resident's Council – Wednesday, February 23 at 10 a.m.

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. This program will be held on Zoom.



Novel NNORC Book Club – Monday, February 28 at 1 p.m.

The Orphan Train delivers Kline's most ambitious and powerful novel to date: a captivating story of two very different women who build an unexpected friendship: a 91-year-old woman with a hidden past as an orphan-train rider and the teenage girl whose own troubled adolescence leads her to seek answers to questions no one has ever thought to ask. Rich in detail and epic in scope, *Orphan Train* is a powerful novel of upheaval and resilience, of second chances, of unexpected friendship, and of the secrets we carry that keep us from finding out who we are.

How to Register for NNORC Programs

With the exception of all-levels yoga (above), all NNORC programs will be held on Zoom. You can "attend" using your computer, a tablet or your smartphone, and you can even call in to participate in a program.

If you would like to register for any of the programs above, please call 518-516-1114 or email us at nnorc@jfsneny.org. We will give you an access link or phone number for you to participate. **New to Zoom?** Contact us for a one-on-one Zoom tutorial. ***We look forward to seeing you!***

It's Not Too Early to Plan for Income Tax Filing

Once again, NNORC is committed to finding ways to help residents file their taxes. We have reached out to several organizations to secure tax prep assistance, but as of this newsletter printing, complete details are not available. Here is what we do know:

- The AARP tax prep site that was held at Congregation B'nai Sholom will not take place this year.
- The closest AARP site is The Crossings in Loudonville. Please call the Town of Colonie, Senior Resources Department at 518-459-3977, starting 1/15/2022 for an appointment. The tax prep appointments will be held on Wednesdays, starting in February.
- VITA (Volunteer Income Tax Assistance) will be available to assist our NNORC residents with tax prep, but dates and times have not been confirmed.

We anticipate working out tax prep locations, dates and times later in January. If you would like assistance with your taxes, please call us at 518-516-1114 and leave a message (name and phone number) or email nnorc@jfsnyny.org. When we receive confirmations from our tax prep partners we will give you a call. Thanks for your patience!

Farewell Judi England (Sort of!)



Our Albany NNORC and JFS colleagues want to take a moment to thank our wonderful nurse and yoga instructor, Judi England, for all her hard work and dedication throughout the last 9+ years working with the residents of the Albany NNORC program. Judi will be retiring from the role of Nurse and Senior Health Education Coordinator at the end of 2021. While we will miss working with Judi on a day-to-day basis, we have many opportunities in the future to continue to partner. Judi has offered to continue to teach monthly chair yoga classes via Zoom to NNORC residents and we could not be more pleased.

On behalf of the Albany NNORC and JFS staff, we want to say THANK YOU! Thank you for your dedication, caring nature, compassionate heart, empathetic ears, direct and transparent communication style, wonderful sense of humor, broad knowledge base, wealth of experience and your fantastic leadership skills. We are so fortunate to have had the pleasure to get to know and work with you! There are not enough words to express our appreciation so we will simply say, NAMESTE JUDI from all of us at the Albany NNORC and JFS.

Our Albany NNORC and JFS Welcome Anne Hill to the NNORC Team.



Anne was recently hired as the NNORC case manager and will begin in mid-January. There will be many opportunities in the future to get to know Anne but until then, here is a little background...

Anne served as the executive director of the Adult Day Health Care Council (ADHCC), an affiliate of LeadingAge New York. She was responsible for all issues related to medical model adult day care programs, including reimbursement, advocacy, regulations, research, and education.

Anne has also held policy and management positions at the National Apartment Association, the New York Association on Independent Living, and the New York State Assembly.

Originally from the Midwest, she holds a bachelor's degree from DePauw University in Greencastle, IN. Anne and her family are proud residents of Albany and love living in the New Scotland neighborhood! Welcome to the team Anne!



Soakin' Up the Sunshine – Vitamin D

Did you know that you were sort of, kind of, like a daisy? But not *just* a daisy – pretty much any kind of plant. The ability to utilize and metabolize sunlight isn't just the territory of plants. Human beings can do it too! And not only **can** we do it, but we **need** to do it for our health and well-being.

Yes, you can get Vitamin D from the foods you eat. Deep, cold-water fish such as salmon, tuna, mackerel or fish oils are terrific sources. So are mushrooms, beef liver and Swiss cheese. But being out and about on a sunny day, soaking up all those D vitamins from the sun, is an excellent source. You'll need some sunscreen-free skin to come in contact with the sun's rays. It doesn't take much, and it doesn't take too long either. Research shows that you only need about 10 minutes of direct sun exposure, depending on where you live and how fair your skin is.

Most are aware of the link between sufficient Vitamin D and bone health and strength. Healthcare providers more frequently test women for adequate levels of the vitamin. Here in the Northeast, where sun is weak and grey skies frequent, many women take Vitamin D supplements to ensure their supplies are adequate to prevent osteopenia/osteoporosis.

Since Vitamin D is fat-soluble and can be stored in the body, there is some risk of over doing it. Interestingly, the sunlight that helps us make Vitamin D also helps to break it down in the body, so there is a very small danger of overdose, except perhaps through supplementation. Check with your healthcare provider about your individual levels and discuss appropriate levels of supplements if needed.

Aside from bone health, sunlight is good for us in many, many other ways. Here's just a few:

- May aid in the prevention of cancers, especially breast and colon.
- Alzheimer's patients experience less agitation and nighttime wakefulness when exposed to full-spectrum light during the day and full darkness at night. As a matter of fact, sunlight exposure during regular waking hours increases sleep-inducing melatonin as the sun sets resulting in better quality sleep for all.
- May reduce the risk of developing Multiple Sclerosis.
- Helps to clear psoriasis.
- Sunlight is a mood lifter. The brain produces more serotonin on sunny days than cloudy ones.

So, seek out some sunlight whenever you can this winter – your body and your mood will thank you.

February is Healthy Heart Month! Here Are Heart-Healthy Valentine's Day Tips

Not that there's anything wrong with a beautiful piece of dark chocolate once in a while, but there are lots of other "Heart-Healthy" ways to show you care for those nearest and dearest to you. Here are a few suggestions from the American Heart Association you might want to "take to heart":

- Rather than tempting your sweetheart with candy, consider a gift that has more permanence. Look for a poem that describes your feelings, read it to your loved one or write it out on pretty paper.
- Spending time together shows someone how important they are to us. Plan a fun activity you will both enjoy – a movie, a board game, a walk. Not able to go out? How about connecting on a leisurely phone call?
- Still want to have dinner out on the town? You can keep it healthy and happy by choosing lower fat and sodium foods. Restaurant portions tend to be generous, so consider ordering one entrée to share.
- It's been said that the way to someone's heart is through their stomach. How about preparing and serving a home cooked meal? Light up those candles, and get out the "good" dishes. Cooking at home is a great way to control the quality and quantity of the food you eat. Include lots of veggies, and boost flavor with spices instead of salt. Utilize cooking methods that add little or no fat like baking, steaming, poaching or broiling. Want more togetherness? How about sharing in the meal prep too!

Your Albany NNORC wishes you and yours a Happy, Healthy Valentine's Day!

Get Help with Winter Heating Costs

The **Home Energy Assistance Program (HEAP)** is a federally funded program administered by New York State that helps income-eligible households meet their home energy needs in the winter season.

The **Regular HEAP** benefit can help defray the cost of your home heating bill. Regular HEAP eligibility and benefits are based on income, household composition and the type of fuel used to heat your home. **To qualify for assistance, an individual's gross monthly maximum income cannot exceed \$2,729, and the gross monthly maximum income for a household of two is \$3,569.**

Through the **Clean and Tune** benefit, eligible households can receive energy efficiency services, which includes the cleaning of primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe, proper and efficient operation of the heating equipment. Benefit amounts are based on the actual cost incurred to provide clean and tune services, up to a maximum of \$400.

The **Heating Equipment Repair and Replacement** benefit helps homeowners repair or replace the furnace, boiler, and other direct heating equipment necessary to keep the home's primary heating source working. Benefit amounts are based on the actual cost incurred to repair or replace the essential heating equipment, with \$3,000 allowed for a repair and \$6,500 for a replacement. **Before work is started, it must be approved and authorized by the HEAP local district.** Payment is made directly to the vendor after all the work is completed.

New applications for any of these components began on October 1. HEAP applications and additional eligibility information can be found at <https://tinyurl.com/HEAP-2021>. Residents may also contact the Albany DSS office at 518-447-7323. For help completing an application, please contact NNORC at 518-516-1110.

Are You Computer Savvy?

Throughout the pandemic, technology has helped us stay connected to friends, family, doctors, and the NNORC! But many of our residents lack the skills and confidence to make full use of their devices, which can impede their ability to stay in touch and connected to love ones. If you, or someone you know, is comfortable with computers, tablets or smart phones, and would like to provide technical assistance via telephone, please call NNORC at 518-516-1114. Your skills will be appreciated.

Become a NNORC Supporter

The New York State Office on Aging recognizes the importance of seniors aging in the comfort of their own homes and community. They are the primary source of funding for the Albany NNORC which allows us to continue to provide an array of health, education, support, and social/recreational programs and services to this unique community.

We encourage you to become a NNORC Supporter. Your generosity and commitment reinforces and demonstrates to our funders the importance of continuing this vital service in our area.

If you have any questions or suggestions to strengthen the Albany NNORC, please contact us: 518-516-1114 or nnorc@jfsnyny.org. Use the form on this page to submit your NNORC Supporter contribution.

Thank you in advance for your support!



2022 NNORC
Supporter

Name(s)

Address

City

Zip

Phone

Cell

Email

Date of Birth*

NNORC SUPPORTER RATE**

\$25 - Calendar Year (2022)

**RETURN FORM AND CHECK, PAYABLE TO:
JEWISH FAMILY SERVICES.**

184 Washington Ave Extension, Albany NY 12203

P 518-516-1114 E NNORC@jfsnyny.org

WEB jfsnyny.org/nnorc Your Albany NNORC

* Requested by the NYS Office for the Aging

**Supporter contributions are tax deductible.

NNORC Events Calendar: January-February 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	Tuesdays, January 4, 18, February 1, 15 at 11 a.m.
Do you use more energy than your neighbors? (National Grid)	Wednesday, January 12 at 10 a.m.
In-person All-levels Yoga	Thursdays, January 13 & 27, February 10 & 24 from 6 – 7 p.m. at First Congregational Church, 405 Quail St., Albany
So who do I choose? (Kim Verner, Esq.)	Wednesday, January 19 at 10 a.m.
NNORC Residents' Council Meeting	Wednesday, January 26 at 10 a.m. Wednesday, February 23 at 10 a.m.
Let's Talk Albany	Thursday, January 27 at 1 p.m. (Freihofer's BreadTime Stories)) Thursday, February 17 at 1 p.m. (Albany Armour Romantic Storytelling)
Novel NNORC Book Club	Monday, January 31 at 1 p.m. (<i>The Story of Arthur Truluv</i>) Monday, February 28 at 1 p.m. (<i>The Orphan Train</i>)
Musical Memory	Wednesday, February 9 at 10 a.m.
Why are women paid less?	Wednesday, February 16 at 10 a.m.

Winter Weather — NNORC Program Cancellation Policy

- Check your local TV stations for up-to-date weather information and school closures. If Albany City Schools are closed, no NNORC programs will be held.
- If you have a question whether a NNORC program is being held, please call the venue where the program will be offered OR call the NNORC office 518-516-1114.
- Most importantly, exercise good judgement in bad weather. You know best if you feel safe in attempting to get to your destination.

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

ALBANY NNORC OFFICE HOURS

NNORC Program & Jewish Family Services: Monday—Thursday, 9:00 a.m. to 5:00 p.m. We will respond to your messages as quickly as possible.

Library Links is Back!

Do you live within the NNORC boundaries and are no longer able to go to the library? Once again, APL's Bach Branch and NNORC are partnering to deliver library books right to your 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. 7



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New NNORC Phone Number

FIRST: We are so sorry that our 518-514-2023 phone number sent you into a frustrating phone tree. **NO MORE!**

Here is our simple solution:

518-516-1114

This is a new NNORC phone number. If you would like to register for a program, ask about a program or have general NNORC-related questions, please call this number. NNORC staff will check messages and respond within 24 hours, during office hours.

518-516-1110

This is NNORC Director Jennifer Plouffe's direct number. If you have questions about nursing or case management related issues, please call this number.

We appreciate your patience and look forward to speaking with you.



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.