

# **News**

Volume 18, Number 2

March-April 2022

## **Senior Schoomze at Temple Israel – Wednesday, March 9 at 11 a.m.**

NNORC residents are invited to join Temple Israel's *Senior Schmooze* presentation in March. This is an in-person event with guest speaker Professor Federica Francesconi of University of Albany who will present a thoughtful conversation on gender and Jewish Women's History. Dr. Francesconi (PhD, University of Haifa) teaches a broad variety of courses in Jewish history and cultures, European social history, women and gender studies, Jewish-Christian-Muslim relations, and Israeli culture.

**Registration is required by Monday March 7.** The reduced cost of this program for NNORC residents is \$10 and includes lunch, dessert, and beverages. Proof of vaccination is required. Please RSVP online at: [tialbany.org/event/senior-schmooze.html](https://tialbany.org/event/senior-schmooze.html) or call Jenn Trippany or Lynn Finley at the TI office to reserve your space and pay by phone: 518-438-7858, Ext 112. We will notify you if the program shifts to Zoom. If this happens, your lunch can be picked up in advance of the program. Temple Israel is at 600 New Scotland Avenue, Albany.

**FEATURED  
PROGRAMS**



## **What is Composting and How Can I do it? - Wednesday, March 16 at 10 a.m. (Zoom)**

Composting is the natural process of recycling organic matter, such as leaves and food scraps, into a valuable fertilizer that can enrich soil and plants. Did you know that the city of Albany has ways to assist residents to dispose of organic waste in a responsible and beneficial way and so that it doesn't end up in the trash? We have invited guest speaker Frank Zeoli, Deputy Commissioner for Albany, for this virtual informational program about the ease and benefits of composting.



## **Bingo – Thursday, April 7 at 1 p.m. at Congregation Beth Emeth**

Boy, have we missed seeing you in person! Come and join us for BINGO at Beth Emeth (100 Academy Rd, Albany). This is a non-cash, non-gambling event – just a whole bunch of in-person fun and laughter. Proof of vaccination and masks are required.



## **The True at Capital Reparatory Theatre – Wednesday, April 13 at 2 p.m.**

Buckle up for Sharr White's political drama about the blunt, profane, decades-long defender of Albany's Democratic Party machine Dorothea "Polly" Noonan. Politics is personal for Noonan, especially now that her hero, "mayor for life" Erastus Corning II, is battling for party control while at the same time fighting the fiercest primary challenge of his life. *The True* is an intimate portrait of the bounds of love, loyalty and female power in the male-dominated world of 1977 patronage politics.

Fresh off a 2018 Off-Broadway debut, the REP will be bringing this play back to its roots in Albany. **RSVP early.** We only have a limited number of tickets. The cost of the show is \$24. Cap Rep is at 251 N. Pearl St, Albany.



#### 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

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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.

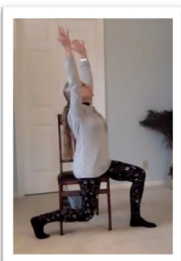


@Your Albany NNORC

## March/April Programs — Zoom and In-person

These next two months include both in-person and virtual programs. With the exception of the March 9th program at TI, please **register for programs by with NNORC at 518-516-1114 or [nnorc@jfsnyny.org](mailto:nnorc@jfsnyny.org)**. We will give you an access link or phone number for you to participate via Zoom. ***We look forward to seeing you!***

### Chair Yoga – Tuesdays, March 1, 15 and April 5, 19 at 11 a.m. (Zoom)



We're stretching into spring with chair yoga. Join Yoga Judi, who will take you through a range of stretches and poses with the support of a chair. If you haven't joined a chair yoga class, now is the time. You will develop strength, balance and flexibility. If you would like to practice weekly chair yoga, you can watch NNORC's archived classes at YouTube.com. Just search JFSNENY.

### In-person All-levels Yoga—Thursdays March 10, 24 and April 7, 28 at 6 p.m.

Join us at First Congregational Church of Albany (405 Quail St., Albany) for all-levels in-person yoga with Bailey Walz. 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. We will honor current COVID precautions — social distancing will be maintained and masks are required. 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. **NOTE:** Registration is required. We need 6 sign-ups for this class to run. Please sign up to help this class go!

### The Art of Letting Go – Wednesday, March 23 at 10 a.m. (Zoom)

When you look around your house, do you see clutter? Do you want to reduce your clutter but find getting started overwhelming? In this program, we will watch a video about how we can live meaningful lives with less material clutter. The emphasis will be on how to love people and use things, while having less clutter. Jefferson Basco, our NNORC Social Work intern will be leading this discussion.

### Cook the Book – Spice Club – Thursday, March 24 at 1 p.m. (Zoom)



Have you ever tried cumin in a recipe? It comes ground or in seed form and is used in a variety of ethnic cuisines. *Cook the Book* is trying something new this spring. We will learn about cumin, and how it is used in recipes. 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 cumin and discuss your opinions, experiences and love

(or dislike) of the spice. If you need assistance finding a recipe, please let us know. We're looking forward to hearing how this new addition to your spice cabinet works!



### **Novel NNORC Book Club – Monday, March 28 at 1 p.m. (Zoom)**

This month, we are reading *The Book Woman of Troublesome Creek* by Kim Michele Richardson. Set in 1936, 19-year-old Cussy Carter, the last living female of the rare Blue People ancestry joins the historical Pack Horse Library Project of Kentucky and becomes a librarian, riding across slippery creek beds and up treacherous mountains on her faithful mule to deliver books and other reading material to the impoverished hill people of Eastern Kentucky. She befriends hardscrabble and complex fellow Kentuckians, and is fiercely determined to bring comfort and joy, instill literacy, and give to those who have nothing.

### **NNORC Resident's Council – Wednesday, March 30 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.

### **Hometown - A Special Edition of Let's Talk Albany - Thursday, March 31 at 1 p.m. (Zoom)**

While a lot of our NNORC residents grew up in the Albany area, we have many who have moved here as adults. Join two of our NNORC residents as they discuss their own hometowns and their "claims to fame." We will learn all about Kingston and Amsterdam – two cities that are not too far from Albany but have their own distinct histories. Let's Talk Albany takes a break in April. See you in May!



### **Our First In-Person Walk of the Spring – Wednesday, April 6 at 1 p.m.**

Let's dust off our sneakers and join NNORC Case Manager Anne Hill for a walk at The Crossings. Please plan to wear comfortable shoes and weather-appropriate clothing. We'll be meeting at The Crossings of Colonie to take a walk around the pond. We look forward to seeing you in person! Park by the playground (second parking lot on the right as you drive in) and we'll meet by the pond. The Crossings is located at 580 Albany-Shaker Rd, Loudonville.



### **An Introduction to Qigong – Tuesday, April 12 at 11 a.m. (Zoom)**

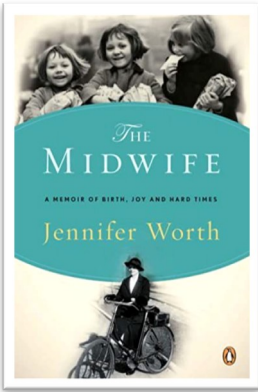
Qigong meditation (pronounced chee-gung) started in ancient China and is a healing practice combining meditation, controlled breathing and gentle movement. Research has found Qigong interventions to have health-related benefits for the following outcomes: psychological effects, falls/balance, cardiopulmonary fitness, quality of life, physical function and other patient reported outcomes. This beginner Qigong program will be led by Anna Ko, a 2<sup>nd</sup> year Master of Social Work (MSW) student at SUNY Albany, currently interning at JFS.

### **Good for You, Good for the Planet – Wednesday, April 20 at 10 a.m. (Zoom)**



We can all do our part to eat in a more climate-responsible way. In the U.S., 40% of food is wasted and sent to landfills to contribute powerful greenhouse gasses to our atmosphere. In this series of classes, we will learn to save food in our own households by examining purchasing, preparation, preservation and storage methods. Cooking demonstrations and clever, delicious recipes and techniques will be shared. This session will go beyond using ripe bananas to make bread! Karen Mort from Cornell Cooperative Extension is the guest speaker for this program.





### **Novel NNORC Book Club – Monday, April 25 at 1 p.m. (Zoom)**

This month's selection is *Call the Midwife: a Memoir of Birth, Joy, and Hard Times* by Jennifer Worth. This is a story about Jennifer Worth, who at the age of twenty-two, leaves her comfortable home to move into a convent and become a midwife in post war London's East End slums. The colorful characters she meets while delivering babies all over London--from the plucky, warm-hearted nuns with whom she lives to the woman with twenty-four children who can't speak English to the prostitutes and dockers of the city's seedier side--illuminate a fascinating time in history. Beautifully written and utterly moving, *The Midwife* will touch the hearts of anyone who is, and everyone who has, a mother.

### **NNORC Residents Council – Wednesday, April 27 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.

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### **Tax Prep 2022 Update**

Your Albany NNORC is working hard to make sure that you have options to get your state and federal income taxes filed. Here are some local options available.

**The Cash Coalition of the United Way of the Greater Capital Region is partnering with VITA (Volunteer Income Tax Assistance) to offer free drop-off or free virtual tax assistance, if you make \$58,000 or less or are disabled.**

### **VITA Drop-off Services**

Taxpayers can bring tax documents to one of three participating sites where they will be scanned. A VITA volunteer will complete and file the return with taxpayer consent. Once taxes are complete, they will be available for pick up. Appointments are required. To schedule an appointment, call one of these three local drop-off sites:

#### **Albany Community Action Partnership**

333 Sheridan Ave, Albany  
Call (518) 463-3175 for appointment

#### **Star VITA**

1215 Broadway, Menands  
Call 2-1-1 for appointment

#### **SUNY Albany Husted Hall**

135 Western Ave., Albany  
Call 2-1-1 for appointment

### **VITA Services – While You Wait**

#### **Albany Law School**

Taxes will be done while you wait.  
Must show proof of vaccination/booster.

**Open on Fridays from 1 - 4 p.m.**

80 New Scotland Ave., Albany  
(parking at 2 Notre Dame Dr, off Holland Ave)  
Call 2-1-1 for appointment

#### **Catholic Charities of the Diocese of Albany**

**Wait in car while taxes are prepared.**

**Open on Sundays from 9 a.m. - 2 p.m.**

1 United Way, Albany (off Washington Ave Ext.)  
Call 2-1-1 for appointment

### **IMPORTANT STIMULUS CHECK INFORMATION:**

If you received the Federal stimulus check in 2021, it needs to be reported on your tax return. The amount will not be taxed, but does need to be reported.

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### **Save the Date: April 30, 2022 is Prescription Drug Take Back Day**

Locations in our region have not been announced, but it's not too early to start gathering expired and unused medications. Visit the NNORC Facebook Page (@YourAlbanyNNORC) or sign up to receive e-news from NNORC at [nnorc@jfsnny.org](mailto:nnorc@jfsnny.org). We will post locations where you can safely dispose of old prescription drugs.

# Thank You for Your Support!

Dear NNORC Residents and Supporters,

This past year was a very challenging one with the need for continued COVID restrictions and the need to provide the bulk of our programming virtually. Even with the challenges that 2021 brought I am so inspired and in awe of the resilience, flexibility, and strength I have witnessed from our NNORC residents, staff, and community partners. Together, we have made it through one of the most challenging times in history. We are not completely out of the woods but certainly are in a much better position than we were at the beginning of 2020.

I wanted to take a moment to thank everyone who contributed to the NNORC in the form of in-kind services from our dedicated volunteers and from residents of the NNORC who made a financial donation to support the NNORC program. Your donation helps to supplement programmatic and related costs so that we can continue to offer relevant and important educational, wellness and social programs and services. All financial donations or in-kind contributions made to the NNORC program are voluntary.

In the past, NNORC members who donated to the NNORC program were provided with NNORC membership cards. To prevent any further confusion your Albany NNORC has moved away from the term “membership” and over the past few years has also moved away from distributing membership cards. This is because anyone who lives within the NNORC boundaries/catchment area are automatically NNORC members and are invited to participate in all available NNORC services and supports regardless of the desire or ability to donate to the program.

In addition, I want to assure you that all financial donations made to the NNORC program are used to support NNORC services and activities and are very much appreciated. Anyone who would like to donate to the program can do so via a check made out to Jewish Family Services of Northeastern New York (JFSNENY) indicating NNORC in the memo section of the check. This helps to ensure that your donation is allocated specifically to the NNORC program. Checks can be mailed to JFSNENY, 184 Washington Ave Ext., Albany, NY 12203. We also accept donations on our website [www.jfsneny.org](http://www.jfsneny.org).

Once again, the Albany NNORC extends a heartfelt thank you to all for your support, partnership, and collaboration. The NNORC team looks forward to an exciting new year offering a variety of new programming opportunities and social outings. We look forward to continuing our work with our wonderful NNORC residents. We couldn't do our job without your participation and partnership.

Sincerely,

Jennifer Plouffe, MSW,  
*Albany NNORC Director*

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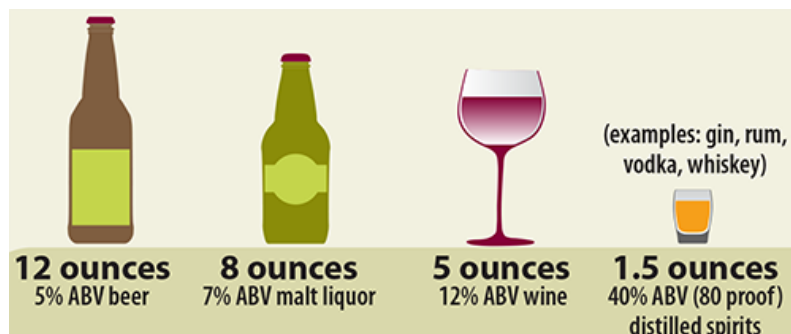
## Are You Computer Savvy?

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.

## April is Alcohol Awareness Month

Every April since 1987, the National Council on Alcohol and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma, and encourage local communities to focus on alcoholism and alcohol-related issues.

According to a 2017 analysis, alcohol use has steadily increased in the population age 60 and above over the past two decades, particularly among women. Data from the National Survey on Drug Use and Health indicate that approximately 20 percent of adults aged 60-64 and around 11 percent over age 65 report current binge drinking.



Older adults can experience a variety of problems from drinking alcohol, especially those who, take certain medications, have health problems or drink heavily.

There are special considerations facing older adults who drink, including:

### INCREASED SENSITIVITY TO ALCOHOL

Aging can lower the body's tolerance for alcohol. Older adults generally experience the effects of alcohol more quickly than when they were younger. This puts older adults at higher risks for falls, car accidents, and other unintentional injuries that may result from drinking.

### INCREASED HEALTH PROBLEMS

Certain health problems are common in older adults, and heavy alcohol consumption can worsen these conditions:

Diabetes	High blood pressure	Congestive heart failure	Liver problems
Osteoporosis	Memory problems	Mood disorders	

### Bad Interactions with Medications

Many prescription and over-the-counter medications, as well as herbal remedies can be dangerous or even deadly when mixed with alcohol. Medications that can interact badly with alcohol include:

Aspirin	Acetaminophen	Cold and allergy medicine
Cough syrup	Sleeping pills	Pain medication
Anxiety medication	Depression medication	

### References:

<https://pubmed.ncbi.nlm.nih.gov/28340502/>

<https://www.samhsa.gov/data/report/2019-nsduh-detailed-tables>

<https://www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm>

## NNORC Events Calendar: March-April 2022

Please call 518-516-1114 or email us at [NNORC@jfsneny.org](mailto: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, March 1 & 15, April 5 & 19 at 11 a.m.
Senior Schmooze	Wednesday, March 9 at 11 a.m. Temple Israel, 600 New Scotland Ave, Albany
In-person All-levels Yoga	Thursdays, March 10 & 24, April 7 & 28 from 6 – 7 p.m. First Congregational Church, 405 Quail St, Albany
What is Composting (Zoom)	Wednesday, March 16 at 10 a.m.
The Art of Letting Go (Zoom)	Wednesday, March 23 at 10 a.m.
Cook the Book—Spice Club (Zoom)	Thursday, March 24 at 1 p.m.
Novel NNORC Book Club (Zoom)	Monday, March 28 at 1 p.m. ( <i>The Book Woman of Troublesome Creek</i> ) Monday, April 25 at 1 p.m. ( <i>Call the Midwife</i> )
NNORC Residents' Council Meeting (Zoom)	Wednesday, March 30 at 10 a.m. Wednesday, April 27 at 10 a.m.
Hometown—A Special Let's Talk Albany (Zoom)	Thursday, March 31 at 1 p.m.
First In-Person Walk of the Spring	Wednesday, April 6 at 1 p.m. The Crossings, 580 Albany-Shaker Rd, Loudonville
B-I-N-G-O!	Thursday, April 7 at 1 p.m. Congregation Beth Emeth 100 Academy Rd, Albany
An Introduction to QiQong (Zoom)	Tuesday, April 12 at 11 a.m.
The True at CapRep	Wednesday, April 13 at 2 p.m. Capital Repertory Theatre, 251 N. Pearl St, Albany
Good for You Good for the Planet (Zoom)	Wednesday, April 20 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 going out.

### 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.



184 Washington Ave Extension  
Albany, NY 12203

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jfsneny.org

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### 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](http://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](mailto:nnorc@jfsneny.org) or 518-516-1114.**