

NNORC News

Volume 18, Number 4

July-August 2022

HELLO
my name is

Meet and Greet – Tuesday, July 19 at 11 a.m.

Temple Israel, 600 New Scotland Ave, Albany

Our NNORC team has new staff members and we can't wait for you to meet them. Come and meet Rahel and Jody (read their bios on page five) and share your ideas for future programs. They are anxious to answer your questions and learn what makes the NNORC neighborhood so special. Enjoy light refreshments, small prizes and great company!

**Featured
Programs**



Ice Cream Social – Wednesday, July 27 at 1:30 p.m.

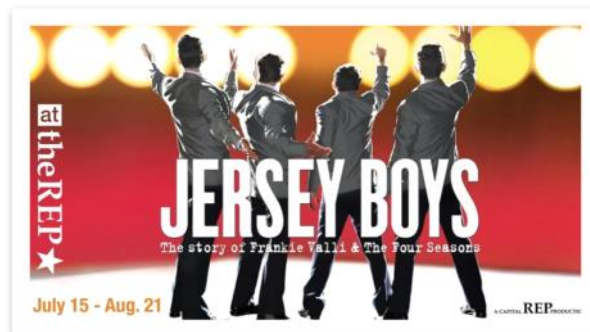
Congregation Beth Emeth, 100 Academy Rd, Albany

It's that time of year again – National Ice Cream Month! Take a break from the heat and join us for a make-your-own sundae bar! Whether outside in the sun or indoors from rain, get ready for ice cream fun! (Should we be enjoying the sun, please bring your own lawn chair if possible). See you soon to celebrate one of the best summer refreshments.

Jersey Boys at Capital Repertory Theatre - Wednesday, August 10 at 2 p.m.

CapRep, 251 North Pearl St, Albany

Come see the Four Seasons rise and fall through the eyes of a group of friends, better known as the Jersey Boys. Although the group was almost ripped apart by personal and professional obstacles, they managed to become one of the greatest acts of all time. Travel to 1963 as we relive the musical styles of Frankie Valli, Tommy DeVito, Bob Gaudio and Nick Massi. Dance the night away with songs like "Sherry," "Walk Like A Man" and "Big Girls Don't Cry." Hurry and reserve your ticket now before they are gone! The cost of the show is \$36. Tickets are limited, so reserve your spot early. This show "Can't Give You Anything but Love."



NNORC Neighborhood Picnic – Tuesday, August 30 at 1 p.m.

Albany JCC, 340 Whitehall Rd, Albany

Let's end the summer strong! Join us for the inaugural NNORC neighborhood picnic. We'll gather at the outdoor pavilion at the JCC for some food, drinks, fellowship and laughter. We might even play a game or two. Come visit with your friends and neighbors and maybe even make a new friend. The NNORC team will be available to answer any questions and of course we'll be asking you for program ideas for the fall. We look forward to seeing you there.

Please call 518-516-1114 or email at nnorc@jfsneny.org to sign-up

**NNORC Director**

Jennifer Plouffe, MSW

Coordinator of Community Health Programs

Jody Ference, MPH, MS, OTR/L

Community Health Nurse

Rahel Fox, RN

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

July/August Programs — In-person and remote!

This summer we're offering a combination of in-person and virtual programs. For your safety, 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 read on and sign up for a program that interests you. We look forward to seeing your smiling faces soon!

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

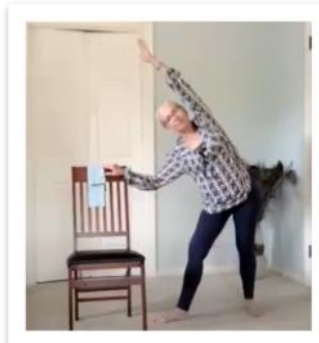
A Summer Walk – Wednesday, July 6 at 10 a.m.

Elm Avenue Park, 261 Elm Ave, Delmar



Come join us for a summer stroll! We will be exploring a new path for our July walk: a paved loop at Elm Avenue Park that is perfect for any brisk or leisurely pace. Be sure to wear comfy sneakers, weather-appropriate clothing, and bring a water bottle. When you turn into the main entrance, take the first right and park near the tennis courts. We'll meet up in that area to begin our walk.

Chair Yoga – Tuesdays, July 12 & 26, August 9 & 23 at 11 a.m. (Zoom)



There are so many good reasons to tune into Yoga Judi's chair yoga class. Benefits include improving core strength and balance, increasing flexibility, promoting mobility, reducing stress, and more. The class changes each session. Some focus on breath work, while others center around building range of motion. All classes are taught with the support of a chair. Keep up your weekly chair yoga by watching an archived classes at YouTube.com. Just search JFSNENY.

Music Circle – Tuesdays, July 12 & 26, August 2 & 23 at 2 p.m.

Buckingham Pond, intersection of Colonial Ave & Berkshire Blvd

Do you play an instrument? Do you like to sing? Do you just enjoy listening to live music? Maybe you have an instrument in the house that you've wanted to pick up again, but you prefer to play with others. Well, here's your chance! We're gathering at the Buckingham Pond for a music circle. We'll take turns playing tunes and talking about music. Please bring a lawn chair, instrument (or not), and your love of music! We'll meet at the benches near the parking lot near the playground.

One-on-One Computer Skills – Thursdays, July 14 and August 11 at 12 p.m. – APL's Bach Branch, 455 New Scotland Ave, Albany

It is time to download new computer skills! This group is designed for individuals looking for additional computer help. Learn from fellow NNORC neighbors and become adept at navigating your devices. Please make an appointment by calling 518-516-1114 or emailing NNORC@jfsnyny.org (appointments are required). On the day of, bring in your fully charged devices (tablet, phone or laptop) with any questions you may have. We hope you click with this program and hone your tech skills!

All-Levels Yoga – Thursdays, July 14 & 28, August 11 & 25 at 6 p.m.

First Congregational Church, 405 Quail St, Albany

In this all-levels mat class, instructor Bailey Walz will take you through a variety of postures, breathwork and a closing relaxation. Participants must be able to comfortably get up and down from the floor. Bring your own supplies: mat, yoga ties, props, and a bottle of water. Wear clothing that allows for ease of movement. As a precaution, 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. **NOTE: Registration is required. We need six people to sign up for this class to run. Please sign up to help this class go!**

Meal Delivery: Helderberg Neighborhood Assn & The Fountain – Wednesday, July 20

The Meal Delivery program is back! This time, we're partnering with The Fountain on New Scotland Avenue. The meals are \$15 per entrée and include a small salad and bread. Choose from:

- ⇒ Chicken Alexander - chicken layered with spinach, roasted red peppers and provolone. Includes a side of pasta.
- ⇒ Chicken Parmigiana. Includes a side of pasta.
- ⇒ Meat Lasagna
- ⇒ Eggplant Piccata - eggplant served with a lemon, caper butter sauce. Includes a side of pasta.



Orders must be called into NNORC at 518-516-1114 or emailed to NNORC@jfsneny.org by July 14. Please mail check, payable to Jewish Family Services (with NNORC in the memo line), to 184 Washington Ave Ext., Albany, NY 12203. Dinners will be delivered by Helderberg Neighborhood Association volunteers between 4 - 6 p.m. The volunteers who are delivering the meals cannot accept money. Please be home to accept your meal. Delivery is limited to the NNORC area.

NNORC Residents Council – Wednesday, July 27 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. We will not be meeting in August, but will meet again at the end of September.

Let's Walk and Talk! – Tuesday, August 2 at 10 a.m. (Rain date Thursday, August 4 at 10 a.m.) The Crossings, 580 Albany-Shaker Rd, Loudonville

Catch up on the latest news with our Walk and Talk event! Whether it's updates in the neighborhood or reviews on a beloved Netflix series, spend time outside with new or familiar friends. Park by the playground (second parking lot on the right as you drive in) and we will see you there!

An Introduction to the Walk with Ease Program Tuesday, August 16 at 11 a.m. Temple Israel, 600 New Scotland Ave, Albany

Walking is an excellent and simple form of exercise that's good for nearly everyone! It can help you gain all the benefits of exercise including weight loss and stress management; it's easy to do; and it doesn't require a health club membership or special training. *Walk with Ease* is an evidence-based program developed by the Arthritis Foundation that helps people with arthritis or other related conditions reduce pain, increase balance and strength, increase walking pace, and enhance overall health. This is a group program that combines self-paced walks with discussions about



Continued on page 4

An Introduction to the Walk with Ease Program (cont. from page 3)

health-related topics. Whether you need relief from arthritis pain or just want to be active, this six-week program can teach you how to safely make physical activity part of your everyday life — even if you use adaptive equipment like a walker or cane for support.

The Albany NNORC will be offering the Walk with Ease program to residents beginning in September. Weather permitting, we will walk together outside, learn basic stretching and strengthening techniques, and develop individual plans to help you succeed. This program is designed for people who can walk independently while meeting you where you are at all fitness levels.

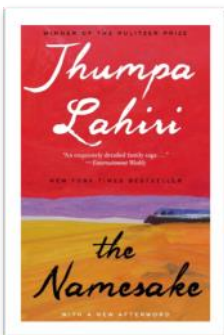
Come to our initial meeting to learn more about this important program. Meet Jody Ference, our new Coordinator of Community Health Programs, who will answer questions and help you determine if this program is right for you!

Cook the Book / Spice Club – Thursday, August 18 at 1 p.m. (Zoom)



This month, the featured spice comes from North African and Middle Eastern cuisine: ras el hanout. It is a combination of spices that mainly include black pepper, cardamom, coriander seeds, cumin seeds, ginger, turmeric, and nutmeg, although spices can vary. It is typically put on meats and vegetables to add delicious flavoring.

When you sign up for the program, NNORC will deliver some ras el hanout to help you get started! Then, you will find a new recipe that includes ras el hanout 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 you've cooked the book with this new ingredient!



Novel NNORC Book Club – Monday, August 29 at 1 p.m.

St Sophia's Greek Orthodox Church, 440 Whitehall Rd, Albany

Come discuss the latest read with our Novel NNORC Book Club! This month, we are talking about *The Namesake* by Jhumpa Lahiri. The book follows the Ganguli family from their traditional life in Calcutta to raising children in the United States. Lahiri explores themes of identity, family and of course, namesakes. Join us to further talk about the meaning of belonging, growth and connection.



Volunteers Needed!

Our One-on-One Computer Skills program is back up and running in partnership with Albany Public Library.

We are in search of people who have technical abilities and would like to volunteer their time to help other residents enhance their skills on their computers, tablets or phones. The program meets one time per month for an hour at APLs Bach Branch (455 New Scotland Ave, Albany).

Please contact NNORC if you would be interested in helping a neighbor enhance their tech skills: 518-516-1114 or nnorc@jfsneny.org.

Meet Our New Staff!

We are delighted to introduce our two new NNORC team members! In the coming weeks, Jody and Rahel will attend in-person programs. We hope you can come out meet them!

Jody Ference, MPH, MS, OTR/L

Coordinator of Community Health Programs



Jody joined the JFS Albany NNORC in 2022 after working as an

occupational therapist in various health and school settings in the Capital region. Prior to becoming an occupational therapist, she worked in the public health field for the Brain Injury Association of New York State, Advocates for Human Potential, and Upper Hudson Planned Parenthood. Jody received her Master of Public Health degree from Columbia University, her Master of Science degree from Sage Graduate School, and her undergraduate degree from Brandeis University.

Jody is a yoga teacher who uses yoga therapeutically to enhance posture, functional movement, and healthy aging. She has advanced certification in teaching yoga for osteoporosis and restorative yoga. She lives in Slingerlands with her husband. In her free time, she enjoys outdoor adventures, especially biking, hiking, skiing, and time at the ocean. Most of all, she loves being with her three sons and her growing family.

Jody has served on the boards of directors of the Mifgash Jewish Community High School Program, Massry Assisted Living Residence, Capital Region Jewish National Fund-USA, and Congregation Ohav Shalom. She enjoys volunteering for organizations, including the Shalom Food Pantry, Trinity Alliance, and the Double H Ranch.

Rahel Fox, RN

Community Health Nurse

Rahel is a Registered Nurse and a graduate of Russell Sage College in Troy, NY. She previously worked at St. Peter's Hospital where she was cardiac bedside nurse and served on the hospital's shared governance council. Further experience includes work as a Nurse Care Manager at Fidelis where she coordinated homecare services for medically complex adults. She joined the NNORC team in May of 2022 and is looking forward to establishing relationships with program participants. In her free time, she enjoys being with her family, cooking, and spending time in nature.



NNORC Resident Council Members Spotlight:

LESLIE DYKEMAN: Leslie is an Albany native who left and came back and has resided on Cardinal Avenue since 1984. She retired from a position where she was responsible for detecting provider fraud on the NYS Medicaid contract. She is active with her high school and college alumnae groups and the HHA where she works on membership recruitment. Her 10-year-old grandson goes to New Scotland Elementary School and he is her "main man."

JAMES DENNEHEY: Is a representative of the NNORC from the First Congregational Church where he is chair of the board of trustees. He and his wife have lived at the corner of New Scotland and Glendale for 50 years, having purchased their home in 1972 shortly after graduating from law school. He was a member of the group that organized the New Scotland-Whitehall Neighborhood Association, the first neighborhood association in this part of the city, and its first president during the Corning administration. During the early years of the AIDS epidemic, he served on the board of Support Ministries, an organization that worked to find housing and care for those in need. He was on the board of Trustees for Doane Stuart School and served as Vice Chair for several years. During the days of the Mario Cuomo administration, Jim served as counsel to the board of the Martin Luther King, Jr., Institute for Nonviolence, chaired by Harry Belafonte.

Farmers Market Vouchers Are Back!

We are pleased to announce that NNORC will be distributing Senior Farmers' Market Nutrition Program (SFMNP) coupons again this summer. This program helps older adults aged 60+ access farm fresh local produce.

PLEASE NOTE: Coupons will now be worth a total of \$25 a booklet instead of \$20, each coupon is worth \$5.00. This is an increase from last year. Each adult 60+ years in a household may receive a booklet **IF** they meet the following criteria.

Eligibility: *"Statement of Eligibility" must be signed by senior before issuance of farmers' market coupons.*

- **Must** be 60 years of age and over **only**. (Not eligible if under 60 and disabled)
- Low-income level; (if a senior is eligible for SNAP and/or lives in low-income housing)
- **Must** be a NYS resident (can reside in a different county).
- Power of Attorney can sign on behalf of eligible senior to obtain a booklet.
- **Participants may select a Proxy to use their coupons on their behalf.**
- Please—no double dipping. If you receive a coupon booklet from us, you are not eligible to receive them from another agency.

Participants will receive a list of authorized markets when they pick up their booklet. **NNORC will obtain booklets around mid-July and will then distribute them on a first-come, first-served basis. Please call our office at 518-516-1114 or email nnorc@jfsnny.org to reserve your booklet today.** Each booklet must be signed for and given directly to the recipient.



In the Hood

Lyme Disease and Tick-borne Illness

Now that the warm weather has arrived and ticks are active, it is good to remind everyone of ways to prevent Lyme disease and other tick-borne illnesses.



In the Know

What is Lyme disease and what are the symptoms?

Lyme disease is a bacterial infection spread through the bite of an infected deer tick (also known as a blacklegged tick). It is the most common tick-borne illness in the Capital Region. In 60-80% of cases, the first symptom is a rash that occurs at the site of the tick bite and can have a distinct "bullseye" appearance. Additional symptoms such as joint pain, fever, chills, and fatigue can occur around the same time that the rash appears.

Minimize Your Risk

Prevention is the most effective method to prevent yourself from being bitten by an infected tick. If you garden, hike, camp, or spend time outdoors, consider the following precautions:

- ⇒ Wear light-colored clothes to spot ticks easily
- ⇒ Wear closed-toe shoes, long pants, and a long-sleeve shirt. Tuck your pants legs into your shoes
- ⇒ Consider using an insect repellent
- ⇒ Check your clothes, pets, and any exposed skin frequently including a full body check at the end of the day
- ⇒ Walk in the center of trails and avoid dense bushy areas
- ⇒ Reduce ticks in your yard by keeping the grass mowed and edges trimmed

Tick Bite- What to Do

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure.
3. After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.
4. Dispose of the tick by flushing it down the toilet.

If you think that you have Lyme disease or another tick-borne illness, see your healthcare provider immediately.

NNORC Events Calendar: July-August 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 seeing you!

EVENT	DATE, TIME & PLACE
A Summer Walk	Wednesday, July 6 at 10 a.m. Elm Avenue Park—261 Elm Avenue, Delmar
Zoom in for Chair Yoga (Zoom)	Tuesdays, July 12 & 26, August 9 & 23 at 11 a.m.
Music Circle	Tuesdays, July 12 & 26, August 2 & 23 at 2 p.m. Buckingham Pond—Colonial & Berkshire in Albany
One-on-One Computer Skills	Thursdays, July 14 & August 11 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave, Albany
In-person All-levels Yoga	Thursdays, July 14 & 28, August 11 & 25 from 6 – 7 p.m. First Congregational Church, 405 Quail St, Albany
Meet & Greet	Tuesday, July 19 at 11 a.m. Temple Israel, 600 New Scotland Ave, Albany
Meal Delivery by Helderberg Neighborhood Association and The Fountain	Wednesday, July 20 from 4—6 p.m.
NNORC Residents' Council Meeting (Zoom)	Wednesday, July 27 at 10 a.m.
Ice Cream Social	Wednesday, July 27 at 1:30 p.m. Congregation Beth Emeth, 100 Academy Rd, Albany
Let's Walk and Talk!	Tuesday, August 2 at 10 a.m. (rain date August 4 at 10 a.m.) The Crossings of Colonie, 580 Albany-Shaker Rd, Loudonville
Jersey Boys at CapRep SOLD OUT	Wednesday, August 10 at 2 p.m. CapRep, 251 N. Pearl St, Albany
An Introduction to the Walk with Ease Program	Tuesday, August 16 at 11 a.m. Temple Israel, 600 New Scotland Ave, Albany
Cook the Book/Spice Club (Zoom)	Thursday, August 18 at 1 p.m.
Novel NNORC Book Club	Monday, August 29 at 1 p.m. (<i>The Namesake</i>) St. Sophia Greek Orthodox Church, 440 Whitehall Rd, Albany
NNORC Neighborhood Picnic Registration required	Tuesday, August 30 at 1:00 p.m. Albany JCC, Outdoor Pavilion, 340 Whitehall Rd, Albany

IN-PERSON PROGRAMS AND COVID

We are delighted to offer in-person programs, but your health and safety are paramount. Please refrain from attending if you should feel ill. 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, July 4 for Independence Day.



184 Washington Ave Extension
Albany, NY 12203

518-516-1114
nnorc@jfsneny.org
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 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.

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.



We're working hard to be sure everyone in the Albany NNORC gets the monthly *NNORC News*. Equally important, **we want to make sure we got your name(s) right**. Please let us know if we need to make a correction to the name listed on the address panel. Email us at info@jfsneny.org or call us at 518-514-2023. Be sure to include your corrected name(s) and street address. Thank you!

GOOD NEWS FOR NYS SENIORS

INCREASED INCOME LEVELS!

EPIC saves you more money on the cost of your prescription drugs by supplementing your Medicare Part D plan.

Now MORE seniors are eligible to enroll!

If you are a NYS resident, 65 or older with an annual income of less than **\$75,000** for single and **\$100,000** for married, contact EPIC.



For more information, call EPIC at 1-800-332-3742

Senior Consumer Information Line

The New York State Department of State in partnership with The Harry & Jeannette Weinberg Center for Elder Abuse Prevention at the Hebrew Home at Riverdale, the State Office for the Aging, AARP and the Free Community Papers of New York (FCPNY) host a monthly **toll-free "Senior Consumer Information Line"** which enables seniors statewide to access free information they can use to stay safe, maximize their independence and improve their every-

Free Reading Help for Those with Vision Problems

If you or someone you know has trouble reading, seeing and/or understanding print in a book or magazine, the New York State Library and Library Links can help.

The Bach Branch on New Scotland Avenue can help you fill out an application to receive an audio book and magazine player and help you choose and receive books and magazines that are compatible with the player.

The National Library has a huge catalog of book titles and magazines that are always available.

Bach Branch will also help you learn to use the player. It is user-friendly, so please do not be nervous about joining this wonderful book-reading service.

Contact Jen Ward, librarian at the Albany Bach

Become a NNORC Supporter and get discounts on NNORC programs.

Already a supporter? Don't forget to renew your membership for 2017.

Details on Page 5.