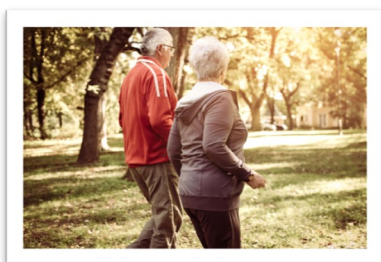


NNORC News

Volume 18, Number 5

September-October 2022

Walk with Ease – Wednesdays, September 7, 14, 21, 28 and Thursday, October 6 at 10 a.m. (Albany JCC, 340 Whitehall Rd, Albany)



Your Albany NNORC is excited to be offering Walk with Ease, 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. 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. Weather permitting, we will walk together outside, learn basic stretching and strengthening techniques, and discover ways to help you succeed. This program is designed for people at all fitness levels who can walk independently. Use of canes or walkers does not exclude you from participating, however you must use these devices independently.

Pine Hollow Arboretum Tour – Thursday, Sept 15 at 1 p.m. (Rain date Thurs, 9/22 at 1 p.m.) 34 Pine Hollow Rd, Slingerlands

NNORC has arranged a guided tour of the Pine Hollow Arboretum. Come and learn about some of the unique trees, plants and shrubs that are planted on the 25-acre property. Discover the history and future of this special place that is home to over 3,000 species of trees and shrubs and 11 ponds.

The Arboretum's entrance on Pine Hollow Road is off of New Scotland Ave. Please drive slowly to the very end of the road, where you will see a circular driveway. Park along the circle in numbered parking spots, ensuring other vehicles have room to pass. Parking is limited, so please carpool if possible. Please dress prepared for the outdoors. Long pants tucked into socks and closed-toe shoes are recommended.

There is a cost of \$5/person for this tour. Please contact NNORC to register: 518-516-1114 or nnorc@jfsneny.org.

Indian Ladder Farms: History Discussion and Tasting – Thursday, Sept 29 at 1 p.m. 342 Altamont Rd, Altamont

In Upstate New York, fall means APPLE PICKING, and there's no better place than Indian Ladder Farms in Altamont. Join us for a fun fall day at the farm. We'll hear about the history of Indian Ladder, taste apple varieties, drink fresh apple cider and indulge in cider donuts. If you would like to pick your own apples, please plan to come early or stay after our 1:00 program. You also might want to stay after to browse their gift shop and store. They harvest a wide variety of squash and apples that can make for some great meals and desserts. The fee for this program is \$10. The pick-your-own fee is extra (separate).



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

Featured Programs

**NNORC Director**

Jennifer Plouffe, MSW

Coordinator of Community Health Programs

Jody Ference, MPH, MS, OTR/L

Director of Programs

Maria 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.



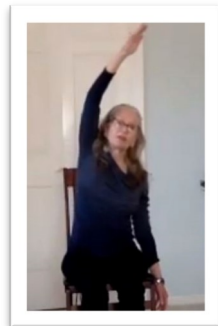
@Your Albany NNORC

September/October Programs — In-person and remote!

This fall we're continuing to offer both 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 programs that interests you. 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, Sept 6 & 20, Oct 4 & 25 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 – Sept 6 & 20, October 4 & 25 at 2 p.m.

Buckingham Pond, intersection of Colonial Ave & Berkshire Blvd

The Music Circle is off to a great start! We met over the summer and had guitar and banjo players, singers and listeners! If you play an instrument or like to sing, we would love for you to join us. We'll continue to meet this fall at the Buckingham Pond. 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 picnic tables near the parking lot, near the playground. (Note: this program may move indoors in October. Location TBA.)

One-on-One Computer Skills – Thursdays, September 8 & October 13 at 12 p.m. – APL's Bach Branch, 455 New Scotland Ave, Albany

This group is designed for individuals looking for additional technology help. Learn from fellow NNORC neighbors and become adept at navigating your computer and/or devices. Please make an appointment by calling 518-516-1114 or emailing NNORC@jfsneny.org (appointments are required). On the day of the program, please bring your fully charged device (tablet, phone or laptop) along with any questions you may have.

All-Levels Yoga – Sept. 8 & 22, Oct. 13 & 27 at 5:30 p.m. (new time) 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!**

Knitting and Crocheting – Wednesday, September 14 and October 12 at 1 p.m.

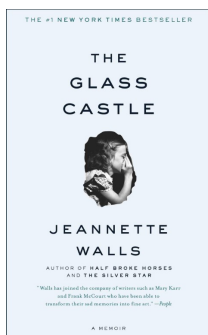
APL's Bach Branch, 455 New Scotland Ave, Albany



Do you enjoy knitting or crocheting? Perhaps it was once a hobby that you enjoyed and would like to get back into. Maybe you want to up your game and try making something new like a sweater. Knitting and crocheting can reduce stress and build cognitive functioning and dexterity. We're starting a NNORC knitting/crocheting group in September. You can bring a project that you're working on or one that you want to start. At this first meeting, we'll decide on a group name (or not) and determine how often we want to meet. All skill levels are welcome!

Novel NNORC Book Club – Monday, Sept 19 at 1 p.m.

St. Sophia Greek Orthodox Church, 440 Whitehall Rd, Albany



This month, we are reading *The Glass Castle* by Jeannette Walls. It's a remarkable memoir of resilience and redemption, and a revelatory look into a family at once deeply dysfunctional and uniquely vibrant. When sober, Jeannette's brilliant and charismatic father captured his children's imagination, teaching them physics, geology, and how to embrace life fearlessly. But when he drank, he was dishonest and destructive. Her mother was a free spirit who abhorred the idea of domesticity and didn't want the responsibility of raising a family.

The Walls children learned to take care of themselves. They fed, clothed, and protected one another, and eventually found their way to New York. Their parents followed them, choosing to be homeless even as their children prospered. *The Glass Castle* is truly astonishing—a memoir permeated by the intense love of a peculiar but loyal family.

NNORC Residents Council – Wednesday, September 28 & October 26 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.

On Your Way to Preventing Type 2 Diabetes – Wednesdays, Oct 12, 19 and 26 11:00 a.m.

B'nai Sholom Reform Congregation, 420 Whitehall Rd, Albany



Diabetes prevention is critical. Having type 2 diabetes is a serious, chronic health condition that can lead to other severe health issues such as heart disease, stroke, blindness, and kidney failure. Preventing or delaying the onset of type 2 diabetes is possible through lifestyle and dietary changes

Having prediabetes can be a precursor to getting type 2 diabetes. It's easy to find out if you're at high risk for type 2 diabetes by taking the CDC's Prediabetes Test here: <https://tinyurl.com/prediabetes-test>. If your result shows you're at high risk for type 2 diabetes, talk to your doctor about getting a simple blood sugar test to confirm. If the

diagnosis is confirmed, it is highly recommended to engage in a lifestyle change diabetes prevention program. The CDC's Diabetes Prevention Program is proven to cut the risk for type 2 diabetes in half. Details are here: <https://tinyurl.com/Type2-prevention>. ***Your Albany NNORC can help you get connected with a local lifestyle change program.***

NNORC is offering a three-week series where we'll explore ways to get started improving your health and decreasing the likelihood that you will develop type 2 diabetes. We'll look at lifestyle change topics including setting a weight loss goal, developing healthier eating habits, and increasing physical activity. We will also explore how making some healthy changes can prevent or delay the onset of type 2 diabetes and improve your overall physical and mental health.

Shaker Heritage Society Tour – Thursday, Oct 20 at 1 p.m. - 25 Meeting House Rd, Albany



You may be familiar with Shaker furniture, admired Shaker oval wooden boxes, hummed the *Simple Gifts* song (*'Tis a gift to be simple, 'tis a gift to be free...*) and even worn a Shaker stitch sweater, but did you know that the Shakers' first permanent settlement was right here in Albany County?

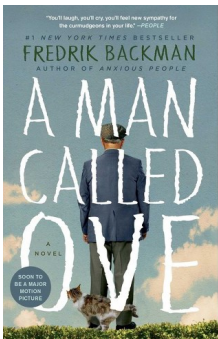
The Shakers are a Utopian society whose beliefs on gender and racial equality and communal living date back to the late 1700s. Shakers immigrated from Manchester, England to New York City in 1774 (and two years later to Albany) after suffering persecution and rejection for their beliefs and form of worship.

NNORC has arranged a private lecture and tour at Shaker Heritage Society, where you will be introduced to this fascinating part of U.S. history that took root in our own backyard. As part of the tour, the Shaker Heritage Society's Holiday Market will be open, featuring over 75 artisans and vendors of regional, handmade items.

There is no fee for this private tour. Please contact NNORC if you would like to attend: 518-516-1114 or email nnorc@jfsnny.org. The Shaker Heritage Society is near the Albany airport. Please call us if you need directions.

Fall Walk at Buckingham Pond - October 27 at 1 p.m. - Berkshire Blvd & Colonial Ave, Albany

Let's continue our outdoor walking before it gets too cold. Join your NNORC neighbors for a walk at Buckingham Pond. We will meet up by the playground and walk on the path around the pond. Please wear comfortable shoes and weather-appropriate clothing.



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

St. Sophia Greek Orthodox Church, 440 Whitehall Rd, Albany

This month we are reading *A Man Called Ove* by Fredrik Backman, translated by Henning Koch. In this story, A grumpy yet loveable man finds his solitary world turned on its head when a boisterous young family moves in next door. It is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations.



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 APL's 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@jfsnny.org.

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.

It's Not Too Late to Improve Your Posture!

As we age, habits such as slouching and inactivity may cause muscle fatigue and tension that can ultimately lead to poor posture. Poor posture can also stem from habits like sitting in front of a computer or smartphone, carrying heavy objects, losing bone density due to osteopenia or osteoporosis, and decreasing of muscle mass.

The complications of poor posture may include neck pain, back pain, headaches, spinal dysfunction, joint degeneration, trouble breathing, rounded shoulders and trouble walking. Seniors who have poor posture are more likely to fall and experience serious injuries.

If the core muscles in your back and abdomen have grown weak from inactivity, that can cause you to lean forward. Core muscles are crucial to lifting your frame and keeping you upright. The good news is that posture can be viewed as a work in progress for most people. Even if your posture has been problematic for years, it's still possible to make improvements through regular exercise and stretching, sitting on ergonomic furniture and paying attention to the way your body feels. Tuning in and listening to your body can help you to notice small adjustments in standing and seated positions that make holding up your body feel more natural. Good posture feels effortless.



Here are some easy exercises to enhance your posture:

1. Chin Tucks and Juts

Many people's cervical spine tilts forward, causing them to struggle with a forward head and rounded shoulders. This can lead to neck pain and chronic headaches. The goal is to work on stacking your cervical vertebrae (the bones in the neck) so they're in a neutral position. Sit or stand up straight. Then, pull your chin back, as though you're making a double chin. Make sure it goes straight back — don't lift your chin toward the ceiling. After pulling your chin back, gently jut it forward in the opposite direction.

2. Wall Tilts

This exercise strengthens the pelvis and gluteal muscles and helps relieve lower back pain and improve lower back posture. Start by standing with your back against a wall. Place one hand behind your lower back and pull your abdominal muscles in and tuck your pelvis under, flattening your lower back against the wall. Keep your shoulders and back of your head against the wall while you do this. Hold for 5 seconds, release and repeat.

3. Wall Arm Circles

Start in the same position as wall tilts, standing with your back to the wall. Walk your feet out so there is about six inches between the wall and your heels. Lean back against the wall and tuck your pelvis so your lower back touches. Pull your shoulders and head back so they touch the wall as well. If you can, slowly raise your arms overhead, keeping the backs of them touching the wall at all times. When your hands touch over your head, return to the beginning position, making sure the backs of your arms never leave the wall.

4. Bird Dogs

Start on your hands and knees. Look straight down at the ground to keep your head in a neutral position. Pull your abdominal muscles in as well to support and straighten your back. Once you feel stable, lift your right leg so it extends straight behind you. Then, lift your left arm and extend it in front of you. Keep your back straight — don't let it arch. Hold for a few seconds, then lower your arm and leg and repeat with the opposite limbs. If this is too difficult, start by just lifting your legs one at a time, then lift each arm individually. Over time, you'll be able to progress and lift both limbs simultaneously.

Preparation Age: Planning Ahead for the Expected and Unexpected



This fall, JFS is offering a series of workshops to help participants navigate the phase of life when one might be aging solo now or planning ahead to inevitably age without their partner. Aging alone can come with obstacles for which we should plan. Each workshop will include guest speakers with expertise in financial planning, legal and estate matters, healthcare and wellness, home safety and support networks, and end of life considerations. The goal of the series is to provide a road map for creating a secure future.

Workshops dates and times are still being finalized. The current plan is for a hybrid of in-person and remote workshops. Your Albany NNORC will provide

program details and registration in the weekly e-news and on the NNORC Facebook page @Your Albany NNORC. You can also visit the JFS website calendar at: jfsnyny.org/calendar. If you would like to receive information, about this program, please contact NNORC at: nnorc@jfsnyny.org or 518-516-5114. We hope you will attend this important series.

Governor Hochul Signs Legislation to Strengthen Housing Affordability for New York Seniors and Families



In the Know

On August 8, 2022, Governor Kathy Hochul signed a legislative package aimed at expanding tax relief for New York homeowners, particularly those 60 and over. The package, which was signed alongside members of the State Legislature and advocates, will help to support homeowners - from first-time homebuyers to senior citizens - as inflation, rising costs, and other factors drive a nationwide affordability crisis. These bills will expand eligibility for New York property tax exemptions and the Residential Emergency Services to Offer (Home) Repairs to the Elderly (RESTORE) program, which provides financial resources for homeowners age 60 and over to make repairs that allow them to continue living independently in their homes. Visit <https://tinyurl.com/restore-program> for information.

In addition, Governor Hochul is tackling New York's housing affordability crisis with a \$25 billion housing plan announced in this year's budget, which includes \$300 million for the construction of new housing for seniors. In the past year, the State has announced the creation of over 1,400 units of senior housing.

More information on this important legislation can be found at <https://tinyurl.com/strengthen-housing>

NNORC Resident Council Member Spotlight: Maryellen Casey Usis



I was born and raised in Huntington Long Island, New York. I graduated from the Fashion Institute in NYC and worked as an Assistant Buyer in a NYC buying office. When my two children were born, I started a career in the healthcare field wearing many different hats. My husband and I moved Upstate in 1998. My parents had made the move in 1975 and we always wanted to be here. The kids had moved out and we made the move. I started a career with CDTA as their American with Disabilities Coordinator and Mobility Manager. I retired from CDTA in 2016. I started volunteering at various nonprofits in the Capital Region including the NNORC. I also worked as a Program Assistant at the NNORC after I retired. Today, I still volunteer for the NNORC. I've met some wonderful neighbors teaching computer skills, shopping, calling on seniors during the pandemic, and being on the Resident Council. The work the NNORC does for us to age in place and remain

active is so beneficial to us in this special area. I'd love to see you at a Council meeting. We have a great group and the NNORC staff always welcome fresh new ideas and people.

NNORC Events Calendar: September-October 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
Zoom in for Chair Yoga (Zoom)	Tuesdays, September 6 & 20, October 4 & 25 at 11 a.m.
Music Circle	Tuesdays, September 6 & 20, October 4 & 25 at 2 p.m. Buckingham Pond—Colonial & Berkshire in Albany
Walk With Ease	Wednesdays, September 7, 14, 21, 28 & Thursday, October 6 at 10 a.m. Albany JCC, 340 Whitehall Rd, Albany
One-on-One Computer Skills	Thursdays, September 8 & October 13 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave, Albany
In-person All-levels Yoga	Thursdays, September 8 & 22 and October 13 & 27 from *5:30-6:30 p.m. First Congregational Church, 405 Quail St, Albany *NEW TIME
Knitting & Crocheting	Wednesday, September 14 & October 12 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave, Albany
A Tour of the Pine Hollow Arboretum	Thursday, September 15 at 1 p.m. (<i>Rain date: Thurs., Sept. 22 at 1 p.m.</i>) 34 Pine Hollow Rd, Slingerlands
Novel NNORC Book Club	Monday, September 19 at 1 p.m. (<i>The Glass Castle</i>) Monday, October 31 at 1 p.m. (<i>A Man Called Ove</i>) St. Sophia Greek Orthodox Church, 440 Whitehall Rd, Albany
NNORC Residents' Council Meeting (Zoom)	Wednesday, September 28 & October 26 at 10 a.m.
Indian Ladder Farms—History Discussion & Tasting (plus an opportunity to pick!)	Thursday, September 29 at 1 p.m. 342 Altamont Rd, Altamont
On Your Way to Preventing Type 2 Diabetes	Wednesdays, Oct 12, 19 and 26 at 11:00 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd, Albany
Shaker Heritage Society Tour	Thursday, October 20 at 1 p.m. Shaker Site, 25 Meeting House Rd, Albany
Fall Walk at Buckingham Pond	Thursday, October 27 at 1:00 p.m. Corner of Colonial Ave and Berkshire Blvd, 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 for holidays on the following dates: 9/5 (Labor Day), 9/26, 9/27 (Rosh Hashanah), 10/4 (close at 3:00), 10/5 (Yom Kippur), 10/10, 10/11 (Sukkot), 10/17 (Shemini Atzeret) and 10/18 (Simchat Torah).



Jewish
Family
Services
Northeastern New York

184 Washington Ave Extension
Albany, NY 12203

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

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Here's How JFS Can Help NNORC Residents



- Guidance with aging in place: information assistance, resources & referrals
- Grocery shopping and kosher home delivered meals
- Counseling. **We accept Medicare**
- Specialized activities for homebound individuals
- Chaplaincy support

Contact us for information:
info@jfsneny.org | 518-482-8856



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.