

# NNORC News

Volume 18, Number 6

November - December 2022

## Become a NNORC Supporter!

The New York State Office on Aging is the primary source of funding for the Albany NNORC. They recognize the value of older adults aging in the comfort of their own homes and community and their support 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](mailto:nnorc@jfsnyny.org). Use this form to submit your NNORC Supporter contribution.

**Thank you in advance for your support!**

### 2023 NNORC Supporter

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Cell \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth\* \_\_\_\_\_

### NNORC SUPPORTER RATE\*\*

\$25 - Calendar Year (2023)


### RETURN FORM AND CHECK, PAYABLE TO:

Jewish Family Services

184 Washington Ave Extension, Albany NY 12203

Please put "NNORC" in the memo line.

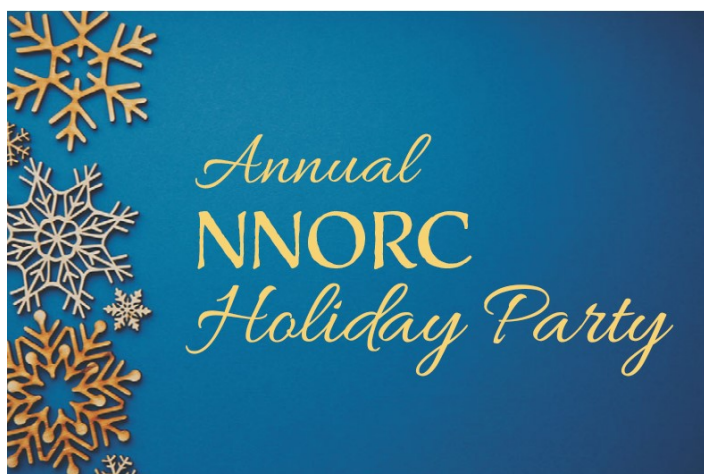
**P** 518-516-1114 **E** [nnorc@jfsnyny.org](mailto:nnorc@jfsnyny.org)

**WEB** [jfsnyny.org/nnorc](http://jfsnyny.org/nnorc)  Your Albany NNORC

\* Requested by the NYS Office for the Aging

\*\*Supporter contributions are tax deductible

**Thank You!**



### Join Us! – Thursday, December 8 at 2 p.m. Parish of Mater Christi (35 Hurst Ave)

We are so excited to celebrate the holidays in person with you this year! Join your neighbors and the NNORC team for desserts, refreshments, conversation, entertainment, crafts and FUN!

In the spirit of the holidays, if you enjoy baking, we invite you to bring some of your favorite cookies (along with the recipe). You don't have to bring sweets to attend.

**Please RSVP! Registration closes on 12/7 at 5 p.m.**



#### NNORC Director

Jennifer Plouffe, LMSW

#### 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

## November/December Programs — In-person & remote!

*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](mailto:nnorc@jfsneny.org) or 518-516-1114 . We will give you an access link or phone number for you to participate via Zoom.*

### Knitting & Crocheting – Wednesdays, November 2 & 16 at 1 p.m.

**December 7 & 21 at 1 p.m. APL's Bach Branch (455 New Scotland Ave)**

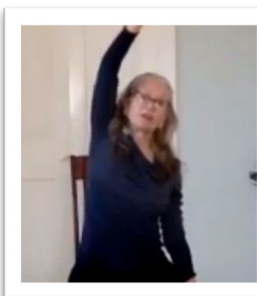


Our new knitting and crocheting group is off to a great start! The group decided to meet twice a month, but you're welcome to join us whenever you can. Bring whatever project that you're working on or one that you want to start. All skill levels are welcome!

### All-Levels Yoga – Thursdays, Nov. 3 & 17 at 5:30 p.m. Dec. 1 & 15 at 5:30 p.m. First Congregational Church (405 Quail St)

Join instructor Bailey Walz who will take you through a variety of postures, breathwork and a closing relaxation. Bring your own supplies: mat, yoga ties, props, and a bottle of water. Wear clothing that allows for ease of movement. Participants must be able to comfortably get up and down from the floor. Please refrain from attending if you 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.**

### Chair Yoga – Tues. Nov. 8 & 22 at 11 a.m. and Dec. 6 & 20 at 11 a.m.



Zoom in to Yoga Judi's chair yoga class. The benefits include improving balance and core strength, increasing flexibility, promoting mobility, reducing stress, and much 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, Nov. 8 & 22 at 2 p.m. Dec. 13 at 2 p.m. First Congregational Church (405 Quail St)



Our Music Circle is moving indoors for the colder weather. If you play an instrument or like to sing, we would love for you to join us. If you just want to listen, you are also welcomed to attend. We'll take turns playing tunes and talking about music.

## **Bundle up and Keep Moving – Wednesday, November 9 at 1 p.m.**

### **The Crossings (580 Albany-Shaker Rd, Loudonville)**

The cooler weather is not going to stop us. Let's continue walking outside. Join us at The Crossings for our last outdoor walk of 2022! Make sure to dress for the weather. Park by the playground (second parking lot on the right as you drive in) and we'll meet by the pond. This event will be canceled if the weather doesn't cooperate.

## **One-on-One Computer Skills - Thursday, November 10 at 12 p.m. & December 8 at 12 p.m.**

### **APL's Bach Branch (455 New Scotland Ave)**

This monthly group is designed for individuals looking for 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@jfsnyny.org](mailto:nnorc@jfsnyny.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.

## **Free Medicare Counseling Sessions – Tuesday, November 15 from 9:30 a.m. - 4:30 p.m.**

### **(Location will be shared upon registration)**



After our initial enrollment in Medicare, many of us would prefer to never have to think about our health insurance again, but we may be doing ourselves a disservice.

Medicare health and drug plans, themselves, often change from one year to the next – whether it's a change in coverage, premium, or which providers and pharmacies participate in their networks.

The annual Medicare Open Enrollment Period (October 15 - December 7) gives Medicare beneficiaries the opportunity to review their health care coverage each year and make changes to better suit their current needs. We've invited a representative

from Albany County HIICAP /NY StateWide Senior Action Council to the NNORC on Tuesday, November 15, to conduct free and confidential one-on-one counseling sessions to help you make the right decision for yourself during Medicare's open enrollment season. If you are not available on November 15, we can arrange another time convenient to you.

If you would like to review your insurance coverage and make a change, please call NNORC at 518-516-1114 to reserve your hour-long appointment time. The appointments will be in-person and location will be shared when the appointment is scheduled. Please bring a list of your questions, medications and insurance cards/information. Masks are required.

## **Helderberg Meal Delivery – Wednesday, November 16, 11 a.m. to 1 p.m.**

NNORC and Helderberg Neighborhood Association are partnering again for another meal delivery – this time from Mr. Bumbles Café. Volunteers will be delivering lunch on Wednesday, November 16, from 11 a.m. to 1 p.m. Choose from the following selections:

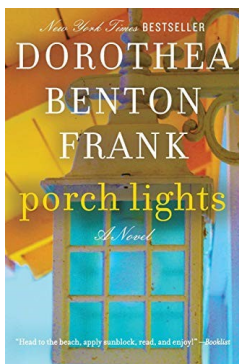


**#1 Turkey Cobbler Sandwich.** Turkey, cheddar cheese, cranberry mayo, lettuce, tomato, red onions on a Brioche roll. Served with a pickle and chips. Choose tomato soup or salad with balsamic dressing: \$14.00

**#2 Bumble Beefee Sandwich.** Roast beef, Swiss cheese, cole slaw, and 1000 Island dressing on rye bread Served with a pickle and chips. Choose tomato soup or salad with balsamic dressing: \$15.00

**#3 Veggie Wrap.** Bell peppers, tomato, red onions, spinach, cucumbers, and hummus in a spinach wrap. Served with a pickle, chips, and tomato soup: \$13.00

**Orders must be called into NNORC at 518-516-1114 or emailed to [nnorc@jfsnyny.org](mailto:nnorc@jfsnyny.org) by November Monday, November 14 at noon.** Please make your check payable to Jewish Family Services (with NNORC in the memo line) and mail to 184 Washington Ave Extension., Albany, NY 12203.



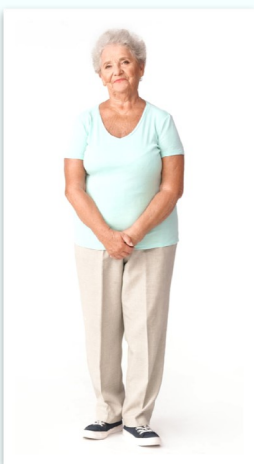
## **Novel NNORC Book Club – Monday, November 28 at 1 p.m.**

**St. Sophia Greek Orthodox Church (440 Whitehall Rd)**

This month, we are reading *Porch Lights* by Dorothea Benton Frank. *New York Times* bestselling author Dorothea Benton Frank is back home in the Carolina low country, spinning a tale that brims with the warmth, charm, heart, and humor that has become her trademark. *Porch Lights* is a stirring, emotionally rich multigenerational story—a poignant tale of life, love, and transformation—as a nurse, returning to Sullivans Island from the Afghanistan War, finds her life has been irrevocably altered by tragedy...and now must rediscover love and purpose with the help of her son and aging mother.

## **Be Smart, Stay Safe – Fall Prevention Workshop Series – Tuesday, Nov. 29, 10 – 11:30 a.m., Tuesday, Dec. 6, 12:30 – 2:00 p.m. & Tuesday, Dec. 13, 10 – 11:30 a.m.**

**Maria College - McAuley Building (308 South Manning Blvd, Albany across from St. Peter's)\***



Being able to move around safely and steadily in your home or out in the neighborhood is vital to living a happy, independent and healthy life. We will meet in-person for this fun, experiential, and informational workshop on fall prevention. In this series, we will:

- ◆ Explore ways to stay safe AND continue to be active and independent.
- ◆ Share ideas with others about our beliefs, fears and concerns about falls
- ◆ Practice a sequence of exercises designed to build the strength, balance and flexibility important to fall prevention.

Your Albany NNORC is pleased to offer this workshop to our community. This presentation by NNORC/JFS Staff will also include presentations and information from the Maria College Occupational Therapy Assistant program staff and students.

### **Presenters:**

- ◆ Jody Ference, MPH, MS, OTR/L – NNORC Community Health Education Coordinator, Jewish Family Services of Northeastern New York
- ◆ Scott L. Homer, MS, OTR/L, Program Director, Occupational Therapy Assistant Program, Maria College

**PLEASE NOTE:** There is a moderate exercise component to each session. If you have concerns about any physical challenges you may have, please talk with your health care provider before participating in the exercises.

\*Easy and accessible parking is in front of the McAuley Building.

**Registration is Required – Please call the NNORC at 518-516-1114 or email [nnorc@jfsneny.org](mailto:nnorc@jfsneny.org)**

## **Let's Play BINGO! Thursday, December 1 at 11 a.m.**

**Albany JCC (340 Whitehall Rd)**

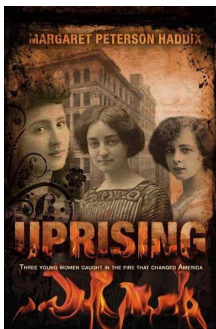
NNORC and the JCC are teaming up to bring you BINGO! Join us for some conversation and fun. Bring your friends and have a chance to visit while you play. Light refreshments will be served.

## **Cook the Book – Spice Edition – Wednesday, December 14 at 1 p.m.**

**APL's Bach Branch (455 New Scotland Ave)**

Join us for an in-person Cook the Book - Spice Edition! The spice this month is cinnamon! Did you know there are also health benefits to cinnamon? This tried-and-true spice can be used in both sweet and savory dishes - what will you chose to make? We are thrilled to be meeting together! Please feel free to bring food to share, if you feel comfortable. We'll spend some time sharing recipes and food and also talk about how we want this group to continue in 2023!





## **Novel NNORC Book Club – Monday, December 19 at 1 p.m.**

**St. Sophia's Greek Orthodox Church (440 Whitehall Rd)**

This month, we are reading *Uprising* by Margaret Peterson Haddix. In 1927, at the urging of twenty-one-year-old Harriet, Mrs. Livingston reluctantly recalls her experiences at the Triangle Shirtwaist factory, including miserable working conditions that led to a strike, then the fire that took the lives of her two best friends, when Harriet, the boss's daughter, was only five years old. Haddox draws on extensive historical research to bring the tragedy of the Triangle Shirtwaist fire to tangible life through her thrilling story of three girls.

## **NNORC Residents Council – Wednesday, December 28 (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. **NOTE:** No Council meeting in November.



## **JFS Workshop Series Urges Preparation for Aging**

Every Tuesday in November, JFS will host one-hour virtual workshops to help participants prepare for the phase of life when they are aging and inevitably aging solo. ***Preparation Age: Prepare for the Expected and***

***Unexpected*** will feature guest speakers with expertise in aging, estate law, occupational therapy, gerontology, palliative and hospice care, funeral services and more.



## **In the Hood**

### **Prepare to Age Smart & Live Safely in Your Home - Nov. 1, 2022 - 7-8 p.m.**

The introduction to the series begins with a personal account of someone thrust into solo aging through the sudden death of a spouse. The workshop will then explore one of aging-in-place's biggest challenges: living safely at home. Discover the best home modifications including organizing.

### **Prepare to Stay Connected - Nov. 8, 2022 - 7-8 p.m.**

Learn resources for driving assessments and alternative sources for getting around. Hear about age-friendly communities — utilizing community agencies and resources.

### **Prepare for Financial & Legal Matters - Nov. 15, 2022 - 7-8 p.m.**

A discussion about the fundamentals of estate planning, powers of attorney and advance directives. Get guidance on important documents and where and with whom to store them.

### **Prepare to Maintain Health & Wellness - Nov. 22, 2022 - 7-8 p.m.**

Learn about age-related health concerns and tips including managing chronic illness, basic exercise, diet and wellness. Also explore Medicare options and insurance sign-up assistance.

### **Prepare for End of Life - Nov. 29, 2022 - 7-8 p.m.**

Hear about palliative care and hospice services offerings. Get a checklist for what needs to be in place when someone dies, as well as advance funeral preparation and paperwork.

**Preparation Age takes place virtually, via Zoom, though people can also call in. The series is free, but JFS requests a suggested donation of \$10 per session. There are three ways to register: [jfsnyny.org/preparation-age](https://jfsnyny.org/preparation-age); [info@jfsnyny.org](mailto:info@jfsnyny.org) or 518-516-1102.**

## **Book Club at APL's Bach Branch**

The Novels After Noon book group will explore a variety of genres. The group meets the third Thursday of each month. Join us Thursday, November 17 from 2 – 3 p.m. We're reading *The Sentence* by Louise Erdrich. On Thursday, December 15, we're reading *Holidays on Ice* by David Sedaris. For more information, or to register, please call (518) 427-4300 ext. 3 or email [bach@albanypubliclibrary.org](mailto:bach@albanypubliclibrary.org).

## Equinox Thanksgiving Meal

We are pleased to announce that Equinox is coordinating a team of volunteers and chefs to prepare and deliver Thanksgiving meals to local residents in need. We are so very thankful to Equinox for providing this opportunity again this year. If you are interested in receiving a meal, please contact NNORC at 518-516-1114 or email us at [nnorc@jfsnyny.org](mailto:nnorc@jfsnyny.org) by November 14 to request a meal.



## In the Know

### 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. A variety of HEAP components have begun accepting applications.

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 \$2,852, and the gross monthly maximum income for a household of two is \$3,730.** The regular 2022-23 HEAP benefit is scheduled to open Nov. 1, 2022.

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 \$500. The Clean and Tune benefit opened Oct. 3, 2022.

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 \$4,000 allowed for a repair and \$8,000 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. The Heating Equipment Repair and Replacement benefit opened Oct. 3, 2022.

HEAP applications and additional information concerning eligibility criteria can be found online at <http://otda.ny.gov/programs/heap/>. Residents may also contact the Albany DSS office at 518-447-7323.

**For help completing an application, please call Anne Hill, NNORC case manager at 518-516-1112.**



### Thank You Veterans!

All of us with the Albany NNORC program would like to take a moment to honor our service men and women and their families for your service and commitment to our country. We owe a debt of gratitude to all who served or who are serving to ensure our lives are safe and comfortable and our freedom is secure. Your dedication and commitment to the ideals of our democracy are an inspiration. May we all work together every day to aspire to those ideals as a way to honor your service and sacrifice. With the deepest gratitude and respect.

The Albany NNORC Team

# NNORC Events Calendar: November-December 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 seeing you!

EVENT	DATE, TIME & PLACE
<b>Knitting &amp; Crocheting</b>	Wednesday, November 2 & 16 and December 7 & 22 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave, Albany
<b>All-levels Yoga</b>	Thursdays, November 3 & 17 and December 1 & 15 from 5:30-6:30 p.m. First Congregational Church, 405 Quail St, Albany
<b>Zoom in for Chair Yoga (Zoom)</b>	Tuesdays, November 8 & 22, December 6 & 20 at 11 a.m.
<b>Music Circle</b>	November 8 & 22 and December 13 at 2 p.m. First Congregational Church, 405 Quail St, Albany
<b>Bundle Up and Keep Moving (Fall Walk)</b>	Wednesday, November 9 at 1:00 p.m. The Crossings, 580 Albany-Shaker Rd, Loudonville
<b>One-on-One Computer Skills</b>	Thursday, November 10 and December 8 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave, Albany
<b>Free Medicare Counseling Sessions</b>	Tuesday, November 15 9:30 a.m.—4:30 p.m. One hour appts. Location announced when appt is scheduled
<b>Helderberg Neighborhood Association Meal Delivery—Mr. Bumbles Café</b>	Wednesday, November 16 from 11 a.m. to 1 p.m.
<b>Novel NNORC Book Club</b>	Monday, November 28 at 1 p.m. ( <i>Porch Lights</i> ) Monday, December 19 at 1 p.m. ( <i>Uprising</i> ) St. Sophia Greek Orthodox Church, 440 Whitehall Rd, Albany
<b>Fall Prevention Workshops Be Smart, Stay Safe</b>	<ul style="list-style-type: none"> <li>• Tuesday, November 29, 10 – 11:30 a.m.,</li> <li>• Tuesday, December 6, 12:30 – 2:00 p.m., and</li> <li>• Tuesday, December 13, 10- 11:30 a.m.</li> </ul> Maria College - McAuley Building (308 South Manning Blvd, Albany across from St. Peter's Hospital; park in front of McAuley Building)
<b>Play BINGO</b>	Thursday, December 1 at 11 a.m. Albany JCC (340 Whitehall Rd)
<b>Annual NNORC Holiday Party</b>	Thursday, December 8 at 2 p.m. Mater Christi, 35 Hurst Ave, Albany
<b>Cook the Book Spice Edition (Cinnamon)</b>	Wednesday, December 14 at 1:00 p.m. APL's Bach Branch, 455 New Scotland Ave, Albany
<b>NNORC Residents' Council Meeting (Zoom)</b>	Wednesday, December 28 at 10 a.m. (No Council meeting in November)

## IN-PERSON PROGRAMS AND COVID

For in-person programs, please refrain from attending if you 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.



184 Washington Ave Extension  
Albany, NY 12203

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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

### Albany NNORC Office Hours

Monday—Thursday, 9 a.m. to 5 p.m. We will respond to your messages at our first opportunity.

Our office will be closed November 24 & 25 for Thanksgiving, December 23 & 26 for Christmas.

### 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.