

NNORC News

Volume 19, Number 1

January—February 2023

Yoga for Posture and Health – Mondays, February 6, 13, 27, March 6, 13, 20 at 2 p.m. Congregation Beth Emeth (100 Academy Rd)



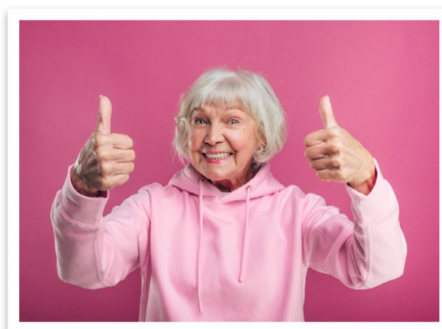
The not-so-good-news is that slouching and inactivity can result in poor posture. Some signs of poor posture include rounded shoulders, difficulty standing up straight, back and neck pain, and even digestion and circulation issues. The good news is that even those who've had posture issues for years can make adjustments and improvements. What's key to correcting your posture and creating good habits is improving your body awareness.

Join us for a new, in-person yoga class specifically designed to help you expand your understanding of your body's position in space and the way you

hold your body upright. The class will focus on foundational areas related to healthy posture including core strengthening, flexibility, balance, and body awareness. Improving posture and balance may decrease your risk of falling and enhance your overall energy. Please note that for those with posture issues related to scoliosis or arthritic changes, making significant postural changes through yoga are less likely. However, other benefits (e.g., core strengthening, improved flexibility, improved body awareness) are attainable. Beginners welcome. Use of chairs and modifications to poses will be used to match your skill level. Please wear comfortable clothing and bring a yoga mat.

Come and learn, stretch and strike poses with *NNORC Coordinator of Community Health Programs, Jody Ference*.

Oral Health = Physical Health – Friday, February 10 at 11 a.m. Temple Israel (600 New Scotland Ave)



Did you know that oral health can impact your overall health and affect your susceptibility to heart disease, cancer, Alzheimer's disease, and stroke?

Dr. Sean Ference, a periodontist at Capital Region Periodontics and Dental Implants in Albany will be speaking about oral health and its impact on systemic health. Topics to be covered include periodontal disease and its impact on diabetes, heart disease, stroke, and cancer, and the correlations between oral health and such conditions as osteoporosis, Alzheimer's disease, and rheumatoid arthritis, among others.

Proper oral hygiene methods and dental maintenance for improved oral health will be discussed. Please come join us for a short presentation and discussion.

To sign up, please email us at nnorc@jfsnny.org or call us at 518-516-1114.



LOOK INSIDE:

HEAP Benefits; Heart Health Tips; COVID-19 Tests; Tax Prep; Volunteer Opportunities & more!



NNORC Director

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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

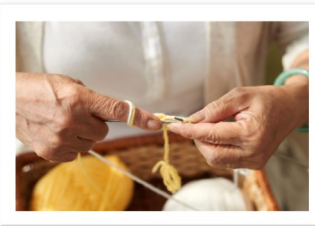
January/February Programs — In-person & remote!

We're continuing to offer both in-person and virtual programs. For your safety, we must 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 interest you. For in-person programs, please refrain from attending if you are feeling ill. Please contact us at nnorc@jfsnyny.org or 518-516-1114. We will give you an access link or phone number for the remote programs on Zoom.

Knitting & Crocheting – Wednesdays, January 4 & 18, February 1 & 15 at 1 p.m.

APL's Bach Branch (455 New Scotland Ave)

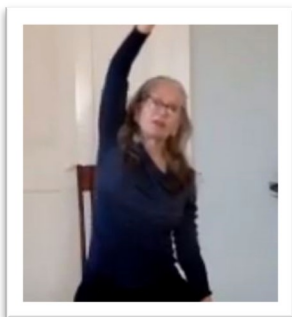
Knitting and crocheting kicks off our 2023 programs. Join us for this twice-a-month group. Bring whatever project that you're working on, start a new one, and get help from fellow group members. All skill levels are welcome!



All-Levels Yoga – Thursdays, Jan. 5 & 19, Feb 2 & 16 at 5:30 p.m. First Congregational Church (405 Quail St)

Let's start the year off strong and balanced! In this traditional yoga class, instructor Bailey Walz will take us through a range of yoga poses, breathwork and a closing relaxation. Wear clothing that allows for ease of movement. 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. 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 – Tuesdays, January 10 & 24, February 7 & 21 at 11 a.m.



A new year, a new you! Join us on **Zoom** for Judi's chair yoga class. With the support of a chair, Yoga Judi will guide you through poses and stretches that will help improve balance, build core strength, increase flexibility, promote mobility, reduce stress, and much more. The class changes each session; some focus on breath work, while others center around building range of motion. Keep up your weekly chair yoga by watching an archived class at [YouTube.com](https://www.youtube.com). Just search JFSNENY.

Let's Play BINGO! Weds., January 11, February 8 at 10:30 a.m.

Albany JCC (340 Whitehall Rd)

Well, that was fun! Last month's BINGO brought smiles to so many faces that we're doing it again, and again. Join at the JCC for some fellowship, conversation and fun. This time, we're adding prizes! Bring your friends and enjoy an opportunity to socialize while you play. Light refreshments will be served.

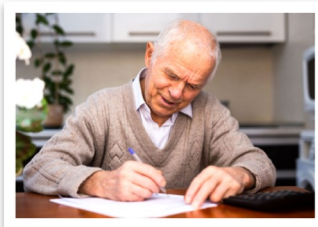


One-on-One Computer (and Tech) Skills - Thursdays, Jan. 12 & 26, Feb. 9 & 23 at 12 p.m.
APL's Bach Branch (455 New Scotland Ave)

It's time to stop battling with your technology! Come and learn from fellow NNORC neighbors and become adept at using your computer and/or navigating your devices. We'll get you surfing the internet, browsing Facebook, emailing your family and yes, even taking and sending photos! Please make an appointment by calling 518-516-1114 or emailing us at 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.

Music Circle – Taking a break over the winter – see you in the spring!

Come Be a Part of the Scribe Tribe! – Wednesday, January 18 at 11 a.m.
B'nai Sholom Reform Congregation (420 Whitehall Rd)



Come socialize with your neighbors at our letter writing event! We will spend an hour enjoying light refreshments, writing cheerful letters to our homebound neighbors, and simply chatting with each other. Stationary, pens and stamps will be provided, but feel free to bring your own if you would like. We hope to see you there! This program will be run by our graduate school interns from the University of Albany School of Social Work, Kyra Nolte and Rachel Hemmerstein.

NNORC Residents Council – Wednesday, Jan 25 & Feb 22 at 10 a.m. (Zoom)

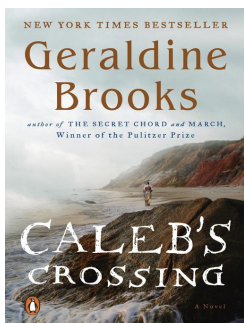
Join the NNORC Resident's Council and have your voice heard on the issues that matter most to you and your community. Help us understand what services and supports are important to you and help brainstorm new programmatic offerings. This is an open meeting for all NNORC residents.

Nutrition & Arthritis: Foods that Provide Pain Relief – Wed., Jan. 25 at 1:30 p.m. (Zoom)

What is the difference between osteoarthritis and rheumatoid arthritis? What is cartilage and why is it so important? Can certain foods help alleviate pain? How do we keep our cartilage healthy? What are free radicals and how do they impact arthritis? Fran Weiss, MS RD CDN, Registered Dietitian at Hannaford will share how nutritional approaches can help alleviate inflammatory pain that is common for people living with arthritis. Although there is no one superfood or supplement that will cure your arthritis, Fran will discuss the foods that have helped many people find relief. Please join us for this informative program. Participants will receive a free gift!



Novel NNORC Book Club – Monday, January 30 at 1 p.m.
Please call for location.



This month, we are reading *Caleb's Crossing* by Geraldine Brooks. Brooks takes a remarkable shard of history and brings it to vivid life. In 1665, a young man from Martha's Vineyard became the first Native American to graduate from Harvard College. The narrator of *Caleb's Crossing* is Bethia Mayfield, growing up in the tiny settlement of Great Harbor amid a small band of pioneers and Puritans. As often as she can, she slips away to explore the island's glistening beaches and observe its native Wampanoag inhabitants. At twelve, she encounters Caleb, the young son of a chieftain, and the two forge a tentative secret friendship that draws each into the alien world of the other.

Cook the Book – Spice Edition – Wednesday, February 8 at 1 p.m.

APL's Bach Branch (455 New Scotland Ave)

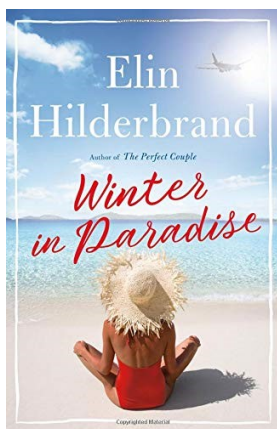
Mustard seeds are an important spice in many regional foods and can come from one of three different plants: black mustard, brown mustard, or white mustard. Grinding and mixing the seeds with water, vinegar or other liquids creates the condiment known as prepared mustard. These seeds are also a rich source of oil and protein.

In this edition of Cook the Book, we will be cooking with mustard seed. What will you choose to make? Please feel free to bring food to share, if you feel comfortable. Let us know if you need a sample of mustard seed and we'll drop some off to you.

Let's Talk Albany – Hometown – Thursday, February 16 at 1 p.m. Zoom

While some of us are life-long "Albanians," some of us grew up elsewhere. Regardless of where that was, what was your hometown's "claim to fame?" Did anyone famous come from your hometown – perhaps a historian, an actor or entertainer, an inventor or a scientist. Maybe your hometown was famous for a particular food or landmark. Let's come together and share stories about what makes your hometown unique!

Novel NNORC Book Club – Monday, February 27 at 1 p.m. Please call for location.



Spend the coldest days of winter on a Caribbean beach with *New York Times* bestselling author Elin Hilderbrand with the first book in The Paradise Trilogy – *Winter in Paradise*.

Winter in Paradise has everything that readers have come to know and love about an Elin Hilderbrand novel, plus a healthy dose of intrigue. Irene Steele's idyllic life (house, husband, family) is shattered when she is woken up by a late-night phone call. Her beloved husband has been found dead, but before Irene can process this tragic news, she must confront the perplexing details of her husband's death. He was found on St. John Island, a tropical paradise far removed from their suburban life. Rich with the lush beauty of the tropics and the drama, romance, and intrigue only Hilderbrand can deliver, *Winter in Paradise* is a truly transporting novel, and the exciting start to a new series.

NNORC Resident Council Member Spotlight: Maria Hazapis



I am a life-long resident of Albany. My early years were very exciting. My father was a Captain in the Greek and American Merchant Marines, and my mother, brother and I traveled with him whenever we could. We went to Greece, the Netherlands, some place on the west coast of Africa (I don't know where!) and Brazil. We also visited my father when his ship was in Philadelphia, Baltimore, Houston and Baton Rouge. Those were fun trips because we traveled by train and had our own sleeper compartment! We also sailed through two hurricanes! Quite a lot of adventures for a young child. I began my formal education at Albany's Public School #16. From there, I went to and graduated from The Milne School. I earned an Associate degree from Hudson Valley

Community College, Bachelor of Arts from Russell Sage College with a dual major in Biology and English, and a Master of Science in Elementary Education also from Russell Sage. I taught nursery school and kindergarten at the Albany Jewish Community Center. I then worked for the New York State Education Department until my retirement. I have been a member of Saint Sophia Greek Orthodox Church all my life where I attended Sunday School, Greek School, sang in the choir, served on the Parish Council, was a member of several committees as well as the co-chair of the parish's 75th Anniversary in 1997. I began my association with NNORC when I started taking chair yoga. I have attended many programs sponsored by NNORC and joined the Resident Council when I became an "official" NNORC resident after the expansion of the service area. I extend greetings for a safe and healthy 2023!



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.

The **Regular HEAP** benefit can help defray the cost of your home heating bill. Eligibility and benefits are based on income, household composition and the type of heating fuel you use. **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.**

Through the **Clean and Tune** benefit, eligible households can receive energy efficiency services, which includes cleaning of primary heating equipment, but may also include chimney cleaning, minor repairs, carbon monoxide detectors or programmable thermostats installation, 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 **Heating Equipment Repair and Replacement** benefit helps with furnace or boiler repair or replacement, 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.

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.

February is Heart Health Month! Give Your Heart Some Love with Exercise!

One of the best gifts you can give your heart is a regular routine of physical activity. Being active can help you maintain a healthy weight and make it easier to do daily tasks like taking care of your home, shopping, and running errands. In fact, staying physically active can help you maintain a quality of life with far reaching impacts!

Johns Hopkins Medicine reminds us that "Understanding just how physical activity benefits your heart can be strong motivation to get moving more. They describe seven benefits of regular exercise on our heart health:

- ⇒ Lowers blood pressure
- ⇒ Is key to weight control
- ⇒ Helps strengthen muscles
- ⇒ Can help you quit smoking
- ⇒ Can stop or slow the development of diabetes
- ⇒ Lowers stress
- ⇒ Reduces inflammation

We also know there are different kinds of exercise that can be beneficial to your heart. Aerobic exercises, like walking and swimming, can help your heart pump more efficiently and improve circulation. Strength or resistance training can help reduce fat and create leaner muscle mass. Flexibility training provides you with the musculoskeletal agility to perform aerobic and strength exercises more effectively.

The American Heart Association and the Centers for Disease Control (CDC) recommend that adults get at least 150 minutes of moderate exercise a week. Getting to 30 minutes of physical activity five times per week can be your goal, but don't forget that you can start slowly. It's not all or nothing! Breaking up the 30 minutes/day into 10-minute segments is a great place to start. Moderate exercise means that you can talk while you walk! The good news is that walking is one of the best ways to get started and to maintain your heart healthy lifestyle. So, grab a friend and start walking for the love of your heart!

Sources: hopkinsmedicine.org; heart.org and cdc.gov

Use Your Free COVID-19 Rapid Antigen Test Before It Expires!

For the past year, hundreds of rapid antigen COVID-19 test kits, given to us by the City of Albany, have been distributed to NNORC residents. We have about 30 test kits to distribute before the tests expire on Jan. 19, 2023. (Note: the expiration date states July 19, 2022, but the FDA extended the expiration date by six months for most rapid antigen tests (including the brand we have). To request a test kit, please call Anne Hill at 518-516-1112.

Due to a lack of Federal funding, the free at-home testing program was suspended in September, but you can find free or low-cost COVID tests through your local pharmacy. Many health insurance plans will cover the cost of tests. Please be mindful that there are "free test kit" scams targeting Medicare beneficiaries. NNORC program encourages you to purchase COVID tests directly from your pharmacy.

For more information, please visit www.cms.gov, www.cdc.gov or contact NNORC at 518-516-1112.

Tax Prep 2023 Information

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:

AARP

There will be AARP sites at both The Crossings (primarily on Wednesdays) and The Colonie Town Library (on Fridays). The phone number for making appointments is the same for both (the town of Colonie at 518-459-3977). Please call after the second week in January.

VITA (Volunteer Income Tax Assistance)

There will be a VITA site for tax preparation at Catholic Charities (40 North Main Avenue). Please call 211 (starting in mid-January) and ask for the Catholic Charities tax site. Their appointments start on January 29, and they'll be open every Sunday until April 16 (except Easter). Appointments are from 9 a.m. to 1 p.m.

Become a NNORC Supporter!

The New York State Office on Aging (NYSOFA) is the primary source of funding for the Albany NNORC. Their support allows us to continue to provide an array of free health, education, support, and social/recreational programs to help you to age in the comfort of your own home and community. NYSOFA requires that we fundraise to help offset the costs of our programs and services. We encourage you to support the Albany NNORC program. Your generosity (a suggested donation) helps us demonstrate to our funders your commitment to continuing this vital service in your neighborhood.

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

Your Information

Name(s) _____

Address _____

City _____ Zip _____

Phone _____

Cell _____

Email _____

Date of Birth* _____

2023 NNORC Supporter Donation**

\$25 ____ \$50 ____ \$75 ____ \$100 ____ Other ____


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

WEB jfsnyny.org/nnorc  Your Albany NNORC

* Requested by the NYS Office for the Aging

**Supporter contributions are tax deductible

Thank You!



NNORC Events Calendar: January—February 2023

Please call 518-516-1114 or email us at NNORC@jfsneny.org to sign up. For remote programs, we'll give you an 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
Knitting & Crocheting	Wednesday, January 4 & 18 and February 1 & 15 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
All-levels Yoga	Thursdays, January 5 & 19 and February 2 & 16 from 5:30-6:30 p.m. First Congregational Church, 405 Quail St, Albany
Yoga for Posture and Health	Mondays, February 6, 13, 27, March 6, 13, 20 at 2 p.m. Congregation Beth Emeth, 100 Academy Rd
Zoom in for Chair Yoga (Zoom)	Tuesdays, January 10 & 24, February 7 & 21 at 11 a.m. (Zoom)
Let's Play BINGO	Thursday, Wednesday, January 11 and February 8 at 10:30 a.m. Albany JCC, 340 Whitehall Rd
One-on-One Computer (and Tech) Skills	Thursdays, January 12 & 26 and February 9 & 23 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave, Albany
Come Be a Part of Our Scribe Tribe	Wednesday, January 18 at 11 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
NNORC Residents' Council Meeting	Wednesday, January 25 & February 22 at 10 a.m. (Zoom)
Nutrition and Arthritis: Foods that Can Provide Pain Relief	Wednesday, January 25 at 1:30 p.m. (Zoom)
Novel NNORC Book Club	Monday, January 30 at 1 p.m. (<i>Caleb's Crossing</i>) Monday, February 27 at 1 p.m. (<i>Winter in Paradise</i>) Please call for location.
Cook the Book Spice Edition (Mustard Seeds)	Wednesday, February 8 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave, Albany
Oral Health = Physical Health	Friday, February 10 at 11 a.m. Temple Israel, 600 New Scotland Ave
Let's Talk Albany: Hometown	Thursday, February 16 at 1 p.m. (Zoom)

Library links

The NNORC has partnered with APL's Bach Branch to offer home-delivered library books. If you live within the NNORC boundaries, and have difficulty going out, please let us know. We have NNORC residents who have volunteered to pick up books at the library, deliver them to your front door, and then pick them up to return. Please contact NNORC at 518-516-1114 if you are interested.

Temple Israel Volunteer Opportunity: Read to Kiddos!

Temple Israel ECC (Early Childhood Center) is looking for a group of volunteers to come in and read to their nursery school students as little or as much as you'd like. Contact Temple Israel, 518-438-7858 to discuss volunteer opportunities. If reading isn't of interest to you, they can explore other opportunities.



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Albany, NY 12203

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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

Albany NNORC Office Hours

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

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.