

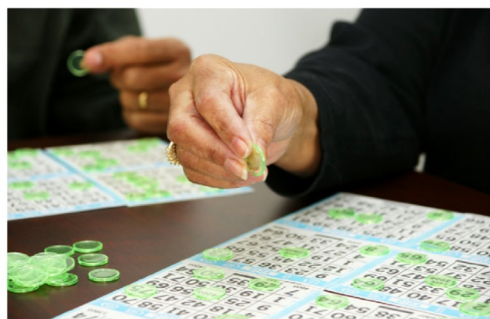
NNORC News

Volume 19, Number 2

March—April 2023

Let's Play BINGO (followed by Lunch)!

Wednesday, March 8 at 10:30 a.m., Albany JCC, 340 Whitehall Rd



BINGO is back! Join your neighbors at the JCC for some fellowship, conversation, fun and prizes! Bring your friends and enjoy an opportunity to socialize while you play. Light refreshments will be served. Then, stay for lunch. The Albany JCC Sixty-Plus Dining Program offers kosher lunches to those 60+ years old, plus spouses of eligible individuals, regardless of their age. This program is supported by the Albany County Department for Aging. Participants are encouraged to contribute to the cost of the service. The suggested amount is \$3. No one will be denied due to an inability to contribute.

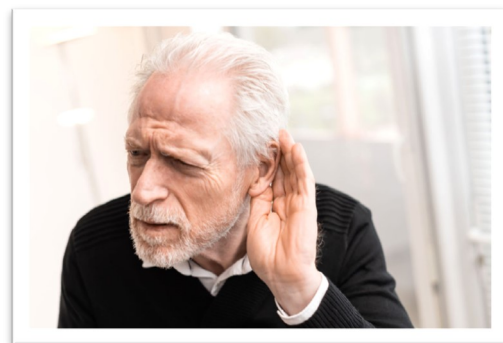
Featured Programs

Living Well with Hearing Loss: A Discussion About Hearing Loss, Hearing Aids and Effective Communication - Thursday, March 23 at 10 a.m.

Temple Israel, 600 New Scotland Ave

Excuse me, what did you say? If you frequently ask this question, then maybe it's time to discuss hearing loss and effective communication. Hearing loss is one of the most common health concerns in the U.S. It can not only affect your ability to communicate effectively, but it can also inhibit your ability for self-advocacy and participation in your daily life. Fortunately, there are treatment options available, such as, hearing aids to promote improved communication and participation within your life.

Please join Lilith Brodsky, AuD, from the Audiology Center at Community Care Physicians for a discussion on the causes and effects of hearing loss, as well as hearing aid options, and effective communication strategies. This program will provide you with information to help you make informed decisions regarding your hearing health.



The Year of Invention – Thursday, March 30 at 10:30 a.m.

Albany JCC, 340 Whitehall Rd

Have you ever wondered the origins of certain objects and when they were invented? Think Benjamin Franklin's lightbulb, Eli Whitney's cotton gin and Alexander Graham Bell's telephone. If you're fascinated by the history of inventions, then this fun program for you. Join our NNORC intern, Claire Wasienko, for this test of your knowledge. You may even win some small prizes!

LOOK INSIDE:

Tax Prep Locations; Crafting with Kids; Vegetarian Cooking; Anamatronic Pets & more!



NNORC Director

Anne Hill

Coordinator of Community Health Programs

Jody Ference, MPH, MS, OTR/L

Director of Programs

Maria Gornstein, LMSW

Director of Marketing

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Residents' Council

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Leslie Dykeman

Julie Elson

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Jeffery Marks

Victor Reiner

Olga Tenney

Maryellen Casey Usis

Program Partners

Lead Agency: Jewish Family Services

B'nai Shalom Reform Congregation

Catholic Charities

Community Caregivers

Congregation Beth Emeth

First Congregational Church

Helderberg Neighborhood Association

Jewish Federation of NENY

Maria College

Mater Christi Parish Center

Roman Catholic Diocese of Albany

St. Peter's Health Partners

St. Sophia Greek Orthodox Church

Life Path

Sidney Albert Albany Jewish

Community Center

Temple Israel

NNORC is a Program of



This project is supported by funding from the New York State Office for the Aging. Its contents are solely the responsibility of the grantee and do not necessarily represent the official view of the New York State Office for the Aging.



@Your Albany NNORC

March/April Programs — In-person & remote!

Ahhh! Spring is in the air and we've got a whole roster of programs to keep you active and informed — and most of them are in-person! *For your safety, please refrain from attending a program if you are feeling ill. To sign up, contact us at nnorc@jfsnyny.org or 518-516-1114 — please include your phone and email.*

Knitting & Crocheting – Wednesdays, March 1 & 15, April 5 & 19 at 1 p.m.

APL's Bach Branch, 455 New Scotland Ave

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, Mar. 2, 16 & 30, Apr. 20 at 5:30 p.m. First Congregational Church, 405 Quail St

Join your neighbors in this traditional yoga class taught by Bailey Walz. We will do 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.**



Yoga for Posture & Health – Mondays, March 6, 13, & 20 at 2 p.m. Congregation Beth Emeth, 100 Academy Rd

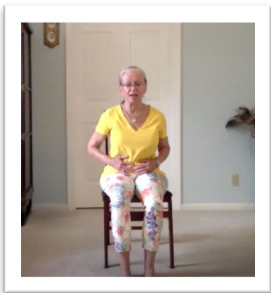
This class began in February and is full. Stay tuned for the next session in the spring.

One-on-One Computer (and Tech) Skills - Thursdays, March 9 & 30, April 27 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave



Are you confounded by your tech gadgets? 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! Appointments are required. Please reserve your spot at 518-516-1114 or nnorc@jfsnyny.org. On the day of the program, please bring your fully charged device (tablet, phone or laptop) along with any questions you may have.

Chair Yoga – Tuesdays, March 14 & 28 (Zoom), April 11 & 25 (In-person) at 11 a.m.



St. Sophia Greek Orthodox Church, 440 Whitehall Rd

Let's get Old Man Winter out of our bones with some stretches. 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.

And now, the April classes will be in-person!! Let's get the band back together to build our range of motion and strengthen our core!

If you still want to do chair yoga from home, tune into YouTube.com and search JFSNENY.

Novel NNORC Book Club – Monday, March 27 at 1 p.m.

St. Sophia Greek Orthodox Church, 440 Whitehall Rd

This month, we are reading *The Last Thing He Told Me* by Laura Dave a #1 *New York Times* bestselling mystery that's captivated more than a million readers about a woman searching for the truth about her husband's disappearance...at any cost. Before Owen Michaels disappears, he manages to smuggle a note to his beloved wife of one year: *Protect her*. Despite her confusion and fear, Hannah Hall knows exactly to whom the note refers: Owen's sixteen-year-old daughter, Bailey. Hannah and Bailey set out to discover the truth, together.



NNORC Resident Council – Wednesday, March 29 (Zoom) & Apr. 26 at 10 a.m. (In-person) **B'nai Sholom Reform Congregation, 420 Whitehall Rd**

Join the NNORC Resident 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.

Cook the Book – Wednesday, March 29 at 1 p.m.

APL's Bach Branch, 455 New Scotland Ave

In celebration of Earth Day on Saturday, April 22, we're cooking up something vegetarian. What will it be? Vegetarian chili? Veggie stir fry? Perhaps something with tofu. Find a vegetarian recipe and see how it turns out! If you need cookbook suggestions, please let us know. Please feel free to make food to share, if you feel comfortable.



Walk at The Crossings – Tuesday, April 4 at 11 a.m.

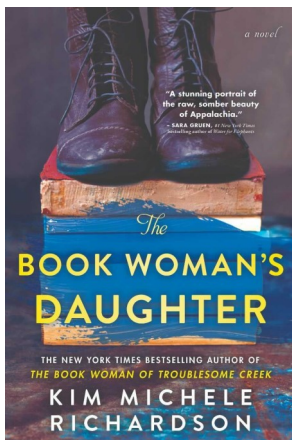
The Crossings, 580 Albany-Shaker Road, Loudonville

Let's get together for our first walk of the season! Dress for the weather and we'll meet at The Crossings of Colonie for a walk around the pond. Park by the playground (second parking lot on the right as you drive in) and we'll meet by the pond. We're looking forward to seeing everyone in person!

Crafting with Kids! – Tuesday, April 18 at 12 p.m.

Temple Israel, 600 New Scotland Ave

Do you enjoy spending time with young children? Do you enjoy doing crafts? If you said yes to both, this might be the perfect program for you! Join JFS intern, Eva Murphy, who will lead an art program at the Temple Israel Early Childhood Center. We're looking for crafty residents to assist. Bring your knack for crafting and help the nursery school children create magnets out of clay!



Novel NNORC Book Club – Monday, April 24 at 1 p.m.

St. Sophia Greek Orthodox Church, 440 Whitehall Rd

This month's selection is *The Book Woman's Daughter* by Kim Michele Richardson.

Bestselling historical fiction author Kim Michele Richardson is back with the perfect book club read following Honey Mary Angeline Lovett, the daughter of the beloved Troublesome book woman, who must fight for her own independence with the help of the women who guide her and the books that set her free.

In the ruggedness of the beautiful Kentucky mountains, Honey Lovett has always known that the old ways can make a hard life harder. As the daughter of the famed blue-skinned, Troublesome Creek packhorse librarian, Honey and her family have been hiding from the law all her life. But when her mother and father are imprisoned, Honey realizes she must fight to stay free, or risk being sent away for good.



Midsummer Night's Dream at Cap Rep– Wednesday, April 26 at 2 p.m.

Cap Rep, 251 North Pearl St

In a world where women are captured and married to the highest bidder, what are four unrequited young lovers to do on a midsummer's night? Runaway of course - into the dream-like arms of an enchanted forest where sprites lurk and fairies rule. Games of fantasy, love and dreams lead to transformation in Shakespeare's most beguiling comedy.

RSVP early. NNORC has a limited number of tickets. The cost of the show is \$30.



Walk with Ease – Thursdays, April 27, May 4, 11, 18, 25 & June 1 at 10:30 a.m.

Albany JCC, 340 Whitehall Rd

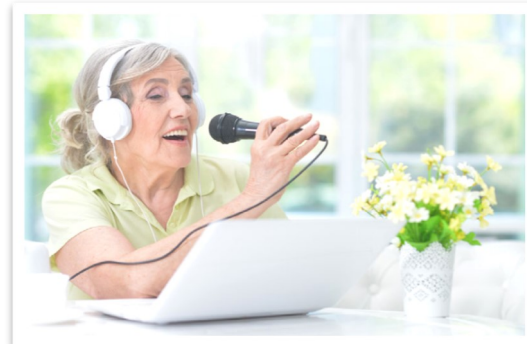
Back by popular demand, NNORC is proud to once again offer Walk With Ease, an evidence-based program developed by the Arthritis Foundation that helps people with arthritis or other related conditions reduce pain, improve balance and strength, increase walking pace, and enhance overall health. Whether 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. This is an evidence-based program and participation in each session is critical to measuring progress. We encourage attendees to participate in every class.

JFS "Pastime Partners" Virtual Interest Groups

JFS Occupational Therapists are hosting small, (2-7 people) self-led virtual interest groups over Zoom/phone for isolated individuals who have challenges with larger groups. Hosts will assist and provide adaptations as needed to ease your participation in the group.

Current ongoing groups that have been initiated by area residents include: a song group, and discussion groups on American Colonial history and European history. Do you have a different topic idea? Participants can create their own NEW interest groups with the assistance of a therapist.

For further information, contact Nanette Brenner, OTR, at JFS518-516-1108.



NNORC NEWS

NNORC Staff Promotions

We are delighted to report that NNORC Director Jennifer Plouffe was promoted to JFS Chief Program Officer. As JFS continues to expand the range and reach of its programs, there was a critical need to have an experienced manager to oversee and guide the programs. Jennifer's longevity with JFS and expertise in program management made her the perfect candidate! Thanks to Jennifer for her leadership in the NNORC for the past couple of years.

NNORC case manager, Anne Hill was promoted to NNORC director! Many of you sought Anne's assistance for referrals and resources. Her knowledge and commitment to the NNORC, the resident's needs and opportunities for growth make Anne the perfect person to lead the charge! Next time you run into her at a program, be sure to give a heartfelt congratulations.

Attention Nurses:

Come Join the NNORC Team!

Jewish Family Services of Northeastern NY (JFS) is looking to recruit a nurse (LPN or RN) for the Albany NNORC program. The Community Health Nurse Educator is a part-time position, 10-12 hours/week, and provides a variety of group and individual health screening and health education activities, consultation services, and nursing care coordination services. This is a wonderful and unique opportunity to work closely with your older adult neighbors in the role of advocate, evaluator, health educator, and health promoter while also offering and providing health monitoring services.

If you or someone you know is interested in this position, please contact Anne Hill, ahill@jfsnyny.org or call 518-516-1114 to learn more.

This is Just Doggone Special!

The New York State Office for the Aging has introduced an animatronic pet program for older adults. The pets are produced by Ageless Innovations and Joy for All and are being distributed to individuals throughout the state. These plush, "lifelike" robotic pets are designed to make realistic sounds and motions, providing comfort and companionship to individuals. Studies have found that social isolation has a direct impact on an individual's health. These "lifelike" pets aim to help individuals overcome loneliness and improve their overall well-being.

NNORC has about 20 pets to distribute. If you are interested in receiving one of the pets—either a small dog, cat or parrot—please contact NNORC at (518) 516-1114 or nnorc@jfsnyny.org.



Place Your Order for Free At-Home COVID-19 Tests

Individuals may order four free at-home rapid antigen tests from USPS.com. To order your supply of four free tests, visit www.special.usps.com/testkits or call 1-800-232-0233. To learn more about insurance reimbursement for at-home tests, visit, www.covid.gov. NNORC recommends you order your free tests prior to the end of the COVID public health emergency, which is expected to expire on May 11, 2023.

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 (Town of Colonie at 518-459-3977).

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.

JCC Passover Seder – Wednesday, 3/22 from 12 - 1:30 p.m.

Come and enjoy a meaningful, engaging and interactive Passover Seder led by Rabbi Ami Monson, JFS Community Chaplain. Lunch includes matzah ball soup and beef brisket. Join us at the Albany JCC, 340 Whitehall Rd, Albany. Be sure to register by March 22 at the JCC or by March 20 online. There is a fee for this lunch. JCC members, non-members and guests: **\$18.00**. Questions? Please contact Lisa at the JCC: lisam@albanyjcc.org or (518)438-6651.

Evening Dance/Exercise Group - Wednesdays, 3/1, 3/8, 3/15, 3/22, 3/29 at 6:30 p.m.

Looking for a fun new dance exercise program? Join us for OPA-cize - Greek Zumba, an exercise class to Greek music held at St. Sophia Greek Orthodox Church, 440 Whitehall Rd. OPA-cize is open to the public and no Greek dancing experience is needed! The class is \$7 per week. There is no need to RSVP. Just come and join the dance party. Proceeds are donated to numerous local charities. We hope to see you at OPA-cize.



The Hearing Loss Association of America (HLAA), Albany Chapter

For more information about hearing loss, or for information about meeting dates, times, and locations, please contact us at hearhlaa@yahoo.com.

APL's Bach Branch – Novels at Noon

Novels After Noon meets on the 3rd Thursday of each month at 2 p.m. On March 16, we are reading *The Four Winds* by Kristin Hannah. For information or to sign up for the program please call 518-427-4300, ext. 3.

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.



In the Hood

NNORC Events Calendar: March - April 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	Wednesdays, March 1 & 15 and April 5 & 19 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
All-levels Yoga	Thursdays, March 2, 16, 30 and April 20 from 5:30-6:30 p.m. First Congregational Church, 405 Quail St
Yoga for Posture and Health **Sorry, this class is full**	Mondays, March 6, 13, 20 at 2 p.m. Congregation Beth Emeth, 100 Academy Rd
Let's Play BINGO—Followed by Lunch!	Wednesday, March 8 at 10:30 a.m. & Lunch at 12 p.m.
One-on-One Computer (and Tech) Skills	Thursdays, March 9 & 30 and April 27 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Zoom in for Chair Yoga (Zoom)	Tuesdays, March 14 & 28 (Zoom), April 11 & 25 (In-person) at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Living Well with Hearing Loss	Thursday, March 23 at 10 a.m. Temple Israel, 600 New Scotland Ave
Novel NNORC Book Club	Monday, March 27 at 1 p.m. (<i>The Last Thing He Told Me</i>) Monday, February 27 at 1 p.m. (<i>The Book Woman's Daughter</i>) St. Sophia Greek Orthodox Church, 440 Whitehall Rd
NNORC Resident Council Meeting	Wednesday, March 29 (Zoom) & April 26 at 10 a.m. (In-person) B'nai Sholom Reform Congregation, 420 Whitehall Rd
Cook the Book (Vegetarian Cooking)	Wednesday, March 29 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
The Year of Invention	Thursday, March 30 at 10:30 a.m. Albany JCC, 340 Whitehall Rd
Spring Walk at The Crossings	Tuesday, April 4 at 11 a.m. The Crossings, 580 Albany-Shaker Rd, Loudonville
Crafting with Kids	Tuesday, April 18 at 12 p.m. Temple Israel, 600 New Scotland Ave
Midsummer Night's Dream at CapRep	Wednesday, April 26 at 2 p.m. Cap Rep, 251 North Pearl St
Walk With Ease	Thursdays, April 27, May 4, 11, 18, 25 & June 1 at 10:30 a.m. Albany JCC, 340 Whitehall Rd

Albany NNORC Office Hours

Monday—Thursday, 9 a.m. to 5 p.m. We will respond to your messages at our first opportunity. Our offices will be closed for Passover April 6, 7, 12, & 13.



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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



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!