

NNORC News

Volume 19, Number 4

July - August 2023

Dinner from Sainato's Deli and Catering – Tuesday, July 18

NNORC is partnering again with the Helderberg Neighborhood Association to have dinner delivered to your home! This time, we are ordering from Sainato's Deli and Catering, a local restaurant that has been a family business for over 40 years.

Please choose an entrée (all are 12-inch subs):

- ◆ Eggplant parm sub
- ◆ Boars Head oven roasted turkey and cheese sub - with lettuce, tomato, onion. Specify: mayonnaise, mustard or dry.
- ◆ Chicken cutlet sub - with cheese, lettuce, tomato, onion and Russian dressing

Each sub sandwich comes with your choice of roasted vegetable soup or a side of macaroni salad AND a small container of fresh fruit.

Your sub(s) will be delivered between 4:30 and 5:30 p.m. Please be home to accept your delivery.

Orders must be called into NNORC at 518-516-1114 or emailed to NNORC@jfsneny.org by July 13. The cost of each meal is \$15. 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.



Ice Cream Social – Wednesday, July 19 at 1:30 p.m.

Congregation Beth Emeth, 100 Academy Rd

Celebrate National Ice Cream Month with NNORC. Take a break from the heat and join us for a make-your-own sundae bar! Bring your sweet tooth and your smile on Wednesday, July 19 at 1:30 p.m. We hope to be gathering outside (please bring a lawn chair if possible). If the weather doesn't cooperate, we will move our ice cream fun inside!



2nd Annual NNORC Picnic – Wednesday, August 30 at 12 p.m.

B'nai Sholom Reform Congregation, 420 Whitehall Rd



Let's end the summer strong! Join us for the 2nd Annual NNORC neighborhood picnic. We'll gather for some food, drinks, fellowship and laughter. We might even play a game or two. Come visit with your friends and neighbors and maybe even make a new friend.

The NNORC team will be available to answer any questions and of course we'll be asking you for program ideas for the fall. We look forward to seeing you there. **Please RSVP by Thursday, August 24.**



To sign up for a program, contact us at nnorc@jfsneny.org or 518-516-1114. Please include your phone and email.





Anne Hill
NNORC Director

Marla Gornstein, LMSW
Director of Programs

Jody Ference, MPH, MS, OTR/L
Coordinator of Community Health Programs

Shirley Banks, MPH/MPA
Care Manager

Susan Riback, RN
Community Nurse Educator

Monica Tan
Director of Marketing

Residents' Council

- Phyllis Cohen
- Eric Copland
- Jim Dennehey
- Leslie Dykeman
- Julie Elson
- Maria Hazapis
- Anne Kutter
- 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



Supported by



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



@Your Albany NNORC

JULY/AUGUST PROGRAMS

PLEASE NOTE: We are proud to offer our programs and services to all older adults who live in your unique neighborhood. **Nearly all NNORC programs and services are free, and participation is voluntary for EVERY resident of all religions and backgrounds over 60 years old who resides in the NNORC.** Unsure if you live in the NNORC? Please call us at 518-516-1114 or send an email to nnorc@jfsneny.org.



Gentle Tai Chi for Health – July 5, 12, 19, 26, August 2, 9 First Congregational Church, 405 Quail St



Join us for a continuation of NNORC's popular introduction to Tai Chi! Described as "meditation in motion," this gentle martial art can yield so many benefits - including improved balance, flexibility, fall prevention, and muscle strength. This evidence-based program is endorsed by the CDC and is accessible to all levels of physical ability. Featuring slow, controlled movements, tai chi is a relaxing and effective antidote to stress and anxiety.

No special clothes or equipment are needed for tai chi. Wear comfortable clothing that allows free movement

(like what you might put on to take a walk) and comfortable, flat shoes (sneakers are fine! Flip flops or high heels are not.)

There is a \$5 fee per class for all participants. New participants are welcome to join!

Chair Yoga – Tuesdays, July 11 & 25, August 8 & 22 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd

With the support of a chair, Yoga Judi you will be guided through poses and stretches that will help improve balance, build core strength, increase flexibility, promote mobility, reduce stress, and much more. The cost for non-NNORC residents is \$5 per class. If you still want to do chair yoga from home, tune into the JFS YouTube channel for past videos. Just search JFSNENY.

Music Circle – Tuesdays, July 11 & 25, August 15 & 29 at 2 p.m. — Buckingham Pond, Berkshire & Colonial

Calling all musicians! Do you play an instrument? Do you sing? Or do you just enjoy listening to music? We're gathering at Buckingham Pond where we'll play tunes and talk about music. Please bring a lawn chair, instrument (or not), and your love of music! We'll meet at the benches near the parking lot. Sorry, sessions are canceled if it rains.



Two Summertime Walks at the Crossings – Wednesdays, July 12 and August 16 at 10 a.m. — 580 Albany-Shaker Road, Loudonville

We'll meet at The Crossings of Colonie and 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.

To sign up for a program, contact us at nnorc@jfsneny.org or 518-516-1114 — please include your phone and email.

**Knitting and Crocheting – Wednesdays, June 12 & August 9
— APL’s Bach Branch, 455 New Scotland Ave.**

Calling all knitters or crocheters (and needlepoint and cross-stitchers)! Are you working on a knitting or crocheting project or wanting to start a new one? Pack it up and bring it to the NNORC Knitting and Crocheting group. We get together, share our projects, get help from one another and chat up a storm! All skill levels are welcome.



All-Levels Yoga – Thursdays, July 13 & 27, August 10 & 24 at 5:30 p.m. — First Congregational Church, 405 Quail St.

Join your neighbors for our traditional mat class. We’ll do a range of 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 class is taught by Bailey Walz and is free of charge for NNORC residents. The cost for non-NNORC residents is \$5 per class.



**One-on-One Computer Skills – Thursdays, July 20 and August 24
at 12 p.m. — APL’s Bach Branch, 455 New Scotland.**

Do you struggle using your tech gadgets? Do you want to become adept at using your computer and/or navigating your devices? Your fellow, tech savvy NNORC neighbors are here to help! They’ll get you surfing the internet, sending text messages, 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@jfsneny.org. On the day of the program, please bring your fully charged device (tablet, phone or laptop) along with any questions.

**NNORC Resident Council – Wednesday, July 26 at 10 a.m. (No meeting in August)
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. Please notify us if you plan to attend.

**Lunch at the Albany JCC – Monday, August 7 at 12 p.m.
Albany JCC, 340 Whitehall Rd.**

Join your NNORC neighbors for a tasty meal while spending some time socializing. 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 contribution is \$3 for a congregate dining. No one will be turned down due to an inability to contribute.

Please call the JCC at (518) 438-6651 to make a reservation.



**Cornell Cooperative Extension Master Gardens Tour -
Thursday, August 17 at 10 a.m. (Rain date is Thursday, August
24 at 10 a.m.) 24 Martin Road, Voorheesville**

Join us as one of Cornell Cooperative Extension Master Gardeners takes us on a private tour through their 20 distinctly designed gardens, including their Shade Garden, Native and Pollinator Garden, a Shrub Garden, a Grass Garden, a Knot Garden, and more. They also have a Vegetable Trail Garden and a Culinary Herb Garden. The Vegetable Garden is used to train annual and perennial vegetable varieties for growth habit, fruit production and disease resistance, while showcasing techniques that can be used by home gardeners.

We will have a tour by one of the Master Gardeners of the gardens at the Cornell Cooperative Extension. Feel free to bring a bag lunch and eat in the gazebo (after the tour, depending on the day). The tour will last between one and one & a half hours.

There is a cost of \$5 per person. Please sign up by August 14.



**Cook the Book – Wednesday, August 23 at 1 p.m. — APL's
Bach Branch, 455 New Scotland**

No one wants to turn on the oven in the heat of the summer! But we all still need to eat and it's always fun to find new recipes that don't require "cooking." Whether it's a salad, side dish or dessert, there are lots of new recipes to try.

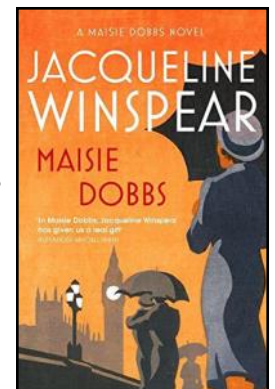
If you feel comfortable, feel free to bring a dish to share. We look forward to hearing (and maybe tasting) whatever you choose to make.

**Novel NNORC Book Club – Monday, August 28 at 1 p.m.
St. Sophia's Greek Orthodox Church, 440 Whitehall Rd**

This month, we are reading *Maisie Dobbs : a novel* by Jacqueline Winspear.

Maisie Dobbs, Psychologist and Investigator, began her working life at the age of thirteen as a servant in a Belgravia mansion, only to be discovered reading in the library by her employer, Lady Rowan Compton. Fearing dismissal, Maisie is shocked when she discovers that her thirst for education is to be supported by Lady Rowan and a family friend, Dr. Maurice Blanche. But The Great War intervenes in Maisie's plans, and soon after commencement of her studies at Girton College, Cambridge, Maisie enlists for nursing service overseas.

Years later, in 1929, having apprenticed to the renowned Maurice Blanche, a man revered for his work with Scotland Yard, Maisie sets up her own business. Her first assignment, a seemingly tedious inquiry involving a case of suspected infidelity, takes her not only on the trail of a killer, but back to the war she had tried so hard to forget.



 **To sign up for a program, contact us at nnorc@jfsneny.org or 518-516-1114 — please include your phone and email. For your safety, please refrain from attending a program if you are feeling ill.**

Save the Dates!

NNORC Breakfast Club is BACK! Thursday, September 21 at 10 a.m. After that, we will meet on the 3rd Thursday of every month at 10 a.m. at the Albany JCC. Different speakers each month. Coffee. Bagels. Enjoy!!

CarFit is scheduled for Thursday, September 28. Come and get your car custom adjusted to you!

NNORC STAFF SPOTLIGHTS

NNORC Welcomes Susan Riback, RN, Community Health Nurse Educator

Susan Joy Riback joined the NNORC team! She has worked as an RN in long-term care, psychiatric nursing, and most recently, ambulatory surgery. She is eager to offer her services, including health screenings, education, and prevention strategies for optimal health.

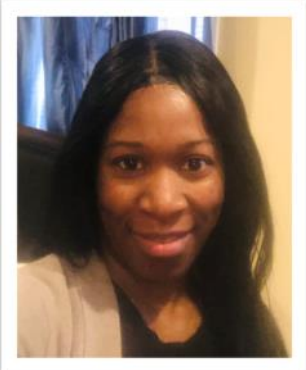
She has already been visiting residents in their homes as well as providing blood pressure readings prior to NNORC programs. Need to organize your medications? Want to discuss health habits? Looking for blood pressure, heartrate and oxygen level readings? No question or concern is too small!

Susan works Tuesdays, Wednesdays and Thursdays from 11:00 am to 3:00 pm.

Please call Susan when she is in and she will be happy to schedule an appointment or answer your questions! 518-516-1120.



NNORC Welcomes Shirley Banks, MPH/MPA, NNORC's New Care Manager!



Shirley has eight years of experience working for non-profit organizations and is extremely passionate about getting support and resources to people in need.

Shirley has worked with a range of people, most recently as a care manager for residents who receive services through New York State Office for People With Developmental Disabilities (OPWDD). Previously, she assisted families with access to food pantries, furniture, clothing items, and supported individuals who were applying for Medicaid, SNAP and HEAP.

Shirley works part-time for the NNORC and would love to meet you! Shirley can be reached at 518-516-1112.

What Can NNORC Care Management Do for You?

Care management is one of NNORC's core services and is available to any resident who could benefit from one-on-one support. A care manager works **with** you, not **for** you, on your goals to remain independent in your home. Care management is mostly conducted over the phone or in a person's home; we can also reserve a private meeting room at Bach Branch library for those who prefer to meet there.

Because every person's needs are different, care management encompasses many different areas. NNORC residents are currently working with our care manager on:

- ◆ Identifying and applying for safety-net benefits, such as Supplemental Nutrition Assistance Program (SNAP), Home Energy Assistance Program (HEAP), Meals on Wheels, Elderly Pharmaceutical Insurance Coverage (EPIC) program, Medicaid or rental subsidies;
- ◆ Help you find transportation, food delivery or housekeeper to keep you independent;
- ◆ Assist with paying bills, reading, understanding and filing mail.
- ◆ Assist you with understanding and getting the most out of your health insurance; and,
- ◆ Help you plan for long term services and supports by assisting you with Power of Attorney, File of Life, Health Care Proxy forms, finding home health aide, or companion care.

If you are interested in learning more or would like to speak privately with Shirley Banks, NNORC care manager, please contact her directly at 518-516-1112.

All of NNORC services are private and confidential.



Farmers Market Coupons for Older Adults

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

Each adult 60+ years in a household may receive a booklet if their household income does not exceed:

- ◆ \$2,248/month (for a one-person household)
- ◆ \$3,041/month (for a two-person household)
- ◆ \$3,833/month (for a three-person household)

Participants will receive a list of authorized markets where they can use the coupons.

NNORC will be given booklets to distribute on a first-come, first-served basis. Please call our office at 518-516-1114 to reserve your booklet today. Each booklet must be signed for and given to each person directly. Booklets will be available around mid-July.

The SFMNP program is made possible through a collaboration of the following agencies: The NYS Dept. of Agriculture and Markets, the NYS Dept. of Health and the NYS Office for the Aging.

Albany JCC

- ◆ Tech Talks – Tuesdays, July 11, 18, 25, August 1, 8 at 11 a.m. Learn about social media sites.
- ◆ Songs of Sisterhood Jazz Concert – Sunday, September 4 at 2 p.m. Celebrate Labor Day with this all-female sextet playing songs composed by women influential in music and social issues in the 20th century.

For more information, please call 518-438-6651 or albanyjcc.org

APL's Bach Branch—Novels at Noon

The July read will be *The Book Woman's Daughter* by Kim Michele Richardson. Thursday, July 20 at 2 p.m.

The August book is a mystery called *The Widows of Malabar Hill* by Sujata Massey. Thursday, August 17 at 2.

First Congregational Church—Save the Date!

Harvest Festival on Saturday, September 30, 2023 from 11 a.m.—2 p.m. The booths will again be handicrafts, baked goods, children's crafts, cheese shop, book sale, a lunch counter and more. The Festival will include a "White Elephant Sale" sale of gently used items such as. Donations must be delivered Tuesday and Thursday afternoons, September 6th-28th. Please call the FCC office at 518-492-4580 regarding the donations.

Get ready for summer! Sunscreen and Heat Tips

Summertime in the northeast can be spectacular in so many ways. As we welcome the sun after the long winter months, it's important to remember to stay safe. Protecting our skin from the rays of the sun and our bodies from potential effects of heat exposure are at the top of the list. The CDC tells us that while most cases of skin cancer are found in persons older than 65 years of age, less than half of older adults protect their skin from the sun when outside for an hour or more on a warm, sunny day. Protect yourself by wearing a broad spectrum sunscreen lotion or spray with SPF of 15 or higher and applying it liberally to all exposed skin, including ears, scalp, lips, neck, tops of feet, and backs of hands. Remember to wear a hat with a wide brim and loose and light-colored clothes.

To protect yourself from the effects of heat exposure, limit your engagement in strenuous activities on very hot days. Drink more water than usual and don't wait until you're thirsty to drink! Older adults are more prone to heat stress for several reasons. Chronic medical conditions can change the body's normal response to heat. Certain prescription medicines may also affect the body's ability to control its temperature or sweat. These factors and others make it more difficult for older adults to adjust to high temperatures. If you don't have air conditioning in your home, stay cool on a hot day by visiting the library or the mall, taking in a movie, or visiting a local senior center. The federal [Low-Income Home Energy Assistance Program](#) (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. Cool down by taking tepid showers or baths, or by using a cool wet washcloth on your wrists, ankles, armpits, and neck. Take it easy, enjoy this wonderful time of year, and look out for each other! *Sources: CDC, Help4Seniors, and Health in Aging.*

NNORC Events Calendar: July - August 2023

Program Registration: 518-516-1114 or nnorc@jfsneny.org. Please include your phone and email.

EVENT	DATE, TIME & PLACE
Gentle Tai Chi for Health	Wednesdays, July 5, 12, 19, 26 & August 2, 9 at 4 p.m. First Congregational Church, 405 Quail St
Chair Yoga	Tuesdays, July 11 & 25, August 8 & 22 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Music Circle	Tuesdays, July 11 & 25, August 15 & 29 at 2 p.m. Buckingham Pond, Berkshire & Colonial
Two Summertime Walks at the Crossings	Wednesdays, July 12 and August 16 at 10 a.m. 580 Albany-Shaker Road, Loudonville
Knitting & Crocheting	Wednesdays, July 12 & August 9 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
All-levels Yoga	Thursdays, July 13 & 27, August 10 & 24 at 5:30 p.m. First Congregational Church, 405 Quail St
Dinner from Sainato's Deli & Catering by The Helderberg Neighborhood Association	Tuesday, July 18, 4:30—5:30 p.m.
Ice Cream Social	Wednesday, July 19 at 1:30 p.m. Congregation Beth Emeth, 100 Academy Rd
One-on-One Computer (and Tech) Skills	Thursdays, July 20 & August 24 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
NNORC Resident Council Meeting	Wednesdays, July 26 at 10 a.m. (No meeting in August) B'nai Sholom Reform Congregation, 420 Whitehall Rd
Lunch at the Albany JCC	Monday, August 7 at 12 p.m. Albany JCC, 340 Whitehall Rd. Call 518-438-6651 to RSVP
Cornell Cooperative Extension Garden Tour	Thursday, August 17 at 10 a.m. (Rain date is Thurs., Aug. 24 at 10 a.m.) 24 Martin Rd, Voorheesville
Cook the Book ("Cook" something cold!)	Wednesday, August 23 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
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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 Tuesday, July 4th in observance of Independence Day.

Need to reach a NNORC team member? Call us directly!

For program registration or general questions, please call 518-516-1114

Anne Hill: Director 518-516-1110

Jody Ference: Community Health Programs 518-516-1117

Susan Riback: Community Health Nurse Educator 518-516-1120

Shirley Banks: Care Manager 518-516-1112

Marla Gornstein: Director of Programs 518-516-1113



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nnorc@jfsneny.org
jfsneny.org

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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!

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Weekly program reminders



Shared online resources and tools



Information about NNORC services



Access to a local, digital community



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