

NNORC News

Neighborhood Naturally Occurring Retirement Community

Supported in part by funding from the New York State Office for the Aging, Jewish Family Services of Northeastern NY and the community.

Volume 19, Number 5

September - October 2023

Breakfast Club is BACK! - Welcoming Mayor Sheehan! Thursday, September 21 at 10 a.m. at Albany JCC, 340 Whitehall Rd.

We are delighted to start back our Breakfast Club series. Each month will feature a speaker, plus bagels and coffee. Historically, these have been a “fan favorite” among NNORC residents. Please be sure to register in advance.

How about an up close and personal discussion with our mayor? Join us as we welcome Mayor Kathy Sheehan. Mayor Sheehan is a dedicated supporter of our Albany NNORC. She recognizes the value for older adults to remain in their own homes as they age. Mayor Sheehan will discuss quality of life concerns, neighborhood safety and recreational opportunities.



All about Financial Scams

Wednesday, September 27 at 1 p.m. at APL’s Bach Branch, 455 New Scotland Ave.



Scammers are constantly finding new ways to steal your money. In the U.S., one in ten adults will fall victim to a scam or fraud each year, accounting for more than \$29 billion in losses. You can protect yourself by knowing what to look out for. NNORC has invited representatives from Pioneer, a local full-service financial institution, to provide information on recognizing common scams, how to protect yourself, and important steps to take if you fall victim to a scam. Come and learn what to watch for and what steps to take to keep yourself, your loved ones, and your money safe.

This program is presented by Barbara Way, Senior Branch Manager / Business Development Officer at Pioneer and Eli Rabinowitz, Vice President / Market Leader at Pioneer.

Breakfast Club: Healthy Homes with Cornell Cooperative Extension Thursday, October 19 at 10 a.m. at Albany JCC, 340 Whitehall Rd.

One aspect of wellness is having and maintaining a healthy home. We’ve invited educators from Cornell Cooperative Extension (CCE) of Albany County to share their knowledge about keeping your home healthy. Items (some of which are free as part of their home assessment) such as environmentally friendly cleaning products, updating smoke detectors and carbon monoxide detectors, testing for radon, assessing for lead assessment, and controlling asthma are all part of their free home safety assessments. Join this important Breakfast Club discussion and schedule your home assessment with CCE.



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



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Susan Riback, RN
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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

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@Your Albany NNORC

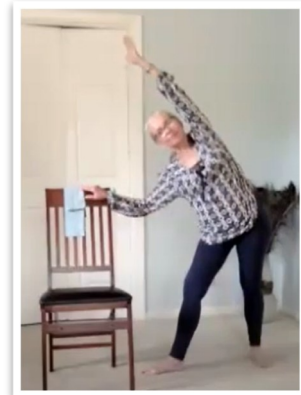
SEPTEMBER/OCTOBER PROGRAMS

PLEASE NOTE: We are happy 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.



Chair Yoga – Tuesdays, September 5 & 19, October 3 & 17 at 11 a.m. at St. Sophia Greek Orthodox Church, 440 Whitehall Rd.

Join Yoga Judi as she guides you through poses and stretches with the support of a chair. This gentle exercise class 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, September 12 & October 10 at 2 p.m. at Buckingham Pond, Berkshire & Colonial

Calling all musicians! We're gathering to play tunes and talk about music. Bring a lawn chair, instrument (or not), and your love of music! Sessions are canceled if it rains.

Bingo is Back! – Wednesday, September 13 & October 11 at 10:30 a.m. Albany JCC, 340 Whitehall Rd.

Join your neighbors for some fellowship, conversation, fun and prizes! Light refreshments will be served. If you can, stay for lunch! The Albany JCC Sixty-Plus Dining 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.



Knitting and Crocheting and More – Wednesdays, September 13 & October 11 & 25 at APL's Bach Branch, 455 New Scotland Ave.

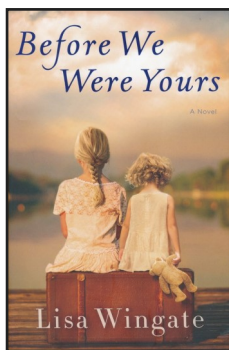
Calling all knitters or crocheters (and needle-pointers and cross-stitchers)! Pack up your latest project and bring it to the NNORC Knitting and Crocheting group. All skill levels are welcome.

One-on-One Computer Skills – Thursdays, September 14 & October 12 at 12 p.m. at APL's Bach Branch, 455 New Scotland Ave.

Do you want to become adept at using your computer and/or navigating your devices? Do you struggle using your tech gadgets? Your fellow, tech savvy NNORC neighbors are here to help! Appointments are required. Please reserve your spot at 518-516-1114 or nnorc@jfsneny.org. Bring your fully charged device (tablet, phone or laptop).

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

Novel NNORC Book Club – Monday, September 18 at 1 p.m. at St. Sophia Greek Orthodox Church, 440 Whitehall Rd.



This month, we are reading *Before We Were Yours* by Lisa Wingate. In this story, twelve-year-old Rill Foss and her four younger siblings live a magical life aboard their family’s Mississippi River shantyboat. But when their father must rush their mother to the hospital one stormy night, Rill is left in charge — until strangers arrive in force.

Based on one of America’s most notorious real-life scandals — in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country — Lisa Wingate’s riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong.

Autumnal Crafting Project – Wednesday, September 20 at 1 p.m. at APL’s Bach Branch, 455 New Scotland Ave.

We are partnering with the APL’s Bach Branch to bring their popular evening craft hour to an earlier time — just for you! This month, we’re making autumnal votives from Mason jars. All the supplies will be provided. Registration is required, as space is very limited.

Gentle Tai Chi for Health – Wednesdays, September 20, 27 and October 4, 11, 18, 25 at 4 p.m. at First Congregational Church, 405 Quail St.

NNORC’s popular introduction to Tai Chi continues into fall! Described as “meditation in motion,” this gentle martial art can yield a range of benefits including improved balance, flexibility, fall prevention, and muscle strength. What’s more, 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. Simply 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 encouraged! Class continues into November.

All-Levels Yoga – Thursdays, September 21 & 28 and October 5 & 19 at 5:30 p.m. at First Congregational Church, 405 Quail St.

This traditional mat class will walk you through a range of poses, breathwork and a closing relaxation. Please 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.



NNORC Resident Council – Wednesday, September 27 and October 25 at 10 a.m. 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.



CarFit – Thursday, September 28 at 10 a.m. - 1 p.m. at St Sophia Greek Orthodox Church (parking lot), 440 Whitehall Rd.

While older drivers are more likely to wear their seatbelts, and less likely to speed or drink and drive, they are more likely to be seriously injured or killed in an car accident due to the greater fragility of their aging bodies.

CarFit is an educational program/evaluation that offers older adults the opportunity to check how well their vehicles "fit" them. A proper fit in one's car can greatly increase driver's safety and reduce injury.

The evaluation takes only 30 minutes while you are seated in your car. The screening examines: safety belt use, steering wheel tilt, head rest setting, body

positioning to air bag, line of sight over steering wheel, body positioning to gas and brake pedals and mirror adjustment. This program is led by Donna Stressel, Occupational Therapist at Sunnyside Rehabilitation Hospital.

APPOINTMENTS ARE REQUIRED. Please call NNORC 518-516-1114 to RSVP.

Nutrition for Healthy Aging – Thursday, October 5 at 11 a.m. at Temple Israel, 600 New Scotland Ave.

How much of your health and well-being comes from your gut? Do you think food plays a critical role? Join us for a program that will focus on nutrition strategies for improving strength, building immune support, reducing pain, enhancing cognitive functioning and more. Program attendees will come away with simple, actionable steps to improve their quality of life.

Janna Neitzel, MS, RD, CDN, Stram Center for Integrative Medicine, Delmar, has a sweet spot for gastrointestinal or gut health; she believes that everything starts in the gut. Strengthening or repairing this vital and intricate system is key. Janna sees nutrition as critical to every aspect of life and health — from cancer prevention and treatment to feeling your best in your own skin — your “life vessel.” She shares nutrition science in an accessible way so that participants can incorporate small (and not-so-small) changes that can have a powerful impact.



Cook the Book – Wednesday, October 18 at 1 p.m. at APL’s Bach Branch, 455 New Scotland Ave.

The Better Homes and Gardens cookbook, *New Cook Book*, has had 17 editions since 1930. It has been a trusted staple in kitchens years. In fact, many of you probably have it amongst our own cookbooks. Please choose a recipe from this cookbook, or from their website (www.bhg.com). If you feel comfortable, feel free to bring your dish to share. We look forward to hearing (and maybe tasting) whatever you choose to make.



Fall Walk at The Crossings – Tuesday, October 24 at 10 a.m. at 580 Albany-Shaker Rd Loudonville

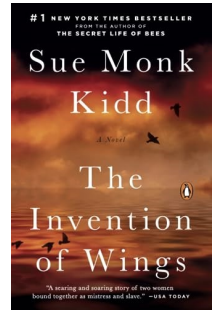
Let’s squeeze in another group walk before the weather turns! We’ll meet at The Crossings of Colonie and walk around the pond. Please park by the playground (second parking lot on the right as you drive in) and we’ll meet by the pond.

Albany Archeology – Thursday, October 26 at 1 p.m. at APL’s Bach Branch, 455 New Scotland

Let's Talk about Albany's history through the lens of an archeologist. Matt Kirk from Hartgen Associates has conducted thousands of archeological and historical resource studies throughout the Northeast. Please join us to learn about what this local firm has “dug up” about our region.

Novel NNORC Book Club – Monday, October 30 at 1 p.m. St. Sophia's Greek Orthodox Church, 440 Whitehall Rd.

This month, we are reading *The Invention of Wings* by Sue Monk Kidd. In this story, Hetty “Handful” Grimke, an urban slave in early nineteenth century Charleston, yearns for life beyond the suffocating walls that enclose her within the wealthy Grimke household. The Grimke’s daughter, Sarah, has known from an early age she is meant to do something large in the world, but she is hemmed in by the limits imposed on women.



What's on Your *To Do* List?

Ask Shirley Banks, your NNORC care manager, about how to tackle your *To Do* List

- ⇒ **Learn more about HEAP** – Assistance with the costs of heating your home during the winter. See below for details.
- ⇒ **Apply for SNAP** – Assistance with payments for food. An application is required to determine eligibility.
- ⇒ **Organizing, cleaning, laundry, and other work around the house** — Schedule an appointment with your NNORC care manager to discuss how to either hire an aide or get support through the county.
- ⇒ **Tackling a pile of mail and bills** — and you would like someone to help you sort or pay bills? Our care manager can assist with reading and sorting mail.



What else is on your *To Do* list? Contact your NNORC Care Manager, Shirley Banks at 518-516-1112 for help.

Get Help with Winter Heating Costs with HEAP (*Home Energy Assistance Program*)

HEAP assists eligible New Yorkers heat or cool their homes. This federally funded program administered by New York State helps income-eligible households meet their home energy needs in the summer and winter seasons.

Regular HEAP — can help defray the cost of your home heating bill. Eligibility and benefits are based on income, household composition and the type of fuel used to heat your home. **To qualify, 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 2023 HEAP benefit is scheduled to open October 1, 2023.

Clean and Tune — 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. The maximum benefit is \$500 and based on actual costs for clean and tune services.

Heating Equipment Repair and Replacement — 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 (\$4,000 for a repair / \$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. This benefit opens October 2023.

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 assistance with completing an application, call Shirley Banks, NNORC Care Manager at 518-516-1112.

The Benefits of Body-Weight Exercise

Did you know that you don't need a gym membership or expensive equipment to get fit, strong and healthy? Your body responds whenever you move it against the resistance of gravity. The exercises themselves can be adjusted to your level of ability and fitness, giving you a combination of strength training and cardio exercise.



In the Know

Body-weight exercise tends to be more functionally focused. This means that it uses more muscles and joints at the same time. They engage your balance and awareness of your body and can help you practice everyday movements like going up stairs, getting up from a chair or reaching into a cabinet.

It is always recommended to do some warm-up movements to prepare your body to exercise. These could include shoulder rolls, marching in place or overhead arm reaches. A basic level strength workout could include squatting (sit to stand repetitions), doing pushups on an angle (resting your palms on a sturdy counter top), opposite arm and leg raises (on your hands and knees) and heel raises (standing on your tip-toes and down). Remember to stretch at the end of your workout.

Think about making a weekly action plan that includes a list of body weight exercises. Using your body weight to create an attainable routine of healthy physical activity is easier than you think.

Always check with your doctor prior to beginning any new exercise program, especially if you have any injuries or chronic health conditions, including diabetes, heart disease and musculoskeletal problems. The US Department of Health and Human Services recommends that adults ages 18-64 get 150 – 300 minutes each week.

For more information, check out Body-Weight Exercise, a publication of Harvard Medical School and Harvard Health Publishing (<https://www.health.harvard.edu/>).

First Congregational Church – Harvest Festival

Join your neighbors on Saturday, September 30 from 11 a.m. to 4 p.m. at 405 Quail Street for a fun-filled festival. There will be a craft and bake sale, lunch counter, white elephant sale and a kids zone. For more information, please call 518-482-4580.



In the Hood

St. Sophia's Greek Orthodox Church – OPA-Cize

OPA-Cize - Greek Zumba at St Sophia is back! The fall session runs 10 weeks, Wednesdays, September 13 through November 15 at 6:30 p.m. OPACize is open to the public. The class is \$7 per week. There's no need to RSVP; just come and join us when you can. Proceeds are donated to numerous local charities.

Albany JCC – Concert

The internationally acclaimed Ezekiel's Wheels Klezmer Band will be performing at the Albany JCC on Friday, September 8 at 11 a.m. This band brings passion, virtuosity and contagious energy to every performance. Their engaging contemporary interpretation of Jewish music is irresistible to all audiences. The concert is free and open to the community. Please call the Albany JCC to reserve your seats at 518-438-6651.

APL's Bach Branch – Novels After Noon (memoirs, historical fiction, mysteries, and more!)

This book club meets on the **third Thursday of each month at 2 p.m. at the Bach Branch**. *To register, call the library at (518) 427-4300 ext. 3, or email bach@albanypubliclibrary.org.*

The September 21 program will feature *The Dinner* by Herman Koch. The October 19 program will feature *Mexican Gothic* by Silvia Moreno-Garcia.

NNORC Events Calendar: September - October 2023

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

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Albany Archeology	Thursday, October 26 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave

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 Monday, September 4 (Labor Day) and Monday, September 25 (Yom Kippur).



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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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Get Connected for Our Latest News & Updates



Weekly program reminders



Shared online resources and tools



Information about NNORC services



Access to a local, digital community



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