

NNORC News

Neighborhood Naturally Occurring Retirement Community

Nov-Dec 2023



Welcome to Your Neighborhood NNORC

The Albany Neighborhood Naturally Occurring Retirement Community (NNORC) is a program for older adults who live within a unique three-square mile neighborhood of Albany (map on page 2). **The goal of the program is to support older adults to age well and in place, in the comfort of their home and neighborhood.** We achieve this goal by providing free care management, health care monitoring, health care assistance, information and referrals and a wide range of health, wellness and social/recreation programs.

You are receiving this newsletter because you live within the boundary of the NNORC and you or someone in your home is over 60 years old. **All people over 60 years old, regardless of ethnicity and religion can participate and take advantage of NNORC programs and services.** And yes, this is the best kept secret in Albany!

FREE PROGRAMS AND SERVICES: NNORC is funded in part by the New York State Office for the Aging (NYSOFA), Jewish Family Services of Northeastern NY, Jewish Federation of Northeastern NY, and generous contributions from people like you. Nearly every program we provide is free!



Care MANAGEMENT

Call Shirley Banks, Care Manger (518-516-1112), to schedule a home visit or ask about:

- ♦ Apply for HEAP, SNAP and other benefits
- ♦ Clarify billing statements, help organize/pay bills
- ♦ Educate on long-term care options, Power of Attorney or Health Care Proxy
- ♦ Secure home care, housekeeper or transportation
- ♦ Help create goals and an action plan for aging in place
- ♦ Non-judgmental support to work **with** you
- ♦ More on page 3

Community HEALTH NURSE

Call Susan Riback, Community Health Nurse Educator (518-516-1120), to schedule a home visit or ask about:

- ♦ Interpret and better adhere to doctors' orders
- ♦ Review medications including side effects and efficacy
- ♦ Organize medications
- ♦ Pre- and post- surgery support and education
- ♦ Blood pressure checks
- ♦ Answer wellness and health concerns
- ♦ Navigate healthcare systems
- ♦ More on page 3

Social & Wellness PROGRAMS

Call Jody Ference, Coordinator of Community Health Programs (518-516-1117), to schedule a home visit or ask about:

- ♦ Health programs such as:
 - ♦ Yoga, tai chi, walking
 - ♦ Fall prevention and mobility
 - ♦ Productive aging
 - ♦ Nutrition for healthy aging
 - ♦ Heart health
 - ♦ Home safety assessments
- Register for a social/education program such as:**
- ♦ Cooking classes
 - ♦ Novel NNORC Book club
 - ♦ Albany history
 - ♦ Computer/device skills
 - ♦ More on pages 4-5



Your ALBANY NNORC

This is it! Your unique neighborhood that's wrapped in three square miles of support. **GET INVOLVED!** Call our nurse or care manager. Attend a program (most of them are right in the neighborhood). Join the NNORC Residents' Council. Meet your neighbors. **Ask us questions: 518-516-1114 or nnorc@jfsneny.org. Visit us: jfsneny.org/nnorc**

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
- Ann Kutter
- Jeffery Marks
- Victor Reiner
- Olga Tenney
- Maryellen Casey Usis

Program Partners

- Lead Agency: Jewish Family Services
- B'nai Sholom Reform Congregation
- Community Caregivers
- Congregation Beth Emeth
- First Congregational Church
- Helderberg Neighborhood Association
- Jewish Federation of NENY
- Maria College
- Mater Christi Parish Center
- St. Peter's Health Partners
- St. Sophia Greek Orthodox Church
- Sidney Albert Albany Jewish Community Center
- Temple Israel

NNORC is a Program of

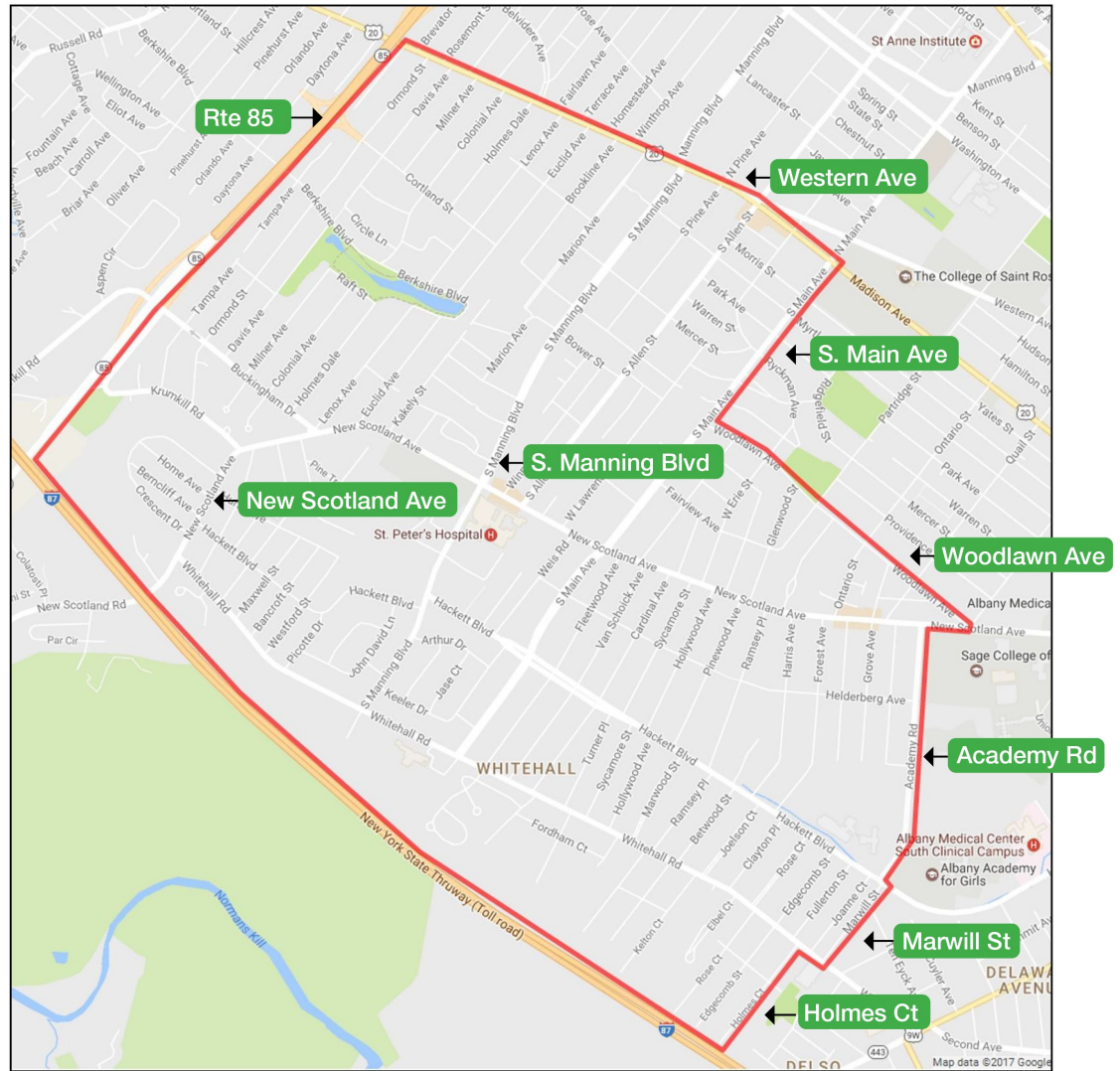


@Your Albany NNORC



This program is supported in part by a grant from the New York State Office for the Aging (NYSOFA). The contents do not necessarily represent the official views of, nor an endorsement

Supported by



About JFS

Jewish Family Services of Northeastern New York has been continuously providing a continuum of support, services and resources for individuals and families of all ages since 1854. Serving people of all backgrounds and religions, we are proud of our legacy of adapting our services to respond to the changing needs of our community. Our services range from counseling to aging in place support and resources to assistance for those facing food or financial insecurity – and so much more. JFS's expert staff is available virtually, by telephone and in person.

JFS has an active corps of volunteers. If you want to stay active and help your neighbors of all ages, contact us: info@jfsneny.org or 518-482-8856.

In 2024, JFS celebrates its 170th anniversary! We hope you will join us in the array of planned celebrations and activities.

THE NNORC NURSE IS IN ... and is eager to meet you!

Come to a blood pressure clinic or contact Susan with health and wellness questions/concerns.

SUSAN RIBACK, RN

NNORC Community Health Nurse Educator

OFFICE HOURS

Tuesdays, Wednesdays, Thursdays

10 a.m. – 3 p.m.

(518) 516-1120

NEIGHBORHOOD BLOOD PRESSURE CLINIC

St. Sophia's Greek Orthodox Church

440 Whitehall Rd Albany

Tuesdays, November 14, 28 and December 12, 29
at 10:45 a.m. Prior to Chair Yoga.

Albany JCC

340 Whitehall Rd Albany

Wednesdays, November 8 and December 20 at
11:45 a.m. After BINGO

Can't make it to a blood pressure screening, but still have a health question?

Susan Riback, RN, is available for private phone conversations or home visits to discuss your health concerns. There is no substitute for one-on-one interaction when it comes to talking about your health and wellness!

This free service is available to NNORC residents.
Just call Susan at 518-516-1120

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.

Regular HEAP can help defray the cost of your home heating bill. With **Clean and Tune**, eligible households can receive cleaning of primary heating equipment, and may receive chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats. **Heating Equipment Repair and Replacement** helps with furnace or boiler repair or replacement.

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

Silver Sneakers Benefit

Your Medicare Advantage plan may include a SilverSneakers® benefit that would give you access to fitness classes and gym membership, like the Albany JCC. SilverSneakers® is offered at no additional cost on eligible Medicare Advantage plans and helps you get active and connect with others. Call your Medicare plan to



see if you qualify for this benefit.

Free Medicare Counseling Sessions

Tuesday, 11/14 from 9 a.m. – 4 p.m. Location TBA at registration.

A representative from Albany County HIICAP / NY StateWide Senior Action Council will conduct free and confidential one-on-one counseling sessions to help you evaluate your Medicare coverage, and to make changes (if needed) in the Medicare Open Enrollment Period — October 15 to December 7. Please call NNORC to reserve your one-hour, in-person appointment. Appointment location and what to bring will be shared once scheduled. For group insurance (NYSHIP/EMPIRE plan, Union coverage, etc.), please contact your Benefits Administrator.

Breakfast Club: Preventing and Managing Diabetes

Thursday, 11/16 at 10 a.m. Albany JCC

During this program, you will learn ways to live with and prevent diabetes:

- Set and track goals; use knowledge, skills, and tools to build confidence and emotional strength.
- Practice how to fit diabetes care into all parts of your daily routine, such as when and what you eat.
- Find ways to get support from your family, friends, community and healthcare team.

Presenters: Jay Patel, PharmD, Crestwood Pharmacy and his team of pharmacists. This NNORC neighborhood pharmacy is certified by the Association of Diabetes Care & Education Specialists (ADCES).



Prevention of Cardiovascular Disease

Tuesday, 11/21 at 11 a.m. Temple Israel

Cardiovascular disease can sound scary, but it doesn't have to be. Dr. Neil Yager, Associate Professor of Medicine at Albany Medical College, will discuss current strategies and guidelines for preventing and managing cardiovascular disease. You will learn about common tests, medications and procedures to prevent and treat cardiovascular disease. Dr. Yager specializes in treating coronary artery disease and valvular heart disease using non-surgical interventional treatments.

Nia Moving to Heal

Tuesday, 12/5 at 11 a.m. St Sophia

Nia Moving to Heal is for those seeking a gentler movement practice to compliment healing of body, mind, emotions and spirit. This simple practice combines martial arts, dance and healing arts. You can participate sitting or standing, shoes or no shoes! **Instructor:** Andrea Hersh

Self-Defense (*JCC Eye on the World*)

Wednesday, 12/6 at 11 a.m. Albany JCC

Jared Murphy from C.O.B.R.A Self-Defense Saratoga will discuss how older adults can avoid being targeted and basic techniques to fend off an attack. NNORC is partnering with Albany JCC and Ophthalmic Plastic Surgery.

Annual NNORC Holiday Party

Monday, 12/11, 1:30 p.m. Congregation Beth Emeth

We are so excited to celebrate the holidays with you! Join your neighbors and NNORC staff for dessert, 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).

Breakfast Club: Calling All Tell-Talers (Storytellers)

Thursday, 12/14 at 10 a.m. Albany JCC

Stories are powerful and the hearing them can elicit joy, laughter, memories and even sadness. Join Marni Gillard who will share her introduction to "tale-telling." We will hear and share tales, poems or moments that have touched our lives, brought us gifts, or took us in new directions.

Featured PROGRAMS

Sign up for a program at nnorc@jfsneny.org or 518-516-1114 — please include your phone and email. Program locations listed on page 7.

Gentle Tai Chi for Health Continues

Wednesdays 11/1, 11/8, 11/15, 11/29

(no class 11/22) at 4 p.m. First Congregational Church

Improve balance, flexibility, fall prevention, and muscle strength with this gentle martial art. Cost: \$5 per class. Wear comfortable clothing.

Instructor/Master Trainer: Kate McKee.

Bingo (+ Optional kosher lunch after)

Wednesday, 11/8 & 12/20 at 10:30 a.m. Albany JCC

Come for fellowship, conversation, fun and prizes! Stay for the Albany JCC Sixty-Plus Dining. The lunch is supported by the Albany Co. Dept. for Aging with a suggested contribution of \$3 per person. No one will be denied due to an inability to contribute.

Knitting, Crocheting & More

Wednesdays, 11/8, 11/29, 12/20 at 1 p.m.

APL's Bach Branch

Calling all knitters or crocheters (and needle-pointers and cross-stitchers)! Bring your projects, old and new.

One-on-One Computer/Device Skills

Thursdays, 11/9, 12/7 at 12 p.m. APL's Bach Branch

Appointments are required. Bring your fully charged device (tablet, phone or laptop).

All-Levels Yoga

Thursdays, 11/9, 11/30, 12/7, 12/21 at 5:30 p.m.

First Congregational Church

Traditional mat class will walk you through a range of poses, breathwork and a closing relaxation. Bring your own mat, yoga ties, props, and a bottle of water. Free for NNORC residents. \$5 per class for non-NNORC residents. **Instructor:** Bailey Walz.

Chair Yoga

Tuesdays, 11/14, 11/28, 12/12, 12/19 at 11 a.m.

St. Sophia

Gentle poses and stretches with the support of a chair will help improve balance, build core strength, increase flexibility and much more. Free for NNORC residents. \$5 per class for non-NNORC residents.

Instructor: Judi England.

Afternoon Painting

Wednesday, 11/15 at 1 p.m. APL's Bach Branch

No painting experience necessary. All supplies will be provided. Registration is required.

Novel NNORC Book Club

Mondays, 11/27 and 12/18 at 1 p.m. St. Sophia

November: *Fifth Avenue Glamour Girl* by Renee Rosen. December: *The Storied Life of AJ Fikrey* by Gabrielle Zavin

NNORC Resident Council

Wednesday, 11/29 at 10 a.m.

B'nai Sholom Reform Congregation

Discuss services and supports that are important to you and help brainstorm new programmatic offerings. This is an open meeting for all NNORC residents. Kristin Smith, from the NYS Office for the Aging, will be joining us. No meeting in December, but we'll resume in January.

Historic Albany Foundation

Presentation

Thursday, 11/30 at 1 p.m. APL's Bach Branch

Albany has two buildings from the city's Dutch origins which date back to the early 1700s. Guest speaker, **Cara Macri from the Historic Albany Foundation will talk about the oldest building in the city, the Van Ostrande-Radliff House.**

Cook the Book – *Smitten Kitchen*

Wednesday, 12/13 at 1 p.m. APL's Bach Branch

Deb Perelman has three cookbooks and a popular food blog. Choose a recipe from her online blog (smittenkitchen.com) or one of her cookbooks. If you're comfortable, bring your dish to share. We look forward to hearing and tasting what you made!

Support the NNORC in 2024

Make an investment in your neighborhood

Since 2005, Albany NNORC has served older adults in your unique neighborhood by providing free care management, healthcare assistance and advocacy, information and referrals and a range of social and educational programs! We are funded by the New York State Office for the Aging, JFS, Jewish Federation and from the generosity from residents.

Please consider a tax-deductible donation to help support these quality programs and services in 2024. Donations of any amount are welcome.

Here are examples of where your donation helps:

- \$250 Breakfast Club
- \$100 Health program
- \$100 Monthly featured speaker
- \$75 Tai chi or yoga class
- \$50 Summer picnic or holiday party food



2024 NNORC Supporter

Name(s)

Address

City

Zip

Phone

Email

Donation Amount* _____ Thank you!

Return form and check, payable to: Jewish Family Services. Please include NNORC in memo line.

184 Washington Ave Extension, Albany NY 12203

* Supporter contributions are tax deductible.

Meet Your Neighborhood Specialist!

Hi NNORC residents! My name is Folake Oyedokun, and I am one of five City of Albany Neighborhood Specialists. I am a liaison between residents, businesses/organizations and the City of Albany, with a primary goal of connecting community members to information, programs and resources available to them. You can call me to discuss or report non-emergency issues, like illegal trash, road repairs, property issues and more.

Contact me at FOyedokun@albanyNY.gov or at 518-419-1402. I'm also available to meet in person; I have office hours at the Bach Library Mondays from 12 to 2 p.m. or



APL's Bach Branch – Novels After Noon

Thursday, 11/16 at 2 p.m. *Midnight Library* by Matthew Haig

Thursday, 12/21 at 2 p.m. *Baggage* by Alan Cumming

Flu and COVID Shots at Crestwood! (26 Picotte Dr.)

NNORC is partnering with Crestwood Pharmacy so you and your family can get a flu and/or COVID vaccine!

For scheduling please visit tinyurl.com/fluandcovid or call (518) 435-2315. Let them know you live in the NNORC. If you cannot get to Crestwood for a vaccine, arrangements can be made for a home visit.

Albany JCC

Joy at the J: Art and Craft Show, Sunday, 11/12 from 1-5 p.m.

Join your neighbors for an art show and shopping for handcrafted gifts. Admission is free. Please consider bringing non-perishable items to benefit the Little Free Food Pantry located off New Scotland Avenue.

Hanukkah Lunch & Concert: Friday, 12/15 at 12 p.m.

Enjoy delicious brisket, homemade latkes and more! Concert immediately following lunch featuring flute and harp duo, Stringwynde. Please call 518-438-6651 to make your reservation.



In the Hood

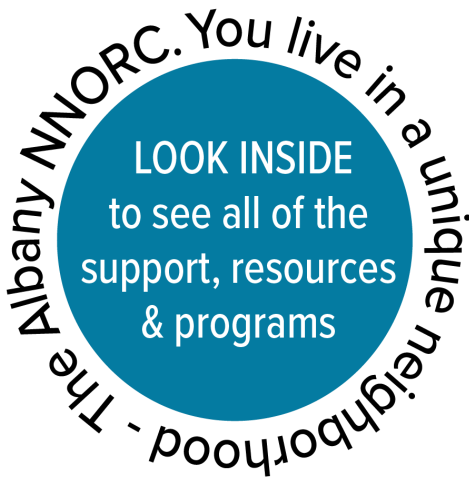
NNORC Events Calendar: November - December 2023

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, November 1, 8, 15 & 29 at 4 p.m. First Congregational Church, 405 Quail St |
| BINGO + Optional Kosher Lunch | Wednesday, November 8 & December 20 at 10:30 a.m. Albany JCC, 340 Whitehall Rd |
| Knitting & Crocheting | Wednesdays, November 8, 29 & December 20 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave |
| One-on-One Computer (and Tech) Skills | Thursdays, November 9 & December 7 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave |
| All-levels Yoga | Thursdays, November 9, 30 & December 7, 21 at 5:30 p.m. First Congregational Church, 405 Quail St |
| Free Medicare Counseling Sessions | Wednesday, November 14 from 9 a.m. - 4 p.m. Location TBA at registration |
| Chair Yoga | Tuesdays, November 14, 28 & December 12, 19 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd |
| Painting Class | Wednesday, November 15 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave |
| Breakfast Club: Preventing & Managing Diabetes | Thursday, November 16 at 10 a.m. Albany JCC, 340 Whitehall Rd |
| Primary Prevention of Cardiovascular Disease | Tuesday, November 21 at 11 a.m. Temple Israel, 600 New Scotland Ave |
| Novel NNORC Book Club November: <i>Fifth Avenue Glamour Girl</i> December: <i>The Storied Life of AJ Fikrey</i> | Mondays, November 27 and December 18 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd |
| NNORC Resident Council Meeting | Wednesday, November 29 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd |
| Historic Albany Foundation Presentation | Thursday, November 30 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave |
| Nia Moving to Heal | Tuesday, December 5 at 11 a.m. St Sophia Greek Orthodox Church, 440 Whitehall Rd |
| Older Adult Self-Defense | Wednesday, December 6 at 11 a.m. Albany JCC, 340 Whitehall Rd |
| NNORC Holiday Party | Monday, December 11 at 1:30 p.m. Congregation Beth Emeth, 100 Academy Rd |
| Cook the Book <i>Smitten Kitchen</i> | Wednesday, December 13 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave |
| Breakfast Club: Calling All Tell-Talers | Thursday, December 14 at 10 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 Thursday, 11/23 (Thanksgiving) and Monday, 12/25 (Christmas).



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!

Follow Us on
facebook 
@Your Albany NNORC

Winter Weather — NNORC Program Cancellation Policy

- Check local TV stations for 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.
- Please, exercise good judgement in bad weather. You know best if you feel safe in