

# NNORC News

Neighborhood Naturally Occurring Retirement Community

Jan-Feb 2024

## Out and About with Susan – the Community Health Nurse Educator

In every aspect of healthcare, nurses work to provide education, promote healthy practices, share their expertise and help patients heal. Susan Riback, RN, does this and so much more. Each week she fields calls from NNORC residents who need help with a variety of healthcare questions and concerns.

"I love my job! It's so rewarding. I love the variety of calls that I receive and humbled that people turn to me with healthcare questions and concerns," said Susan.

### Here are just a few examples that have come up in the past several weeks:

One resident contacted Susan to help her sort her medication into pill organizers. She was taking a medication that was making her foggy and was concerned about making a mistake.



Another resident called to review the paperwork she received following a doctor's appointment. They went over the prescribed medications and the diagnosis, and they flagged a question for the next appointment. Susan always prepares a summary of each visit so she and the resident can learn together about a diagnosis and a treatment plan.

Surgery can be anxiety-provoking. Susan sees people before surgery to help ease fears and to talk about expectations for pre- and post-operative care. Some people are worried about mobility and pain management. Others share that they are just plain nervous! While others express

See "Susan" on page 2


## Support the NNORC in 2024 *Invest in your neighborhood*


For nearly 20 years, the 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 how your generosity 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

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Name(s) \_\_\_\_\_

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Address \_\_\_\_\_

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City \_\_\_\_\_ Zip \_\_\_\_\_

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Phone \_\_\_\_\_

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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.



## Susan (From page 1)

concerns about receiving anesthesia and wonder about proper nutrition to promote healing and recovery.

Sometimes people just need a sounding board. They want to talk about an upcoming doctor's visit. They want to understand the sequencing and constellation of their illness – how it started and how it has evolved. "I feel like a bit of a detective, helping people put together the story of their illness," she said.

"I can't believe the variety of life stages and challenges people are facing, and I am really invested in helping them cope with whatever medical issue they are facing."

*If you have a health-related question for Susan, please call 518-516-1120. See page three for Susan's hours or come and meet her at a local blood pressure screening. This free resource is available to all NNORC residents.*

- Anne Hill**  
NNORC Director
- Marla Gornstein, LMSW**  
Director of Programs
- Shirley Banks, MPH/MPA**  
Care Manager
- Susan Riback, RN**  
Community Nurse Educator

**Monica Tan**  
Director of Marketing

### Residents' Council

- Maryellen Casey Usis
- Eric Copland
- Jim Dennehey
- Leslie Dykeman
- Maria Hazapis
- Ann Kutter
- Jeffery Marks
- Bernie Mulligan
- Victor Reiner
- Olga Tenney

### Program Partners

- Lead Agency:** Jewish Family Services
- Albany Public Library's Bach Branch
- 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

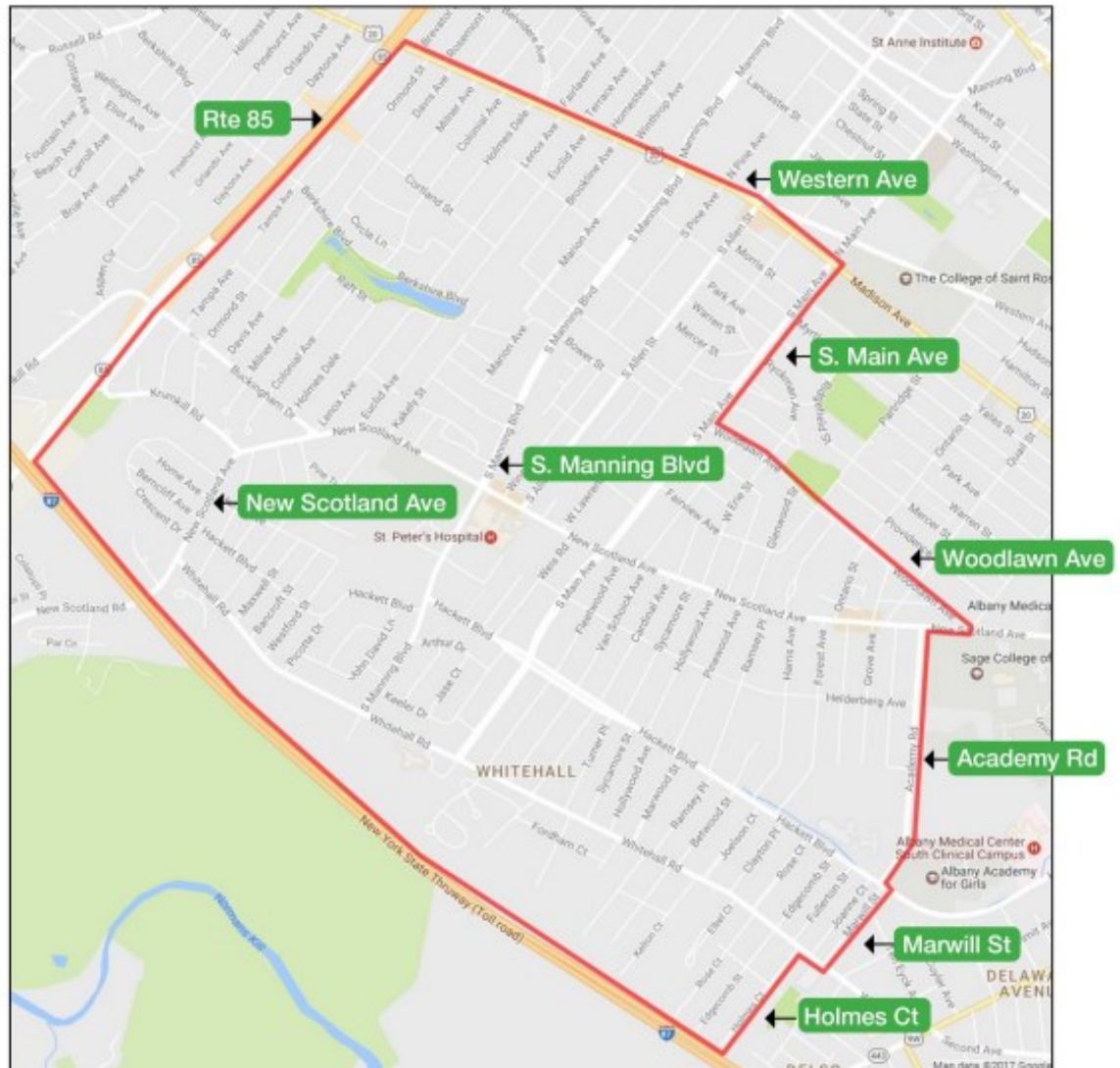


Supported by



## Your ALBANY NNORC

This is your unique neighborhood. It's wrapped in three square miles of support. **GET INVOLVED!** Call our nurse or care manager. Attend a program. Join the Residents' Council. Meet your neighbors. **Ask us questions: 518-516-1114 or [nnorc@jfsny.org](mailto:nnorc@jfsny.org). Visit us: [jfsny.org/nnorc](http://jfsny.org/nnorc)**



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

**SUSAN RIBACK, RN**

*Community Health Nurse Educator  
518-516-1120*

**OFFICE HOURS**

Tuesdays, Wednesdays, Thursdays  
10 a.m. – 3 p.m.

**NEIGHBORHOOD BLOOD PRESSURE CLINICS**

**St. Sophia Greek Orthodox Church**

Tuesdays, 1/2, 1/9, 1/16, 1/23 & 2/6, 2/13, 2/20, 2/27  
at 10:45 a.m. Prior to Chair Yoga and Nia.

**Albany JCC**

340 Whitehall Rd  
Wednesdays, 1/10 & 2/14 at 11:45 a.m.

**APL's Bach Branch**

Thursdays, 1/11, 1/25 & 2/8, 2/29 from 1 - 2 p.m.  
*BP checks and health/wellness questions or concerns*

**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. This free service is available to NNORC residents.

## Get Help with Winter Heating Costs with HEAP

HEAP (Home Energy Assistance Program) 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 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/> or call the Albany DSS office at 518-447-7323.

**Shirley Banks, NNORC Care Manager, can help you complete this application: 518-516-1112.**

Anyone over 60 years old, regardless of ethnicity and religion can participate and take advantage of NNORC programs and services.

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

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

Register for a health, education or social program at 518-516-1114 or [nnorc@jfsneny.org](mailto:nnorc@jfsneny.org):

- ◆ Yoga, tai chi, walking
- ◆ Fall prevention and mobility
- ◆ Productive aging
- ◆ Nutrition for healthy aging
- ◆ Heart health
- ◆ Home safety assessments
- ◆ Cooking classes
- ◆ Novel NNORC Book club
- ◆ Albany history
- ◆ Computer/device skills

## Nia Moving to Heal

Tuesdays, 1/9, 1/23, 2/13, 2/27 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! \$5 per class for non-NNORC residents. **Instructor:** Andrea Hersh

## NNORC Birthday Potluck

Wednesdays, 1/17, 2/22 at 11:30 a.m.

Congregation Beth Emeth

Let's get together and celebrate your birthdays! Each month we're hosting a potluck lunch and birthday cake to celebrate birthdays in that month. Bring your favorite dish to share and your party hat! NNORC will provide the cake. If it's your birthday in January or February let's celebrate you! All are welcome — bringing a dish is optional and it doesn't have to be your birthday to attend.

## Breakfast Club: At the Crossroads of a Crisis: Exploring Self-Care

Thursday, 1/18 at 10 a.m, Albany JCC

Join Community Nurse Educator, Susan Riback, RN, who will discuss what happens to your body in reaction to stressful situations. She will provide new information to add to your toolbox of personal coping strategies.

## Dinner Delivery from Ragonese Italian Imports

Monday, 1/22 between 3 & 4 p.m. Snow Date: 1/24

Helderberg Neighborhood Association, Ragonese Italian Imports and Albany NNORC are partnering again to deliver dinner to you. Choose from chicken parmigiana, eggplant parmigiana or meat lasagna. Meals are \$12.00 and include a side salad and a roll. **Orders must be placed by Thursday, January 18, by calling 518-516-1114 or emailing NNORC@jfsnyny.org.** Please make checks payable to Jewish Family Services (memo: NNORC) and mail to 184 Washington Ave Extension, Albany, NY 12203. Deliveries are limited to the NNORC area, and you must be home during the delivery period. Kosher meals are available upon request.

## Breakfast Club: Advanced Directives

Thursday, 2/15 at 10 a.m, Albany JCC

Please welcome back Kimberly Strauchon Verner, Esq., for a discussion about Advanced Directives. She will review Powers of Attorney, Health Care Proxies, Living Wills, MOLST and Disposition of Remains appointment forms. She will also discuss when to use each legal document and who you should name to serve as agents on each. Kim has over 25 years of legal experience in the areas of elder law, special needs planning, estate and tax planning, and estate administration and looks forward to your questions.

## Taking Diabetes to Heart

Wednesday, 2/21 at 1.p.m, Zoom

Did you know that heart disease and diabetes are strongly connected? Do you know the three-word connection? Hannaford's dietitian, Fran Weiss, MS, RDN, CDN, is happy to join us again during Heart Month for an interactive program on Zoom. She will fill us in on the three-word connection, a trick for label reading, recipe inspiration, shopping tips and more as we explore "Taking Diabetes to Heart" together.

## Mindful Aging Wellness

Tuesday, 2/27 at 10 a.m, St. Sophia

Life can become overwhelming and stressful, often leaving us feeling out of control. In this program you will learn about various coping tools aimed at helping you ground yourself in a calming and centering environment. This educational and relaxing program will have something for everyone! Bring a notebook and a pen, other materials will be provided. This program is facilitated by Asia Winney, the NNORC Social Work clinical intern.

## Ongoing PROGRAMS

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

### Chair Yoga

Tuesdays, 1/2, 1/16 & 2/6, 2/20 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.

### All-Levels Yoga

Thursdays 1/4, 1/25 & 2/8, 2/22 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.

### Bingo

Wednesdays 1/10 & 2/14 at 10:30 a.m.  
Albany JCC

Come for fellowship, conversation, fun, and prizes.

### Knitting & Crocheting

Wednesdays, 1/10, 1/24 & 2/7, 2/28 at 1p.m.  
APL's Bach Branch

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

### 1:1 Computer/Device Skills

Thursdays, 1/11 & 2/8 at 12 p.m.  
APL's Bach Branch

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

### Gentle Tai Chi for Health

Wednesdays, 1/17, 1/24, 1/31 & 2/7, 2/14, 2/21, 2/28 at 4 p.m. First Congregational Church

Improve balance, flexibility, fall prevention, and muscle strength with this gentle martial art. Wear comfortable clothing. \$5 per class for non-NNORC residents. **Instructor/Master Trainer:** Kate McKee

### Novel NNORC Book Club

Mondays, 1/22 & 2/26 at 1 p.m. St. Sophia

January – *The Little Italian Hotel* by Phaedra Patrick  
February – *Lessons in Chemistry* by Bonnie Garmus

### NNORC Residents' Council

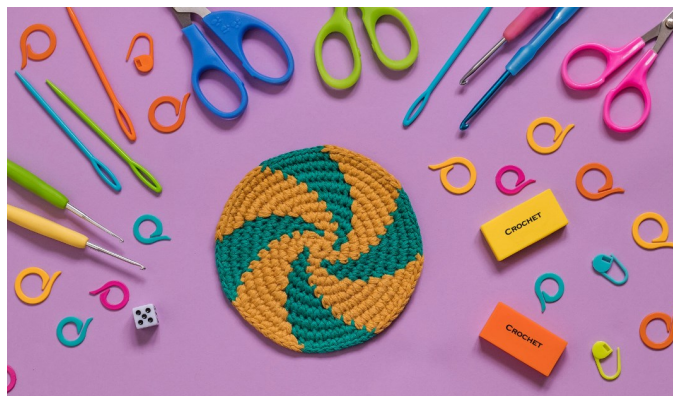
Wednesdays, 1/31 & 2/28 at 10 a.m.  
B'nai Sholom Reform Congregation

Discuss services and supports that are important to you and help brainstorm new programs. This meeting is open to all NNORC residents.

### Homemade Coasters

Wednesday, 1/31 at 1 p.m. APL's Bach Branch

Join us for this winter craft as we DIY coasters. All supplies will be provided. Registration is required, as space is very limited.



### Cook the Book

Wednesday, 2/14 at 1 p.m. APL's Bach Branch

If we're cooking for Valentine's Day, we want it to be something sweet! Choose a new recipe from any cookbook or blog. Please bring a copy of your recipe and some samples to share. We look forward to hearing and tasting whatever you make.

## Siena College BSN Students to Partner with NNORC

The Baldwin Nursing Program at Siena College and the Albany NNORC are excited to introduce a new program that aims to enhance the student's understandings of issues that impact healthcare for older adults.

This February, Siena Registered Nurse students who are pursuing their Bachelor of Science in Nursing (BSN) will pair up with NNORC residents to receive two one-on-one home visits. The RN will review medications, perform a functional assessment, and discuss support systems. After the initial visit, the RN will evaluate the findings and draft a report for residents to share with their family or physician.

Siena is looking for 30-35 NNORC residents to volunteer for this program. This is an opportunity for you to help a nursing student and to get a medical assessment right in your home. If you are interested, please call the NNORC at 518-516-1114 to register.

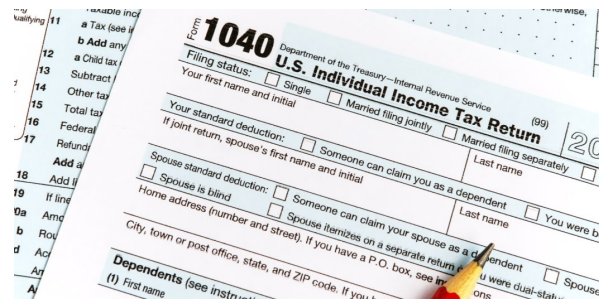
## About JFS

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](mailto: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.**

## 2024 Tax Prep Information

A photograph of a 2024 U.S. Individual Income Tax Return (Form 1040) from the Department of the Treasury—Internal Revenue Service. The form is partially filled out, showing the 'Filing status' section with options for Single, Married filing jointly, Married filing separately, and Spouse. A red pen is pointing to the 'Filing status' section. The form also shows sections for 'Your standard deduction', 'Spouse standard deduction', and 'Home address'. The year '2024' is visible in the top right corner.

NNORC is committed to finding ways to you have options to get your state and federal income taxes filed. Here are some local options:

### VITA (Volunteer Income Tax Assistance)

For the 2024 Tax Season, the appointment-making process has changed. Make your appointment online at: [www.unitedwaygcr.org/cash](http://www.unitedwaygcr.org/cash). There will also be VITA sites at Catholic Charities, Catholic Central School and Hudson Valley Community College. Their appointments start on January 15. If you have any questions, you can email them at [vitagcr@ccrca.org](mailto:vitagcr@ccrca.org).

### Albany JCC

Lifestyle Program to Prevent Diabetes,  
Wednesday, 1/3 from 11 a.m. - 12 p.m.

Join us and discover how a CDC-recognized diabetes prevention lifestyle change program can help you build healthy new habits.

Wellness Showcase, Thursday, 1/4 from 11 a.m. - 2 p.m.

Join us for the opportunity to connect with local services and resources for you to stay active and healthy!

### St. Sophia Opa-cize

Every Wednesday, starting January 10 at 6:30 p.m.

Join us for OPAcize and exercise to Greek music and help us raise money for numerous local charities. In 2023 we raised \$3000! So, you did something good for yourself and for organizations in our community. Class is \$7 per week, no need to RSVP just come and join us when you can. We hope to see you at OPA-cize.

### APL's Bach Branch – Novels After Noon

Thursday, 1/18 at 2 p.m. *The Winner* by David Baldacci

Thursday, 2/15 at 2 p.m. *Lessons in Chemistry* by Bonnie Garmus



## In the Hood

# NNORC Events Calendar: January - February 2024

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

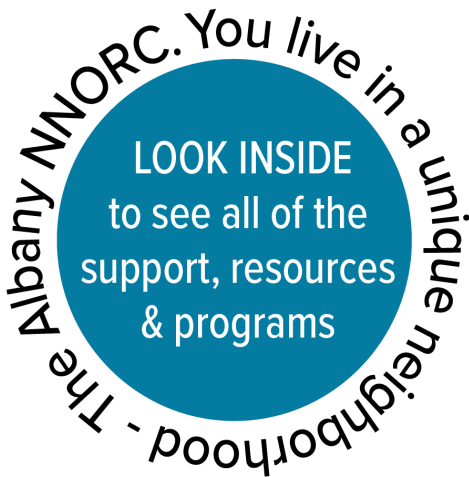
EVENT	DATE, TIME & PLACE
Chair Yoga	Tuesdays, January 2, 16 & February 6, 20 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
All-Levels Yoga	Thursdays, January 4, 25 & February 8, 22 at 5:30 p.m. First Congregational Church, 405 Quail St
Nia Moving to Heal	Tuesdays, January 9, 23 & February 13, 27 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
BINGO!	Wednesdays, January 10 & February 14 at 10:30 a.m. Albany JCC, 340 Whitehall Rd
Knitting & Crocheting	Wednesdays, January 10, 24 & February 7, 28 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
One-on-One Computer/Device Skills	Thursdays, January 11 & February 8 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Gentle Tai Chi for Health	Wednesdays, January 17, 24, 31 & February 7, 14, 21, 28 at 4 p.m. First Congregational Church, 405 Quail St
NNORC Birthday Potluck	Wednesday, January 17 & Thursday, February 22 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
Breakfast Club: All Crossroads of a Crisis: Exploring Self-Care	Thursday, January 18 at 10 a.m. Albany JCC, 340 Whitehall Rd
Novel NNORC Book Club January: <i>The Little Italian Hotel</i> February: <i>Lessons in Chemistry</i>	Mondays, January 22 and February 26 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Dinner Delivery from Ragonese Italian Imports	Monday, January 22 from 3 - 4 p.m. Snow date: Wednesday, January 24.
NNORC Resident Council	Wednesdays, January 31 & February 28 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Homemade Coasters	Wednesday, January 31 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Cook the Book	Wednesday, February 14 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Breakfast Club: Advanced Directives	Thursday, February 15 at 10 a.m. Albany JCC, 340 Whitehall Rd
Taking Diabetes to Heart	Wednesday, February 21 at 1 p.m. Zoom
Mindful Aging Wellness	Tuesday, February 27 at 10 a.m. St. Sophia Greek Orthodox Church, 440 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.

## New in 2024:

Health/Exercise classes are free for NNORC residents!



### 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 getting to get to your destination.