

NNORC News

Neighborhood Naturally Occurring Retirement Community

Mar-Apr 2024

SMILE! It can make you happy and help you live longer.

People smile, even before they're born. Babies smile when they sleep; even blind babies smile in response to a familiar voice. The smile crosses geographical and cultural boundaries. Children tend to smile far more than adults — **about 400 times per day versus 20 times** — one reason they are so nice to be around. Check out the grins from your neighbors here on this page!

In his TED talk "*The Hidden Power of Smiling*" Ron Gutman reviews some fascinating research into this uniquely human facial expression and how it influences our lives, as well as our relationships with others. Here are a few highlights from his light-hearted presentation:

- A 30-year longitudinal study of high school students shows that those with the biggest smiles in yearbook pictures had more marital success, life satisfaction and were more inspiring to others.
- A similar study of sports stars shows that the bigger the smile, the longer the lifespan.
- Smiling reduces blood pressure and stress hormones such as cortisol.
- A broad smile triggers the endorphin reward center in the brain better than chocolate or winning the lottery!
- When encountering a genuine smile, it is difficult for another person to frown.



And here is an interesting aside: people who smile more, and more "genuinely" are viewed by others as nicer, better looking and more competent. So, smile, from the inside out. Make it real and keep it genuine. **There is nothing like smiling your way to a longer life!**



Hop into Spring with a FREE Annual Membership to the Albany JCC!

The NNORC and the Albany JCC are excited to announce a new opportunity exclusively for NNORC residents. Thanks to the generosity of the JCC, we will be offering **15** free, year-long JCC memberships from April 2024 to April 2025. The membership includes complete facility access plus three personal training sessions per member to support your fitness goals and ensure safety using the gym equipment and classes.

Priority will be given to those who do not currently have a JCC membership. We will hold a lottery on April 1 to pick **15** NNORC residents*.

The Albany JCC is located in the heart of the NNORC on Whitehall Rd. There is ample parking and the CDTA Routes 106, 801, 805, and 813 bus stops at the entrance.

To enter the lottery, please call or email NNORC and include your first and last name, phone number, email and whether you currently have a JCC membership.

See "Hop into Spring" on page 2





Hop into Spring (from page 1)

* NNORC residents who are eligible for Silver Sneakers through their insurance plan need not apply. Silver Sneakers offers free membership to the JCC. If you need help applying for this this benefit, call your insurance plan or NNORC at 518-516-1114.

We are pleased to promote this exciting and generous opportunity to further your fitness goals in 2024 through the generous support and partnership of the New York State Office for the Aging and the Sidney Albert Albany Jewish Community Center. JFS/NNORC is not liable for any injuries incurred through this arrangement and NNORC residents will be asked to sign any and all membership limits of liability and agreements.

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. Visit us: jfsny.org/nnorc**

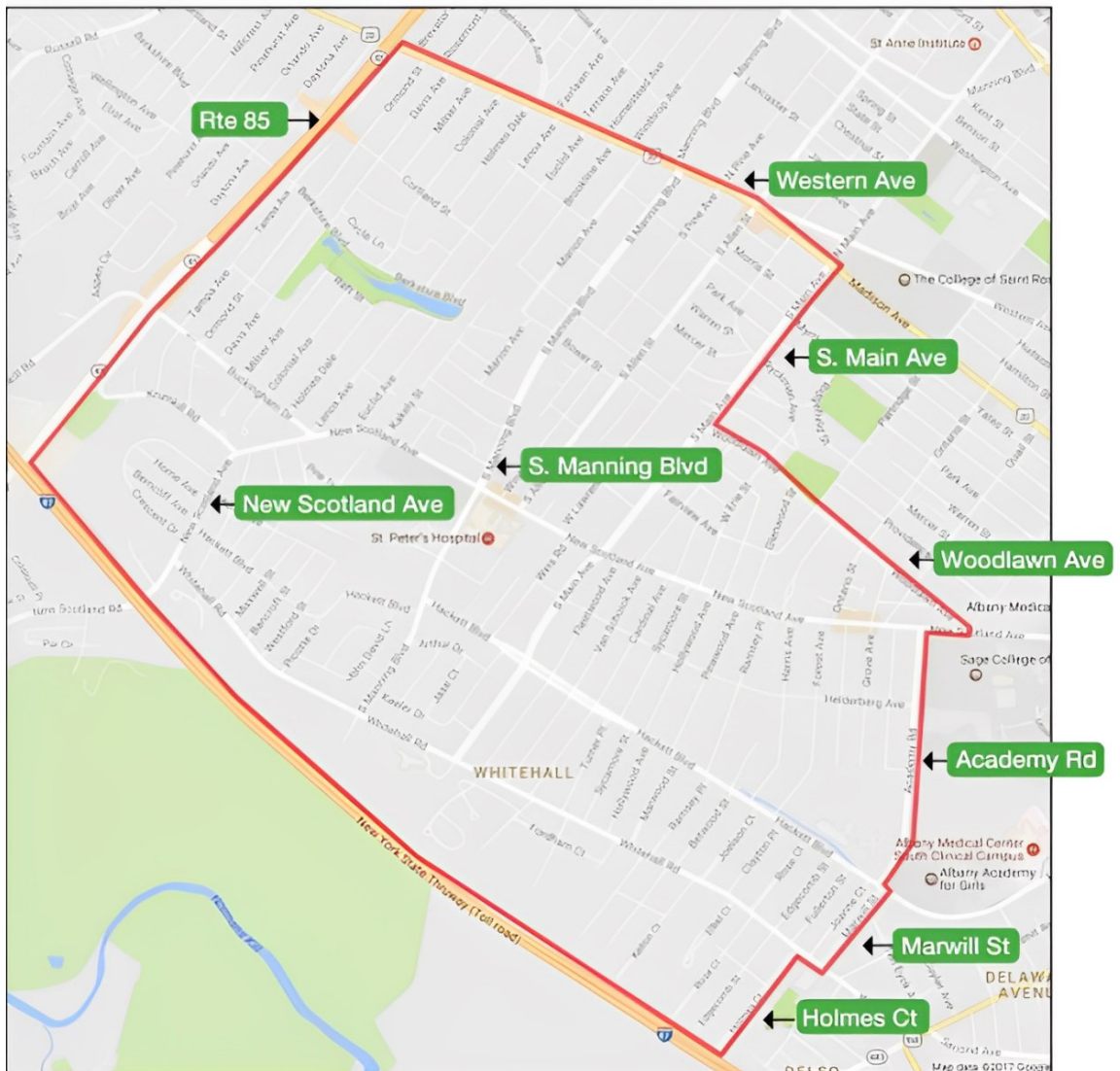
- Anne Hill**
NNORC Director
- Marla Gornstein, LMSW**
Director of Programs
- Susan Riback, RN**
Community Nurse Educator
- Monica Tan**
Director of Marketing
- Residents' Council**
Maryellen Casey Usis
Eric Copland
Jim Dennehey
Leslie Dykeman
Maria Hazapis
Ann Kutter
Jeffery Marks
Bernie Mulligan
Victor Reiner
Olga Tenney

- Program Partners**
- Lead Agency:** Jewish Family Services
 - Albany Public Library's Bach Branch
 - B'nai Shalom 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



Community

HEALTH & NURSING

Care

MANAGEMENT

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, 3/5, 3/12, 3/19, 3/26 & 4/2, 4/16
at 10:45 a.m. Prior to Chair Yoga and Nia.

Albany JCC

340 Whitehall Rd
Wednesdays, 3/13 & 4/10 at 11:45 a.m.

APL's Bach Branch

Thursdays, 3/7, 3/21 & 4/4, 4/18 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 Purchasing Food this Year

Ouch! The cost of groceries have gone sky high. But there is supplemental assistance to help offset this monthly food bill.

What Is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) issues electronic benefits that can be used like cash to purchase food. SNAP helps low-income older adults with their food costs.

A SNAP budget must be calculated for your household in order to determine SNAP eligibility and benefit amount.

Check your eligibility for SNAP and a wide range of other benefits by answering a few simple questions at: <https://mybenefits.ny.gov/> or call NNORC at 518-516-1114 to speak to a staff member.

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

Care

MANAGEMENT

Call 518-516-1114 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

Community

HEALTH & NURSING

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

Social & Wellness

PROGRAMS

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

- ◆ Outdoor 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

Featured PROGRAMS

Aging Mastery Program

Mondays, 3/11, 3/18, 3/25, 4/8, 4/15, 4/22, 5/13, 5/20, 6/3 & 6/10

Albany JCC

The Aging Mastery program, developed by the National Council of Aging, offers a holistic approach to positive aging, covering health, finances, relationships, personal growth, and community involvement. It emphasizes that small lifestyle changes can lead to significant improvement. The Albany JCC and NNORC are collaborating to provide this 10-week program for \$20.

Visit to the Opalka Gallery

Wednesday, 3/13 at 1 p.m.

Russell Sage College

The annual High School Region exhibition is a showcase of the best artwork from the New York Capital Region's high school students from 25 public districts or private schools. Join NNORC as we meet at the Gallery and tour the exhibit. Visitor parking is available in the circle next to the administration building. If none is available, you may park in any legal space on campus or on nearby streets. Please note: if you park on campus and receive a ticket from Sage Public Safety for parking on campus without a permit, please bring it into the gallery and you will not have to pay for it.

Breakfast Club: Healthy Living for Your Brain and Body

Thursday, 3/21 at 10 a.m.

Albany JCC

Discover how lifestyle choices impact brain and body health as you age. Learn about the latest research in diet, exercise, cognitive activity, and social engagement, and get practical tools to incorporate these findings into your daily life. Join us for a presentation by Shannon Lawler, LMSW, Director of Programs and Services at the Alzheimer's Association of Northeastern New York. Stick around afterward to try brain exercises designed to boost focus and memory.

Bach Craft: Rubber Cement Painting

Thursday, 3/28 at 1 p.m.

APL's Bach Branch

We'll make a beautiful watercolor painting using a rubber cement resist technique. All supplies will be provided. Registration is required.

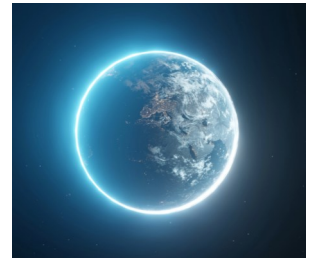
Watch the Eclipse with NNORC

Monday, 4/8 at 2 p.m.

Albany JCC

Meet your neighbors at the JCC pavilion to watch the solar eclipse! **Please**

register by April 1 so that we can purchase enough solar eclipse viewing glasses.



Cooking with Cornell Cooperative Extension

Tuesday, 4/9 at 12:30 p.m.

First Congregational Church

Want to cook more at home and shop less often? Learn to plan ahead and keep an inventory of healthy ingredients in your pantry, fridge and freezer. Create simple, healthy meals while using budget-smart shopping strategies. Please join us for this hands-on cooking class.

Let's Talk Albany: the Underground Railroad

Thursday, 4/11 at 1 p.m.

APL's Bach Branch

The Underground Railroad was a complex network. New York State was home to many abolitionists working to abolish the institution of enslavement in our state and nation. Join Paul and Mary Liz Stewart, independent researchers and co-founders of the Underground Railroad Education Center, as they share a new interpretation of a very old story and its' relevance to us today.

Breakfast Club: Learning Fire Prevention from Albany Firefighters!

Thursday, 4/18 at 10 a.m.

APL's Bach Branch

A representative from the Albany Fire Department will be presenting on cooking safety, portable heater safety, candles, smoking and CO detectors. They will also discuss disaster preparedness.

Ongoing 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.

Chair Yoga

Tuesdays, 3/5, 3/19 & 4/2 at 11 a.m.
St. Sophia Greek Orthodox Church

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.

Knitting & Crocheting

Wednesdays, 3/6, 3/27 & 4/10, 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.

Birthday Potluck

Thursday, 3/7 & Wednesday, 4/17 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 March or April let's celebrate you! All are welcome - bringing a dish is optional and it doesn't have to be your birthday to attend.

All-Levels Yoga

Thursdays, 3/7, 3/14 & 4/4, 4/18 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.

Nia Moving to Heal

Tuesdays, 3/12, 3/26 & 4/16 at 11 a.m.
St. Sophia Greek Orthodox Church

Nia Moving to Heal is for those seeking a gentler movement practice to complement 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

Bingo!

Wednesdays, 3/13 & 4/10 at 10:30 a.m.
Albany JCC

Come for fellowship, conversation, fun, and prizes.

1:1 Computer/Device Skills

Thursdays, 3/14 & 4/18 at 12 p.m.
APL's Bach Branch

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

Cook the Book

Wednesday, 3/20 at 1 p.m.
APL's Bach Branch

Ree Drummond (The Pioneer Woman) has eight cookbooks, a magazine, a cooking show and a website. Choose one of her recipes and test it out at home. Join us to share your cooking story and bring some samples to share, if you like.

Novel NNORC Book Club

Mondays, 3/25 & 4/22 at 1 p.m.
St. Sophia Greek Orthodox Church

March - *The Immortal Life of Henrietta Lacks* by Rebecca Skloot

April - *The Midnight Library* by Matt Haig

Resident Council

Wednesday, 3/27 at 10 a.m.

B'nai Sholom Reform Congregation

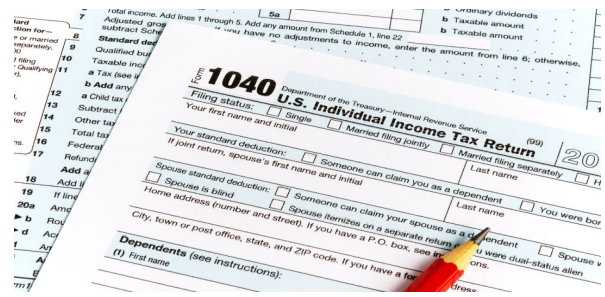
Discuss services and supports that are important to you and help brainstorm new programs. This meeting is open to all NNORC residents. We will not be meeting in April, but will see you in May.

Library Links

Are you an avid reader but can't get out to the library? Albany Public Library's Bach Branch has the perfect solution. Their Library Links program delivers library materials to homebound older adults. Through their corps of like-minded volunteer bibliophiles, they can deliver books, magazines, DVDs, audio books and music to those living in the Albany NNORC. If you are interested, please contact Marla at 518-516-1113.



2024 Tax Prep Information



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

VITA (Volunteer Income Tax Assistance)

Please make your appointment online at: www.unitedwaygcr.org/cash. If you have questions, you can email them at vitagcr@ccrcda.org

AARP Tax-Aide

Appointments are available in March and April on Wednesdays and Fridays at Capital District Center for Independence (1716 Central Ave, Albany). Please call (518)-218-6740 to schedule an appointment.

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, option 0.

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

Jewish Family Services
NORTHEASTERN NEW YORK



SUPPORTING THE COMMUNITY
SINCE 1854

ALBANY JCC

Eye on the World: Thursday, 3/6 at 11 a.m.

Susan Kugler from the Capital Region Jewish Genealogical Society will discuss world history through the eyes of a genealogist.

Healthy Cooking Demo & Tasting: Wednesday, 3/27 at 11 a.m.

Jillian from Capital Region SNAP-Ed will demonstrate a delicious recipe that is quick, easy and affordable. The food will be prepared kosher-style.

APL's Bach Branch – Novels After Noon

Thursday, 3/21 at 2 p.m. *The Shadow of the Wind* by Carlos Zafon

Thursday, 4/18 at 2 p.m. *Rogue Justice* by Stacy Abrams



In the Hood

NNORC Events Calendar: March - April 2024

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

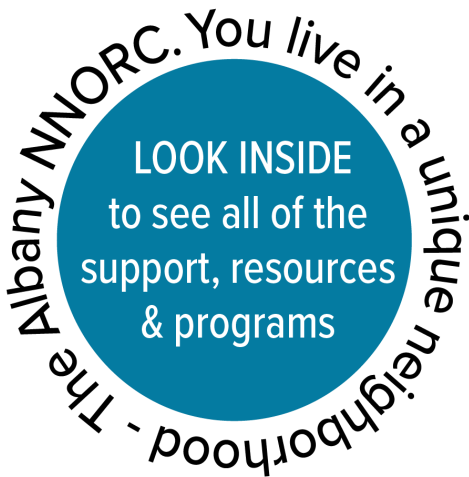
EVENT	DATE, TIME & PLACE
Chair Yoga	Tuesdays, March 5, 19 & April 2 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Knitting & Crocheting	Wednesdays, March 6, 27 & April 10 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
NNORC Birthday Potluck	Thursday, March 7 & Wednesday, April 17 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
All-Levels Yoga	Thursdays, March 7, 14 & April 4, 18 at 5:30 p.m. First Congregational Church, 405 Quail St
Aging Mastery Program	Mondays, March 11, 18, 25 & April 8, 15, 22 at 11 a.m. Albany JCC, 340 Whitehall Rd
Nia Moving to Heal	Tuesdays, March 12, 26 & April 16 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Bingo!	Wednesdays, March 13 & April 10 at 10:30 a.m. Albany JCC, 340 Whitehall Rd
Visit to the Opalka Gallery	Wednesday, March 13 at 1 p.m. Russell Sage College, 140 New Scotland Ave
1:1 Computer/Device Skills	Thursdays, March 14 & April 18 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Cook the Book	Wednesday, March 20 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Breakfast Club: Healthy Living for Your Brain and Body	Thursday, March 21 at 10 a.m. Albany JCC, 340 Whitehall Rd
Novel NNORC Book Club March: <i>The Immortal Life of Henriette Lacks</i> April: <i>The Midnight Library</i>	Mondays, March 25 & April 22 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Resident Council	Wednesday, March 27 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Bach Craft	Thursday, March 28 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Watch the Solar Eclipse with NNORC	Monday, April 8 at 2 p.m. Albany JCC, 340 Whitehall Rd
Cooking with Cornell Cooperative Extension	Tuesday, April 9 at 12:30 p.m. First Congregational Church, 405 Quail St
Let's Talk Albany with the Underground Railroad	Thursday, April 11 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Breakfast Club: Fire Prevention with the Albany Fire Department	Thursday, April 18 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.

NNORC Offices Are Closed:

April 23, 24, 29 & 30 for Passover



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.