

NNORC News

Neighborhood Naturally Occurring Retirement Community

May-June 2024

Explore Nearby Wonders: A Day Trip Adventure Awaits!



NNORC and the Albany JCC are partnering to offer a day trip to Cooperstown! Join us **Tuesday, June 25 from 10 a.m. – 6 p.m.** for lunch at the grand Otesaga Hotel overlooking Otsego Lake! We'll have lunch at noon and then go to the Fennimore Art Museum for a visit.

Participants must be 60+ years or older. Cost: \$65 NNORC residents or JCC members. \$75 for non-NNORC residents and JCC program guests. Priority registration for NNORC residents and JCC members starts May 6. General registration starts on May 20. Sign up early – each organization has a limited number of seats on the bus! The bus will depart from the Albany JCC (340 Whitehall Road) promptly at 10 a.m.

City of Albany Property Assessment

The City of Albany recently completed a project to reassess all 30,000 properties in the City. The purpose of this project is to ensure that property in the City is assessed at its market value and taxes are issued equitably.

If you own property in Albany, you should have received a letter in the mail with the new estimated market value of your home. The average increase in market value of properties across the City is 62.5 percent. If your home value increased by 62.5 percent or more, it is likely that your taxes will increase.

If your property increased by less than 62.5 percent, it is likely that your share of property taxes will decrease. The City determined that half of residents will see a tax increase and half will see a tax decrease across all neighborhoods.



If you feel that the new assessed value of your house is incorrect, there are several methods to file an appeal or grievance form:

- File appeal on City's website: www.albanyny.gov/207/Assessment
- Schedule an in-person appraisal of your home with City official: 518-434-5155
- Schedule an appointment at Bach Branch library (or another designated location) for one-on-one support with City official, dates and times below. Call to schedule: 518-434-5155

The formal assessment grievance period begins on May 1 and ends on May 28. There will be opportunities outside of regular business hours throughout the City to complete and submit grievance forms.

Albany Public Library, Bach Branch, located at 485 New Scotland Ave. Please call the Assessor's office at 518-434-5155 to schedule an appointment on Thursdays, May 2, 9, 16 & 23 between 4 - 7 p.m.

See "City of Albany Property Assessment" on page 2





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



City of Albany Property Assessment *(from page 1)*

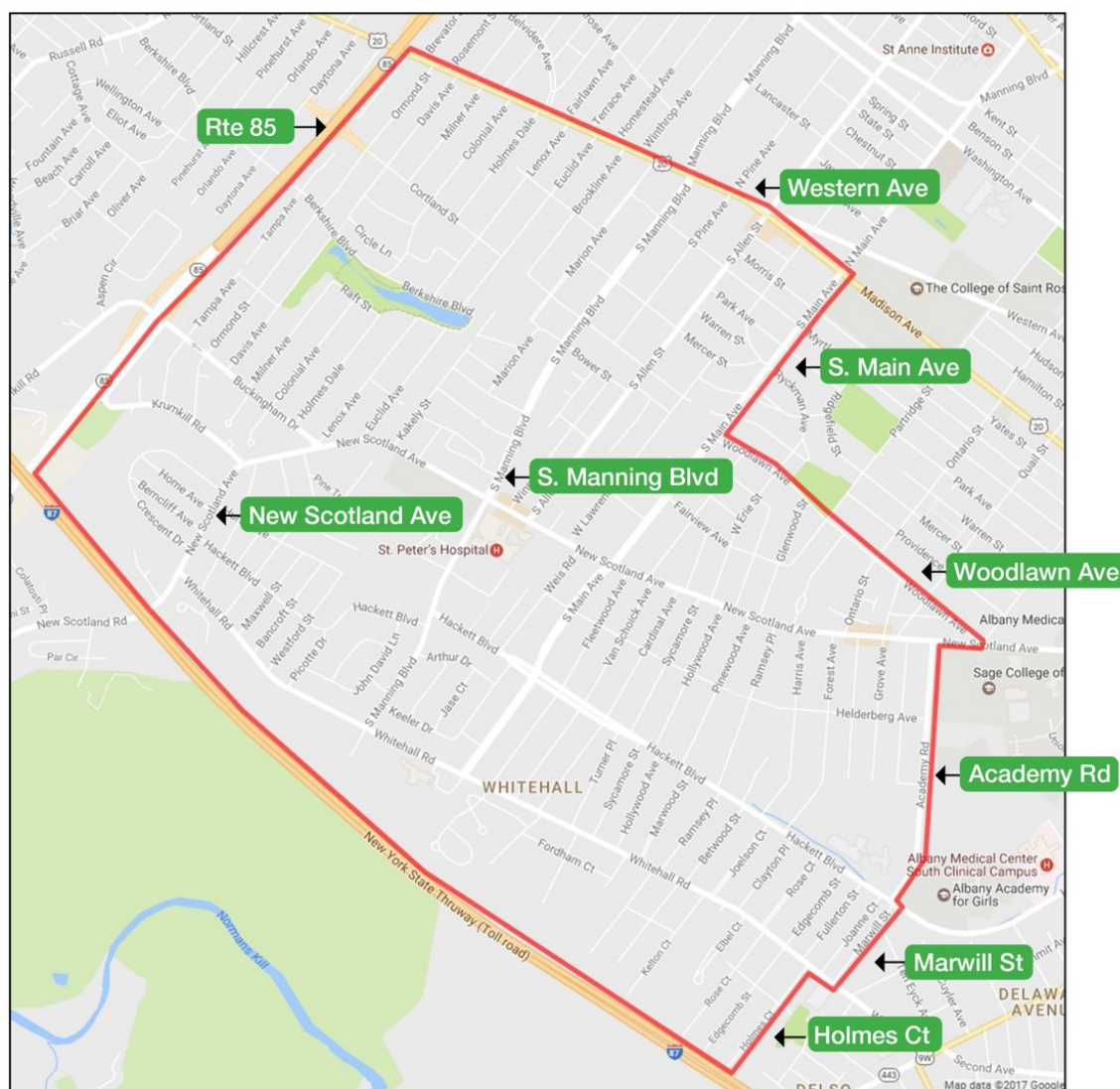
Don't hesitate to call the Assessor's office if you have any questions. You may also call your Common Council representative:

Ward 7: Hon. Sergio Adams — 518-892-2112
Ward 8: Hon. Jack Flynn — 518-209-1975
Ward 9: Hon. Meghan Keegan — 518-225-0134
Ward 14: Hon. Deborah Zamer — 518-428-0487

If you have questions, please contact the City of Albany Department of Assessment at 518-434-5155.



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@jfsnny.org. Visit us: jfsnny.org/nnorc**



Community HEALTH NURSE

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, 5/7, 5/28 & 6/4, 6/11, 6/18, 6/25
at 10:45 a.m. Prior to Chair Yoga and Nia.

Albany JCC

340 Whitehall Rd
Wednesdays, 5/8 & 6/5 at 11:45 a.m.

APL's Bach Branch

Thursdays, 5/2, 5/16 & 6/6, 6/20 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.

Care MANAGEMENT

Get Help with Purchasing Food this Year

Ouch! The cost of groceries has 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 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

Social & Wellness PROGRAMS

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

Let's Talk Albany: The Women of Schuyler Mansion

Thursday, 5/9 at 1 p.m.

APL's Bach Branch

Delve deeper into the Schuyler family beyond Hamilton's spotlight. A Schuyler Mansion historian will discuss Catherine Van Rensselaer and all five Schuyler sisters in "The Women of Schuyler Mansion." Discover groundbreaking research on the lives of enslaved women of African ancestry within the Schuyler household.

Celebrate Older Americans Month with Ruth Pelham

Tuesday, 5/14 at 1 p.m.

B'nai Sholom Reform Congregation

Come join singer and community organizer Ruth Pelham, founder of the Music Mobile, and celebrate Older Americans Month. The 2024 theme is ***Powered by Connection***, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Through song and discussion, we will explore the vital role that connectedness plays in supporting independence and aging in place.

DiscoverLive: Lima, Peru

Wednesday, 5/15 at 2 p.m.

Maria College, McAuley Hall—308 S. Manning Blvd

Join us for an hour-long exploration of Barranco, Lima's vibrant neighborhood nestled along Peru's Pacific coast. Discover the city's rich history, diverse flavors, and captivating aesthetics. Thanks to NNORC's partnership with New York State Office for Aging, you can experience this premier **virtual tour** with DiscoverLive, bringing the world to your doorstep. Space is limited to 12 participants. Feel like eating or cooking something new? Bring a traditional dish from Peru to share. Park in front of the building by the South Manning entrance.

Bach Craft: Coffee Filter Peonies

Thursday, 5/23 at 1 p.m.

APL's Bach Branch

Let's make coffee filter flowers to celebrate spring! All supplies will be provided. Registration is required.

Breakfast Club: How to Pay Less for Services & Supports



Thursday, 5/30 at 10 a.m.

Albany JCC

Feeling overwhelmed by the maze of long-term care options? Our community provides a range of services, empowering you to age at home comfortably. Learn about available services and how to access them with Kym Hance, Director of Client Care Services at Herzog Law Firm. Kym is dedicated to older adult care and advocating for independent living.

Introduction to Therapeutic Touch

Monday, 6/10 at 1 p.m.

Temple Israel, Kahn Meeting Room

Join NNORC and Sue Conlin, a master teacher of Therapeutic Touch, to delve into the history and theory of this healing therapy rooted in the human energy field. Approved by the American Holistic Nursing Association, this session offers foundational knowledge and skills applicable to various healthcare practices. Discover the supportive Therapeutic Touch practice groups in our community and embrace a new approach to healing. Sue Conlin, QTTT, operations manager for the National Association of Therapeutic Touch, will lead this enlightening session.

DiscoverLive: São Paulo, Brazil

Monday 6/17 at 1:30 p.m.

Maria College, McAuley Hall—308 S. Manning Blvd

Embark on an immersive journey through São Paulo, Brazil's vibrant heart. Explore downtown, Liberdade, and Jardins, uncovering the city's rich history. With captivating visuals and insightful commentary, this **virtual tour** transports you to the essence of Brazil. Thanks to NNORC's partnership with New York State Office for Aging, DiscoverLive brings this extraordinary experience to your doorstep. Space is limited to the first 12 registrations and people may bring a dish to share representative of Brazil. Park in front of the building by the South Manning entrance.

Breakfast Club: Medication Management for Older Adults

Thursday, 6/20 at 10 a.m.

Albany JCC

Learn how to manage medications effectively as you age. Discover essential tips for safely managing multiple medications and learn how to enhance therapeutic outcomes through effective communication with your healthcare providers. Get expert tips from Albany College of Pharmacy and Health Sciences Professor Michael Brodeur.

Lower Maintenance Perennial Gardening with the Cornell Cooperative Extension

Wednesday 6/26 at 1 p.m.

First Congregational Church

Discover the perfect balance between a lush garden and low maintenance with Judith Fetterley, Master Gardener. Learn how to design and simplify your garden for easier upkeep, along with plant suggestions requiring less maintenance. Judith brings expertise from her Certificate in Garden Design and experience as the former owner of Perennial Wisdom.

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, 5/7 & 6/4, 6/18 at 11 a.m.

St. Sophia Greek Orthodox Church

Tuesday, 5/21 at 11 a.m. on Zoom

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

Bingo!

Wednesdays, 5/8 & 6/5 at 10:30 a.m.

Albany JCC

Come for fellowship, conversation, fun, and of course, prizes!

Knitting & Crocheting

Wednesdays, 5/8, 5/22 & 6/5, 6/26 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.

All-Levels Yoga

Thursdays, 5/9, 5/30 & 6/6, 6/20 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

Birthday Potluck

Wednesday, 5/22 & Thursday, 6/27 at 11:30 a.m.

Congregation Beth Emeth

Let's get together and celebrate your birthdays! Bring your favorite dish to share and NNORC will provide the cake. If it's your birthday in May or June let's celebrate you! All are welcome. Bringing a dish is optional and it doesn't have to be your birthday to attend.

1:1 Computer/Device Skills

Thursdays, 5/23 & 6/6 at 12 p.m.

APL's Bach Branch

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

Nia Moving to Heal

Tuesdays, 5/28 & 6/11, 6/25 at 11 a.m.

St. Sophia Greek Orthodox Church

Nia Moving to Heal offers a gentle movement practice for holistic healing. Blending martial arts, dance, and healing arts in this simple yet effective practice. You can participate sitting or standing, shoes or no shoes! \$5 per class for non-NNORC residents.

Instructor: Andrea Hersh

Cook the Book

Thursday, 5/30 at 1 p.m.

APL's Bach Branch

Mark Bittman is the author of thirty acclaimed books, including the *How to Cook Everything* series. Choose one of his recipes and test it out at home. Join us to share your cooking story and bring some samples to share, if you like.

Ongoing PROGRAMS

Novel NNORC Book Club

Mondays, 5/20 & 6/24 at 1 p.m.

St. Sophia Greek Orthodox Church

May - *The Murder at the Vicarage* / Agatha Christie

June - *The Personal Librarian* / Marie Benedict and

Victoria Christopher Murray

Resident Council

Wednesday, 5/29 & 6/26 at 10 a.m. B'nai Sholom
Reform Congregation

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

Let's Start Walking!

Wednesday, 5/15 at 10 a.m. at the
Buckingham Pond

As the weather warms up, we look forward to more active outdoor activities. Please plan to wear comfortable shoes and weather-appropriate clothing. We will be meeting by the playground at Berkshire and Colonial Avenues.

Wednesday, 6/19 at 10 a.m. at The Crossings
of Colonie

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.

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 —

St. Sophia Greek Orthodox Church

Greek Festival: Thursday, 3/6 at 11 a.m.

Friday, May 17th, 6 - 10 pm

Saturday, May 18th, 12 pm - 10 pm

Sunday, May 19th, 12 pm - 6 pm

Admission: \$5 per day, Children under 12 are free

Albany JCC—please contact the JCC at (518) 438-6651 for more information

May 1 at 11a.m.: Elder Abuse Awareness

May 15 at 11a.m.: Senior Planet: Staying Safe Online

May 29 at 11a.m.: Healthy Food Demo and Tasting

APL's Bach Branch - Novels After Noon. Sign up at 518-427-4300

May 16th: *The Orchardist* by Amanda Coplin

June 20th: *The Exiles* by Christine Baker Kline

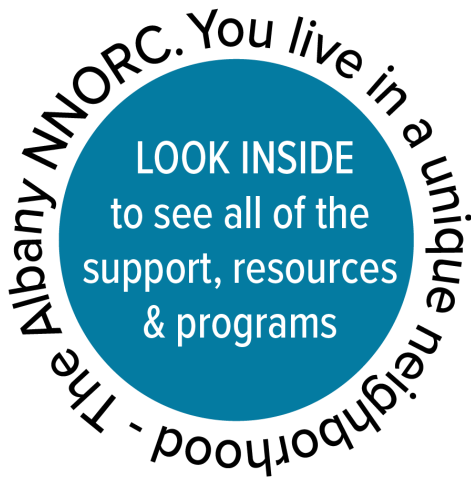


In the Hood

NNORC Events Calendar: May - June 2024

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

EVENT	DATE, TIME & PLACE
Chair Yoga	Tuesdays, May 7, May 21 & June 4, 18 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd (<i>May 21 is on Zoom</i>)
Bingo!	Wednesdays, May 8 & June 5 at 10:30 a.m. Albany JCC, 340 Whitehall Rd
Knitting & Crocheting	Wednesdays, May 8, 22 & June 5, 26 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Let's Talk Albany: Schuyler Mansion	Thursday, May 9 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
All-Levels Yoga	Thursdays, May 9, 30 & June 6, 20 at 5:30 p.m. First Congregational Church, 405 Quail St
Aging Mastery (<i>this program is full</i>)	Mondays, May 13, 20 & June 3, 10 at 11 a.m. Albany JCC, 340 Whitehall Rd
Celebrate Older Americans Month with Ruth Pelham	Tuesday, May 14 at 1 p.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Let's Start Walking	Wednesday, May 15 at 10 a.m. at Buckingham Pond Wednesday, June 19 at 10 a.m. at The Crossings of Colonie
DiscoverLive: Lima, Peru	Wednesday, May 15 at 2 p.m. Maria College McAuley Hall, 308 S. Manning Blvd.
Novel NNORC Book Club May: <i>The Murder of the Vicarage</i> June: <i>The Personal Librarian</i>	Mondays, May 20 & June 24 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
NNORC Birthday Potluck	Wednesday, May 22 & Thursday, June 27 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
1:1 Computer/Device Skills	Thursdays, May 23 & June 6 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Crafting at Bach Library	Thursday, May 23 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Nia Moving to Heal	Tuesdays, May 28 & June 11, 25 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Resident Council	Wednesday, May 29 & June 26 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Breakfast Club: How to Pay Less for Services & Supports	Thursday, May 30 at 10 a.m. Albany JCC, 340 Whitehall Rd
Cook the Book	Thursday, May 30 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
An Introduction to Therapeutic Touch	Monday, June 10 at 1 p.m. Temple Israel, 600 New Scotland Ave
DiscoverLive: Sao Paulo, Brazil	Monday, June 17 at 1:30 p.m. Maria College McAuley Hall, 308 S. Manning Blvd.
Breakfast Club: Medication Management for Older Adults	Thursday, June 20 at 10 a.m. Albany JCC, 340 Whitehall Rd
Day Trip to the Otesaga and Fenimore Museum in Cooperstown	Tuesday, June 25 10 a.m. - 6 p.m. Bus departs Albany JCC, 340 Whitehall Rd
Lower Maintenance Perennial Gardening	Wednesday, June 26 at 1 p.m. First Congregational Church, 405 Quail St



**Follow Us on
facebook** 
@Your Albany NNORC



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!

We're Grateful!

Thank you to the residents who contributed to NNORC in 2024. Two special shout outs to the NNORC resident who donated funds to support special programs and to the resident who donated bagels and drinks for every Breakfast Club this year! If you would like to make a donation, please send a check payable to Jewish Family Services, 184 Washington Ave. Ext., Albany, NY 12203. Be sure to write "NNORC" in the subject line.



Albany NNORC Office Hours

Monday—Thursday, 9 a.m. to 5 p.m.

We will promptly respond to your messages at our first opportunity.

NNORC Offices Are Closed:

May 27th for Memorial Day
June 12th for Shavuot