

NNORC News

Neighborhood Naturally Occurring Retirement Community

July-August 2024

Featured PROGRAMS



Celebrate National Ice Cream Month with NNORC!

Wednesday, 7/24 at 1 p.m.

Congregation Beth Emeth

Did you know July is National Ice Cream Month? Take a break from the heat and join us for a make-your-own sundae bar.

Bring your sweet tooth and your smile! This event will be rain or shine. We hope to be gathering outside (please bring a lawn chair if possible). If the weather doesn't cooperate, we will move our ice cream fun inside!

Let's Talk Albany: Cherry Hill

Thursday, 8/15 at 1 p.m.

APL's Bach Branch

In 1827, a murder occurred at the Cherry Hill farm, home of the well-known Van Rensselaer family. The crime aroused tremendous public interest, and the subsequent trial culminated in the last public hanging in Albany. Although it appeared to be a crime of passion, it uncovered some simmering



issues of the day. Hear the words of those involved in the crime and decide whom you think was guilty or innocent. Join Shawna Reilly, Director of Education at Historic Cherry Hill as she recounts this history!

See more featured programs on page 4

Preparing for Summer: Hydration Tips from Your NNORC Nurse

Our bodies need good hydration, especially in summer! Did you know that as we get older, our thirst center — which is located in the hypothalamus—is not as active as it used to be, so the brain doesn't always get the signal that we need to drink. Older adults need to make an extra effort to ensure that we consume appropriate amounts of fluid, whether they're thirsty or not.

Some of the symptoms of dehydration that you may experience are headaches, confusion, fatigue, muscle weakness, or lightheadedness.

One of the first signs of dehydration is decreased salivation to conserve fluid. Loss of appetite accompanied with a craving for sugar. In extreme cases of dehydration, diarrhea and vomiting can come on suddenly.

See "Preparing for Summer: Hydration Tips" 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



Preparing for Summer: Hydration Tips *(from page 1)*

This is persistent with a loss of electrolytes and minerals, making symptoms worse. So, as you look for your sunhat and suntan lotion, a delightful book to read under a shady umbrella, don't forget your favorite water bottle or a tall glass to fill with your favorite beverage (mine is peach iced tea). Enjoy!!

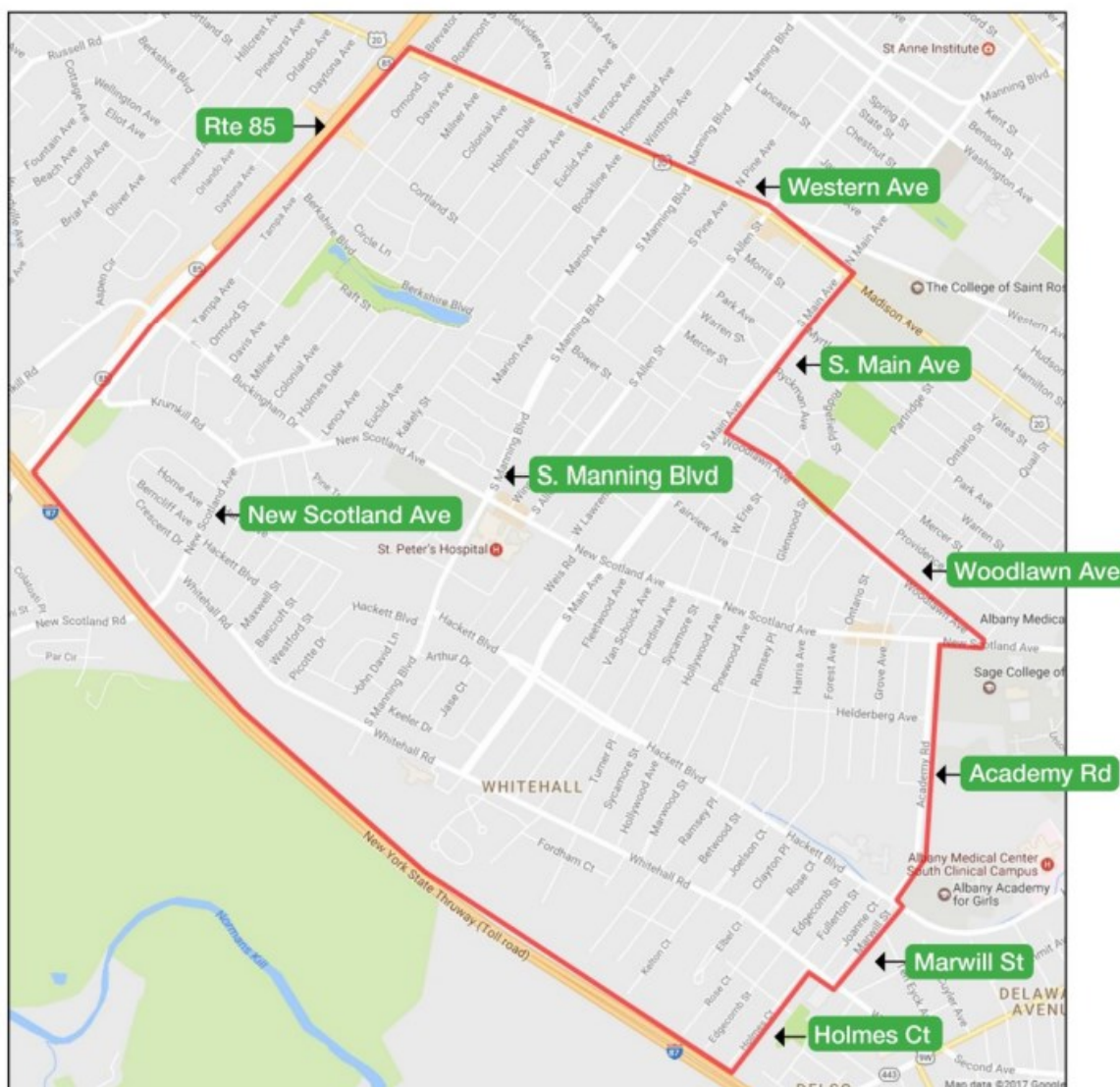
Volunteer With Us!

Join JFS in making a meaningful difference in our community. We are seeking volunteers to drive older adults to appointments and/or deliver meals to homebound older adults. For more information call 518-482-8856, Option 0 or volunteer@jfsnyny.org.



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@jfsnyny.org. Visit us: jfsnyny.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, 7/9, 7/23 & 8/13, 8/27
at 10:45 a.m. Prior to Chair Yoga

APL's Bach Branch

Thursdays, 7/11, 7/25 & 8/8, 8/22 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

Not sure if your Medicare plan is right for you? Call a HIICAP counselor today!

Albany County's HIICAP program offers free one-on-one counseling and a help line for older adults with Medicare (including Part D), NY State EPIC, Long Term Care, and other insurance issues. Trained staff and volunteers can help you:

- Compare insurance plans
- Afford coverage and fill Medicare gaps
- Enroll in the EPIC program
- Understand late enrollment penalties
- Resolve plan issues

If you would like a one-on-one counseling session, contact Albany County New York Connects at 518-447-7177.

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

DiscoverLive:

Barcelona

Wednesday, 7/17 at 2 p.m.
Maria College, McAuley Hall



Barcelona is a city on the northeast coast of Spain. Our one hour long, private, live, interactive, virtual tour will begin just outside the Gothic Quarter. Along the way we will visit the most important square of Catalunya; we will know what Romans, Muslims, writers, politicians and even dragons have to do with the current Catalan culture. This DiscoverLive tour is provided by NY State Office for Aging.

Feel like eating or cooking something new? Bring a traditional dish from Spain to share. Park in front of the building by the South Manning entrance.

DiscoverLive: Lisbon

Monday, 8/12 at 1:30 p.m.
Maria College, McAuley Hall

Lisbon is the second oldest city in Western Europe and, one of the oldest cities in the world. This one hour wandering walk through the historic neighborhoods of central Lisbon beginning at the Chiado, an 1800's elegant neighborhood, and ending at the historic center of Lisbon. This DiscoverLive tour is provided by NY State Office for Aging.

Feel like eating or cooking something new? Bring a traditional dish from Portugal to share. Park in front of the building by the South Manning entrance.

Beautiful: The Carole King Musical

Wednesday, 8/14 at 2 p.m.
Capital Repertory Theatre

Before she was the legendary Carole King, she was Carol Klein, a passionate Brooklyn girl. She broke into the record business as a teenager and by her twenties, had a dream husband and a flourishing career writing rock 'n' roll hits. Only when her personal life began to crack did she find her true voice. This international phenomenon is filled with unforgettable songs and an unforgettable story.

NNORC has a limited number of tickets to this show.

The cost is \$44 per ticket.

Ongoing PROGRAMS

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

Chair Yoga

Tuesdays, 7/9 & 7/23 & 8/13, 8/27 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: Janine Murphy

July Summer Walk

Wednesday, 7/10 at 10 a.m. at the
Albany County Helderberg-Hudson Rail Trail

Please plan to wear comfortable shoes and weather-appropriate clothing.

We will meet up at the Slingerlands entrance where the path is paved and flat. The parking lot is at 839 Kenwood Avenue in Slingerlands. Please contact us if you have questions about this location.

Knitting & Crocheting

Wednesdays, 7/10, 7/24 & 8/7, 8/21 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, 7/11, 7/25 & 8/8, 8/22 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. Cost is \$5 per class for those who are non-NNORC residents.

Instructor: Bailey Walz

Ongoing PROGRAMS

Music Circle

Tuesdays, 7/16, 7/30 & 8/13, 8/27 at 2 p.m.
Buckingham Pond Picnic Tables

Music Circle is back! Do you play an instrument? Do you sing? Or do you just enjoy listening to music? We're gathering at Buckingham Pond where we'll take turns playing tunes and talking about music. Please bring a lawn chair, instrument (or not), and your love of music!

Birthday Potluck

Wednesday, 7/17 & Thursday,
8/29 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 July or August 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

Thursday, 7/18 at 12 p.m.

APL's Bach Branch

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

Novel NNORC Book Club

Mondays, 7/22 & 8/26 at 1 p.m.

St. Sophia Greek Orthodox Church

July - *The Breakaway* / Jennifer Weiner

August - *Boys in the Boat* / Daniel James Brown

Residents' Council

Wednesday, 7/31 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.

August Summer Walk

Wednesday, 8/14 at 10 a.m.

Maria College Pond



Did you know that there is a small pond and walking trail behind Maria College? If you turn in the main entrance on New Scotland Avenue, head to the back of the parking lot and you'll see it. Please park at one of the spots facing the pond.

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.



Farmers Market Coupons for Older Adults

We are pleased to announce that NNORC will be distributing Senior Farmers' Market Nutrition Program (SFMNP) coupons again this summer. The program helps low-income older adults aged 60+ access farm fresh local produce.

Each adult 60+ years in a household may receive a booklet if their household income does not exceed:

- \$2,248/month (for a one-person household)
- \$3,041/month (for a two-person household)
- \$3,833/month (for a three-person household)

Participants will receive a list of authorized markets where they can use the coupons.

NNORC will be given booklets to distribute on a first-come, first-served basis. Please call our office at 518-516-1114 to reserve your booklet today. Each booklet must be signed for and given to each person directly. Booklets will be available around mid-July.

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.

Jewish Family Services
NORTHEASTERN NEW YORK



SUPPORTING THE COMMUNITY
— SINCE 1854 —

JFS has an active corps of volunteers. If you want to stay active and help your neighbors of all ages, contact us: volunteer@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.

St. Sophia Greek Orthodox Church OPA-Cize: Wednesdays at 6:30 p.m.

OPA-Cize is back! The Summer session is every Wed. at 6:30 p.m. and runs through Aug. 7th. OPAcize is like Zumba, but to Greek Music, OPA! Everyone is welcome, no experience or RSVP needed. Cost is \$7 per week and 50% of proceeds are donated to charity. This summer our charity is Things of My Very Own, Inc., a non-profit in Schenectady. They provide a lifeline for children fleeing abuse providing basic necessities to teaching life skills that instill confidence and self-worth. OPA-cize and do something good for YOU and the COMMUNITY.



In the Hood

Albany JCC—Please contact the JCC at 518- 438-6651 for more information

Healthy Cooking Demo & Tasting on Wednesday, July 31 from 11:00 a.m. to 11:45 a.m.

Be a Smart Consumer: Fraud Prevention on Friday, August 9 from 11:00 a.m. to 12:00 p.m.

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

July 18 at 2 p.m. - *The Berry Pickers* by Amanda Peters

August 15 at 3 p.m. - *Demon Copperhead* by Barbara Kingsolver

NNORC Events Calendar: July - August 2024

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

EVENT	DATE, TIME & PLACE
Chair Yoga	Tuesdays, July 9, 23 & August 13, 27 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
July Summer Walk	Wednesday, July 10 at 10 a.m. Albany County Helderberg-Hudson Rail Trail
Knitting & Crocheting	Wednesdays, July 10, 24 & August 7, 21 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
All-Levels Yoga	Thursdays, July 11, 25 & August 8, 22 at 5:30 p.m. First Congregational Church, 405 Quail St
Music Circle	Tuesdays, July 16, 30 & August 13, 27 at 2 p.m. Buckingham Pond Picnic Tables
NNORC Birthday Potluck	Wednesday, July 17 & Thursday, August 29 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
DiscoverLive: Barcelona	Wednesday, July 17 at 2 p.m. Maria College McAuley Hall, 308 S. Manning Blvd
1:1 Computer/Device Skills	Thursday, July 18 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Novel NNORC Book Club July: <i>The Breakaway</i> August: <i>Boys in the Boat</i>	Mondays, July 22 & August 26 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Ice Cream Social	Wednesday, July 24 at 1 p.m. Congregation Beth Emeth, 100 Academy Rd
NNORC Residents' Council	Wednesday, July 31 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
DiscoverLive: Lisbon	Monday, August 12 at 1:30 p.m. Maria College McAuley Hall, 308 S. Manning Blvd
August Summer Walk	Wednesday, August 14 at 10 a.m. Maria College Pond
Beautiful: The Carole King Musical	Wednesday, August 14 at 2 p.m. Capital Repertory Theatre, 251 North Pearl Street, Albany
Let's Talk Albany: Historic Cherry Hill	Thursday, August 15 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave

Coming soon – Online Registration for NNORC Programs!

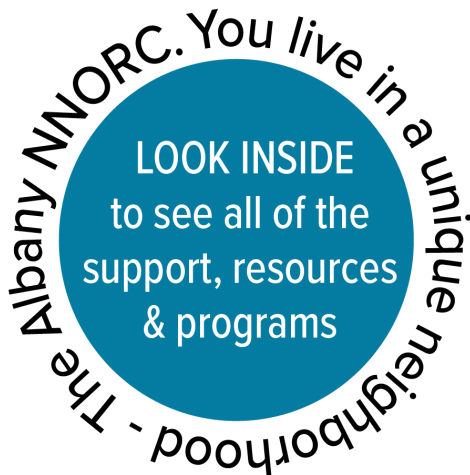
We're excited about our new system and looking forward to sharing it with you. What does this mean for you? You'll be able to "click" on a program listing in our weekly email, or on our online calendar, and be able to register.

Don't worry, we'll help you figure it out! If you don't have a computer, you can still call us to register.

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:
July 4th for Independence Day



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@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!



A Heartfelt THANK YOU to Judi England!

Words can't express our appreciation enough, so we'll simply say, NAMASTE JUDI, from all of us at Albany NNORC and JFS. Your dedication, caring nature, compassionate heart, empathetic ears, clear communication, wonderful sense of humor, extensive knowledge, wealth of experience, and outstanding leadership have been invaluable. We are incredibly fortunate to have known and worked with you. On behalf of the Albany NNORC and JFS staff, we want to say THANK YOU!

Judi is retiring from her role at the NNORC as a yoga instructor. We've been very fortunate that she's been our yoga instructor for so many years! While we will all miss her, we wish her the best!