

NNORC News

Neighborhood Naturally Occurring Retirement Community

September-October 2024

Featured PROGRAMS



Luncheon Cruise with the Lake George Steamboat Company!

Thursday, 9/26 at 10:15 a.m.

NNORC and the Albany JCC are partnering to offer another day trip to Lake George!

Join us aboard the beautiful Lac du Saint Sacrement, and cruise Lake George while enjoying the delicious luncheon buffet, live entertainment, as well as captain narration.

Participants must be 60+ years or older. Cost: \$70 NNORC residents or JCC members. \$75 for non-NNORC residents and JCC program guests. Sign up early – each organization has a limited number of spots on the bus!

The bus will depart from the Albany JCC at 10:15 a.m., and return at 4:45 p.m.

Nourish Yourself; Simple Meals for One

Wednesday, 10/16 at 11 a.m.
Honest Weight Food Co-op.

Join Anastasia Rodgers, Education Coordinator and former Bakery Manager at Honest Weight Food Co-op, for a class on simple and nourishing meals for one.



What to Expect in Class:

- Hands-on & demo learning
- Enjoy a meal in class and take one home
- Wear comfy, mess-friendly clothes

Let's make cooking for yourself easier and enjoyable!

See more featured programs on page 4

Exercise and Brain Health Tips from Your NNORC Nurse

According to Harvard Health, exercise is listed as one of the six pillars of brain health. It describes the benefits of exercise, including enhancing brain growth (neurogenesis) improving sleep, mood, and cognitive function. Here are some helpful tips to get started:

- Ease into any new exercise program slowly.
- Walking is an ideal exercise, begin by going for only a few minutes, gradually increasing the duration and intensity of your strolls.
- Stop exercising right away and consult your doctor if you ever feel any discomfort or symptoms such as shortness of breath, chest pain, dizziness, or rapid heartbeat.

(Check out the NNORC programs such as Nia, Chair Yoga and local walks!)





Anne Hill
NNORC Director

Marla Gornstein, LMSW
Director of Programs

Susan Riback, RN
Community Nurse Educator

Monica Tan
Director of Marketing

Residents' Council

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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



NNORC is Hiring!

Position available for a full time Older Adult Care Manager. If you would like to enrich lives of fellow NNORC residents, join us! Details about this position are at jfsny.org/older-adult-care-manager.

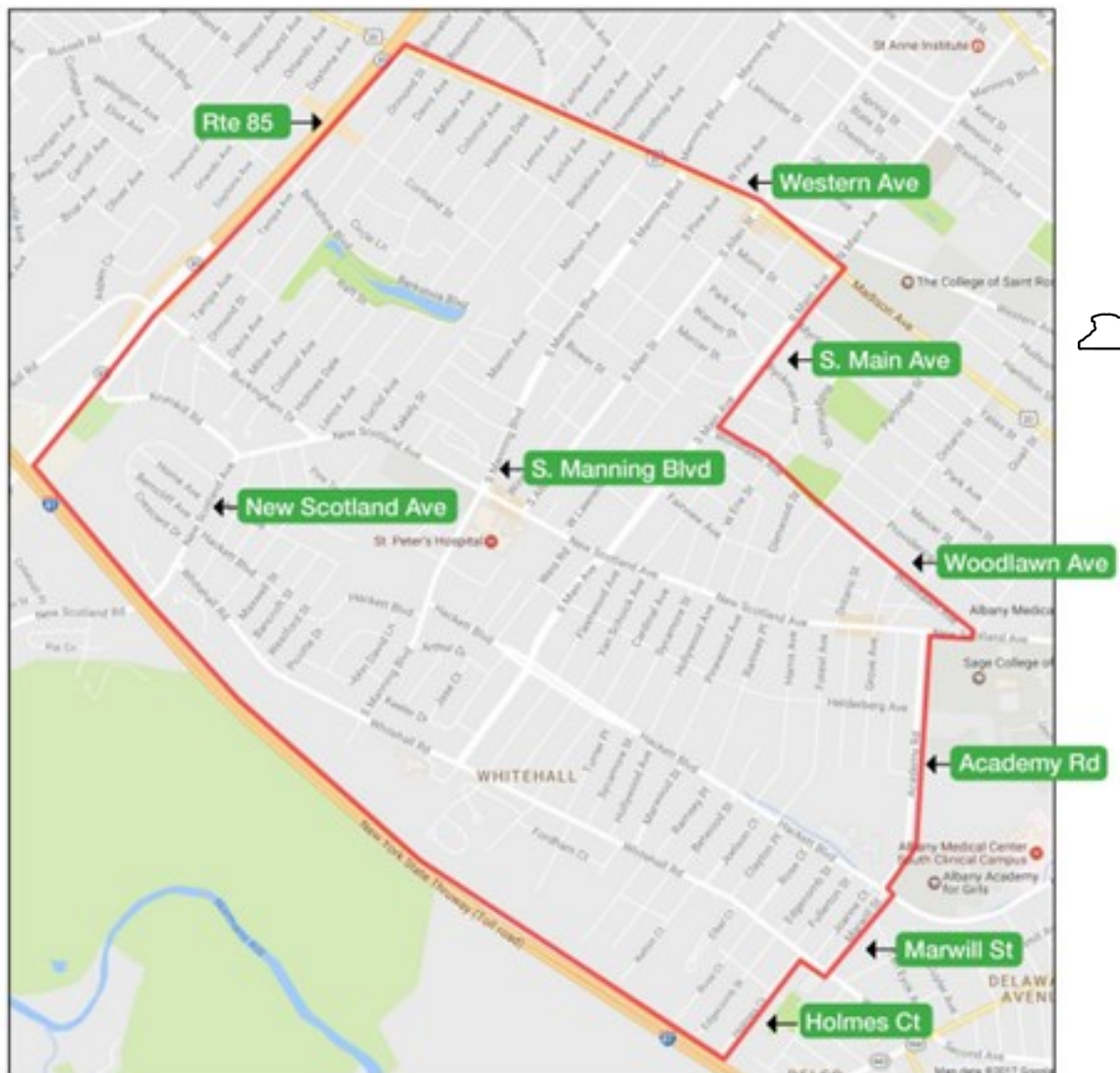
Volunteer With Us!

Join JFS in making a meaningful difference in our community. For more information call 518-482-8856, Option 0 or volunteer@jfsny.org.



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

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**



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, 9/3, 9/10, 9/17, 9/24 & 10/1, 10/8, 10/15, 10/22 at 10:45 a.m. Prior to Chair Yoga and Nia.

APL's Bach Branch

Thursdays, 9/12, 9/19 & 10/10, 10/31 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 is available for blood pressure checks, education on health topics, and Therapeutic Touch™.

Albany NNORC Office Hours

Monday—Thursday, 9 a.m. to 5 p.m. We will respond to your messages at our first opportunity.

Care

MANAGEMENT

Need Help with Prescription Drug Costs? Contact EPIC!

What is EPIC & How Can it Help?

The Elderly Pharmaceutical Insurance Coverage Program (EPIC), run by the NY State Department of Health, helps over 325,000 income-eligible older adults with Medicare Part D drug costs. EPIC helps pay the Medicare Part D drug plan premiums for members with income up to \$23,000 if single or \$29,000 if married. There are benefits for older adults with higher incomes.

EPIC Offers:

- Lower out-of-pocket prescription costs
- Assistance with eligibility and enrollment

Older adults can apply year-round, but must be enrolled or eligible for Medicare Part D to receive benefits. For more information, call toll-free EPIC HELPLINE at 1-800-332-3742.

NNORC Offices Are Closed:

Monday, September 2nd (Labor Day)
Thursday, October 3rd (Rosh Hashanah)
Thursday, October 17th (Sukkot)
Thursday, October 24th (Simchat Torah)

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

Aging Mastery

Mondays, 9/16, 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/18, 11/25, 12/2 at 11 a.m.

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 working together to offer this 10-week program to you. Registration is limited. The cost of the program is \$20. This program is partially funded by CDPHP.

Breakfast Club: All About Medicare

Sponsored by MVP Health Care

Thursday, 9/19 at 10 a.m., Albany JCC

Learn about eligibility, enrollment, and key rules to make informed Medicare decisions. Whether you're new to Medicare or need a refresher, this session will provide you with the knowledge you need to make the most informed decisions for your own personal health journey. This program will be presented by Sheila Rivera, Medicare Sales Advisor for MVP Health care.

DiscoverLive: Umbria, Italy

Tuesday, 9/24 at 1:30 p.m.

Maria College

Umbria is known as "the green heart of Italy" for its lush landscapes. Umbria is home to medieval towns like Perugia and Assisi, famous for art, architecture, and local cuisine featuring truffles, olive oil, and lentils. The September program will be held in the Main Building. Turn into the parking lot off New Scotland Ave, and park behind the building (near the cafe).

**Stay tuned for more information on a DiscoverLive program for October.*

Bach Craft: Acrylic Pour Painting for Mason Jar Vases

Wednesday, 9/25 at 1 p.m., APL's Bach Branch

Join us for this fun craft project! All supplies will be provided. Registration is required.

Walk with Ease

Mondays, Tuesdays, and Wednesdays at 9:30 a.m. starting 10/21
Albany JCC



The Arthritis Foundation's Walk with Ease Program combines walking with health education, stretching, strengthening exercises, and motivational support. Participants receive a guidebook and walking schedule to improve health safely. Offered by the Albany JCC and NNORC, the program runs from October 21 to December 4 (6 weeks). Cost: \$20 for JCC Members & NNORC Residents, \$80 for non-members.

Drum Circle

Wednesdays, 10/23, 11/20, 12/18 at 11 a.m.
Albany JCC

Let's drum up some fun! No experience needed; drums provided. The cost for all three classes is \$30 for JCC members and NNORC residents/ \$40 for all others. Registration is required.

Let's Talk Albany: Shaker Heritage Society

Wednesday, 10/23 at 1 p.m.

APL's Bach Branch

This talk will explore the history of the Shakers in America, with a focus on their arrival in Albany in 1776 and the life and times of their leader, Mother Ann Lee. In the spirit of Halloween, we will dabble in some of the spookier aspects of this story.

Self-Care Strategies Through Expressive Art Making

Wednesday, 10/30 at 1 p.m.

St. Sophia Greek Orthodox Church

What does 'self-care' mean to you? Join Susan Riback, RN, for an expressive art activity inspired by Seena B. Frost's SoulCollage. The method involves cutting out images from various magazines, and adhering them to 5x7 cards which will be used for the purpose of self-discovery.

Please bring magazines if you can; materials will be provided.

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.

Nia Moving to Heal

Tuesdays, 9/3, 9/10 & 10/8, 10/22 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.

Late Summer Walk

Wednesday, 9/4 at 10 a.m.
Buckingham Pond

Please plan to wear comfortable shoes and weather appropriate clothing. We will be meeting by the playground at Berkshire and Colonial Avenues.

One Stitch at a Time

Wednesdays, 9/4, 9/18 & 10/2, 10/16 at 1 p.m.
APL's Bach Branch

We welcome any kind of knitting, crocheting, quilting or needlework.

All-Levels Yoga

Thursdays, 9/5, 9/19 & 10/10, 10/31 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.

Music Circle

Tuesdays, 9/10, 9/24 at 2 p.m.
Buckingham Pond Picnic Tables

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!



Bingo!

Wednesdays, 9/11 & 10/9 at 11 a.m.
Albany JCC

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

1:1 Computer/Device Skills

Thursdays, 9/12 & 10/10 at 12 p.m.
APL's Bach Branch

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

Chair Yoga

Tuesdays, 9/17, 9/24 & 10/1, 10/15 at 11:15 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: Casey Bernstein.



Birthday Potluck

Wednesday, 9/18 & Thursday, 10/31 at 11:30 a.m.

Congregation Beth Emeth

If it's your birthday in September or October we'd love to celebrate with you! Bring your favorite dish to

share and NNORC will provide the cake. All are welcome. Bringing a dish is optional and it doesn't have to be your birthday to attend.

Resident Council

Wednesdays, 9/25 & 10/30 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.

Novel NNORC Book Club

Mondays, 9/30 & 10/28 at 1 p.m.
St. Sophia Greek Orthodox Church

September - *Educated: a memoir* by Tara Westover.
October - *Eleanor Oliphant is Completely Fine* by Gail Honeyman.



NNORC Introduces Scott Homer & Kylebear Brown

Scott Homer, MS, OTR/L, joins JFS with over 30 years of experience in Occupational Therapy (OT), including most recently the Director of the Occupational Therapy Assistant program and Assistant Professor at Maria College. Scott is managing the JFS OT for Life Enrichment Program designed to help older adults improve their quality of life through OT-modified activities. Please contact Stacey Wager at JFS to schedule an OT appointment with Scott: 518-482-8856, Option 0.



Kylebear Brown joins Albany NNORC as a social work intern. He recently graduated from the University of Albany with a Bachelor's degree in Social Work. He is currently pursuing his Master of Social Work through the University at Albany School of Social Welfare, focusing his field experience with the Internships in Aging Project and the Albany NNORC program. In his free time, he enjoys hiking and spending time in the Adirondack Mountains.

About JFS

Since 1854, Jewish Family Services has been continuously providing a continuum of support, services and resources for individuals and families of all. Serving people of all backgrounds and religions, we are proud of our long legacy of adapting our services to respond to the changing needs of our community.

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

JFS staff has expertise in:

- Helping older adults maintain their safety and independence
- Providing resources and guidance to older adults and their families
- Home safety assessments
- Occupational therapy
- Spiritual support and guidance
- Geriatric case management
- Counseling*

** Major insurance plans accepted including Medicare*

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@jfsnyny.org or 518-482-8856, option 0.

APL's Bach Branch - To register, please call 518-427-4300 ext. 3

Still Life Art—9/5 & 10/10 at 6 p.m. to 7:30 p.m.

Come and paint with others; canvas and paints.

On Your Feet and Independent: Adult Fall Intervention Course

10/22 at 1 p.m.

An interactive discussion about: risk factors & mitigating falling; pets and falls, post-fall actions, and taking charge of your care.

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

Fall Prevention on Wednesday, 9/18 at 11 a.m.

St. Sophia Greek Orthodox Church

OPA-Cize, Wednesdays, 9/11-11/20 at 6:30 p.m

Zumba but to Greek Music! Open to all -- no experience or RSVP needed. \$7/class (50% of proceeds are donated *Grassroot Givers*, helping those facing poverty in the Albany).

Congregation Beth Emeth

Special Concert with Asya Markova, Sunday, 9/8 at 12 p.m.

Enjoy a classical piano music performance.

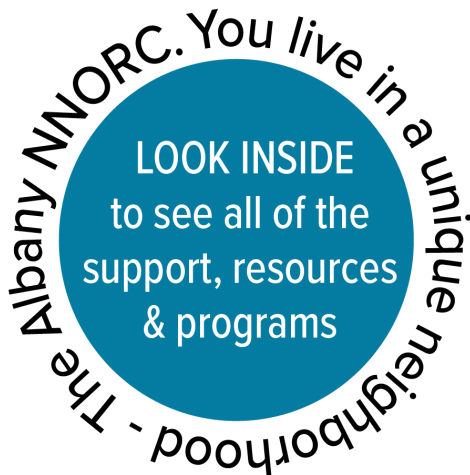


In the Hood

NNORC Events Calendar: September - October 2024

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

EVENT	DATE, TIME & PLACE
Nia Moving to Heal	Tuesdays, September 3 & 10, October 8 & 22 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Late Summer Walk	Wednesday, September 4 at 10 a.m. Buckingham Pond
One Stitch at a Time	Wednesdays, September 4, 18 & October 2, 16 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
All-Levels Yoga	Thursdays, September 5, 19 & October 10, 31 at 5:30 p.m. First Congregational Church, 405 Quail St
Music Circle	Tuesdays, September 10, 24 at 2 p.m. Buckingham Pond Picnic Tables
Bingo!	Wednesdays, September 11 & October 9 at 11 a.m. Albany JCC, 340 Whitehall Rd
1:1 Computer/Device Skills	Thursdays, September 12 & October 10 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Aging Mastery	Mondays, September 16, 23, 30, October 7, 21, 28, November 4, 18, 25 & December 2 at 11 a.m. Albany JCC, 340 Whitehall Rd
Chair Yoga	Tuesdays, September 17, 24 & October 1, 15 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
NNORC Birthday Potluck	Wednesday, September 18 & Thursday, October 31 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
Breakfast Club: All About Medicare	Thursday, September 19 at 10 a.m. Albany JCC, 340 Whitehall Rd
DiscoverLive: Umbria, Italy	Tuesday, September 24 at 1:30 p.m. Maria College, Main Building, 700 New Scotland Ave
Resident Council	Wednesdays, September 25 & October 30 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Bach Craft	Wednesday, September 25 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Lake George Luncheon Cruise	Thursday, September 26 10:15 a.m. - 4:45 p.m. Bus departs Albany JCC, 340 Whitehall Rd
Novel NNORC Book Club	Mondays, September 30 & October 28 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Nourish Yourself; Simple Meals for One	Wednesday, October 16 at 11 a.m. Honest Weight Food Co-op, 100 Watervliet Ave
Walk with Ease	Mondays, Tuesdays and Wednesdays starting October 21 at 9:30 a.m. Albany JCC, 340 Whitehall Rd
Drum Circle	Wednesdays, October 23, November 20, December 18 at 11 a.m. Albany JCC, 340 Whitehall Rd
Let's Talk Albany: Shaker Heritage Society	Wednesday, October 23 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Self-Care Strategies Through Art	Wednesday, October 30 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd



Follow Us on
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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!

Come Say Hi! We'll Have Tables at these Upcoming Events:

Maria College and St. Peter's Health Partners
Health and Wellness Fair
Wednesday, September 11
From 11 a.m. – 2 p.m.

Madison Street Fair
Sunday, September 29
From 12 p.m. – 5 p.m.
On Upper Madison Ave.
between N. Allen & W. Lawrence Streets.
Loads of vendors! Local arts & crafts, food,
dancing & drumming, art, raffle, used book sale
and activities for the kids and kids at heart in
the Kids Zone, such as art making, Zumba, face
painting, chess and more!