

# NNORC News

Neighborhood Naturally Occurring Retirement Community

November-December 2024

## Support the NNORC in 2025

### ***Make an investment in your neighborhood***

Since 2005, 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!

Programs and services are made possible through funding from the New York State Office for the Aging, JFS, Jewish Federation and the generosity residents.

Please consider a tax-deductible donation to support the NNORC. Donations of any amount are welcome.

**Here are examples if you would like to help underwrite specific programs.**

- \$250 Breakfast Club
- \$100 Health program
- \$100 Monthly featured speaker
- \$75 Nia or yoga class
- \$50 Summer picnic or holiday party food
- \$25 Food and sundries for programs



**Thank you!**

## 2025 NNORC Supporter

Name(s)

Address

City

Zip

Phone

Email

**Giving Level\*** \_\_\_\_\_

\* Contributions are tax deductible.

Return form and check, payable to: Jewish Family Services, 184 Washington Ave Extension, Albany, NY 12203. Please include NNORC in memo line.

Donate online at [jfsneny.org/donations](https://jfsneny.org/donations) or scan this QR with your smart phone camera:



## Featured PROGRAMS

With even more on page four!

### **Thankful for the NNORC: Friendsgiving Lunch**

Thursday, November 21 at 11 a.m., Albany JCC

Gather with your NNORC friends and neighbors for an early Thanksgiving celebration! Lunch will be catered by Healthy Café\*, and we'll have games set up for those who are interested. This year we are collecting toiletries for the **Albany Salvation Army**. Please bring something for the donation box if you can!

**Reservation is required by Thursday, Nov. 14th.**

*\*Kosher meals are available upon request.*

### **It's the NNORC Annual Holiday Party!**

Monday, December 16 at 1 p.m.,  
Congregation Beth Emeth

Join your neighbors for dessert, crafts, conversation, entertainment, and FUN! In the spirit of the holidays, if you enjoy baking, please bring a dozen cookies for a cookie swap. Please consider bringing toiletries to donate to our **Refugee & Immigrant Support Services of Emmaus (RISSE)** neighbors.





**Anne Hill**  
NNORC Director

**Marla Gornstein, LMSW**  
Director of Programs

**Susan Riback, RN**  
Community Nurse Educator

**Ari Ceroalo**  
Care Manager

**Monica Tan**  
Director of Marketing

#### Residents' Council

Maryellen Casey Usis  
Eric Copland  
Jim Dennehey  
Leslie Dykeman  
Mary Going  
Maria Hazapis  
Ann Kutter  
Jeffery Marks  
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



## About JFS

Since 1854, Jewish Family Services has provided a continuum of support, services and resources for individuals and families of all backgrounds and religions. We are proud of our long legacy of adapting and responding to the community.

**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 care management; and counseling (*insurance accepted including Medicare*).

**JFS has an active corps of volunteers.** If you want to help your neighbors of all ages, contact JFS: [volunteer@jfsnyny.org](mailto:volunteer@jfsnyny.org) or 518-482-8856, option 0.

**Jewish Family Services**  
NORTHEASTERN NEW YORK

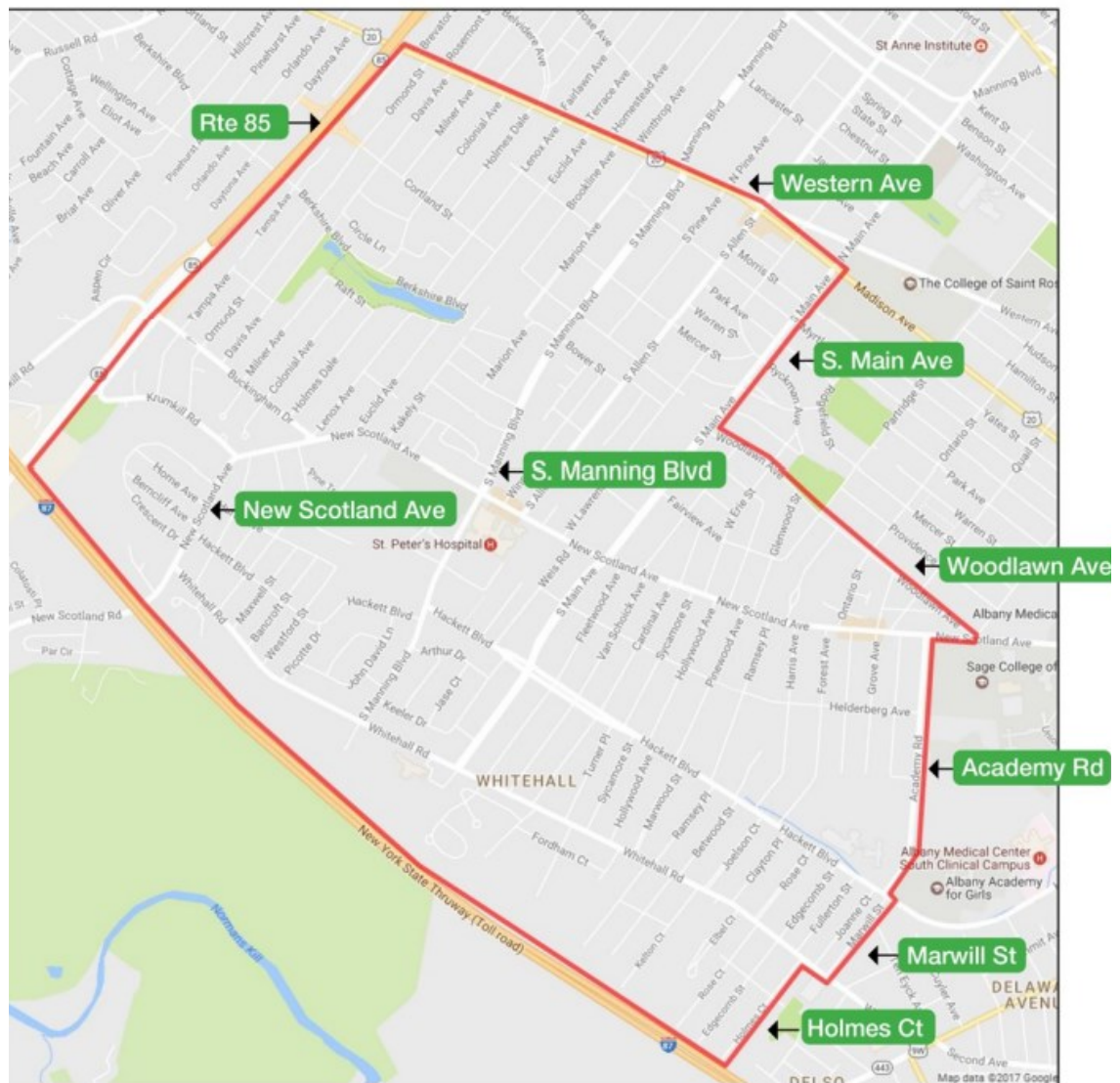


SUPPORTING THE COMMUNITY  
SINCE 1854

*Your*  
ALBANY NNORC

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@jfsnyny.org](mailto:nnorc@jfsnyny.org). Visit us: [jfsnyny.org/nnorc](http://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 (\*Temple Israel)**

Tuesdays, 11/5\*, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17 at 10:45 a.m. Prior to Chair Yoga and Nia.

### APL's Bach Branch

Thursdays, 11/7, 12/5 & 12/19, 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™.

## Care MANAGEMENT

### What is HIICAP & How Can it Help?

The Health Insurance Information, Counseling, and Assistance Program (HIICAP) provides free, accurate, and objective information, counseling, assistance, and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP also provides information on the Elderly Pharmaceutical Insurance Coverage (EPIC) program, Medicare savings programs, "Extra Help" prescription assistance, and pharmacy discount programs.

### Here are some ways a HIICAP counselor can help:

- Compare private insurance plans
- Find affordable coverage and fill Medicare's gaps
- Understand Medicare rules and your medical bill

**HIICAP is coming to NNORC on Tuesday, 11/19. Call 518-516-1114 to reserve a counseling appointment.**

For more information, call Albany County Department for Aging at 518-447-7177 or visit: <https://tinyurl.com/albany-hiicap>

**Albany NNORC Office Hours:** Monday—Thursday, 9 a.m. to 5 p.m. Messages received will be responded to during office hours. **NNORC Offices Are Closed:** Thursday, November 29 (Thanksgiving); Wednesday, December 25 (Christmas); and Wednesday, January 1 (New Years Day).

## Community HEALTH NURSE

Call Ari Ceroalo, Care Manager (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
- ◆ Create goals and an action plan for aging in place
- ◆ Non-judgmental support to work **with** you

## Care MANAGEMENT

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](mailto: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

### **DiscoverLive: Oahu, Hawaii**

**Tuesday, 11/12 at 2:30 p.m.**

**Maria College, McAuley Building**

Embark on this virtual journey to experience the wonders of this enchanting island, where city excitement and natural beauty harmoniously coexist. The tour begins at the base of Diamond Head, Oahu's most iconic landmark. Enjoy Pacific Ocean vistas while experiencing local stories. Please park in front of the building at 308 S. Manning Blvd.

### **Let's Talk Albany: Crailo State Historic Site, 100 Years Strong**

**Wednesday, 11/13 at 1 p.m. at APL's Bach Branch**

Crailo is an important architectural landmark and historic resource focused on the Dutch Colonial experience. This site would not exist today without the determined efforts of Susan de Lancey van Rensselaer Strong. In 1899, Susan, a descendant of Hendrick van Rensselaer (who built Crailo in 1707), purchased the badly deteriorated building, saving it from demolition. Susan also greatly contributed to research on the history of Dutch New York, Crailo, and the van Rensselaer family. Join Crailo Historic Interpreter Loretta Tucker to learn all about the history of Crailo.

### **Budget-Friendly Cooking**

**Monday, 11/18 at 1:30 p.m.**

**Honest Weight Food Coop**

Tour the in-season produce and learn about the Senior Discount program at Honest Weight. Learn about budget-friendly proteins and how to cook a budget-friendly meal to bring home. Participants will bring home prepared meal and an additional food bag with recipes. Please register as space is limited.

### **Free Medicare Counseling Sessions**

**Tuesday, 11/19 from 9:30 am. – 4:30 p.m.**

Medicare health and drug plans can change year-to-year, including coverage, premium, or which providers and pharmacies participate in their networks.

The annual Medicare Open Enrollment Period (October 15 - December 7) gives Medicare beneficiaries the opportunity to review their health care coverage each year and make changes to better suit their current needs. A representative from Albany

County HIICAP /NY StateWide Senior Action Council is coming to NNORC, to conduct free, confidential, one-on-one counseling sessions to help you make the right Medicare decisions during open enrollment. **NOTE:** If you have retiree group insurance (NYSHIP/EMPIRE plan, Union coverage, etc.), please contact your Benefit Plan Administrators.

The appointments will be in-person and location will be shared when the appointment is scheduled. Come prepared with a list of your medications, insurance cards/information and know your monthly income.

### **Who's Up For a Little Friendly Competition?**

**Wednesday, 12/4 at 3:30 p.m., Mr. Bumbles Cafe**

The New York State Office for the Aging, along with AARP, donated board games specifically designed for older adults to every NNORC across the state. Let's meet up at Mr. Bumbles Cafe to play Scrabble, Life, and Trivial Pursuit. While you're playing, enjoy snacks provided by Mr. Bumbles!

### **Get to Know Your Coop: Debunking the Bulk**

**Monday, 12/9 at 10 a.m.**

**Honest Weight Food Coop**

Join the discussion on low-waste snacking and tour the Honest Weight Food Coop. In this visit, we'll focus on how to shop the bulk food section. Participants will have free reign of the bulk food section to create their very own trail mix which we'll assemble in the Coop kitchen for you to bring home. Please register as space is limited.

### **December Breakfast Club: Winter Health and More...**

**Thursday, 12/12 at 10 a.m., Albany JCC**

We welcome back Mary Brummagyn, SPHN, from the Albany County Department of Health who will discuss what you need to know to stay healthy in the winter including staying hydrated and safety outside.

As the weather turns colder, we start to worry about the flu and pneumonia. Mary will update us on immunizations (COVID, flu, RSV, etc.), as well as how to handle cold and flu season.

## 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.

### Nia Moving to Heal

Tuesdays, 11/5\*, 11/26, 12/3, & 12/17 at 11 a.m.  
St. Sophia Greek Orthodox Church

Nia is a gentle movement practice for holistic healing, blending martial arts and dance in a simple yet effective practice. Participate sitting or standing, shoes or no shoes! \$5 per class for non-NNORC residents. Instructor: Andrea Hersh. *\*This class will be at Temple Israel due to Election Day*

### One Stitch at a Time

Wednesdays, 11/6, 11/20, 12/4, & 12/18 at 1 p.m.  
APL's Bach Branch

Bring your project and work with others: knitting, crocheting, quilting or needlework.

### 1:1 Computer/Device Skills

Thursdays, 11/7 & 12/12 at 12 p.m.  
APL's Bach Branch

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

### All-Levels Yoga

Thursdays, 11/7, 11/21 & 12/5, 12/19 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.

### Chair Yoga

Tuesdays, 11/12, 11/19 & 12/10 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.

### Bingo!

Wednesdays, 11/13 & 12/11 at 11 a.m.  
Albany JCC

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

### Birthday Potluck

Thursday, 11/14 & Wednesday 12/18 at 11:30 a.m.  
Congregation Beth Emeth

Calling all November and December babies! 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.



### Drum Circle

Wednesdays 11/20 & 12/18 at 11 a.m. Albany JCC



Let's drum up some fun! No experience needed; drums provided. The cost for two classes is \$20 for JCC members and NNORC residents/ \$30 for all others. Registration is required.

### Resident Council

Wednesday, 11/20 at 10 a.m. *No Dec. meeting.*  
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

Monday, 11/25 at 1 p.m. *No Dec. Book Club.*  
St. Sophia Greek Orthodox Church  
We're reading: *Brooklyn* by Colm Tóibín

### Bach Craft: Make Your Own Suncatcher

Wednesday, 12/11 at 1 p.m., APL's Bach Branch

Make your own easy suncatcher using a mason jar lid. All supplies will be provided. RVSP is required.

## Welcome Ari Ceroalo, New NNORC Care Manager!

We are excited to add Ari (*Ar-ee*) Ceroalo to the NNORC team. Ari brings to NNORC a strong foundation in social work, crisis intervention, and community development. She has a passion for helping communities access essential resources and supports.

Ari's diverse experience includes key roles at RISE: Healthy Housing and Support Services (Saratoga) and at St. Peter's Health Partners in Albany and Troy, where she worked as a Social Work Case Manager. In these roles, she demonstrated a talent for crisis management, effective communication, and facilitating care coordination to meet patients' needs.

Outside of work, Ari enjoys music and yoga, which help maintain balance in her busy life. She also cherishes time with her dog, Hades.



## Occupational Therapy for Life Enrichment (OTLE) Comes to the NNORC!

Today's older adults enjoy living at home and maintaining independence. Setbacks like unplanned surgery, illness, a fall, loss of a spouse, or simply aging, can cause a once-happy person to become isolated or feel a lack of purpose. OTLE supports re-engagement with meaningful activities, providing any necessary adaptations to promote a sense of purpose and accomplishment.

If you...

- Lack energy or interest in activities outside the home
- Have physical or other limitations that prevent you from participating in activities or hobbies
- Spend much of the day isolated

...Occupational Therapy for Life Enrichment may be for you!

During an in-home visit, OTLE staff will:

- Review physical, mental, and social activities to understand strengths and limitations
- Explore small adaptations that can improve daily function
- Set goals and identify tools to uncover joy and purpose
- Help overcome barriers to make activities meaningful once again



**Call 518-482-8856, Ext. 0 to schedule an appointment. OTLE is a program of JFS and is free to all NNORC residents.**

**APL'S BACH BRANCH** - To register, please call 518-427-4300 ext. 3

**Still Life Art** – 11/14 & 12/12 from 6 to 7:30 p.m.

Come and paint with others; canvas and paints.

**Novels After Noon**

11/21 at 2 p.m. – *H is for Hawk* by Helen Macdonald

12/19 at 2 p.m. – *Table for Two* by Amor Towles

**ALBANY JCC** – Please call to register: 518-438-6651

**Eye on the World** – 11/6 at 11 a.m. – Mr. Bruce Goldstein will discuss maple sugaring, the process of collecting maple tree sap and turning it into sweet, delicious syrup.

**Beginners Basketweaving Workshop** – 11/12 & 11/16, 10 a.m. to 1 p.m. – Learn to weave a classic Williamsburgh basket. Cost: \$72 JCC Members/ \$80 Program Guests.

**Nikolayev: Chassidic Jewish Tunes from Ukraine** – 11/15, 1 – 2 p.m. – Laura Melnicoff and her band will be playing Chassidic Jewish tunes from the Ukraine. Cost: Free.



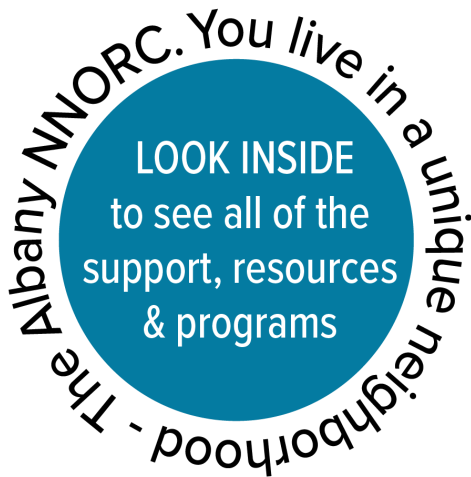
## In the Hood

# NNORC Events Calendar: November - December 2024

Program Registration: 518-516-1114 or [nnorc@jfsneny.org](mailto:nnorc@jfsneny.org). Please include your phone and email.

EVENT	DATE, TIME & PLACE
Aging Mastery	Mondays, November 4, 18, 25 & December 2 at 11 a.m. Albany JCC, 340 Whitehall Rd
Walk with Ease	Mondays, Tuesdays and Wednesdays through December 4 at 9:30 a.m. Albany JCC, 340 Whitehall Rd
Nia Moving to Heal <i>*11/5 class Temple Israel, 600 New Scotland</i>	Tuesdays, November 5*, 26, & December 3, 17 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
One Stitch at a Time	Wednesdays, November 6, 20 & December 4, 18 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
1:1 Computer/Device Skills	Thursdays, November 7 & December 12 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
All-Levels Yoga	Thursdays, November 7, 21 & December 5, 19 at 5:30 p.m. First Congregational Church, 405 Quail St
Chair Yoga	Tuesdays, November 12, 19 & December 10 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
DiscoverLive: Oahu, Hawaii	Tuesday, November 12 at 2:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Bingo!	Wednesdays, November 13 & December 11 at 11 a.m. Albany JCC, 340 Whitehall Rd
Let's Talk Albany: Crailo, 100 Years Strong	Wednesday, November 13 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
NNORC Birthday Potluck	Thursday, November 14 & Wednesday, December 18 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
Budget-Friendly Cooking	Monday, November 18 at 1:30 p.m. Honest Weight Food Coop, 100 Watervliet Ave
Free Medicare Counseling	Tuesday, November 19 at 9 a.m. – 4:30 p.m. One-hour long appointments; location announced at scheduling
Drum Circle	Wednesdays, November 20, December 18 at 11 a.m. Albany JCC, 340 Whitehall Rd
Thankful for the NNORC Friendsgiving	Thursday, November 21 at 11 a.m. Albany JCC, 340 Whitehall Rd
Resident Council	Wednesday, November 20 at 10 a.m. (No meeting in December) B'nai Sholom Reform Congregation, 420 Whitehall Rd
Novel NNORC Book Club <i>Brooklyn</i> by Colm Tóibín	Monday, November 25 at 1 p.m. (No Book Club in December) St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Who's Up for a Little Friendly Competition Game Day at Mr. Bumbles Cafe	Wednesday, December 4 at 3:30 Mr. Bumbles, 263 New Scotland Ave
Get to Know Your Coop: Debunking the Bulk	Monday, December 9 at 10 a.m. Honest Weight Food Coop, 100 Watervliet Ave
Bach Craft: Make Your Own Suncatcher	Wednesday, December 11 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Breakfast Club: Winter Health and More	Thursday, December 12 at 10 a.m. Albany JCC, 340 Whitehall Rd
Annual NNORC Holiday Party	Monday, December 16 at 1 p.m. Congregation Beth Emeth, 100 Academy Rd





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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!

## HEAP Can Help with Winter Heating Costs

**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 programmable 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/>. Residents may also contact the Albany DSS office at 518-447-7323.

**Benefits open: November 1, 2024**