

NNORC News


Neighborhood Naturally Occurring Retirement Community

January – February 2024

Welcome to your neighborhood NNORC! The Albany Neighborhood Naturally Occurring Retirement Community (NNORC) is a program for adults, age 60+ who live within a three-square mile neighborhood in Albany. **The goal of the program is to support older adults to age well and safely in the comfort of their home and neighborhood.** We achieve this goal by providing free care management, health care assistance and monitoring, information and referrals. We also provide a wide range of health, wellness and social/recreation programs — most of which are right in your neighborhood and free of charge!

You are receiving this newsletter because you live within the boundary of the NNORC and you or someone in your home is over 60 years old. (See map on page two.) **All people over 60 years old, regardless of ethnicity and religion, can participate in and take advantage of NNORC programs and services.** Yes, this is the best kept secret in Albany!

FREE PROGRAMS AND SERVICES: NNORC is funded in part by the New York State Office for the Aging (NYSOFA), Jewish Family Services of Northeastern NY, Jewish Federation of Northeastern NY, and contributions from people like you. Please consider becoming a NNORC Supporter!



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.

OR donate online at jfsneny.org/donations

Care MANAGEMENT

Ari Ceroalo, Care Manager, 518-516-1112

- ◆ Apply for HEAP, SNAP and other benefits
- ◆ Clarify billing statements, help organize/ pay bills
- ◆ Discuss long-term care options, Power of Attorney or Health Care Proxy
- ◆ Brainstorm ways to keep you living in your home using other community supports and resources.
- ◆ Help create goals and an action plan for aging in place
- ◆ Non-judgmental support to work **with** you

Community HEALTH & NURSING

Susan Riback, Community Health Nurse Educator, 518-516-1120

- ◆ Interpret/better adhere to doctors' orders
- ◆ Review medications including side effects and efficacy
- ◆ Organize medications
- ◆ Pre- and post- surgery support/education
- ◆ Blood pressure checks
- ◆ Answer wellness and health concerns
- ◆ Navigate healthcare systems

Information & ASSISTANCE

NNORC Main Contact, 518-516-1114 or NNORC@jfsneny.org

- ◆ Home safety assessments
- ◆ Occupational therapy for life enrichment
- ◆ Register for a health or wellness program





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

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
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

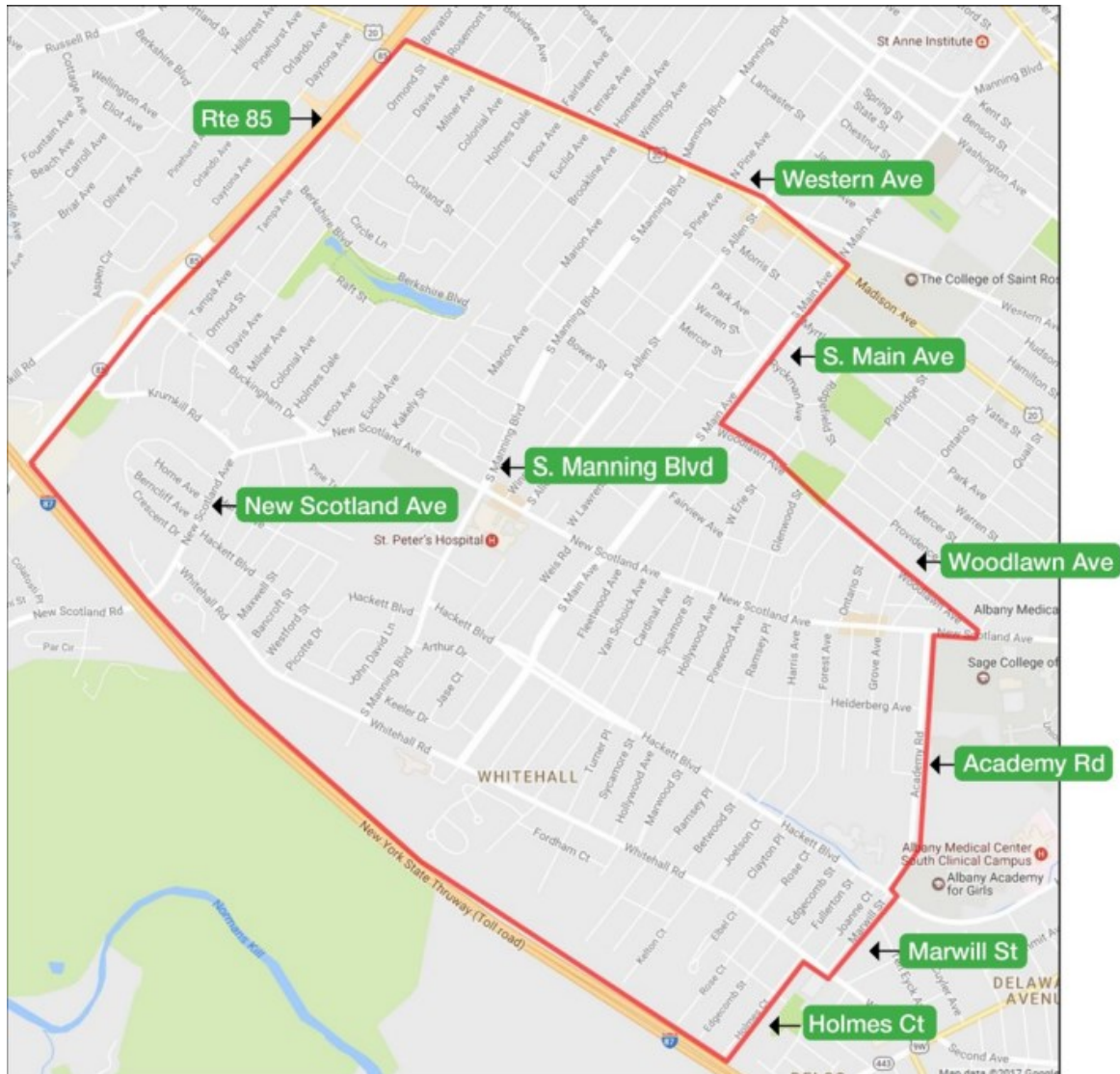


@Your Albany NNORC

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



Supported by



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, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25
at 10:45 a.m. Prior to Chair Yoga and Nia.

APL's Bach Branch

Thursdays, 1/2, 1/16 & 2/6, 2/20, 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 is available for blood pressure checks, education on health topics, and Therapeutic Touch™.

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 contact the Albany DSS office at 518-447-7323. Or call Ari Ceroalo, NNORC Care Manager, at 518-516-1112.

Winter Wellness Tips from Your NNORC Nurse

January and February brings us the beauty of winter and the joy of get-togethers with family and friends. Let's remain healthy so that we can enjoy it all!

- ⇒ The flu shot is still the most powerful tool to avoid influenza-related complications. Please get your flu shot and your COVID shot. Crestwood, NNORC's neighborhood pharmacy administers many vaccines. Please call to set up an appointment: 518-435-2315.
- ⇒ Keep your immune system boosted: drink plenty of water, wash your hands often, eat nutritious foods. Consider wearing a mask in crowds.
- ⇒ Use moisturizers to prevent your skin and lips from chapping.
- ⇒ Take time for self-care. Winter is the earth's way of telling us to slow down.
- ⇒ Start a journal, socialize with loved ones, and learn to deep breathe or meditate.
- ⇒ Cook healthy one-pot meals.
- ⇒ Let the sunshine in. Vitamin D3 blood levels can be low with the loss of sunlight. Talk to your doctor about Vitamin D3 supplements.
- ⇒ Wear layers indoors. We get colder when we age as our metabolism slows down.
- ⇒ Prevent slips and falls. Keep all paths clear of snow and ice with an ice melt product or sand. Wear shoes with good traction.
- ⇒ Stock your medicine cabinet: COVID tests, (order free covid tests at [covidtest.gov](https://www.covidtest.gov)) analgesics, tissues, and a working thermometer.
- ⇒ Set your heat at least 68 degrees, even mildly cool homes with temperatures of 60 to 65 degrees can lead to hypothermia in older adults.

Keep the NNORC nurse's phone number on hand: 518-516-1120.

Featured PROGRAMS

Cozy Casseroles at Honest Weight Food Coop (HWFC)

Wednesday, 1/15 at 1:30 p.m. at Honest Weight

HWFC is hosting another cooking class for NNORC. In this hands-on class, we'll make some simple, winter cozy casseroles. We'll start with a chicken-less pot pie demonstration that we can enjoy together in class. Then we'll each assemble a mini-ratatouille casserole for you to bring home and enjoy. Registration is limited; early sign up is recommended.

January Breakfast Club: Introducing the Intuitive Eating Card Deck

Thursday, 1/16 at 10 a.m. at Albany JCC

Grounded in the same evidence-based approach outlined in the breakthrough guide, *Intuitive Eating*, this portable and uplifting card deck offers daily strategies and affirmations to help you pay attention to natural cues of hunger and satisfaction. Come and learn the facts; stop worrying about calories and savor your food. Presenter: Susan Riback, RN, NNORC Nurse

Let's Talk Albany: Schenectady County Historical Society

Thursday, 1/23 at 1 p.m. at APL's Bach Branch

Historian Michael Diana presents *Beyond the Pines: Colonial Schenectady*. Explore early Schenectady: its founding, its people, and what life was like for early Schenectadians in the 1600s and 1700s. This talk also discusses the recently restored *Painting of a Boy*, one of the most significant portraits in the society's collection.

Walk With Ease

Mondays, Tuesdays and Fridays, 1/27 to 3/7 (6 weeks) at 9:30 a.m. at Albany JCC

The Arthritis Foundation's Walk with Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, this is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

The Albany JCC and the NNORC are partnering to offer this program. Cost: \$20 JCC Members & NNORC Residents.

DiscoverLive: Seville, Spain

Tuesday, January 28 at 1:30 p.m. at Maria College, McAuley Building

Join us for a riveting trip based on the history and culture of Seville, the capital of Southern Spain. Seville is one of the most charming and fun cities in Europe. You will see a rich local culture, excellent gastronomy and fascinating urban scenery that features Seville's millenary history. We'll delve into the city's vibrant past, learning about the influences of the Romans, Moors, and Christian monarchs who shaped Seville's identity.

Who's Up for a Little Friendly Competition?

Wednesday, 2/5 at 3:30 p.m. at Mr. Bumbles Cafe

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

DiscoverLive: Oahu, Hawaii

Tuesday, February 11 at 2:30 p.m. at Maria College, McAuley Building

Join us in Oahu, the beating heart of Hawaii, set in the sparkling Pacific Ocean. Known as "The Gathering Place," Oahu invites you to explore its diverse landscapes and rich culture. Oahu embodies the true spirit of aloha. Embark on this virtual journey to experience the wonders of this enchanting island, where city excitement and natural beauty harmoniously coexist.

February Breakfast Club: Be Red Cross Ready

Thursday, 2/27 at 10 a.m. at Albany JCC

Build confidence by learning simple steps you can take now to help prepare and protect your family. It's easy and fun to learn! Hosted by the American Red Cross, *Be Red Cross Ready* is a national, standardized, FREE preparedness education curriculum for adults taught by certified presenters. The program is designed to help people understand, prepare for and respond appropriately to disasters.



Ongoing PROGRAMS

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

Nia Moving to Heal

Tuesdays, 1/7, 1/21, 2/4 & 2/18 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.

Bingo!

Wednesdays, 1/8 & 2/12 at 11 a.m. at Albany JCC

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

One Stitch at a Time

Wednesdays, 1/8, 1/22, 2/5 & 2/19 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, 1/9 & 2/13 at 12 p.m.
APL's Bach Branch

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

All-Levels Yoga

Thursdays, 1/9, 1/23, 2/6 & 2/20 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.



Chair Yoga

Tuesdays, 1/14, 1/28, 2/11, 2/25 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.

Novel NNORC Book Club

Monday, 1/27 & 2/24 at 1 p.m.

St. Sophia Greek Orthodox Church

January: *The Copper Beach* by Maeve Binchy

February: *Olive Kitteridge* by Elizabeth Strout

Resident Council

Wednesday, 1/29 & 2/26 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.

Birthday Potluck

Thursday, 1/30 & Wednesday 2/26 at 11:30 a.m.
Congregation Beth Emeth

Calling all January and February 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.



Bach Craft: Yarn Art

Wednesday, 2/12 at 1 p.m. APL's Bach Branch

Create a colorful yarn "painting" by gluing leftover yarn onto a canvas. It's such a fun craft to experiment with color and texture! All supplies are provided. Space is limited; please register.

I just came from the doctor and can't make heads or tails out of the paperwork.

Susan Riback, RN, NNORC Nurse will get you sorted! Schedule a confidential home visit at 518-516-1120 or sriback@jfsneny.org.

Have you tried Library Links?



Don't let Old Man Winter prevent you from getting library books.

Just call NNORC to sign up and we'll have a volunteer deliver your books — right to your doorstep.

518-516-1114 or nnorc@jfsny.org.

Occupational Therapy for Life Enrichment (OTLE) for 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/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

...OTLE may be for you!

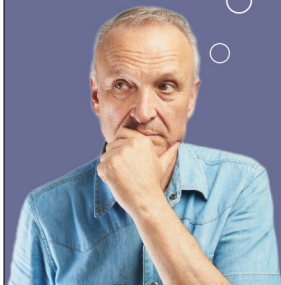
During an in-home visit, OTLE staff will:

- 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 NNORC residents.

Where will I live in 10 years?
I haven't made any end-of-life plans.



Contact NNORC Care Manager Ari Ceroalo at 518-516-1112 or aceroalo@jfsny.org to schedule a home visit about planning for your future. All calls are confidential.

ST. SOPHIA GREEK ORTHODOX CHURCH

OPA-cize – Wednesdays, 1/8 through 4/9 at 6:30 p.m. (14 weeks)

A fun dance and exercise class to Greek music; think Greek Zumba.

Class is \$7 per week and no reservation is required; just come when you can. This winter session benefits the Women's Health Program at the Albany Stratton VA Medical Center with 50% of class fees.

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

Community Art – 1/9 & 2/13 from 6 to 7:30 p.m.

Come and paint with others.

Novels After Noon

1/16 at 2 p.m. – *The Art Thief* by Michael Finkel

2/20 at 2 p.m. – *James* by Percival Everett

ALBANY JCC – To register, please call 518-438-6651

Painting a Simple Sunset in Soft Pastels: Thursday, 1/30, from 1 to 3:30 p.m.

Cost: \$24 JCC Members/\$26 Program Guests, plus supplies.

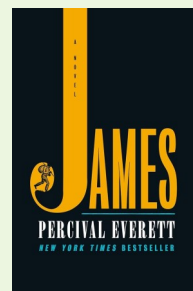
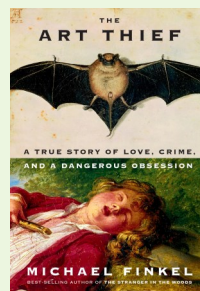
The Basement Bar Mitzvah

Monday, 2/3 from 11 a.m. to 12 p.m.

Book discussion, signing and Q&A with Editor Thalia Cunningham



In the Hood

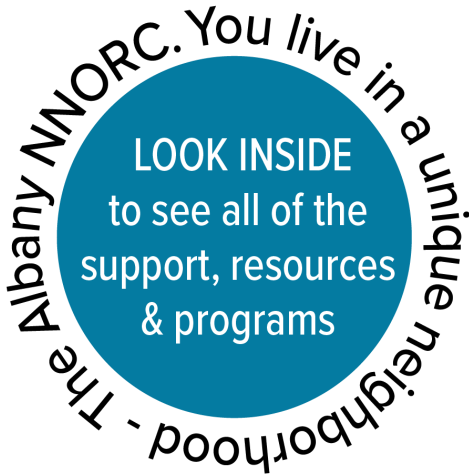


NNORC Events Calendar: January - February 2025

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

EVENT	DATE, TIME & PLACE
Nia Moving to Heal	Tuesdays, January 7, 21 & February 4, 18 at 11 a.m.
Bingo!	Wednesdays, January 8 & February 12 at 11 a.m. Albany JCC, 340 Whitehall Rd
One Stitch at a Time	Wednesdays, January 8, 22 & February 5, 19 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
1:1 Computer/Device Skills	Thursdays, January 9 & February 13 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
All-Levels Yoga	Thursdays, January 9, 23 & February 6, 20 at 5:30 p.m. First Congregational Church, 405 Quail St
Chair Yoga	Tuesdays, January 14, 28 & February 11, 25 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Cozy Casseroles at Honest Weight	Wednesday, January 15 at 1:30 p.m. Honest Weight Food Coop, 100 Watervliet Ave
January Breakfast Club: Introducing the Intuitive Eating Card Deck	Thursday, January 16 at 10 a.m. Albany JCC, 340 Whitehall Rd
Let's Talk Albany: Schenectady County Historical Society	Thursday, January 23 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Novel NNORC Book Club 1/27 – <i>The Copper Beach</i> by Maeve Binchy 2/24 – <i>Olive Kitteridge</i> by Elizabeth Strout	Mondays, January 27 & February 24 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Walk with Ease	Mondays, Tuesdays and Fridays January 27– March 7 at 9:30 a.m. Albany JCC, 340 Whitehall Rd
DiscoverLive: Seville, Spain	Tuesday, January 28 at 1:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Resident Council	Wednesdays, January 29 & February 26 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
NNORC Birthday Potluck	Thursday, January 30 & Wednesday, February 26 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
Who's Up for a Little Friendly Competition Game Day at Mr. Bumbles Cafe	Wednesday, February 5 at 3:30 Mr. Bumbles, 263 New Scotland Ave
DiscoverLive: Oahu, Hawaii	Tuesday, February 11 at 2:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Bach Craft: Yarn Art	Wednesday, February 12 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
February Breakfast Club: Be Red Cross Ready	Thursday, February 27 at 10 a.m. Albany JCC, 340 Whitehall Rd

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:** Wednesday, January 1 (New Years 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!

Winter Weather & NNORC Programs

NNORC Program Cancellation Policy

- Check local TV stations for weather information and school closures. If Albany City Schools are closed, NNORC programs will not 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 NNORC: 518-516-1114.
- Please, exercise good judgement in bad weather. You know best if you feel safe in getting to get to your destination.

