



## 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 ALL of the services to the right PLUS 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 Albany's best kept secret!



## Care MANAGEMENT

Ari Ceroalo, Care Manager

518-516-1112

- Help create online accounts for transportation, meal delivery or grocery delivery services
- Clarify billing statements, organize or pay bills, create automatic billing payments
- Discuss home care options to help you age in place
- Understand health insurance benefits so you are not overpaying at the doctor's office
- Non-judgmental support to work with you

## Community HEALTH & NURSING

Susan Riback, RN, Community Health Nurse Educator

518-516-1120

- Interpret/better adhere to doctors' orders
- Review medications (side effects, efficacy, etc.)
- Organize medications
- Pre- and post- surgery support/education
- Blood pressure checks
- Answer wellness and health concerns
- Navigate healthcare system

## Information & ASSISTANCE

NNORC Main Contact

518-516-1114 or [NNORC@jfsnyny.org](mailto:NNORC@jfsnyny.org)

- Home safety assessments
- Information on NNORC services and supports
- Register for a health or wellness program



## Care Management TIP

Did you know there is a congregate dining site located in the NNORC? The Albany JCC hosts congregate dining every Monday, Wednesday and some Fridays. This a great opportunity to enjoy a tasty meal and meet your neighbors! There is a suggested, voluntary donation of \$3, but no one will be turned away if they are unable to contribute. Reservations are required. To learn more and to see what's on the menu, call Ari, NNORC Care Manager, at 518-516-1112 or visit [albanyjcc.org/senior-meals](http://albanyjcc.org/senior-meals).

## Anne Hill

NNORC Director

## Marla Gornstein, LMSW

Director of Programs

## Susan Riback, RN

Community NNORC 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



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 stay safe & independent
- Providing resources to older adults & their families
- Home safety assessments
- Occupational therapy
- Spiritual support & guidance
- Geriatric care management
- Counseling (Medicare & insurance accepted)

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.

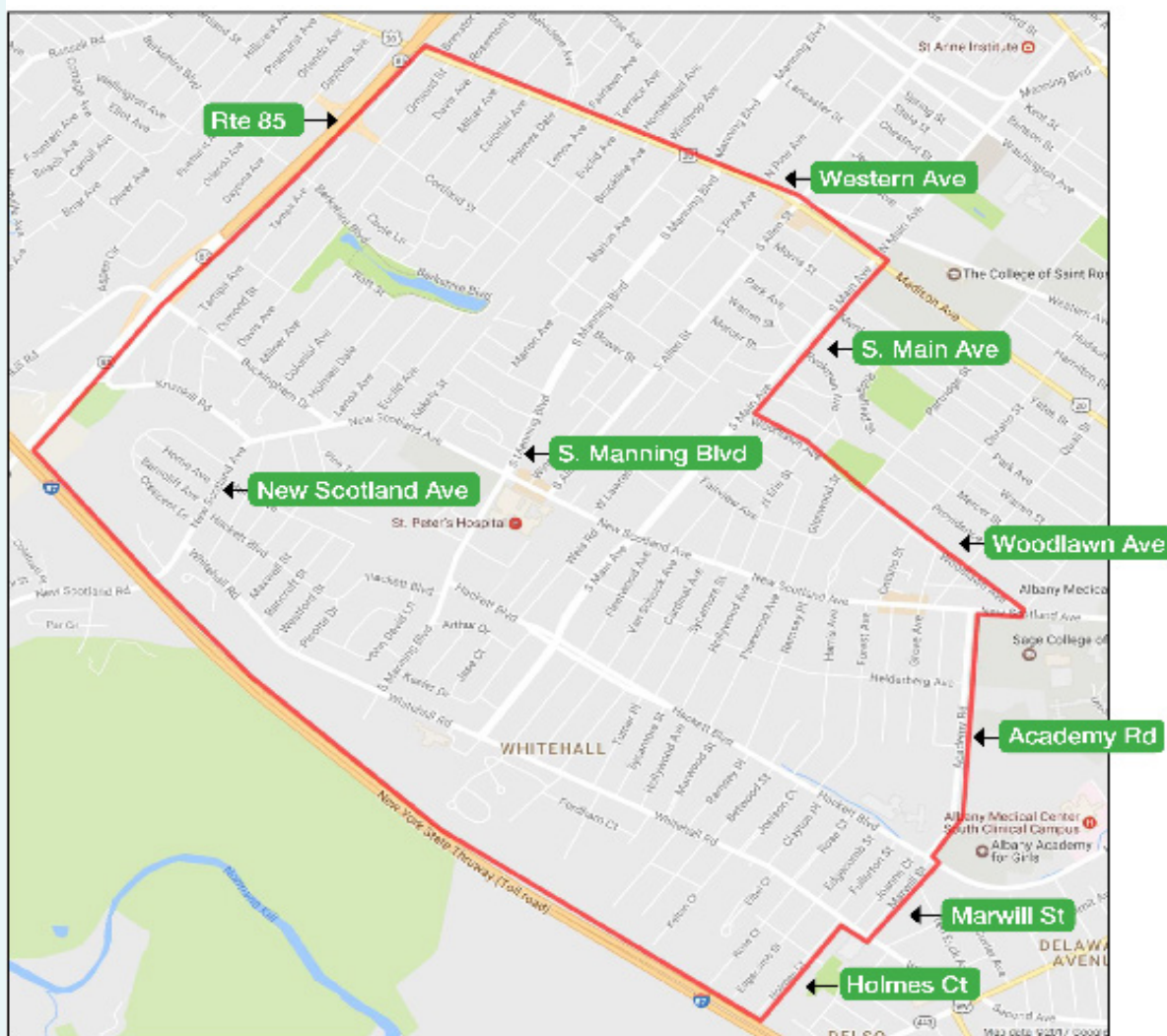
## COMING SOON:

May is Older Americans Month! Follow NNORC on Facebook @YourAlbanyNNORC for resources, information and more!

# Your ALBANY NNORC

**This is your unique neighborhood 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 & NURSING

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.

### NEIGHBORHOOD BLOOD PRESSURE CLINICS

St. Sophia Greek Orthodox Church  
Tuesdays, 3/11, 3/18, 3/25, 4/1, 4/8, 4/22  
at 10:45 a.m. Prior to Chair Yoga and Nia.

### OFFICE HOURS

Tuesdays, Wednesdays, Thursdays; 10 a.m. – 3 p.m.

### APL's Bach Branch

Thursdays, 3/13, 3/20 & 4/3, 4/10, 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 FREQUENTLY ASKED QUESTIONS

Ari Ceroalo, NNORC Care Manager is here to help!

Contact her at (518) 516-1112 or [aceroalo@jfsnny.org](mailto:aceroalo@jfsnny.org) to connect with services that can support your daily life, independence, and well-being.



**Q: I have trouble understanding my health insurance benefits. Can someone explain them to me?**

**A:** Yes! Ari can review your health insurance plan with you, explain your benefits, and help you understand what services are covered, such as doctor visits, prescriptions, and specialist care.

**Q: Can you help me navigate healthcare portals?**

**A:** Absolutely. Ari provides guidance on how to navigate healthcare portals so you can schedule appointments, view test results, refill prescriptions, and communicate with your healthcare providers more easily.

**Q: I don't feel like driving in this bad weather and I want to learn more about grocery delivery services like Hannaford To Go or Instacart. Can you help me set that up?**

**A:** Definitely. Ari can guide you through the process of downloading and setting up grocery delivery apps like Instacart, selecting stores, and placing your orders. She can also show you how to apply discounts or use coupons within the app.

## Featured 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 addresses listed on page 7.

### Learn to Cook Thai Food

**Monday, 3/10 at 1 p.m. at Honest Weight Food Coop**

Together we'll make and enjoy a crispy fresh cucumber salad and Anastasia will demonstrate how to make pad thai. Everyone will get a taste!

### DiscoverLive: Dublin

**Monday, 3/17 at 12:30. p.m. at Maria College, McAuley Building**

This is a special Saint Patrick's week tour in the beautiful, festive city of Dublin. On this private, live, interactive walking tour we will be visiting some of Dublin's most famous landmarks and buildings in the oldest part of the city, Ancient Dublin.



### Let's Talk Albany: Gilded Age

**Wednesday, 3/19 at 1 p.m. at APL's Bach Branch**

Join Discover Albany's Maeve McEneny-Johnson for "Albany in the Gilded Age!" Inspired by the hit HBO series "Gilded Age", filmed right here in downtown Albany, Maeve will share stories of the filming and tell real stories of Albany Gilded Age residents who walked these very streets.

### March Breakfast Club: Downsizing & Decluttering

**Thursday, 3/20 at 10 a.m. at Albany JCC**

Having too much stuff can impede people from relocating or getting healthcare into their homes. This engaging presentation explores why stuff can be so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Learn how to get started! This will be presented by volunteers from the AARP New York Speakers Bureau.

### Tech Time with Ari

**Tuesdays, 3/25 and 4/22 at 2 p.m. at Temple Israel**

Join Ari Ceroalo, NNORC Care Manager, for this new monthly series. Please bring your fully charged device.

March - How well do you know your smart phone?

April - How to organize photos on your phone.



### DiscoverLive: Mexico City

**Tuesday, 4/8 at 2:30. p.m.**

**Maria College, McAuley Building**

Mexico City is a UNESCO World Heritage site. During this one-hour tour, we will visit the most symbolic places such as the Metropolitan Cathedral, the ruins of the ancient Aztec city, the beautiful Postal Office, and Palacio de Bellas Artes. You will learn about history, architecture, and traditions.

### April Breakfast Club: Fraud Watch Network

**Thursday, 4/10 at 10 a.m. at Albany JCC**

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. This session will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family. This will be presented by volunteers from the AARP New York Speakers Bureau.



### A Talk Down Memory Lane

**Thursday, 4/24 at 10 a.m. at Temple Israel**

Join Kylebear Brown, our NNORC intern, for a fun, interactive program where we'll reminisce and share stories along the way! We'll chat about favorite memories, life experiences, and the good times from years past. It's a great way to connect with others in a relaxed and enjoyable atmosphere.

### Let's Start Walking!

**Tuesday, 4/29 at 10 a.m.**

**Albany County Helderberg-Hudson Rail Trail**

All levels of walkers welcome. 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.



# 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 addresses listed on page 7.

## Walk with Ease

**Mondays, Tuesday & Friday, 3/3, 3/4, 3/7 & 3/10 at 9:30 a.m.**

**Albany JCC**

The Arthritis Foundation's Walk with Ease Program is a community-based physical activity and self-management education program. Cost: \$20 JCC members & NNORC residents.

## Chair Yoga

**Tuesdays, 3/4, 3/18, 4/1, & 4/15 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.

## All-Levels Yoga

**Thursdays, 3/6, 3/20, 4/3 & 4/10 at 5:30 p.m. at 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.



## Nia Moving to Heal

**Tuesdays, 3/11, 3/25, 4/8 & 4/22 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, effective practice. Participate sitting or standing, shoes or no shoes! \$5 per class for non-NNORC residents. Instructor: Andrea Hersh.

## Bingo!

**Wednesdays, 3/12 & 4/9 at 11 a.m. at Albany JCC**

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

## One Stitch at a Time

**Wednesdays, 3/12, 3/26, 4/9 & 4/23 at 1 p.m. at APL's Bach Branch**

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

## 1:1 Computer/Device Skills

**Thursdays, 3/13 & 4/17 at 12 p.m.**

**APL's Bach Branch**

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



## Resident Council

**Wednesdays, 3/26 & 4/30 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.

## Birthday Potluck

**Thursday, 3/27 & Wednesday 4/30 at 11:30 a.m.**

**Congregation Beth Emeth**

Calling all March and April 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.

## Novel NNORC Book Club

**Mondays, 3/24 & 4/28 at 1 p.m.**

**St. Sophia Greek Orthodox Church**

March: *The Watchmaker's Daughter* by Larry Loftis

April: *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid

## Bach Craft: Coffee Can Planters

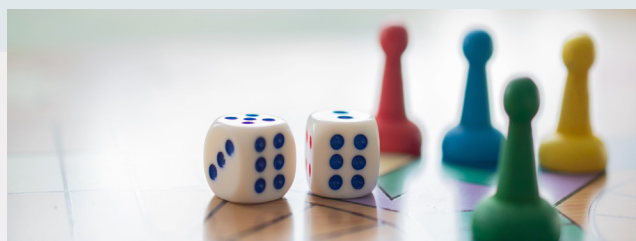
**Wednesday, 4/2 at 1 p.m. at APL's Bach Branch**

Get ready for spring by making a planter out of an old coffee can. Materials provided. Space is limited—please register!

## Who's Up for Friendly Competitor?

**Wednesday, 4/23 at 3:30 p.m. at Mr. Bumbles Cafe**

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 Cafe!



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@jfsneny.org.



## What is Intuitive Eating?

This winter, Susan Riback, RN, Community NNORC Nurse Educator presented a workshop to explore and introduce the work of Elyse Resch, MS, RDN and Evelyn Tribble, MS, RDN: The Intuitive Eating Card Deck: 50 Bite Size Ways to Make Peace with Food.

The Intuitive Eating book and Card Deck provide reflective questions and provocative activities to become more mindful of our relationship to food, the mind and the body.

The ten principles of Intuitive Eating focus on self-compassion and listening to body cues, not on a strict set of rules like a diet. It is believed that this is a more sustainable practice, better attuned to our individual needs and can help build "body trust".

A few of the the ten principles include:

- Reject the diet mentality
- Honor your hunger
- Challenge the food police
- Respect your body

Contact NNORC Nurse Susan Riback, RN, at [sriback@jfsneny.org](mailto:sriback@jfsneny.org) or call 518-516-1120, if you are interested in working with this educational deck in the future.

## Tax Prep Resources

### VITA (Volunteer Income Tax Assistance)

The Volunteer Income Tax Assistance (VITA) Program is a national IRS volunteer program where IRS-certified volunteers prepare federal and state tax returns for free for families and individuals earning approximately \$67,000 or less. Local sites include Albany Public Library's Washington Avenue branch, Catholic Charities of the Diocese of Albany, and SUNY Albany Husted Hall. You can make an appointment online at [www.getfreetaxprep.org](http://www.getfreetaxprep.org), or call Catholic Charities Tri-County Services for help at 518-507-5353.

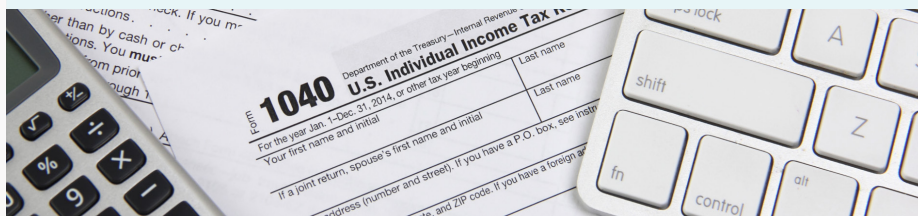
### AARP

Volunteers help low- to moderate-income taxpayers with tax preparation and filing at a Tax-Aide site. Local sites include Capital District Center for Independence, Beltrone Living Center, and St. Stephen's Episcopal Church (Delmar). Learn more at [tinyurl.com/aarptaxsupport](http://tinyurl.com/aarptaxsupport)

### Direct File

NYS residents can file their federal taxes for free directly with the IRS. Direct File supports standard deductions, but not itemized deductions and there are some other limitations. You can get guided help for every part of your federal tax return. For more information, [www.directfile.irs.gov/state](http://www.directfile.irs.gov/state)

File from your smartphone, tablet, or computer. Access live support from IRS staff, Monday - Friday, 7 a.m. to 10 p.m. Eastern time.



## In the Hood

### ST. SOPHIA GREEK ORTHODOX CHURCH

OPA-cize – Wednesdays through 4/9 at 6:30 p.m.

A fun dance and exercise class to Greek music. 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 – 3/13 & 4/10 from 6 to 7:30 p.m.

Each session will provide a still life for inspiration. Canvas and paint will be provided for all.

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

Jewish Book Swap – Monday, 3/10 at 11 a.m.

Bronte Roman, Latin Jazz Free Concert – Sunday, 4/27 at 2 p.m.

*Events* **CALENDAR | March - April 2025****Program Registration: 518-516-1114 or nnorc@jfsneny.org. Please include your phone and email.**

PROGRAM	DATE & TIME
Walk with Ease	Mondays, Tuesday and Friday, March 3 - 10 at 9:30 a.m. Albany JCC, 340 Whitehall Rd
Chair Yoga	Tuesdays, March 4, 18 & April 1, 15 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
All-Levels Yoga	Thursdays, March 6, 20 & April 3, 10 at 5:30 p.m. First Congregational Church, 405 Quail St
Learn to Cook Thai Food	Monday, March 10 at 1 p.m. Honest Weight Food Coop, 100 Watervliet Av
Nia Moving to Heal	Tuesdays, March 11, 25 & April 8, 22 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Bingo!	Wednesdays, March 12 & April 9 at 11 a.m. Albany JCC, 340 Whitehall Rd
One Stitch at a Time	Wednesdays, March 12, 26 & April 9, 23 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
1:1 Computer/Device Skills	Thursdays, March 13 & April 17 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
DiscoverLive: Dublin	Monday, March 17 at 12:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Let's Talk Albany: Gilded Age	Wednesday, March 19 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
March Breakfast Club: Downsizing & Decluttering	Thursday, March 20 at 10 a.m. Albany JCC, 340 Whitehall Rd
Novel NNORC Book Club	Mondays, March 24 & April 28 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Tech Time with Ari	Tuesdays, March 25 & April 22 at 2 p.m. Temple Israel, 600 New Scotland Ave
Resident Council	Wednesdays, March 26 & April 30 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
NNORC Birthday Potluck	Thursday, March 27 & Wednesday, April 30 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
Bach Craft: Coffee Can Planters	Wednesday, April 2 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
DiscoverLive: Mexico City	Tuesday, April 8 at 2:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
April Breakfast Club: Fraud Watch Network	Thursday, April 10 at 10 a.m. Albany JCC, 340 Whitehall Rd
Who's Up for Friendly Competition?	Wednesday, April 23 at 3:30 p.m. Mr. Bumbles, 263 New Scotland Ave
A Talk Down Memory Lane	Thursday, April 24 at 10 a.m. Temple Israel, 600 New Scotland Ave
Let's Start Walking!	Tuesday, April 29 at 10 a.m. Albany County Helderberg-Hudson Rail Trail





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## 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!

# Save the Date!

## Thursday, May 8 at 11 a.m.

Albany JCC and NNORC are co-sponsoring guest speaker, Benita Zahn, and lunch as part of the Jules and Paula Stein Live and Learn Series.

More information to follow.



### 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: April 14 for Passover.