



Welcome to Your Neighborhood NNORC!

The Albany NNORC is a program for adults 60+ living in a three-square-mile area of Albany, designed to help you age well and safely at home. We offer free health, wellness, and social programs—right in your neighborhood! **All adults 60+, regardless of background, are welcome!**

Celebrate

OLDER AMERICANS MONTH IN MAY WITH NNORC

In observance of Older American Month, we recognize older adults' contributions. The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about and approaches aging.

We invite you to participate in a NNORC program this month, in an effort to stay active and engaged as we age.

Care MANAGEMENT

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@jfsnny.org

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

Kyra Alte, LMSW
NNORC Director

Marla Gornstein, LMSW
Director of Programs

Susan Riback, RN
Community NNORC Nurse Educator

Monica Tan
Director of Marketing

Resident 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 in part 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 or 518-482-8856, option 0.

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. Visit us: jfsnyny.org/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!



Community HEALTH & NURSING

Susan provides blood pressure checks, health education, and Therapeutic Touch™.
Contact her with any health or wellness questions.

SUSAN RIBACK, RN

Community Health Nurse Educator | 518-516-1120.

NEIGHBORHOOD BLOOD PRESSURE CLINICS

St. Sophia Greek Orthodox Church
Tuesdays, 5/6, 5/20*, 5/27, 6/3, 6/10, 6/17, 6/24
at 10:45 a.m. Prior to Chair Yoga and Nia.

*Class on 5/20 will be at B'nai Sholom Reform Congregation

OFFICE HOURS

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

ALBANY JCC

Wednesdays, 5/7, 5/21, 6/4 & 6/18; 12 - 1 p.m.
at Congregate Meal

APL's BACH BRANCH

Thursdays, 5/8, 5/22 & 6/12; 1 - 2 p.m.



Tech Tip: THINGS TO DO WITH SIRI/GOOGLE/ALEXA

Meet NNORC staff on 5/1, 5/15, 5/29, 6/12 & 6/26 from 12 - 2 p.m. at the JCC Senior Center.

No matter your need, contact NNORC by phone at (518) 516-1114 or email, nnorc@jfsnny.org, to connect with services that support your daily life, independence, and well-being.



Featured 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.

How to Embrace the Senior Years with Benita Zahn

Thursday, 5/8 at 11 a.m. | Albany JCC

Join Dr. Benita Zahn, Certified Health Coach, for a fun and inspiring talk on finding more joy! We're teaming up with the Albany JCC for the Jules and Paula Stein Live and Learn Series — lecture and catered lunch included. Just \$10 for NNORC residents! Registration required.

May Breakfast Club: Building a Safer Albany

Thursday, 5/15 at 10 a.m. | Albany JCC

Learn about what the City of Albany has to offer you. We'll learn about programs in the community and what the city is doing to keep you safe. Please join us as we welcome:

- Officer Justin Wallace, Albany Police Department Neighborhood Engagement Unit
- Sarah Kampf, Director, City of Albany Neighborhood Services
- Lisa Rodriguez & Ken Louzier, City of Albany Neighborhood Specialists

How to Cook Gluten-Free Brunch

Monday, 5/19 at 11:30 a.m. | Honest Weight Food Co-op

Join Anastasia for a tasty brunch demo featuring gluten-free and wheat flour recipes! Learn to make sweet and savory scones, a veggie frittata, and enjoy fresh-pressed juices and fruit from Juice & Java.

DiscoverLive: Paris

Wednesday, 5/21 at 11 a.m. | Maria College, McAuley Building

This one-hour tour begins at the bridge by the iconic Notre-Dame Cathedral, with updates on its restoration. Then we'll explore the Seine's islands and uncover the city's origins, ending at the historic Pont Neuf.



A Special NNORC Book Club

Tuesday, 5/27 at 1 p.m. | St. Sophia Greek Orthodox Church

Celebrate Older Americans Month by diving into the eye-opening *This Chair Rocks: A Manifesto Against Ageism* by Ashton Applewhite! Get ready for a powerful read that challenges stereotypes and sparks great conversation. Let us know if you'd like to borrow a copy — we've got you covered!

In Celebration of Older Americans Month: A Creative Approach to Life Review

Thursday, 5/29 at 10 a.m. | Temple Israel

Tap into your memories through photos and storytelling with NNORC Nurse Susan Riback. Bring a personal photo or choose from art postcards to inspire meaningful reflections and shared stories.

A Roadmap to Online Security

Thursday, 5/29 at 1 p.m. | Congregation Beth Emeth

Are you looking to navigate the digital world with confidence? Join Jay Levitt, a seasoned IT executive and CISO from Pursuit in Latham, NY, for an informative and practical cybersecurity workshop designed specifically for you.

Broadway: The Great Gatsby

Thursday, 6/5 from 9 a.m. - 9 p.m. (approx.)

Join us for a day trip to New York City. Each registration includes a round-trip travel on a chartered bus. Upon arrival, you'll have approximately 2 hours to explore Times Square and enjoy lunch before meeting us at the Broadway Theater to see *The Great Gatsby: A New Musical*. After the matinee, we'll return to the bus for our ride home, where a snack bag will be provided.

The cost for NNORC residents is \$92 (cash/check) or \$94.16 (credit card). No refunds. Space is extremely limited. Please call or email NNORC to register or be placed on the waitlist.



June Breakfast Club: Thriving Through Change - Strategies for Navigating the Aging Journey

Thursday, 6/12 at 10 a.m. | Albany JCC

Join JFS Clinician Jennifer Stanley, LCSW, for an empowering Breakfast Club discussion on aging. Get practical tips, ask questions, and connect with others as you learn to navigate life's transitions with confidence and support.

DiscoverLive:

Navajo Nation, Window Rock, Arizona

Monday, 6/16 at 1:30 p.m.

Maria College, McAuley Building

Tségháhoodzání, or Window Rock, is a sacred site and the capital of the Navajo Nation. This one-hour tour explores its natural beauty and shares the rich history, traditions, language, and ancestry of the Navajo people.

Let's Talk Albany:

A "Narrowback's" Perspective

Thursday, 6/26 at 1 p.m. | APL's Bach Branch

Join Michael Clarke, Executive Director of the Irish American Heritage Museum in Albany as he discusses growing up as a first-generation Irish American. Learn about the Irish American heritage, story and culture.

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, 5/6, 5/20*, 6/3 & 6/17 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, effective practice. Participate sitting or standing, shoes or no shoes! \$5 per class for non-NNORC residents. Instructor: Andrea Hersh.

*The May 20 class will be held at B'nai Sholom Reform Congregation.

One Stitch at a Time

Wednesdays, 5/7, 5/21, 6/4 & 6/18 at 1 p.m. | APL's Bach Branch

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



All-Levels Yoga

Thursdays, 5/8, 5/22, 6/12 & 6/26 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, 5/13*, 5/27, 6/10, & 6/24 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.

*The May 13 class will be held at B'nai Sholom Reform Congregation.

Tech Time

Tuesdays, 5/13 & 6/17 at 2 p.m. | Temple Israel

Join NNORC for this new monthly series.

Please bring your fully charged device.

May - Everyday use (grocery delivery, transportation, calendar)

June - Staying connected with family (email, video-chat)

Bingo!

Wednesdays, 5/14 & 6/11 at 11 a.m. | Albany JCC

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

Music Circle

Tuesdays, 5/20, 6/10 & 6/24 at 2 p.m.

Buckingham Pond Picnic Tables

Music Circle is back! Bring a chair, your instrument (or just yourself), and enjoy an afternoon of playing, singing, and sharing music.

1:1 Computer/Device Skills

Thursdays, 5/22 & 6/12 at 12 p.m. | APL's Bach Branch

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

Resident Council

Wednesdays, 5/28 & 6/25 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

Wednesdays, 5/28 & 6/18 at 11:30 a.m.

Congregation Beth Emeth

Calling all May and June 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.

Who's Up for Friendly Competition?

Wednesday, 6/4 at 3:30 p.m. | 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!

Bach Craft: Bookmarks with Pressed Flowers

Wednesday, 6/11 at 1 p.m. | APL's Bach Branch

Learn to make bookmarks with pressed flowers. All materials will be supplied. If you want to bring flowers, please press and dry in a book for two days prior to program. Registration is required.

Novel NNORC Book Club

Monday, 6/23 at 1 p.m.

St. Sophia Greek Orthodox Church

Keeper of Lost Things by Ruth Hogan



Introducing Kyra

The NNORC team welcomes our new director, Kyra Alte, LMSW (formerly Nolte). Some of us know Kyra from their work with the NNORC as a graduate level social work intern in 2022. After receiving their MSW degree and state license in 2023, Kyra worked as the JFS Geriatric Social Work Care Manager throughout the City of Albany. Kyra is thrilled to be back with the NNORC, working to serve older adults in aging healthfully, safely, and joyously in our community.



Happy Spring! From Susan, RN

June is National Great Outdoors Month. Don't let bites and poison ivy stop your adventures!

Great Outdoor Checklist:

- Insect repellent
- Calamine lotion for poison ivy
- Anti-Itch Cream
- High-factor sunscreen, sunglasses, SPF lip balm, & a hat
- Assorted bandages, gauze pads & adhesive tape
- Anti-septic wipes or solution

Don't forget to stay well hydrated!

Contact NNORC Nurse Susan Riback, RN, at sriback@jfsneny.org or call 518-516-1120 to learn more or if you have a question.

In the Hood

ST. SOPHIA GREEK ORTHODOX CHURCH

2025 Greek Festival – Friday, 5/16 - Sunday, 5/18

Come and enjoy LIVE Greek music, traditional dancers, authentic food, gifts, and church tours. Free parking and shuttle from Center for Disability Services on Manning Blvd. Indoor and tented event. \$5 per day, children under 12 free. Visit the website to learn more: www.stsophiaalbany.org/2024-greek-festival

OPA-cize – Wednesdays from 6/4 - 7/30 at 6:30 p.m.

A fun dance and exercise class to Greek music. \$7 per week and 50% of proceeds go to Women's Health Program. Everyone is welcome, no RSVP needed.

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

Community Art – 5/8 & 6/15 at 6 p.m. – Still life painting.

College Art – Tuesdays in May at 1 p.m. – Collage art techniques.

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

Albany Institute of History & Art – Monday, 5/5 at 11 a.m.

Join Megan Brown, Director of Education, to learn about current and upcoming exhibits.

Duo Envol with Laura Melnicoff & Melanie Chirignan –

Thursday, 5/29 at 11 a.m. - 1 p.m.

Performance and lunch. Please call the JCC to register and pay.

Gardening in a Changing Climate – Wednesday, 6/4 at 11 a.m.

Hear the latest news about our climate and the changes that will affect you. Learn how to adapt your gardening practices and how to mitigate your effect on the environment. Presented by Martie Teumim, Albany County Master Gardener.

2025 NNORC Supporter

Name(s)

Address

City

Zip

Phone

Email

Giving Amount*

*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 or scan this QR code with your smart phone camera.



Events CALENDAR | May - June 2025

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

PROGRAM	DATE & TIME
Nia Moving to Heal	Tuesdays, May 6, 20* & June 3, 17 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
One Stitch at a Time	Wednesdays, May 7, 21 & June 4, 18 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
How to Embrace the Senior Years with Benita Zahn ** Registration required **	Thursday, May 8 at 11 a.m. Albany JCC, 340 Whitehall Rd
All-Levels Yoga	Thursdays, May 8, 22 & June 12, 26 at 5:30 p.m. First Congregational Church, 405 Quail St
Chair Yoga	Tuesdays, May 13*, 27 & June 10, 24 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Tech Time	Tuesdays, May 13 & June 17 at 2 p.m. Temple Israel, 600 New Scotland Ave
Bingo!	Wednesdays, May 14 & June 11 at 11 a.m. Albany JCC, 340 Whitehall Rd
May Breakfast Club: Building a Safer Albany	Thursday, May 15 at 10 a.m. Albany JCC, 340 Whitehall Rd
How to Cook Gluten-Free Brunch	Monday, May 19 at 11:30 a.m. Honest Weight Food Co-op, 100 Watervliet Ave
Music Circle	Tuesdays, May 20 & June 10 & 24 at 2 p.m. Buckingham Pond Picnic Tables
DiscoverLive: Paris	Wednesday, May 21 at 11 a.m. Maria College, McAuley Building, 308 S. Manning Blvd
1:1 Computer/Device Skills	Thursdays, May 22 & June 12 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Novel NNORC Book Club	Tuesday, May 27 & Monday, June 23 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Resident Council	Wednesdays, May 28 & June 25 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
NNORC Birthday Potluck	Wednesdays, May 28 & June 18 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
A Creative Approach to Life Review	Thursday, May 29 at 10 a.m. Temple Israel, 600 New Scotland Ave
A Roadmap to Online Security	Thursday, May 29 at 1 p.m. Congregation Beth Emeth, 100 Academy Rd
Who's Up for Friendly Competition?	Wednesday, June 4 at 3:30 p.m. Mr. Bumbles Cafe, 263 New Scotland Ave
Broadway: The Great Gatsby	Thursday, June 5 from 9 a.m. - 9 p.m. (approx.)
Bach Craft: Bookmarks with Pressed Flowers	Wednesday, June 11 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
June Breakfast Club: Navigating the Aging Journey	Thursday, June 12 at 10 a.m. Albany JCC, 340 Whitehall Rd
DiscoverLive: Navajo Nation, Window Rock, AZ	Monday, June 16 at 1:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Let's Talk Albany: A "Narrowback's" Perspective	Thursday, June 26 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave

*Classes will be held at B'nai Sholom Reform Congregation.



184 Washington Ave Extension
Albany, NY 12203

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Albany NNORC

518-516-1114

nnorc@jfsneny.org
jfsneny.org

Office Hours:

Monday - Thursday
9 a.m. - 5 p.m.

Messages will be responded
to during office hours.

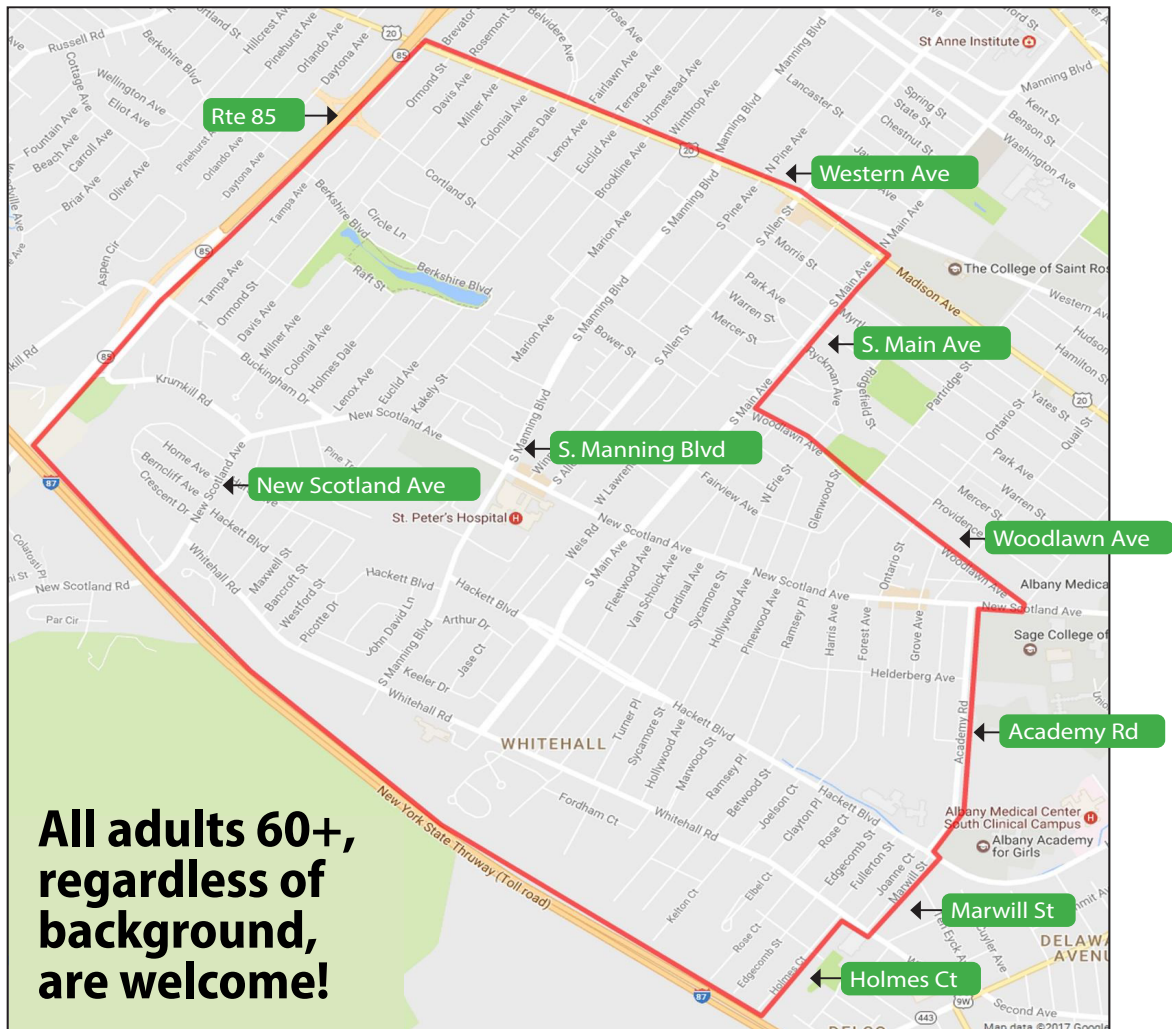
NNORC Offices Are Closed:

May 26 for Memorial Day &
June 2 for Shavuot

You live in a unique neighborhood - The Albany NNORC.

**IF YOU LIVE
HERE AND ARE
60+, LOOK
INSIDE!**

Follow Us on
facebook
@Your Albany NNORC



**All adults 60+,
regardless of
background,
are welcome!**