

NNORC NEWS

Neighborhood Naturally Occurring Retirement Community

July - August 2025 Edition



Benita Zahn discusses "How to Embrace Your Senior Years" at the NNORC Breakfast Club, May 2025



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!

Ice Cream Social

Wednesday, 7/23 at 1 p.m. | Congregation Beth Emeth

Celebrate National Ice Cream Month with NNORC! Take a break from the heat and join us for a make-your-own sundae bar! Bring your sweet tooth and your smile!

We hope to be gathering outside (please bring a lawn chair if possible). If the weather doesn't cooperate, we will move our ice cream fun inside!

Care MANAGEMENT

Eva Murphy

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 and their 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 & 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

Eva Murphy
NNORC Care Manager

Monica Tan
Director of Marketing

Naomi Roter
Marketing & Social Media Associate

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



@YourAlbanyNNORC



Supported in part by



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@jfsneny.org. Visit us: jfsneny.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!

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



Farmers Market Coupons

We are pleased to announce that NNORC will be distributing Senior Farmers' Market Nutrition Program (SFMNP) coupons again this summer. The program helps low-income older adults aged 60+ access farm fresh local produce.

Each adult 60+ years in a household may receive a booklet if their household income does not exceed:

- \$2,413/month (for a one-person household)
- \$3,261/month (for a two-person household)

Participants will receive a list of where coupons can be used.

NNORC will be given booklets to distribute on a first-come, first-served basis. Please call our office at 518-516-1114 to reserve your booklet today. Each booklet must be signed for and given to each person directly. Booklets will be available around mid-July.

The SFMNP program is made possible through a collaboration of the following agencies: The NYS Dept. of Agriculture and Markets, the NYS Dept. of Health and the NYS Office for the Aging.

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

OFFICE HOURS

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

NEIGHBORHOOD BLOOD PRESSURE CLINICS

St. Sophia Greek Orthodox Church
Tuesdays, 7/8, 7/22 & 8/5, 8/19 at 10:45 a.m.
prior to Nia & Chair Yoga

APL's BACH BRANCH

Thursdays, 7/10, 7/24, 8/7 & 8/21; 1 - 2 p.m.

NNORC Care Manager

Meet Eva Murphy, NNORC Care Manager on 7/2, 7/16, 7/30, 8/13 & 8/27 from 12:30 - 2:30 p.m. at the JCC Senior Center.
No matter your need, contact Eva by phone at (518) 516-1112 or email, emurphy@jfsnyny.org, to connect with services that support your daily life, independence, and well-being.

JCC Membership Lottery

The Albany NNORC and Albany Jewish Community Center (JCC) are excited to announce a new opportunity exclusively for NNORC residents. We will be offering 14 free annual memberships to the JCC starting in September 2025. The membership will be active until August 2026 and give you complete access to the JCC. Membership includes three complimentary personal training sessions, availability permitting.

First priority will be given to those who do not currently have a JCC membership. We will hold a lottery on August 1st to pick 14 residents.

NNORC residents who are eligible for Silver Sneakers through their insurance plan need not apply. Silver Sneakers offers free membership to the JCC. If you need help identifying this benefit, call your insurance plan or NNORC at 518-516-1114.

To enter the lottery, please call or email NNORC and include your first and last name, phone number, email, and whether you currently have a JCC membership.

We are pleased to promote this exciting opportunity to further your fitness goals in 2025 through the generous support and partnership of the New York State Office for the Aging and the Sidney Albert Albany Jewish Community Center. JFS/NNORC is not liable for any injuries incurred through this arrangement and NNORC residents will be asked to sign any and all membership limits of liability and agreements.

Cooling Assistance Benefit

The Cooling Assistance Benefit is accepting applications. If you are eligible, you may receive one Cooling Assistance Benefit per applicant household for the purchase and installation of an air conditioner or a fan to help your home stay cool.

Your household eligibility requirements include filing an application with your local department of social services, providing all necessary documentation, and the household must reside in an eligible living situation.

Your total household gross monthly income for your household size must be at or below the following guidelines:

2024-2025 HEAP Benefit Gross Monthly Income Guidelines

Household Size	Maximum Gross Monthly Income
1	\$3,322
2	\$4,345

Please contact NNORC Care Manager, Eva, if you have questions.



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.

Walk with Ease Enhanced Program - Kickoff Party

Monday, 7/7 at 10 a.m. | Albany JCC

The self-directed enhanced program is a flexible, six-week group walking experience designed to fit any schedule. We provide all the materials and support you need, while your group decides when and where to walk together, building connections, staying active, and making every step count. Cost: \$20.47 JCC Members & NNORC Residents. Cost includes a Walk with Ease guidebook (value \$12).

Let's Talk Albany:

A Visit to the Women's Club of Albany

Thursday, 7/17 at 11 a.m. | Women's Club of Albany

Please join us for a tour of this historical house in Albany. There is a ramp to enter the building, but the second floor is not ADA accessible. Light snacks will be provided. Please meet us at the location - 725 Madison Avenue, Albany. Registration required.

Ice Cream Social

Wednesday, 7/23 at 1 p.m. | Congregation Beth Emeth

Celebrate National Ice Cream Month with NNORC! See cover.

DiscoverLive: Gdańsk, Poland

Thursday, 7/24 at 11 a.m. | Maria College, McAuley Building

For many centuries Gdańsk was the most important sea harbor of the Polish Kingdom. Our one-hour walk begins on the Granaries Island, which was once the central warehouse of the city. As we cross the river on Green Bridge, we discover the mysteries of the long embankment of the Motława River, the old gates and the royal palace.

Step Into the Future with Virtual Reality

Monday, 7/28 at 1 p.m. | Maria College, McAuley Building

Did you know that Maria College has a state-of-the-art Virtual Reality lab? While it's used during the school year to help educate healthcare students, we have the unique opportunity to try it out! While wearing the VR headset, you are transported to faraway or fantastical places like the Amazon, under the sea, or even the Moon. Hand tracking allows you to intuitively paddle kayaks, oil paint, or even lead an orchestra with the wave of your hand. If you've been curious about virtual reality and what it can do, join us for this fun program! Space is limited; please register.



July Breakfast Club: Town Hall

Thursday, 7/31 at 10 a.m. | Albany JCC

Realists and dreamers, come all! We need your insight. Join the NNORC staff for this special Breakfast Club meeting. This is a forum to voice questions and ideas about the NNORC and visions for the future.

Once at Capital Repertory Theatre

Wednesday, 8/6 at 2 p.m. | Capital Rep

251 North Pearl Street, Albany

Fall in love with the story of an Irish musician and a Czech immigrant who connect over their shared passion for music on the streets of Dublin. Over the course of one fateful week, an unexpected friendship quickly evolves into an inspirational musical collaboration. As the music soars to powerful new heights, the unlikely connection turns out to be deeper and more complex than an everyday romance.

NNORC has a limited number of tickets to this show. The cost is \$44 per ticket.

DiscoverLive: Croatia

Tuesday, 8/12 at 1:30 p.m.

Maria College, McAuley Building

Split is the second largest city in Croatia, located on the stunning Adriatic coast. In this walking tour, we will dive into the general history of the city and explore the hidden treasures of Diocletian's Palace! Split is one of the few cities in the world where an ancient Roman palace is not only preserved but is still a thriving, living part of the modern city.

A Creative Approach to Life Review

Thursday, 8/21 at 10 a.m. | Temple Israel

Community Nurse Educator, Susan Riback, will lead her second workshop using poems and prompts to inspire personal writing of memories and meaningful life experiences.

A Visit to Cornell Cooperative Gardens

Thursday, 8/28 at 10:30 a.m.

24 Martin Road, Voorheesville

Come and visit THE GARDENS at Cornell Cooperative Extension of Albany County which are designed as demonstration gardens to educate the community in horticulture and science. The combined gardens consist of 20 distinctly designed gardens including a Shade Garden, a Native and Pollinator Garden, a Grass Garden, a Knot Garden, a Gazebo Garden, and a Children's Garden. Register to join us for a tour led by the Master Gardeners! Fee is \$5 per person.

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, 7/8, & 7/15 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.

Music Circle

Tuesdays, 7/8, 7/22, 8/5 & 8/19 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.

Bingo!

Wednesdays, 7/9 & 8/13 at 11 a.m. | Albany JCC

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



One Stitch at a Time

Wednesdays, 7/9, 7/30, 8/13 & 8/27 at 1 p.m. | APL's Bach Branch

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

All-Levels Yoga

Thursdays, 7/10, 7/24, 8/7 & 8/21 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.

Tech Time with Eva

Tuesdays, 7/15 & 8/26 at 3 p.m. | Temple Israel

Join new NNORC Care Manager Eva Murphy for this monthly instructional series. Please bring your fully charged device.

July - Signing up & managing health portals (i.e. how to email your doctor)

August - Social media (Facebook, Instagram & more)

Birthday Potluck

Wednesday, 7/16 & Thursday, 8/14 at 11:30 a.m.

Congregation Beth Emeth

Calling all July and August 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, 7/21 & 8/25 at 1 p.m.

St. Sophia Greek Orthodox Church

July - It's summer! Choose your own book, and be ready to share!

August - *The Memory Keeper's Daughter* by Kim Edwards

Chair Yoga

Tuesdays, 7/22, 8/5, 8/19 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.

Instructors: Casey Bernstein (7/22); Kimberly German (8/5); Trish Bernstein (8/19)

Summertime Walks

Wednesdays, 7/30 & 8/20 at 10 a.m.

July – The Crossings of Colonie

Join us for a walk around the pond. Park by the playground (second parking lot on the right as you drive in) and we'll meet by the pond.

August – Buckingham Pond

We will be meeting by the playground at Berkshire and Colonial Avenues.



1:1 Computer/Device Skills

Thursday, 7/31 at 12 p.m. | APL's Bach Branch

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

Resident Council

Wednesday, 8/27 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. Though we will take a break in July, we look forward to picking up again in August!

Introducing Eva

We are thrilled to welcome Eva Murphy, our new Care Manager, to the team. Some of us know Eva from her work in 2022 as the NNORC intern. Eva is joining us after working with JFS for the past 2 years in various roles. All NNORC residents can call Eva directly to set up a home visit for support with technology assistance, coordinating health care providers, navigating health insurance, organizing or paying bills, understanding options for transportation and grocery/meal delivery, discussing home care options, and so much more!

Call Eva directly at (518) 516-1112, or email at emurphy@jfsneny.org.



Summer Safety Tips From Susan, RN

July is UV Safety Month!

Here are the 5 W's of Sun Safety:

- Who - Everyone needs to be protected
- What - Products with at least 15 SPF
- When - Re-apply every 2 hours & after swimming
- Where - All over
- Why - Sun exposure is one of the most common causes of skin cancer

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

Drop It, Swap It. – Saturday, 7/26 from 12 - 3 p.m.

Give what you don't need, take what you like—no need to bring something to participate! On the list of things to bring: clean, reusable, portable times such as clothing, housewares, small working electronics, books and toys. Do not bring: furniture or any other large items, food, personal care products, medicine, dirty or ripped clothing, fabric scraps, incomplete toys or games, non-working electronics, tube TV's, magazines or any sharp objects. Free and open to the public. Sponsored by the Albany Department of General Services and St. Sophia Greek Orthodox Church.

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

Community Art – Thursdays, 7/10 & 8/14 at 6 p.m.

Do you like to paint in a group setting? Here is your chance! Each session will provide a still life for inspiration. Canvas and paints will be provided. Registration required.

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

Eye on the World: Thatcher Park – Monday, 7/7 from 11 a.m. - 12 p.m.

Jules and Paula Stein Live and Learn Lunch Series with Duo Envol

(Laura Melnicoff & Melanie Chirignan) – Thursday, 7/10 from 11 a.m. - 1:30 p.m.

Experience the captivating melodies of Duo Envol! Kosher-style* lunch from the Healthy Café will be served immediately following the performance. Cost: \$10.24 Albany JCC or Albany NNORC Members and \$12.28 Guests.

Mah Jongg Lessons – Fridays, 7/11 - 8/15 from 11 a.m. - 1 p.m.

Learn how to play American Mah Jongg, a fascinating, rummy-like game played with tiles. Cost: \$18.42 for JCC Members or \$36.85 for Program Guests.

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 | July - August 2025

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

PROGRAM	DATE & TIME
Walk with Ease Enhanced Program - Kickoff Party	Monday, July 7 at 10 a.m. Albany JCC, 340 Whitehall Rd
Nia Moving to Heal	Tuesdays, July 8 & 15 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Music Circle	Tuesdays, July 8, 22 & August 5, 19 at 2 p.m. Buckingham Pond Picnic Tables
Bingo!	Wednesdays, July 9 & August 13 at 11 a.m. Albany JCC, 340 Whitehall Rd
One Stitch at a Time	Wednesdays, July 9, 30 & August 13, 27 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
All-Levels Yoga	Thursdays, July 10, 24 & August 7, 21 at 5:30 p.m. First Congregational Church, 405 Quail St
Tech Time with Eva	Tuesdays, July 15 & August 26 at 3 p.m. Temple Israel, 600 New Scotland Ave
NNORC Birthday Potluck	Wednesday, July 16 & Thursday, August 14 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
Let's Talk Albany: A Visit to the Women's Club	Thursday, July 17 at 11 a.m. Women's Club of Albany, 725 Madison Ave
Novel NNORC Book Club	Mondays, July 21 & August 25 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Chair Yoga	Tuesdays, July 22, August 5 & 19 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Ice Cream Social	Wednesday, July 23 at 1 p.m. Congregation Beth Emeth, 100 Academy Rd
DiscoverLive: Gdańsk, Poland	Thursday, July 24 at 11 a.m. Maria College, McAuley Building, 308 S. Manning Blvd
Step Into the Future with Virtual Reality	Monday, July 28 at 1 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Summertime Walks	Wednesday, July 30 at 10 a.m. - The Crossings of Colonie Wednesday, August 20 at 10 a.m. - Buckingham Pond
July Breakfast Club: Town Hall	Thursday, July 31 at 10 a.m. Albany JCC, 340 Whitehall Rd
1:1 Computer/Device Skills	Thursday, July 31 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Once at Capital Repertory Theatre	Wednesday, August 6 at 2 p.m. Capital Repertory Theatre, 251 North Pearl St
DiscoverLive: Croatia	Tuesday, August 12 at 1:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
A Creative Approach to Life Review	Thursday, August 21 at 10 a.m. Temple Israel, 600 New Scotland Ave
NNORC Resident Council	Wednesday, August 27 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
A Visit to the Cornell Cooperative Gardens	Thursday, August 28 at 10:30 a.m. 24 Martin Rd, Voorheesville



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

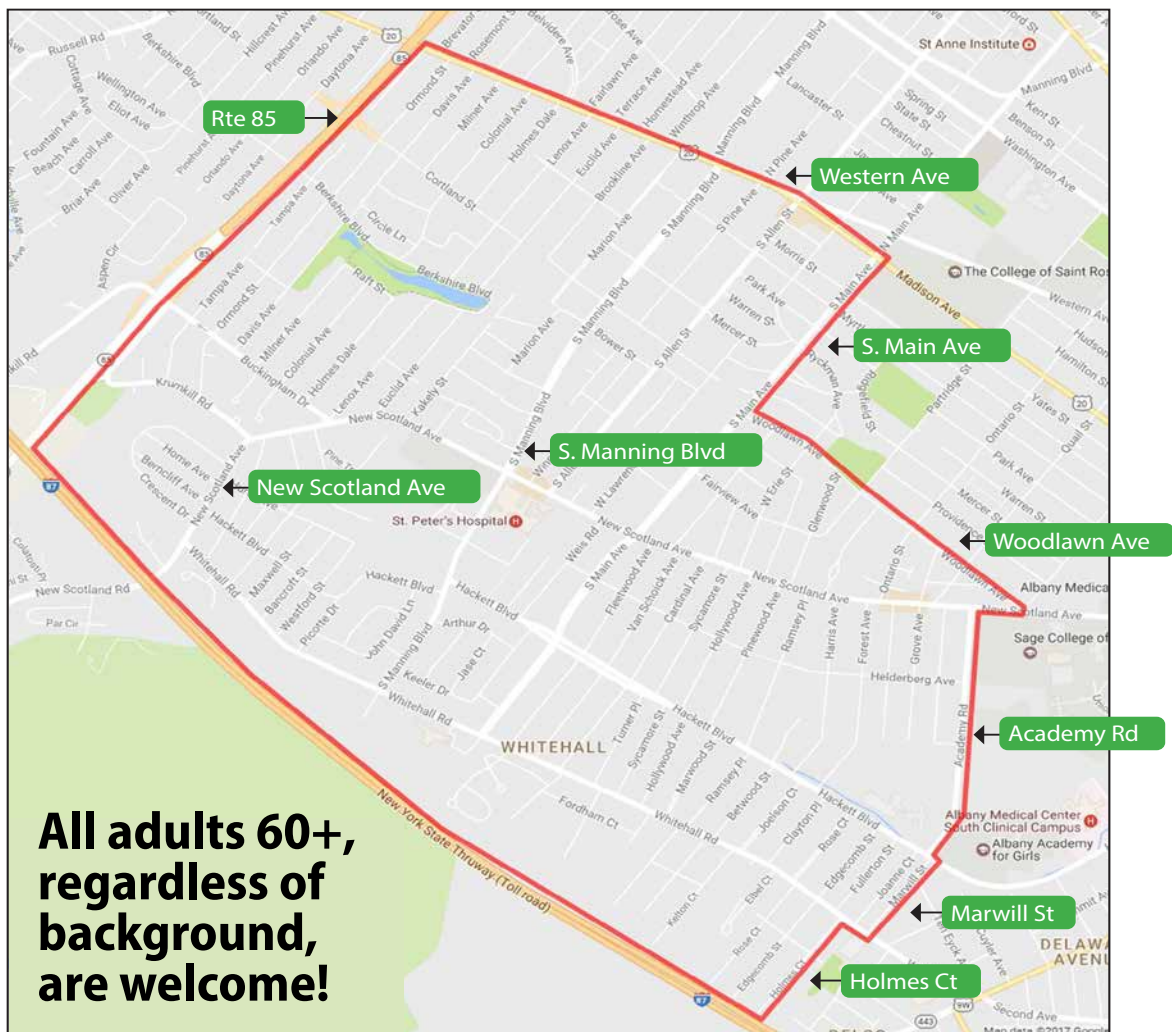
9 a.m. - 5 p.m.

Messages will be responded
to during office hours.

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!**