

NNORC NEWS

Neighborhood Naturally Occurring Retirement Community

September - October 2025

We had a great turnout at our July ice cream social!
Thank you to everyone who attended!



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!**

Save the Date - Friendsgiving

Thursday, November 20th

Join us for lunch on Thursday, November 20, to celebrate the holidays with your NNORC community. More details in the November newsletter.

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@jfsnyny.org

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



NNORC STAFF

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.



Good News from the Community!

- Feel free to send us your good news to share with the NNORC community.
- Your NNORC team has started reaching out to local businesses for an exciting new program. Stay tuned!
- Master Plan for Aging, which was started in 2022, was finally released by New York State in the past month. Our NNORC staff, along with many other people from across the state, participated in contributing experiences of the people we serve to better help NYS legislators understand the needs in our aging communities. See the Plan here: tinyurl.com/plan4aging
- We were so happy to meet some new neighbors at the July Ice cream social! If you haven't yet attended a NNORC program, please consider it.

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, 9/2, 9/9, 9/16, 9/30, 10/21 & 10/28 at 10:45 a.m. prior
to Chair Yoga and Nia.

APL's BACH BRANCH

Thursdays, 9/4, 9/25, 10/9 & 10/23; 1 - 2 p.m.

NNORC Care Manager

Meet with Eva Murphy, NNORC Care Manager, who can help you to connect with services that support your daily life, independence, and well-being. Eva has open "drop-in" office hours on 9/10, 9/24, 10/1 & 10/22 from 12:30 - 2:30 p.m. at the JCC Senior Center. Or, to set up a home visit, contact Eva by phone at (518) 516-1112, or email at emurphy@jfsnny.

IN THE Hood

ST. SOPHIA GREEK ORTHODOX CHURCH

Antique Doll Show – Saturday, September 20 from 10 a.m. - 3 p.m.

The show includes a Greek Cafe with Greek specialties for lunch, an educational exhibit featuring dolls from "Barbies to BJD's; 1960's to today," a charity fundraiser, and door prizes. Admission fee is \$7.00 (with coupon from dollsshowusa.com, \$6.00). Free for ages 12 and under.

Opa-cize – starting September 10 at 6:30 p.m.

Dance, laugh, and shout "OPA!" at this high-energy, Greek-inspired fitness class—no experience or RSVP needed. Just \$7 and a smile! 50% of proceeds benefit the Albany Therapeutic Riding Center. Move your body, lift your spirit, and support a great cause. OPA!

To sign up: <https://forms.gle/Nqh1KQg522nJqmxs9>

APL'S BACH BRANCH - For more information & registration, please call 518-427-4300 x3

Photo Collage & Decoupage Class – Tuesdays in September from 1 - 2:30 p.m.

In this series of collage classes, we will be creating collages on blocks, boxes, containers and canvasses.

Community Art – Thursday, October 9 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.

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

Albany JCC Community Chorus Concert –

Wednesday, September 17 at 1 p.m.

Get ready for a joyful celebration of community and song as the Albany JCC Community Chorus presents a lively concert filled with uplifting harmonies and local talent. No registration required.

Combine Your Senses—Tea Ceremony Presentation and Tasting – Wednesday, October 22 at 11 a.m.

Experience the history, aesthetics, and mindfulness at the heart of the traditional tea ceremony. Presented by Wei Qin, Asian Arts New York.

MARIA COLLEGE/ST. PETER'S HOSPITAL

4th Annual Health & Wellness Fair – Wednesday, September 10th from 11 a.m. – 2 p.m. on the "Great Lawn" at Maria College

The event is designed to unite the community and raise awareness about available health resources and services.



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.

Delectable, Delicious Deli!

Monday, 9/15 at 1:30 p.m. | Honest Weight Food Co-op (HWFC)

Join us for another class at HWFC! Anastasia will gather an assortment of the delicious made-in-house deli offerings for you to try free of charge! After we eat, Anastasia will lead us on a tour around HWFC! Please let us know your allergies at least one week before the event.



Fall Trip to the New York Botanical Gardens

Tuesday, 9/16 from 8 a.m. - 9 p.m. | New York Botanical Gardens

Join us for a day trip to New York City. Each registration includes round-trip transportation to NYC on a chartered bus and one admission ticket to the New York Botanical Garden, including entry to the Van Gogh's Flowers exhibition and a narrated tram tour. On the return trip to Albany, there will be a stop at Woodbury Common Premium Outlets for dinner and shopping. The cost of the trip is \$72 (check)/ \$73.69 (credit). No refunds will be issued. Please call the Albany JCC to register, and include that you are a NNORC resident.

DiscoverLive: Slovenia

Wednesday, 9/17 at 11 a.m. | Maria College, McAuley Building

The Slovenian capital of Ljubljana echoes so many other European cities, with beautiful medieval streets, grand townhouses, remarkable Italianate churches and some of the finest art nouveau. During this one-hour tour, we will walk along the riverside with the lights of the city shining on the waterways and explore the contemporary art, architecture and shops.

September Breakfast Club: Beyond the Belly Laugh - How Humor Positively Impacts our Health & Well-Being

Thursday, 9/18 at 10 a.m. | Albany JCC

Join Susan Riback, RN for this educational workshop. Explore the healing that humor can provide.

Aging Mastery

Mondays, 9/29, 10/6, 10/20 & 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8 at 11 a.m. | Albany JCC

The Albany JCC and NNORC are partnering to offer this 10-week program. The Aging Mastery program, developed by the National Council of Aging, offers a holistic approach to positive aging, covering health, finances, relationships, personal growth, and community involvement. It emphasizes that small lifestyle changes can lead to significant improvement. Registration is limited. The cost of the program is \$20 for NNORC residents.

Let's Talk Albany: Albany Fire Department History with Tony Opalka

Tuesday, 9/30 at 1 p.m. | APL's Bach Branch

Join City historian, author and Albany Firefighters Museum Director Tony Opalka as he discusses the long history of fire fighting in Albany and his new book *The Firehouses of Albany*.

Bach Craft: Fall Leaf Painting

Wednesday, 10/1 at 1 p.m. | APL's Bach Branch

We will be using fall leaves and painting them to make colorful fall prints. Bring your own leaves or we can collect some from the library courtyard.

NNORC Breakfast Club: Master Plan on Aging, Updates & Highlights

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

Gail Myers, Deputy Director at NY StateWide Senior Action Council, will bring highlights of the state's Master Plan on Aging, and state and federal budget challenges to getting the services needed for the aging population. She will also share the role of "StateWide," a local organization with more than 50 years of advocating for older residents.

DiscoverLive: Portugal

Monday, 10/20 at 1:30 p.m.

Maria College, McAuley Building

Lisbon is the second oldest city in Western Europe and, as one of the oldest cities in the world, it's fair to say Lisbon is steeped in history. Our live, virtual, interactive one-hour walk will begin at the Graca viewpoint. The city of Lisbon is set among 7 hillsides, each offering its own unique view of the city. We will then walk down to the Alfama district, which is a delightful maze of narrow cobbled streets and ancient houses that line the steep hill.

Let's Talk Albany: Finding Utopia

Thursday, 10/30 at 1 p.m. | APL's Bach Branch

Explore how the Watervliet Shakers and other upstate groups reimagined community life during the Great Awakening. Local scholar and author Ann Sayers will share stories from her extensive research on the Believers of "Wisdom's Valley," the name Shakers gave their community. Don't miss this unique look into early American history.

CarFit*



CarFit is a free, 30-minute educational program that helps older adults see how well their car "fits" them. A proper fit can improve safety and reduce the risk of injury. While you sit in your vehicle, trained professionals assess key areas like seat position, seat belt use, steering wheel tilt, line of sight, mirror alignment, and pedal access. The program is led by Donna Stressel, Occupational Therapist at Sunnyview Rehabilitation Hospital.

**CarFit is coming this fall! Date TBD—call us if you're interested, and we'll keep you posted. Updates will be shared in the weekly NNORC e-news and on the NNORC Facebook page (@YourAlbanyNNORC).*

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.

Chair Yoga

Tuesdays, 9/2, 9/9, 9/30 & 10/28 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: 9/2 - Trish Bernstein; 9/9, 9/30 & 10/28 - Casey Bernstein

Music Circle

Tuesdays, 9/2 & 9/16 at 2 p.m.

Buckingham Pond Picnic Tables

Let's keep playing music while the weather permits! Bring a chair, your instrument (or just yourself), and enjoy an afternoon of sharing music.



One Stitch at a Time

Weekly on Wednesdays at 1 p.m. | APL's Bach Branch

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

Late Summer & Fall Walks

Thursday, 9/4 at 10 a.m. | The Crossings of Colonie

Wednesday, 10/22 at 10 a.m. | Albany Helderberg Rail Trail

Join your neighbors for a stroll, enjoying time outside and the changing seasons. September: meet by the pond at The Crossings. Park by the playground (second parking lot on the right as you drive in). October: meet at the Slingerlands entrance of Albany Helderberg Rail Trail where the path is paved and flat. The parking lot is at 839 Kenwood Avenue in Slingerlands.

Tech Time with Eva

Tuesdays, 9/9 & 10/21 at 3 p.m. | Temple Israel

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

September - Managing Health Portals

October - How to Safely Store Your Passwords

(hint – it's not on a sticky note under your computer)

Bingo!

Wednesday, 9/10 at 11 a.m. | Albany JCC

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

Game Afternoon at Mr. Bumbles Cafe

Wednesday, 9/10 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!

1:1 Computer/Device Skills

Thursdays, 9/11 & 10/9 at 12 p.m. | APL's Bach Branch

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

All-Levels Yoga

Thursdays, 9/11, 9/25, 10/16 & 10/30 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.

Nia Moving to Heal

Tuesdays, 9/16, & 10/21 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.

Resident Council

Thursday, 9/25 & Wednesday, 10/29 at 10 a.m.

B'nai Shalom Reform Congregation

Discuss services and supports that are important to you. This meeting is open to all NNORC residents.

NNORC Birthday Potluck

Thursday, 9/25 & Wednesday, 10/29 at 11:30 a.m.

Congregation Beth Emeth

Calling all September and October 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, 9/29 & 10/27 at 1 p.m.

St. Sophia Greek Orthodox Church

September - *The Art Thief: A True Story of Love, Crime and Dangerous Obsession* by Michael Finkel

October - *Three Days in June* by Anne Tyler

Password Managers

A password manager is a type of software that stores all your passwords and is used to autofill when logging in to an account. All you need to remember is one main password for the manager itself, and it does the rest!

Want more information?

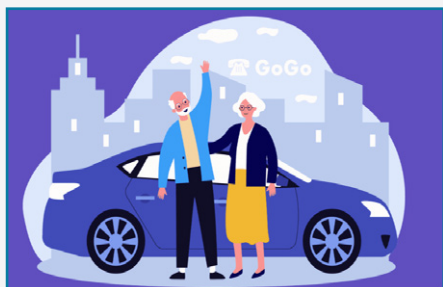
Call Eva directly at (518) 516-1112, or email at emurphy@jfsnyny.org.

GoGo Grandparent

Albany residents over 60 years old can receive two round trip rides or four, one way rides a month from 8 a.m. to 8 p.m., Monday-Saturday for FREE through GoGo Grandparent. This service is a partnership with the Albany County Legislature and Albany Department of Aging. It is funded by the NYS Office for the Aging.

To register, call (855) 915-6601

Once registered, call (855) 464-4872 to schedule your ride!



A Word of Caution From Susan, RN

If you have high blood pressure be cautious about using NSAIDS such as Ibuprofen (Advil, Motrin) and Naproxen (Aleve, Naprosyn) NSAIDS are among the most frequent offenders for raising blood pressure.

If you have pain from an injury or a chronic condition, consider non-drug remedies first, such as heating pads, ice, or physical therapy. Or, call and we can discuss relaxation techniques to help with pain management.

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

Library Links

Are you an avid reader but can't get out to the library? Albany Public Library's Bach Branch has the perfect solution. Their Library Links program delivers library materials to homebound older adults. Through their corps of like-minded volunteer bibliophiles, they can deliver books, magazines, DVDs, audio books and music to those living in the Albany NNORC. If you are interested, please contact Marla at 518-516-1113.



Upcoming Flu Vaccine Clinic

Crestwood Pharmacy will be holding a vaccine clinic at Temple Israel. Stay tuned for the date and a sign-up link in September. Contact us if you are interested and we will make sure you receive the sign-up link.

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 jfsnyny.org/donations or scan this QR code with your smart phone camera.



Events CALENDAR | September - October 2025

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

PROGRAM	DATE & TIME
Chair Yoga	Tuesdays, September 2, 9, 30 & October 28 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Music Circle	Tuesdays, September 2 & 16 at 2 p.m. Buckingham Pond Picnic Tables
One Stitch at a Time	Weekly on Wednesdays at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Late Summer & Fall Walks	Thursday, September 4 & Wednesday, October 22 at 10 a.m. September - The Crossings October - Albany Helderberg Rail Trail
Tech Time with Eva	Tuesdays, September 9 & October 21 at 3 p.m. Temple Israel, 600 New Scotland Ave
Bingo!	Wednesday, September 10 at 11 a.m. Albany JCC, 340 Whitehall Rd
Game Afternoon at Mr. Bumbles Cafe	Wednesday, September 10 at 3:30 p.m. Mr. Bumbles Cafe, 263 New Scotland Ave
1:1 Computer/Device Skills	Thursdays, September 11 & October 9 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
All-Levels Yoga	Thursdays, September 11, 25 & October 16, 30 at 5:30 p.m. First Congregational Church, 405 Quail St
Delectable, Delicious Deli!	Monday, September 15 at 1:30 p.m. Honest Weight Food Co-op, 100 Watervliet Ave
Fall Trip to the New York Botanical Gardens	Tuesday, September 16 from 8 a.m. - 9 p.m. New York City
Nia Moving to Heal	Tuesdays, September 16 & October 21 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
DiscoverLive: Slovenia	Wednesday, September 17 at 11 a.m. Maria College, McAuley Building, 308 S. Manning Blvd
NNORC Breakfast Club: Beyond the Belly Laugh	Thursday, September 18 at 10 a.m. Albany JCC, 340 Whitehall Rd
NNORC Resident Council	Thursday, September 25 & Wednesday, October 29 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
NNORC Birthday Potluck	Thursday, September 25 & Wednesday, October 29 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
Aging Mastery	Mondays, September 29 & October 6, 20, 27 at 11 a.m. Albany JCC, 340 Whitehall Rd
Novel NNORC Book Club	Mondays, September 29 & October 27 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Let's Talk Albany: Albany Fire Department History	Tuesday, September 30 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Bach Craft: Fall Leaf Painting	Wednesday, October 1 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
NNORC Breakfast Club: Master Plan on Aging, Updates and Highlights	Thursday, October 16 at 10 a.m. Albany JCC, 340 Whitehall Rd
DiscoverLive: Portugal	Monday, October 20 at 1:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Let's Talk Albany: Finding Utopia	Thursday, October 30 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
CarFit	Date TBD - Call us if you're interested, and we'll keep you posted! St. Sophia Greek Orthodox Church, 440 Whitehall Rd



184 Washington Ave Extension
Albany, NY 12203

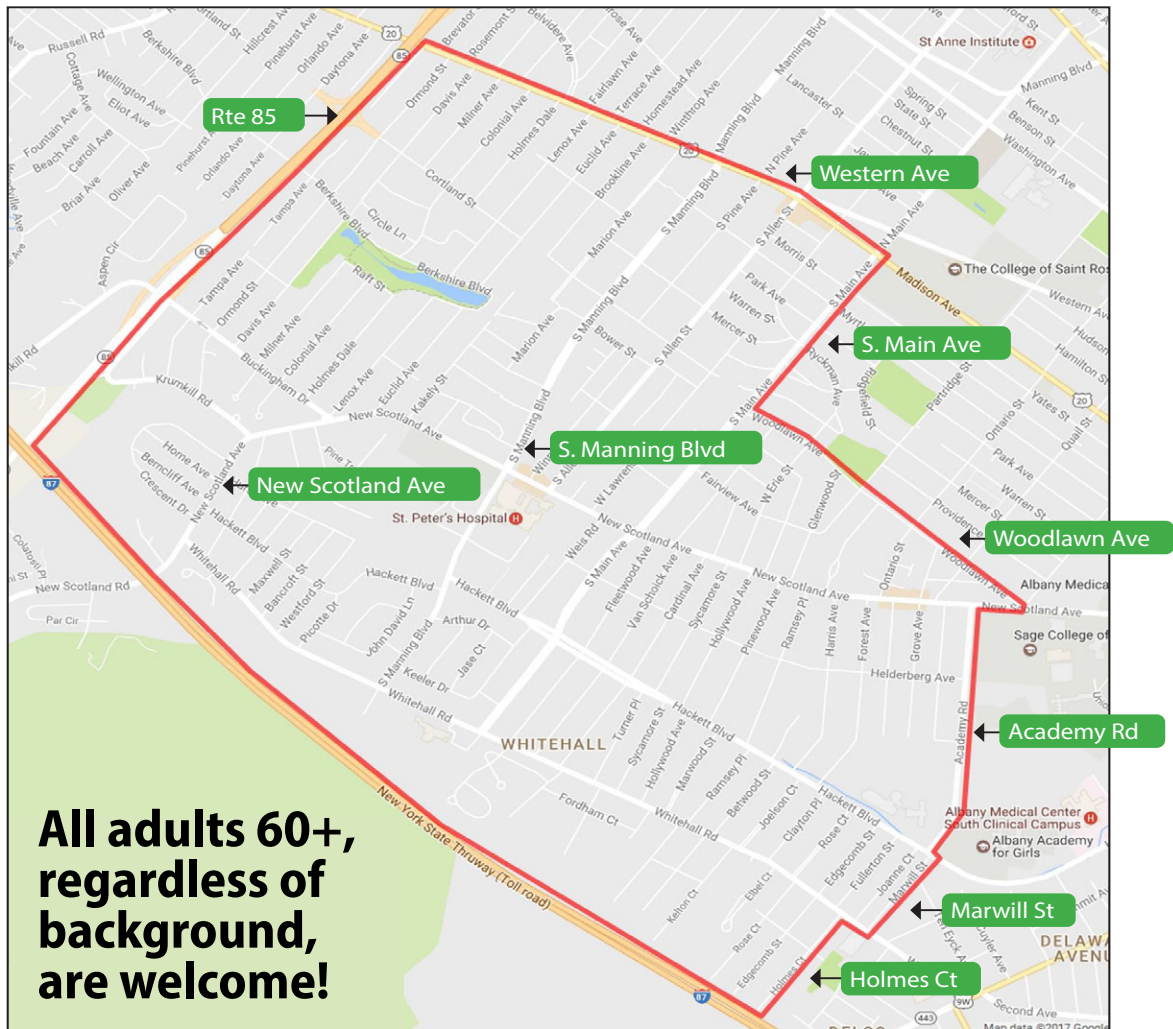
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Albany, NY
Permit # 587



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:
Sept 1: Labor Day
Sept 23 - 24: Rosh Hashanah
Oct 2: Yom Kippur
Oct 7 - 8: Sukkot
Oct 14 - 15: Shemini Atzeret



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

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