



In August, NNORC toured the Cornell Cooperative Gardens consisting of 20 uniquely designed gardens.

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!**

Featured PROGRAMS

Thankful for NNORC: Friendsgiving Lunch

Thursday, 11/20 at 11:30 a.m. | Albany JCC

Gather with your NNORC friends and neighbors for an early Thanksgiving celebration! Lunch will be catered by Healthy Café*. This year we are collecting non-perishable food for the Regional Food Bank. Please bring something for the donation box if you can! Reservation is required by Thursday, Nov. 13th.

*Kosher meals are available upon request.

NNORC Annual Holiday Party

Tuesday, 12/16 at 1:30 p.m. | St. Sophia Greek Orthodox Church

Join your neighbors for dessert, crafts, conversation, entertainment, and FUN! Get ready for a special performance by the NNORC staff. In the spirit of the holidays, if you enjoy baking, please bring something to share. Please consider bringing toiletries (for either children or adults) to donate to our Refugee & Immigrant Support Services of Emmaus (RISSE) neighbors.

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@jfsnery.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
Barbara Michalski
Victor Reiner
Olga Tenney
Mark Waldman

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.



What is HIICAP & How Can it Help?

The Health Insurance Information, Counseling, and Assistance Program (HIICAP) provides free, accurate, and objective information, counseling, assistance, and advocacy on Medicare, private health insurance, and related health coverage plans.

HIICAP also provides information on the Elderly Pharmaceutical Insurance Coverage (EPIC) program, Medicare savings programs, "Extra Help" prescription assistance, and pharmacy discount programs.

Here are some ways a HIICAP counselor can help:

- Compare private insurance plans
- Find affordable coverage and fill Medicare's gaps
- Understand Medicare rules and your medical bill

A HIICAP specialist is coming to NNORC on Tuesday, 11/18.
Call 518-516-1114 to reserve a one-on-one appointment.

For more information, call Albany County Department for Aging at 518-447-7177 or visit:
<https://tinyurl.com/albany-hiicap>

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 at 10:45 a.m. prior to Chair Yoga and Nia.

APL's BACH BRANCH

Thursdays, 11/6, 11/13, 12/11 & 12/18; 1 - 2 p.m.



NNORC Care Manager

Meet Eva Murphy, NNORC Care Manager on 11/5, 11/19, 12/3 & 12/17 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@jfsnny.org, to connect with services that support your daily life, independence, and well-being.

Senior Safety

As the days get shorter and chiller, we want to remind you to take extra care of yourself and others. Keep these general safety tips in mind:

- Plan for less sunlight. This might mean remembering to walk the dog or collect your mail earlier in the day, so as to avoid being alone outside after dark.
- Keep salt on hand for the impending ice.
- Share your whereabouts. When leaving the house alone, let a friend, neighbor, or family member know where you are, and when to expect your return.

If at any point you're concerned about your own safety or that of a neighbor, please don't hesitate to reach out for help:

- 911 for emergencies
- 518-438-4000 – Albany Police Department for non-emergency matters such as non-urgent welfare checks or suspicious activity.

If you are looking to talk about any concerns you may have, JFS and your Albany NNORC team are here:

- 518-516-1114 – [Albany NNORC](#)
- 518-482-8856, Option 0 – [JFS Counseling](#)

HEAP

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. 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 may connect with county resources via NY Connects at (518) 447-7177. **Residents can access benefit application support through the NNORC Care Manager, Eva, at (518) 516-1114.** Benefits open: November 3, 2025.

Passport

THROUGH THE ALBANY NNORC

Join us this winter for the NNORC Passport Program! Visit local spots listed on the NNORC Passport between now and 2/28/26, collect stamps when you check out, and submit completed passports to win a NNORC prize basket. Pick up your passport at any NNORC program—every 3 stamps earns one raffle entry. Bring a neighbor and explore together!



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.

Aging Mastery

Mondays, 11/3, 11/10, 11/24, 12/1 & 12/8 at 11 a.m. | Albany JCC

Join the Albany JCC and NNORC for the 10-week Aging Mastery Program from the National Council on Aging—a holistic approach to positive aging that covers health, finances, relationships, and personal growth. Learn how small lifestyle changes can lead to big improvements. Registration is limited.

CarFit

Thursday, 11/6 from 10 a.m. - 12:30 p.m.

St. Sophia Greek Orthodox Church

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.

***Appointments required.**

DiscoverLive: Veteran’s Day Tour of Washington D.C.

Monday, 11/10 at 2:30 p.m. | Maria College, McAuley Building

Seeing the Washington Monument framed by the Capitol and Lincoln Memorial, it’s hard not to feel America’s history. Explore the National Mall—“America’s front yard”—to discover inspiring monuments, memorials, and museums.

Let’s Talk Albany: Bethlehem Town Historian

Wednesday, 11/12 at 1 p.m. | APL’s Bach Branch

Join Bill Ketzer for a brief history of Bethlehem and how parts of the town were gradually annexed by Albany over a century—including the South End, Buckingham Lake, Whitehall, Delaware Avenue South, and southern Pine Hills. Ketzer has served as Bethlehem’s official historian since 2013.

Free Medicare Counseling Sessions

Tuesday, 11/18 at 10 a.m. | Location TBA

Join a representative from Albany County HIICAP / NY StateWide Senior Action Council at NNORC for free, confidential one-on-one counseling during Medicare Open Enrollment (October 15–December 7). Since Medicare health and drug plans can change each year—including coverage, premiums, and provider networks—this is your chance to review your current plan and make sure it still meets your needs.

Appointments are in person, and the location will be shared once scheduled. Please bring a list of your medications, insurance cards or information, and be aware of your monthly income..

Note: If you have retiree group insurance (NYSHIP/EMPIRE plan, union coverage, etc.), please contact your Benefit Plan Administrators.

Creative Life Review through Writing, Reflection & Sharing

Wednesday, 11/19 at 10 a.m. | Temple Israel

Letting Go and The Lesson of the Falling Leaves. We will use art postcards and poems as prompts to write and share life experiences inspired by this beautiful season.

Thankful for NNORC: Friendsgiving Lunch

Thursday, 11/20 at 11:30 a.m. | Albany JCC

See front cover for details.



Introduction to Qi Gong

Wednesday, 12/3 at 11 a.m.

B’nai Sholom Reform Congregation

Join Maria Patrick, Certified Qi Gong Instructor and Health Coach, for a gentle practice that combines flowing movements with mindful breathing to circulate healing energy throughout the body. Suitable for all ages and fitness levels, Qi Gong can be done seated or standing and leaves you feeling relaxed and energized. Wear comfortable clothing, flat shoes or socks, and bring a water bottle.

DiscoverLive: Holiday in Paris

Thursday, 12/4 at 12 p.m.

Maria College, McAuley Building

Join us to celebrate the magic of Christmas in Paris with a visit to the festive Tuileries Gardens Christmas market—filled with dazzling lights, delicious treats, and charming gift chalets. We’ll also explore the holiday displays along rue de Rivoli, rue Saint-Honoré, and the elegant Place Vendôme.

Sheet-Pan Meals

Monday, 12/15 at 12 p.m. | Honest Weight Food Co-op

Join Anastasia as she demonstrates how to make easy meals with just one sheet pan, and a few ingredients!

NNORC Annual Holiday Party

Tuesday, 12/16 at 1:30 p.m.

St. Sophia Greek Orthodox Church

See front cover for details.



December Breakfast Club: Fall Prevention & Osteoporosis

Thursday, 12/18 at 10 a.m. | Albany JCC

Join Christina Paddon, MS, FNP, CEO and Founder of Room for Health, for an engaging session on fall prevention and osteoporosis awareness. Learn practical ways to reduce fall risks, strengthen your bones, and protect your independence while improving balance and confidence.

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, 11/4, 11/18, 12/9 & 12/23 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.

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.

*no class on 12/24



Chair Yoga

Tuesdays, 11/11, 11/25, 12/2 & 12/16 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

Bingo!

Wednesdays, 11/12 & 12/10 at 11 a.m. | Albany JCC

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

Birthday Potluck

Thursdays, 11/13 & 12/11 at 11:30 a.m.

Congregation Beth Emeth

Calling all November and December 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.

All-Levels Yoga

Thursdays, 11/13, 11/20, 12/11 & 12/18 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.

1:1 Computer/Device Skills

Wednesday, 11/19 & Thursday, 12/11 at 12 p.m.

APL's Bach Branch

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

Bach Craft: Pom Pom Coasters

Wednesday, 11/19 at 1 p.m. | APL's Bach Branch

Join us to make a set of decorated coasters. All supplies provided. Space is limited so please register in advance.



Novel NNORC Book Club

Mondays, 11/24 & 12/22 at 1 p.m.

St. Sophia Greek Orthodox Church

November - *The Guernsey Literary and Potato Peel Pie*

Society by Mary Ann Shaffer & Annie Barrows

December - *Tom Lake* by Ann Patchett

Tech Time with Eva

Tuesdays, 11/25 & 12/9 at 3 p.m. | Temple Israel

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

November - All About Travel (Apple Maps/Google Maps/Trip Advisor/Yelp)

December - How to Recognize Scam Emails/Texts/Calls

Resident Council

Wednesday, 11/26 at 10 a.m.

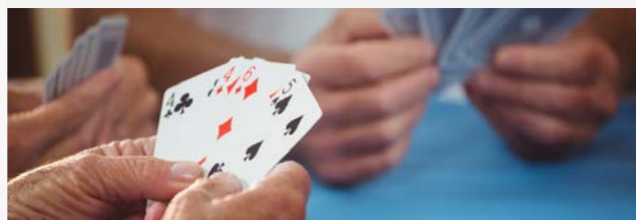
B'nai Sholom Reform Congregation

Discuss services and supports that are important to you. This meeting is open to all NNORC residents. We will not be meeting in December, but look forward to seeing you again in 2026!

Game Afternoon at Mr. Bumbles Cafe

Wednesday, 12/3 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!



Introducing Kaitlyn

We are thrilled to welcome Kaitlyn Wooley, our new MSW Intern, to the team. She is a second-year graduate student who will graduate with her Master of Social Work in May 2026 from the University at Albany.

Outside JFS, Kaitlyn enjoys walking and hiking to explore the Capital Region with her significant other. To relax, she likes picking up a nice book or knitting needles to let her creativity flow.

You can get in touch with Kaitlyn at (802) 339-0057, or kwooley@jfsneny.org.



Sweet Murmurings
From Susan, RN

As my mother always told me, "everything in moderation."

Here are tips to cut down on sweets:

- Identify triggers and plan ahead
 - Apple slices with peanut butter
 - Veggies sticks with Hummus
 - Hard boiled eggs
 - Whole grain crackers with a slice of cheese

Avoid skipping meals and eat balanced meals:

- Protein, fiber, and healty fats help stabilize blood sugar levels and can reduce sugar cravings.

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

A SPECIAL
Thank You

Thank you to all veterans for their courage, sacrifice, and dedication. Join us in celebrating Veteran’s Day with a DiscoverLive tour of Washington D.C. on 11/10 at 2:30 p.m. at Maria College, McAuley Building.

In the Hood

APL’S BACH BRANCH - For more information & registration, please call 518-427-4300 x 3
 Novels after Noon Book Club

Thursday, November 20 at 2 p.m. – *The Lincoln Highway* by Amor Towles
 Thursday, December 18 at 2 p.m. – *James* by Percival Everett

ALBANY JCC – To register, please call 518-438-6651
 Botanical Drawing with Colored Pencils Bittersweet –
 Thursday, November 6 from 1 - 3:30 p.m.

Painting A Simple Landscape of Pine Trees in Soft Pastels –
 Tuesday, December 16 from 1 - 3:30 p.m.



Library Links

Are you an avid reader but can’t make it to the library? NNORC and the Albany Public Library’s Bach Branch have teamed up to bring the library to you! Through NNORC’s corps of like-minded volunteers, the Library Links program delivers books, magazines, DVDs, audiobooks, and music to homebound older adults living in the Albany NNORC. Interested? Contact Marla at 518-516-1113.

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 | November - December 2025

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

PROGRAM	DATE & TIME
Aging Mastery	Mondays, November 3, 10, 17, 24 & December 1, 8 at 11 a.m. Albany JCC, 340 Whitehall Rd
Nia Moving to Heal	Tuesdays, November 4, 18 & December 9, 23 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
One Stitch at a Time	Weekly* on Wednesdays at 1 p.m. (*no class on 12/24) APL's Bach Branch, 455 New Scotland Ave
CarFit (appointments required)	Thursday, November 6 from 10 a.m. - 12:30 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
DiscoverLive: Washington D.C.	Monday, November 10 at 2:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Chair Yoga	Tuesdays, November 11, 25 & December 2, 16 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Bingo!	Wednesdays, November 12 & December 10 at 11 a.m. Albany JCC, 340 Whitehall Rd
Let's Talk Albany: Bethlehem Town Historian	Wednesday, November 12 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
NNORC Birthday Potluck	Thursdays, November 13 & December 11 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
All-Levels Yoga	Thursdays, November 13, 20 & December 11, 18 at 5:30 p.m. First Congregational Church, 405 Quail St
Free Medicare Counseling Sessions	Tuesday, November 18 from 10 a.m. - 5 p.m. Location TBA
Creative Life Review	Wednesday, November 19 at 10 a.m. Temple Israel, 600 New Scotland Ave
1:1 Computer/Device Skills	Wednesday, November 19 & Thursday, December 11 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Bach Craft: Pom Pom Coasters	Wednesday, November 19 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Thankful for NNORC: Friendsgiving Lunch	Thursday, November 20 at 11:30 a.m. Albany JCC, 340 Whitehall Rd
Novel NNORC Book Club	Mondays, November 24 & December 22 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Tech Time with Eva	Tuesdays, November 25 & December 9 at 3 p.m. Temple Israel, 600 New Scotland Ave
NNORC Resident Council	Wednesday, November 26 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Introduction to Qi Gong	Wednesday, December 3 at 11 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Game Afternoon at Mr. Bumbles Cafe	Wednesday, December 3 at 3:30 p.m. Mr. Bumbles Cafe, 263 New Scotland Ave
DiscoverLive: Holiday in Paris	Thursday, December 4 at 12 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Sheet-Pan Meals	Monday, December 15 at 12 p.m. Honest Weight Food Co-op, 100 Watervliet Ave
NNORC Annual Holiday Party	Tuesday, December 16 at 1:30 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
December Breakfast Club: Fall Prevention	Thursday, December 18 at 10 a.m. Albany JCC, 340 Whitehall Rd



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Albany, NY 12203

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Albany NNORC

518-516-1114

nnorc@jfsnyny.org

jfsnyny.org

Office Hours:

Monday - Thursday

9 a.m. - 5 p.m

Messages will be responded to during office hours.

NNORC Offices are Closed:

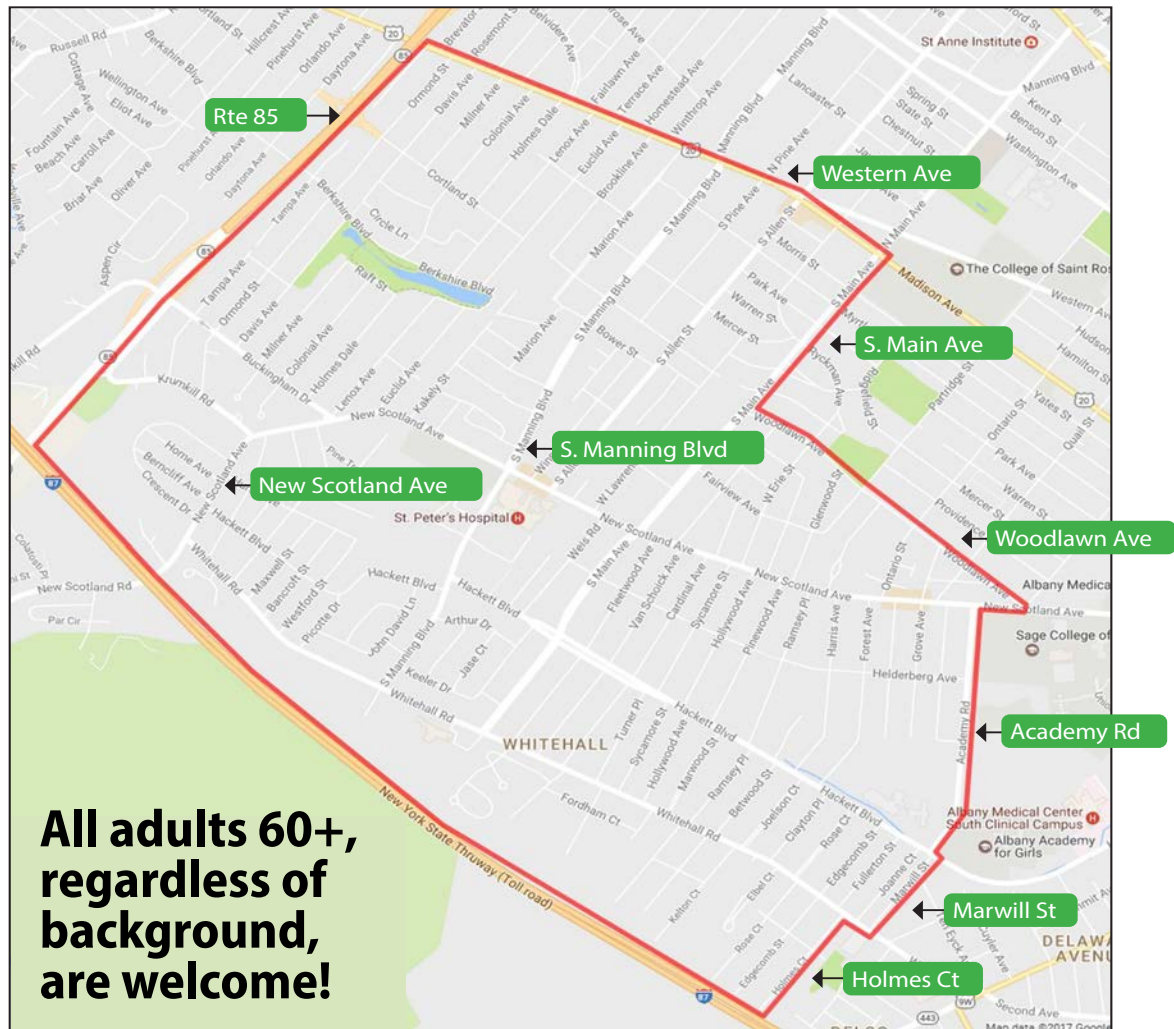
Nov 27: Thanksgiving

Dec 24: Christmas Eve

Dec 25: Christmas

Dec 31: New Year's Eve

Jan 1: New Year's Day



**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
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@Your Albany NNORC