



Community, good food, and even better company at our December NNORC birthday potluck.

Happy 20th BIRTHDAY to the Albany NNORC

Jewish Family Services of Northeastern NY and New York State Office for the Aging have been working together for 20 years to serve the older adults in our neighborhood. Whether you've been participating since the beginning, or just made your first appointment with our care manager, we THANK YOU for your support. Keep your eyes peeled for celebrations throughout the year, and join us this fall for a special anniversary celebration!

Care MANAGEMENT

Eva Murphy | 518-516-1112

- Get help setting up transportation and meal delivery accounts.
- Clarify statements, organize bills, and set up autopay.
- Discuss home care options to help you age in place
- Learn your health insurance benefits so you don't overpay.
- 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@jfsneny.org

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

Featured PROGRAMS



January Breakfast Club: Conducting for Good Health with Maestro David Alan Miller

Thursday, 1/15 at 10 a.m. | Albany JCC

Join conductor David Alan Miller, Music Director for the Albany Symphony Orchestra and two-time Grammy award-winning conductor for this exciting program. The Maestro will turn you into a great conductor while revealing all the secret mysteries of the world of conducting.

February Breakfast Club: CART & Albany Police Dept.

Thursday, 2/12 at 10 a.m. | Albany JCC

Join representatives from CART (Community Advocacy Response Team) and Officer Justin Wallace from the Neighborhood Engagement Unit. CART pairs trained crisis caseworkers with Albany Police to respond to mental health crises, substance use concerns, homelessness, and other quality-of-life issues. Officer Wallace will also discuss general community safety.

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

JFS provides counseling, promotes independence, aging well, and access to basic needs, mitigates food insecurity and social isolation. We serve individuals and families of all backgrounds and religions and are proud of our long legacy of adapting and responding to changing needs in the community. Our mission is amplified by volunteers and sustained by donors to ensure support for our community is within reach.

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.

Winter Weather Happens! NNORC Program Cancellation Policy

- Check local TV stations for weather information and school closures. If Albany city schools are closed, NNORC programs will not be held.
- If you're not sure a NNORC program is being held, please call the venue where the program is offered OR call NNORC: 518-516-1114.
- Please, exercise good judgement. You know best if you feel safe getting to your destination.



Albany NNORC Passport Program

Let's get out and go! Join us this winter for the NNORC Passport Program. Visit the spots on the passport squares between now and March 31, 2026, have your square stamped, and submit completed passports to be entered in a drawing to win a NNORC prize basket. Every three boxes stamped earns one contest entry. Bring a neighbor and explore the NNORC together!

Get your NNORC Passport

- Pick one up at a NNORC program - see page 7.
- Download a copy from jfsneny.org/nnorc
- Get a download link in a NNORC e-news. Don't get the e-news? Email us to sign up: nnorc@jfsneny.org.
- Visit our Facebook page @YourAlbanyNNORC for a link. While your there, be sure to follow us!

Many Thanks to the NNORC Passport Presenting Sponsor



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

APL's BACH BRANCH

Thursdays, 1/8, 1/22, 2/5 & 2/19; 1 - 2 p.m.



NNORC Care Manager

Meet Eva Murphy, NNORC Care Manager on 1/7, 1/21, 2/4 & 2/18 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@jfsneny.org, to connect with services that support your daily life, independence, and well-being.

JCC Membership Lottery: New Year. New You!

Have you ever wanted to join a gym? The Albany NNORC and Albany Jewish Community Center (JCC) are excited to announce a new opportunity exclusively for NNORC residents. **We will be offering some free annual memberships to the JCC starting in March 2026.** The membership will be active until February 2027 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 February 2nd. Previous JCC membership winners are not eligible to apply.

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.

Help Shape Your Neighborhood: Join the NNORC Advisory Committee

The NNORC advisory committee is comprised of NNORC residents and community partners whose purpose is to help shape NNORC programs and services. Council members brainstorm and suggest new initiatives, provide objective feedback on existing efforts and help build awareness of the Albany NNORC — often by talking about it with neighbors!

Starting in 2026, we will be accepting applications to join the council. It's a simple online form designed to help us learn more about you and your interests in participating. Council members serve two-year terms and meet quarterly in the neighborhood on Wednesdays at 10 a.m. at B'nai Shalom Reform Congregation, 2/25, 5/27, 8/26, 11/25.

Anyone is welcome to join, and we are always looking for new members. As always, input is - welcome via email or phone should anyone not be able to make the meetings.

New Albany Mayor Seeks Input



Dorcy Applrys takes her official post as Albany Mayor on January 1, 2026. Her staff plan to release a survey to get input from city residents. You can help our new mayor understand the unique needs of Albany's older adult community by completing the survey. We will include the link to it in our weekly e-newsletter. Email nnorc@jfsneny.org to sign up!

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.

January Breakfast Club: Conducting for Good Health with Maestro David Allen Miller

Thursday, 1/15 at 10 a.m. | Albany JCC

See program details on front cover.

DiscoverLive: Martinique

Wednesday, 1/21 at 11 a.m. | Maria College, McAuley Building

Located in the eastern Caribbean Sea, Martinique is a lush, mountainous island. We'll explore the historic and cultural heart of Fort-de-France. We'll begin at the Schœlcher Library, an architectural marvel named after French abolitionist Victor Schœlcher. We'll visit the Saint-Louis Cathedral, the spiritual center of Fort-de-France and the Fort Saint Louis, a 17th-century fortress overlooking the bay. The last stop is a stroll through Savane Park, the city's beloved green space.

Happiness Habits

Mondays, 1/26, 2/2, 2/9, 2/23, 3/2 & 3/9 at 10:30 a.m. | Albany JCC

Happiness Habits is a secular, science-based course created by Action for Happiness. It combines expert-led insights, practical exercises, and supportive group discussions. This 6-week course explores six themes – Gratitude, Self-Care, Relationships, Resilience, Kindness and Meaning.

The cost of this group is \$20, payable at the first class.



Let's Talk Albany: Bethlehem Town Historian

Wednesday, 1/29 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.

Taking Diabetes to Heart

Wednesday, 2/4 at 11 a.m. | Zoom

Did you know that diabetes and heart disease are connected? Risk factors and dietary approaches for both are very similar. Diabetes puts you at risk for heart disease, and heart disease puts you at risk for diabetes. Let's find out why and explore dietary approaches that help reduce your risks with Hannaford Dietician, Fran Weiss, MS, RDN, CDN.

DiscoverLive: New Orleans

Tuesdays, 2/10 at 2:30 p.m.

Maria College, McAuley Building

New Orleans, Louisiana is a city on the Mississippi River, near the Gulf of Mexico. Its nickname is the Big Easy, because it has non-stop nightlife, with many round the clock, live music venues. New Orleans has a unique cuisine, it is a combination of French, African and southern American cooking. We will explore the French Quarter and surrounding area.



February Breakfast Club: CART & Albany Police Department

Thursday, 2/12 at 10 a.m. | Albany JCC

See program details on front cover.

Lunch & Tour at the Culinary Institute of America

Tuesday, 3/24 from 9 a.m. - 5:30 p.m.

Bus leaves from the Albany JCC

Enjoy authentic flavors at the Ristorante Caterina de' Medici and an engaging tour of the Culinary Institute. The trip includes round-trip bus transportation, a three-course meal, and a guided tour. The bus will depart the Albany JCC at 9 a.m. and return at 5:30 p.m. The first course is a vegetarian pasta; the main course is a choice between salmon or beef short ribs, and dessert is a molten chocolate tart.

Registration begins on January 15. The cost is \$92.12 (for NNORC residents) and \$102.35 for program guests. Please call the JCC at 518-438-6651 (make sure to mention that you live in the NNORC).

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, 1/6, 1/13, 1/20, 2/3 & 2/17 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

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.

All-Levels Yoga

Thursdays, 1/8, 1/22, 2/5 & 2/19 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, 1/13 & 2/17 at 1:30 p.m. | Temple Israel

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

January - Learn to Use the Reminder App

February - The Art of the Smartphone Camera (so many features)

Bingo!

Wednesdays, 1/14 & 2/11 at 11 a.m. | Albany JCC

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

1:1 Computer/Device Skills

Thursdays, 1/15 & 2/12 at 12 p.m. | APL's Bach Branch

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



Bach Craft:

Salt & Watercolor Snowflake Art

Wednesday, 1/21 at 1 p.m. | APL's Bach Branch

This art project is perfect for a cold winter day! Supplies provided. Please register.



Birthday Potluck

Thursdays, 1/22 & 2/26 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.

Novel NNORC Book Club

Mondays, 1/26 & 2/23 at 1 p.m.

St. Sophia Greek Orthodox Church

January - *The Lion Women of Tehran* by Marjan Kamali

February - *The Windsor Knot* by SJ Bennett

Nia Moving to Heal

Tuesdays, 1/27, 2/10 & 2/24 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.

Game Afternoon at Mr. Bumbles Cafe

Wednesday, 1/28 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!

Resident Council

Wednesday, 2/25 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.

The Importance of Vitamin D in Winter From Susan, RN

Vitamin D is an extremely important nutrient that the body needs to function properly, and insufficiencies may trigger severe health problems.

The combination of symptoms caused by low vitamin D, such as fatigue, pain and depression can easily be misdiagnosed or written off as inevitable side effects of aging.

Vitamin D is essential for healthy bones and helps prevent fractures. Vitamin D plays a role in immune health, reducing the risk of infection.

As we age, the body becomes less efficient in producing Vitamin D from sunlight, making adequate intake from food and supplements important. In winter, with less sun exposure, it's even more important.

Be sure to make a doctor's appointment if you notice any of the above symptoms. A simple blood test and recommendation for lifestyle changes and/or an over-the-counter vitamin D supplement can help you feel better fast.

Contact NNORC Nurse Susan Riback, RN, at sriback@jfsneny.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 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.

In the Hood

APL'S BACH BRANCH - For more information & registration, please call 518-427-4300 x 3
Novels after Noon Book Club
Thursday, January 15 at 2 p.m. – *Project Hail Mary* by Andy Weir
Thursday, February 19 at 2 p.m. – *Lula Dean's Little Library of Banned Books* by Kirsten Miller

ALBANY JCC – To register, please call 518-438-6651
Senior Planet: Intro to Sleep Technology – Tuesday, January 6 at 11 a.m.

Support the NNORC in 2026

Make an investment in your neighborhood.



Since 2005, Albany NNORC has served older adults in your unique neighborhood by providing free care management, healthcare assistance and advocacy, information and referrals and a range of social and educational programs!

Programs and services are made possible through funding from the New York State Office for the Aging, JFS, Jewish Federation and the generosity of residents.

Please consider a tax-deductible donation to support the NNORC. Donations of any amount are welcome.

Here are examples if you would like to help underwrite specific programs:

\$250	Breakfast Club	\$75	Nia or yoga class
\$100	Health program	\$50	Summer picnic or holiday party food
\$100	Monthly featured speaker	\$25	Fodd and sundries for programs

Thank you!

2026 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 | January - February 2026

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

PROGRAM	DATE & TIME
Chair Yoga	Tuesdays, January 6, 13, 20 & February 3, 17 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
One Stitch at a Time	Weekly on Wednesdays at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
All-Levels Yoga	Thursdays, January 8, 22 & February 5, 19 at 5:30 p.m. First Congregational Church, 405 Quail St
Tech Time with Eva	Tuesdays, January 13 & February 17 at 1:30 p.m. Temple Israel, 600 New Scotland Ave
Bingo!	Wednesdays, January 14 & February 11 at 11 a.m. Albany JCC, 340 Whitehall Rd
January Breakfast Club with the Maestro David Alan Miller	Thursday, January 15 at 10 a.m. Albany JCC, 340 Whitehall Rd
1:1 Computer/Device Skills	Thursdays, January 15 & February 12 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
DiscoverLive: Martinique	Wednesday, January 21 at 11 a.m. Maria College, McAuley Building, 308 S. Manning Blvd
Bach Craft: Salt & Watercolor Snowflake Art	Wednesday, January 21 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
NNORC Birthday Potluck	Thursdays, January 22 & February 26 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
Happiness Habits	Mondays, January 26, February 2, 9, 23 & March 2, 9 at 10:30 a.m. Albany JCC, 340 Whitehall Rd
Novel NNORC Book Club	Mondays, January 26 & February 23 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Nia Moving to Heal	Tuesdays, January 27 & February 10, 24 at 11 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Game Afternoon at Mr. Bumbles Cafe	Wednesday, January 28 at 3:30 p.m. Mr. Bumbles Cafe, 263 New Scotland Ave
Let's Talk Albany: Bethlehem Town Historian	Thursday, January 29 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Taking Diabetes to Heart	Wednesday, February 4 at 11 a.m. Zoom
DiscoverLive: New Orleans	Tuesday, February 10 at 2:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
February Breakfast Club: CART & Albany Police Dept.	Thursday, February 12 at 10 a.m. Albany JCC, 340 Whitehall Rd
NNORC Resident Council	Wednesday, February 25 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Lunch & Tour at the Culinary Institute of America	Tuesday, March 24 from 9 a.m. - 5:30 p.m. Bus leaves from Albany JCC, 340 Whitehall Rd



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:

Jan 1: New Year's Day

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

