

SPECIAL EDITION

JFS



# NNORC NEWS

Neighborhood Naturally Occurring Retirement Community



## • NNORC Breakfast Clubs: **Wellness & Wisdom**

MARCH:

What is Lymphatic Massage?

APRIL:

Decluttering made easy

## • **Exciting Growth**

\$90K Grant Secured to  
Expand NNORC Services  
Thanks to Assemblymember  
Gabriella Romero

**March/April 2026**

**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 Sholom 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. Our mission is amplified by volunteers and sustained by donors to ensure support for our community is within reach.

**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.

*Alphabet Soup* OF THE NNORC

It can be challenging to keep up with the alphabet soup that makes up the NNORC and JFS! Read on for some helpful clarification:

**JFS NENY** – Jewish Family Services of Northeastern NY is the nonprofit organization that has fiscal and administrative oversight of the Albany NNORC program.

**NNORC** – The Neighborhood Naturally Occurring Retirement Community – a unique three-square-mile neighborhood where you live and that makes you eligible for services and programs to support your aging well and safely in the comfort of your community. Albany NNORC is a program of JFS NENY.

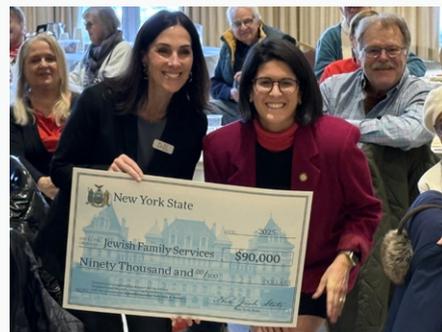
**NYSOFA** – The New York State Office for the Aging funds 75% of the annual NNORC budget. It is the designated state agency that provides programs, advocacy, and support services to older adults, their families, and caregivers.

**JCC** – [Albany] Jewish Community Center, is a community partner of the Albany NNORC and is an entirely SEPARATE organization from JFS. NNORC and JCC often collaborate on programs and services to best serve our neighborhood. The JCC offers a diverse range of services, including a fitness center, childcare, senior programs, and more.

**JF** – Jewish Federation of NENY is part of a broader network of Jewish Federations across North America. It is a non-profit organization dedicated to building and sustaining a strong, united Jewish community, ensuring the continuity of the Jewish people, and addressing local, national, and international needs.

# Thank You ASSEMBLYMEMBER GABRIELLA ROMERO

The NNORC and JFS extend a huge thank you to Assemblymember Gabriella Romero and her team for securing a \$90,000 grant to JFS. These funds will allow us to expand programs and services in the NNORC, serve more people, and assess community needs in and beyond the current NNORC boundaries. Keep a close eye on our NNORC E-News for additional programming updates in the coming months!



## Your Opinions Matter:

*Watch for the Upcoming NNORC Survey!*

A portion of the funds received from Assemblymember Romero’s office will be used to conduct a **needs assessment of older adults** in the NNORC and contiguous surrounding communities. This survey will help us to better understand your needs regarding aging in place and how we can work to meet those needs. **We encourage all of you to participate in this anonymous survey.** Please watch for a survey link in our weekly e-news. We will have staff available to help you complete the survey as well.

**Are you signed up for weekly e-news? Contact us to sign up: 518-516-1114 or [nnorc@jfsneny.org](mailto:nnorc@jfsneny.org) to sign up or to receive the link.**

## 2026 NNORC Supporter

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Giving Amount\*** \_\_\_\_\_

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](http://jfsneny.org/donations) or scan this QR code with your smart phone camera.

\*Contributions are tax deductible.



## Support the NNORC in 2026



*Make an investment in your neighborhood.*

Since 2006, we’ve provided free healthcare advocacy, care management, and social programs for our local seniors. Our work is powered by partners like NYSOFA, JFS, JF—plus generous neighbors like you.

Give Today: Your tax-deductible donation of any amount keeps these vital services free. Want to fund a specific program?

**Here is how you can help:**

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

**Thank you!**

# Breakfast CLUB



We had a blast waving the baton with Maestro David Alan Miller at January's Breakfast Club!

## March Breakfast Club: Lymphatic Massage

Thursday, 3/19 at 10 a.m. | Albany JCC

Join Jaclyn Beadnell, a licensed massage therapist at Bodyworks Wellness, as she introduces the lymphatic system and shares the benefits of lymphatic drainage—like improved circulation, reduced inflammation, immune support, and overall well-being. She'll also demonstrate a gentle, easy self-care routine you can practice at home to support detoxification and relaxation.



## April Breakfast Club: Downsizing & Decluttering

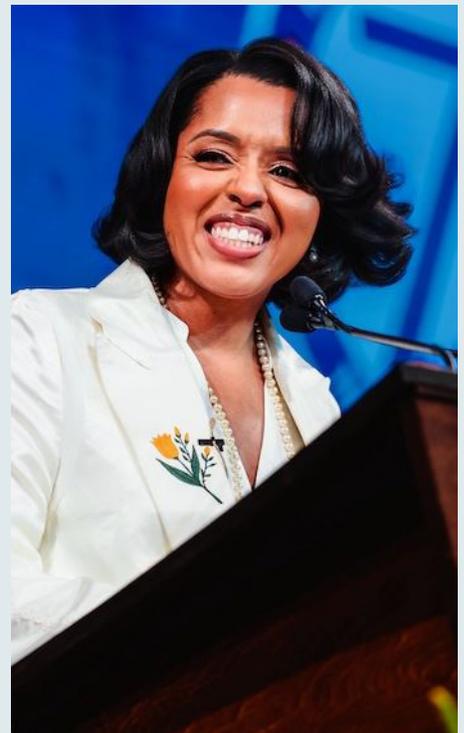
Thursday, 4/16 at 10 a.m. | Albany JCC

Join Michelle Kavanaugh of Organize Senior Moves for an informative presentation on practical downsizing tips. She'll share valuable insights and strategies, along with empowering ways to rethink your space and belongings as you rightsize your home.

## Save the DATE

### May Breakfast Club: Mayor Applrys' First 100 Days

Thursday, 5/21 at 10 a.m. | Albany JCC



# Community TOOLS, TIPS & TIDINGS



## Healthy Tips from Your NNORC Nurse: From Susan, RN

Staying socially connected is just as important to health as exercise or good nutrition.

Regular interaction—whether through clubs, phone calls, or community events—can boost mood, sharpen memory, and reduce feelings of isolation. Even small steps, like checking in with a neighbor or joining a weekly group, can make a meaningful difference. Making connection a priority helps support both emotional and physical well-being.

Contact NNORC Nurse Susan Riback, RN, at [sriback@jfsny.org](mailto:sriback@jfsny.org) or call 518-516-1120 to learn more or if you have a question.

## Tax Prep Resources

### VITA (Volunteer Income Tax Assistance)

The Volunteer Income Tax Assistance (VITA) Program is a national IRS volunteer program where IRS-certified volunteers prepare federal and state tax returns for free for families and individuals earning approximately \$69,000 or less. Local sites include Albany Public Library's Washington Avenue branch, Catholic Charities of the Diocese of Albany, and SUNY Albany Husted Hall. You can make an appointment online at [getfreetaxprep.org](http://getfreetaxprep.org), or call Catholic Charities Tri-County Services for help at 518-507-5353.

### Direct File

NYS residents can file their federal taxes for free directly with the IRS. Direct File supports standard deductions, but not itemized deductions and there are some other limitations. You can get guided help for every part of your federal tax return. For more information, [irs.gov/file-your-taxes-for-free](http://irs.gov/file-your-taxes-for-free)

File from your smartphone, tablet, or computer. Access live support from IRS staff, Monday - Friday, 7 a.m. to 10 p.m. Eastern time.

## Happy 20<sup>th</sup> ANNIVERSARY to the Albany NNORC

JFS 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 joined, we THANK YOU for your support. Keep an eye out for activities throughout the year and **SAVE THE DATE** for the NNORC's 20th anniversary party: **October 15, 2026, details to come.**



## Join Your NNORC Care Manager

Do you ever wonder what the apps that were preinstalled in your phone do? Wonder no longer! Join Eva for Tech Time in April and learn about how you can use these preinstalled apps in your daily life!

Contact NNORC Care Manager, Eva Murphy, at [emurphy@jfsny.org](mailto:emurphy@jfsny.org) or call (518) 516-1112 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.

# Featured PROGRAMS

Sign up for a program at [nnorc@jfsneny.org](mailto:nnorc@jfsneny.org) or 518-516-1114 – please include your phone and email. Program addresses listed on page 9.

## DiscoverLive: Winnipeg

Tuesday, 3/10 at 2:30 p.m. | Maria College, McAuley Building

As Manitoba's capital, Winnipeg reflects the prairie spirit with big skies, open spaces, and renowned warmth. Discover the rich history of The Forks, where Indigenous heritage, prairie hospitality, and modern innovation meet.



## Honest Weight Food Co-op: One Pot Pastas

Monday, 3/16 at 2 p.m. | Honest Weight Food Co-op

Join Sarah & Anastasia at Honest Weight Food Co-op for a yummy class on One Pot Pastas. They will demonstrate how to make two recipes. One will be gluten free/ dairy free and the other will be a traditional wheat pasta.

## Let's Talk Albany:

### Nijmegen, Albany's Sister City in the Netherlands

Wednesday, 3/18 at 1 p.m. | APL's Bach Branch

Jill Knapp of the Greenbush Historical Society and Cheryle Webber of the Dutch Settlers Society will present. They will talk about how the destruction of the ancient city of Nijmegen Netherlands, Albany's Sister City, during WWII by both German and Allied Forces, led to the start of Albany's Annual Tulip Festival, and how the connection between the two cities continues today.

## March Breakfast Club: Lymphatic Massage

Thursday, 3/19 at 10 a.m. | Albany JCC

See program details on page 4.

## 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

Savor authentic flavors at Ristorante Caterina de' Medici and enjoy a guided tour of the Culinary Institute. The day includes round-trip bus transportation, a three-course meal—with vegetarian pasta, a choice of salmon or beef short ribs, and molten chocolate tart for dessert!

This program is full, call to join the wait list.

## Welcome Spring with Qi Gong

Wednesday, 3/25 at 10 a.m. & Monday, 4/13 at 1 p.m.

Please contact us if you are interested. Location TBA

Instructor: Maria Patrick

Certified Health Coach & Qi Gong Instructor

March – Awakening Energy & Gentle Detox

April – Stress Relief & Emotional Balance

## Emotions in Color

Thursday, 3/26 at 10 a.m. | Congregation Beth Emeth

Join our JFS Intern, Emma Snizek and our NNORC Intern, Kaitlyn Wooley, for this group designed to support emotional awareness, creativity, and self-reflection. Using drawing, participants will explore a range of emotions and learn how to represent them through color, symbols, and personal meaning.

## April Breakfast Club: Downsizing & Decluttering

Thursday, 4/16 at 10 a.m. | Albany JCC

See program details on page 4.

## DiscoverLive: Amsterdam

Monday, 4/20 at 1:30 p.m.

Maria College, McAuley Building

Situated in the western Netherlands, Amsterdam is a city shaped by water, with canals, rivers, and low-lying land defining both its geography and daily life. On this live, virtual, 60-minute walking tour, you're invited to explore Amsterdam's Jewish Quarter. Along the way, we'll encounter places that reflect both everyday life and extraordinary resilience.

## Life Review Workshop: Exploring Resilience

Wednesday, 4/29 at 10 a.m. | Temple Israel

It is said that making meaning from life experiences helps us grow and stay strong, providing us with insight into how best to cope with current challenges. In this workshop led by NNORC Nurse, Susan Riback, RN, we will explore life stories that inform us of our adaptability and inner strength for whatever may come our way.

## Capital Cooks: Mediterranean Cooking

Thursday, 4/30 at 11 a.m. | Capital Cooks

Explore the flavors of the Mediterranean Basin in this hands-on cooking class. We'll sample dishes from several countries while learning about their ingredients, spices, and culinary traditions. Space is limited and registration is required.

Menu: Fried Spiced Halloumi with Yogurt, Dried Fruit & Herbs, Vegetarian Paella, Zaalouk - Warm Moroccan Eggplant Salad and Orange & Almond Cake



# Ongoing PROGRAMS

Sign up for a program at [nnorc@jfsneny.org](mailto:nnorc@jfsneny.org) or 518-516-1114 – please include your phone and email. Program addresses listed on page 9.

## Nia Moving to Heal

Tuesdays, 3/3, 3/17, 3/31, 4/14 & 4/28 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! Free for NNORC residents. \$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 yarn or thread project and work with others.



## Chair Yoga

Tuesdays, 3/10, 3/24, 4/7\* & 4/21 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

\*4/7 class will be held at B'nai Sholom Reform Congregation

## Bingo!

Wednesdays, 3/11 & 4/15 at 11 a.m. | Albany JCC

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

## 1:1 Computer/Device Skills

Thursday, 3/12 at 12 p.m. | APL's Bach Branch

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

## All-Levels Yoga

Thursdays, 3/12, 3/26, 4/9 & 4/23 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. Instructors: Bailey Walz (3/12, 3/26, 4/9). Kimberly German (4/23).

## Birthday Potluck

Thursdays, 3/26 & 4/23 at 11:30 a.m.

Congregation Beth Emeth

Calling all March and April 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, 3/30 & 4/27 at 1 p.m.

St. Sophia Greek Orthodox Church

March - *The Other Einstein* by Marie Benedict

April - *The Love Elixir of Augusta Stern*  
by Lynda Cohen Loigman

## Tech Time with Eva

Tuesdays, 3/31 & 4/14 at 1:30 p.m. | Temple Israel

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

March - Explore your iPhone settings: See how you can make your phone more accessible

April - Learn about the pre-installed apps on your phone! (notes, reminders, files, health, etc.)

## Bach Craft: Coffee Filter Flowers

Wednesday, 4/22 at 1 p.m. | APL's Bach Branch

Learn to make coffee filter flowers. The flowers can also be used to make a wreath. Supplies provided. Registration is required.

## Game Afternoon at Mr. Bumbles Cafe

Wednesday, 4/22 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!

## Reminder: NNORC PASSPORT

You have one more month to complete your NNORC Passport! Pick one up at a program or download it at [jfsneny.org/nnorc](https://jfsneny.org/nnorc).

Thank you to our NNORC Passport Presenting Sponsor, MVP Health Care, for their support.

# Resources FROM JFS & NNORC



## Compassionate care from a trusted team of licensed clinicians.

We provide the tools you need to **build resilience** and **navigate life's challenges** and help people of all ages, backgrounds and religions. Our expert staff provide individual, couples, family, and group counseling.

JFS is part of major insurance networks including Medicare.

**Open Monday – Thursday, 8 a.m. to 8 p.m. | Fridays & Sundays by appointment**

 [jfsneny.org/counseling](https://jfsneny.org/counseling)

 518-482-8856, Option 0

 184 Washington Avenue Ext, Albany NY 12203

### *Community* HEALTH NURSE EDUCATOR

**Susan Riback, RN | 518-516-1120**

Susan provides compassionate guidance to help you better understand your health and navigate the healthcare system with confidence. She also offers blood pressure checks, health education, and Therapeutic Touch™.

**Susan can help you:**

- Interpret and better adhere to doctors' orders
- Review medications and their side effects, efficacy, etc.
- Organize medications
- Pre- and post- surgery support/education
- Answer wellness and health concerns
- Navigate healthcare system

**NEIGHBORHOOD BLOOD PRESSURE CLINICS**

St. Sophia Greek Orthodox Church  
Tuesdays at 10:45 a.m. prior to Chair Yoga and Nia.

**OFFICE HOURS**

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

**APL's BACH BRANCH**

Thursdays, 3/5 & 3/19; 1 - 2 p.m.

### *Care* MANAGER

**Eva Murphy | 518-516-1112 | [emurphy@jfsneny.org](mailto:emurphy@jfsneny.org)**

Eva offers practical, non-judgmental support to help you stay organized, informed, and independent.

**Eva can help you:**

- Set up transportation and meal delivery services
- Organize bills, clarify statements, and set up autopsy
- Explore home care options to help you age in place
- Understand health insurance benefits so you don't overpay
- Connect with services that support your daily life

**JCC SENIOR CENTER**

Wednesdays, 3/4, 3/18, 4/1, 4/15 & 4/29; 12:30–2:30 p.m.

### *Information* & ASSISTANCE

**NNORC Main Contact**

**518-516-1114 | [NNORC@jfsneny.org](mailto:NNORC@jfsneny.org)**

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

*Events* CALENDAR

March - April 2026

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

PROGRAM	DATE & TIME
Nia Moving to Heal	Tuesdays, March 3, 17, 31 & April 14, 28 at 11 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
Chair Yoga	Tuesdays, March 10, 24 & April 7*, 21 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
DiscoverLive: Winnipeg	Tuesday, March 10 at 2:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Bingo!	Wednesdays, March 11 & April 15 at 11 a.m. Albany JCC, 340 Whitehall Rd
1:1 Computer/Device Skills	Thursday, March 12 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
All-Levels Yoga	Thursdays, March 12, 26 & April 9, 23 at 5:30 p.m. First Congregational Church, 405 Quail St
Honest Weight Food Co-op: One Pot Pastas	Monday, March 16 at 2 p.m. Honest Weight Food Co-op
Let's Talk Albany: Nijmegen	Wednesday, March 18 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
March Breakfast Club: Lymphatic Massage	Thursday, March 19 at 10 a.m. Albany JCC, 340 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
Emotions in Color	Thursday, March 26 at 10 a.m. Congregation Beth Emeth, 100 Academy Rd
NNORC Birthday Potluck	Thursdays, March 26 & April 23 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
Novel NNORC Book Club	Mondays, March 30 & April 27 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Tech Time with Eva	Tuesdays, March 31 & April 14 at 1:30 p.m. Temple Israel, 600 New Scotland Ave
April Breakfast Club: Downsizing & Decluttering	Thursday, April 16 at 10 a.m. Albany JCC, 340 Whitehall Rd
DiscoverLive: Amsterdam	Monday, April 20 at 1:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
Bach Craft: Coffee Filter Flowers	Wednesday, April 22 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Game Afternoon at Mr. Bumbles Cafe	Wednesday, April 22 at 3:30 p.m. Mr. Bumbles Cafe, 263 New Scotland Ave
Life Review Workshop: Exploring Resilience	Wednesday, April 29 at 10 a.m. Temple Israel, 600 New Scotland Ave
Capital Cooks: Mediterranean Cooking	Thursday, April 30 at 11 a.m. Capital Cooks, 12 Walker Way, Colonie (look for red awning)

\*Chair Yoga held on 4/7 class will be at B'nai Sholom Reform Congregation, 420 Whitehall Rd



184 Washington Ave Extension  
Albany, NY 12203

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**Albany NNORC**

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nnorc@jfsny.org  
jfsny.org

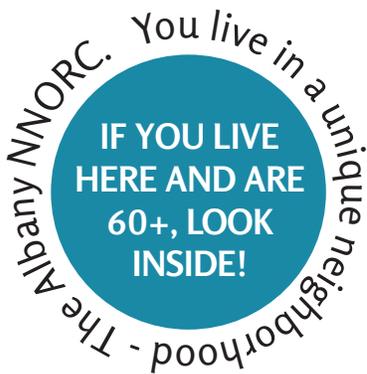
**Office Hours:**

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

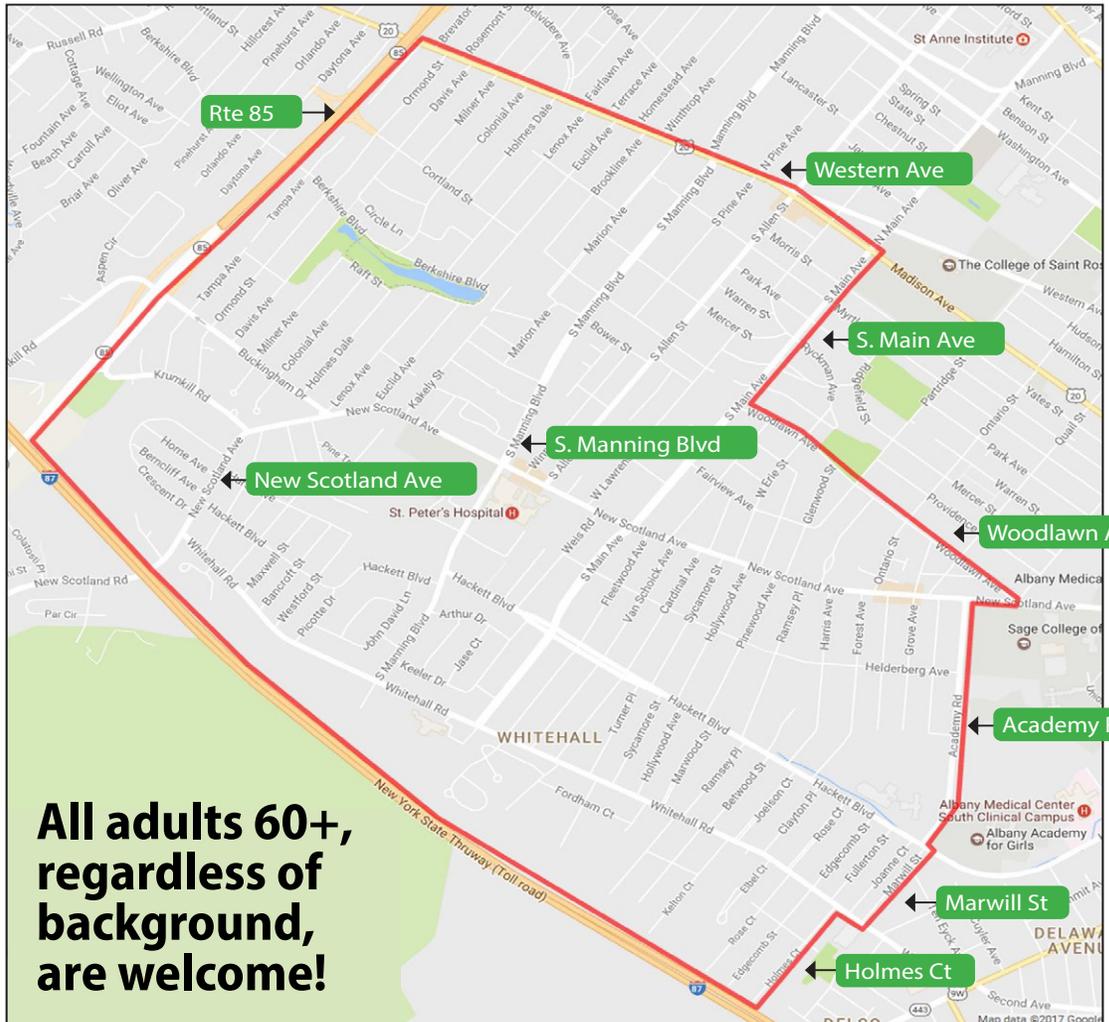
Messages will be responded to during office hours.

**NNORC Offices are Closed:**

April 2, 3, 8, 9: Passover



Follow Us on **facebook**  
@Your Albany NNORC



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