



## Save the Date

**OCTOBER 15 | 12 P.M. | ST. SOPHIA GREEK ORTHODOX CHURCH**

**Join us for the Albany NNORC 20th Anniversary Celebration: Lunch, trivia, photo booth & more!**

We'd love to include your favorite NNORC memories in the celebration. Please send any photos or special memories to be featured at the event.

### *Your* ALBANY NNORC

**This is your three square mile neighborhood of support.** GET INVOLVED! Call our nurse or care manager. Attend a program. Join the Residents' Council. Ask us questions: 518-516-1114 or [nnorc@jfsnery.org](mailto:nnorc@jfsnery.org). Visit us: [jfsnery.org/nnorc](http://jfsnery.org/nnorc)

### *Our* CREDO

#### We Believe:

- We are happier independent & interconnected.
- Living as long as we want in our homes & community is best.
- Having access to support & resources is critical to our mental & physical health.
- Education, recreation, & wellness programs keep us engaged & 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
- Aging Services 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@jfsnery.org](mailto:volunteer@jfsnery.org) or 518-482-8856, option 0.

**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

Bill Morrison

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



**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, 7/9, 7/30, 8/6 & 8/20; 1 - 2 p.m.

**Care MANAGER**

**Eva Murphy | 518-516-1112 | 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 autopay
- 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

**SENIOR CENTER (former St. Rose Campus, Neil Hellman Library, 392 Western Ave.) -**

Mondays, 7/13 & 8/17; 9:30–11:30 a.m.

**JCC SENIOR CENTER - Wednesdays, 7/15 & 8/12; 12:30–2:30 p.m.**



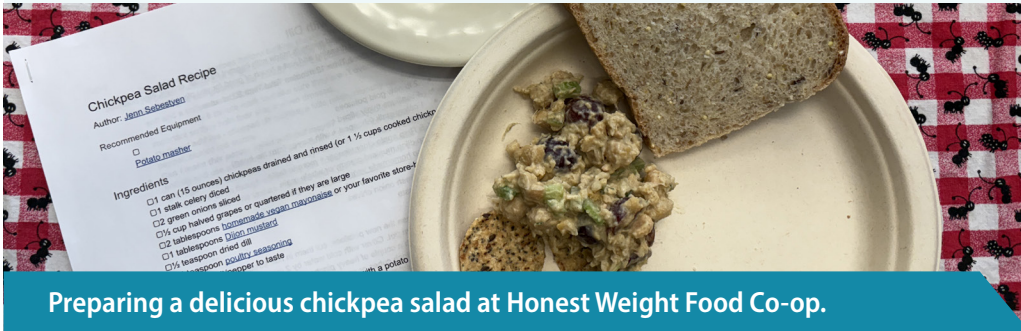
We had a blast learning about Mediterranean food at Capital Cooks this April.

**Information & ASSISTANCE**

**NNORC Main Contact | 518-516-1114 | NNORC@jfsneny.org**

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

# A Word from Your NNORC TEAM



Preparing a delicious chickpea salad at Honest Weight Food Co-op.

## From the Desk of the NNORC Nurse

### Get Out of Your Food Rut

A loss of taste or smell can reduce interest in eating. Many older adults fall into food ruts, eating the same meals daily but missing out on variety. That’s an unhealthy situation because our bodies evolved to eat a wide variety of foods, all of which offer different nutrients. Stimulate your taste buds by mixing textures, colors and flavors. Try a cooking class, swap recipes with friends, or explore new dishes.

### Retrain Your Nose

Studies suggest that repeated focus on certain scents may help train your brain to regain your sense of smell. Collect four scents from everyday life — for example, eucalyptus, rose, lemon, clove. Smell one for 15 seconds while trying to remember what it once smelled like. Rest for 10 seconds, then switch to each of the other three. Every few months, try another set of four.

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

## From the NNORC Care Manager

### NYS/Albany County Cooling Assistance

The Cooling Assistance Benefit helps income-eligible households buy and install an air conditioner or fan to cool their home. Like heating assistance funding, cooling assistance funds are limited and are distributed on a first-come-first-served basis.

For assistance applying for cooling assistance, contact Eva Murphy, NNORC Care Manager at (518) 516-1112 or [emurphy@jfsnyny.org](mailto:emurphy@jfsnyny.org).

Family Size	Monthly Income Limit
1	\$3,473
2	\$4,542

## 2026 NNORC Supporter

Name(s)

Address

City

Zip

Email

Phone

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

\*Contributions are tax deductible.



## Support the NNORC in 2026

*Invest 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 and generous neighbors.

Give Today: Your tax-deductible donation of any amount keeps these vital services free.

Here’s how your contribution helps:

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

**Thank you!**

# 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.

## NNORC Day Trip: NYC Ballet at SPAC

**Friday, 7/10 | Bus leaves the Albany JCC at 12 p.m. Returns by 5:30 p.m.**  
 Celebrate 60 years of SPAC and New York City Ballet's historic partnership with works by innovative and iconic choreographers both past and present. Get swept away by George Balanchine's romantic masterpiece *Serenade*, then embark on a feverish journey with Jerome Robbins' *Opus 19/The Dreamer*. The program closes with a new work by Principal Dancer Tiler Peck. \$85 cash/check (\$87.47 credit card) for NNORC residents, \$102 cash/check (\$104.96 credit card) for guests. Please call the JCC at 518-438-6651 (make sure to mention that you live in the NNORC). No refunds will be issued. In partnership with the Albany JCC.

## July Breakfast Club: Reframing Aging & Making Peace with Our Aging Bodies

**Thursday, 7/16 at 10 a.m. | B'nai Sholom Reform Congregation**  
 Susan Riback, the NNORC Community Health Nurse Educator, will explore the biology of aging and offer strategies for a more positive mind-body partnership. Studies show that Pep Talks really do help!

## Garden Pals: A Neighbors Across Generations Program (details on page 6)

**Thursday, 7/16 at 11:30 a.m. | B'nai Sholom Reform Congregation**  
 We've been matched with four teens through the City and together we will learn simple gardening techniques, and plant your own take-home vegetable or herb pot. All supplies are provided.

## NNORC Annual Ice Cream Social

**Thursday, 7/23 at 1:30 p.m. | Congregation Beth Emeth**  
 Join us for National Ice Cream Month! If the weather cooperates, we will meet on the front lawn of Congregation Beth Emeth (bring a lawn chair if you have one). If not, we'll be inside.



## Mystic Pizza at Capital Rep Theatre

**Wednesday, 7/29 at 1:30 p.m. | Capital Rep Theatre**  
 Our tickets are sold out but call if you're interested in joining the waitlist.

## Introducing Intuitive Eating

**Tuesday, 8/4 at 1:30 p.m. | APL's Pine Hills Branch**  
 Grounded in the same evidence-based approach outlined in the breakthrough guide, *Intuitive Eating*, this portable and uplifting card deck offers daily strategies and affirmations to help you pay attention to natural cues of hunger and satisfaction. Come and learn the facts; stop worrying about calories and savor your food. Join the NNORC Nurse, Susan Riback, RN, for this educational and interesting discussion.

## Beading for Mental Health

**Thursday, 8/6 at 12:30 p.m. | APL's Delaware Branch**  
 Did you know that beading can be meditative? Participants will create a bracelet, necklace, or key chain, and experience the therapeutic benefit of slowing down, staying present, and connecting with others in the group. All supplies will be provided. Registration is limited, so please sign up in advance.

## Let's Talk Albany: Albany County Hall of Records

**Wednesday, 8/12 at 1 p.m. | APL's Bach Branch**  
 We will be exploring the archival collections of the Albany County Hall of Records, with a focus on the documents useful for genealogy and house history research. Attendees will learn how these records can be used to learn more about their family, their home, and their community. The discussion will also provide practical guidance on how to begin your own research at the Hall of Records.

## Active Older Adult (AOA) Strength

**Wednesdays, 8/19 & 8/26 at 1 p.m.**  
**The Love Albany Center at Christ's Church**  
 The NNORC and the YMCA are partnering to offer you a new weekly exercise class. This sculpt class is designed for older adults using resistance bands, tubing, and dumb bells to keep your muscles and bones strong! Instructor: Cassy Leadenham

## Easy Thai Cooking

**Monday, 8/31 at 11 a.m. | Honest Weight Food Co-op**  
 Does Thai food seem daunting to cook at home? Learn how to use your pantry items to cook Thai food, and how to shop wisely for the ingredients that you may need to perfect your recipes. We hope to see you at the NNORC Thai table!

## NNORC October Trip

**Save-the-Date: Tuesday, 10/20**  
 Mark your calendars and stay tuned for details!



Food & Flicks was a huge success this June!

# 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.

## 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, 7/7, 7/28, 8/4 & 8/18 at 11:15 a.m.  
St. Sophia Greek Orthodox Church  
Gentle poses and stretches with the support of a chair. Free for NNORC residents. \$5 per class for non-NNORC residents. Instructor: Casey Bernstein

## Bingo!

Wednesdays, 7/8 & 8/12 at 11 a.m. | Albany JCC  
In partnership with the Albany JCC, come for fellowship, fun, and prizes!

## Birthday Potluck

Thursdays, 7/9\* & 8/13 at 11:30 a.m. | Congregation Beth Emeth  
Hey July and August Birthday Babies, let's celebrate. Bring a dish if you'd like—cake is on us. Everyone is welcome!

\*Neighbors Across Generations Program, details on page 6

## All-Levels Yoga

Thursdays, 7/9, 7/23, 8/6 & 8/20 at 5:30 p.m. | First Congregational Church  
Traditional Mat Yoga: Enjoy poses, breathwork, and relaxation. Bring a mat, props, and water. Free for NNORC residents. \$5 per class for non-NNORC residents. Instructor: Bailey Walz



Enjoying our All-Levels Yoga class.

## Nia Moving to Heal

Tuesdays, 7/14\*, 7/21\*, 8/11 & 8/25 at 11:15 a.m.  
St. Sophia Greek Orthodox Church  
Nia is a gentle movement practice that blends dance and martial arts for holistic healing. Join seated or standing, with or without shoes! Free for NNORC residents. \$5 per class for non-NNORC residents. Instructors: Andrea Hersh (7/14, & 7/21); Casey Bernstein (8/11); Susan Riback, NNORC Nurse Educator (8/25).

\*Neighbors Across Generations Program, details on page 6

## Music Circle

Thursdays, 7/14, 7/28, 8/11 & 8/25 at 2 p.m.  
Buckingham Pond Picnic Tables  
Bring a chair, your instrument (or just yourself), and enjoy an afternoon of sharing music.

## Novel NNORC Book Club

Mondays, 7/20 & 8/24 at 1 p.m.  
St. Sophia Greek Orthodox Church  
July - Choose your own book and be ready to share!  
August - *How to Read a Book* by Monica Wood

## Bach Craft: Ladybug Magnets

Wednesday, 7/22 at 1 p.m. | APL's Bach Branch  
Join the NNORC for a fun summer craft! Create ladybug magnets using fabric scraps, felt, and cardstock. All supplies provided. Registration required.



Qi Gong had us on our feet!

## Summer Walks

Thursdays, 7/23 & 8/27 at 10 a.m.  
July - Buckingham Pond. We will be meeting by the playground at Berkshire & Colonial Avenues.  
August - former St. Rose Campus, enter parking lot at 919 Madison Ave.

## 1:1 Computer/Device Skills

Thursday, 7/30\* at 12 p.m. | APL's Bach Branch  
Appointments are required. Bring your fully charged device (tablet, phone, or laptop).

\*Neighbors Across Generations Program, details on page 6

## Tech Time with Eva

Tuesday, 8/18 at 2 p.m. | Temple Israel  
Join NNORC Care Manager Eva Murphy for this instructional series. Let's review how to utilize your health care portals. Please bring any other tech-related questions and quandaries!

## NNORC Resident Council

Wednesday, 8/26 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.

# Community HAPPENINGS



The May Breakfast Club featuring Mayor Dr. Applys had 70 NNORC residents in attendance.

## In the Hood

### ST. SOPHIA GREEK ORTHODOX CHURCH

Drop It, Swap It - Sunday, July 11 from 10 a.m. - 1 p.m.

This is a free community event where the public is invited to donate gently used and clean items such as clothing, housewares, games, books, & toys and to take other donated items home. It is free to give and take items! You don't have to bring something to take.

Please DO NOT bring furniture, large items, tube televisions, food, personal care products, medicine, dirty or ripped clothing, fabric scraps, incomplete toys and games, non-working electronics, magazines, or sharp objects.

Opa-Cize - Summer Session starts Wednesday, June 3 at 6:30 p.m.

OPA-cize is back! Move, dance, and exercise to uplifting Greek music while benefiting two impactful local organizations—"Night Out for You" and "To Life"—both dedicated to supporting individuals affected by cancer. Cost is \$7/class.

**APL'S PINE HILLS BRANCH** - Please register at 518-427-4300 ext. 7

Downsizing & Preparing to Age in Place - Monday, July 20 at 6:30 p.m.

We'll be talking about downsizing and preparing your home to age in place.

## City of Albany Neighborhood Specialists' Summer Youth Employment Program Presents: Neighbors Across Generations

Please join us in welcoming four of our younger neighbors to a few NNORC programs this July! The Neighbors Across Generations initiative through the Albany Neighborhood Specialists office seeks to strengthen our community through intergenerational compassion and connection.

We are excited to have four teens joining us to participate in the following programs: July Birthday Potluck (7/9), Nia (7/14, 7/21), Garden Pals (7/16), and Computer Skills (7/30). These programs are marked with an asterisk\* in this newsletter.

## Farmers Market Coupon Books

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 authorized markets where they can use the coupons.

NNORC will be given booklets to distribute on a first-come, first-served basis. Please call us 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.*



Thank you Mayor Dr. Applys!

# Events CALENDAR | July - August 2026

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

PROGRAM	DATE & TIME
One Stitch at a Time	Weekly on Wednesdays at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Chair Yoga	Tuesdays, July 7, 28 & August 4, 18 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Bingo!	Wednesdays, July 8 & August 12 at 11 a.m. Albany JCC, 340 Whitehall Rd
NNORC Birthday Potluck	Thursdays, July 9* & August 13 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
All-Levels Yoga	Thursdays, July 9, 23 & August 6, 20 at 5:30 p.m. First Congregational Church, 405 Quail St
NNORC at the Ballet	Friday, July 10 Bus leaves the Albany JCC at 12 p.m. and returns by 5:30 p.m.
Nia Moving to Heal	Tuesdays, July 14*, 21* & August 11, 25 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Music Circle	Tuesdays, July 14, 28 & August 11, 25 at 2 p.m. Buckingham Pond Picnic Tables
July Breakfast Club: Reframing Aging	Thursday, July 16 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Garden Pals	Thursday, July 16* at 11:30 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Novel NNORC Book Club	Mondays, July 20 & August 24 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Bach Craft: Ladybug Magnets	Wednesday, July 22 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Summer Walks	Thursdays, July 23 & August 27 at 10 a.m. July - Buckingham Pond; August - former St. Rose Campus
Ice Cream Social	Thursday, July 23 at 1:30 p.m. Congregation Beth Emeth, 100 Academy Rd
Mystic Pizza at Capital Rep Theatre	Wednesday, July 29 at 1:30 p.m. Tickets are sold out, but call if you're interested to join waitlist.
1:1 Computer/Device Skills	Thursday, July 30 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Introducing Intuitive Eating	Tuesday, August 4 at 1:30 p.m. APL's Pine Hills Branch, 517 Western Ave
Beading for Mental Health	Thursday, August 6 at 12:30 p.m. APL's Delaware Branch, 331 Delaware Ave
Let's Talk Albany: Albany County Hall of Records	Wednesday, August 12 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Tech Time with Eva	Tuesday, August 18 at 2 p.m. Temple Israel, 600 New Scotland Ave
Active Older Adult (AOA) Strength	Wednesdays, August 19 & 26 at 1 p.m. Love Albany Center at Christ's Church Albany, 8 Kate Street
NNORC Resident Council	Wednesday, August 26 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Honest Weight Food Co-op: Easy Thai Cooking	Monday, August 31 at 11 a.m. Honest Weight Food Co-op, 100 Watervliet Ave
<b>NNORC 20th Anniversary Celebration</b>	<b>Save-the-Date: Thursday, October 15</b>
NNORC October Trip	<b>Save-the-Date: Tuesday, October 20</b>

\*Neighbors Across Generations Program, details on page 6



184 Washington Ave Extension  
Albany, NY 12203

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US Postage  
**PAID**  
Albany, NY  
Permit # 587



**YOU'RE INVITED!**  
20th Anniversary Celebration  
See cover for details.

**Albany NNORC**  
518-516-1114  
nnorc@jfsny.org  
jfsny.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!**



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

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