



Albany NNORC 20th Anniversary Celebration

We're celebrating 20 years of care, community and collaboration!

Thursday, October 15, 2026 at 12 p.m.

St. Sophia Greek Orthodox Church, 440 Whitehall Rd., Albany

Join us for lunch, raffle items, trivia, live music, photo booth and more!

Please RSVP by September 30, 2026:



518-482-8856



info@jfsneny.org

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 Resident Advisory Council. Ask us questions: 518-516-1114 or nnorc@jfsneny.org. Visit us: jfsneny.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 and healthy aging, expands access to basic needs, and mitigates food insecurity and social isolation. Our mission is amplified by volunteers and sustained by donors, ensuring that support for our community is always within reach.

JFS STAFF HAS EXPERTISE IN:

- Helping older adults stay safe & independent
- Providing resources to older adults & their families
- Home safety assessments
- 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@jfsneny.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-Cronin

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, 9/3, 9/17, 10/1 & 10/29; 1 - 2 p.m.

Care MANAGER

Eva Murphy-Cronin | 518-516-1112 | emurphy@jfsnyny.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, 9/14 & 10/19; 9:30–11:30 a.m.

JCC SENIOR CENTER - Wednesdays, 9/16 & 10/14; 12:30–2:30 p.m.



Information & ASSISTANCE

NNORC Main Contact | 518-516-1114 | NNORC@jfsnyny.org

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

A Word from Your NNORC TEAM



Final products from our June Paint and "Sip"!

Happy Feet, Healthy You

Foot Care Tips from Susan Riback, RN

As we age, taking care of our feet becomes more important than ever. Healthy feet help maintain balance, mobility, and independence. Check your feet regularly for cuts, blisters, redness, or swelling, and wear well-fitting, supportive shoes. Keeping feet clean and moisturized can help prevent dry skin and cracking.

Simple foot exercises can improve strength, flexibility, and circulation. Try ankle circles (10 rotations each direction), toe curls (scrunch a towel with your toes), and heel-to-toe raises while holding onto a sturdy chair for support. These gentle exercises can help maintain balance and reduce stiffness.

If you experience persistent foot pain, numbness, or changes in skin color, contact your healthcare provider or a podiatrist. A few minutes of daily foot care and exercise can help keep you active, steady, and comfortable.

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

Get Your Flu Shot!

Fall reminds us that it's time to get your vaccinations! Flu + COVID vaccines are an important part of keeping yourself and our community healthy. Should you need help finding a provider, making an appointment, or arranging transportation, Eva Murphy-Cronin, NNORC Care Manager, is here to help!

Please contact Eva at (518) 516-1112 or emurphy@jfsnyny.org to get more information on how we can help you connect to vaccine providers.



Breakfast Club with Nurse Susan.

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 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 or 518-516-1114 – please include your phone and email. Program addresses listed on page 9.

Active Older Adult (AOA) Strength

Weekly on Wednesdays 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 light dumb bells to keep your muscles and bones strong! Instructor: Cassy Leadenham

Honest Weight Food Co-op

Monday, 9/14 & Wednesday, 10/28 at 11 a.m. | Honest Weight Food Co-op

Join Sarah at Honest Weight Food Co-op for fun in the kitchen:

September: Greek Mezze - Learn how to make some tasty Greek snacks.

October: Stuffed Vegetables - Whip up some yummy stuffed veggies.

September Breakfast Club:

AI in the Wild: A Practical Guide for Older Adults

Thursday, 9/17 at 10 a.m. | Located at & in partnership with the Albany JCC

Join UAlbany professors Archana Krishnan and Patricia Gettings for an introduction to AI, including how it works, its benefits, and how to use it responsibly. Learn how AI may already impact your everyday life and stay for a Q&A.

Dr. Krishnan studies health and computer-mediated communication, while Dr. Gettings focuses on organizational, interpersonal, and aging communication.

Active Living Every Day

Mondays, 10/5, 10/19, 11/2 & 11/16 at 1:30 p.m. | St. Vincent de Paul Parish

Learn a new way to stay active and feel your best. This 4-week program uses evidence-based strategies to help you build movement into daily activities, like cleaning and gardening, while creating personal activity goals and plans.

On Your Feet & Independent: A Fall Prevention Program

Tuesday, 10/6 at 1:30 p.m. | APL's Pine Hills Branch

Join the NNORC in welcoming Tom Moran, the Injury Prevention Outreach Coordinator at Albany Medical Center, to learn about fall risk factors, prevention strategies, and what to do after a fall. Small changes can make a big difference.

October Breakfast Club: Stroke Awareness

Thursday, 10/22 at 10 a.m.

Located at & in partnership with the Albany JCC

Join us to learn about stroke prevention and awareness! Hear from Mikaela Ebitz-Linville, MPH, BSN, RN, Stroke Program Coordinator at Albany Medical Center, about stroke warning signs, prevention, and when to call 911. Come learn how you can recognize the signs and take action when it matters most.

Project Lifesaver

Thursday, 10/22 at 11:30 a.m.

Located at & in partnership with the Albany JCC

Project Lifesaver, a program from the Albany County Sheriff's Office, assists families in locating loved ones who may wander off due to disease or special need. This program distributes wrist or ankle bands with a radio transmitter that allows trained Sheriff's Deputies to locate a family member during an incident. If your loved one has Alzheimer's disease, autism, Down syndrome, TBI and other cognitive disorders and would like to learn more about this life-saving device, join us for this informative presentation.

Special 3-Part Series from the Albany Public Library

What is Hospice?

Thursday, 9/10 at 1 p.m. | APL's Pine Hills Branch

Join The Community Hospice for an informative discussion about hospice care and the services available to support individuals living with life-limiting or terminal illnesses. Learn about the hospice philosophy, eligibility, and the physical, emotional, and spiritual support available to patients and their loved ones. Discover how hospice can enhance quality of life and provide comfort, dignity, and support.

Palliative Care vs. Hospice: Understanding Your Options

Thursday, 10/8 at 1 p.m. | APL's Delaware Branch

Navigating serious illness can be challenging. This presentation will explore the similarities and differences between palliative care and hospice care, including when each service may be appropriate. Attendees will gain a better understanding of the support available for individuals with chronic, life-limiting, and terminal illnesses, helping patients and families make informed decisions.

Advanced Care Planning: Making Your Wishes Known

Thursday, 11/12 at 1 p.m. | APL's Bach Branch

Planning ahead can provide peace of mind for you and your loved ones. Join us to learn about the importance of advanced care planning, including healthcare proxies, living wills, Medical Orders for Life-Sustaining Treatment (MOLST) forms, and other tools that help ensure your preferences are understood and respected.

Attend one, two, or all three!

Ongoing PROGRAMS

Sign up for a program at nnorc@jfsnyny.org or 518-516-1114 – please include your phone and email. Program addresses listed on page 9.

Nia Moving to Heal

Tuesdays, 9/1, 9/15, 9/29, 10/13 & 10/27 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. Instructor: Andrea Hersh



Enjoying our Nia Moving to Heal class over the summer.

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, 9/8, 9/22, 10/6 & 10/20 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

Music Circle

Tuesdays, 9/8 & 9/22 at 2 p.m. | Buckingham Pond Picnic Tables

Bring a chair, your instrument (or just yourself), and enjoy an afternoon of sharing music.

Bingo!

Wednesdays, 9/9 & 10/14 at 11 a.m. | Albany JCC

In partnership with the Albany JCC, come for fellowship, fun, and prizes!

All-Levels Yoga

Thursdays, 9/10, 9/24, 10/15 & 10/29 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

1:1 Computer/Device Skills

Thursdays, 9/17 & 10/22 at 12 p.m.

APL's Bach Branch

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

Fall Walks

Wednesdays, 9/23 & 10/21 at 10 a.m.

September - Buckingham Pond. We will be meeting by the playground at Berkshire & Colonial Avenues.

October - The Crossings of Colonie. Join us for a walk around the pond. Park by the playground (second parking lot on the right as you drive in) and we'll meet by the pond.

Birthday Potluck

Thursdays, 9/24 & 10/29 at 11:30 a.m.

Congregation Beth Emeth

Celebrate our September & October Birthday Babies! Bring a dish if you'd like—cake is on us. Everyone is welcome!

Novel NNORC Book Club

Mondays, 9/28 & 10/26 at 1 p.m.

St. Sophia Greek Orthodox Church

September - *James* by Percival Everett

October - *Lula Dean's Little Library of Banned Books* by Kirsten Miller

Bach Craft: Mason Jar Fall Luminary

Tuesday, 9/29 at 1 p.m. | APL's Bach Branch

Join us to create a fall-themed luminary. All supplies will be provided. Registration is required.

Game Day at Mr. Bumbles Cafe

Wednesday, 9/30 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!



Crafting masterpieces at One Stitch at a Time.

Community HAPPENINGS & MORE

In the Hood

MARIA COLLEGE

Annual Health & Wellness Fair

Wednesday, September 9 from 11 a.m. - 1:30 p.m.

Come and connect with and learn about health-related resources in the community. The fair is in partnership with St. Peter's Health Partners and the Regional Food Bank will be giving out free produce (while supplies last).

ST. SOPHIA GREEK ORTHODOX CHURCH

49th Annual Doll & Toy Show and Sale

Saturday, September 26 from 10 a.m. - 3 p.m.

The Shaker Doll Club's sale features dolls and toys from modern to antique, collectibles, miniatures, folk art, and artist dolls. Enjoy Greek food, door prizes, and a raffle for an "American Girl Doll." Admission is \$7; children 12 and under are free.

CONGREGATION BETH EMETH

Lunch & Learn

Wednesday, September 30 at 12 p.m.

Author Joel Dinerstein will lead a conversation on Jewish American identity and the Diaspora, featuring excerpts from his forthcoming memoir, *The Last of the Ellis Island Jews*. Bring your lunch; CBE provides beverages and dessert!

APL'S PINE HILLS BRANCH

Pine Hills Architectural Walking Tour (Shorter Walk)

Saturday, October 10 from 1 - 2 p.m.

Cara Macri from Historic Albany Foundation will lead this family-friendly walking tour highlighting common architectural features you'll find on Pine Hills residential buildings. If you are unable to attend, a printed, self-guided tour can be picked up at the Pine Hills Branch. Registration Required, call 518-427-4300.

Learn How to Access the Times Union, New York Times, Wall Street Journal and other Newspapers at Home for Free!

Wednesday, October 14 from 6:30 - 7:30 p.m.

Your APL library card gives you free digital access to newspapers, including back issues! Learn how to access and navigate these resources on your phone, tablet, or computer. Bring your library card number and device, if available. No registration required.

ST. VINCENT DE PAUL PARISH

Love, Loss and Hope

Wednesday, October 23 at 1 p.m.

Author Eileen Clinton, MS, is a death educator, hospice bereavement specialist, and licensed funeral director. Drawing on her years of experience supporting hospice families, as well as her own personal losses, Clinton will offer practical suggestions for re-engaging with life and meaningful ways to honor and remember loved ones. Copies of her book will be available for purchase, and light refreshments will be served. Attendance is free and open to all. Send RSVP & questions to events@stvincentalbany.org.

JFS Presents:

Preparation Age: Four Essential Conversations Before You Need Them

Whether you are planning for your own future or navigating the changing needs of an aging parent, this four-part series is designed to replace anxiety with clarity and action. Expert presenters will guide you through: initiating vital family conversations, organizing critical legal and financial documents, modifying your home for safe aging in place, and building a stress-resilient caregiving support network. Look for more information in the weekly NNORC e-news, at jfsnyny.org/calendar or call JFS at 518-482-8856, Option 0.

Mondays, 10/19, 10/26, 11/2, 11/9
From 7 - 8 p.m. on Zoom

Unmasking Loneliness: A Support Group to Build Connection

Whether you're feeling alone in a relationship, navigating social differences, or simply wanting deeper connection, this group offers a place to start. Join others to explore and reframe what makes us "different" into an authentic point of connection. Facilitator: Barry Davis, LCSW

August 10, 24 and ongoing bi-weekly
From 12 p.m. - 1 p.m.

\$10 per group, initial group is free
Call 518-482-8856, Option 0 to register.

All are Welcome to Join NNORC Programs

From chair yoga to Breakfast Club to fall walks, **ANYONE - NNORC RESIDENT OR NOT - can attend a program.** Two Notes: 1) \$5 donation requested from non-NNORC residents for exercise classes and 2) care management and healthcare support are designated for NNORC residents.



Gardening fun with Albany teens!

Events CALENDAR | September - October 2026

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

PROGRAM	DATE & TIME
Nia Moving to Heal	Tuesdays, September 1, 15, 29 & October 13, 27 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
Active Older Adult (AOA) Strength	Weekly on Wednesdays at 1 p.m. Love Albany Center at Christ's Church Albany, 8 Kate Street
Chair Yoga	Tuesdays, September 8, 22 & October 6, 20 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Music Circle	Tuesdays, September 8 & 22 at 2 p.m. Buckingham Pond Picnic Tables
Bingo!	Wednesdays, September 9 & October 14 at 11 a.m. Albany JCC, 340 Whitehall Rd
What is Hospice? - Part 1 of a 3-Part Series	Thursday, September 10 at 1 p.m. APL's Pine Hills Branch, 517 Western Ave
All-Levels Yoga	Thursdays, September 10, 24 & October 15, 29 at 5:30 p.m. First Congregational Church, 405 Quail St
Honest Weight Food Co-op: Greek Mezze	Monday, September 14 at 11 a.m. Honest Weight Food Co-op, 100 Watervliet Ave
September Breakfast Club: AI in the Wild	Thursday, September 17 at 10 a.m. Albany JCC, 340 Whitehall Rd
1:1 Computer/Device Skills	Thursdays, September 17 & October 22 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Fall Walks	Wednesdays, September 23 & October 21 at 10 a.m. September - Buckingham Pond; October - The Crossings of Colonie
NNORC Birthday Potluck	Thursdays, September 24 & October 29 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
Novel NNORC Book Club	Mondays, September 28 & October 26 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Bach Craft: Mason Jar Fall Luminary	Tuesday, September 29 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
Game Day at Mr. Bumbles Cafe	Wednesday, September 30 at 3:30 p.m. Mr. Bumbles Cafe, 263 New Scotland Ave
Active Living Every Day	Mondays, October 5, 19 & November 2, 16 at 1:30 p.m. St. Vincent de Paul Parish, 900 Madison Ave
On Your Feet & Independent: Fall Prevention	Tuesday, October 6 at 1:30 p.m. APL's Pine Hills Branch, 517 Western Ave
Palliative Care vs. Hospice - Part 2 of a 3-Part Series	Thursday, October 8 at 1 p.m. APL's Delaware Branch, 331 Delaware Ave
October Breakfast Club: Stroke Awareness	Thursday, October 22 at 10 a.m. Albany JCC, 340 Whitehall Rd
Project Lifesaver	Thursday, October 22 at 11:30 a.m. Albany JCC, 340 Whitehall Rd
Honest Weight Food Co-op: Stuffed Vegetables	Wednesday, October 28 at 11 a.m. Honest Weight Food Co-op, 100 Watervliet Ave
Advanced Care Planning - Part 3 of a 3-Part Series	Thursday, November 12 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave



184 Washington Ave Extension
Albany, NY 12203

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

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:

September 7: Labor Day
September 21: Yom Kippur

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



**Adults age 60+
of all faiths and
backgrounds
are welcome!**