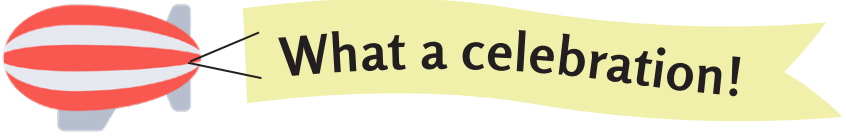
NNORC News

Neighborhood Naturally Occurring Retirement Community

November – December 2026

Celebrating 20 Years of Community, Care, and Connection!



The energy in the room said it all! The NNORC 20th Anniversary Celebration in October was a H U G E success! St. Sophia Greek Orthodox Church provided the perfect, welcoming setting, and we extend our heartfelt gratitude for generously opening their beautiful ballroom to us.

Nearly 160 NNORC residents, supporters, partners, elected officials, and staff gathered to share a delicious lunch, lively music, activities, and a meaningful program highlighting the everyday in impact YOUR unique community. Whether catching up with longtime neighbors or making new friends, the room was filled with the warmth and connection that help make this neighborhood so special.

This milestone marks two decades of Jewish Family Services delivering forward-thinking, coordinated support designed to help you thrive right at home. The work happening here hasn't gone unnoticed. Rose Golden, Deputy Director of the Division of Local Program Operations at the New York State Office for the Aging (NYSOFA)—which generously supports our work alongside 43 other NNORCs statewide—praised the Albany NNORC as a true "gold star" program for its standard of service.

At its heart, the NNORC is built on a simple, tenant: when neighbors stay engaged, active, and supported, they can age well, safely and comfortably in their home and community. That commitment is reflected in an extraordinary year of growth. In 2026 alone, our program saw a 30% increase in clients served, delivering:

- **1,230 hours of in-home care**
- **500 hours of care management**
- **225 hours of healthcare management**
- **83 educational and recreational programs**

Whether you spent the afternoon celebrating with us or were unable to attend, this milestone belongs to everyone.

Look inside for event photos that capture an unforgettable day.



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
Alana Feldman
Marketing & Social Media Specialist

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 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

Jewish Family Services Northeastern New York

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@YourAlbanyNNORC

NEW YORK STATE OF OPPORTUNITY. Office for the Aging

Supported in part by
Jewish Federation of Northeastern New York

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

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

NEIGHBORHOOD BLOOD PRESSURE CLINICS

ST. SOPHIA: Tuesdays at 10:45 a.m. prior to Chair Yoga and Nia. See Page 5.

APL'S BACH BRANCH
Thursdays, 11/5, 12/10 at 12 p.m.

THE LOVE ALBANY CENTER AT CHRIST'S CHURCH
Wednesdays, 12:45 p.m.

Care MANAGER

Eva Murphy-Cronin | 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 auto-pay
- 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, 11/16 & 12/14; 9:30–11:30 a.m.

JCC SENIOR CENTER - Wednesdays, 11/18 and 12/16, 12:30–2:30 p.m.

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





Celebrating NNORC!

A Word from Your NNORC TEAM



Celebrating NNORC with Proclamations. Assemblymember Gabriella Romero, Rose Golden, NYSOFA, Jane Ginsburg, JFS, & Mayor Darcey Applyrs

Medicare Open Enrollment/HIICAP

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 just some of the 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; and more!

For more information, call Albany County Department for Aging at 518-447-7177 or visit: Health Insurance Information, Counseling, and Assistance Programs | Office for the Aging

* We will have a specialist available on November 9 to meet one-on-one with you, please call the NNORC for more information.

Nurse's Orders

December is the National Handwashing Awareness Month! Stop hitch-hiking germs in their tracks and wash your hands for at least twenty seconds.

AND don't forget to get your Flu shot!

To NNORC Veterans, Thank You!



Library Book Delivery

NNORC and the APLs Bach Branch can keep you reading all winter! We have volunteers at-the-ready to deliver books, audiobooks, magazines, and more to homebound older adults living in the Albany NNORC.

Contact Marla, NNORC Director of Programs at 518-516-1113.

I WANT TO BE A 2027 NNORC Supporter

Name(s) _____

Address _____

City _____ Zip _____

Email _____ Phone _____

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.

Support the NNORC in 2027

Invest in your neighborhood.

For 20 years, we've provided social programs, healthcare advocacy, and care management for NNORC residents. Secured grants and contracts stipulate that we raise funds through sponsorships and generous neighbors. Your tax-deductible gift can help us meet that requirement.

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 7.

Free Medicare Counseling Sessions

Monday, 11/9 from 9 a.m. - 4 p.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 (coverage, premiums, provider networks), now is the time to make sure your plan still meets your needs.

Appointments are in person, and the location will be shared once scheduled. Please bring a list of your medications and insurance card(s), including your Medicare card, 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.

Easy Thai Cooking

Monday, 11/9 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. Join us for this hands-on cooking class. We hope to see you at the NNORC Thai table!

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. *Program presented by The Community Hospice.*

Thankful for NNORC: Friendsgiving Lunch*

Thursday, 11/19 at 11:30 a.m. | An Albany JCC Partnership

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 or toiletries for the Regional Food Bank. Please bring something for the donation box if you can. Reservation is required by Thursday, Nov. 12th. *Kosher meals are available upon request.

The Shift from Stress to Calm

Wednesday, December 2 at 2:30 p.m. | APL's Delaware Branch

Explore guided imagery techniques and nervous system regulation to add to your self-care toolbox. Susan Riback, NNORC nurse educator, will take you on a beach walk and provide you with tools to use guided imagery for pain relief and stress. She will also introduce techniques to calm the parasympathetic nervous system. Come join us and find your inner calm.

Know Your Co-op: Debunking the Bulk

Monday, December 7 at 11 a.m. | Honest Weight Food Co-op

Tour the Honest Weight Food Coop and join the discussion on low-waste snacking. We'll focus on how to shop the bulk food section. Participants will gather in the Co-op kitchen and create their own trail mix to take home. Please register as space is limited.

Beading for Mental Health

Tuesday, December 8 at 1:30 p.m. | APLs Pine Hills Branch

Did you know that beading can be meditative? Come and 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.

The Magi at Capital Rep Theatre

Wednesday, 12/9 at 1:30 p.m. | Capital Rep Theatre

Blending original music, heartfelt storytelling, and tender humor, "The Magi" explores the sacrifices we make for love and the imperfect but profound ways we show devotion to those we cherish.

NNORC tickets are limited. The cost is $35 per ticket.

NNORC Holiday Party

Tuesday, 12/15 at 1:30 p.m. | Maria College, McCauley Building

Join your neighbors for dessert, crafts, conversation, entertainment, and FUN! In the spirit of the holidays, if you enjoy baking, please bring something to share.

December Breakfast Club: Dancing Through Life at Any Age

Thursday, 12/17 at 10 a.m. | An Albany JCC Partnership

Join Casey Bernstein, our Chair Yoga instructor, for this exploration of strategies to use movement as medicine as we age, body awareness practices for self-healing, and meeting our aging bodies with compassion.

We will develop deeper communication with our bodies and explore in-home exercises for healthy living.

Let's Talk Albany: Ten Broeck Mansion

Thursday, December 17 at 1 p.m. | APL's Bach Branch

This talk explores the rich history of the 1798 Ten Broeck Mansion and its grounds, uncovering its deep-rooted connections to Albany and the surrounding region. Learn about the contributions of workers who created the famed gardens at the Ten Broeck Mansion. Operated by the Albany County Historical Association, this mansion has welcomed the public for 77 years, showcasing the enduring relevance of this historic site to our community.

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 9.

Nia Moving to Heal

Tuesdays, 11/3, 11/17, 12/1 & 12/15 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


NNORC Celebration - A FULL House

One Stitch at a Time

Weekly, Wednesdays at 1 p.m. | APL's Bach Branch
Bring your yarn or thread project and work with others.

Active Older Adult (AOA) Strength

Weekly, 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

1:1 Computer/Device Skills

Thursdays, 11/5 & 12/3 at 12 p.m.
APL's Bach Branch
Appointments are required. Bring your fully charged device (tablet, phone, or laptop).

Chair Yoga

Tuesdays, 11/10, 11/24, 12/8 & 12/22 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

Let's Play B I N G O !

Wednesdays, 11/11 & 12/9 at 11 a.m. | An Albany JCC Partnership
Come and try your luck at a game of BINGO! Come for fun, fellowship and prizes!

Birthday Potluck

Thursdays, 11/12 & 12/10 at 11:30 a.m.
Congregation Beth Emeth
Celebrate our November and December Birthday Babies! Bring a dish if you'd like—cake is on us. Everyone is welcome!

All-Levels Yoga

Thursdays, 11/12, 11/19, 12/3 & 12/17 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

Tech Time with Eva

Tuesday, 11/17 at 2 p.m. | Temple Israel
Bring your questions about your cell phone, tablet, or laptop for NNORC care manager Eva to help answer!

Game Day at Mr. Bumbles Cafe

Wednesday, 11/18 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 Advisory Council

Wednesday, 11/25 at 10 a.m. | B'nai Sholom
The NNORC Council meets to share ideas that help shape programs and offering. Join your neighbors at this roundtable discussion.

Novel NNORC Book Club

Mondays, 11/30 & 12/21 at 1 p.m.
St. Sophia Greek Orthodox Church
November - *Delicious!* by Ruth Reichl
December - *Black Cake* by Charmaine Wilkerson

Bach Craft: Painting Evergreen Bookmarks

Tuesday, 12/1 at 1 p.m. | APL's Bach Branch
Join us for a fun winter craft using watercolors. All supplies are provided. Registration is required.


NNORC Celebration

Community HAPPENINGS & MORE

ST. SOPHIA GREEK ORTHODOX CHURCH
Homemade Greek Pastry, Spanakopita, Sweet Treats for Sale
Tuesday, November 3 at 8 a.m.

This bake sale benefits the Ladies Philoptochos Society's charitable works. Plus, get their cookbook, "Treasured Greek Recipes" for $20. For more information, please call 518-489-4442. Sorry, no pre-sale orders; treats available while supplies last.

ALBANY JCC - Register at 518-438-6651
Building Brain-Healthy Habits: A Three-Part Series
Mondays, November 2, 9 & 16 from 11 – 11:30 a.m.

Research shows there are everyday habits you can build today to help protect your memory as you age — even reducing your risk of cognitive decline and dementia. This series from the Alzheimer's Association moves from science to specifics to plans you'll actually stick with. Brain health is important for everyone, and it is never too early or too late to take action.

Savvy Holiday Shopping
Wednesday, November 18 from 1 – 2 p.m.

Join the NY Department of State's Division of Consumer Protection to learn how to shop safely online, policies that are in place to protect you when shopping in-person or online, and money-saving tips during the holiday season.

ST. VINCENT DE PAUL PARISH
Living with a Chronic Illness--Discussion Group - Facilitator:
Judi England, RN
Thursdays, November 19 & December 17, from 3 – 4 p.m.,
ongoing monthly for 6 months

Managing a chronic illness or condition can be stressful, complicated, and isolating. Join us in a safe space and connect with other. This is a "non-medical" program addressing topics such as: communicating with your healthcare provider, managing stress, getting good sleep, and setting healthy boundaries. This group is hybrid: in-person in the St. Vincent chapel or on Zoom. Pre-Registration is appreciated, but not necessary. For more information, questions, or to register please contact: 518-489-5408 or pastoraloutreach@stvincentalbany.org. A Zoom link will be sent to registrants prior to the first meeting.

APL'S PINE HILLS BRANCH
Learn How to Access the Times Union, New York Times, Wall Street Journal and Other Newspapers at Home for Free!
Saturday, December 5 from 2 – 3 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.
Winter Classics with Stringwynde*
Saturday, December 19 from 2 – 3 p.m.

Join us for winter music concert with flute and harp duo Stringwynde! Settle in with some coffee or tea and get in the spirit of the season as you enjoy this hour-long in person concert event featuring winter classics! *In partnership with Local 14 Albany Musicians Association.

JFS Presents... Preparation Age: Essential Conversations Before You Need Them

Whether you are planning for your own future or navigating the changing needs of an aging parent, this series is designed to replace anxiety with clarity and action. In the last two sessions of the series, expert presenters will guide you through: 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 jfsneny.org/calendar or call JFS at 518-482-8856, Option 0.

Mondays, 11/2, 11/9
From 7 – 8 p.m. on Zoom

Building Connections: A Support Group to Combat Loneliness

Even socially active, partnered, or neurodivergent adults can feel lonely or disconnected. Join others to explore what makes us feel "different," build authentic connections, and create strategies for supporting one another.Facilitator: Barry Davis, LCSW

November 9, 23 & December 7, 21; ongoing bi-weekly
From 12 – 1 p.m. (virtual on Zoom)

$10 per group (first time attendance is free)

Call 518-482-8856, Option 0 to register.

All are Welcome to Participate in NNORC Programs

From yoga to Breakfast Club to book club, **ANYONE — NNORC resident or not — can attend a program.** Note: a $5 donation is requested from non-NNORC residents for exercise classes. Care management and healthcare support are designated for residents.



NNORC Celebration - Memory Board

Events CALENDAR | November - December 2026

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
Active Older Adult (AOA) Strength	Weekly on Wednesdays at 1 p.m. Love Albany Center at Christ's Church Albany, 8 Kate Street
Nia Moving to Heal	Tuesdays, November 3, 17 & December 1, 15 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
1:1 Computer/Device Skills	Thursdays, November 5 & December 3 at 12 p.m. APL's Bach Branch, 455 New Scotland Ave
Free Medicare Counseling Sessions	Monday, November 9 from 9 a.m. to 4 p.m. Location to be announced
Easy Thai Cooking	Monday, November 9 at 11 a.m. Honest Weight Food Co-op, 100 Watervliet Ave
Chair Yoga	Tuesdays, November 10, 24 & December 8, 22 at 11:15 a.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Let's Play BINGO	Wednesdays, November 11 & December 9 at 11 a.m. Albany JCC, 340 Whitehall Rd
Advanced Care Planning: Making Your Wishes Known	Thursday, November 12 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
NNORC Birthday Potluck	Thursdays, November 12 & December 10 at 11:30 a.m. Congregation Beth Emeth, 100 Academy Rd
All-Levels Yoga	Thursdays, November 12, 19 & December 3, 17 at 5:30 p.m. First Congregational Church, 405 Quail St
Tech Time with Eva	Tuesday, November 17 at 2 p.m. Temple Isreal, 600 New Scotland
Game Day at Mr. Bumbles Cafe	Wednesday, November 18 at 3:30 p.m. Mr. Bumbles Cafe, 263 New Scotland Ave
Thankful for NNORC: Friendsgiving Lunch	Thursday, November 19 at 11:30 a.m. Albany JCC, 340 Whitehall Rd
NNORC Resident Advisory Council	Wednesdays, November 25 at 10 a.m. B'nai Sholom Reform Congregation, 420 Whitehall Rd
Novel NNORC Book Club	Mondays, November 30 & December 21 at 1 p.m. St. Sophia Greek Orthodox Church, 440 Whitehall Rd
Bach Craft: Painting Evergreen Bookmarks	Tuesday, December 1 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave
The Shift from Stress to Calm	Wednesday, December 2 at 2:30 p.m. APL's Delaware Branch, 331 Delaware Ave
Get to Know Your Coop: Debunking the Bulk	Monday, December 7 at 11 a.m. Honest Weight Food Co-op, 100 Watervliet Ave
Beading for Mental Health	Tuesday, December 8 at 1:30 p.m. APL's Pine Hills Branch, 517 Western Ave
The Magi at Capital Rep Theatre	Wednesday, December 9 at 1:30 p.m. Capital Rep Theatre, 251 N Pearl St
NNORC Holiday Party	Tuesday, December 15 at 1:30 p.m. Maria College, McAuley Building, 308 S. Manning Blvd
December Breakfast Club: Dancing Through Life at Any Age	Thursday, December 17 at 10 a.m. Albany JCC, 340 Whitehall Rd
Let's Talk Albany: Ten Broeck Mansion	Thursday, December 17 at 1 p.m. APL's Bach Branch, 455 New Scotland Ave

Jewish Family Services
Northeastern New York

184 Washington Ave Extension
Albany, NY 12203

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20TH ANNIVERSARY
NNORC
CARE. COMMUNITY. COLLABORATION.
A JFS PROGRAM

Look inside for NNORC 20th Anniversary Celebration Pics!

Albany NNORC
518-516-1114
nnorc@jfsneny.org
jfsneny.org

Office Hours:
Mon. – Thurs., 9 a.m. – 5 p.m.
Messages will be returned during office hours.

NNORC Offices are Closed:
Nov. 26: Thanksgiving
Dec. 24: Christmas Eve

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!