



WELCOME!

## Welcome to NNC 2.0!

By Anne Shimanovich, Program Manager,  
Aging in Community

Our last edition of *Staying Connected* was published back in the days when people used to go to the movies or out to the theater. Back in the days when Northwest Neighbors Connecting (NNC) would hold fantastic Village Gatherings at the Myerberg, our Diversity Dialogue would hold lively discussions at our CHAI office and our Curiosity Circle would get together at Weinberg Woods. Back in what we think of as the *good old days*!

Our current days are good days too, simply different. Coronavirus COVID-19 did not get us down. NNC quickly adjusted to our new normal, and we continue to be a major source of support for our members. Our main form of staying in touch with each other is our newly minted phone tree. Our wonderful volunteers make **on average 120 calls per week**, making certain to reach every member. The calls result in often long conversations, and true relationships are built. Upon hearing that a member might not be feeling well, our Caring Hearts Committee sends get-well cards. Caring Hearts Committee members also hand deliver birthday bags to members, and being mindful of social distancing, they leave the gifts on doorsteps.

# Staying CONNECTED

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Inevitably, upon receiving their birthday bags, members call our office to say how surprised they were to receive their bags and how happy and grateful they are to have the relationships that have been built through NNC.

How generous and giving are our NNC members?

I called one of our members to ask if she would be willing to join our phone tree as a caller.

Her reply? She said just that morning she was praying to find an opportunity to help others during this difficult time. She said that my request was an answer to her prayers. This is just one example of NNC members displaying their typical warmth and generosity of spirit.

Our Diversity Dialogue group did not miss a step when Coronavirus hit. Their fantastic and devoted group leader, Susan, moved their group of 30 members to email. They have had very lively and passionate conversations ranging from book reviews, to what is going to happen to the Pimlico Racetrack, to the current political situation. Diversity Dialogue moved its discussion to Zoom beginning in July.

Our Curiosity Circle leaders, Sharie and Shoshana, were mindful that the group is not so comfortable with technology. To stay in touch with each other they printed out

poetry and wrote letters to each member, putting them in envelopes and delivering them individually.

Coronavirus does not mean the end of socialization and/or fun!

Art Class members used techniques that they learned in class to create greeting cards that were sent to the Johns Hopkins Children's Center and Sinai's Well Wishes. Our Trips Committee uses Zoom to share slides and videos of places of interest, and Ilysa is leading us in exercise and healthy cooking classes. In June she showed us how to make cauliflower rice risotto and in July she taught us how to spiralize our own zucchini noodles. She might also be demonstrating how to put together a nice broccoli/feta salad or a chocolate/banana smoothie. Terry's Book Club is reading *The Accidental Tourist*. All of this, and more, is happening at NNC on Zoom.

And have all our members always been comfortable with technology and Zoom? Probably not. Realizing that this was the case, NNC was able to have our technology volunteers teach members how to use Zoom over the phone. We have always had, as part of our village, technology volunteers who troubleshoot computer issues. Now that we are not able to go into homes, we are remotely helping

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our members with their technology concerns. We also have a fantastic partnership with Melanie Waxman, Tech Concierge at the Myerberg TechKnowledge Hub.

A nice story came out of the new need to become more comfortable with technology. One member called me recently to thank me. She said that she has never been so busy, in a good way. Now that she can use her computer, she said she is not only busy participating remotely with NNC but is taking classes from her synagogue and Skyping with her daughter. Her life has been enhanced while in quarantine through her engagement with NNC.

We hope that soon we will be able to meet again in a physical space; that we will be able to get our Bookworms group into schools to

read to students; that we will again be able to visit with each other in our homes and other meeting places.

Until then, we are mindful that in just a short time we transitioned from being a village that met in person, in physical buildings, to finding a different way to stay connected. We learned how to make our phone calls, emails and online meetings more meaningful and impactful. Most importantly, we learned that the fabric of our village, Northwest Neighbors Connecting, is strong enough to withstand social distancing, quarantine and just about anything else. The bonds we have formed not only helped us create and strengthen our village but have helped us discover and strengthen ourselves. 🗨️



*Staying Connected* is a group effort supported by Comprehensive Housing Assistance, Inc. (CHAI) but produced by the community. The views and opinions expressed in *Staying Connected* are those of the original authors and other contributors. These views and opinions do not necessarily represent those of the Supportive Community Network (SCN), CHAI, The Associated and/or their respective staff or any other contributor.

## Our Agency Friends: Maryland Access Point (MAP)

By Eileen Creeger, NNC Member

Maryland Access Point is the “one-stop-shop” for information and assistance. With a single call, older adults, adults with disabilities and their caregivers can learn about and apply for resources available to them. Individuals will receive information and assistance with a wide range of services including screening for federal and state benefits, assisted living support, legal aid, Medicare enrollment, caregiver support, meals, medication management, transportation and dealing with issues like Alzheimer’s, dementia and chronic diseases. There are over 20 MAP sites across Maryland for individuals who prefer to get face-to-face counseling on their options. Visit <http://aging.maryland.gov/accesspoint/>. Available 24 hours a day.

Below is MAP information for Baltimore City and Baltimore County. If you are seeking services in other counties in Maryland, contact MAP at 1-844-627-5465. The Maryland MAP website (<http://www.marylandaccesspoint.info>) offers information about health and support services for older Marylanders and persons with disabilities.

### Maryland Access Point of Baltimore City



410-396-CARE (2273); COVID-19 non-emergency number: 211, <https://health.baltimorecity.gov/node/543>

Calls are answered by a team of Certified Information and Assistance Referral Specialists (CIRS), Monday through Friday, between the hours of 8:30 a.m. and 4:30 p.m. The office is located at 417 E. Fayette Street, 6 Floor Baltimore, MD, 21202.

MAP of Baltimore City provides

- Screening and referrals for services and benefits
- Brochures and booklets on a variety of topics mailed to your door
- Information and assistance for seniors and their families
- Durable medical equipment for loan to people over age 60
- Options counseling for seniors and adults with disabilities

To request an outreach event or a presentation from MAP, call 410-396-2273.

**Benefits Check-Up:** MAP administers a free and confidential questionnaire that helps to determine programs and services that an individual may be eligible for on a local state and federal level. Individuals 55 and older can complete the questionnaire available online and mail it to 417 E. Fayette Street, 6th floor, Baltimore, Maryland 21202. The MAP office can also send the Benefits Check-Up questionnaire through the mail. To receive a copy of the questionnaire please call 410-396-2273.

**Economic Checkup:** MAP administers a free and confidential questionnaire that can help you identify the programs and services you may be eligible for on a local, state and federal level.

**Options Counseling:** Individuals can contact MAP to speak with qualified staff to identify long-term goals, needs and challenges. Together, you'll develop a written plan, locate available public and private services and get connected as needed. This person-centered plan will be designed to fit your

preferences and financial options. Call 410-396-2273 to discuss long-term care goals and support services.

**Resource Request:** MAP provides resources and educational materials for personal needs, community members or community events - i.e., resource directories, gold cards, housing lists, taxi card applications, water discount applications and energy assistance applications. To request a resource, call 410-396-2273.

#### MAP Baltimore County



#### Department of Aging

410-887-2594,  
aginginfo@baltimorecountymd.gov

Information and referral regarding resources available for older adults, persons with disabilities and food resources for people of all ages during COVID-19. Calls are answered by a team of Certified Information and Assistance Specialists (CIRS), Monday through Friday, between the hours of 8:30 a.m. and 4:30 p.m.

Baltimore County Department of Health COVID Hotline (410-887-3816) – for medical information about the coronavirus.

Meal Distributions for Older Adults (410-887-2040) <https://www.baltimorecountymd.gov/News/foodresources.html#olderadults> – boxes of food for older adults distributed at designated senior centers. Call the number Mondays or Wednesdays, 8:30 a.m.-2:30 p.m. to make a reservation.

Virtual Senior Center Programming (phone # varies – see web page for specifics) <https://www.baltimorecountymd.gov/Agencies/aging/centers/onlineclasses.html>. Senior centers are closed, but online programs are being offered.

Services for Family Caregivers (410-887-4724) <https://www.baltimorecountymd.gov/Agencies/aging/caregivers/index.html>. Virtual programs and telephone consultations are available to support family members caring for older adults.

For other programs or more details, call 410-887-2594. 📞

## Mourning Together: A Virtual Community Gathering

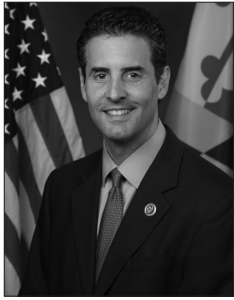
Join Jewish Community Services, Sol Levinson & Bros., Inc., Baltimore Jewish Council & Baltimore Board of Rabbis for an online Memorial Service to acknowledge and honor the memories of loved ones who recently died. We will come together to comfort one another in ways that have not been possible during these unique times.

Following the service, Rabbi Jessy Dressin and Donna Kane MA CT, JCS Grief Clinician will discuss coping with loss during the holidays and special occasions. To participate via Zoom Video Conferencing, register at: <http://bit.do/mourning-together>, or watch the livestream on the JCS Facebook page: <https://www.facebook.com/jcsbaltimore>.



# COVID-19 Resources for Seniors

By Congressman John Sarbanes



I hope that the entire NNC community is keeping safe and healthy during this challenging time. It's a privilege to speak with you again.

Amid the COVID-19 pandemic, seniors face enormous challenges. That's why I wanted to share some helpful information and resources as we continue to navigate this public health emergency.

## Health and Support Services

Details about Maryland Access Point (MAP) are on pages 2 and 3. Call 1-844-627-5465 or visit <https://marylandaccesspoint.info/>.

Senior Call Check is a free service available to Marylanders aged 65 and older. To register, visit: <https://aging.maryland.gov/Pages/senior-call-check.aspx>.

## Meals for Seniors

The City of Baltimore encourages seniors to call Maryland Access Point at (410) 396-2273 to inquire about home-delivered meals.

The Baltimore County Department of Aging is providing boxes of food to older residents. Each box of non-perishable food contains six-days' worth of food, including three meals and a snack per day, along with a small box of fruits and vegetables. Boxes are distributed by appointment only at designated senior center locations around the County. To schedule a meal pickup, call 410-887-2040. Baltimore County seniors with additional food access needs can call 410-887-2594 or email [aginginfo@baltimorecountymd.gov](mailto:aginginfo@baltimorecountymd.gov).

## Social Security

The Social Security Administration has expanded its telework capacity across the country

and will continue to provide services online (<https://www.ssa.gov/onlineservices/>) or by phone at 1-800-772-1213.

Beneficiaries who receive monthly payments by mail will continue to receive those payments. Beneficiaries who receive monthly payments by direct deposit will continue to receive those payments as well.

## Virtual Wellness Classes and Programming for Seniors

The Baltimore County Department of Aging offers free online wellness classes and programming for seniors. To join a class, visit <https://www.baltimorecountymd.gov/Agencies/aging/centers/onlineclasses.html>.

As always, if you need help with Social Security or Medicare, please call my Towson office at (410) 832-8890 or contact me by email at [sarbanes.house.gov/contact/email-me](mailto:sarbanes.house.gov/contact/email-me). 📞

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## 20 Take-Aways From the COVID-19 Pandemic

By Eileen Creeger, NNC Member

1. Nice, kind, thoughtful people continue to act the same in a crisis. So do the nasty ones.
2. There's a HUGE difference between what one wants and what one needs.
3. Man does not live by toilet paper alone.
4. Grocery shopping online isn't horrible except when someone else picks out your produce.
5. Virtual hugs and kisses from your grandchildren are no substitute for the real thing.
6. Staying home isn't so bad if you have enough books to read.
7. Three months without a haircut is a good time to explore a "new look."
8. Amazon Prime can become your new best friend!
9. Patience, patience, patience. Especially if your spouse is under foot all day long.
10. Afternoon naps rock!
11. Losing one's spontaneity to go and do what you want when you want is difficult.
12. Trader Joe's is the best place for seniors to grocery shop.
13. Many people aren't as cautious as you are, so you have to be proactive and protect yourself.
14. Listening to the news all day is not good for one's sanity.
15. Postponing the 6-month check-up at the dentist is wonderful!
16. Knowing that you can't go out on a bad weather day is priceless.
17. Libraries should be classified as "essential."
18. How come men can grow beards but women have to shave their legs?
19. Some days will be better than others.
20. Humor is the always the best medicine!

# Neighbors in the Know

## Tax Credits for Renters and Homeowners

By Rosalind Griffin, NNC Member

Baltimore City and the surrounding counties give tax credits for renters and homeowners within certain income levels. You can go to the Maryland State Dept. of Assessments and Taxation website to look at the requirements to qualify and file an application online or print the application to fill out and mail. You can also learn about the Homestead tax credit and see if you have an application on file. You can file even if you have already filed your tax return or paid your taxes. For more information, go to <https://dat.maryland.gov/Pages/Tax-redit-Programs.aspx>. 🐾

## Don't Forget to Vote!

By Terry Gary, NNC Member

Tuesday, November 3, 2020, is Election Day. It's very important for all U.S. citizens to vote. Maryland will have 10 days of early voting at 80 sites, from Oct. 26 through Election Day. Gov. Hogan has approved the use of high schools as "polling centers" on Election Day. You can vote at any high school in your county.

Anyone registered to vote in Maryland can vote by mail (absentee ballot). **You must request a mail-in ballot by Oct. 20.** There are three ways to do this: (1) online at <https://voterservices.elections.maryland.gov/OnlineVoterRegistration/InstructionsStep1>; (2) Text 777-88, and you will receive a link to request your mail-in ballot online; or (3) request a paper application for a mail-in ballot through the State

Board of Elections (410-269-2840 or 1-800-222-8683) or the City Board of Elections (410-396-555).

Make sure you are up-to-date on the latest voting information as it might change. More information is available at <https://elections.maryland.gov/>. 🐾

## You Can Make a Difference

By Eileen Creeger, NNC Member

NNC member Joyce Wolpert had major concerns about the crumbling sidewalk near her apartment building, which is located at the corner of Park Heights Ave. and Bancroft Rd. Joyce is an avid walker and strongly believed that the sidewalk was unsafe and a hazard. Most of her building's residents are older adults, many of whom use walkers and canes. The walkway was an accident waiting to happen. Joyce began the long and frustrating process of having the concrete replaced 17 months ago. She first reached out to many in the community, including politicians, community association heads and employees in Baltimore City's Department of Public Works.

This spring, Joyce decided to use the power of her status as a voter



to appeal to her City councilman, who was running for reelection. He came out and agreed with her that the sidewalk was dangerous.

Then he had to convince the appropriate City department that yes, funds were available in the City budget to replace the concrete. Within two weeks, it was done!

Kudos to Joyce and her resolve. She shows us that with patience and persistence, we can make a difference in our communities. 🐾

## New Zealand Clean and Green: "Whakapapa?"

By Joyce Wolpert, R-DMT, LCPC, NNC Member

In what seems like a million light years ago but in reality was this past February, I was so fortunate to travel with Road Scholar to New Zealand for a three-week hiking trip.

As a trekker of hills here, something in my fantasy brain told me I was ready to take on New Zealand's mountains. It turned out they seemed to rise up at a 45-degree angle and were too much for my in-shape but still mid-70's body to ascend completely.

Yet I enjoyed my time there and came to admire this clean and green life down under. While we have initiatives to clean up our mess, New Zealanders are proactive in preventing degradation. A perfectly clean non-smelling outhouse with toilet paper in the middle of the woods? Yes! Drinkable water that tastes glacier fresh directly from faucets? Delicious!

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## MEDICARE SNAFU: ANOTHER CAVEAT FOR SENIORS

By Joyce Wolpert, R-DMT, LCPC, NNC Member



As someone who has worked with senior issues for decades and has been on Medicare for 10 years, I thought “I knew it all.” But apparently not. For six months this year I was immersed in a very anxiety-provoking situation where it was hard to get the help I needed.

I’ve had the least comprehensive, lowest premium Medicare Supplemental Plan for the last 10 years. It was all I needed. Then, a pushy insurance agent for the same company talked me into applying for a higher-level plan—“You may be healthy now, but you never know what’s ahead.” Hard to admit for a basically healthy senior, but I did apply. It never occurred to me, nor was it mentioned by the young and inexperienced agent, that this needed to pass through an underwriting agent and that I might be rejected.

Indeed, that is what happened. I was rejected for a diagnosis I had received the year prior. This did not alarm my doctor and required no treatment or lifestyle change. It is a condition that many people live with and it progresses no farther. Yet in the eyes of the insurance company, this was a red flag. Apparently, a faceless agent sitting at her desk in the Midwest who knew nothing about my active outdoor and vegan lifestyle and my lack of any other major outstanding health conditions made this decision. Naturally, I appealed the case, still not being allowed to speak with anyone at the insurance company, and as expected, was rejected again.

What was I to do? The low-level coverage was satisfactory now, but suppose a crisis befell and I needed more? Would I ever be eligible? I appealed to Cong. John Sarbanes’ office for assistance. They referred me to the Maryland Department of Human Services. After two months, it was clear they could not help.

Then I filed a complaint with the Maryland Insurance Commission. I gave them volumes of information, including a three-year health history record. They took my case right away and allowed for 45-days to communicate with the out-of-state insurance company. I had great hopes as it did not seem to me that being rejected for such a spurious reason could possibly be legal.

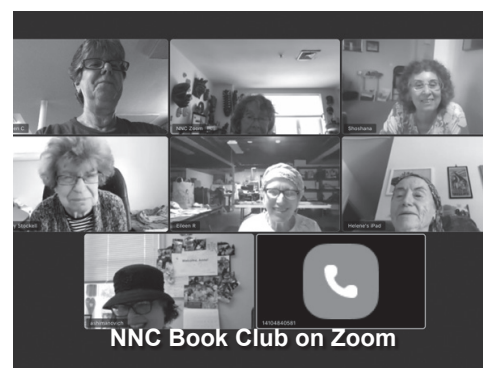
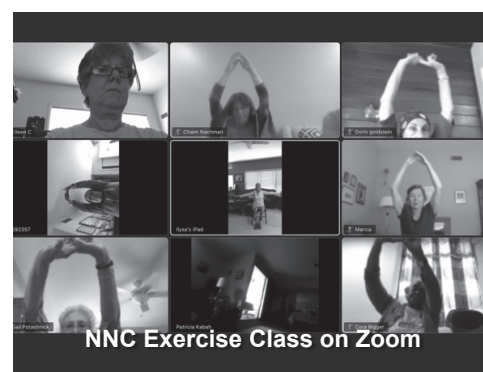
Then I found out what apparently is known to some but to me was utterly startling—each health insurance company is free to create its own underwriting rules. My appeal was denied, and there I stood again with no idea how to get further coverage.

Here I was, someone who markets herself as a patient advocate for seniors, desperately needing to hire my own advocate. A few months prior I had met a retired nurse who does this work, so I called her. She put me in touch with a very experienced insurance agent, one who sells for multiple companies and has a broad overview. This agent found a company that cared less about my “red flag” condition and was willing to sell me the higher-level policy, obviously for more money but still

within my means.

The “new” information I now have about Medicare Supplemental Insurance Plans is this: While there are 10 different plans offered and the government stipulates that each company offer the same coverage for a similar plan, the underwriting policy for each company differs. What is verboten in one company, another one barely gives credence to. Thus, it is very wise to shop around. Also, given the probability of life events, it is preemptive to sign up for a higher level of coverage than one needs while you are healthier so this can be locked in as life unfolds.

This is yet another example of the very real anxieties seniors deal with and how at every juncture we must question who is there to help or harm us. 🗨️



Air that expands your lungs with no mechanical or oil smell? Got it! My complexion cleared; my aches and pains dwindled; my energy increased. This is what you get in a healthy environment.

Perhaps its unfair to compare at all because we are very different. New Zealand encompasses three islands with a total of about five million people. The largest city, Auckland, has a million residents, and the rest of the country's residents are dispersed. In the countryside you almost think there are more sheep than people. You are always among mountains or near water. The topography is a result of earthquakes and volcanoes many of which are still active. This place is alive and throbbing.

The government takes care of infrastructure and offers a national health plan. Given all this, New Zealand is a haven for retirees.

New Zealand is unique in that it did not have any human settlement until around 1200 C.E. South

Pacific islanders came in "seven canoes" from various land masses and cultures. White persons arrived in the 1600s from Holland and Britain; they lumped these cultures together and called the original settlers "Maori." Our trip was slanted towards the Euro-Centric. We met descendants from England, Ireland and Scotland.

Later I visited the national museum in Auckland and learned about the Maori and South Pacific cultures. The Maori language was originally unwritten. Today it uses our English Roman alphabet. I very much like the Maori word for a greeting "Whakapapa?" It asks, "where are you from?" and "who and what are in your background?" Instead of saying, "I'm George Thomas from Hamilton," you would answer, "I am George who worked for my father, Thomas Wood, who owned the sheep farm that provided meat to people living in the inland hills before the Mt. Aetna volcano explosion destroyed our farm." Identity is gained from placement in time and space, and

family and community connection, not on jobs or schools.

This was the first time I had an upfront view about what it means for a people to be colonized rather than enslaved. While there was no forced bondage, the Maori culture and language were misappropriated and gone from being the primary cultural guiding force.

Despite New Zealand's history of discrimination of its indigenous people, it likes to see itself as a haven for immigrants. The country accepted some Jewish refugees fleeing Russian pogroms in 1898 and those fleeing Nazi Germany in the 1930s and 1940s. More recently the country has been a refuge for persons from Somalia and the Sudan.

My interest in New Zealand has been stoked to find out more about this small country of multiple cultures, a gleaming gem in the South Pacific. If I focus really hard, I can almost conjure up a breath of the clean, green air. 🌿



## Milestone Moments

### Congratulations to

**Jerry & Eileen Rosenbaum** on the marriage of their granddaughter, Tamar Rosenbaum to Noam Vaanunu.

**Esther Weiner**, past NNC President and current Board member, on being elected to a two-year term as President of the Edward A. Myerberg Center.

**Eileen & Ken Creeger** on the graduation of their granddaughter Amira Creeger from the Early Childhood Program at the JCC of Austin, Texas.

**Cheryl Cohen** on the graduation of her granddaughter Annabelle Rose Barclay from the Little Light House pre-school.

**Terry Gary** on her granddaughter, Landyn Nicole, for placing 1st in the Science Fair at Legacy School. Landyn will attend Oldfields School this Fall.

**Dorothy Komarow** on the marriage of her grandson, Aaron Komarow.

If you have a milestone moment to share (a special birthday, birth of a grandchild, graduation, etc.), please send to Cheryl, [cherylcohen1919@gmail.com](mailto:cherylcohen1919@gmail.com) or Eileen, [ebcreeger@gmail.com](mailto:ebcreeger@gmail.com).

# Pandemic Ponderings

## Managing Losses and Gains of The Unpredictable Future

By Rosalind Griffin, NNC Member

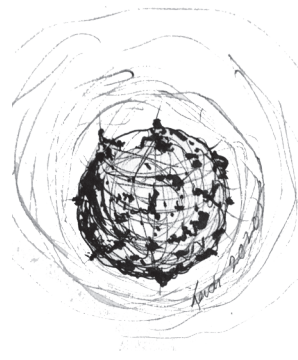
As I write this, I am grieving the death of a friend and neighbor who I met through our work. He sent me gourmet food gifts from companies such as Harry & David for Thanksgiving and Christmas, and I exchanged homemade hot rolls, soups and bounties from my garden. He addressed me as “My Queen.” As his health failed, his family members who also enjoyed both of our food gifts, updated me on his failing health. His loss is among the other losses I have experienced over the past four months, including the spouses of friends whom I have tried to support and those friends who are being impacted by dementia. Some of these friends are distant and the planned visits have been postponed indefinitely.

These losses have been complicated by the abrupt closing of my clinical social work practice because of COVID-19 developments. I felt guilty notifying my clients that our in-person meetings would cease indefinitely, and they must choose teletherapy to continue therapy. My clients are primarily essential workers who prefer face-to-face contact and frequently lack tools and privacy for teletherapy. I decided that suspending practice was preferable for my clients and my safety. I am starting the venture of learning to help clients remotely confront stresses created by COVID-19 in addition to their usual responsibilities of working, caregiving, riding public transportation, parenting and protecting their belongings.

The transition has involved trying to follow the recommendations of setting a schedule and boundaries. I must confess that I have violated some of the suggestions, such as establishing a regular sleep routine by staying up late watching the Twilight Zone, Alfred Hitchcock Presents and Turner Classic Movies. I sometimes compensate by taking a nap while eating my lunch. Another part of my self-care is my front yard flowers and vegetable garden of string beans, cucumbers, turnips, tomatoes, beets and eggplant, protected now from the deer with fencing purchased online. A neighbor alerted me that the deer had begun to graze so I no longer curse the deer loudly. I now work on controlling the slimy slugs organically. I have found that my friend, Florence Seldes, shares my passion for gardening since she planted a second tomato plant, and we exchange our experiences controlling pests.

My true nurturing has come from my discovery that I can be alone and not lonely. I greatly miss close contact with my sister, who I visit at a distance. We were unable to visit our mother’s gravesite for the first time since her passing but a younger family member informed us of repairs that were needed so contact could be made to cemetery representatives. This younger family member told me that the site has been restored, being aware that my sister and I are staunch advocates for our ancestors.

I have been bolstered by the telephone calls and emails from friends when we talk about our anxieties related to COVID-19 as well as daily concerns while reminiscing. We are honest about what



we are facing and often share information on how we will make trips to pick up items we want and need such as rotisserie chickens from Sam’s Club. I appreciate the telephone calls and

emails from Florence and Tracey to alert me of television programs I might be interested in viewing, and we remind each other that everything we do does not have to be of great social significance. We can have fun to help us thrive.

A major part of my thriving is the lively arts that are currently going online or being deferred. I am looking forward to returning to Center Stage, Everyman Theater, The Arena Players and the BSO. I wanted so much to hear Andre Watts and Baltimore’s Tony Award winner Andre DeShields at the BSO. Among my positive thoughts is that this part of my life will return while friends and family, gardening and resumption of regular exercise will sustain me over my losses. As disco diva Gloria Gainer sings, I will survive.

## Thoughts from NNC Members

**Eileen Rosenbaum:** The last few months have meant a lot of at home time—time for needlework, practicing piano and watching different classes on Zoom. There have been a variety of classes from our synagogue and a women’s Torah group. My garden has been getting a lot of special attention (especially when the days are not too hot!). I am enjoying watching the flowers grow and harvesting the vegetables (lettuce, arugula and snow peas so far). And the TV has gotten a workout (need to do something while I work on my knitting). I have done exercise



videos online plus outdoor walks when the weather cooperates.

Since NNC is still a part of my life, I have made calls to some of our members. Most of us seem to be able to keep ourselves busy. Needlers had a virtual meeting in late July, and Baltimore Explorers had a Zoom meeting and watched two short videos. Hope everyone stays safe and healthy.

**Harvey Lempert:** My birthday was on July 3. I got cards, emails and calls. One person even came to my apartment to say hello.

**Nina Whelton:** Aside from grocery shopping, my only activity is calling NNC members. I truly enjoy that and can't wait for NNC to have a reunion in person. I have also found a source for those who need to recite Kaddish (the mourners' prayer) during this pandemic. The Friends of the Israeli Defense Forces (FIDF) offer this for free. Here is a link if you need it: [docs.google.com/forms/d/e/1FAIpQLSdv6YHEI3S-NeoNGB5sl0yHS3kFVmxn2Sop-Dt4G4Y292zuEo3Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdv6YHEI3S-NeoNGB5sl0yHS3kFVmxn2Sop-Dt4G4Y292zuEo3Q/viewform)

**Eileen B. Creeger:** My first two weeks of the state shut down were busy with Passover preparations. A week after the holiday, reality set in – what am I going to do? Will this ever end? Fortunately, most of my days have been full. I took long walks when the weather was cooler, and I began exercising with the Myerberg on Zoom. I help my neighbors with trips to the store and other errands. A neighbor who lives around the corner has been supplying me with books – so I've had plenty to read. I bought a "sticker by number" book on Amazon (remember "paint by numbers?") This is the same concept but using stickers), and I am now working on another somewhat tedious craft project involving teeny-weeny beads.

I've also been able to give back, which makes me feel useful. I

have my NNC "phone pals" to call once a week, and I help distribute Sabbath care packages (usually challah and sweets from the local bakery) to our synagogue's shut-in members.

**Yvonne Archer** (as told to Eileen Creeger): This summer NNC member Yvonne Archer was surprised with a drive-through 84th birthday party! At least 50 cars (with up to 4 people in a car) drove by her house to offer best wishes and birthday greetings. Two girls stood outside and collected the birthday cards from the well-wishers. Yvonne got to see former neighbors – from the "old" neighborhood where she raised her family – and neighbors from the Imperial where she lived until recently. She admits it was hard to recognize some of the folks because of the masks! Afterwards the family had a BBQ to continue the celebration.

**Barbara Landsman:** During this COVID-19 period I have been attending virtual classes given by my shul and by Women's Institute of Torah (WIT). I have also been reading novels and watching British movies and reruns of a British sitcom called "As Time Goes By" through a streaming service called Britbox. I have also been organizing my files. I enjoy our friendly calls. Stay well.

**Susi Rossman:** Recently, Sharie Blum dropped off greeting cards and an inspirational poem to members of our NNC Curiosity Circle who live at Weinberg Woods. Sharie and Shoshana Harris had previously co-facilitated monthly meetings and wanted members to know that they were thinking of them and missed seeing them. Most of the residents are unable to access Zoom, so receiving the cards and poems was much appreciated.

In fact, recipient Susi Rossman called Shoshana to ask if she would send a printed version of the poem for distribution at Weinberg

Woods, as she thought that all the residents should see it (see page 16).

During their conversation, Shoshana asked Susi how she was doing, and she immediately replied, "I am so blessed. My children (4), grandchildren (7), and great-grandchildren (15) are in constant contact by computer." She then went on to describe what the family had done for her on Sunday, May 10th. This year, her birthday and Mother's Day fell on the same day, and what a surprise they had planned!

At 12 noon, her son Michael called and told her to turn on her computer. To her amazement, her children, grandchildren and great-grandchildren were gathered to wish her a virtual "Happy Birthday." Thanks to the magic of Skype, Susi was able to see not only her Baltimore-based family, but also a daughter who lives in Florida, her grandson from Chicago and other grandchildren from different parts of California.

Later in the day, around 4 p.m. as she sat with her daughter on the porch of Weinberg Woods, she had a second surprise. A car with an attached open-air utility trailer drove into the driveway with music blaring from a loudspeaker. The trailer was decorated with "We love you" and "Happy Birthday" banners and balloons. Then, her nine great-grandchildren went onto the trailer platform and pretended it was a stage. They sang and danced for about 20 minutes before leaving for home. Even though it was not what you would call a typical birthday, it had been one of the most memorable and fun celebrations that Susi could remember.

Besides spending time with her family (remotely) on Skype every week, Susi has been working on

continued on p.14



## NNC Events

Many NNC programs are now on Zoom. Check your monthly mail for the latest calendar (see page 11 for a sample calendar). If you need help with Zoom, call 410-500-5334.

## SUPPORTIVE SERVICES

### Jewish Community Services (JCS)

410-466-9200 / [www.jcsbaltimore.org](http://www.jcsbaltimore.org)

JCS will hold a community memorial service and grief program Thurs., Sept. 10, at 7 p.m. Call 410-466-9200 for more details.

### Support Group for Dementia Caregivers with Rachel Brodsky

3rd Mon. of the month (9/21, 10/19, 11/16), 10-11:30 a.m., on Zoom.

Contact Rachel Brodsky, 410-843-7421 or [rbrodsky@jcsbaltimore.org](mailto:rbrodsky@jcsbaltimore.org).

### Parkinson's Disease Support Group with Kathy Currier

2nd Tues. of the month (9/8, 10/13, 11/10), 2-3 p.m., on Zoom.

Contact Kathy Currier, 410-843-7385 or [kcurrier@jcsbaltimore.org](mailto:kcurrier@jcsbaltimore.org).

### Low Vision Support Group

2nd & 4th Thurs. of the month (9/10, 9/24, 10/22, 11/12), 1:30-3 p.m., on Zoom.

Contact Rachel Brodsky, 410-843-7421 or [rbrodsky@jcsbaltimore.org](mailto:rbrodsky@jcsbaltimore.org).

## COME AND MEET YOUR NEIGHBORS

**Cheswolde:** President: Nate Wilner  
Dues: \$20/year

**Cross Country:** President: Avraham Sauer, [avraham.sauer@gmail.com](mailto:avraham.sauer@gmail.com)  
Dues: \$10/year

**Glen:** President: Betty Cherniak,  
Dues: \$15/year

**Fallstaff:** President: Sandy Johnson,  
[president@welcometofallstaff.org](mailto:president@welcometofallstaff.org)  
Dues: \$15/year

**Mount Washington:**  
President: [president@mwia.org](mailto:president@mwia.org)  
Dues: \$25/year

## SPECIAL DAYS

September 7 – Labor Day  
September 13 – Grandparents Day  
September 18 – Erev Rosh Hashanah  
September 19-20 – Rosh Hashanah  
September 21 – Fast of Gedaliah  
September 22 – First day of Autumn  
September 27 – Erev Yom Kippur  
September 28 – Yom Kippur  
October 2 – Erev Succot  
October 3-8 – Succot  
October 9 – Hoshana Rabbah  
October 10 – Shemini Azeret  
October 11 – Simchat Torah  
October 12 – Columbus Day  
October 31 – Halloween  
November 1 – Daylight Savings Time Ends  
November 3 – Election Day  
November 9 – Kristallnacht Remembrance  
November 11 – Veterans Day  
November 26 – Thanksgiving

## EDWARD A. MYERBERG CENTER

Join over 900 participants at Baltimore's leading Virtual Center for active adults!

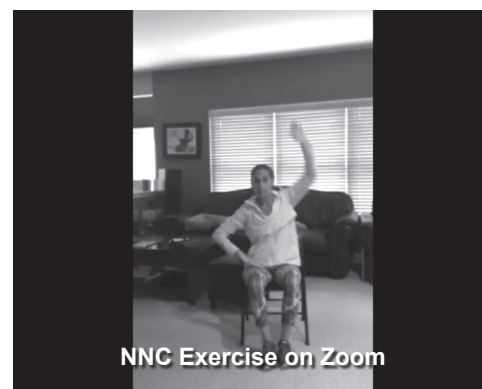
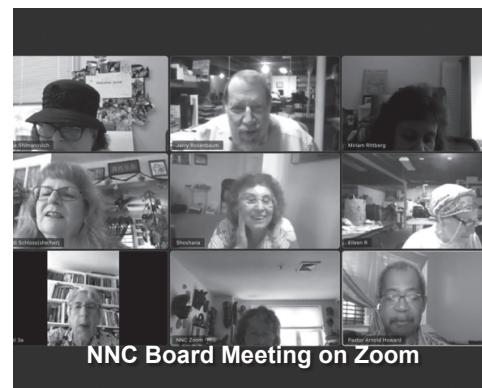
NNC members receive 50% off the annual \$59 Myerberg membership. Call 443-973-6686 to get started or visit [www.myerberg.org](http://www.myerberg.org).

As a Myerberg member, receive a discount on already affordable monthly subscription plans with access to:

- Over 40 Weekly Live Programs: Fitness, Humanities, Technology, Art, Social Groups and more!
- Over 250 On-Demand Videos (Recorded Classes)
- Virtual Personal Training Packages
- Tech Support
- Gift Cards Available

## WARM HOUSES

The Warm Houses group has been connecting virtually these past few months with Zoom and conference calls. Warm Houses looks forward to getting back together in person in the near future. For more information, contact Malka Zweig, 410-484-0399.



# July 2020 Zoom Calendar



For more information,  
call: 410-500-5334

*Many NNC programs are now on Zoom. Check your monthly mail for the latest calendar. If you need help with Zoom, call 410-500-5334.*

Mon	Tue	Wed	Thu	Fri
		1 Sweating at Home for Fun with Ilysa! 2-3:00pm on Zoom	2	3
6 Explorers Circle 1:30-2:30PM on Zoom	7 Sweating at Home for Fun With Ilysa! 11:00am—Noon on Zoom	8 Sweating at Home for Fun with Ilysa! 2-3:00pm on Zoom	9 Encounters Circle 11:00am—Noon On Zoom	10
13 Nutritious Cooking Demo 2-3:00pm on Zoom	14 Sweating at Home for Fun With Ilysa! 11:00am—Noon On Zoom	15 Sweating at Home for Fun with Ilysa! 2-3:00pm on Zoom	16	17
20 Diversity Dialogue 4-6:00pm on Zoom	21 Sweating at Home for Fun With Ilysa! 11:00am—Noon On Zoom Needlers Group 2:30-3:30pm on Zoom	22 Sweating at Home for Fun with Ilysa! 2-3:00pm on Zoom	23	24
27 Terry's Book Club 2-3:00pm on Zoom	28 Sweating at Home for Fun With Ilysa! 11:00am—Noon on Zoom	29 Sweating at Home for Fun with Ilysa! 2-3:00pm on Zoom	30	31





# What's Happening with NNC

## Village Gatherings

By Eileen Creeger, NNC Member

The February meeting opened with NNC president Rev. Arnold Howard reading a poem in commemoration of Black History Month. He then introduced the guest speaker, Dr. Louis Grenzer, a local cardiologist, whose topic was “Love Your Heart.”

Dr. Grenzer has been in practice for many years and is a mentor to resident physicians. His first commandment to any young doctor is to listen to the patient – he/she is the best resource. He also teaches his students to know the “why” of a patient’s problem. For example, why does the patient have high blood pressure? What else is going on physically with the patient?

Evidence-based medicine has proven that controlling high blood pressure (BP) is essential for keeping a healthy heart. High BP needs to be managed, and physicians need to adjust BP meds once they are prescribed. Patients should be tested routinely for cholesterol, anemia and Vitamin D levels. Colonoscopies, which many people avoid, are also necessary.

Dr. Grenzer talked about the major contributor to cardiac problems, which he termed metabolic syndrome. Five risk factors increase the likelihood of developing heart disease, diabetes and stroke. They are:

- increased blood pressure (greater than 130/85 mmHg)
- high blood sugar levels (insulin resistance)
- excess fat around the waist
- high triglyceride levels
- low levels of good cholesterol, or HDL

Having one of these risk factors does not mean that you have meta-

bolic syndrome. However, having one will increase your chances of developing cardiovascular disease. Having three or more of these factors will result in a diagnosis of metabolic syndrome and increase your risk of health complications.

Following a question and answer session with Dr. Grenzer, Ilysa Cohen, NNC member and volunteer, led us in an exercise routine. After all, we had to work off the yummy cookies served at the meeting. 🍪

## Terry & Beah’s Book Club

By Terry Gary, NNC Member

NNC’s Lively Literary Society met in February. I’m a little hesitant to talk about a book that I didn’t finish, *Crossing to Safety*, by Wallace Stegner. My sister Debbie said it was a good read. We had a very lively discussion about the book, with mixed feelings among the group.

Marilyn Uman, a makeup expert, attended the meeting. We were glad to welcome her. She was scheduled to give a talk to NNC in May, but this has been tabled indefinitely.

On July 27, we met on Zoom to discuss *The Accidental Tourist* by Anne Tyler. Everyone enjoyed it and agreed that we will probably read more of her books in the future. Our next Zoom meeting is on Mon., Aug. 31, from 2-3 p.m. The book to be discussed is *The Fix* by David Baldacci. 🗨️

## Circle Roundup

By Shoshana Harris, NNC Member

**Curiosity:** Sharie Blum and Shoshana Harris

Thankfully, *Curiosity* members are doing everything they can to stay safe and healthy at Weinberg Woods. But the Coronavirus has taken its toll in a different way, as

most members are not technologically able to Zoom. To help keep in touch, Sharie recently dropped off note cards to members to let them know how much we missed them. An inspirational poem was also



included (see page 16).

**Encounters:** Sharie Blum and Shoshana Harris

*Encounters* held its first Zoom meeting in May, and what a wonderful meeting it was. Many of us hadn’t seen each other since February! We spent a pleasant hour discussing how we are spending our time (mostly at home), what challenges we continue to experience and if there have been any unexpected, pleasant surprises during our “new normal.”

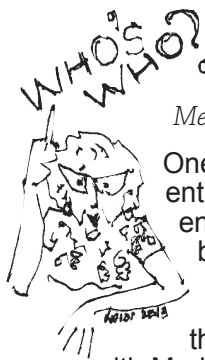
Our second meeting in July was equally enjoyable. Our members are becoming more comfortable using Zoom. We also talked about what we would like to discuss at future Zoom meetings. New ideas are always welcome.

**Baltimore Explorers:** Eileen and Jerry Rosenbaum

We met on Zoom on July 6. In attendance were Klara Margaretten, Barbara Landsman, Bella Balakirsky and Eileen and Jerry Rosenbaum. We chatted a bit and then watched two short videos about Baltimore, “Graffiti Alley” (which is located off Howard

continued on p.14

# Who's Who?



## Markese Hayden

By Eileen B. Creeger, NNC  
Member

One of the smiling, always enthusiastic trainers encountered by Myerberg members when they use the gym is Markese Hayden. I had the pleasure of speaking with Markese in June.



Markese Hayden

### **How long have you been at the Myerberg and what is your title?**

I've been employed at the Myerberg for about 14 months. My title is Fitness and Wellness Director.

### **What's been the most challenging aspect of these past months for you professionally and personally?**

Professionally, trying to keep people engaged has been challenging. Most particularly, I've been concerned about the members of the Rock Steady Boxing class, all of whom have Parkinson's Disease. Most of them do not have access to computers or smart phones. I worry about them during the quarantine and how they are staying connected to people. Personally, it's been hard maintaining a routine with my kids at home. It hasn't been too easy. I try to take one day at a time. Yet I am thankful for this time because I have gotten to spend so much time with my wife and kids. There is always a blessing in all situations so I choose to enjoy this extended time with my family.

### **What do you like most about working at the Myerberg?**

The members. I've met a lot of amazing people and I'm learning about different backgrounds and experiences. I'm probably the youngest person in the building! Connecting to older adults is good for me, especially since my grandparents are no longer alive. I've become close to a lot of the members and have built great relationships with them.

### **What's it like doing classes on Zoom? Is Zoom working for you?**

I have enjoyed teaching the Zoom

classes. It has been fun meeting new people and more importantly people getting to know me. I have been excited to see the people enjoying my workouts and giving me feedback on how much better they feel after attending my classes.

### **Is working with older adults different than working with younger clients?**

Yes. The big difference is that some younger clients aren't as receptive to learning new skills; they have a "know-it-all" attitude. The older adults I work with at the Center like learning new exercises and the science behind them.

### **Where did you go to school? What's your background?**

I grew up in Aberdeen, Maryland, in Harford County and attended Aberdeen High. I finished my college studies at Frostberg State University with a degree in Exercise and Sports Science.

### **Where else have you worked before coming to the Myerberg?**

I was the Wellness Coordinator for CSX Railroad. This job required a lot of travel throughout Pennsylvania and down to Richmond. When our son was born, I knew I didn't want to travel as much. I also worked at a bariatrics clinic at Harford Memorial Hospital teaching exercise routines to weight-loss patients, and I've worked at the YMCA.

### **Tell me about your family.**

My wife Katie works at Katzen Eye Group as an ophthalmologic techni-

cian. We met working at the YMCA and have enjoyed our 5 years of marriage. I always joke with my wife that when we first started working together that she would rarely talk to me until we started dating. Part of it was me being a very shy person. We have two kids. Zoey is 5 years old and Zion is 2. Our kids bring us so much joy and love. I have always wanted to be a dad, so I am loving this time in my life.

### **What does the Hayden family like to do for fun?**

We like to cook together. Generally, we like to get out in nature and enjoy parks. Recently we started fishing.

Thank you, Markese, for the wonderful interview. You and your colleagues make our fitness classes and workouts at the Myerberg enjoyable. 🗨️

## Gladstone Smith

By Annie Shimanovich, Program Manager,  
Aging in Community

Gladstone Smith joined NNC in December 2019. I remember meeting him at the Village Gathering and seeing his giant smile. There are two things you can be sure of with Gladstone, or "Smitty," as he also likes to be called. The first is that whenever you see him, you will see him smiling. The second is that whenever you see him, you will likely see him offering to help. At the Village Gathering he was bringing people chairs and/or helping members with their walkers. That's Smitty!

Gladstone was born and educated as a nurse in Jamaica. He has a brother who is a priest and a sister who, like him, is a nurse. He arrived in Baltimore in 1987. Regarding his upbringing in Kingston, Jamaica, he said resources and finances were limited. It is a beautiful place to live and the people are warm and friendly, but there are not many financial opportunities.

Gladstone lived in Britain for two years, and then joined his father and moved to Baltimore. He got recertified



as a nurse so he could work here, and he focused his career on diabetes education. He's happy with his move to Baltimore, where he also has grandchildren who call him "Poppy."

Gladstone was raised by his beloved grandmother, his Nana, who he says is truly the definition of a saint. He was raised with a focus to help people.



He says in his poetic way of speaking that even though things were tight financially for his grandmother, "she opened her umbrella" and took in community children as well. They were all treated with the same love and attention as her children and grandchildren. This is where Gladstone learned to help others, as he says, "within his limitations." He tries to share his skills and not keep them to himself. He also learned it is not possible to make others happy; that it is a choice they must make for themselves.

Smitty says that he wishes he appreciated his grandmother while she was living. He of course loved her, but he says it wasn't until he was older that he could look back and fully realize what she meant to him. He has absorbed all her teachings and is guided by them. He learned to not focus on being right, but to focus on promoting peace. She was never

engaged in any conflict; she was poor but had great faith. She had 13 children, countless grandchildren and 22 great-grandchildren.

When comparing life in America to life in Jamaica, he says that America offers greater opportunities and that "you can make it if you want to." But he misses the Jamaican weather, which he says is rarely above 90 degrees and is usually between 65-80 degrees. There are trees, valleys, plantations and nice breezes.

Gladstone describes himself as a private person who likes to sing and minister to people via music. He enjoys making people feel comfortable and reaching out to them. I asked him what he would like others to know about him. He said he would like people to know he tries to do his best, but he doesn't need to be the best. He tries to be the best that he can be. I would add, mission accomplished! 🗨️

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#### **Ponderings** continued from p.11

a project that keeps her busy in a pleasant and meaningful way. Her mother left behind a box of photos when she passed away. Susi has that box now and is assembling an album that will become a legacy for her family. The photos in that box tell the story not only of Susi's parents before World War II, including their wedding photo, but also fills in the missing pieces of the puzzle of family members who perished in the Holocaust. She is lovingly writing a caption under each photo and labeling what she remembers of each family member. In this way, their memory will be perpetuated and cherished by her descendants.

**Terry Gary:** Remembering Elaine Janofsky – Elaine was on my call list when I made calls from the NNC volunteer office at CHAI. She said she was very lonely. I said I would call her, and I did several times. At a Village Gathering, a woman sat down next to me. I said, "I'm Terry Gary." She replied, "I'm Elaine Janofsky."

We were both happily surprised. We talked for the whole meeting and became fast friends. She was 85 years old but to me she looked 65. She showed me a picture of her late husband who had passed a year ago. She missed him terribly and many of our conversations turned to him.

Elaine was a delight to know. She lived in Baltimore all her life. She recalled riding her bike down Smith Ave. to the ice cream store when she was a little girl. She was so proud of her great-granddaughter for being a good sharer and for putting others first at only the age of 3!

Elaine was attractive in every way. The last time I talked to her she said that she had lung cancer and could not talk because she was breathless. Anne told me that Elaine was at GBMC and sadly, the doctors just let her be and made no interventions. She passed away on June 13, 2020.

Rest in peace, Elaine. 🗨️

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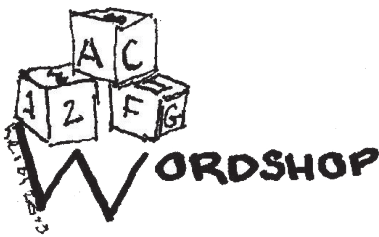
#### **Happenings** continued from p.12

Street near North Avenue) and "Movie Theaters" (The Charles and Senator theaters). Graffiti Alley was especially interesting since it was something we hadn't heard about before. Our attempts to watch a third video were sidelined due to technical difficulties. Going forward we plan to show more videos and watch as a group.

#### **Needlers:** Eileen Rosenbaum

The Needlers had its first Zoom meeting on July 21. We had four participants: Paulette Kamelgard, Alice Porat, Beah Zander and me. Technical problems interfered with the smooth functioning of the session, but once we got going, Alice and I were able to show some of our completed projects and those in progress. We also met in August. It was great to be able to see each other and share our needlework and stories. 🗨️





**W**ordshop is your chance to share your creativity and inner thoughts with the community. Send your poems, jokes and stories to Northwest Neighbors Connecting, care of Eileen Creeger at [ecreeger@chaibaltimore.org](mailto:ecreeger@chaibaltimore.org) or 5809 Park Heights Ave., Baltimore, MD 21215.

## September 1940— Grover Cleveland High School

By Hortense Brooks\* (written on 10/22/18)

Senior year in New York City high schools was a really tough one. Regents Exams had to be taken by each graduating student and covered a number of years for each subject: four years of English, two years of biology, three years of accounting—you get the point. Sleepless nights were endemic until those tests were over and done.

But even more nerve wracking was the big question: Will I be invited by anyone or just go to the prom and sit along the sides until a non-dancer risked public humiliation by asking one of the girls “to dance.” Most unexpectedly, John from my accounting class asked me, and that is when a whole series of problems needed to be faced: a gown with all the accessories and the wherewithal to pay for all of this. My father informed me that there was no way of doing this in the Depression at that time. However, I had a most understanding aunt who seemed to think that this was a step no girl should be without.

The next day found me shopping in a whirl of expectation. Fashions in 1940 dictated a strapless ballgown. I weighed 96 pounds and looked more like a 17-year-old boy. The big question in my mind was, “How could this bit of pale pink satin and tulle defy gravity by staying up?”

Finally, the evening arrived. John took me to the prom, and this wonderful evening began. John and I danced every dance, and I felt like Ginger Rogers. About halfway through the night, I glanced over at the entrance to the gym and saw Mr. Bernstein, my accounting teacher, whom I had a tremendous crush on, arrive with a woman on his arm. After a few dances, Mr. Bernstein came over to me and asked me to dance. For a brief moment I thought I might faint, and when he said to me, “May I have this dance, Miss Paul,” all I could think to say was, “Oh, yes,” and off we went. I don’t remember the song they were playing, nor do I remember much of the dance. I had to concentrate by making sure that my dress stayed up the way it was supposed to.

In no time at all, the evening was over, and John took me back home; no all-nighter down to Ocean City, no outrageous bash; just a sweet little peck on my cheek and into the house I went.

Later, I learned that John was living in a kind of muddled state of coming to grips with whether he was gay or straight. I never learned the answer to that.

The senior year ended with a graduation ceremony, walking down the aisle to Sir Edward Elgar’s “Pomp and Circumstance.” And, as they say, “the rest is history.” 🐸

*\*Mrs. Brooks is the 97-year-old mother of NNC member Shoshana Harris.*

## BIRTHDAY greetings to these members of our family!

### June

- 1 Tanya Kolchinsky
- 8 June Allen  
Shani Lerner
- 9 Helene Weiss  
Annette Wolfson
- 11 Beth Marrus
- 26 Leni Broder  
Rachel Heckert

### July

- 3 Harvey Lempert
- 5 Yvonne Archer  
Ruth Levie
- 7 Sharon Kundin
- 10 Elaine Schwartz

- 12 Isabel Levinson
- 13 Bonnie Cohen
- 14 Dolores Purzitsky  
Rena Rotenberg
- 16 Margot Brilliant
- 20 Blanche Varon
- 22 Beah Zande
- 29 Joan Babiker

### August

- 2 Linda Berkowitz
- 3 Joan Venick
- 9 Gwen Gelber
- 11 Marcia Eisenstein  
Clarice Day
- 13 Lydia Berman
- 16 Dorothy Camper
- 26 Shirley Novograd
- 27 Shirley Brice
- 31 Vivian Wiggins

### September

- 1 Cora Bigger  
Bella Balakirsky
- 5 Mary Burnett
- 8 Joyce Wolpert
- 17 Ruth Saperstein
- 20 Sharie Blum  
Barbara Carter
- 22 Gladstone Smith
- 23 Eileen Rosenbaum  
Jeanette Goldstein
- 28 Judith Stockell

### October

- 4 Olivia Stewart
- 13 Chana Deitsch
- 14 Susan Weaver
- 17 Betty Anflick
- 20 Felicite Fine
- 26 Norma Brooks-Perry  
Stephanie Whippo
- 27 Marcy Steingroot
- 29 Kenneth Klein
- 30 Mary Hurt

### November

- 3 Geraldine Smith
- 8 Arnold Howard
- 12 Betty Silverman
- 15 Ilysa Cohen
- 21 Jerry Rosenbaum
- 28 Sylvia Eisenberg  
Anita Brownstein
- 30 Heidi Schloss

## WELCOME NEW NNC MEMBER

Nina Welton

Northwest Neighbors Connecting  
c/o CHAI  
5809 Park Heights Avenue  
Baltimore, MD 21215



### Newsletter Committee

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Eileen Creeger  
Veronica Fullwood  
Shoshana Harris  
Rev. Arnold Howard  
Sheila Mentz  
Heidi Schloss  
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ISSUE 35 | FALL 2020

## Just Wait for The Sun, by Lisa Marks

When everything's darkness  
And you feel so alone.  
When the rain doesn't stop  
And you can't make it home,  
When it feels all is lost  
And you just want to run,  
It can't rain forever.  
Just wait for the sun.

When family is pain,  
When friends can't be found,  
When you just want to scream  
But you can't find the sound.  
When it's all your fault,  
And you feel like you're done,  
Just wait for the sun.  
The sunshine will come.

The storm always passes.  
It won't last forever.  
The rain always stops and gives  
way to good weather.  
The brightest and warmest of  
days still to come.  
Please wait for the sun.  
The sunshine will come.

People who need you,  
People who still love you  
Can warm up your soul like the  
sunshine above you.  
You're never alone,  
No matter what's done.  
Wait for the sun.  
Just wait for the sun.



Dark clouds always pass.  
I promise you, hon.  
We're all waiting with you.  
Just wait for the sun.