



WELCOME!

By Eileen B. Creeger, NNC Member

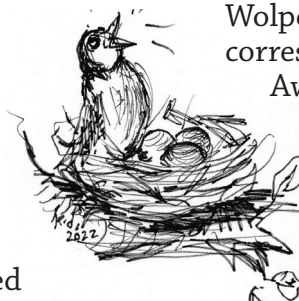
"It's spring fever. That is what the name of it is. And when you've got it, you want—oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!" – Mark Twain

Some of us rely on Groundhog's Day and Punxsutawney Phil to let us know if Spring is coming. Me? I know Spring is near when the robins flit about in the yard. This year, the first ones appeared in late February. And while their appearance doesn't mean winter weather is finished for 2022 – after all, this is Maryland! – it does mean that

soon enough, Spring will be here.

To start off your Spring, the Northwest Neighbors Connecting (NNC) newsletter committee has worked hard to bring you up-to-date on what's been going on with NNC and what will be happening in the next few months.

This issue's feature articles include a legislative update from Maryland's Cong. John Sarbanes, an update on One Park Heights and its upcoming June festival, *A Taste of Northwest*, and an in-depth article by NNC member Joyce



Wolpert on caregiving. This article corresponds to World Elder Abuse Awareness Day, on June 15.

Our Health & Wellness section features an easy to prepare fish recipe as well as information about COVID-19 and how one of its side effects, the loss of smell, affects older adults.

Included of course are our usual sections of "Neighbors in the Know," "Agency Friends," "Who is Who," "What's Happening with NNC" and "Wordshop." Thank you to our newsletter contributors—you make our issues great reading! Happy Spring! 🌸

See me! Hear me! Touch me!—Caregiving 101

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

Aspread in a glossy magazine a few months ago depicted six seniors at their homes or in a retirement facility enjoying the good life with their current and predicted needs being met. On the opposite end of the spectrum, however, are the seniors who live under the dark cloud of abuse and neglect, some of which is the focus of elder abuse organizations and much of which is unreported.

What is the reality for you and other seniors who now live independently or in facilities? Physical abuse such as black eyes or a twisted arm, and financial abuse such as stolen checks or a depleted bank account, are easily recognizable. Spotting neglect takes

a bit more digging. The National Consumer Voice writes: "Neglect is the failure to provide goods and services to a resident that are necessary to avoid physical harm, pain, mental anguish or emotional distress."

The onus to provide these *goods and services* is on whomever oversees the person's care. This may be family who lives with the senior, or a hired home caregiver, full time or part time, or the full-time care through an assisted living or nursing facility. According to the National Center on Elder Abuse, this neglect may be intentional or unintentional. Some signs of neglect include pressure ulcers, malnutrition or unexplained

weight loss, dehydration, poor personal hygiene, isolation and lack of appropriate physical and emotional stimulation, over or under medicating, becoming withdrawn, depressed, angry and any sudden changes in physical or emotional health that are not explained.

In my experience as a care manager and advocate for seniors, I have witnessed too many neglectful situations. While physical and financial abuse can be reported to Adult Protective Services and usually garner some response, neglect situations may be better

continued on p.3

One Park Heights Initiative Update: Pimlico Merchants Association



By Shoshana Harris, NNC Member

In our Winter issue of *Staying Connected*, we focused on the Park Heights Pathway mural project. Thanks to lots of hard work and time invested on the part of 10 teen artists, the murals were completed, and a dedication ceremony was held on December 21, 2021. It was such a treat to see the “ordinary” turned into the “extraordinary,” and how so much had been accomplished in a relatively short period of time. We hope you will take the opportunity to see the murals in person by driving along the 5100 block of Park Heights Avenue.

Besides crediting the Baltimore City teens and artist Whitney Frazier, we would be remiss if we didn’t acknowledge Larry “Poncho” Brown’s contributions. A full-time, classically trained graphic artist from Baltimore City, he donated his time and talent to the project and served to inspire the young artists through his personal story and achievements. In fact, you can see his beautiful mural in the Pimlico Golden Garden located at 3100 Spaulding Avenue.

A great deal of recognition must also be given to Sister Yeshiah Israel. As President of the Pimlico Merchants Association (PMA) for the last 2½ years, her input and guidance were instrumental in bringing about a successful outcome of the mural project. Sister Israel is well-known in and around the Pimlico community and Baltimore City. In October 2021, she was recognized as a Guardian of Baltimore City.

There is a saying that says, “The apple doesn’t fall far from the tree.” It is so true in Sister Israel’s

case. Her father has been the owner of Scott’s & Sons Furniture Store located at 5115 Park Heights Avenue. For the past 15 years, Sister Israel has shared space in her father’s store in her own business known as YBI African Apparel. Both father and daughter are deeply rooted in the Pimlico community and always try to lend a hand to those in need.

The PMA has been in existence for 81 years. Its boundaries represent the Pimlico Business District that covers Park Heights and Garrison Avenues to Park Heights and Northern Parkway. Plans are underway and are designed to meet PMA’s goals of improving the quality of life for those living within its borders through economic growth opportunities and through beautification efforts. An exciting project in the works is construction of the Pimlico Market Café. When completed, it will employ local residents and will be a place for neighbors to come together to enjoy each other’s company and have an opportunity to purchase fresh, healthy food.

PMA is a partner committee and member of the Northwest Baltimore Partnership (NWBPP), whose mission is to “work collaboratively to build value from Park Circle to Pikesville.” In turn, NWBP is a coalition of community associations, nonprofit organizations,



Mural dedication (R to L): Sister Yeshiah Israel, Shoshana Harris, Sharie Blum and several artists and their families.

businesses, government agencies and faith-based institutions. Our own CHAI is a community participant. One of NWBP’s initiatives is One Park Heights, so you can see how interdependent all of us are in promoting this “campaign of unity.” Our common goal is a flourishing and united community.

Speaking of One Park Heights—Be on the lookout for a flyer with information about the “Sunday Service: A Project of Good Deeds Day,” taking place in the Pimlico Golden Garden from 2-6 p.m. on Sun., April 24th. Planting, painting, beautification and trash pick-up will be the order of the day.

Mark your calendar for another great activity. A “Taste of Northwest” will be held on Sun., June 26th from 2-6 p.m. in the 4800 block of Park Heights Avenue. Local vendors will be selling small plates of their delicious food, and very talented entertainers will be on hand. More information on this event will be available shortly.

As you can see, One Park Heights is providing a variety of ways that our community can come together and celebrate all that we are. We hope you will join in the fun. 🗨️

addressed by elder abuse groups, like CHANA. Yet it is often risky for the social worker to contact the senior who is living in the midst of this unsafety, as the person may not be able to speak freely. Thus, as seniors ourselves, family members and friends, the more we can become aware, the more we need to find ways to intercept.

Below are four cases of physical and emotional neglect that I personally witnessed and took steps to advocate for, yet minimal results were achieved, as there was no legal mandate. While most parties involved would probably say the neglect was “unintentional,” I think it behooves us into questioning what so-called caregivers actually know about “taking good care.”

Case 1: One case occurred in a long-term nursing home. The patient was in the final stage of Alzheimer’s disease, which for her lasted 2½ years. She could not speak or move on her own, even to scratch an itch or blow her nose. Her bed was positioned next to the window, which the family initially liked so she could get the light. However, the facility left her in this position all day. When I came in the afternoon to visit, the bright sun was shining directly into her eyes, which stayed open due to damaged brain response. No matter how many times I asked staff to lower the blinds in the afternoon, they never did. Amidst all the requisite tasks, who was watching for the true welfare of this patient?

Case 2: Next, was a patient 15 years later in this same nursing home. This woman, also in the terminal Alzheimer’s stage, had a catheter and feeding tube. Due to her inactivity and restricted digestion, phlegm continually accumulated in her throat, requiring regular suction. If left too long,

she was in danger of suffocation. When visiting her I frequently had to go the nurses’ station to “remind” them to suction her. Sometimes she was gasping to the point where 911 was called, and then was whisked to the hospital. She always came back seemingly better; yet moving a frail, older person took a great toll on her system. For 18 months I watched this woman suffer and weaken, and while family sometimes complained, the woman was not moved from the facility, partly for religious reasons. This is a dilemma for some; while better care may be available elsewhere, it is not readily accessible to the family due to religious preferences. Nevertheless, the nursing staff was clearly not on top of the situation. When care of a person’s body becomes “a job” for others, this opens an empathy gap unless family or other truly caring persons remain duly diligent to what is really going on.

I will also say that each of these cases was reported to the State Office of Health Care Quality with brief, limited intervention.

Physical neglect for persons with no self-care ability is easier to discern than emotional neglect for those who are seemingly more capable. This may only be perceived after multiple hours are spent ferreting out dynamics at play, some of which involve family dysfunction. Of the cases below, one involves home care and one in an assisted living facility.

Case 3: As happens for many seniors, this person required home care for an unspecified time after a hospital and rehab stay. The adult children who lived out of town hired an agency based on the parent’s recommendation of hearsay from friends. The children were not there daily to monitor their mother’s care, so they relied on feedback from the agency



director. The aides, whom the family did not know, came in on a rotating basis. Their mother, who had spent many years as a widow and lived a very independent lifestyle, now for the first time needed to rely on help. The conflicts involved (1) a now incapacitated senior who needed and was fearful of accepting help, (2) children who no doubt wanted to do the best for their mother yet were thrust into a take-charge caregiving situation for which they had no prior experience and (3) aides from different cultures who were not trained how to respond to a soft-spoken, very anxious and often times critical older person.

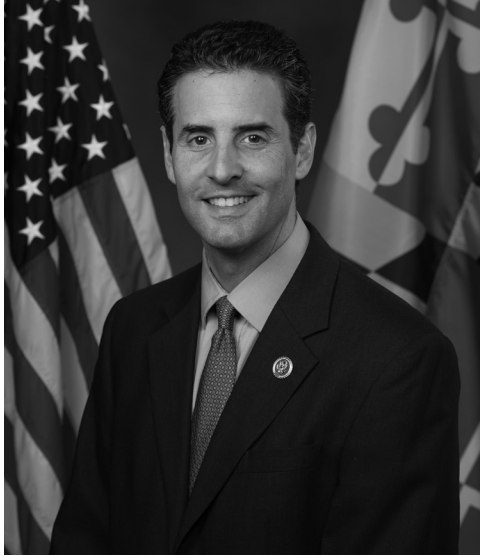
As a close friend of this woman, I witnessed her anxiety continue unabated as her life flip-flopped; she went from being a very competent, independent person who now found herself in a very dependent position. The children, who only knew their mother as being in control, could not correctly assess this dynamic or handle the frustration the aides expressed towards their mother in unkind words and treatment. As a result, no changes were made in her care, a most exasperating situation to me as her friend. Sadly, four months after the original incident that landed her in the hospital, she died.

The great message here was that

continued on p.14

Lifting Up Our Seniors

By Congressman John Sarbanes



I'm always happy to update the NCC Community on the latest in Washington. Today, I want to tell you about a few bills that have great potential to lift up Maryland's communities and seniors.

You may be pleased to hear that over the last several months, Congress has passed sweeping legislation to help our economy recover from the downturn of the COVID-19 pandemic, rebuild our infrastructure, strengthen supply chains and advance American manufacturing.

One of these bipartisan legislative accomplishments – the **Infrastructure Investment and Jobs Act (IIJA)**, which President Biden signed into law in November – will repair our crumbling infrastructure and keep Americans connected. It will ensure everyone can get around by expanding and upgrading public transportation and making our roads and highways safer. It will ensure more seniors can get online by improving access to broadband internet and lowering the costs of high-speed internet for lower-income households. The IIJA will also create good-paying jobs and

boost our resilience against climate change related events.

I also worked to pass the **America COMPETES Act**, which awaits consideration in the Senate. Along with bolstering America's scientific and manufacturing capacities, this legislation will improve the medical product supply chain and strengthen the management of the Strategic National Stockpile to ensure it is fully equipped with critical medical supplies for future public health emergencies. That will help our seniors who have paid the greatest price in this pandemic.

Looking ahead, there is much more Congress can and must do to support our seniors. I'm working to advance key pieces of legislation:

- **Social Security 2100: A Sacred Trust:** Increases Social Security benefits for all beneficiaries, improves the annual cost-of-living adjustment (COLA) formula to help payments keep up with expenses and raises the minimum benefit by requiring millionaires and billionaires to pay their fair share into the program.

- **Build Back Better Act:** Reduces housing costs and increases the availability of high-quality housing; expands access to home- and community-based care to seniors and people with disabilities; and lowers the cost of prescription drugs.

- **Cures 2.0:** Bipartisan legislation to establish the Advanced Research Projects Agency for Health (ARPA-H), a new agency aimed at advancing biomedical research and revolutionizing the prevention and treatment of diseases such as cancer, Alzheimer's disease and many others.

If passed, these bills would create a better country for older Americans as well as future generations.

Congress must uphold our promises to seniors, ensuring they can lead secure, fulfilling lives.

As always, my office is here to assist you. If you or your family members need help navigating federal agencies or accessing important federal benefits, please visit my website at sarbanes.house.gov or call (410) 832-8890 during normal business hours. 🗨️

Staying Connected is a group effort supported by Comprehensive Housing Assistance, Inc. (CHAI) but produced by the community. The views and opinions expressed here 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.

Cod with Crispy Green Beans

(published by Woman's Day Kitchen, Jul 26)
By Ilysa Cohen, NNC Health & Wellness Co

Here's an easy and healthy recipe to sta

Ingredients:

- 1 lb. beans (green, wax, or a combination)
- 2 tbsp. extra-virgin olive oil
- 1/4 c. grated Parmesan
- Kosher salt
- Freshly ground black pepper
- 1 1/4 lb. skinless cod, cut into 4 pieces
- 2 tbsp. basil pesto

Instructions:

1. Heat oven to 425 degrees F. On a large, r 1 tablespoon oil, then the Parmesan and 1 until light golden brown, 10 to 12 minutes.
2. Meanwhile, heat the remaining tablespoon heat. Season the cod with 1/4 teaspoon ea brown and opaque throughout, about 3 mi
3. Spoon the pesto over the cod and serve w



FOR OLDER ADULTS, SMELLING THE ROSES MAY BE MORE DIFFICULT

The reports from COVID-19 patients are disconcerting. Only a few hours before, they were enjoying a cup of pungent coffee or the fragrance of flowers in a garden. Then, as if a switch had been flipped, those smells disappeared.

Young and old alike are affected — more than 80%-90% of those diagnosed with the virus, according to some estimates. While most people recover in a few months, 16% take half a year or longer to do so. Up to 1.6 million Americans have chronic smell problems due to COVID.

Seniors are especially vulnerable. “We know that many older adults have a compromised sense

of smell to begin with. Add to that the insult of COVID, and it made these problems worse,” said Dr. Jayant Pinto, a professor of surgery and specialist in sinus and nasal diseases at the University of Chicago Medical Center.

Recent data highlights the interaction between COVID, advanced age and loss of smell. When Italian researchers evaluated 101 patients who’d been hospitalized for mild to moderate COVID, 50 showed objective signs of smell impairment six months later. Those 65 or older were nearly twice as likely to be impaired; those 75 or older were more than 2½ times as likely.

Most people aren’t aware of the extent to which smell can be diminished in later life. More than half of 65- to 80-year-olds have some degree of smell loss (or, olfactory dysfunction). That rises to as high as 80% for those even older. People affected often report concerns about safety, less enjoyment eating and an impaired quality of life. But because the ability to detect, identify and discriminate among odors declines gradually, most older adults don’t realize they’re affected.

A host of factors are believed to contribute to age-related smell loss, including a reduction in the number of olfactory sensory neurons in the nose; changes in stem cells that replenish these neurons every few months; atrophy of the processing center for smell in the brain; and the shrinkage of brain centers closely connected with smell, such as the hippocampus, a region central to learning and memory.

Common consequences of smell loss include a loss of appetite (without smell, taste is deeply compromised), difficulty monitoring personal hygiene, depression and an inability to detect noxious fumes. In older adults, this can lead to weight loss, malnutrition, frailty, inadequate personal care and accidents caused by gas leaks or fires.

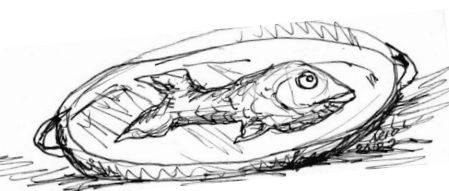
Unlike smell loss due to neurological illnesses (such as Parkinson’s and Alzheimer’s) or a head injury, the picture for smell loss following a viral infection is less clear. It’s not known, yet, which viruses are associated with olfactory dysfunction, why they damage smell and what trajectory recovery takes. COVID may help shine a light on this since it has inspired a wave of research on olfaction loss around the world.

“What characteristics make people more vulnerable to a persistent loss of smell after a virus? We don’t know that, but I think we will because that research is underway and we’ve never had a cohort [of people with smell loss] this large to study,” explained Pamela Dalton, a principal investigator at the Monell Chemical Senses Center, a smell and taste research institute in Philadelphia.

Some experts recommend smell training. This involves sniffing four distinct scents (often eucalyptus, lemon, rose and cloves) twice a day for 30 seconds each, usually for four weeks. Sometimes the practice is combined with pictures of the items being smelled,

continued on p.15

S
, 2016)
ordinator
art off the Spring season!



immed baking sheet, toss the beans with
1/4 teaspoon each salt and pepper. Roast

n oil in a large skillet over medium-high
each salt and pepper and cook until golden
minutes per side; transfer to plates.

with the beans.

Neighbors in the Know

I Have Been Robbed!

By Rosalind Griffin, NNC Member

The robbery I experienced is nonviolent, may have happened to you and can happen to you. It was a stealth crime I became aware of when two letters were forwarded to me from my former business address. One letter informed me I had been denied unemployment benefits. I had never been employed in that state or applied for benefits. The other reported a credit card account in another state. Both letters had portions of my Social Security number.

Then, the situation worsened when the IRS notified me that I had to prove my identity to receive my federal income tax refund. The initial method offered to establish my identity was unsuccessful because the perpetrator had given a cell phone number different from mine. I was directed to request a special code to access my personal identifying data including my birth date and family information. Luckily, these facts were unknown to the crook. I was reminded of my previous history when my identity was compromised.

How does identity theft arise, what can we do to avoid it and how to deal with it when it happens?

Identity theft takes place when someone steals personal identifiable information (name, Social Security number, birthdate, credit and bank account numbers) to file fraudulent tax returns, open accounts, purchase merchandise using existing accounts or obtain health care using our health insurance. Sometimes the robber is an employee of an organization we patronize who has access to the information. Our information may be sold to several other people. On

other occasions we unwittingly set ourselves up for fraud by opening phishing emails that allow the email intruders to capture our passwords or implant bugs. In other instances, we receive a telephone call from a caller addressing us as Grandma or Grandpa, leading us to tell more than we should about ourselves. We later berate ourselves for not hanging up because we do not want to hurt anyone's feelings when knowing the voice is not recognizable or we do not have grandchildren. These are the pitfalls we face when trying to protect our identity.

In my case, I believe the Postal Service enabled the robbery by failing to update my change of address, allowing the culprit to intercept the mail at the vacated office; a more sinister possibility is that a postal employee did it. I practice the recommended precautions to evade identity theft such as shredding all junk mail, billing and bank statements, reviewing all statements and storing and locking them in a safe box, maintaining a safe deposit box and a locked mail box, having my income tax preparer file my taxes electronically, and keeping a computer anti-virus that automatically alerts me about dangerous incoming email and websites while making regular updates and using pay guard when I make online purchases. With all of these identify theft techniques I was still being victimized!

The internet has proven to be invaluable in researching the fraud departments of the businesses that are being defrauded along with me. I immediately contacted all three major credit reporting agencies to place fraud alerts and to freeze my information. These agencies are Equifax, 888-766-0008, www.alerts.equifax.comAutoFraud_Online/jsp/fraudAlert.jsp;



Experian, 888-397-3742, www.experian.com/fraud/center.html; TransUnion, 800-680-7289, www.transunion.com/personal-credit/credit-disputes/fraud-alerts.page. An additional key action is to request a free annual credit report online at www.annualcreditreport.com or at 877-322- 8228. The Maryland Office of the Attorney General has a publication titled "Identity Theft: Protect Yourself, Secure Your Future," which is very helpful. The phone number is 410-576-6300 and the identity theft number is 410-576-6491. The IRS website also offers information on how to make reports and how to guard against intrusion, which has increased during the pandemic.

As a result of freezing my credit reports, I am now in control of who obtains my credit history because the reporting agencies contact me before responding to inquiries. I now have one portal into my personal information closed. Besides ongoing surveillance of all potential intrusions, I filed a police report.

Being robbed is not always a violent act but an insidious and corrosive act that can feel overwhelming when the next letter arrives. Some financial centers are not assertive in protecting us so we must do it ourselves and/or enlist the assistance of trusted family members or friends to reduce the necessity of proving who we are.

Blind Carbon Copies (BCC)

(NNC member Gale Bliden-Lev forwarded information about the importance of protecting our email addresses from scammers. The following article is a condensed version of the article. The entire piece can be found at <https://defendingdigital.com/use-bcc-blind-carbon-copy-to-protect-privacy-in-email/>.)

Have you ever received a mass email sent to dozens of addresses with your email address in the *To* or *CC* field? Maybe that email was sent to a group of people you know, or maybe it was sent to a group of strangers. How did you feel about your email address being shared with everyone else? **This is a privacy issue you should care about.**

When you receive an email that has multiple email addresses in the *To* or *CC* field, you can see everyone the email was sent to. Why does that matter? Most people won't do anything with those addresses. Well, some people might be curious, or nosy and look into who received the email. In rare cases, someone may target one of the other recipients in the form of harassing, threatening, hacking or scamming.

Malware can also search a computer or mobile device for email addresses. When it finds an email with a long list of addresses in the *To* or *CC* fields, it can harvest them. It can then send spam or malicious emails to those addresses, or save those addresses to be the target of hacking, scamming, identity theft, etc.

When you send an email, you can put addresses in the *To* field, the *CC* field or the *BCC* field. The *To* field is for recipients whom you want to read and possibly act on your email. The *CC* (Carbon Copy) field is for recipients whom you want to read your email, but you're not asking them to act on it. The *BCC* (Blind Carbon Copy) field is for recipients whom you want to read your email and possibly act on it, but you want to keep the recipients a secret. **BCC Recipients will not be able to see who else received the email.**

BCC is the field that protects privacy. Using it respects the privacy of recipients. Make it a habit to use *BCC* whenever you're sending to multiple addresses where the recipients don't already know each other, or to any large group, even when the recipients know each other.

One other benefit of *BCC* is that people can't *Reply All* to everyone else who received the email, deliberately or accidentally. Using *BCC* whenever possible reduces invasions of privacy and limits the spread of malware. It is proper email etiquette. Do your part and encourage others to do the same!

Further Reading

- Using the Blind Carbon Copy (BCC) Feature in Email (pitt.edu)
- What BCC Is, and Why You're a Terrible Person If You Don't Use It (howtogeek.com)
- Benefits of BCC (us-cert.gov)
- BCC for Privacy! (rutgers.edu)

What You Should Do

Use *BCC* whenever you're sending emails to multiple addresses where the recipients don't know each other.

Use *BCC* when you're sending emails to a large group, even when the recipients know each other.

Politely ask others to use *BCC* for mass emails.

If you need further computer help, please call Annie Shimanovich at 410-500-5334, and she will connect you with a volunteer who can assist you. 📞



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

World Elder Abuse Awareness Day – June 15

Did you know that every day 10,000 people turn 65 in the United States? Our demographics are shifting, and we will soon have more older adults in the U.S. than ever before. Every year, an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation and that's only part of the picture. According to the National Academies of Sciences, Engineering, and Medicine, an estimated 93% of elder abuse cases go unreported each year.

World Elder Abuse Awareness Day (WEAAD) serves as a call-to-action for individuals, organizations, and communities to raise awareness about the abuse, neglect, and exploitation of older adults.

More information about Maryland's response to elder abuse can be found at <https://aging.maryland.gov/pages/weaad.aspx>



NNC Events

Many NNC programs are now on Zoom. Check your monthly mail for the latest calendar (see page 9 for a sample calendar). If you need help with Zoom, call 410-500-5334.

SUPPORTIVE SERVICES

Support Group for Dementia Caregivers with Rachel Brodsky

1st and 3rd Mon. of the month, 10-11:30 a.m., on Zoom.

Contact Rachel Brodsky, 410-843-7421 or rbrodsky@jcsbaltimore.org.

Parkinson's Disease Support Group with Caitlin Rife

2nd Tues. of the month, 2-3 p.m., on Zoom.

Contact Caitlin Rife, 410-843-7352 or crife@jcsbaltimore.org.

Low Vision Support Group

2nd & 4th Thurs. of the month, 1:30-3 p.m., on Zoom.

Contact Rachel Brodsky, 410-843-7421 or rbrodsky@jcsbaltimore.org.

COME AND MEET YOUR NEIGHBORS

Cheswolde: Adam Goldfeder, President, cna@goldfeder.us
Meets 7:30 p.m., 1st Wed. of month
www.facebook.com/Cheswolde

Fallstaff: Sandy Johnson, President
myfallstaff@gmail.com or sandrajohn@aol.com
Meets 7 p.m., 1st Thurs. of month
www.myfallstaff.org

Glen: Betty Cherniak, President
cherniakb@gmail.com, meets 4th Wed. of the month; myglen.org

Cross Country: Caren Cutler, Secretary
steincutler@gmail.com
meets 2nd Tues. of month

Mount Washington:
president@mwia.org; Meets 7 p.m., 2nd Tues. of month; www.mwia.org or on Facebook @mwiaassociation

SPECIAL DAYS

April 1 – April Fool's Day
April 9 – Shabbos Hagadol
April 10 – Palm Sunday
April 14 – Search for Chametz
April 15 – Good Friday, Passover Begins First Seder
April 16 – Second Seder
April 16-23 – Passover
April 17 – Easter
April 18 – Income Tax Day
April 27 – Administrative Professionals Day
April 28 – Yom Hashoah
May 4 – Yom Hazikaron
May 5 – Yom Ha'atzmaut
May 8 – Mother's Day
May 19 – Lag B'Omer
May 29 – Yom Yerushalayim
May 30 – Memorial Day
June 5-6 – Shavuot
June 14 – Flag Day
June 19 – Father's Day
June 21 – Summer Begins

EDWARD A. MYERBERG CENTER

The Myerberg is Open for Onsite and Virtual Programming!

The Myerberg invites you to join us for new onsite programming, including Bridge Club, Ceramics, Healthy Joints and Cardio Drumming. The Fitness Center, Personal Training, Art Studio Rentals and One-on-One Tech Sessions are available in person as well, following strict COVID-19 safety protocols. For those who prefer to access programming from the comforts of home, The Myerberg Virtual Center hosts over 50 weekly virtual and recorded classes, including Fitness, Humanities, Technology, Art, Social Groups and more. As always, NNC members receive 50% off the annual \$65 Myerberg membership. Get in touch today to schedule a tour of the center or join us for virtual programming. Call 410-358-6856 or email info@myerberg.org.

WARM HOUSE

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





For more information,

Please Note Special Sunday Class: Getting to Know You! - Sunday, March 27 at 4pm. Email Eileen at ejrosenbaum@gmail.com for details
March 2022—ZOOM Edition

March 2022

Mon	Tue	Wed	Thu	Fri
	1 Art Class—10am on Zoom NEW CLASS! LEADERSHIP SERIES 2pm on Zoom	2 <i>Get in the Groove With Ilysa!</i> 11:00—11:45am on Zoom	3 Cardio Drumming with Ilysa on Zoom 2-2:45pm	4
7 8 Get in the Groove With Ilysa! 11:00—11:45am on Zoom Village Gathering— On Zoom	9 Get in the Groove With Ilysa! 11:00—11:45am on Zoom	10 Nutrition for Good Health with Ilysa 11:30-12:30 on Zoom	11	
14 15 Get in the Groove With Ilysa! 11:00—11:45am on Zoom Cooking Class on Zoom at 1:00pm Needlers 2:30 on Zoom	16 Get in the Groove With Ilysa! 11:00—11:45am on Zoom	17 Cardio Drumming with Ilysa on Zoom 2-2:45pm	18	
21 Diversity Dialogue 4-6:00pm on Zoom	22 Get in the Groove With Ilysa! 11:00—11:45am on Zoom Moving and Balancing Your Whole Self 2:00pm @ Myerberg	23 Get in the Groove With Ilysa! 11:00—11:45am on Zoom Terry's Book Club on Zoom @ 2pm	24 Encounters 11:00am on Zoom Cardio Drumming with Ilysa on Zoom 2-2:45pm	25
28 Tech Help with Melanie—Learning about Apps! 12:30pm on Zoom	29 Get in the Groove With Ilysa! 11:00—11:45am on Zoom	30	31	

SAMPLE



What's New with NNC – 410-500-5334

Village Gatherings

By Eileen B. Creeger, NNC Member

We were back on Zoom for our January meeting! The guest speaker was Len Rittberg, a financial guru and son of NNC member Miriam Rittberg. Len spoke to us about bitcoin, which was created about 12 years ago. Unlike government-backed currency, bitcoin is not backed by gold and is processed through a computer network. It is used by some investors as a hedge against inflation, especially as the value of some government-backed currencies has fallen in the past 25 years. Surprisingly, many Ivy League schools and large companies are adding bitcoin for their portfolios.

In honor of Rev. Dr. Martin Luther King's birthday, NNC's Susan Russell, who coordinates our monthly Diversity Dialogue, spoke about her recent trip to The Legacy Museum in Montgomery, Alabama. (<https://museumandmemorial.eji.org/museum>)

February's Gathering featured Grandma Edna, an historian, teacher and storyteller. She shared two stories and spoke at length about her philosophy on life. She reiterated that many in today's society have forgotten how to respect and love one another. She emphasized that we need to listen to one another and to have conversations. Grandma Edna's presentation during Black History Month was informative and inspiring.

March's Gathering featured attorney Elizabeth Green, a member in PK Law's Wealth Preservation Department. She advises individuals and families on basic to sophisticated estate planning. She works closely with her clients in preparing the necessary documents including wills, powers of attorney,

healthcare directives and various forms of trusts to ensure her clients' estate planning needs and wishes are achieved. Ms. Green shared her knowledge and answered questions. Additionally, NNC member Joyce Wolpert, movement therapist, talked to us about the holistic approach for better balance in our lives, and how important good balance is to our health. Joyce demonstrated some of her strengthening exercises. We also had words of welcome from Rev. Howard and a roundup of all the exciting things happening at NNC.

Art Class

By Heidi Schloss & Miriam Rittberg, NNC Members

Jan. 4 – Mon-Kiri: the art of Japanese papercutting. After a brief discussion of papercutting throughout history and the Japanese art of Origami, the class followed step-by-step instructions on how to create a paper snowflake. In addition, we were shown ways to vary them as "no two snowflakes look alike." We also discussed various ways to display our snowflakes, including pasting them on a piece of colored paper, hanging them from thread or strings and/or hanging them at different lengths from a wire hanger to create a mobile. All in all, it was a very enjoyable experience and the students all felt successful.

Feb. 1 – Six participants attended. A variety of examples were exhibited to offer novel ideas for making cards: egg cartons, pencil shavings and duct tape. Then we created a colorful "pocket" for presenting money or a gift card. The main project was a cake that opens into a 3-dimensional form. Everyone successfully created a template for future use when needed.....a nice DIY card to impress any recipient.



Mar. 1 – Patterns! They're everywhere! Red, blue, what comes next? We studied how Matisse and other artists were influenced by Japonisme. We looked at how the artists of Ghana produce Adinkra and the Yoruba of Nigeria produce Adire Eleko patterned fabric from symbols. We folded our paper into six squares, and with either black, white or blue crayon, pressed hard, creating repeating patterns. Then, we made a wash of either black or blue watercolor and applied it across the surface. Miriam added some terrific input, suggesting using a China marker (grease pencil) for white and a broad brush. She also showed some lovely different examples. Our students had a great time, coming up with creative ideas that appealed to them, mixed in with great conservation.

Circle Roundup:

By Shoshana Harris, NNC Member

Curiosity: Sharie Blum and Shoshana Harris

Our NNC friends at Weinberg Woods were treated to a note of caring that included a large bouillon cube. They were encouraged to dissolve the cube in hot water and add a few cut-up vegetables. We hoped the message and home-made soup warmed their hearts and souls.



Encounters:
*Sharie Blum
 and Shoshana
 Harris*

To add
 celebration
 to the holiday

season, our
 December program

focused on Christmas,
 Hanukah and Kwanzaa
 symbols. Our own Barbara Scott
 gave us interesting information
 about Santa Claus, and Linda
 Howard shared her knowledge
 about dreidels. Special guest Sister
 Yeshiyah Israel and a friend talked
 about the history and traditions of
 Kwanzaa.

In January, Pulmonologist Jay
 Gerstenblith, M.D., provided a
 wealth of information about sleep:
 its importance, sleep-related
 problems such as obstructive sleep
 apnea and tips for maintaining
 good sleep habits. It was one of
 our most well-attended meetings,
 as many of us have experienced
 sleep issues over the years.

Chasing away the winter doldrums
 was the theme of our meeting in
 February. We heard some lovely
 poems about Spring from our
 poet-in-residence, Lane Jennings.
 Our member, Phyllis Hersh,
 assured us that winter is almost
 over and recommended medi-
 tating, Zooming with friends, and
 reading a good book to keep our
 spirits up. No matter that it was
 25° outside, we all came away from
 the meeting with warm hearts and
 positive thoughts.

Getting To Know You: *Eileen
 Rosenbaum & Pauline Watson, NNC
 Members/Facilitators*

On Feb. 20 we had a wonderful
 meeting on Zoom with over 20
 participants – from Baltimore,
 South Carolina, California and New
 Jersey. The focus of the meeting
 was Black History Month (BHM).

Jean Richie gave us the background

of BHM. It began as Negro History
 Week in 1926 by Dr. Carter G.
 Woodson. The aim was to highlight
 contributions of African Ameri-
 cans and renew pride in a people
 who have struggled to survive.
 Fandreia Bowman discussed Black
 churches. The oldest Black church
 in the country was founded in
 1790, and the oldest Black Cath-
 olic Church was founded in 1841.
 Black churches were important in
 providing education and giving
 Blacks an opportunity for respect.

Karen Sams presented a history of
 her family. Her father's family was
 from Rosewood, Florida. The town
 was founded in 1845 by Blacks and
 Whites. However, after the Civil
 War, the White families moved out.
 The town was left with 200 Black
 families and one White family who
 ran the general store. On Jan. 1,
 1923, a White woman claimed that
 a black man attacked her (she had
 actually been attacked by a White
 man with whom she was having
 an affair). A Black man who had
 escaped from a chain gang was
 hunted down. Whites from other
 towns went on a rampage and
 burnt churches and homes in Rose-
 wood. Today, only a plaque remains
 where the town once stood. It took
 60 years for Florida to compensate
 the families for their land (but not
 what the land was worth). During
 our discussion, Eileen Rosenbaum
 commented that the use of ficti-
 tious accusations is reminiscent of
 the blood libels used against Jews
 in Europe and in this country.

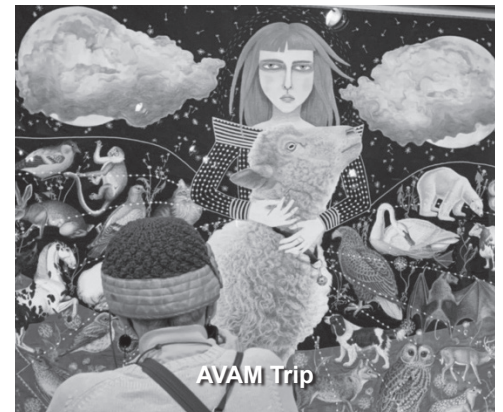
After Pauline Watson discussed
 the importance of Black health and
 medicine, Sheila Davis presented
 a song sung by Geoffrey Golden,
 "Glory to the Lamb," and films
 that portray Blacks. She focused
 on the movie "Glory" about the
 54th African American regiment
 in the Civil War. The regiment was
 led by White officers. After many
 of the men were killed and buried
 in a mass grave, the father of the
 White leader insisted that his son
 be buried with his men.

Pauline and Eileen wrapped up
 the meeting by encouraging the
 participants to become members
 of NNC. *Getting to Know You* meets
 monthly on Zoom. We have inter-
 esting presentations and lively
 discussions. Please contact Pauline
 or Eileen if you are interested in
 joining.

Trips Committee – American Visionary Art Museum Trip

*By Heidi Schloss, NNC Member & Trips
 Committee Chair*

Wow! The CHAI shuttle is once
 again available for trips! On Thurs.,
 Feb. 24, 10 excited NNC members
 boarded the shuttle for a day at the
 American Visionary Art Museum
 (AVAM).



A charming gentleman acted as our
 docent. He was quite knowledge-
 able and led us through selections
 from the permanent collection,
 as well as two temporary exhibi-
 tions. The theme of the annual
 year-long exhibit was Compassion
 and consisted of a timely series of
 pieces. The other exhibit, in the
 third year of a five-year loan, was
 about Esther Krinitz, a Holocaust
 survivor who told the story of her
 and her sister's escape in a series of
 embroidered collages. This exhibit
 was at the AVAM several years ago
 but has been expanded to reflect

continued on p.12

other world-wide incidents of genocide and artists' reactions.

After the tour, some of us spent more time with the exhibits; others took a well needed rest and had a bite to eat. Some of us spent some time in the gift shop, an amazing experience in its own right.

All in all, we enjoyed a great day in this unique museum where color, light, texture and everyday people's vision is displayed! The AVAM is one of my "happy places!"

What's New in Health & Wellness Classes!

By Ilysa Cohen, NNC
Member & Health &
Wellness Coordinator



Senior Strong Exercise, Tues. & Wed., 11-11:45 a.m.

At Senior Strong we continue to move and groove virtually! You don't need a gym to stay fit and healthy! This class is designed for all levels to participate either sitting or standing! We are incorporating new exercises and skills while having fun and toning and maintaining our bodies! The routines are low intensity with a goal of everyone having fun. *I tell everyone that if your body is feeling great, your mind is sure to follow!*

Food for a Healthy Heart, 3rd Tues. of the month, 1-2 p.m.

February was Heart Healthy Month so we focused on continuing a healthful overall lifestyle that can prevent, delay and even reverse heart disease. We prepared red cabbage and beet recipes-foods to help you achieve optimal health and well-being!

Beyond Nutrition, 2nd Thurs. of the month, 11:30-11:45 a.m.

February, American Heart Month, was the perfect time to raise aware-

ness about heart disease and share a few heart-healthy tips. Heart disease is the number one killer of Americans, and older adults are more likely to suffer a heart attack, to have a stroke or develop coronary heart disease (CAD). These conditions are a major cause of disability, limited activity and poor quality of life for seniors. However, heart disease is preventable by making some healthy lifestyle changes. Foods low in calories but high in vitamins, minerals and fiber, as well as colorful fruits and vegetables are great for your heart. Older adults should get at least five servings per day of these nutrition all-stars. In March, we talked about how to read nutrition labels and how to limit saturated and trans fats as well as added sugars.

Diversity Dialogue Update

By Susan Russell, NNC Member & Facilitator

While Zoom has made conversation more difficult, most Diversity Dialogue members have stayed loyal. Members jointly suggest topics for discussion. Reverend Howard and I continue to plan the agendas, email meeting reminders and co-host the Zooms.

In January, Shoshana Harris and Yvonne Archer spoke about the founding of Baltimore's Sinai Hospital and Provident Hospital, respectively. Sinai was established in 1866 since Jewish patients and physicians were discriminated against. Black patients had limited or no access to treatment in existing hospitals, and Black doctors and nurses could not get training in existing hospitals; hence the founding of Provident Hospital in 1894. While Sinai has thrived and grown over time, Provident closed in the 1990s due to financial problems.

Additionally, in recognition of Dr. Martin Luther King Jr.'s birthday, we reflected on his legacy. He envisioned a "beloved community" - one based on justice, equal opportunity and love of one's fellow human being; a society in which people live together in peace and harmony and are judged not by the color of their skin but by the content of their character. Members addressed the question: Was Dr. King's vision a pipedream or can it be a possibility?

For February, Black History Month, Rosalind Griffin presented "The 1619 Project." Spearheaded by New York Times journalist Nikole Hannah-Jones, the Project "aims to reframe our country's history... by placing the consequences of slavery and the contributions of Black Americans at the very center of the U.S. national narrative." (Critics of this perspective of history say it alters history inaccurately and makes white students feel guilty about historical events.) Launched in the August 2019 issue of the *New York Times Magazine*, the Project commemorates the 400th anniversary of the arrival of enslaved Africans to the English colony of Virginia in 1619 (<https://www.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html>). For the introductory essay on the Project, Hannah-Jones was awarded the 2020 Pulitzer Prize for Commentary. Rosalind formulated thought-provoking questions for discussion, including how Diversity Dialogue participants first learned about slavery. 🍷

Who's Who?



Gale Bliden-Lev

By Heidi Schloss, NNC Member

I just finished a delightful conversation with new NNC member Gale Lev-Bliden. It's so much fun to meet new folks and find out about them!

I already knew Gale a bit from our art classes and that we had some friends in common.

Gale was born in Baltimore, the youngest of four. Her family moved several times in Northwest Baltimore during her childhood. Her dad was initially a kosher butcher but wound up owning a liquor store. At one point, her grandmother lived with the family. Eventually, they moved to Stevenson in Baltimore County. Gale attended Hebbville Elementary but transferred to Fort Garrison Elementary when the family moved to Baltimore County. She attended Pikesville Junior and Senior Schools, graduating in 1976.

Following her graduation, Gale enrolled at Essex Community College (now CCBC Essex), working part-time for her father. Finding that this was not her cup of tea, she took a business course at Stratford Business College, which allowed her to qualify for a position at the Baltimore County Building Inspection Department.

She then heard about a new program being developed called the 911 Center. Gale got in on the ground floor by training in how to take and dispatch calls, first with the Baltimore County Police and then with the County Fire Department. During training, they rotated work shifts: 7 a.m.-3 p.m.; 3-11 p.m.; 11 p.m.-7 a.m. When the team moved to a new headquarters, Gale settled into a permanent 3-11 shift, which she liked very much. "I could sleep late and got off early enough to go out after work."

Gale became a dispatcher for the County police. When police cars were fitted with computers, she underwent new training to learn computer assisted dispatch (CAD). She also learned how to work with radios. She was so good at these skills that she trained others. She also received training from the medical profession on how to deliver babies until the EMTs arrived! She said sometimes there were sad calls, but delivering the babies was exciting! She left her job as a police dispatcher after 26 years.

Gale met her husband in a "fix up" in 1989 but didn't marry until 1996. He worked for Rite Aid and at first commuted to Pennsylvania from Owings Mills. Eventually, they moved to New Freedom, PA, just across the Maryland line. He commuted one way and Gale the other.

When they decided to adopt, they took a series of classes with others doing the same. They subsequently



adopted a 4½-month-old baby boy born in Seoul, Korea, whom they named Jacob. Gale was able to take a 10-month leave of absence from work. When she returned, her husband took over childcare. They moved back to Owings Mills, and she resigned from her job. She was then able to be a full-time mommy for two years. She and Jacob took various toddler programs together, such as Mommy & Me.

When Jacob went to the Jewish Community Center for pre-school, Mom was hired as a pre-school assistant. She worked there for 14 years! Until COVID! She is now retired, and Jacob is 20 years old.

Growing up, Gale and her family attended Beth Tfiloh Congregation. After moving back to Maryland, she joined Chevrei Tzedek Congregation, housed at The Myerberg Center. She moved to Bartonwood (condos on Fallstaff Road), where she met Miriam Rittberg, who encouraged her to come to our NNC art classes!

I am so glad to work with Gale. It is lovely to make a new friend! 🍷

Milestone Moments

Shoshana & Avi Harris, on the upcoming Bar Mitzvah of their grandson, Joseph Bravmann, son of Melony & Kenneth Bravmann.

Nancy McDonald, daughter of Heidi Schloss, on being elected Steward to the National Union of Hospital Workers, representing Kaiser Permanente in Los Angeles, CA.

Keisha Gaines, niece of Pauline Watson, for receiving the Emerging Leader Award at the Networkers Black History Month Signature Celebration.



Congratulations!

BIRTHDAY

greetings to these members of our family!

April

- 2 Brenda Goldfinger
- 6 Mindy Rosenzweig
- 9 Irina Koltunova
- 10 Vista Paige
- 12 Janet Kotelchuck
- Gloria Stevens
- 14 Terry Gary
- 28 Vivian Murray

May

- 1 Rosalind Griffin
- 8 Alla Koltunova
- 9 Gwen Gelber
- 10 Ella Novikova
- Susi Rossman
- 16 Miriam Rittberg
- 25 Irma Schechter
- 27 Ellen Cooper
- 30 Rochelle Levinson

June

- 1 Tanya Kolchinsky
- 8 June Allen
- 9 Helene Weiss
- Annette Wolfson
- 11 Beth Marrus
- 15 Fred Federoff
- 26 Leni Broder

WELCOME NEW MEMBERS

Iris Littman

Along with our wonderful NNC social activities, our members also benefit from services, such as transportation, technology help and light handyman help.

Call our office at 410-500-5334 for more information.

Caregiving 101 continued from p.2

while this woman was living her independent but reality-denying life, it would have behooved her adult children to have a frank discussion with her about the future who, when and where of her caregiving.

Caregiving's most emotionally pressing issue is that at some point, care needs to be handed to a loving, trusting someone else. Thus, the topics of life quality and any unresolved issues in parent-child or spousal relationships need to be aired sooner than later. These difficult, potentially painful and very vulnerable discussions may be best handled by involving a third party such as clergy or a therapist. In my estimation, much ensuing angst and guilt could be minimized.

Case 4: What about residents of an assisted living facility? These facilities are not required to provide as much hands-on medical care as nursing homes; they are set up to help at varying levels with basic needs, what are called Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL). (See The National Institutes of Health for further information.) As the resident's needs increase, so usually does the facility fee.

A less substantive measurement of care is the *quality of life* in assisted living sites. Ideally, there are intellectual, artistic, physical and spiritually stimulating activities organized by a qualified director and supported by aides and other staff. If you walk into a facility and see residents sitting in a lobby not interacting or attending an activity half asleep, this tells you that the activities are not at an appropriate level to engage residents. In my experience helping to create and facilitate activities in nursing homes and assisted living sites, everyone is engageable

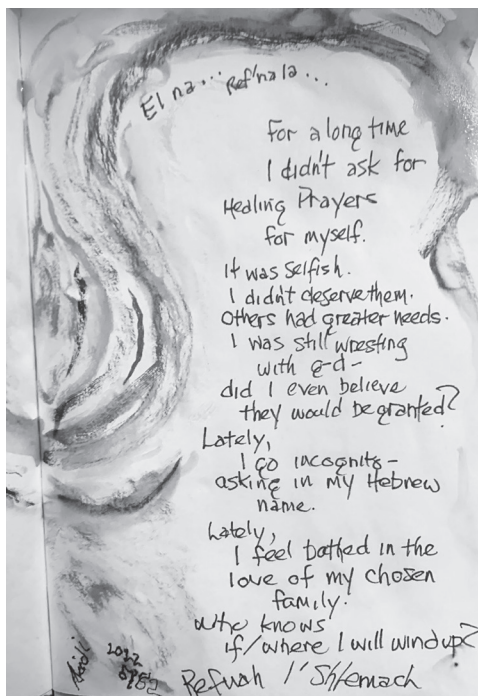
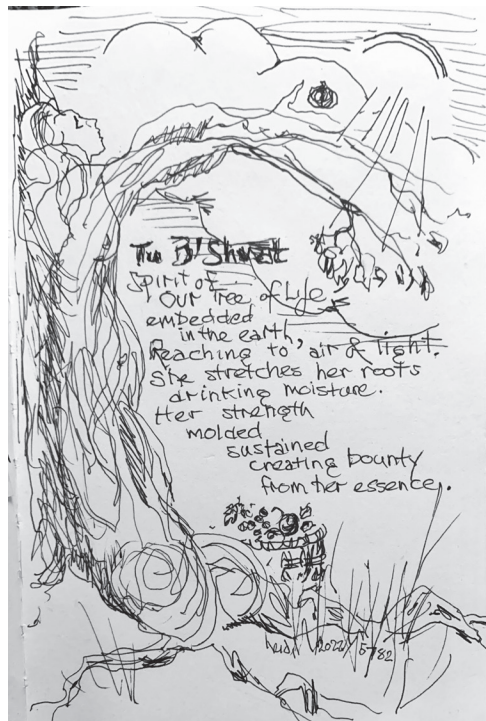
if approached correctly. One size most definitely does not fit all.

Properly crafted activities can uplift a resident's mood and physical functioning, thus helping ease caregivers' tasks. I have been a regular visitor to a woman at a local assisted living site. Before her physical and cognitive decline, this woman was well traveled, artistically expressive and appreciative, a consummate swimmer and dancer, and spoke four languages. Despite her current physical and cognitive issues, she is still the same person who craves and responds to stimulation related to her life experiences.

What she actually receives at the facility is minimal. She gets upset when she is not recognized or treated for whom she really is. Then, she lashes out verbally and sometimes physically, even from her wheelchair. The facility takes notice and is after the family to take her to a psychiatrist to prescribe medication. Though the Centers for Medicare and Medicaid specify that medication cannot be used to modify behavior unless non-medical methods have been tried first, the facility still uses this threat.

I have witnessed this woman suffer in her emotional well-being, with increased anxiety affecting her sleeping, eating and toileting issues. The family is now paying for outside resources to provide the proper stimulation. And what about the other residents sitting there all day? Who is seeing them, hearing them, touching them?

If we want things to be different in the future for those of us still independent, we need to act NOW, speak up, make our needs known and not settle for "care giving" that in no way satisfies its definition. (To get further involved, contact Joyce Wolpert 410-358-0977.) 🍷



Wordshop 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 or 5809 Park Heights Ave., Baltimore, MD 21215.

Smelling Roses continued from p.5

a form of visual reinforcement.

The theory is that “practice, practice, practice” will stimulate the olfactory system, said Charles Greer, a professor of neurosurgery and neuroscience at Yale School of Medicine. Although scientific support isn’t well established, he said, he often recommends that people who think their smell is declining “get a shelf full of spices and smell them on a regular basis.”

Richard Doty, director of the University of Pennsylvania’s Smell and Taste Center, remains skeptical. He’s writing a review of smell training and notes that 20%-30% of people with viral infections and smell loss recover in a relatively short time, whether or not they pursue this therapy. “The main thing we recommend is avoid

polluted environments and get your full complement of vitamins,” since several vitamins play an important role in maintaining the olfactory system, he said.

KHN (Kaiser Health News) is a national newsroom that produces in-depth journalism about health issues. Together with Policy Analysis and Polling, KHN is one of the three major operating programs at KFF (Kaiser Family Foundation). KFF is an endowed nonprofit organization providing information on health issues to the nation.

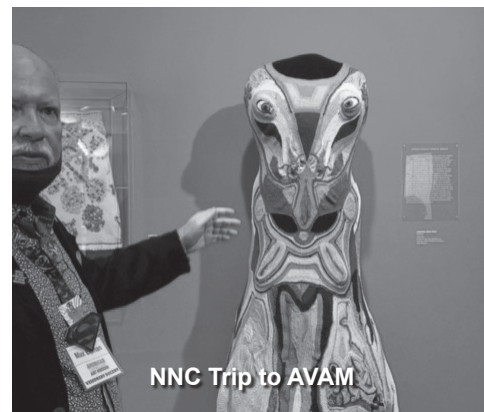
Metamorphosis

By Rae Guttman, NNC Member

The time has come,
In this autumn of my life for introspection,
The time for a new focus on my existence,
The time for renewed energy,
For freedom to express myself,
To be carefree and gay,
The time for memories of the springtime
of my youth.

The time for identification with nature,
Of the trees shedding their autumn leaves,
Of the flowers losing their blossoms,
Of butterflies sleeping in their cocoons,
Of animals hibernating,
All resting in Winter,
Only to wake up in Spring,
A rebirth,
Of starting life anew.

So, in this autumn of my life,
My metamorphosis is beginning,
For I too am waiting until Spring,
To complete the transformation of my life.



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



Newsletter Committee

Ellen Carter Cooper
Eileen Creeger
Rae Gutman
Shoshana Harris
Sheila Mentz
Heidi Schloss
Miriam Sperling
Joyce Wolpert

NON-PROFIT
ORG.
US POSTAGE
PAID
PERMIT #1262
BALTIMORE, MD

CHAI is an agency of The Associated



Help *Staying Connected* be environmentally friendly.
Read us online at www.nnc.express.com. Click on "Staying Connected."



ISSUE 41 | SPRING 2022

JOIN US FOR A SPECIAL VIRTUAL EVENT

The Edward A. Myerberg Center presents:

A CONVERSATION WITH JOHN LELAND

Author of *New York Times* Best-Seller, *Happiness Is a Choice You Make*

Hosted by WJZ reporter, Ron Matz

Tuesday, May 10, 2022 | 10:00 a.m.

To register, go to myerberg.org/happiness or call 410-358-6856.

