



*WELCOME!*

By Eileen B. Creeger, NNC Member

*Roll out those lazy, hazy, crazy days of summer; Those days of soda and pretzels and beer; Roll out those lazy, hazy, crazy days of summer; Dust off the sun and moon and sing a song of cheer. (English lyrics by Charles Tobias and made popular by Nat King Cole in 1963.)*

Happy Summer 2022, Northwest Neighbors Connecting (NNC) members and readers! By the time you are reading this, the busy month of June will be behind us. Thank you to everyone who shared their “Milestone Moments” – births, marriages, graduations,

# Staying CONNECTED

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awards, etc. – with us, many of which were celebrated in June.

Numerous organizations, including NNC, tend to slow down in the summer months. Please check the NNC calendar mailed out monthly and make note of what is happening in July and August, and what will resume in September.

Our newsletter committee has been busy these past few weeks putting together the Summer 2022 “Staying Connected.” This issue covers many areas. It brings you up-to-date on the One Park Heights Initiative, and State of Maryland Del. Sandy Rosenberg has graciously contributed to this issue. We hope you enjoy reading

our three health-related articles for older adults, including information on the Maryland Association for Parkinson Support (MAPS), which offers two free classes at the Edward A. Myerberg Center, and the Johns Hopkins Human Aging Project (HAP). In addition, check out “Your Eyes as You Age” and an easy summer recipe in our Health & Wellness section.

As usual, we round out the issue with summaries of NNC programs and Circles, a sample of our monthly calendar, Who's Who and Wordshop.

Let's kick back, relax, enjoy a cool drink and don't forget the sunscreen! ☀️

## The Johns Hopkins Human Aging Project\*

By Eileen B. Creeger, NNC Member

I first learned of the Human Aging Project (HAP) from an article published in the May 16, 2022, “Baltimore Sun.” Further research led me to an overview of the project as shared by Gregory Tucker, Founder/Principal of The Tucker Group LLC. The comprehensive website with details about the HAP can be found at <https://hap.jhu.edu/>.

### Mission & Vision

Founded approximately one year ago by Dr. Jeremy Walston, Professor of Geriatric Medicine at Hopkins, the HAP consists of a group of experts who are trying to better understand age-related problems (brittle bones, dementia,



heart disease, etc.) and either slow or fix them.

“The Human Aging Project is guided by the principles of caring and equitable access to scientific and medical advances, through which it seeks to discover and apply innovative biological, engineering, and clinical solutions that promote *healthy, dignified and joyful aging for all*. Its principals envision a world in which all older adults are able to live long, healthy and meaningful lives, in which

age-related functional and cognitive decline are minimized and personal independence is increasingly the norm.”

### What The Project Does

Research scientists and clinicians in the project “are working to increase the length of time that older adults spend in good health without cognitive or functional decline by developing a better understanding of the biological basis of aging.”

Those involved in the HAP feel an urgency. “In almost every region of the globe, the population of

continued on p.2

# One Park Heights Initiative Update



By Shoshana Harris, NNC Member

With our unpredictable Baltimore spring weather, organizers were holding their breath for the April 24th Sunday Service Good Deeds Day event. Fortunately, Mother Nature cooperated, and gave us a sunny, 80° day. Over 60 participants painted picnic tables, placed lovely plants in flowerbeds and cleaned up the area around the 3100 block of Spalding Ave. known as the Pimlico Golden Garden. In a show of appreciation, participants were given T-shirts, pizza, donuts, snacks and beverages. A neighbor provided sound equipment and music—it was a true community effort. Much thanks to the sponsors: Baltimore Jewish Council, The Associated: Jewish Federation of Baltimore, our own CHAI, OneParkHeights, Pimlico Merchants Association and Northwest Faith Partners. Funding for the program was generously provided by the Samuel I. Rosenberg Fund.

The next big undertaking was coordinated by members of the Northwest Community Leadership Academy. From February-March of this year, a group of 18 community activists selected by CHAI met in four online training sessions to learn a variety of community organizing skills. At the end of

the training period, participants were asked to form two groups and develop a community project to be implemented in the spring of 2022. Larry Schugam, CHAI's

Senior Director of Community Development, and Sherrell Savage, Northwest Communities and School Director at CHAI, guided the groups through the process of planning and implementing their ideas.

One of the groups partnered with the Mayor's Spring Clean-Up and Park Heights Renaissance on April 30th, focusing on Park Heights Avenue between Belvedere and all the way down to Cold Spring Lane. The other group organized a mural-painting of benches as well as a cleanup in the area of Park Heights and Northern Parkway. Both projects were well-attended, had lots of volunteers and demonstrated that One Park Heights is a doable and thriving goal.



Groundbreaking of Woodland Gardens II in May was another exciting event. The beautiful four-story building will provide 75 units of affordable housing to seniors. Residents will also enjoy access to common areas, including a multipurpose room, computer room, library, media room, medical suite, lounge areas, game room and an arts and crafts room. CHAI is proud to partner with Park Heights Renaissance to provide safe, affordable housing for older adults in northwest Baltimore City.

Next on the horizon: *A Taste of Northwest*. This event is now scheduled to take place on Sunday, August 14th from 3-7pm. Look for a flyer with details coming soon to your in-box and snail mail. 📧

**Aging Project** continued from p. 1

older adults is increasing at an almost exponential rate. Over the next 30 years, the number of people over age 60 will increase by approximately 70% in more developed regions, and by 400%—from 374 million to 1.6 billion—in less developed regions. A variety of factors are driving the reality of longer, healthier lives including better public health measures,

healthier lifestyles, the widespread use of vaccines, cleaner drinking water and increased access to advances in medical technology.”

“This collaborative, transdisciplinary initiative, established in 2021, harnesses core strengths and unique capabilities in geriatric medicine, clinical care, engineering and basic biology in order to devise and deliver innovative solutions that enable all people to live long,

healthy and active lives. The staff consists of committed scholars from across the University to share expertise, conduct research, and translate findings into innovations that slow the development of age-related disease, cognitive decline, disability and loss of independence.”

“A key focus of the HAP will be to facilitate access of its discoveries to all. It is partnering with the Johns



Hopkins faculty, staff, the center for Aging and Health, the Division of Geriatric Medicine and Gerontology, the Department of Medicine and the Schools of Medicine, Nursing, Business, Public Health and Engineering.”

### The Researchers

Dr. Walston’s work is supported by HAP Scholars selected through an application process. To date, these scholars have been awarded millions of dollars in philanthropic grants. They are experts in medicine, engineering and biology, and envision turning basic science into workable therapies.

One Scholar, Peter Abadir, M.D., a Hopkins Professor of Medicine, is working with engineering students to develop a sleep testing device that promotes better sleep and memory retention. The device uses sensors to stimulate parts of the brain where experiences are turned

into memories during deep sleep. The goal is for people to be better rested and sharper.

Another Scholar, Dr. Reyhan Westbrook, is focusing on the role of inflammation in aging and how to control it when there is too much. Dr. Alex Pantelyat, uses rhythm and music as medicine, sometimes playing the violin for his patients! Studies have shown the benefits of music in promoting well-being and healing. He is looking for new ways to use these benefits, particularly to improve walking and prevent falls.

All of the Scholars have extensive affiliations, credentials and accomplishments. Their names and areas of expertise are located on the HAP website.

### Aging Well

In order to help accomplish its mission, the HAP shares and promotes Johns Hopkins Medi-

cine’s *Aging Well Initiative*. *Aging Well* includes information on many age-related topics, including: Age-Defying Energy Levels; Alzheimer’s Disease: What You Need to Know as You Age; Fall Prevention: Balance and Strength Exercises for Older Adults; Stress Management: Important at Any Age. For more information on *Aging Well*, go to (<https://www.hopkinsmedicine.org/health/wellness-and-prevention/aging-well>).

To learn more about the Human Aging Project and to consider being a volunteer for some of its research, please call 410-550-2113.

Thank you to Ann Wiker, Administrative Manager, Human Aging Project and AITC, Johns Hopkins University School of Medicine, for her input on this article.

(\*Sentences and paragraphs in quotes were “cut and pasted” from the HAP Overview PDF file.) 🗨️

## Northwest Neighbors Connecting and the 2022 General Assembly Session

By Delegate Samuel I. “Sandy” Rosenberg

Every bill that gets introduced in the Maryland General Assembly is important. It’s important to the legislator who sponsors the bill and also to the constituents. Only a limited number of the important bills get written about in newspapers, online or featured on television. I’m glad to provide you with a summary of the bills specifically affecting seniors enacted into law this year.

The bill enacting the operating budget for the State of Maryland is a crucial policy document of the State. As you know from your own family or business, where you spend your money demonstrates your priorities. The Maryland Department of Aging funds a variety of services for senior citizens in two broad categories:

long-term care and community services. Long-term care includes the following programs: vulnerable elderly, senior care, senior guardianship and the ombudsman program. Community services include the senior information and assistance program, the senior nutrition program, and the community for life program.

Northwest Neighbors Connecting values volunteers. The Maryland Civilian Climate Corps will conserve and restore State and local parks and engage in other climate or environmental projects. This concept may sound familiar to you. It’s modeled on the Civilian Conservation Corps of FDR’s New Deal. Senate President Bill Ferguson and I sponsored this legislation. I hope this



gives you an insight into the work of this year’s General Assembly. If you have questions about any issues discussed or other concerns, contact me at [delsandy@aol.com](mailto:delsandy@aol.com) or 410-664-2646. 🗨️

# AGENCY FRIENDS

## Maryland Association for Parkinson Support, Inc. (MAPS)

By Eileen B. Creeger, NNC Member

The Maryland Association for Parkinson Support, Inc. (MAPS) is a growing grassroots non-profit organization that provides programs and services to encourage healthy lifestyles for all those affected by Parkinson's Disease (PD). Located in nearby Brooklandville, Maryland, its goals are to: promote self-management of PD; raise funds for area-wide community programming; encourage healthy lifestyles; develop a support network; and provide one-stop shopping for services, support, information and education.

The organization has been the dream of many individuals for many years and finally became a reality with official 501(c)(3) status in July of 2014. MAPS was developed by a diverse board of individuals, all of whom had the same

vision. Its board includes individuals with PD, PD caregivers, health professionals and other community members. Former Myerberg Center Director Niki Barr is on the board.

The easy-to-use website contains very helpful information, particularly on support, care partners and specialty groups in Baltimore City, Baltimore County and Howard County. In addition, one can find information on programs, national resources and local events.

Studies have shown that exercise is vital in helping stem the effects of PD. Two of its sponsored programs are offered at the Myerberg:

- Rock Steady Boxing, Mon. & Wed., from 1:15-2:15 p.m. (on Zoom)



MARYLAND  
ASSOCIATION FOR  
PARKINSON  
SUPPORT, INC.

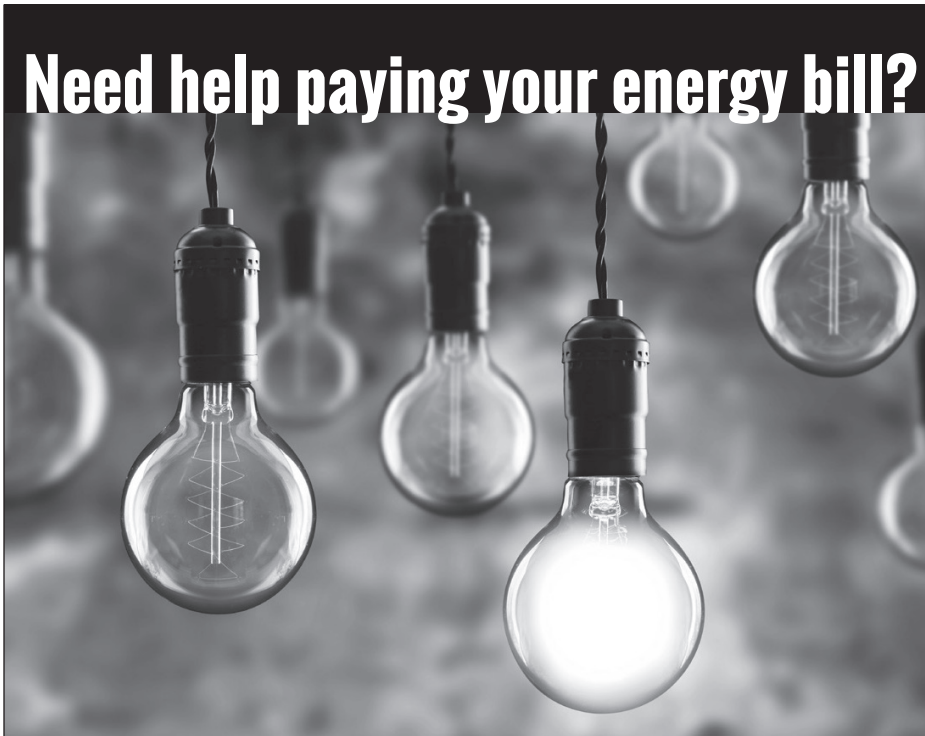
*Find your way with us*

- Art Therapy Activity, last Wed. of the month, 10-11 a.m. (at Myerberg)

These programs are free for those diagnosed with PD. Contact: Jess Monaghan at [Jessica@myerberg.org](mailto:Jessica@myerberg.org) for more information.

My father-in-law was a PD patient, and I wish this organization and its resources had been available for him and our family. For more information about MAPS, contact [info@marylandparkinsonsupport.org](mailto:info@marylandparkinsonsupport.org), or 443-470-0279. The address is Maryland Association for Parkinson Support, Inc., PO Box 450, Brooklandville, MD 21022. Check out the website at <https://www.marylandparkinsonsupport.org/about>. 🗨️

## Need help paying your energy bill?



If you are 67+ with a monthly income of less than \$2147 you may be eligible for energy assistance through OHEP. Let CHAI's Senior Benefits Counselor guide you through the application process.

**Call 410-500-LIFE to learn more.**



# HEALTH & WELLNESS

## COOKING WITH ILYSA

By Ilysa Cohen, Health & Wellness Coordinator & NNC Member

Here's an easy, healthy quinoa\* salad recipe that can be made ahead.

- Sauté pre-chopped stir-fry vegetables (onion, red pepper, mushrooms).\*\*
- Combine with pine nuts or pecans and cooked quinoa.
- Toss with Italian salad dressing.
- Eat fresh, warm or cold. Keeps well refrigerated.

\*Unless stated on the package, quinoa should be rinsed before cooking.

\*\*Steam or sauté vegetables in olive oil instead of boiling, which drains the nutrients.



## YOUR EYES AS YOU AGE

By Eileen B. Creeger, NNC Member

Sirikishan Shetty, MD is an Assistant Professor of Ophthalmology and practices at New York's Presbyterian Queens Eye Center. He recently spoke about common age-related eye disorders in older adults: cataracts, glaucoma and age-related macular degeneration.

**Cataracts:** Cataracts are defined as cloudiness of the lens, which is found inside the eye. One in six Americans (20.5 million) have a cataract. Fortunately, cataracts are the leading cause of *preventable blindness*. While being diagnosed with one is almost never an emergency, cataracts can progress over time and should be monitored. Cataract symptoms include (1) blurry vision, (2) glare and light sensitivity, (3) double vision and (4) change in vision prescription. The three types of cataracts are nuclear, cortical and posterior subcapsular.

Surgery, the main cataract treatment, is only necessary if the cataract is causing a problem with one's vision. The cloudy lens is removed and replaced with an artificial one.

The procedure is usually performed in a surgi-center, requires no general anesthesia and takes approximately 10-30 minutes. Post-operative treatment includes eye drops.

The replacement lens is artificial, usually made of acrylic. Before surgery the eye is measured for the proper lens size. One's vision is often corrected following lens replacement, and the new lens usually lasts a lifetime. Of course, patients should check with their insurance to make sure they have coverage for the surgery.

**Glaucoma:** Pressure inside the eye that damages the optic nerve is defined as glaucoma. The vision loss is permanent so early detection with treatment is vital. Risk factors for glaucoma include (1) old age, (2) race—African-American, Asian, Latino or Intuit, (3) family history, (4) poorly controlled diabetes and (5) eye injury or serious inflammation.

The symptoms are often difficult to realize in early stages and include reduced peripheral vision as well

as blurry vision. Patients often need multiple tests to determine early glaucoma, including a dilated eye exam, an eye pressure check, peripheral visual field testing and scans of the optic nerve.

Treatments includes lowering eye pressure using drops and/or surgery, but one's vision will not improve. *The goal of treatment is to prevent worsening of vision.*

### Age-Related Macular Degeneration (AMD):

AMD involves damage to the central part of the retina (inner nerve inside the eye). AMD is the leading cause of severe vision acuity loss in Americans over 50. The two types of AMD are

- Dry: death of retinal cells (damage and scarring)
- Wet: abnormal blood vessels that bleed and leak fluid

Fifteen million Americans have dry AMD and 1.7 million have wet AMD. Risk factors for the disease

continued on p.14



# Neighbors in the Know

## Driving While Aging

By Rosalind Griffin, NNC Member

Driving has been described as a right, privilege or a necessity. I embrace all of these views. Being able to drive as I age has the potential to reduce my isolation by permitting me to remain connected with my family, friends and treasured activities. Similar to health care in the United States, public transportation is not always regarded as a right. Hence, most suitable public transportation for aged persons who wish to remain independent is tied to low income or disability.

If an individual can afford to pay for transportation, personal safety may be of concern. I wonder whether an independent contractor has been properly screened. Whether that operator will use my personal information to research me on the internet to victimize me weighs on my mind. These are factors of which I have limited control if I venture into the marketplace.

I continue to drive because I believe I am mentally and physically competent to drive. A remark made by a neighborhood visitor before I retired prompted reflections on some changes I have made in my driving lifestyle. The visitor commented she missed my pretty red Volvo. I could visualize my ruby red Volvo I bought with the salary that earned the Volvo. That car had heated leather seats and heated side view mirrors. My auto insurance company labeled it a luxury car, hiking the premium for my indulgence. As I approached retirement, vanity was trumped by costs of owning the Volvo. For example, the car used premium gasoline at \$2.99 per gallon, and regular maintenance was about

\$300 twice a year excluding oil changes. I relinquished the Volvo, donating it to the Kidney Foundation. The foundation gained a contribution and I got a modest tax deduction. The Volvo was replaced by a more fuel efficient Honda Accord I have owned for the last 14 years.

Besides becoming a more financially accountable aging driver, my driving adaptations, habits and observations have been altered along with new physical developments. Previously, I skimmed catalogs selling specialized eyeglasses to accommodate for sunlight glare and bright head lights while displaying little empathy for purchasers until blinded by both. I recall commenting indignantly when learning an elderly driver accidentally turned into oncoming traffic after being blinded by headlights. Now, I realize I could be that driver. I am the owner of a pair of those then disparaged glasses. Not only do I own the eyeglasses, I take routes shaded by trees to avoid the sunlight. Occasionally, I use my hand to shade my eyes to evade a catastrophe.

A few other new routines have enlarged my driving repertoire. First, I generally use streets where the intersections are controlled by traffic lights. I may take a longer route to avoid stop and yield signs, fearing other drivers will ignore the right of way. Secondly, I seldom travel expressways and beltways to reduce mergers, exits and enraged drivers. I drive in the right lane as much as possible. Thirdly, I have made parking modifications, trying to eliminate parking next to large trucks



and SUV's and resist backing into parking spaces. These situations may result in being unable to enter or exit my car or damaging another vehicle. Lastly, I no longer chance driving during snowy or icy conditions. Anything I want or need can be deferred for another day.

Skill building and enhancement are critical to being able to drive while aging. AARP offers its members an online survey that allows participants to diagnose their deficiencies, to improve driving weaknesses and to orient them to the technology in new cars. The bonus for me is that my auto insurance company discounts my premium for the course completion.

A missing element in my continuing development has been the AAA Car Fit program that evaluates adequacy of seat height and steering wheel adjustment and corrects the problems. We tend to shrink in height as we age, which may influence our ability to engage the brake and gas pedals. I long for the Car Fit to return since its closure after COVID.

I want to drive as long as I am able to drive safely without endangering myself or others. I think I am taking precautions to cope with any alterations in my physical or mental capacities to achieve my goal. Driving has enabled me to get all of my COVID vaccinations including boosters and to resume attending Center Stage, the BSO and Hippodrome performances

such as *Ain't to Proud to Beg*. The major benefit is I can chauffeur my sister and me to get haircuts. In short, I believe I have a car I can afford and skills to drive while aging.

If you are an aging driver, consider the benefits and disadvantages while you drive. Are you modifying your practices? Would you grieve if you stopped driving now? Do you know resources to help you drive for basic needs?

I am aware I may have to stop driving sometime in the future. I am hoping there is an accessible replacement that permits me to thrive without driving while aging.

## Survey Shows 1 in 5 Medicare Patients Use Medical Marijuana

*HealthDay News,*  
<https://consumer.healthday.com/medical-marijuana-2657144167.html>; April 14, 2022. (Reprint of an article printed 4/14/22. What do you think? CHAI does not endorse the use of any substances not recommended by one's physician. Please consult your personal physician before taking any medication. More information about marijuana can be found at the U.S. National Institute on Drug Abuse. <https://nida.nih.gov/>).

One in five Medicare recipients use medical marijuana and two-thirds

say it should be covered by Medicare, a new survey reveals.

Medical marijuana is legal in 37 states, four territories and the District of Columbia, but it isn't covered by Medicare, the federal health insurance program for older Americans. Possession of marijuana remains illegal under federal law.

The poll of 1,250 Medicare recipients was conducted in April and found that one in five use medical marijuana and 23% have used it in the past. In all, 21% said they use it to treat one or more medical conditions.

Current use for health reasons was highest among respondents who also used marijuana recreationally (39%).

Respondents use it to treat a variety of physical and mental health conditions, including 32% for anxiety and 31% for chronic pain. Roughly one-quarter said they use it to treat depression, glaucoma, and symptoms associated with HIV/AIDS, including nausea, appetite loss and pain.

Among respondents, support was strong for Medicare coverage of medical marijuana.

Two-thirds said they "strongly agree" or "agree" that medical marijuana should be covered.

Thirty-four percent said they "disagree" or "strongly disagree." Nearly 6 in 10 supporters of Medicare coverage said they do so because medical marijuana can be effective when other treatments fail.

Surprisingly, support for Medicare coverage was lower among current medical marijuana users (56%), compared with 63% of previous users and 71% of those who said they've never used it.

Why the reluctance among current users? Nearly four in 10 (38%) said they fear Medicare coverage would increase the drug price. Pollsters found that current users' out-of-pocket costs were wide-ranging. Half reported spending up to \$200 per month.

The online poll was commissioned by MedicarePlans.com, a group that examines Medicare issues. 🗣️

*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.

**A fantastic benefit of NNC membership is access to our volunteer transportation program. If you would like to become a volunteer driver, or if you are in need of a ride, call 410-500-5334.**





## 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.

## 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.

## Mount Washington:

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

## SPECIAL DAYS

July 4 – Independence Day  
 July 17 – National Ice Cream Day  
 August 7 – National Sister's Day,  
 Tisha B'Av Fast Day  
 September 5 – Labor Day  
 September 11 – Grandparents' Day  
 September 17 – Selichot  
 September 22 – First Day of Autumn  
 September 25 – Rosh Hashanah Begins  
 at Sundown  
 September 26-27 – Rosh Hashanah  
 September 28 – Fast of Gedaliah

## EDWARD A. MYERBERG CENTER



Cardio Drumming

## The Myerberg is Open for Onsite and Virtual Programming!

Did you know that NNC members get half off the annual membership to the Edward A. Myerberg Center? For under \$3 per month, members receive discounted pricing on Virtual Center subscriptions, one-on-one tech support sessions, onsite programs, including Bridge Club and Fitness Center and access to the following FREE programs:

- Movies at the Myerberg
- Myerberg Movie Reviews
- Current Events
- Walking Club
- Cardio Drumming with Ilysa
- Get in the Groove with Ilysa
- Travel & Museum Tours and more

Call us today at 410-358-6856 to schedule a tour of the Center or inquire about virtual programming.

## 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

### Cross Country Cheswolde:

President: Alan Goldfeder,  
 Meets 7:30 p.m., 1st Wed. of month  
 Email: cccbalt1@gmail.com

**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



**"And so I come all the way to Paris to tack some canvas on the wall & step back and swear."**

In May 1955, Mitchell left New York for Paris. She was fleeing a bad romance with another painter, Mike Goldberg, and the increasing pressures of money and fashion in the rapidly growing New York art scene. Mitchell believed that a new start in Paris, away from prying eyes and expectations, would allow her to paint with "honesty and the ability to fail."

For the next four years, she traveled back and forth between the cities, trailing postcards, plane tickets, and paintings behind her. In Paris, where Mitchell had no gallery, she found the freedom of anonymity. She made new friends, meeting writers and artists (and falling in love with another painter, Jean Paul Riopelle) as she moved between temporary studios across the city. In New York City, her reputation soared, as Mitchell produced ever more confident and original work, perhaps freed by the distance from her former world.

**Baltimore Museum of Art NNC Trip**

Mitchell in her studio in Paris, 1955. Photo: The LIFE Picture Collection / Shutterstock



Past NNC Art Class





For more information,  
call: 410-500-5334

Please Note Special Sunday Class: Getting to Know You! -  
Email Eileen at ejrosenbaum@gmail.com for details

## June 2022—ZOOM Edition

# June 2022

|   | Tue   | Wed   | Thu   | Fri |
|---|---|---|---|-----|
|   |   | 1<br>Walking with Ilysa!<br>Leaves Myerberg @ 2pm   | 2 Cardio Drumming with Ilysa @ Myerberg<br>2-2:45pm                                   | 3   |
|   | 7 Art Class—10am at CHAI—Making Paper Flowers<br><br>LEADERSHIP SERIES 2pm on Zoom<br>Get in the Groove With Ilysa! 11—11:45am on Zoom<br><br>Moving and Balancing Your Whole Self! 2:00pm @ Myerberg | 8 Get in the Groove With Ilysa!<br>11:00—11:45am on Zoom<br><br>Walking with Ilysa!<br>Leaves Myerberg @ 2pm  | 9 Cardio Drumming with Ilysa @ Myerberg<br>2-2:45pm                                   | 10  |
| 13 Diversity Dialogue<br>4-6:00pm on Zoom | 14 Get in the Groove With Ilysa!<br>11:00—11:45am on Zoom<br><br>Village Gathering—2:00pm at Myerberg<br><br>Moving and Balancing Your Whole Self! 2:00pm @ Myerberg                                  | 15 Get in the Groove With Ilysa!<br>11:00—11:45am on Zoom!<br><br>Walking with Ilysa!<br>Leaves Myerberg @ 2pm  | 16 Cardio Drumming with Ilysa @ Myerberg<br>2-2:45pm<br><br>Encounters @ 11am on Zoom | 17  |
| 20  | 21 Get in the Groove With Ilysa!<br>11:00—11:45am on Zoom<br>Moving and Balancing Your Whole Self! 2pm @ Myerberg<br><br>Needlers 2:30 on Zoom<br>Cooking Class on Zoom at 1:00pm                     | 22 Get in the Groove With Ilysa!<br>11:00—11:45am on Zoom<br>Walking with Ilysa!<br>Leaves Myerberg @ 2pm<br>Terry's Book Club<br>@ Terry's home (please wear a mask) | 23 Cardio Drumming with Ilysa @ Myerberg<br>2-2:45pm                                  | 24  |
| 27  | 28 Get in the Groove With Ilysa! 11:00—11:45am on Zoom<br><br>Moving and Balancing Your Whole Self! 2:00pm @ Myerberg<br><br>Return of Curiosity Circle! 11am at Weinberg Woods!!!                    | 29 Walking with Ilysa!<br>Leaves Myerberg @ 2pm   | 30  |     |



# What's Happening with NNC

## Village Gatherings

*By Annie Shimanovich, Aging in Community, Program Director*

Due to renovations at the Myerberg Center, April's Village Gathering (VG) was held on Zoom. Our guest speakers were Hieu Truong, Baltimore City Organizer, and Inbal Neun, Myerberg Center Director.

Hieu Truong is the Baltimore Organizer for the Community Development Network of Maryland, a member association made up of community development groups, housing counseling agencies and legal aid groups. It advocates for policy changes on behalf of its members. Hieu specializes in the area of advocacy training for older adults. Every year, the organization hosts a day in Annapolis for its members to meet with the State Delegates and Senators of their communities during the Maryland General Assembly Session.

Our second speaker was Inbal (Innie) Neun, the Myerberg's new Director. Innies has more than eight years of experience as a Senior Center Director at locations in Anne Arundel and Baltimore Counties. She also ran a consulting business providing participant-centered senior activity and training programs in the Baltimore and Annapolis area. She earned a Master of Science in Gerontology-Management of Aging Services and is very passionate about improving programs and services for older adults.

May's guest speaker, Whitney Frazier, is an interdisciplinary artist and educator known for her outdoor mural projects/painted doors on Park Heights Ave. Over the past five years Frazier has worked in partnership with the Neighborhood Design Center and other commu-

nity organizations to raise funds for several outdoor mural projects and play spaces. Recent projects include a series of murals on the T. Rowe Price campus that represented their core values—interconnectivity, integrity and ethics; and a collaborative project at Darley Park (East Baltimore) involving local residents in a series of design workshops for place-making in more than 20 abandoned lots in the area. Additionally, we had words of welcome, exercise and a roundup from all of our group leaders.

In June we celebrated our Birthday Bash with good food and each other. Esther Weiner, past NNC board president, spoke about NNC's origins, and the pleasure that we all take in seeing our village grow and be a meaningful and strong presence to those in our community. Kari Gorkos, CHAI'S Vice President of Community Programs, thanked our many NNC volunteers and presented certificates of appreciation and gifts. We also heard from the Myerberg's Director, Innies Nuen, about the center's programming. NNC members received entry cards to the Myerberg.

Village Gatherings will resume in September, at 2 p.m., on the second Tuesday of the month.

## Diversity Dialogue

*By Susan Russell, NNC Member & Facilitator*

When Joyce Wolpert facilitated the March Diversity Dialogue, she noted that 2022 marks 10 years that we have been meeting. By my estimate, four of us have been participating since 2012, and at least seven have been coming for five or more years!

I was an original member of "The Village" (the original name of the organization, sponsored by CHAI,

that became NNC). I recall a small group meeting early that first year in which several African American members courageously shared that they did not feel accepted by some Jewish members. Soon after, Joyce, also one of The Village "originals," volunteered to develop and facilitate a monthly two-hour dialogue agenda for a self-selected group of about 18 Village members. The purpose of the dialogue, she said, was to get to know each other "below the surface" of cordial conversation. She hoped the group composition would be half African American and half Jewish. The group that emerged reflected the features Joyce envisioned. A few months into the meetings, Joyce invited Reverend Arnold Howard to co-facilitate.

"The rest is history," as they say. However, about a year into Diversity Dialogue meetings, Joyce was offered a part-time salaried position in what, by then, was called Northwest Neighbors Connecting. Her new responsibilities took her away from the Diversity Dialogue, and we changed our format. Members suggested topics for discussion and began taking turns leading discussions on the chosen topics, with support from Reverend Howard. I took on administrative functions.

After a 6-month hiatus when the pandemic began, we resumed meeting via Zoom and jointly drafted a Mission Statement, as follows: "The Diversity Dialogue is a forum where NNC members have a safe confidential space to express feelings and opinions on matters derived from members' personal stories, studies of history, and current events. The goal is to become trusting enough to be honest but not hurtful, risk-taking but not divisive, and to apply this learning process



towards greater enrichment of one another, ourselves, and the NNC community.”

As guest facilitator in March 2022, Joyce gave a presentation about what being Jewish means to her. She emphasized how increasing anti-Semitic acts in Baltimore, the U.S. and around the world make her feel vulnerable. According to FBI statistics, the percentage of hate crimes against Jews in this country is about the same as the percentage of hate crimes against Blacks. Our group then reflected on Joyce’s comments and on two articles we read in preparation for the meeting.

The holidays of Passover, Easter and Ramadan all occurred in April 2022. Pause, personal reflection and communal celebration are features of all three holidays. For the April Diversity Dialogue, Reverend Howard led a discussion about our “take-aways” from the preparations and experiences of these observances.

In May, Rosalind Griffin followed up on a presentation she had given previously on *The 1619 Project*, a long-term journalism endeavor that “aims to reframe the country’s history by placing the consequences of slavery and the contributions of Black Americans at the very center of the United States’ national narrative.” (Wikipedia). Rosalind led the May discussion on how members’ knowledge about slavery developed over time. Even African American members were not always taught about the horrors of slavery and its ramifications in their families or in school. We also discussed how members’ knowledge about The Holocaust developed. Most Jewish members learned the realities of The Holocaust early in life, perhaps because it occurred only a decade before they were born.

The above descriptions of Diversity Dialogue topics in Spring 2022 demonstrate how our two

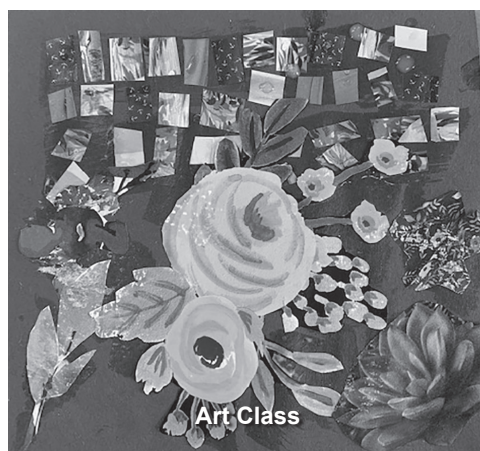
prevalent NNC populations have commonalities we can identify with. We are by no means a “closed” group and invite any NNC member to try us out.

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## Art Class

*By Heidi Schloss & Miriam Rittberg, NNC Members and Art Teachers*

In April, the Art Class convened as a hybrid class, seven in person, three online. It was a pleasure to be together, learn from each other and share our stories. The class began with an easy, fun activity decorating rocks with paint but



no brushes. We then moved on to a lesson on drawing three dimensional structures, enhancing their realism with various shading techniques. Check it out on NNC’s Facebook page.

In the May art class, participants immersed themselves in paper mosaics and collage using magazines. The class was shown a number of examples and encouraged to use various samples of images such as flowers, butterflies, hamsas, etc. as a jumping off point. Participants were excited to see how their work evolved with new layers of colors and patterns. As always, we enjoyed being together.

For our June class, seven industrious ladies gathered around with coffee filters, wire and glue to assemble paper flowers. “Pinch and wrap” enabled everyone to create

a variety of flowers to take home. New faces graced our gathering for the last art class of the year.

We will see you in September, the 1st Tuesday of the month, at 10 a.m. at CHAI or on Zoom.

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## NNC Trips

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

Our intrepid wanderers set out on another journey this May. We were in search of art! Upon arriving at the Baltimore Museum of Art, we stowed our lunches and personal belongings in the lockers and went as a group to see the special exhibition by abstract artist Joan Mitchell. The late Ms. Mitchell’s works are massive and rich in color. Displayed in chronological order, along with some biographical info, the viewer had the opportunity to see how her style grew.

After the exhibit, since the weather was fine, we headed to the sculpture garden to eat our lunches. Some of us lingered, some toured the garden itself and some headed inside to spend the time viewing other parts of the museum. I went with Eileen and Jerry Rosenbaum



to an exhibit titled Guarding the Art. On the way we got to see the ancient mosaics, a brilliant light sculpture, an Art Deco room and the Tiffany Room. Finally in Guarding the Art, we had the

opportunity to view a variety of work curated by guards at the museum! What a terrific idea! After all, they see so much daily! Each guard selected one or two pieces and made a statement about what it meant to them! I've known one of the guards for a number of years; she is the mother of a former student, and I was curious as to what she would choose.

It was time to head back to the shuttle, leaving behind many more opportunities to see more art.

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## Leadership Series

*By Annie Shimanovich*

NNC launched our very impactful Leadership Series on January 4, and we have had a roster of very dynamic and influential speakers. An important element of this series is that while each session connects to the next, each also stands alone. You do not need to have attended any of our previous sessions to attend the next one.

Our leadoff speaker was our current board president, Rev. Arnold Howard, who discussed the meaning and importance of leadership, with a focus on the necessity of incorporating dignity and compassion in our leadership. Next up we heard from founding NNC board president Esther Weiner, who led a roundtable discussion, eliciting participants' feelings about leadership.

Our third class was led by NNC member and certified dance instructor Joyce Wolpert, on the topic of The Yoga of Leadership, i.e., the importance of centering ourselves and understanding the "why" of our leadership, so we can better be of service to others. Next up was Larry Schugam, Senior Director of CHAI's Community Development team, who talked about leadership and authentic community engagement.

Our fifth and final speaker was Jewish Community Services Senior Manager of Successful Aging, Beth Hecht. She discussed different styles of communication.



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## Circle Roundup:

*By Shoshana Harris, NNC Member*

**Encounters:** Sharie Blum and Shoshana Harris

With so much going on in our community, and with the imminent arrival of Spring, our March meeting focused on several upcoming events and the organizations involved in making them happen.

We closed shop in the month of April to focus on preparation, observance and enjoyment of Passover and Easter.

In May, we celebrated our own version of Mother's Day by hearing about Anna Jarvis, the founder of Mother's Day in the United States; humanitarian Mother Teresa; civil rights leader Queen Mother Moore; and the artist James Abbott McNeill Whistler, painter of *Whistler's Mother*.

**Explorers:** Jerry & Eileen Rosenbaum

My husband Jerry and myself facilitate the NNC's Explorers Circle. We last met in March to watch videos about Mt. Fuji and Acadia National Park. We also have combined with the Trips Committee to do in-person trips. We will continue to show videos of far-off places on an alternating schedule.

**Needlers** Eileen Rosenbaum

We have a small but enthusiastic group who join together on Zoom (or in-person) monthly to work on

our knitting and crocheting projects. We share information on places to buy yarn and new techniques. Contact Eileen Rosenbaum (ejrosenbaum@gmail.com) if you are interested in joining.

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**Getting To Know You:** *By Eileen Rosenbaum, NNC Member*

Pauline Watson and myself met in March. Our discussion centered around Women's History month and the current cycle of holidays (Purim). We are looking to revitalize the group – looking for more individuals who are interested in sharing our lives with each other.

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## What's New in Health & Wellness Classes!

*By Ilysa Cohen, NNC Member & Health & Wellness Coordinator*

**Cookin' With Care, 3rd Tues. of the month, 1-2 p.m., at CHAI.**

*(We will be off July and August but hope to be back at CHAI come September!)* Healthy cooking for seniors plays a significant role in promoting a healthy senior lifestyle. Nutrition is one of the most controllable factors in anyone's health care. As we age, we can continue to live full active lives, but we do have to make some changes to what we eat and how it is prepared. This stage of our lives should be a time of adventure and fun. Senior living has changed drastically over the last two generations. Come join our class and up your cooking game from the comfort of your kitchen. We encourage healthy eating and interacting with each other. This is so important because they provide social support that can reduce the risk of loneliness and depression. Join in the fun, learn dietary needs and how to prepare simple yet nutritious recipes. Good health starts with good nutrition and the right diet.



# Who's Who?



## **Inbal Neun, Myerberg Center Director**

*By Anne Shimanovich, Aging  
in Community, Program  
Director, CHAI*

I had the truly  
great pleasure of  
speaking with Inbal  
"Innie" Neun, Myer-  
berg Center Director,  
on behalf of *Staying Connected*.

I had already had many pleasant,  
work-related interactions with Innie.  
However, after spending more  
time with and learning more about  
her, I have come away even more  
impressed than I had already been.

Innie was born at Kibbutz Negbah in  
southern Israel, near Ashkelon. Her  
mother had traveled from Baltimore  
via a JCC program to work on a  
Kibbutz in Israel. Innie's mom worked  
a variety of jobs including out in the  
fields. She met Innie's Moroccan born  
father, who was the drummer in the  
Kibbutz band. Along came Innie, as  
well as a younger sister, Daphna.  
Innie's parents divorced when Innie  
was three years old, and the children  
and mom moved back to Baltimore.

The family lived in Reisterstown,  
where Innie attended elementary  
school and then moved to Carroll  
County, where she went to middle  
and high school. She then attended  
Wooster College in Ohio, where  
she would major in Music Therapy  
and Music Education with a minor in  
Psychology. However, in her senior  
year of college she returned home to  
Baltimore and later graduated from  
UMBC with a degree in Psychology.

Her first job was as an activity's assis-  
tant at Milford Manor, where she solid-  
ified her love for working with older  
adults. Innie had a favorite resident,  
Maria, a Holocaust survivor suffering  
from dementia. Maria had a tattooed  
number on her arm from a concen-  
tration camp, and she seemed to be  
reliving some of her past memories.  
She had reverted to speaking German  
and spent most of her day walking the  
halls. Often, Innie stayed after work to  
eat dinner with Maria and formed  
a relationship.

Tsipa was another amazing lady from  
Russia. She didn't speak English but  
was willing to try anything, with high  
spirits, despite not being able to use  
the left side of her body and being in  
a room with two other residents. Innie  
loved the diversity of the people at  
Milford Mill: they came from England,  
Germany, Russia and Poland,  
and they had Yiddish as a unifying  
language. Innie committed to creating  
change for older adults. She learned  
that each would have preferred to age  
at home but lacked the resources.

After leaving Milford Manor, Innie  
held many other positions. She  
worked in assisted living, continuing  
care communities, home health case  
management and was the director  
for a medical adult day center. These  
various settings gave her a wide view  
of older adults and their needs.

After Innie married and had chil-  
dren, her focus changed. She left  
her full-time job and created her own  
consulting business, which allowed  
her to be home for her children. She  
has a son with special needs and a  
daughter. Through Innie's consulting  
business, she assisted organizations  
with management needs, taught  
fitness classes and performed musical  
shows for residents in retirement  
homes. She performed all the parts  
of *Fiddler on the Roof* and then had  
in-depth discussions of the show's  
meaning. When her children were  
ready for school, she began her first  
position in an office at Anne Arundel  
Community College in the School of  
Health Professions.

She served as the instructional and  
admissions coordinator for various  
programs, but her main focus was  
the Physician's Assistant program. It  
received 700 applications a year and  
was very competitive. Innie found  
that the job required not only profi-  
cient administrative skills, but also  
counseling skills. She found herself  
working closely with prospective  
students who were not accepted into  
the program. Many had graduated  
medical school in other countries and  
couldn't practice here due to language  
barriers and licensing issues. Innie  
would advise them on how to improve  
their application so that they could be  
accepted the following year.



While working at the college, Innie  
received her Master's degree in  
Management in Aging Services, and  
her accumulated experience led her  
to apply as a senior center director in  
Annapolis. It was a dream job where  
she could steer her own ship, and  
she enjoyed working with the county  
to meet the needs of the seniors in  
her community. The Annapolis senior  
center had no annual membership,  
and over 8,000 members in its data-  
base. On a daily basis, anywhere  
from 250-450 people could be in the  
building, depending on the program.  
Special events attracted up to 700  
members!

The original building had been the  
only high school for African-American  
students in Anne Arundel County prior  
to desegregation and was refurbished  
into a senior center, low-income  
housing and a Boys & Girls Club.  
Innie tells a beautiful story about one  
of the members who had attended  
high school in the building. She was  
now suffering from early dementia and  
was a member of the senior center.  
The woman couldn't remember Innie's  
name, but the location of the building  
was in her long-term memory so she  
could get there on her own. She was  
able to continue living independently  
due to the network of friends at the  
center who provided support and  
reminders, creating their own village.  
It was a moment that helped clarify for  
Innie what a senior center could be for  
its members.

Innie's family moved, and she needed  
to get a job closer to home. She  
began work at a small senior center

continued on p.15

# BIRTHDAY

greetings to these members of our family!

## July

- 3 Harvey Lempert
- 5 Yvonne Archer
- Ruthie Levie
- 10 Elaine Schwartz
- 11 Gale Bliden-Lev
- 13 Bonnie Cohen
- 14 Dolores Purzitsky
- Rena Rotenberg
- 16 Margot Brilliant
- 22 Beah Zander
- 24 Rae Guttman
- 29 Joan Babiker

## August

- 3 Joan Venick
- 11 Marcia Eisenstein
- Clarice Day
- 12 Esther Liebes
- 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
- Jeannette Goldstein
- 28 Judith Stockell

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.

**NNC Happenings** continued from p.12

## Get Into The Groove, Tues., & Wed., 11-11:45 a.m. on Zoom

Are you ready to have some fun and get healthy? Our class aims for older adults to maintain physical, mental and optimal health. We challenge our abilities, knowing that every person has his/her own personal set of physical capacities. Exercise with us and you will get a well-rounded fitness program addressing: balance, mobility, strength and endurance. Join us, be social and get fit in a fun exercise chair workout. This class is also great for those individuals with limited mobility, chronic pain or other underlying issues that affect their abilities to exercise.

## Not Fast, Just Furious!, Wed., 2-3 p.m., at the Myerberg Center:

Ready to get walking? This spring we started a walking group! Walking clubs are a great way for older adults to stay active, especially those reluctant to walk alone. Our club keeps you motivated, improves your accountability and helps you meet new people with similar goals. We are not out for a rigorous walk, but a low-intensity stroll, which is just as effective. If you think it is too late for you to reap the benefits of walking, do not! Walking is a powerful link to longevity and cuts your risk of suffering a disabling injury or illness. So, meet us at the Myerberg as we walk to stay active! 🗨️

**Your Eyes** continued from p.5

include (1) age, (2) gender, females more than males, (3) Caucasian, (4) family history, (5) smoking, (6) obesity and (7) cardiovascular disease. Symptoms include blurry vision, blurring in the central part of vision and distortion of vision.

Unfortunately, patients with dry AMD do not have many treatment options. Dr. Shetty said that over-the-counter vitamin therapy can be helpful (Ocuvite, Preservision, I-Caps\* – **always check with your doctor before using drops.**)

Treatment for wet AMD involves injections into the eyes; these injections are effective but short-term. They are usually repeated every 1-3 months and maybe years.

Of course, Dr. Shetty emphasized that anyone with vision problems should see an ophthalmologist. Patients being followed for cataracts should be seen annually while those with AMD and glaucoma should be seen more frequently. Any changes in vision and/or flashing lights are cause for concern and should be checked out.

(\*recommended vitamin drops will have the ARDES-2 approval on their boxes.)

Thank you to the Orthodox Union's SPIRIT Program (Stimulating Program Initiatives for Retirees that Inspire Thought) who sponsored Dr. Shetty's lecture. 🗨️



Walking Group





**W**orkshop 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.

## Creature Comforts

*By Lane Jennings*

All through my father's funeral  
A cricket chirped unseen.

Out on the lawn  
As friends raised parting toasts,  
A silent butterfly clung near  
Just long enough to hear,  
Then rose.

Suppose  
True ghosts assume  
No human form,  
But come  
As ordinary sounds,  
Familiar objects newly known;  
Appear,  
Not often or for long,  
But where they feel at home.

Some say  
Cursed places raise  
Eye-echoes  
Of resented pain.

Then joy,  
Tranquility, delight,  
Might  
Equally remain—  
Raise revenants  
Who charm, not terrify:  
Birds 'round a feeder,  
Crickets on the lawn,  
A single

Silent

Butterfly

## The Sock

*By Eileen B. Creeger, NNC Member*



I found it! I found it!  
After missing for one year  
The matching orange sport sock  
Which to me was very dear.

I looked high and low for it.  
It could have been anywhere.  
Inside another dresser drawer?  
Trapped in my clean underwear?

Or maybe lost in the dryer.  
Where do those darn socks go?  
Perhaps to some other world  
Trapped beneath Earth below.

But while setting the Seder table  
With Mom's linens old and dear  
Lo and behold! There it was!  
My sock—so long gone but so near!

## Me

*By Rae Guttman, NNC Member*

I am Me  
I am loving, loyal and happy  
I am wife, mother and sister  
I am lover of the Arts and truth  
Who feels anger when lied to  
Who gives love  
Who fears always for her loved ones  
Who would like to see them live in happiness  
But who can say?  
In this crazy world of today!

*Who's Who* continued from p.13

near Fullerton under the Baltimore County Department of Aging. The center had 500 members, and Innie worked for three years toward its growth and improvement. Shortly after the center closed due to COVID-19, Innie was diagnosed with breast cancer. On the bright side, due to the pandemic, she was able to go through her five months of chemotherapy while working from home, continuing to serve her membership. Together, Innie and her Board provided weekly phone calls, virtual programming, as well as drive-through programming. They shopped, packed gift bags, and distributed them to their members. She didn't want anyone to be left feeling alone. On holidays they dressed up, did themed programming and built a book cart so members could exchange books and puzzles.

Innie's purpose and passion for older adults gave her the strength to keep working through her illness. She says that she gets much more than she gives. Returning to Maria's story, Innie says that working at a senior center is her conduit to providing education and informal services while it's still early enough to make a difference. While people are still living at home, we can provide exercise, health information, financial information, social engagement and everything that a senior needs to age at home. Had Maria's daughter had the knowledge and finances, perhaps Maria could have been spared going into a nursing home. Innie feels that senior centers are ideal places for outreach.

Innie left her job at Fullerton and, luckily for us, accepted the position at Myerberg. She loves the staff and Myerberg members (whom she's met onsite and virtually), and hopes that more members will soon be coming into the building. When asked for any parting words that she would like to share, Innie says that she is grateful to be one-year cancer free. She is grateful for every day, loves to dance, and looks forward to being on the dance floor in the Myerberg's Frostberg Room in celebration. She urges us all to celebrate anything and everything we can. 🗣️

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



#### Newsletter Committee

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

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ISSUE 42 | SUMMER 2022

## Milestone Moments

**Keisha Gaines, niece of Pauline Watson**, who was inducted into the Stockdale High School Hall of Fame. A graduate of the class of 2020, Keisha was an elite three-sport athlete at Stockdale and went on to be an All-American track athlete at Stanford University.

**Annie Shimanovich**, on (1) the birth of a grandson, Binyamin (aka Benny), (2) the graduation of her grandson, Yehuda, from Talmudical Academy kindergarten, (3) the engagement of her son, Meir, to Rachel Burk and (4) her daughter Avigail Katz, who had her White Coat Ceremony and is beginning her audiology internship.

**Molly Cohen, daughter of Ilysa & Bill Cohen**, on finishing her course work from the University of Alabama. Molly will be completing an internship in New York this fall and will graduate in December 2022.

**Dorothy Komarow**, on the marriage of her grandson Chaim Kamarow in May.

**Ilysa Cohen**, on being named the Myerberg's Volunteer of the Year!

**Rae Guttman**, on the graduation of her granddaughter, Chavie Sharfman, who received her MBA from the Massachusetts Institute of Technology.

**Barbara Scott**, on the graduation of her grandson Brandon Scott from Mount Saint Joseph High School. Brandon will attend Towson University in the Fall.

**Eileen & Ken Creeger**, on the pre-school graduation of their grandsons Jack Creeger & Dean Creeger of Baltimore & Austin, TX, respectively.

