



WELCOME!

by Eileen Creeger, NNC Member

“Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns.” From “George Eliot’s Life as Related in Her Letters and Journals,” 1884.

Chances are when you read this, the days will still be hot and sticky, the hum of air-conditioners a continuous drone and flies and mosquitoes an ever-present nuisance. Yet, by the end of August, if you get up early, the slant of the sun has changed, the morning grass is wet with dew, and small spider webs are outlined like spun silver. By September, school

Staying CONNECTED

has started, summer clothes are on final clearance and the pools are closed.

Autumn can be a time to plan for what’s next – to begin a new project, join a class and for our Jewish readers, begin a new year.

This issue of *Staying Connected* will, hopefully, help you begin the Fall season through learning, thinking and planning. Meet new staff members Jessica Price of Comprehensive Housing Assistance, Inc. (CHAI) and Tiffany Nicolette of Edgewood Management. Read how Congress supports our veterans. Learn about the “ins and outs” of cataract surgery. Perhaps volunteer for the Maryland Ombudsman

Program. Plan on attending the Supportive Community Network’s (SCN) September live broadcast with renowned surgeon, Dr. Atul Gawande for a discussion on aging. And of course, update yourself with the latest happenings of Northwest Neighbors Connecting (NNC).

As always, we welcome your feedback, comments and suggestions.

Leave a message 410-662-6620, or write to Eileen Creeger, c/o Staying Connected-CHAI, 5809 Park Heights Ave., Baltimore, MD

21215, ecreeger@chaibaltimore.org.

Most of all, enjoy the beautiful, cool, crisp days of autumn! 🍂



Supportive Community Network

By Chava Ball, Village Engagement Director

The Supportive Community Network (SCN) strives to grow and support grassroots “villages” by cultivating local community leaders and establishing a network of services that enables members of each village to remain independent and reside in a supportive community for as long as possible. Northwest Neighbors Connecting (NNC) is the first SCN Village.

SCN has completed the groundwork for our new volunteer program. We have:

- Created a full-color 150-page Volunteer Manual, which includes guidelines, policies and forms, as

well as general information on aging. The manual also contains a section for “Fulfillment and Inspiration.” Colorful “senior moments” cartoons are dispersed throughout to make the manual more fun.

- Scheduled three trainings in July; 40 invitations were extended to present and potential volunteers.
- Designed and developed an animated presentation (Keynote) to train volunteers.
- Begun working on recruiting and hiring a volunteer Maryland (AmeriCorps) Volunteer Coordinator for an 11-month position.

SCN also has:

- Coordinated the AARP Foundation’s pilot program that brings technology to a group of seniors. Participants received and were trained on Amazon ECHO devices. The pilot tracks senior use of the device and will contribute to the development of software adapted to meet their needs (an AARP objective).
- Approximately 40 seniors from NNC and the Weinberg Senior Living properties are participating.

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Meet Jessica Price—Outreach and Operations Manager for CHAI's Aging in Community

By Ellen Carter Cooper, NNC Member



When you meet Jessica Price for the first time, be prepared to be drawn in by her charming smile and gracious manner. Since

April 2017, Jessica has held the position of Outreach and Operations Manager for CHAI's Aging in Community (AIC) Division. Her office is located on the second floor of CHAI.

Jessica is a native Baltimorean who grew up in the Mount Washington area. As a child, she had the unique opportunity to be nurtured at various times by five grandmothers. They all emphasized the importance of education. One grandmother, now a retired professor of neurology at Howard University, was a vocal champion of higher education.

At an early age, Jessica learned from her mother that she should share her toys and volunteer to

help people in need. Visits to her grandfather's real estate office also were exciting adventures for her. He reminded her that to make change, she had to be patient and speak up for her beliefs. These family influences propelled her to the science magnet program at Polytechnic Institute and, after graduation, to Hampton University's chemistry major program.

In her second year of studies at Hampton, Jessica decided there wasn't enough human interaction in the chemistry labs. She changed her major to psychology because it involved people and research. After Hampton awarded Jessica an undergraduate degree in psychology in 2011, she volunteered at Levindale Hebrew Geriatric Center and continued her education. In 2015, Coppin State University conferred a Master's Degree in Human Services Administration upon this talented young lady.

Jessica's role spreads throughout the AIC Division. This includes the Supportive Community Network (SCN) that provides support to

Northwest Neighbors Connecting (NNC). Her focus is to enhance the agency's program efforts to make them even more effective, and to incorporate the best practices of other agencies.

In the future, Jessica wants to earn a doctoral degree in her field and start a family. She is a newlywed of less than a year. She and her husband like to go to the movies, visit their families and participate in Zumba classes. Jessica wishes to thank the NNC Village for welcoming her into the community. Meet her at NNC's Monthly Village Gatherings (third Tuesday of the month, from 3-5 p.m., at the Myerberg Center, 3101 Fallstaff Rd.). 🗨️

"The only real failure is not to try, and the measure of success is how we deal with disappointment."

— Deborah Moggach,
The Best Exotic Marigold Hotel

"Be yourself. Everyone else is already taken." — Oscar Wilde

"All rising to a great place is by a winding stair." — Sir Francis Bacon

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

CHAI Community Event

CHAI's Supportive Community Network is proud to present a live broadcast from Boston featuring renowned surgeon, public health researcher and writer, Dr. Atul Gawande. Celebrating the 15th year founding of Beacon Hill Village in Boston (the first village), the broadcast will feature a discussion on aging, living life with purpose and transforming the possibilities to help older adults age in place. Light refreshments will be served; kosher dietary laws will be observed.

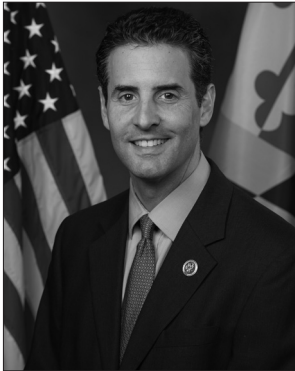
When: Mon., Sept. 25, 4:30-6:30 p.m.

Where: JCC Park Heights, 5700 Park Heights Ave.

Reservations are mandatory due to limited seating. RSVP to Chava Ball or Anne Shimanovich, NNCinfo@chaibaltimore.org, 410-500-5334. 🗨️

Fulfilling Our Commitment to America's Veterans

By Congressman John Sarbanes



With Veterans Day approaching in November, I thought it would be appropriate to make veterans issues the focus of my column for *Staying Connected*.

America's veterans have made every sacrifice to protect our country. Although we can never fully repay the debt we owe them, it is our duty as a nation to fulfill our commitments to them. Throughout my time serving as your representative in Congress, I've worked hard to ensure that veterans receive the compensation, health care, educational opportunities and employment assistance they deserve. This includes holding Veterans Benefits Workshops in our district, fighting to increase the veterans' health budget, passing a new GI Bill for the 21st Century and expanding educational benefits so that all veterans can attend college and thrive in the civilian workforce.

I've also been deeply focused on recent issues surrounding the Department of Veterans' Affairs (VA). The backlog of disability and medical claims at the VA is unacceptable. In particular, the VA Baltimore Regional Office suffers from severe delays and extreme backlogs that have kept veterans in Maryland from receiving critical

benefits they earned through their military service. At the urging of the Maryland Congressional delegation, the VA has provided additional staff in Baltimore; revamped claims processor training programs and instituted a comprehensive, mandatory training for both management and processing staff; invested heavily in technology and digital records; and renewed its focus on older claims so that veterans who have waited longest can finally receive a decision on their claims.

In Congress, I've supported several pieces of legislation to improve the quality of and access to veterans' benefits, including:

- The Veterans Access, Choice and Accountability Act: a bill that addresses the immediate and long-term needs of veterans seeking medical care nationwide. This bill allows veterans who experience extensive wait times to go outside of the VA network



for medical care. It also provides the VA with additional funding to hire more physicians and other medical staff.

- The Veterans Appeals Improvement and Modernization Act: A bill that improves the appeals process for disability benefit claims made by veterans.

- The Benefit Rating Acceleration for Veteran Entitlements (BRAVE) Act: a bill I introduced to make it easier for disabled veterans to access Social Security benefits. I worked closely with the Social Security Administration to make this new, streamlined process a reality.

- The Veterans' Compensation Cost-of-Living Adjustment Act: a bill to give a one-time COLA on December 1, 2017, for various veterans' benefits.

- The Veterans' Service Corps (Vet Corps): a bill I authored to empower Americans to serve veterans and to allow veterans to continue serving here in America. Vet Corps projects include building housing for veterans, transporting veterans to medical appointments, creating care packages for current members of the military serving overseas, volunteering in veterans' hospitals and pairing younger veterans to work with elderly or disabled veterans.

As we take time in November to honor our veterans, let's come together and reaffirm our commitment to the brave men and women who have honorably served our country and who have made tremendous sacrifices to preserve and uphold America's values. In Congress, I will continue to make veteran issues one of my top priorities and will keep fighting to ensure that we provide our veterans with the care, benefits and career opportunities they deserve. 🇺🇸

CHAI SENIOR SERVICES

CHAI's Senior Home Repair Program provides necessary repairs and accessibility modifications for eligible low-income homeowners ages 62 and older and adults with disabilities.

The Senior Benefits Program provides home safety assessments and housing-related referrals, advocacy, application completion, assistive devices and education for vulnerable seniors and individuals with disabilities. Senior Benefits Coordination provides a broad range of additional housing-related support services to clients with needs beyond basic home repair. The program aims to address these needs in order to enable clients to remain in their homes safely and independently. For more information, contact Rona Gross, 410-500-5315 or email rgross@chaibaltimore.org.

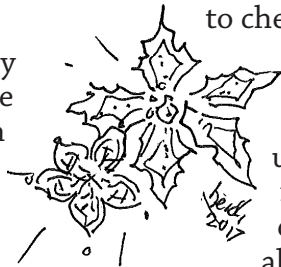
Winter Weather Household Tips

By Ed Schaffer, Senior Home Repair Technician

The sun did not shine. It was too wet to play. So we sat in the house... on that cold, cold, wet day. Dr. Seuss

Welcome to Baltimore fall and winter weather! I've experienced 59+ years of Baltimore winters and know that it is impossible to predict snow falls, icy temperatures...our weather! So, I plan for the worst. Here are my tips for the upcoming cold.

Let's start with pipes. Every outside spigot has an inside shut-off valve. Why? When the outdoor temperature gets and stays below 32°F, the sustained subfreezing temperature can cause the water in the pipe to freeze. When water freezes, it expands. Our ancestors used freezing water to fracture



boulders so imagine what it can do to a pipe. And what happens when the pipe thaws? Let's avoid the flood. My basement gets cold in the winter; when the temperature outside plummets, turn on the cold water in the laundry tub. (Tip: make sure the laundry tub drains well!) Just a trickle (slightly more than a drip) will suffice, as flowing water is more difficult to freeze.

Speaking of water, the change of seasons is an appropriate time to check seldom used toilets,

sinks, showers and tubs. Why? When those fixtures are not used, the water that normally fills the trap drain will evaporate and allow sewer gases into our homes. Pouring a gallon of water into the fixture will correct the issue.

And while still inside, don't forget

to check your smoke detectors.

Step outside with me again. Colorful leaves; falling leaves; falling leaves in your gutters? If yes, it's time to clean them out. Also check how well they are attached. A loose or insufficiently fastened gutter is more likely to fall or distort when filled with snow and ice.

Lastly, if you don't have outside railings at your steps, consider adding them.

Wishing you safe fall and winter seasons!

CHAI's Senior Home Repair has been helping seniors in our area for over 25 years with professional repairs, safety improvements and ease-of-use modifications! If you or someone you know can benefit from our program, we want to hear from you. Call 410-500-5316 or email eschaffer@chaibaltimore.org

SCN continued from p. 1

- This is the second pilot program sponsored by the AARP Foundation.

Finally, SCN is coordinating a pilot with NNC members—**Circles!**

The Circles pilot program was launched with three initial groups, resulting in new relationships being

formed, new members joining NNC and new volunteers recruited (see page 9).

The Circle groups meet monthly and provide varied opportunities for engagement. The outcomes of this project will be presented at the Village to Village Conference in Baltimore in November 2017.

I look forward to sharing more news with our readers as we grow and expand. 🍀

Health & Wellness CATARACT SURGERY: EASY, ROUGH AND IN-BETWEEN

By Joyce Wolpert, LCPC

“Wait a minute! You mean that someone who has spent years doing Downward Dog Yoga Pose, breathing deep from the belly and loving to eat soy tempeh and kale STILL needs cataract surgery?”

Alas, my time, like so many other 60-70-80-year-olds, came to pass this past spring when in the course of a month I had cataract surgery on both eyes plus a one-month recovery period.

Good news: Even though it's called “elective surgery,” Medicare will pay, and if you have supplemental insurance, then you're cost free.

Ambivalent news: It's hard to know just how *your* surgery will go. My 62-year-old cousin said it was “a piece of cake.” He described his operation and its aftermath “pain free.”

Then, there's our NNC member Sid Rankin, 85, who last year experienced a “horrendous several months” when he endured three separate operations on just his right eye. He said, “My whole life I've been an engineer and after retirement a handyman. I fix things. As long as this was going to be fixed, I was ok.” Yet, the duration of discomfort, recuperation not going as described, and the great discomfort physically and in limitations to his lifestyle made this a most unpredicted and unpleasant time. If interested in more details on Sid's experience, you may contact him directly at 443-450-3316.

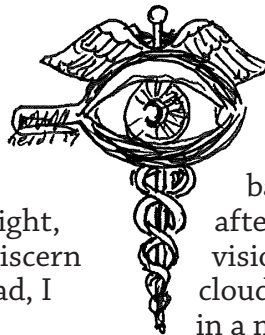
Then, there's my own journey. I've had glasses for distance since the age of 11. As an active outdoor person, I have always resented

glasses for getting in the way. Two years ago, when my doctor noted cataracts forming, he left it to me to say “when.” One very dark night, when I could no longer discern the yellow line on the road, I knew it was “time.”

The 15-minute surgery involves destroying the eye's cloudy lens and replacing it with an artificial one. I was offered three options: the first, covered by Medicare, would enable me to no longer need glasses for distance—just reading glasses; the second, also covered by Medicare, would have one eye seeing far and the other seeing close. My physician said this was often hard for people to adapt to; the third option, not covered by Medicare, was a lens that was supposed to offer good vision at all ranges. My doctor discouraged this procedure, saying that actual vision was not optimal at all ranges.

I chose the first option, hoping to be able to “amble unencumbered” outdoors and no longer need glasses for driving. However, the surgery was not “a piece of cake.” It was somewhat uncomfortable but mostly unnerving being awake and seeing people work on your eye. For four weeks post-procedure I needed to insert multiple eye drops several times daily (standard procedure) and to limit activities to no bending or lifting. An occupational therapy grabbing rod was useful in getting shoes to foot and in clearing a path on the floor!

Unexpectedly, I felt somewhat weak and tired for a couple of weeks after each surgery. The other



side effect not explained well was how each eye's vision evolves/heals over succeeding weeks. The bandage comes off the day after surgery. My first eye's vision on day 1 post-op was cloudy, but became unclouded in a month. The second eye had unobstructed vision at first, but then receded to moderate vision. These changes in my vision affected my balance. I felt off-kilter and had to buy a pair of sturdy walking shoes, which together with my grab rod and a cane I used for a few days.

At my last post-op visit I was given a form for the Motor Vehicles Administration declaring that I can drive without glasses. My personal best is being able to hike and kayak glasses free. I truly feel liberated and “at One” with nature.

I would be glad to speak with anyone about my procedure and the pros and cons (410-358-0977). While it was somewhat helpful to consult others, the range of surgery experiences are so wide—from “a piece of cake” to almost having a detached retina—that this does not really prepare you for your surgical outcome. Generally, it is safe to say that most surgeries are medically successful. Yet people have a range of outcomes, from not needing glasses at all, to needing them only for reading, to still needing a light prescription for night driving.

Once you have cataract surgery you will feel ensconced in the aging process, and now you may actually be able to see where you are going, hopefully, in the years ahead. 🐾

Update on Northwest High School

By Eileen Creeger, NNC Member

In a previous issue of *Staying Connected*, NNC member Ellen Carter Cooper updated us on the status of Northwestern High School. On Monday, July 11, the Baltimore City Department of Planning organized a community meeting to begin the discussion of the future of this 16-acre site, which will be available for building or renovation in the summer of 2019. Approximately 300+ community residents attended what will be the first of many meetings to decide the fate of the property. If all construction and renovation projects finish on time, the property will go on sale in 2018.

Baltimore City Government personnel are interested in resident feedback and suggestions for use of the property. Most likely the land will be sold to private developers for demolition and new construction. It was stressed that “for a reuse to come to fruition, an appropriate organization must have both the interest and capacity to improve the building and operate the facility and programs.”

Residents of the Fallstaff and Cross Country neighborhoods are encouraged to be a part of the planning process. For more information, please contact James Ashford, Northwest District Planner, at 410-396-2929 or James.Ashford@baltimorecity.gov. 📞

Our Agency Friends

Maryland Long-Term Care Ombudsman Program By Eileen Creeger, NNC Member

One of the most stressful aspects of caregiving is the decision to move your older adult loved one to a facility. Worries include: Will the care be the same? Will the staff resent my loved one if I complain?

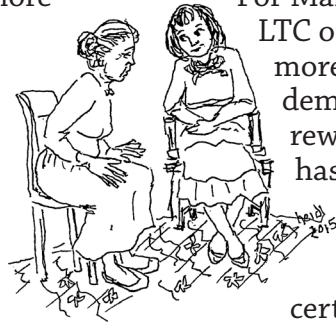
Residents and their families are not alone in working with facility administration and staff to resolve issues that may occur. With the help of a long-term care (LTC) ombudsman, most issues can be resolved to the satisfaction of all.

LTC ombudsmen are advocates for residents of nursing homes, assisted living facilities and similar adult care facilities. They work to resolve problems of individual residents and to bring about changes at the local, state and national levels that will improve resident-care and quality of life. Their mission is to see the situation through the lens of the resident and act as a mediator between the resident, family members and facility staff.

The Maryland LTC Ombudsman Program, a division of the Maryland Department of Aging, coordinates the ombudsman offices

in each county and Baltimore City, with funding from Federal, State and local governments. The State certifies and trains community ombudsmen to resolve concerns of long-term care facility residents statewide. The Office, however, is not a regulatory department, unlike the Health Department (though if a violation is observed, it will be reported to the proper agency). Issues include abuse, financial concerns, discharge notices, privacy, transportation, dietary concerns, adequate assistance with activities of daily living (ADLs), to name a few.

The intake process begins with a phone call to the local Ombudsman office. All conversations are confidential. Callers are then referred to an ombudsman for consultation and help. The work of an ombudsman however is not limited to phone calls. Field advocacy visits—announced and unannounced—are a big part of the work day. These visits also allow the LTC ombudsman to build relationships with a facility's staff and its residents.



For Mary Anne Brennan, a LTC ombudsman for Baltimore City, the job is very demanding but extremely rewarding. The City office has two permanent and one contractor LTC ombudsmen. Training to be a certified volunteer ombudsman requires 20 hours of classroom training plus five shadow visits with a mentor. Ms. Brennan stressed that while being an ombudsman is a very interesting volunteer position, one cannot bring one's own values to the job – you can be passionate but resident needs come first.

The Maryland LTC Ombudsman Program contact person is Stevanne Ellis, 410-767-1100, stevanne.ellis@maryland.gov. Additional information can be found at <http://aging.maryland.gov/Pages/Ombudsman.aspx>. To reach the Baltimore City office, call 410-396-3144; in Baltimore County, call 410-887-4200.

Thank you to Mary Anne Brennan for her assistance in explaining the program and how it works. 📞

What's Happening with NNC?

NNC is a dynamic community organization that is transforming the way people care for one another. We are growing every day. Some of our activities and services are open to the whole community, and some require you to be a member. **Call 410-662-6620 to learn more.**

Why Join?

- Volunteer services: driving, grocery help, technology help, small home fixes
- Shopping and other trips on the CHAI Northwest Senior Shuttle
- Advocacy support from fellow members
- Opportunities to share your skills and expertise
- Ever-expanding connections with other community resources
- The opportunity to support a transformative organization
- Exciting social activities
- Peace of mind

If you are not a member, you can get involved in many ways; however, in order to receive some of the services offered by NNC, you must become a member.

How do I become a member?

- 1) Call 410-662-6620 for an application. If you need help filling out the application, let us know.
- 2) Someone from NNC's Membership Committee will contact you. Membership fees are on a sliding scale. Call 410-662-6620 today!

SEND YOUR STORIES, COMMENTS
OR SUGGESTIONS TO NNC
AT ECREEGER@CHAIBALTIMORE.ORG.

How to Get Involved

We need you! What are you interested in? Pick one and **get in touch at 410-662-6620 or NNCinfo@chaibaltimore.org**.

Advocacy: Is a company giving you the runaround? Not sure what forms to fill out for a warranty? Call us. Know how to help? You are needed!

Caring: Sensitively acknowledges our members' special and challenging times. Send someone a card, drop off a birthday balloon or take someone out for coffee.



Healthy Connections: Help run initiatives to support NNC members to live healthier lives.

Membership: Our happy members are our best ambassadors. Join this committee to help make prospective members feel welcome. Training is provided.

Newsletter: Our newsletter is an important tool that connects all of us—members and non-members—and is a means to reach out to the community at large and let them know who we are and what we do. Most of our articles are conceived and written by our members.

Social Events: Help plan the annual barbecue, Birthday Bash and other events. Infuse our members' lives with quality programs, culture, education and FUN!

Trips: Want to plan which plays to attend and where to go? Join us.

More Ways to Get Involved

Friendly Check-in Callers: Join our vast network of members who chat on the phone once a week. Call someone and have someone call you.

Office Volunteers: Answer phones at the office to connect our members to the services they request. Make event reminder calls and more.

Drive a Senior—Make a Friend: Be a volunteer driver! Must be at least 21 years old. Flexible times available. Sign up for once a month, weekly or daily.

Village Groups

The variety of NNC's special activities will now be referred to and known as the Village Groups. Our current Village Groups are:

Diversity Dialogue: Meet monthly to exchange ideas and expand an understanding of our diverse NNC neighbors. See page 10 for dates and times.

Exercise Classes: Weekly groups meet at various residential buildings. Exercise your body and mind through movement, creative writing, storytelling, arts and crafts and meet the neighbors in your building. Call Annie, 410-500-5334, for details.

Art Class: A free art class for members that meets once a month. The emphasis is on process and learning rather than just creating a "finished" product.

Lunch and a Movie: Enjoy a monthly movie with old friends and make new friends. Help select the feature of the month and date. For more information, contact Annie at 410-500-5334.

Men's Group: An informal gathering of men who meet monthly for lunch at a local kosher restaurant. The lunch typically lasts two hours and is followed by another activity. Contact Jerry Rosenbaum, 410-764-8443, if you wish to join the fun!

NNC Needlers: Knit, crochet, hook rugs, embroider—enjoy the company of others while working on your project. No prior experience is necessary. For more information, call Eileen Rosenbaum, 410-764-8443.

For more information on these groups, as well as how to join an ongoing committee, give us a call at 410-662-6620.

If you have an idea for a group, please contact NNC at 410-662-6620. **GET INVOLVED – HAVE FUN – LIVE A HEALTHY LIFE!**

Timely Happenings & Personal Notes

Upcoming Monthly Village Gatherings

By Cheryl Cohen, Program Committee Chair

Our upcoming Monthly Village Gatherings (MVG) are going to be not only fun, but very informative! Our speaker on Tues., Sept. 19th will be Meg LaPorte, who will share her project, "Age in America." Join us for an end-of-the-summer ice cream party following Meg's talk!

The Oct. 17 and Nov. 11 MVGs are still in the planning stages, but mark your calendars for what I am sure will be a good time.

RSVP's are requested for **ALL** MVGs. Please call Annie at 410-500-5334.

MVG Recaps What a SMASH! NNC's 5th Birthday BASH

*By Eileen Creeger & Heidi Schloss,
NNC Members*

Wow! The 5th Birthday Bash, held on May 16, was a super success! Thanks to Cheryl Cohen, we were entertained with the wonderful singing of Maurice Jackson. Kudos to those who got up to dance, either with Maurice or without!

NNC President Esther Weiner thanked Cheryl and her committee. She reminded us that NNC Board member elections were on the June meeting agenda. Anyone interested in serving on the Board should contact the NNC office.

Esther mentioned two upcoming programs, the first being the November 6-8, 2017, national Village to Village Annual Conference, to be held downtown. The conference will consist of interesting and informative workshops. Second, Esther mentioned the pilot Circles program; at the time of the meeting, three Circles had been established – "Couples," "Foodies on the Run" and "Encounters."

Next, Mitch Posner, CHAI's Executive Director, wished NNC a happy birthday and introduced the new member of CHAI's Aging in Community Division, Jessica Price. More about Jessica can be found on page 2.

Finally.....it was raffle time! Congratulations to all the winners of the eight beautiful calla lily

plants (generously donated by Trader Joe's) that graced the tables. Congratulations to Avril Johon, who won the 50-50 raffle, and Margot Brilliant, who won the \$25 gift certificate from The Giant (also generously donated).

Need a Lyft?

By Eileen Creeger, NNC Member

The July 18 MVG featured a presentation by Silver Sedans, a transportation company that works with one of the nation's leading ride-sharing companies (Lyft) to schedule rides for seniors who desire the convenience of ride-



sharing without a smartphone. This pilot program, in conjunction with CHAI, is just beginning in Baltimore. Anyone interested in more information can contact Silver Sedan's CEO, Lisa Bass-Cooper, at 1-800-575-0918.

Miriam Rittberg reminded us about NNC's free art class (supplies included), held the first Tuesday of the month at CHAI from 10 a.m.-12 p.m. You do not have to be an artist to participate! We then had a tai chi session with Sharon Solow.

Sue Bornemann, Program Coordinator at the Myerberg, discussed some of the Center's offerings, such as its fitness center for "aging bodies," the numerous art classes, the Bagel Boys Men's Club and First Thursdays: Women of the Myerberg.

Thank you to Cheryl Cohen and her committee for a well-planned and delightful meeting.

Update on Circles

"Encounters"

By Shoshana Harris, NNC Member

Northwest Neighbors Connecting (NNC) has been chosen to pilot an exciting program called "Village Circles." The Circle concept was launched to increase connections by creating smaller groups from the larger membership and help members feel more included. Studies have shown that when members feel more connected to one another, it is less intimidating to meet and make new friends. They are more likely to participate in Village programs and attend Village events. New friends, new experiences: a Win-Win combination!

Sharie Blum and I teamed up to form a Circle called *Encounters*, as our hope is that each Circle member finds a special way to connect during our get-togethers, and *encounter* a memorable experience.

Starting a new group and seeing it grow is very exciting. As with the other Circles, we have a Circle Leader and a Circle Ambassador. The Ambassador is the recruiter of potential Circle members; the Leader helps to plan Circle events, reminds Circle members about meetings and helps the Ambassador as needed. In reality, Sharie and I fill both roles at different times, which gives each of us the flexibility to perform leadership roles and do what feels comfortable.

Encounters has met three times. As with any new group, we are getting to know each other and enjoying each other's company. During the second get-together, we discussed how often we to meet, where to meet and what kinds of programs to plan. Brainstorming by attendees produced a list of future program ideas: trips to museums/parks; a discussion on comparative religion; volunteer projects; a musical program; a holiday "pot luck" dinner; speakers and/or book reviews.

At our August encounter, Sharie shared her recent trip to the Harriet Tubman Museum and Education Center in Cambridge, MD. In September, we hope to participate in a volunteer project at *Art With A Heart*, an organization that provides hands-on visual art experiences for at-risk children and adults.

Have I whetted your appetite? I hope so.

"Couples"

By Eileen Rosenbaum, NNC Member

In addition to *Encounters*, NNC's second Circle is called *Couples*. Like the other Circles, Jerry and Eileen Rosenbaum share the leadership roles. The group has met three times so far—the first meeting was in May at the home of Jerry and Eileen; four couples attended. We discussed plans for future meetings and brainstormed ideas. We

enjoyed each other's company as well as dessert. Our second meeting was a trip to the Baltimore Museum of Industry at the end of June. Three couples attended and enjoyed the museum. We then met in July to plan our next event. Stay tuned for more!

"Foodies on the Run"

By Cheryl Cohen & Miriam Rittberg, NNC Members

As you can see from our title we are a Circle that likes to eat. (We also considered *Friends, Food & Fun* because that describes us, too!) We are a group of friends who met through NNC. Though we are diverse, we love being part of the many activities that NNC provides. We attend the monthly art group, we make and deliver baskets and cards for special occasions, we coordinate the NNC trips and we plan the Monthly Village Gatherings by developing the programs, providing food (there's that word again!) and decorating the tables to ensure a lively, varied meeting. Our Circle can only be enhanced by expanding, and we encourage anyone interested in a fun, active group to join us.

We are proud to be volunteers and contribute to the welfare of our community. Older adults have much to contribute: their strengths, experiences and friendships are a valued part of our organization. Our lives have been enriched in becoming friends, and we look forward to new adventures. And we love to eat!

For more information about the Circle Program, joining an existing Circle or starting a new Circle, please contact Jessica Price at 410-500-5303, jprice@chaibaltimore.org. 🍷



NNC Events

Every Mon., 10-11 a.m.

Exercise at The Imperial
3601 Clarks Ln.

Every Tues., 10-11 a.m.

Exercise at the Elmont
6317 Park Heights Ave.

Every Wed., 11 a.m.-12 p.m.

Exercise at The Windsor House, 6503 Park Heights Ave.

1st Tues. of month, **Art Class**

10 a.m.-12 p.m.,
CHAI, 5809 Park Heights Ave.

2nd Mon. of month, **Nutritious**

Cooking Demonstration
12:30-1:30 p.m., CHAI

3rd Mon. of month, **Diversity**

Dialogue
4-6 p.m., CHAI

3rd Tues. of month, **NNC Monthly**

Village Gathering
3-5 p.m., Myerberg Center,
3101 Fallstaff Rd.

Last Mon. of month, **Lunch and**

A Movie
12-2:30 p.m., CHAI

Needlers

RSVP to Eileen Rosenbaum
410-764-8443

Men's Group

RSVP to Jerry Rosenbaum
410-764-8443

Children of Holocaust Survivors

Wed., 9/13, 6-8 p.m., Myerberg Center.
Light dinner served; Kosher dietary laws
observed.

RSVP Lisa Shifren 410-83-7338 or
lshifren@jcsbaltimore.org.

Beyond Words: Creating a Memorial Garden

Sun., 10/22, 10:00-11:30 a.m., JCC Park Heights, 5750 Park Heights Ave. Free; pre-registration required.

<http://www.jcsbaltimore.org/emotional-well-being/griefsupport/>.

MYERBERG CENTER PROGRAMS 3101 FALLSTAFF RD 410-358-6856

(For a listing of all Fall classes and programs, please consult the Myerberg program guide or online at myerberg.org.)

Yizkor Service

The service led by Rabbi Uri Feldman will be on Thur., Sept. 28 at 12:30 p.m. Please register with Toba at 443-963-1449; open to the public.

NEW AT THE FITNESS CENTER

Moxie Movez (Dance Fitness)

Wed., 9/6-12/20, 11:30 a.m.-12 p.m.

Incorporates low-impact movements, yoga and resistance training using dance style movements. Instructor: Mica Saunders

\$95 Members / \$130 Non-Members

Better Balance

Wed., 9/6-12/20, 1:15-2:00 p.m.

Join personal trainer David Curtis for seated and standing movements to build balance, stability, strength, mobility and confidence. As the class progresses, participants will practice the many ways to get up from the floor. All fitness levels

welcome. This class includes a pre- and post-evaluation to assess progress.

\$75 Members / \$105 Non-Members

Gentle Yoga

Fri., 9/8-12/22, 9-9:45 a.m.

This class includes both seated and standing poses and participants will use a chair for added support. Instructor: Mica Saunders

\$95 Members / \$130 Non-Members

ART CLASSES

Get creative in the Myerberg Center's sun-filled art studios, with inspiration and instruction from skilled instructors. For more information, call 410-358-6856.

HUMANITIES

First Thursdays: Women of the Myerberg

Please join us at 1:30 p.m. on the first Thurs. of each month to listen to engaging speakers and share in discussions. Light refreshments served. Myerberg Center membership not required.

Sept. 7, Rikki Spector
Oct. 5 -Closed for Sukkot.
Nov. 2, Susan Sullam
Dec. 7, Barbara Blumberg

\$25 for 3 programs or \$10 each

Bagel Boys Men's Club

Meets every Tues. at 9:30 a.m. for bagels; speaker at 10:00 a.m. Men's Club Membership is \$36 for the Sept.-Dec. 2017 session or \$108 for the Sept. 2017-Aug. 2018 session. Myerberg Center Membership is required. Fees are due by Sept. 5.

Sept. 5, Robert Freedman
Sept. 12, Ryan O'Grady
Sept. 19, Carl Berenholtz
Sept. 26, Merv Hurvitz
Oct. 3, Irv Donick

COMMUNITY PROGRAMS

We Remember Them: Finding Hope and Meaning After Loss

Tues., 9/12, 6:30-8:30 p.m., Sol Levinson & Bros., 8900 Reisterstown Rd. Free; pre-registration required.

<http://www.jcsbaltimore.org/emotional-well-being/griefsupport/>.

ALWAYS FREE FOR MEMBERS!

Mon.-Fri., 8 a.m.-4 p.m.: Billiards

Tues., 1-4 p.m.: Open Studio time for art students

Wed., 11 a.m.-12 p.m.: Tech support drop-in

Thurs., 12-2:30 p.m.: Party bridge

Thurs., 1-2 p.m.: Spiritual discussion group with Rabbi Uri Feldman

Fri., 12:30 -2:30 p.m. Bridge class taught by Al Greenhouse

3rd Fri. of the month, 10:30 a.m.-12 p.m. JoHanna's Book Club

SENIOR SUNDAYS

Visit the Myerberg for a fun-filled Sunday morning of conversation, live entertainment and a light kosher meal (dietary laws observed). Reservations required, 410-358-6856. All programs begin at 11 a.m.

Sept. 17, Steve Earle

Oct. 22, Jay Wachter

Nov. 19, Bruce Thomas

Dec. 10, Klezmer Bandan

\$2 Members / \$4 Non-Members

SUPPORTIVE SERVICES

Jewish Community Services

410-466-9200 / www.jcsbaltimore.org

JCS is dedicated to helping older adults age-in-place with maximum independence and dignity. We offer older adults, their families and caregivers resources and services that support healthy living, promote safety, and improve quality of life.

Jewish Legal Services (JLS) Clinic

2nd Monday of the month, 7-8:30 p.m., JCS, 5750 Park Heights Ave.

A free walk-in legal clinic for individuals with limited income. Legal information and referral for issues including bankruptcy, landlord-tenant, family, divorce, etc. Call 410-843-7305 for more information.

Support Group for Dementia Caregivers with Shula Nutkiewicz

3rd Mon. of the month, 10:00-11:30 a.m. Myerberg Center

Contact Shula Nutkiewicz, 410-843-7332 or snutkiewicz@jcsbaltimore.org.

Parkinson's Disease Support Group with Shoshana Zuckerbrod

2nd Tuesday of the month, 2-3 p.m., Myerberg Center

For more information call 410-843-7352 or visit jcsbaltimore.org/parkinsons.

Low Vision Support Group with Janet Kurland

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

Contact Janet Kurland, LCSW-C, at 410-843-7306 or jkurland@jcsbaltimore.org for more information.

COME AND MEET YOUR NEIGHBORS

Cheswolde: Wed., 9/6, 10/4 & 11/1, 7:30 p.m. Falls Village Apartments Community Hall
President: Ronnie Rosenbluth, 410-358-5238, Ronnie@tovpizza.com

Cross Country: Tues., 9/12, 10/10 & 11/14, 7:30 p.m., CHAI, 5809 Park Heights Ave.
President: Avraham Sauer, avraham.sauer@gmail.com

Glen: Wed., 9/27, 10/25 & 11/22, 7:00 p.m., JCC, 5700 Park Heights Ave.
President: Derrick Lennon, dnsserves@aol.com

Fallstaff: Thurs., 9/7 & 11/7, 7:00 p.m. Fallstaff Elementary School, 3802 Fallstaff Rd.
President: Sandy Johnson, sandrajohn@aol.com

Mount Washington: Tues., 9/12, 10/10 & 11/14, 7:30 p.m., The Wesley, 2211 West Rogers Ave.
President: Ira Kolman, president@mwia.org

SPECIAL DAYS

Sept. 4 – Labor Day & Eid-al-Adha
Sept. 10 – Grandparents Day
Sept. 21-22 – Rosh Hashanah
Sept. 22 – Autumn begins & Hijra (Islamic New Year)
Sept. 24 – Fast of Gedaliah observed
Sept. 29 – Kol Nidre
Sept. 30 – Yom Kippur
Oct. 1 – Day of Ashura / Muharram
Oct. 5-6 – Sukkot
Oct. 7-10 – Intermediate days of Sukkot
Oct. 9 – Columbus Day
Oct. 11 – Hoshanah Rabbah
Oct. 12 – Shemini Azeret
Oct. 13 – Simchat Torah
Oct. 16 – National Boss's Day
Oct. 31 – Halloween
Nov. 5 – Daylight Savings Time ends
Nov. 11 – Veterans Day
Nov. 23 – Thanksgiving



DRIVE AN OLDER NEIGHBOR

CHAI is looking for friendly people* to drive older community members to their important errands.

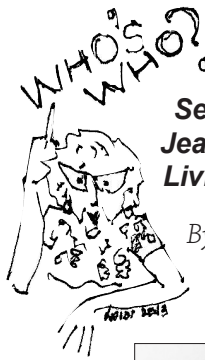
Medical • Grocery Store • Other Appointments

VOLUNTEER NOW!

Call 410-662-6620 or email nncinfo@chaibaltimore.org

**Must be over 21 with a valid driver's license and have your own vehicle.*

Who's Who?



Tiffany Nicolette **Director of Resident** **Services, The Harry &** **Jeanette Weinberg Senior** **Living**

*By Shoshana Harris, NNC
Member*



Tiffany Nicolette

Imagine being the Director of Resident Services for fifteen of the Weinberg senior communities in the Baltimore Metropolitan area. It might seem like a daunting responsibility to us, but for Tiffany Nicolette, it is a labor of love.

Although Tiffany has been in her new role for less than a year, her radiant smile as she explains her day-to-day encounters makes it obvious that she is well-suited for the job. Interestingly, she started her career as a graphic designer, after graduating from the Shepherd University with a Bachelor's degree in Fine Arts. She worked in that field for some time, but did not feel that it was a good fit. She wanted a profession where she could "make a difference." She found her calling in working with older adults and gravitated toward employment in the non-profit sector. Fortunately for us, a position became available, and she is now an employee of Edgewood Management, the property management company retained by CHAI that oversees the Weinberg communities.

Tiffany's office is housed at CHAI, which gives her the opportunity for a close relationship with many of the "players" in both organizations. She is supported by ten Service Coordinators, who work directly with Weinberg Senior Living residents to help them age in place.

If that's not enough, she is responsible

for coordinating services supplied by Action in Maturity (AIM), the transportation company used by CHAI for its Northwest Shuttle. Besides AIM, Tiffany works with other CHAI partners, such as the Jewish Community Center (JCC), Jewish Community Services (JCS) and HomeCentris Healthcare. The latter agency is called upon to provide wellness checks at some of the Weinberg properties.

Tiffany is especially proud of a recent three-year grant awarded by the Department of Housing and Urban Development (HUD) to the Weinberg Village 1 community. The grant is one of forty awarded out of 800+ applicants, and will provide funding for a registered nurse and an enhanced service coordinator on the premises. According to Tiffany, Weinberg Village 1 was selected because of its "robust programming and great community partnerships."

Besides all the time and energy spent in her multi-faceted job, Tiffany enjoys hanging out with Dave, her husband of four years, and her three dachshunds, Fries, Bean and Gible. She also manages to devote some time to a favorite volunteer organization--Baltimore Hon Hive. The group is made up of ladies who love all things Baltimore and dress up like Baltimore Hons. But its mission is more than just wearing outrageous outfits and donning beehive hairdos; Baltimore Hons participate in service projects, such as serving meals at shelters for homeless veterans and brightening up the lives of nursing home residents.

Even though it was obvious, Tiffany described herself as "very passionate about work." Most importantly, her work is rewarding and fulfilling in allowing her to reach her personal goal of making a difference and empowering older adults.

Cheryl Wapner Cohen

By Heidi Schloss, NNC Member

Recently, I had the opportunity to interview a woman who has become a dear friend: Cheryl Wapner Cohen. Cheryl was born and spent the early part of her life in Hartford, Connecticut. In 1968, her family moved to Baltimore.

She graduated from Northwestern High School and then attended Community College of Baltimore (now Baltimore Community College). She then went to school in Massachusetts, where



Cheryl Cohen

she majored in Liberal Arts. It was there that she met her husband. They lived first in New Hampshire and then returned to Maryland, living in Columbia for 15 years with her two children, Jarin (now 40) and Meredith (now 37). Following a divorce, she moved to Florida for five years, returning to Maryland, this time to Pikesville. She worked at Sinai Hospital as a cardiology technician.

Cheryl says that the happiest thing about her life was having her children. Now, she is a grandmother to Anabelle and soon to be Xander! Her biggest disappointment has been not finding the love of her life--yet!

Cheryl learned about NNC through her friend Miriam Rittberg and decided to join. She was concerned about diminished attendance at some NNC events and decided to give it her all to make our Village the best it can be! She saw this as a challenge to herself. With her take-charge attitude and positive outlook, she is now Program Committee Chair. She says it wouldn't be possible without her "team" of Florence Lefkin, Miriam and myself. She calls us "Diana Ross & the Supremes"!

When asked what the future holds, she said she is waiting for the next phase of her life. As for personal goals, she would like to go zip lining and make a trip to Italy.

Cheryl has an infectious sense of humor and winning ways. I am so glad that we have become friends, and it never would have happened without NNC! 🍷

A SLICE OF MY LIFE:

Interview with Ruth Saperstein, as told to Beah Zander, on 10/15/2012

BZ: You've had a remarkable life and an interesting life history. Tell me about one of the most meaningful experiences you've had.

RS: That's easy. I think it was the end of the 1970s. Jimmy Carter was the president, and a Middle East treaty was signed between Israel and Egypt. My husband and I were invited to the White House to the signing. And if I remember anything in my life, I will never, never forget that evening.

BZ: What was it like?

RS: First of all, the dress was formal, so I had to buy an evening gown. Which was great, right? We got all dressed up. We entered the White House and the Marine Band was playing beautiful music as we were escorted in. We walked through the White House, and in the back, stood a great big tent; that's where all the people gathered, and we had a magnificent dinner. And the next day we went to the signing, which was

also held at the White House. And I still have the invitation. I still have the telegram we got inviting us. I have the menu. And I have a picture of the White House. And I must tell you that my grandchildren love to come up and look in the drawer where I have all of these wonderful papers and they love to hear the history. And I'm very proud of what my husband accomplished in his life.

BZ: And they probably have a better sense of history because of that connection. And what you accomplished. I'm sure that you were there every minute of the time with him.

RS: Yeah, well, my job was to hold onto his hand and look pretty!

Do you have an interesting story to tell? A special event in your life? An "ah-ha" moment to share? If so, send it to CHAI, c/o Eileen Creeger, 5809 Park Heights Ave., Baltimore, MD 21208, ecreeger@chaibaltimore.org.



BIRTHDAY

greetings to these members of our family!

September

- 1 Cora Bigger
- 2 Selma Levin
- 5 Mary Burnett
- 7 Samuel Rubin
- 8 Joyce Wolpert
- 10 Leon Fine
- 17 Ruth Saperstein
- 20 Sharie Blum
- Barbara Carter
- 23 Goldie Greenberg
- Eileen Rosenbaum

October

- 8 Gail Knopf
- 14 Susan Weaver
- 17 Betty Anflück
- 19 Shirley Cohen
- 20 Felicite Fine
- 24 Marianne Fudem
- 26 Norma Brooks-Perry

November

- 1 Vernon Paige
- 2 Selma Klein
- 3 Geraldine Smith
- 4 Beverly Schiff
- 8 Arnold Howard
- 10 Edith Singer
- 15 Ilysa Cohen
- 18 Bessie Hirsh
- 21 Jerry Rosenbaum
- 28 Sylvia Eisenberg
- 30 Heidi Schloss

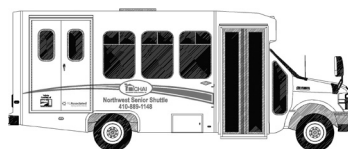


Need a Lift?

Transportation Options for NNC Members!

NNC members have free access to the CHAI Northwest Senior shuttle. We encourage its use for grocery shopping and banking, and for the special excursion trips mentioned in the schedule that is mailed monthly to members. The shuttle is NOT available for personal transportation, such as doctor appointments.

NNC members can request a ride with a volunteer driver to take them to personal appointments. If you need a ride, please call 410-662-6620 with at least 3 days' notice. Remember, you must be current with your NNC dues to be a part of this wonderful service. 🗣️



NNC's Caring Committee would like to be there for you—in good times and not-so-good times. If you would appreciate some of NNC's caring attention, please let us know by calling 410-662-6620.

We respect everyone's privacy. We will not share information without your permission.

Call 410-662-6620 to become a member and request your first individual ride. Reserve your shuttle trip by calling 410-889-1148.

SHUTTLE TRIPS WITH NNC

Check your mail or email for the latest schedule for CHAI's Northwest Senior Shuttle. It will give you times and destinations for the coming months. Also, take a look below to see the exciting NNC trips planned for this fall. You can also check out the shuttle schedule at www.chaibaltimore.org/NNC.

To arrange a spot on the Northwest Senior Shuttle or to learn more about the schedule, call 410-889-1148. If you are not yet an NNC member, call 410-662-6620 to become a member and gain access to the shuttle system. **To reserve a seat on the shuttle for these trips, please call NNC at 410-662-6620 as soon as possible.**

OUT ON THE TOWN WITH NNC

The Jewish Museum of Maryland

Wednesday, September 6



Located in downtown Baltimore, a few blocks from the Inner Harbor, the Jewish Museum of Maryland (JMM) is America's leading museum of regional Jewish history, culture and community. Visitors can uncover the roots of Jewish history in its landmark historic sites – the Lloyd Street Synagogue, built in 1845 and B'nai Israel Synagogue, built in 1876 and still home to a vibrant congregation. The Museum Campus includes three exhibition galleries featuring fascinating and diverse exhibitions that explore the Jewish American experience in depth.

Current exhibits include *Just Married! Wedding Stories from Jewish Maryland*. It turns out that getting engaged is the easy part; now there's actually a wedding to plan! Explore how Jewish Marylanders have navigated the multitude of options to create a meaningful ceremony, from what they wear to who officiates to whether and what they use for a *chuppah*

(wedding canopy).

Bring your lunch or go with the group to Attman's Deli.

Cost: \$8 for seniors

Baltimore Office of Promotion & The Arts: Free Fall Baltimore

(Date of trip to be announced)



Everything is FREE! The 12th annual Free Fall Baltimore takes place Sun., Oct. 1 through Tues., Oct. 31, 2017. Free Fall Baltimore is a citywide celebration that offers hundreds of free arts & cultural events at participating venues throughout Baltimore City. Area attractions and organizations showcase the importance of the arts with concerts, dance and theater performances, festivals, lectures, workshops, art exhibitions, tours and special events. Free Fall Baltimore features more than 200 events & activities from nearly 70 participants. To view a complete schedule of events for Free Fall and more information, visit www.freefallbaltimore.org.

Baltimore Museum of Art

Wednesday, November 15



The Baltimore Museum of Art (BMA) is the home to an internationally renowned collection of art that ranges from ancient Antioch mosaics to cutting-edge contemporary art. Today the BMA has over 95,000 works of art—including the largest public holding of works by Henri Matisse. Collection highlights include an outstanding selection of American and European painting, sculpture and decorative arts; works by established and emerging contemporary artists; significant artworks from China; stunning Antioch mosaics; and an exceptional collection of art from Africa. The museum also features a beautifully landscaped 2.7-acre sculpture garden.

Admission: Free 🗨️



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. We would love to hear from you.

Ode to May 2017— Lest we forget!

By Eileen Creeger,
NNC Member



Oh my, oh May
The month of gentle
spring breezes
The scent of lilacs and flowering trees
Happy birds twittering in their nests
Where did you go?

The Joel Cohen Scholarship Fund

The Joel Cohen Scholarship Fund was established to honor the memory of this special NNC member and volunteer. Proceeds from the 50/50 raffle at our Monthly Village Gatherings go into the fund, which is used to help members in need with dues payments. Direct donations are also appreciated. If you would like to make a donation, please send a check to Northwest Neighbors Connecting, addressed to NNC/CHAI, 5809 Park Heights Ave., Baltimore, MD 21215. Please put "Joel Cohen Scholarship Fund" on the memo line.

Thank you!

Oh my, oh May
Days of rain and thunder
Mud tracked into the house
Dandelions aplenty thriving on my lawn
Poison ivy creeping upwards between
the shrubs.

Oh my, oh May
Tomato plants drooping
Dead, stunted, lacking sunshine and
warmth
Cicadas arriving four years early
Their shrills and screeches disturbing the
quiet of the day.

Oh my, oh May
Fuzzy warm blankets still on my bed
Winter clothing washed and put away
Only to be resurrected from the closet
To be worn again this month.

Oh my, oh May
The weatherman makes me laugh
"We have a rain deficit," he says
Hasn't he looked outside?
The rain and gloom are endless!

Oh my, oh May
I now understand the residents of Seattle
Home of caffeine (Starbucks)
Upscale shopping (Nordstrom's)
Kurt Cobain, Courtney Love and every-
thing Grunge Rock.

Oh my, Oh May
By the time you read this
Summer will have peaked
Sweat, heat, humidity, relentless sun
Something else to complain about.

Our Dentist

by Barbara S. Fox

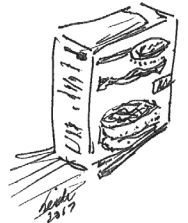
Dr. Plienka—
Is as gentle as can be

Because he works on teeth, you see.
He probes, he cleans, he drills
He takes his time
As I am doing with this rhyme.
He's aided by the lovely Rose
Who takes his calls
Is on her toes
Often she assists with patients
Is by his chair
Irreplaceable-she is there.
I am compelled to tell the truth
Thank you for my brand new tooth!

The Cake

by Barbara S. Fox

I took the box,
poured out the mix
It wasn't difficult to fix
And when the proper time elapsed
I had a cake that had collapsed.



Once Again

By Joe Shulim, NNC Member

In days of yore
And heretofore
I searched both hills and vales
I also scanned many nature trails
But it all came to no avail.

A toadstool was my target
With a large umbrella-like head
And veins galore as I had seen before
And wanted to see once again
Yes, I wanted to see once again, tra-la
I wanted to see once again, ya-ya. 🐸

Be a **AARP Maryland** Guest

FREE Admission

Wednesday, October 4
9 a.m. - 6 p.m.

Thursday, October 5
9 a.m. - 4 p.m.

Timonium Fairgrounds

THE POWER OF AGE EXPO 2017

REIMAGINE AGING

Special Performance by
Darlene Love ■ Wed., Oct., 4-6 p.m.

- 300+ Exhibitors
- Pamper Yourself Area
- Veterans Muster
- Career Resource Fair
- Power of Age Art Show

- COBC Class Demos
- Health Screenings
- Flu/Pneumonia Shots
- Reimagine Aging Area
- Technology Zone

Darlene Love

"One of the greatest singers of all time."
- *Rolling Stone*

For more information, visit www.powerofageexpo.com or call 410-887-2594.



Newsletter Committee

Ellen Carter Cooper
Eileen Creeger
Veronica Fulwood
Shoshana Harris
Sheila Mentz
Sidney Rankin
Heidi Schloss
Miriam Sperling



ISSUE 24 | FALL 2017

NNC's Lunch & A Movie

Last Monday of the month, @ CHAI – 5809 Park Heights Ave., 12-2:30 p.m.

Sept. 25 – “Mr. Holland’s Opus” – Glenn Holland is a musician and composer who takes a teaching job in a high school to pay the rent, while in his “spare time” he strives to achieve his true goal - compose one memorable piece of music to leave his mark on the world. As Holland discovers, “life is what happens to you while you’re busy making other plans,” and as the years unfold, the joy of sharing his contagious passion for music with his students becomes his new definition of success. This film stars Richard Dreyfuss as Glenn Holland, who received an Academy Award nomination for best actor. Based on a true story.

Oct. 30 – “The Horse Whisperer” – Robert Redford and Kristin Scott Thomas star in this landmark epic adapted from one of the most acclaimed novels of our time! After a devastating riding accident, a young girl and her beloved horse are both left with serious physical and emotional scars. Determined to help, the girl’s desperate mother (Thomas) puts her busy, big-city life on hold and travels west to seek out the “Horse Whisperer.” When she meets this rugged, down-to-earth rancher (Redford), she discovers his extraordinary gift with animals also touches the lives of the people around him.

Nov. 27 – “Return to Me” – Who knew that when he ordered the special, he’d get the dish of his life? David Duchovny as Bob and Minnie Driver as Grace ignite sparks in this warm-hearted winner about a widower and a waitress who meet and fall in love. Featuring an incredible all-star cast, this hilarious romantic comedy delivers a lot of laughs, tears and joy that will make your spirits soar. This film is a love story, a comedy and a drama rolled into one. Also stars Carroll O’Connor as Grace’s grandfather.

**Movies are free; bring your lunch; NNC provides the drinks!*