

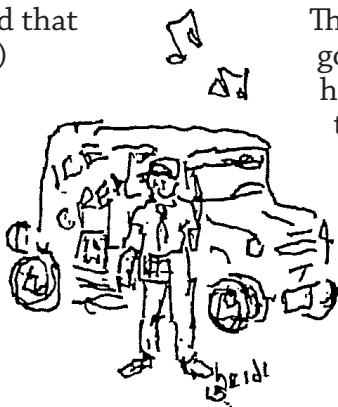


WELCOME!

by Eileen Creeger, NNC Member

“Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.”
– Henry James

Remember the Good Humor truck? The tinkle of the bells meant that summer was here and that a treat (at least in my day) could be had for about 15 cents. Summer was also the time for playing outside with the neighborhood kids until the hot, red sun finally set and moms called their kids home. Summer was the time,



before air conditioning, when one fan whirled downstairs in an attempt to cool off the kitchen, and another whirled upstairs in an attempt to cool off the bedrooms. Summer nights meant sleeping on top of the sheets in baby doll pajamas (Remember those?), hoping for a breeze, even a slight one, to grant us a more comfortable night's sleep.

These days it seems we go from air-conditioned homes to air-conditioned cars to (even colder) air-conditioned stores. Do we even notice the difference in the seasons in our climate-controlled world?

I think so. Summer is always an easier time – just step out of your house and you are ready to go – no coats, boots, gloves, scarves or hats necessary. And who doesn't love a warm rainy summer day, unlike the bleak and dreary cold rains of fall, winter and spring?

So, relax....it's summer! Make a glass of lemonade or iced tea. Pick up a “beach book” at the library; go for an evening stroll and listen to the crickets and locusts. Sit on your porch and count the fireflies. And finally, read your summer issue of Staying Connected and learn what is happening in our neighborhood and at Northwest Neighbors Connecting.

Whatever you do this summer, enjoy! 🍷

IF... By Chava Ball, Village Engagement Director

When I was growing up, my favorite age groups to spend time with were little kids and much older adults. I loved looking at life through a child's eyes of wonder and anticipation, but I was challenged by the stories and life experiences shared by those who were much older than I.

I witnessed a 4-year old sitting next to his grandmother, and he was bored. I watched as he twiddled his thumbs and looked at the ceiling. “You know, Granny, I really like to measure things.” She laughed. He knew she always carried a retractable tape measure

in her purse. She gently laid the tape measure in his hands. He was delighted! Even though he still had to sit and be quiet, he had something to engage his little mind.

One of my favorite older friends lived past her 100th birthday. I loved her stories of how she came to Missouri in a covered wagon and taught in a one-room school with a pot-bellied stove. When she could no longer take care of herself, she moved into an assisted living facility. We could still laugh like school girls and even though I was decades younger, it didn't matter. We were friends.

I thought I had a good grasp on both the younger and older mind-sets. I had been younger, but I had never been older. When I entered retirement age, I realized how little I really knew about getting older. **If** I had known then what I have learned about the aging mind, would I have had the courage to make different decisions? I don't know. I can't change yesterday, but I can make a difference today. I have the ability to make life-changing choices now that I did not know then, and so do you!

continued on p. 9

Aging in Community UPDATES

New Intake Specialist at CHAI *By Lisa Glick, Intake Specialist, Aging in Community*

I am really excited to be part of CHAI in the role of Intake Specialist. The Aging in Community Division of CHAI has 5 program areas: Senior Home Repair, Senior Home Benefits Counseling, NNC Village, The Weinberg Senior Living Residences and the Myerberg Center. We want members of the community to have a friendly, reliable and confidential place to call with any new questions, comments and concerns regarding their needs and how our programs can assist.

We understand that as we age, we have diverse needs to make staying in our homes a reality. Some of them are financial - our homes are



aging with us and need repairs – and we can help with that! Some

of them are physical - we need to feel safe from falling – and we can help with that! Some are seeking a sense of purpose and meaning – and we can help with that! Our mission is to partner with older community members with the shared goal of aging in the home of your choice in a safe, healthy, independent way, while easing the financial burden and providing enrichment of mind, body and soul.

I look forward to connecting with you soon! You can reach me at 410-500-5433 (LIFE) or at lglick@chaibaltimore.org.



Volunteer opportunities to nourish your soul

CHAI's Aging in Community Division helps older adults remain safe and independent in their homes, living lives of purpose and engagement.

Be a part of our engaged community by volunteering to drive an older neighbor to important errands.

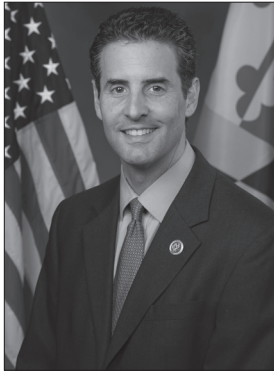
There's so many ways to make a difference!

Call today to volunteer your way!
410-500-5318
volunteer@chaibaltimore.org



Guarding Against Tax Scammers

By Congressman John Sarbanes



I have heard that members of NNC's community are interested in learning about various tax scams targeting seniors

and would like to receive some information about how to identify and guard against them.

The first important fact to know is that the Internal Revenue Service (IRS) always communicates with taxpayers through mail delivered by the United States Postal Service. The IRS does not contact taxpayers by email, text message or on social media to ask for personal or financial information. If you receive a communication via email, text message or social media from a person or organization claiming to represent the IRS, you are most likely being targeted by a scammer.

In addition, the IRS will never:

- call to demand immediate payment using a prepaid debit card, gift card or wire transfer;
- demand that you pay taxes immediately without the chance to appeal;
- say that it will revoke your driver's license, business license or immigration status if you don't pay; or
- threaten action against you by local law enforcement agencies.

Many scammers use the threats listed above to trick taxpayers. For more information about potential tax scams, visit: <https://www.irs.gov/newsroom/tax-scams-consumer-alerts> and <https://www.irs.gov/newsroom/>

how-to-know-its-really-the-irs-calling-or-knocking-on-your-door-0.

If have any questions about your taxes, you can always contact the Taxpayer Advocate Service, an independent organization within the IRS that ensures every taxpayer is treated fairly. The Taxpayer Advocate offers free help to guide individuals through the complex process of resolving tax problems.

The nearest Taxpayer Advocate office for Maryland residents is located in Baltimore at 31 Hopkins Plaza. You can contact the office at 443-853-6000, toll-free at 1-877-777-4778, or fill out the Request




for Taxpayer Advocate Service Assistance (Form 911: <https://www.irs.gov/pub/irs-pdf/f911.pdf>) and mail it to the following address: IRS Taxpayer Advocate Service, P.O. Box 1553, Room 900, Baltimore, MD 21203.

As always, if you need help with accessing benefits or other constituent services, please call my Towson office at 410-832-8890 or contact me via email at <https://sarbanes.house.gov/contact/email-me>.

Independence Begins with CHAI

Helping Adults Age Securely in our Community

Senior Home repair by a trusted professional





Safety modifications

Roof, gutter and downspout

Plumbing and electrical

HVAC and more!

Call today!
410-500-5433 (LIFE)
chaibaltimore.org/seniors



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.



NNC Birthday Bash

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 about CHAI's Senior Home Repair and Senior Benefits Programs, please call Lisa Glick, Intake Specialist, at 410-500-5433(LIFE) or email at lglick@chaibaltimore.org.

Home Fix-Ups for the Summer

By Ed Schaffer, Senior Home Repair Technician

Once again, it is a pleasure for the Senior Home Repair and Benefits team to experience another season together. We wish you and your family a joyful and healthy summer! We also hope your home has an easy time as well. A few considerations for home care:

- Gutters and down spouts: clean the gutters after the spring pollen/tree seeds drop. A clogged gutter and/or spout is a big contributor to wet basements.

- Prune branches rubbing on siding or roof. It doesn't take long for a branch to wear a hole in a roof!
- Prune or pull ivy growing on foundation or siding. Ivy can, and does damage siding, trim, roofing and even brick work if left to grow.
- Check steps and walkway for deteriorated/loose concrete.
- Check rails and posts for stability.
- Check outside lighting and bulbs.

- Change or clean furnace/air handler filters for more efficient AC operation.
- Check smoke detector/s (one per floor).
- Check carbon monoxide detector. Highly recommended to have 1 or 2 per home.
- Be wary of "handymen" suggesting unsolicited repairs or improvements. We will be glad to serve of a second opinion.

Feel free to call at 410-500-5433(LIFE) with questions about your home. 🗨️

Health & Wellness: Dental Discount

By Joyce Wolpert, LCPC, NNC Member

After you've gotten over the non-sequitur about how a dental health care program for seniors, Medicare, does not provide any regular dental coverage, then you need to have an alternate plan. Dental plaque and mouth infections left to fester will soon wend their way through the rest of our body. Missing teeth and embarrassment over one's appearance cause people to avoid social engagements, thereby adding to dreaded isolation, a causative

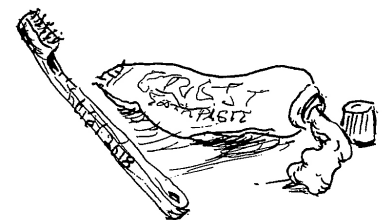
factor in mental and physical disorders of aging.

Thus, essential dental care for seniors is not about getting a full set of caps and whitening enamel for a picture-perfect smile. Rather, it is to ensure oral health, which is as important as any other part of the body.

Dental insurance is costly and usually does not cover very much. In addition, there is usually a deductible and a requirement to wait six months to a year before

major procedures are covered. With this discouragement, I have known seniors who feel they must scrimp and save before venturing out to the dentist.

Enter dental discount plans. One plan I have found useful is the Aetna Vital Dental Savings. This is a reduced fee plan, not insurance. It is honored by many, but not all



How Vain Is Vein?

By Joyce Wolpert, LCPC, NNC Member

“Knock, knock.” “Who’s there?” “A Baby Boomer.” “Well, what does that tell me? You were born between 1946 and 1964. So really, how old are you?”

“Well, I climb mountains and kayak rivers. My doctor says I have the liver of an 18-year old, and my numbers are good. But when I look in the mirror, I freak out at the creases and splotches on my face, and then I gasp as I look down at the road map of veins on my legs. What’s an aging, but feeling youngish Baby Boomer to do?”

All my organic produce and essential herbal oils aside, I decided to enter the world of creams, peels and procedures. Aagh! Never thought I would choose to be here. But you know what? It ain’t so bad, and it does wonders for the visual impact of one’s feelings of wellness.

While my experience certainly does not cover the gamut of options, I am writing this to tell anyone considering a little reconditioning what is available in our area and what can be done on a modest budget. As these are deemed cosmetic procedures, Medicare and other insurance will not cover them.

I have been seeing two providers who would be glad to share their names with anyone who contacts me, or ask your doctor for a referral.

For vein therapy, one begins by going to a center run by a physician. A sonogram technician does a thorough exploration of how your leg veins are operating. If there are deeper issues like varicose veins, then different procedures are required, and if deemed medically necessary, then yes, insurance will cover.

Thank goodness, my vein issues were surface ones, spider veins. These veins are formed when the blood flow back to your heart and lungs becomes impeded, and blood is pushed to the surface, collecting in pools. These are then called “non-essential veins” and can be reduced or eliminated through treatment.

As I still run around in short pants during the summer and swim outdoors, I am somewhat self-conscious about my legs. So, the decision was made to do sclerotherapy. The goal was to ‘tie-off’ blood flow to these non-essential veins in the expectation that they would then wither out of existence. The procedure sounds much worse than it is.

A doctor gives you a series of brief injections into many parts of your legs where the unsightly veins exist. The fluid is saline, glycerin and some other additives. There is no anesthetic for this; it feels like a cat scratching, with some gnaws being a little stronger than others. This took about five minutes.

For my first treatment, my anxiety had so ballooned that I took Ativan beforehand and had a friend drive me. When I found out it really wasn’t so bad, I arrived drug-free and drove myself for sessions 2 and 3. It’s unclear until after the first treatment how many sessions you will need. Since it’s voluntary, I had three sessions two weeks apart until I felt that indeed there was a difference in appearance.

There are needle marks and blotches on the skin for a few days to a week after the procedure. And yes, people say that a couple

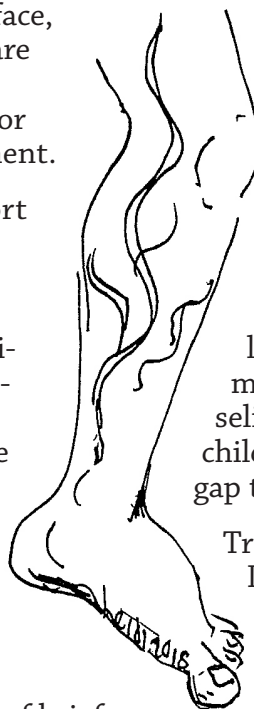
years later the unsightly veins may return. For now, though, while I am not looking down on newborn peach skin, I am also not needing to avert my eyes from a bluish-gray tangle.

The other area slated for cosmetic improvement was my face. Even though in her last days my mother was complimented on her beautiful complexion, alas, this gene eluded me. Laugh lines have also made their marks. I still have my counseling practice, still work with children and don’t want the age gap to look too startling.

Trying to convince myself I was not being Hollywood-ish superficial, I took myself to a skin care center. This was a medical dermatologist’s practice where I was first evaluated by a cosmetic surgeon. No surprise that she wanted to sell me on the ‘half-facial lift’ package. Once I picked myself up from the floor after her detailed description of the fully anesthetized surgery, I asserted that I did not want any cutting, filling or injections.

That sent me to the other side of the hall where I met a medical aesthetician, a non-physician who is a trained skin care person. The program she offered would be 12–18 months of skin peeling, hydrating and protecting.

This involves a morning and evening regimen of various topical liquids and creams. It seems overwhelming to start, but now I have it down to about five minutes



continued on p. 10

Our Agency Friends — *Baltimore City Police Department*



Precautions for Safer Seniors

(reprinted with permission from the Baltimore City Police Department website)

As many people grow older, their chances of being victims of crime decrease dramatically. But a lifetime of experience, coupled with the physical problems associated with aging, often make older Americans fearful. Though they're on the look-out constantly for physical attack and burglary, they're not as alert to frauds and con games.

Want to conquer fear and prevent crime? Take these common-sense precautions.

Be Alert When Out and About

- Go with friends or family, not alone.
- Carry your purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.
- Don't carry credit cards you don't need or large amounts of cash.
- Use direct deposit for Social Security and other regular checks.
- Whether you're a passenger or driver, keep car doors locked. Be particularly alert in parking lots and garages. Park near an entrance.
- Sit close to the driver or near the exit while riding the bus, train or subway.

- If someone or something makes you uneasy, trust your instincts and leave.

Make Your Home Safe and Secure

Install good locks on doors and windows. Use them! Don't hide keys in mailboxes and planters or under doormats. Instead, leave an extra set of keys with a neighbor or friend.

- Ask for photo identification from service or delivery people before letting them in. If you are the least bit worried, call the company to verify.
- Be sure your street address number is large, clear of obstruction and well-lighted, so police and other emergency personnel can find your home quickly.
- Consider a home alarm system that provides emergency monitoring for burglary, fire and medical emergencies.

Watch Out for Con Artists

- Don't fall for anything that sounds too good to be true - a free vacation, sweepstakes, prizes, cures for cancer and arthritis, a low-risk, high-yield investment scheme.
- Never give your credit card, phone card, Social Security or bank account number to anyone over the phone. It's illegal for telemarketers to ask for these numbers to verify a prize or gift.
- Don't let anyone rush you into signing anything - an insurance policy, a sales agreement, a contract. Read it carefully and have someone you trust check it over.
- Beware of individuals claiming to represent companies, consumer organizations or government agencies that offer to

recover lost money from fraudulent telemarketers for a fee.

- If you're suspicious, check it out with the police, the Better Business Bureau, or your local consumer protection office. Call the National Consumers League Fraud Information Center at 800-876-7060.

Get Involved in the Community

Report any crime or suspicious activities to law enforcement, and join a neighbourhood watch group to look out for others and help the police.

Prevent Carjackings

Carjackers look for the right opportunity, such as drivers slowing down, stopping or getting in or out of their vehicle. That is why carjacking often occurs in parking lots and garages, at stop lights and signs and by the side of the road. Beware of Bump-and-Rob tactics.

Why Would Anyone Want to Steal My Vehicle?

- To joy ride or to use it in another crime.
- To dismantle it for parts.
- To change numbers and resell it.
- To ship it out of the country for a very lucrative profit.

Prevention Tips When Approaching Your Vehicle

- Do not dawdle; move quickly and confidently with your keys in your hand.
- Be aware of the surrounding area, including any occupied cars, and check to make sure no one is hiding in or under your car.
- Immediately lock the doors when you get into your vehicle.

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.

Join Now!

- Volunteer services: driving, grocery help, technology help, small home repairs
- Shopping and other trips on the CHAI Northwest Senior Shuttle
- Advocacy support from fellow members
- Opportunities to share your skills and expertise
- Exciting social activities
- Peace of mind
- Enrich your life
- Make a difference

Call Now!

- **To join NNC**, 410-500-LIFE (5433) for an application.
- **To join our team of volunteers**, call 410-500-LIFE (5433).
- **To learn more**, call 410-500-LIFE (5433) or email NNCinfo@chaibaltimore.org.

Engage Now!

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

Healthy Connections: Provides healthy options for members through exercise and cooking classes.

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.

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: Call for information.

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 for NCC Members

Diversity Dialogue: Meet monthly to exchange ideas and expand an understanding of our diverse NNC neighbors.

Healthy Connections:

- **Exercise Classes:** Weekly groups meet at the Imperial, Windsor House and the Elmont. Call Annie, 410-500-5334, for details.
- **Nutritious Cooking Class:** Help make tasty, nutritious food, meet new friends and take home recipes.

Social Connections:

- **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. See back page for details.



- **Men's Group:** An informal gathering of men who meet monthly for lunch at a local kosher restaurant. 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.
- **Circles:** Members and prospective members with similar interests meet monthly to socialize, learn and have fun. Call Chava at 410-500-5319 for details.

Monthly Village Gatherings:

Meet the 2nd Tues. of the month, from 2-4 p.m. at the Myerberg Center. For members and non-members. Informative and fun! Call Annie, 410-500-5334 to RSVP.

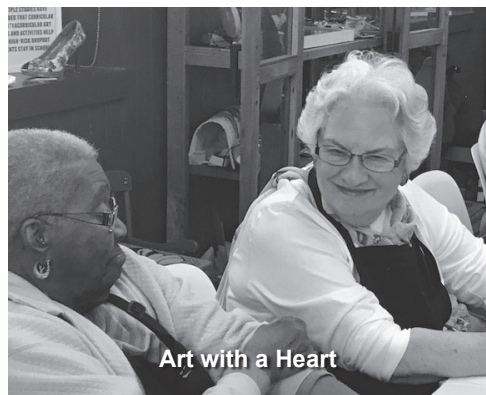


Art Class

Timely Happenings & Personal Notes

Art With A Heart

By Shoshana Harris, NNC Member



Art with a Heart

Art with a Heart is so many things to so many people. It provides teachers, assistance, materials and innovative curriculum to engage students in Baltimore schools that lack art programming.

In addition to its visual art classes, Art with a Heart offers other initiatives, such as a job program called HeARTworks, service learning opportunities, community service projects, public art efforts, a social enterprise/retail store called HeARTwares and a leadership program for 10th and 11th grade students called The Art of Leadership.

On February 27th, one of NNC's Circle groups had an opportunity to become artists under the guidance of Jenny Hyle Durkin, Art with a Heart's Director of Community Service and Public Art. We were all given aprons to protect our clothes from whatever media we would use, and Jenny gave us some easy instructions. Some of us smoothed out face masks made by children from Hazelwood Elementary School. Each child had made a distinctive symbol at the top of the mask that had a special meaning to that particular child. Once the rigid wrapping that we applied

had dried, the masks were to be returned to their "artists," painted over and displayed in Hazelwood's hallway for all to see and admire.

Other Circle participants primed book spines with white paint; the spines were going to be supplied to Baltimore City school children to decorate and then hung on the ceiling of a classroom.

Using Sharpie markers, several others colored in small pictures of dogs that were going to be Mod Podged onto waste baskets and then sold in HeARTwares, the Retail Store/Social Enterprise store that is open to the community Monday through Friday from 10 a.m.-6 p.m., Saturday from 12-6 p.m., and Sunday from 12-5 p.m. Proceeds are used to support Art with a Heart and its community partners.

Art with a Heart is located at 3000 Falls Road in Mill No. 1. The phone number is 410-366-8886. We hope that you will take the opportunity to check out this wonderful organization and become an Art with a Heart volunteer. Like the thirteen of us who went, you will have a life-changing experience.

Happy 6th Birthday, NNC!

By Eileen Creeger, NNC Member

The 6th Annual Birthday Bash held on March 13 was a smash (!!!) thanks to program chair Cheryl Cohen and her "dream team" – Heidi, Florence, Miriam and Toni. Over 70 members and friends filled the multi-purpose room at the Myerberg Center. We were entertained by the Weinberg Warblers, under the direction of Diane Wacks, and the Musical Moments, the singing duo of Diane and Shoshana Harris.



Birthday Bash

Lisa Budlow, Vice President, Aging in Community at CHAI, gave kudos to all the NNC members and volunteers for their hard work in putting together and supporting the Bash as well as NNC's weekly and monthly events. Rev. Arnold Howard agreed with Lisa, saying that the NNC members are the driving force behind our village.

The Italian theme of the meeting was enhanced by the beautifully set tables of checkered cloths, grapes, wine bottles (empty!) and flowers. Everyone enjoyed the delicious baked ziti, salad and garlic bread provided by the Milk & Honey Bistro. It goes without saying that the birthday cake dessert was yummy (as were the cookies, donuts, eclairs and fruit)!

And what's a Village Gathering without a raffle? Winners included Florence Lefkin (4 tickets to a walking tour of Camden Yards AND a \$25 gift certificate to the Giant); Toni Brafa-Fooksman (a BBQ set); Beverly Miller and Florence Seldes



Birthday Bash

(\$15 gift certificates to Shoppers Food Warehouse); Jerry Rosenbaum (Sunday brunch for one at the Milk & Honey Bistro); Eileen Creeger (\$25 gift certificate to Rite Aide); and Betty Silverman (\$50 gift certificate to 7 Mile Market). Congratulations to them and all the winners.

When asked for her impression of the Birthday Bash, Margot Brilliant said, "It was tremendous. Most enjoyable. I liked the food, company and entertainment. Everything was perfect." NNC member Sidney Rankin agreed, saying that this was the best Birthday Bash ever.



Upcoming Monthly Village Gatherings

All NNC members and their friends are welcome to join us for our summer Village Gatherings, to be held on Tuesday, June 12 and Tuesday, August 14. And mark your calendars for the return, by popular demand, of guest speaker Dr. Levi Atanelov for our October meeting. Time: 2-4 p.m.; Place: Myerberg Senior Center.

REMINDER: We will not be meeting in July and September!

June 2: To be announced

August 14: Summer Pizza Party with musical entertainment

October 9: Dr. Levi Atanelov 🗣️

IF...continued from p. 1

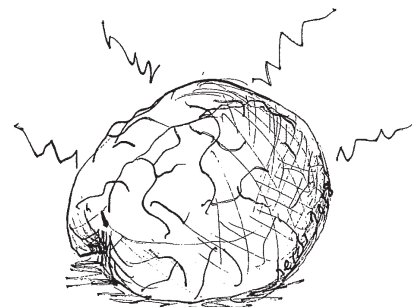
"If" is a BIG little word!

Sometimes that word becomes a *roadblock* of regret OR it can become the *gateway* to discovery! (My mom told me that **IF** you think you can, you can. **IF** you think you can't, you won't.)

Scarecrow in the Wizard of Oz bellowed out the words, "IF I ONLY HAD A BRAIN."¹ In the song, Scarecrow tells all the things he would do if he only had a brain...BUT, we are not like Scarecrow. We all have a brain. The question is, "What are we going to do with it?" ...Use it or lose it!

Gray Matters!

- Have you ever felt that when your hair turned gray, you became invisible? But...Gray Matters!
- Have you ever heard of your brain being called "gray matter"? Gray Matters!
- What if...There was a way to learn how to better take care of your brain?
- What if...The plan was written in plain English for Mature Minds?
- What if...I could do simple things that could make a difference in the quality of my life?



When I had the opportunity to take a distance learning class in August 2017, seventeen older adults chose to meet every week for 12 weeks to learn with me about "The Aging Mind." We learned the hidden value of the mature mind. Embers of HOPE began to burn brightly in our lives. We have new mountains to climb and new adventures to experience.

Learning new things in general broadens our horizon and adds meaning and purpose to our lives. When we can learn with others, it increases the value. We build new relationships and have the opportunity of benefiting from others' experiences in the group.

IF you would like to know how you can learn with us, call 410-500-5433 (LIFE). 🗣️

¹*If I Only Had a Brain* (1939) (w) E. Y. Harburg (m) Harold Arlen (I) Film: *The Wizard of Oz* by Ray Bolger, Jack Haley and Bert Lahr

Aetna Dental continued from p. 4

dentists. There is no deductible, no pre-approval, no waiting period and no exclusions.

This is how the plan works. Aetna mailed me a card that I took to the dentist. The dentist charged me what insurance would pay as opposed to the higher non-insured rate.

I am very glad to have found this card since this is the best way I know now to have affordable dental work done. 🗣️

for each application. I've received comments and compliments about my skin in the past few weeks from persons who had no idea about this program.

Mostly though it's that quick glance in the mirror that no longer causes me to gasp wondering who that dried up face belongs to. Skin thins and dries as we age, and the fairer the complexion, the more

susceptible to the elements.

Considering all the behaviors and moods that one might indulge in if not feeling good about oneself, these procedures seem a small—and safe—price to pay to be uplifted. Certainly, all of us want to feel well, and many of us are concerned with how we look to ourselves and others. Yes, our skin is a superficial layer of our

existence, but many times looking good is connected to feeling good, and that adds to our sense of self-worth and our desire to be active and included in community.

So, here's to your overall health and looking mah-vha-lus dah-link! If you have any questions or would like more information, please feel free to call me at 410-358-0977. 📞

Medication Tips for Older Adults—How to prevent common medication problems

By Miriam Sperling, RN

Some of us get our prescriptions from more than one pharmacy and from doctors who do not review all the meds we are taking, including over-the-counter medications, vitamins, minerals and herbs. This can lead to a problem called “polypharmacy.” They take multiple medications often prescribed by different physicians, which are then filled at different pharmacies. Among those over 65, 44% of men and 57% of women take 5 or more medications per week. In addition, older adults are at higher risk of adverse reactions to medicine because their bodies metabolize medications differently from younger people. Changes in hearing, vision and memory can also impact issues of medication management.

Many older adults cannot afford the high price of some prescriptions and may skip their meds or take them less often than prescribed. For many reasons,

they often do not notify their doctors of these decisions. If a medicine is too expensive for you, a less expensive drug might be substituted. If that is not possible, special arrangements can be made to help pay for the medication.

Below are some helpful solutions to managing medications:

- Allow a trusted friend or family member to take over the job of managing multiple medications if you find it difficult to do this yourself. Pillboxes that sort medication according to day and time are available at a reasonable cost. Arrangements can be made with a pharmacy for automatic refills and home delivery.

- It is often helpful to have a family member or caregiver accompany you to your doctors' appointments to keep records, write down instructions and make sure all questions are answered.

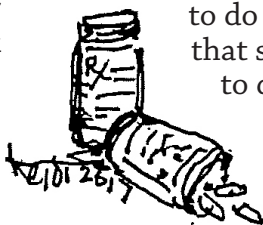
- Take a comprehensive list of

all prescription medications, over-the counter medications, vitamins and herbal supplements to your doctor visits. If you cannot write this information down, bring the bottles with you to the appointments. Side effects can be reviewed, and questions answered. Perhaps some of your current medications are no longer needed.

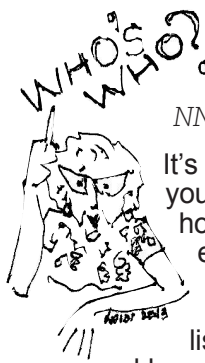
- Directions on your pill bottles should include: name of the medicine and generic equivalent if indicated; expiration date; times for taking the medication; whether or not to take with food.

The best practice is to fill all prescriptions at one pharmacy. Pharmacists are a reliable source of information on medications and their interactions.

More information on this topic can be found on YouTube under the topic “Medications Use in Older Adults, Penn Medicine.” The video features Lynsey Brandt, licensed pharmacist and geriatric physician specialist.



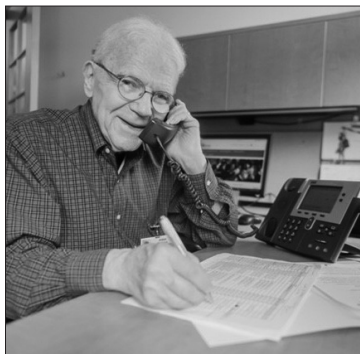
Who's Who?



Anton Grobani

By Shoshana Harris,
NNC Member

It's Wednesday, and you have just returned home from running an errand. You see that the message light on your phone is lit up. You listen to the message and hear a pleasant-sounding



male voice reminding you about an upcoming NNC class and Village Gathering. The message ends with, "Hope you can make it." Wow, you think, what a nice message. I will be sure to attend both events.

Thanks to Anton Grobani, over 100 NNC members are called every Wednesday with information about upcoming activities. We interviewed the man behind the voice and learned some interesting facts about his life.

For one, his last name, Grobani, went through some changes. Grobani started out as Gorobanski. Like so many immigrants, the name was changed to Groban after his father left Russia and emigrated to America in 1910. When his father decided to become an opera singer, his manager told him, "If you want to be in opera, you need to be Italian." So 'Grobani' became 'Grobani,' and his father went on to become an opera singer, and later in life, a cantor.

Anton has been married for 32 years to Sally, and they have 2 daughters, Abigail and Neely. Sally teaches at the Krieger Schechter Day School in Baltimore. Abby lives in Israel, where

she is an animal keeper at the Safari and Zoo in Ramat Gan. Neely lives in New York and works for the American Jewish World Service.

Professionally, Anton was a dentist for 53 years. He practiced in Annapolis and Dundalk and was a graduate of the University of Maryland School of Dentistry. He retired 3 years ago, and like so many of us, pondered over what to do next. He turned to Jewish Community Services for advice on volunteer opportunities and learned about all the wonderful ways that CHAI is helping our community. What specifically caught his eye was the information about NNC. Fortunately for us, he decided to volunteer at NNC.

He describes his phone calling task as a "good fit" and appreciates the time flexibility: he can make the calls any time between regular office hours and stays for as long as it takes to make his calls, usually about 4 hours on a Wednesday afternoon.

Besides his time with NNC, Anton is also involved in Reading Partners, a program given through the Baltimore City Public Schools. Every Tuesday for about 2 hours, he tutors kindergartners and first graders at the East Baltimore Charter School who are struggling to read. To help motivate the youngsters gain reading proficiency, they are given books. Like NNC, the children are fortunate to have Anton's assistance and commitment.

Anton and Sally are in the process of moving from the Greengate community to The Towers, located down the street from The Myerberg. It will make it much easier for them to walk to Chevrei Tzedek, their congregation that meets at the Myerberg. We wish Anton and Sally many happy years in their new home and thank Anton for his dedication to NNC.

Melanie Waxman

By Ellen Carter Cooper, NNC member

Do your grandchildren know more about using technology than you do? Do you think using technology is a waste of your valuable time? Well then, you need to become acquainted with



Melanie Waxman at the Myerberg Center. She was inspired to explore technology to keep pace with her own children, Jacob and Jonah.

Melanie grew up in Long Island, New York, where she was influenced positively by her grandparents and the Jewish community. She demonstrated her ability to explore unfamiliar territory when she left New York to attend Towson University.

"To help make people's lives better by using technology that is readily available" is Melanie's mission. She is the Technology Concierge for the Technology Hub located in the Myerberg Center at 3101 Falstaff Road. Melanie firmly believes that using technology can improve our memory and our lives. She thinks that it can make everyday tasks more manageable and less frustrating.

When Melanie is not at the Myerberg, she enjoys spending time with her family and being involved in all aspects of Jewish life. She also likes to travel. One of her favorite destinations is Scotland, the birthplace of her husband.

In addition to the Tech-Knowledge Hub, the Myerberg Center is the residence for a fitness center and an art program. Melanie invites everyone to visit and/or volunteer at the Myerberg because it will "make a difference in your life and in someone else's life." While you're at the center, stop in and say "hello" to her. She can be reached by email at melanie@myerberg.org or via telephone at 410-358-6856. 📞



NNC Events

Every Mon., 10-11 a.m.
Exercise at The Imperial
3601 Clarks Ln.

Every Tues., 10-11 a.m.
Exercise at the Elm
6317 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

2nd Tues. of month, **NNC Monthly
Village Gathering**
2-4 p.m., Myerberg Center, 3101
Fallstaff Rd.
NOTE: No Village Gathering in July

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

**The art class will not be held in July
and August, and will resume
in September.*

MYERBERG CENTER PROGRAMS 3101 FALLSTAFF RD 410-358-6856

(for a complete listing of upcoming classes
and programs, please consult the Myerberg
program guide or online at myerberg.org.)

FITNESS CENTER

Sun.: 9 a.m. – 1 p.m.
Mon.-Thurs: 7:30 a.m. – 7 p.m.
Fri.: 7:30 a.m. – 1 p.m.

Stay active, healthy and fit at the
Myerberg Center's state-of-the-art
Fitness Center. The Harry & Jeanette
Weinberg Foundation Fitness Center
is specifically designed for active
adults aged 55+. The Fitness Center
features strength training equipment,
cardio machines and free weights. Our
pleasant, knowledgeable staff will show
you how to work with each piece of
equipment and can customize a fitness
program just for you.

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.

TECH-KNOWLEDGE HUB:

Classes include: iPad Basics for Older
Adults; Introduction to Digital Culture,
Discover Facebook; One2One Learning
Sessions; Google: It's a lot more than
you think; Fast-Paced iPhone; No
More Lines. All classes taught by Tech
Concierge, Melanie Waxman, 443-963-
1461 or Melanie@myerberg.org.

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.

Jun. 7, Ellen Katz, 50 years of popular
music

Jul. 5, Barbara Korenblit from CHANA
will discuss senior rights

\$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 a.m. Call 410-358-
6856 for more information about Men's
Club membership fees. Must be a
Myerberg Center member to attend.

Jun. 5, Eliza Feller, Sol Levinson

Jun. 12, David Disow, MD, "The DaVinci
Device"

Jun. 19, Dennis Lynch, "The History of
Hampden"

Jun. 26, Brian Cornblatt, MD, "Nutrition"

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

Thurs., 1-4 p.m.: knitting or crocheting in
the café

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.

\$2 Members / \$4 Non-Members

6/10 – Klezmer Band

8/26 – Bruce Thomas

LET US ENTERTAIN YOU

**5th Annual Community Block
Party, Sun., 6/3, 10 a.m.-3 p.m.,
Rosenbloom Owings Mills JCC.**

Rain or Shine! Family Fun • Music &
Entertainment • Marketplace • Food

COMMUNITY PARTNER PROGRAMS

AARP Driver Education Class

Brush up on driving skills and possibly qualify for insurance premium reduction. Tues., 6/26, 9:30 a.m.-3 p.m.

\$15 AARP Member / \$20 Non-Member

Tzofim Israeli Scouts Performance

Learn about Israel through a unique blend of song, dance and story from this troupe of 10 talented 17-year-olds. Box lunch served at 11:30 a.m.; performance at 12:30 p.m. Thurs., 8/9, 11 a.m.

\$5 Member / \$8 Non-Member

SUPPORTIVE SERVICES

Jewish Community Services (JCS)

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, 10-11:30 a.m. Myerberg Center

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

Parkinson's Disease Support Group with Shoshana Zuckerbrod

2nd Tues. 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., 6/6, 8/1, 7:30 p.m., Falls Village Apartments Community Hall

President: Ronnie Rosenbluth, 410-358-5238, Ronnie@tovpizza.com
Dues: \$20/year

Cross Country: Tues., 6/12, 7/10 & 8/14, 7:30 p.m., CHAI, 5809 Park Heights Ave.

President: Avraham Sauer, avraham.sauer@gmail.com
Dues: \$10/year

Glen: Wed., 6/27, 7/25 & 8/22, 7:00 p.m. JCC, 5700 Park Heights Ave.

President: Maxine Webb, getcaughtintheweb@gmail.com
Dues: \$15/year

Fallstaff: Thurs., 6/7, 7/5 & 8/2, 7:00 p.m., Fallstaff Elementary School

President: Sandy Johnson, sandrajohn@aol.com, 410-358-4140
Dues: \$10/year

Mount Washington: Tues., 6/12, 7/10 & 8/14, 7:30 p.m., The Wesley, 2211 West Rogers Ave.

President: Ira Kolman, president@mwia.org
Dues: \$25/year

SPECIAL DAYS

June 10 – Laylat al-Qadr
June 14 – Flag Day
June 15 – Eid Al Fitr
June 17 – Father's Day
June 21 – Summer Begins
July 1 – Fast of Tammuz
July 4 – Independence Day
July 22 – Tisha B'Av
Aug. 22 – Eid al Adha



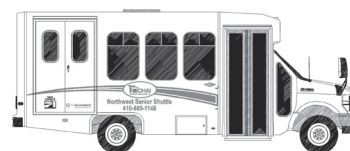
Need a Lift?

Transportation Options for NNC Members!

NNC members have free access to the CHAI Northwest Senior shuttle. We encourage its use for grocery shopping, banking, and 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.



Call 410-500-5354 (LIFE) to become a member and request your first individual ride. Reserve your shuttle trip by calling 410-889-1148.

Driving In Your Vehicle

- Drive on well-travelled, well-lighted roads when you can.
- Keep the doors locked.
- Check your mirrors often.
- Leave an escape route when you stop at intersections.
- Use the center lane. This makes it harder to be approached.
- Stay alert always.
- Be alert when approaching automated teller machines.
- If you are approached, do not lower your window or open the door.
- Be alert for anyone who seems to be watching your car.
- If you suspect you are being followed, do not go home. Go to a police station or other safe public place.
- Keep your vehicle in good operating condition to avoid breakdowns.
- Have your vehicle windows

etched with the Vehicle Identification Number.

- Register your vehicle with the Maryland Watch Your Car program.
- If you feel threatened, use your car horn or alarm system to signal for help.

Parking Your Vehicle

- Park as close to your destination as possible to reduce the distance you have to walk.
- Look for parking spaces in well-lighted areas.
- Avoid parking near dumpsters, large vans or trucks that obscure view where carjackers may hide.
- Roll up your windows before parking.
- Keep valuables out-of-sight.

Departing Your Vehicle

- Check the surrounding area before exiting.

- Remove the keys and take them with you.
- Lock the vehicle as soon as you exit it.
- Move quickly away from your vehicle.

Important Warning: If you encounter a carjacker, surrender the car without a fight. This is a serious and dangerous situation—you can replace the car, not your life!

The Maryland Vehicle Theft Prevention Council works closely with law enforcement agencies, civic groups, private employers and individuals to reduce vehicle theft and related crimes. To learn more about vehicle theft in Maryland, call toll free at 1-800-96-THEFT or visit the MVTPC Web site at <http://www.mdautotheft.org/> 🗣️

Weinberg Park Assisted Living

5833 Park Heights Avenue
Baltimore, MD 21215
410-664-0100

Weinberg Park is a vibrant Assisted Living community where you can live with confidence and independence. Whether you need help getting dressed, managing medications or friendly conversation, we are there for you with a gentle helping hand. We offer private or semi-private suites, certified nursing assistance, medication management, a 24-hour emergency response system, laundry & housekeeping services, delicious & nourishing kosher meals and individualized service plans. Our doors are open to everyone, regardless of income level, and we strive to keep our fees at a competitive market rate. **Call today to schedule a tour!** We look forward to showing you the comfort and care we offer to all our treasured residents!





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.

Eau de Vie

By Barbara Fox

The taste doesn't linger on your tongue
It is largely unsung.
It can't be cut with a fork or knife
Yet it's the source of life.
It has no vintage, unlike wine
Aquarius is its sign.
Some think the flavor varies
From place to place.
This may be true
But it's subjective
Often it's bubbly
Mineral, salty
It's never dry
And we all know why
It's water!

A Dog's Day of Winter

By Eileen Creeger, NNC Member

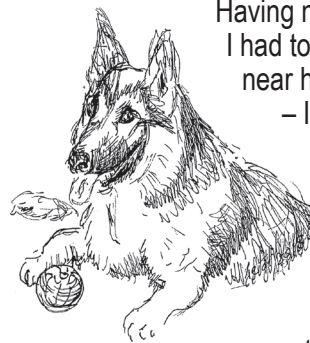
Back in high school, on what would normally be a Baltimore County snow day, the County decided to open school even though a "blizzard" was raging in my Pikesville neighborhood. My late mom, being a hardy soul from the Midwest, refused to drive me to school, and said the walk would do me good. Thanks, Mom.

Within a few minutes of leaving the house, my eyeglasses (this was before contact lenses or lasik surgery) were covered

with the blowing snow. I could barely see. Then, it started to thunder, what the weathermen now call "thunder-snow." It had no name back then; it was just too weird and creepy.

Clutching my books and my (somewhat) soggy brown bag lunch consisting of peanut butter on rye (and probably chocolate cookies), I trudged along, unable to see, unaware of traffic, bumps in the sidewalk, curbs, whatever. About 2 blocks from home, a large German Shepard type dog bounded up to me. Oh no! It sniffed, walked around me, made me start to cry. Perhaps it wanted my precious lunch! I wasn't very fond of dogs. I had a recollection of being chased by one or two; I was terrified! But I was more afraid of my mother's wrath if I turned around and went back home!

The dog, not in the mood for peanut butter I suppose, walked about 10-20 feet ahead on my usual school route.



Having no other choice,
I had to follow. As I got
near him (or maybe her
— I couldn't tell!), he
again bounded
forward
another
10-20 feet.
This kept
happening
until we reached

Smith Ave, a heavily trafficked street. Again, more tears, though somewhat frozen. How in the world was I going to cross the street if I couldn't see anything? And the dog—he wouldn't leave me alone! And the thunder! Why, Ma, did you make me go to school today?!!

Then, it dawned on me that this dog was my guide dog, and if I crossed the street when he did, I would be safe. And that is what I did. After crossing Smith Avenue, he led me to the back door of the school. When I was safely inside the building and able to wipe off my glasses, I saw him walking away—my guide dog, my new friend, never to be seen again. 🐾

BIRTHDAY

**greetings to these
members of our family!**

June

- 1 Tanya Kolchinsky
- 8 June Allen
Shani Lerner
- 9 Helene Weiss
- 16 Faye Klempner
Carolyn Peoples
- 26 Leni Broder
Rachel Heckert

July

- 3 Harvey Lempert
- 5 Yvonne Archer
Ruth Levie
- 10 Elaine Schwartz
- 13 Bonnie Cohen
- 14 Dolores Purzitsky
Rena Rotenberg
- 16 Margot Brilliant
- 20 Blanche Varon
- 22 Beah Zander
- 27 Gloria Lapidus
- 29 Joan Babiker

August

- 1 Vivian White
- 2 Linda Berkowitz
- 3 Joan Venick
- 5 Beverly Lazarus
- 11 Marcia Eisenstein
Vivian Tenenbaum
- 12 Audrey Berlin
Shirley Rimson
- 16 Dorothy Camper
- 25 Irma Schechter
- 26 Shirley Novograd
- 27 Shirley Brice
- 31 Vivian Wiggins

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 Annie at 410-500-5334.

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

The Supportive Community Network
c/o CHAI
5809 Park Heights Avenue
Baltimore, MD 21215



Newsletter Committee

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

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ISSUE 27 | SUMMER 2018

NNC's Lunch & A Movie*

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

June 25 – “Brigadoon” (Originally released September 8, 1954; now showing the 2005 edition in color.) Gene Kelly, Cyd Charisse and Van Johnson star in this classic American film musical about a powerful love and the magical town Brigadoon. When two Americans, Tommy Albright (Kelly) and Jeff Douglas (Johnson), happen upon the innocent and magical town nestled in the Scottish Highlands, Tommy falls in love with Brigadoon's Fiona Campbell (Charisse). But this wondrous town appears only one day every 100 years--never long enough to be corrupted by the outside world. Directed by Vincente Minnelli.

July 30 – “Dough” (Released April 29, 2016) Jonathan Pryce and Pauline Collins star in this hilarious comedy that shows you that you do not have to be baked to make some DOUGH! An old Jewish baker takes on a young Muslim apprentice to save his failing Kosher bakery. When his apprentice's marijuana stash accidentally falls in the mixing dough, the challah starts flying off the shelves! DOUGH is a warmhearted and humorous story about overcoming prejudice and finding redemption in unexpected places.

August 27 – “An Uncommon Grace” Hallmark Mystery (Released February 12, 2017) Grace Conner, a military nurse formerly stationed in Afghanistan, hopes that returning to her grandmother's farm in rural Ohio Amish country will help her recover from the ravages of war. Levi Troyer finds his pacifist beliefs challenged when he discovers his stepfather has been killed and his mother is wounded by an unknown intruder. Levi and Grace are thrown together when she comes to his family's rescue and saves his mother's life.

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