



WELCOME!

By Eileen B. Creeger, NNC Member

Hi-ber-na-tion: the condition or period of an animal or plant spending the winter in a dormant state (alternative spelling: “hi-brrrr-nation!”).

Don’t you envy bears (except during hunting season)? They can gorge on anything they can get their paws on, not worry about their weight, and then hunker down in a nice warm den during the winter months. When spring returns they emerge to sniff the newness and awakening of the earth. They get to skip the entire winter thing!

Staying CONNECTED

ISSUE 29 | WINTER 2018

Humans don’t have this option—unless you are one of the lucky snowbirds who goes south for the winter. For some of us winter is a hard season – the short, dark days; the cold; the ice that never melts; the effort to get out the door – what a downer. Boots, hats, gloves, coats accumulating by the front door along with the salt tracked onto the floors.

Spending winter in a *dormant state* is not an option for homo sapiens. Not moving one’s muscles contributes to sarcopenia, the loss of muscle mass. Read our article about this condition and ways to help slow it down.

A *dormant state* is bad for our brains. Science shows that an

active brain is a healthy brain. And active people are less lonely and less prone to depression, especially during the winter. Consider partaking of Northwest Neighbors Connecting (NNC) activities or the programs at the Edward A. Myerberg featured inside.

In this issue reflect on how you are never too old to ask questions. Consider the effects on our aging process when we rely on psychological defenses. Have a laugh when reading a pictorial journal of a member’s knee surgery. As always, let Wordshop stories and poems entertain you.

Whatever you do, get out there and do it. Also, be safe; stay warm! See you in the spring! 🐾

What Is the Power of a Question?

By Chava Ball, Village Engagement Director

Do you remember when you were asked a question that changed your life? Maybe it was “What do you want to be when you grow up?” and it made you stop and think about it. You began to dream and plan about the future.... OR Maybe it was “Where are you going to college?” Or “What is going to be your major?” OR “Will you marry me?”

We ask simple questions like “What time is it?” or “What is the current weather forecast? We are comfortable with those questions, but questions hold a very special place that sometimes we don’t recognize. Why don’t we ask other questions?

There are many possible answers to the “WHY?” question. Could it be:

- We don’t feel like we know enough about a subject to ask an intelligent question. OR
- We really don’t want to know the answer. Maybe we feel: “What we don’t know can’t hurt us” or “Ignorance is bliss.” OR
- We are afraid that it would be a stupid question, and we don’t want to feel stupid. OR
- We don’t have the energy to ask anymore. OR
- Maybe we have lost the curiosity to find out what we don’t know.

I am sure there are many other

reasons, so you can fill in the blank with your own reason. (I don’t ask questions because _____)

When my son was very young, he loved observing what happens if you.... One of his questions was “If you pour old stuff into new stuff, does the new stuff become the old stuff or does the old stuff become the new stuff?” He was three. I was stunned.

Children often ask questions—hundreds of them! Their world is new to them, and they want to

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Aging in Community

John Laube—A Man of Many Talents By Ellen Carter Cooper

The first time I attempted to reach John Laube, he was in the middle of a repair job. This is typical of his hands-on approach to his job. John is the Senior Home Repair Technician for CHAI.

John is a native Baltimorean who didn't start out in home repair. He is a musician who has been playing drums since 1970. In fact, he stills plays in the local area. From 2001 to 2013, he and his wife ran a food pantry in South Baltimore.

In the 1970s, John hitchhiked across the country. He wrote about

his adventures in his self-published book, *Nobody Rides for Free*. His book can be ordered from Amazon under his pseudonym, "Bonanza D. Jones."

In his current position, John only travels in the CHAI area. He does plumbing and electrical inspections and, he pitches in where he sees a need. Working for a nonprofit organization is in line with his values of providing service for others. He recognizes that he is following in the footsteps of Ed Schaefer, his predecessor who is so highly

respected in the CHAI community.

John wants to expand the home inspection program.

He also intends to serve more people as the resources allow. He's out of the office most days, so you will probably have to leave him a message at 410-500-5433. We hope that "Bonanza D. Jones" has found a place to stay for a spell. 📞



Question continued from p. 1

know everything. In many cases, as a child grows older, the questions are sometimes met with a negative response. "You ask too many questions," is a common reply I have heard. Does that mean that we are not supposed to ask questions? I don't think so. **Curiosity helps fuel questions.**

So—What is the power of a question? Here is a *partial list*:

1. A question has the power to make us stop and think.
2. A question has the power to make us focus in a particular direction.
3. A question has the power to improve our quality of life.
4. A question has the power to empower our healthy brains.
5. A question has the power to expand our question to ask new questions.
6. A question has the power to put us on the road to greater knowledge and understanding.

Where can you increase your knowledge? The number of learning opportunities is expanding at NNC. Check out the list in "What's Happening." If you have any questions, please call **410-500-5433 (LIFE)** for more information.

ASK questions! JOIN NNC! KEEP LEARNING MORE! DO IT TODAY! 📞

The brilliant scientist, Albert Einstein confirms the importance of curiosity and asking questions:

- "I have no special talent. I am only passionately curious."
- "Everyone is a genius, but if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."
- "Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning."
- "Once you stop learning, you start dying."

Special note: Beginning January 23rd and continuing weekly through April 4th, The Myerberg Center will host the exciting AGING MASTERY PROGRAM.

It is a program that helps older adults and boomers build their own playbook for aging well. It is a FUN, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. Aging Mastery Program classes will meet on Wednesday afternoons from 1:00 to 3:00pm. Registration will begin in December. Enrollment is limited.

Members will receive a discount!

Don't miss out! It will be FUN! Call 410-358-6856 to reserve YOUR place.



**Aging
Mastery
Program®**

National Council on Aging

Our Agency Friends –

Outpatient Rehabilitation Program At The Myerberg *By Shoshana Harris, NNC Member*



Did you know that LifeBridge Outpatient Rehabilitation programs services are now available at the Myerberg? The program opened in November 2017, as a result of LifeBridge's expansion of outpatient services from Levindale to the Myerberg Center. Barely a year old, the clinic offers a wide variety of physical and occupational therapy services.

The physical therapy program serves to improve patients' quality of life through strengthening and balance activities, gait training and pain management. Randy Siy, Outpatient Rehabilitation Coordinator and physical therapist for nine years at Levindale, is now at the Myerberg and directs all of the rehabilitation services. He sees patients from 8 a.m.-4 p.m., Monday through Friday.

Randy is passionate about promoting wellness and empowering his patients. Just as NNC's mission is to "create a self-sustaining village" of individuals who give and receive services supporting their ability to age in place," so too is LifeBridge's goal to "help residents age in place through the promotion of active and healthy lifestyles." For example, Randy assists in identifying risk factors that might cause a person to fall. He encourages patients to reject the "status quo" of their chronological age and to reach beyond what they think they are capable of. He sees his role as "more than a job. I meet people at the beginning of their journey to wellness. I am here to uplift, to make the patient smile, and create relationships."

In addition to his busy therapy schedule, Randy recently

completed a Masters in Health Care Administration and does a lot of outreach. He meets with community leaders and physicians and advocates for patients to receive appropriate therapy. He also promotes connections with patients' physicians so that they can work together as a team.

Randy could not meet all his scheduling demands without the very capable help of Oksana Lytvyn, his physical therapy assistant. Oksana came to the United States from the Ukraine in 2005. Her economics degree was not recognized in the US, but she was able to get a job as a bank teller. The job was not very fulfilling, so in 2009 she took a position as a Russian interpreter at the Jewish Convalescent Nursing Home, a division of LifeBridge. In her words, it "opened up a new life and career." She loved working with the Jewish population and felt a sense of belonging and special kinship with the Jewish culture. She also befriended a speech pathologist co-worker who suggested that she change careers based on the enjoyment she received in interacting with the residents. At that point, Oksana entered a physical therapy assistant program. She is grateful to LifeBridge for the employment and educational opportunities that it provides and finds her current role to be "inspiring and gratifying."

Occupational therapy is another component of the Outpatient Rehabilitation program. It is overseen by Carol Vitek, a registered occupational therapist. She sees patients two to three times a week in the afternoon week in the afternoon at the Myerberg. Some of Carol's patients have fine motor problems that might arise from neck, shoulder or arm impairment. These patients are taught how to

use special eating utensils, adaptive tools and will learn new ways to complete daily living tasks. Carol also helps patients with vision issues by teaching them new ways to compensate for their vision loss. Patients with cognitive impairment are given helpful coping strategies. Since many of these patients tend to walk with their heads lowered, she has them tape reminder notes on the floor.

Carol also conducts safety evaluations and makes recommendations to patients on improving their home environment to make their lives simpler and safer. As she explained, her goal for each patient is to "restore function, maintain the quality of life, and foster independence."

The Outpatient Rehabilitation program at the Myerberg is multi-faceted, patient-centric and produces life-enhancing outcomes thanks to the efforts of its staff and capable office coordinator, Kezley Lighty. For more information, call 410-601-0842. In next month's issue you will read how the program is helping Parkinson's patients manage their disease. 🗨️

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.

Healthy Connections

Staying True to Yourself....Mostly



By Joyce Wolpert, LCPC, NNC Member

How difficult it is to stay in touch with 'reality' when we see our physical and mental prowess decreasing given even the best of health regimens.

Psychological defenses, part of our human structure, can help prevent the full impact of stark reality, yet we need to monitor that they do not block out the measures we need to take to ensure our well-being.

Let's examine what these are in the world of senior-dom.

Denial without a doubt has helped many of us deal with very painful situations. While denial may get us through a crisis, it is not helpful in confronting the sobering realities of long-term planning. We may be 75 and feel like 50, but some things about us really are 75!

Anger often comes into play after a loss and defends us against overwhelming sadness. Anger can be energizing and seems to release our feelings. Yet, to fully grieve, sadness must be experienced. Loss is associated with being a senior, and it is essential for our health to have a means to let go and move on.

Rationalization justifies our actions or inactions without considering the salient variables. "It's okay to skip this dosage of the medication because I'm really feeling fine." Or: "It doesn't help me anyway." We avoid sticking with a medical regimen we don't understand, and our health may be adversely affected if we do things our way.

Projection is when things are too

difficult to accept in ourselves so we blame someone else. For example, if a relationship is faltering, we may say: "I'm easy to get along with; it's she who is inflexible." We may think we win by feeling self-righteous, but this only intensifies any tension in the relationship and drives people away. As seniors, we need to savor our social connections and find ways to admit, even embrace, our own shortcomings and adjust to the lumps and bumps of others.

Displacement is when we direct our feelings and actions away from the real situation to something unrelated. We know we should exercise regularly, but sometimes it just feels too hard to get dressed, drive to the gym and work-out. Instead, we may devote an inordinate amount of energy to a pet or a hobby. Inevitably we will suffer from a lack of self-care. This is a particularly slippery defense as others may compliment us for being so attentive yet not realize we are neglecting our own well-being.

Along with defenses, we may get caught in the web of "cognitive distortions." These thought mechanisms can take us in a direction that is divergent from our best health outcomes.

Catastrophizing is common for seniors who may be taking in too much health information. Will every cold turn into pneumonia or every scratch and scrape into a major infection? Of course, it is important to know our own health condition and to be in regular contact with medical personnel. But if we believe the world is only

a dangerous place, then we may disengage and become isolated.

Jumping to conclusions—mind reading is when we make incorrect assumptions. Just because someone may not act friendly to us one day doesn't mean he is angry or that there is something wrong with us. The reality is that any number of things may be going on with that person, and it behooves us to check this out.

Jumping to conclusions—fortune telling is when we take some current information and draw conclusions for the future. We may see every downturn of the stock market as the end of our solvency and become panicked and depressed. Instead of stressing, these fears can be easily solved with advice from reliable financial advisors.

"*Should*" statements get in our way. We are particularly clear about what we expect from others and often demanding about what we want from ourselves. Not having things go our way leads to anger and maybe guilt towards those who disappoint us. An antidote to this way of thinking is to acknowledge outcomes we would like to happen and to put energy into helping those turn out, and to accept, even find some gratitude, in what we receive. This is where mindfulness techniques are useful in appreciating the fullness of each moment rather than dwelling on our perceived lacks.

Control fallacies trip us up in two ways. We can feel like helpless victims at the hands of fate, or we can believe we are powerful

enough to ensure what happens to us. As the grasp on our health and acumen dwindles, it is easy to feel victimized. Yet, attitude is everything, and we can create a structure and meaning to our existence.

Awareness of our emotions and thoughts can make a significant difference in the path we choose to live. Our inner life can be powerful if we take time to witness our processes and create a healthy state of mind. 🍀

5-Ingredient Black Bean and Rice

Ingredients:

- 1 cup brown rice
- 2 cups black beans with liquid
- 1 tablespoon cumin seeds (or powder)
- Juice from one lime
- 2-3 handfuls spinach

Optional Add ons:

Hot Sauce; Garlic/Onions; Cilantro; Greek Yogurt; Extra Veggies; Eggs; Salsa; Avocado; Chipotle peppers

Directions:

1. Bring a pot of water to a boil. Add rice and continue to boil with no lid until cooked, 30-40 minutes.
2. In a skillet, add black beans with liquid, cumin, salt, and lime juice. Bring to a boil, reduce to a simmer, and let cook until most of the liquid is absorbed.
3. Once liquid is mostly gone, remove from heat and add spinach. Cover and let spinach wilt slightly. Mix in with black beans.
4. Serve black beans with rice. Add extras and toppings as desired.

<https://naturallyella.com/5-ingredient-black-bean-and-rice-food-bloggers-against-hunger/>. Thank you to Ilysa Cohen for supplying this recipe.

Enjoy!

SARCOPENIA—What is it? Could it affect me?

By Miriam Sperling, RN

When I was a bit younger I loved riding my bike ten miles or so along the NCR Trail in Monkton. I loved the beautiful scenery and the feeling of freedom I got whizzing along on my own power. When I got into my 70s I was so surprised that I just did not have the stamina to ride even one mile. I could still finish a spinning class at my own pace, but the outdoor ride and a few other tasks left me breathless. After several cardiac tests just to make sure, I found out that I no longer have a 25-year-old body and ticker. I still exercise but this change is one of the less desirable events that happen with aging. What happened is sarcopenia—loss of muscle and function related to aging.

Physically inactive people can lose as much as 3-5% of muscle mass per decade after age 30. However, even regular exercisers still experience some muscle loss, and this process speeds up between ages 75 and 80. Signs of sarcopenia include weakness and loss of stamina. It is a significant factor in the increased incidence of falls and fractures in older adults.

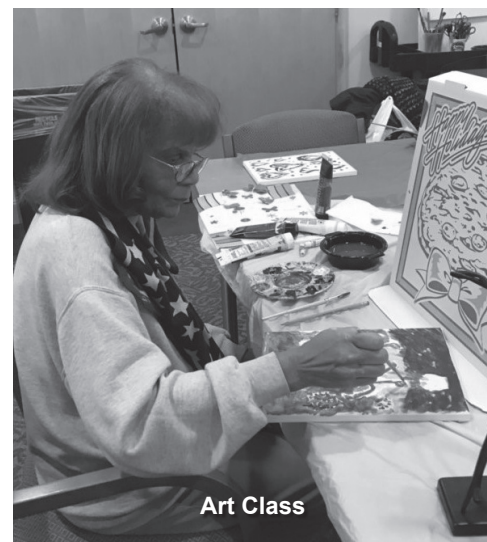
There's no test to diagnose sarcopenia. Any loss of muscle matters because it lessens strength and mobility. However, sarcopenia is treatable. A primary treatment is exercise, particularly resistance or strength training (the old-fashioned use of weights or resistance bands to increase muscle strength and endurance). This training also helps improve the ability to convert protein into energy and helps the nervous system and

hormones work more effectively. To avoid injuries it is important to work with a physical trainer or physical therapist who can develop an exercise program appropriate for you. And of course, always consult with your physician before undertaking an exercise regimen.

Dietary changes can also be very helpful in treating sarcopenia (see the recipe to the left). Older adults need to eat enough protein and enough calories of nutritious foods to help sustain muscle mass. A dietician can develop a good eating plan for you.

Several medications, hormones and dietary supplements are being studied to help reduce sarcopenia. The most important treatment for now is resistance training. Start with easy exercises and low weights and proceed slowly with the guidance from a trainer or physical therapist.

Enjoy! See you at the gym! 🍀



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.

Want to keep up-to-date on NNC news and happenings?

Log in on the Club Express link (NNC.Clubexpress.com) and visit our new website!

Village Groups for NNC Members

Diversity Dialogue: Meet every 3rd Monday of the month at CHAI, 4-6 p.m., to exchange ideas and expand an understanding of our diverse NNC neighbors. Call Annie, 410-500-5334 for more info.

Healthy Connections:

- **Exercise Classes:** Weekly groups meet at the Imperial 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 Shoshana at 410-580-0640 or Shosh128@verizon.net.

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.

Timely Happenings & Personal Notes

Circle Roundup

By Shoshana Harris, NNC Member

NNC Circles are thriving and growing. Take a look at what has been happening and what's in the works.

Couples: Eileen and Jerry Rosenbaum

In order to increase participation, the "Couples" Circle has been restructured and changed to "Baltimore Explorers." This Circle will take short trips to nearby places of interest as well as enjoy in-house cultural experiences. The first activity, in December, will be a visit to Art With a Heart. The Circle is open to anyone who wishes to join.

Encounters: Sharie Blum and Shoshana Harris

Fourteen members visited the Benjamin Banneker Historical Park and Museum in August. Read more about this outing as described by Veronica Fullwood on page 9. In October, members shared brief bios, photos and life experiences, and in November enjoyed a home-made, post-Thanksgiving luncheon.

Foodies on the Run:

Five members met in August for lunch at La Tolteca in Owings Mills. In September, ten members dined

at Akbar Palace. Cheryl Cohen and Miriam Rittberg announced their intention to step down as co-leaders.

NNC Board president Rev. Arnold Howard also was in attendance and told the group that they would be supported by the Board during this transition. The

October Circle met at Stanford Kitchen in Owings Mills and at Panera Bread in November.

New Circle: Curiosity

Seven people, including five residents from Weinberg Woods, met at the Myerberg on October 17th to launch a new Circle. Everyone in the group introduced themselves and told a little something that they wanted to share with the others. A participant suggested the name "Curiosity" for this new group, and it was unanimously accepted. The group met in November at the Myerberg to share "memories of historic events."

Future Circles Being Planned:

Energetic Walkers

NNC member Helene Miller would like to start this Circle in the spring when the weather is conducive to walking outdoors.

Bingo Lovers

For those of you who like to play Bingo and have lots of fun, look for a future announcement about this Circle. It is in the planning stages at this time.

Want to know more about how you can get involved in a Circle or start one of your own? Simply contact me, Shoshana Harris, NNC Circle Coordinator, by phone at 410-580-0640 or email at shosh128@verizon.net.



Village Gatherings

October 2018 Village Gathering

By Heidi Schloss, NNC Member

Gathered amongst the brightly decorated tables, 52 delighted NNC members and friends munched on Halloween candy and other sweets. We were excited to welcome back Dr. Levi Atanelov, our expert in fall prevention!

Dr. Atanelov asked us questions, such as what happens when you fall? How do you feel about it? How do you know you are at risk for a fall? (If you have fallen once over 12 months, with or without a broken bone, you are at risk.) Most felt that a drop in blood pressure was a cause, but he said that only accounts for 10% of falls. He got up on the stage to demonstrate balance. The spinal cord, he said, contains all the information for walking. The human base of support is the rectangle around one's feet and one's center of gravity. The 5th lumbar vertebra is two inches away from the center of gravity. He demonstrated how 80% of our balance can be achieved by standing on one foot. He also explained how using a cane or walker enlarges our center of gravity.

Spinal stenosis and dementia are common medical reasons of falls. To help us better understand the physiology involved in falls, Dr. Atanelov explained some medical terms: syncope (fainting), neuropathy (disease of the nerves), spinal stenosis (narrowing of the spinal nerves), corticocerebellum (back of brain) and peripheral neuropathy (damage to the nerves beyond the brain and spinal cord.) When asked about MRIs for diagnosis of some



of these conditions, he told us that they are not always accurate and just one tool for diagnosis.

Fall prevention was a concern from the audience. Dr. Atanelov said that a clear medical diagnosis, medication and balance exercises with a trained physical therapist (under the guidance of a physician) are important. Treatment should address specific problems and be tailor-made and modified for the patient. Finally, Dr. Atanelov advised us to contact a doctor when we have pain, neurological issues and/or nerve damage.

The audiences' attention was rapt! An altogether successful gathering!

Mark Your Calendar: Upcoming Gatherings (Tues., Myerberg Center, 2-4 p.m.)

Dec. 11: Holiday Party

Jan. 8

Feb. 12 📍

Joyce and Miriam Visit the Land of Fire and Ice

By Miriam Rittberg & Joyce Wolpert, NNC Members

On August 21, Joyce Wolpert and I (Miriam Rittberg) embarked on a walking and hiking tour of southern Iceland with Road Scholar. How do you describe Iceland? A lush, verdant land filled with flora and fauna? No. A bustling, commercial country filled with European influences? No. (It is part of Europe but only has a population of 350,000). A stark, raw beautiful island of volcanoes, glaciers and mountains in abundance that touch the clouds...**Yes!**

Much of Iceland's history and landscape can be explained by the dramatic, natural upheavals that occurred. It sits on active, tectonic plates that are slowly separating.

Iceland is waiting for the next eruptions from its many active volcanoes. In 2010, an eruption filled the skies of England with volcanic ash. We thankfully missed the next upcoming event. The glaciers, as we know on Earth, are melting but they continue to provide the many powerful waterfalls that are spectacular attractions for visitors. These plates, volcanoes, geothermal power and waterfalls provide 85% of the energy source for Iceland. The people are self-sufficient and proud of the fact that they only import 15% of needed fuel.

Our guide, Harpa was very competent and knowledgeable. She led our group of 20 experienced hikers up many, often treacherous trails. Ask the indomitable Joyce, me, Miriam, not so much. We learned that the Icelandic language is the oldest in the world. This country has a literacy rate of 99.4%. Considering how difficult the language is (try saying: kirkjubaejarklaustur), they are proud of that. They love reading, especially poetry. The Icelandic people are a homogeneous group, unlike most Europeans.

The weather was wonderful...in the 50s, little rain or wind. We layered our outfits to meet weather demands. The summer days are long but slowly move toward the very long, dark winter nights.



One of our highlights was visiting the Blue Lagoon. The waters are geothermally heated (heat from the earth). Whatever the season, this spot and the many hot springs and



rivers provide a delightful experience year-round.

Our last stop was the capitol, Reykjavit, one of the cleanest, greenest and safest cities in the world. Iceland does not deal with gun issues. There might be one murder a year and not from gunshots.

"Iceland inspires with the awe of Creation—landscapes of lava rocks and small craters that looked like the moon," comments Joyce. "Rocks were both barren and moss covered with few trees. Thus, in former times most structures were made out of sod with clear absence of wood, brick or stone. With no visual obstruction of trees, the vastness and sweep of the terrain was everywhere. Gorgeous waterfalls that we walked over, under and around delighted us with rainbows. We took a boat ride on a glacial lagoon with blue floating icebergs of phantasmagorical shape. We bathed en masse in another lagoon of geothermal water and packed lava mud on our faces."

"I had a personal thrill in a small town the day after the trip ended where I dipped into an outdoor hot tub, then a heated swimming pool in 41 degrees. Swimming in Iceland is both a national pastime and a requirement to graduate from high school, which I think is right on. I loved how people sat

in hot tubs and socialized before they began their work day. This was different than how many of us go to the gym immersed only in our own work-out. It is amazing given the vast wilderness of Iceland that people still find a way to be together and not succumb to social isolation."

"We took hikes on ridges where we could look up at more mountains and gaze down at severe gullies and gorges. One particular scene stays etched in my mind. On a green hillside, a geothermal spring was bubbling up. This was too hot for us to dip into. Three sheep were gathered close to the water. Apparently, it was too hot for them also, yet they liked the steam. And so, the picture of sheep gathered in the mist from a hot water spring depicted the nurturing power of Mother Earth. The need for protection, soothing and healing was being satisfied by the earth itself."

Miriam and Joyce believe we have a lot to learn from Iceland in how to harness Nature's energy and better respect our environment. Even though this trip was demanding with all the hiking, one can visit Iceland by renting a car.

This was a unique trip and filled their hearts and minds with unforgettable images and memories. Their only regret was not glimpsing a troll or elf. 🐉

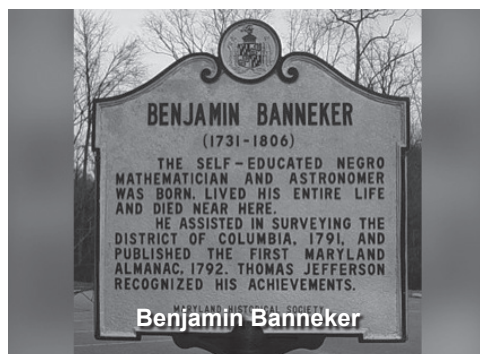
A Day with Benjamin Banneker

By Veronica Fullwood, NNC Members

On August 28, members of NNC's Encounter Circle and Diversity Dialogue took a much-anticipated trip to the Benjamin Banneker Park and Museum in Oella, Maryland (between Ellicott City and Catonsville). The park and museum commemorate the accomplishments of Benjamin Banneker, a freed black man of science who was known as a scientist, writer,

inventor, surveyor and beekeeper in colonial Maryland.

Museum docents Willa Banks and Cherrie Evans welcomed us. They escorted us to a room inside the building where we ate our lunch and chatted. After lunch we viewed a documentary "The Man Who Loved the Stars," starring the late Ossie Davis portraying Benjamin Banneker. The documentary begins with the arrival in Maryland of Molly Welsh, Benjamin's maternal grandmother, who came from England as an indentured servant. After seven years, she obtained her freedom and began raising tobacco on the farm that is now the park. After freeing her slaves, Molly married one of them, Bannaka,



who had been brought to Maryland on a slave ship from Africa. They had four daughters, one of whom was Benjamin's mother, Mary. She married Robert, a freed slave. Robert assumed Mary's surname Bannaka, which was later changed to Banneker, and purchased 100 acres of land to raise tobacco. On November 9, 1731, Benjamin was born--a free black man in colonial Maryland.

The Ellicotts, a Quaker family from Pennsylvania, purchased land for flour mills near the Banneker farm. The Ellicott brothers took an interest in Benjamin. George Ellicott encouraged him in his study of astronomy. Andrew Ellicott joined Pierre L'Enfant and his team, on behalf of Thomas Jefferson, to survey the boundaries of what became the nation's capital (Washington, D.C.). In the documentary,

Benjamin is shown as an integral part of the survey team.

Life was not easy for a free black man. As accomplished as he was, Benjamin Banneker could not find a publisher for his almanac. Among other accomplishments, he engineered the first striking clock made entirely of indigenous hand-carved, American wood and parts. This clock struck on the hour for over 50 years.

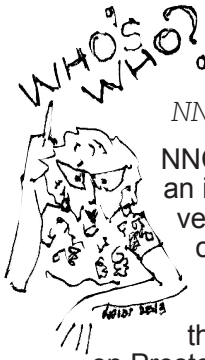
After an informal discussion of the film, we viewed artifacts possibly used by the Banneker family and others of the era. Of interest was a straw beehive like the one used by Benjamin, a known beekeeper.

Benjamin Banneker died at the age of 74. Sadly, his log house and some of his papers burned to the ground during his funeral service. We visited a replica of the house. Our docent showed us how the oven and cooking utensils were used. It was fascinating to think that we were in a room on the grounds where the first black man of science studied, made his famous clock, wrote his journal, compiled his almanac and corresponded with Thomas Jefferson.

Thanks to Sharie Blum and Shoshana Harris for arranging such an exciting day. 🐉



Who's Who?



June Allen

By Veronica Fullwood,
NNC Member

NNC member June Allen is an interesting, active and versatile person. A native of Baltimore City, she was raised in West and East Baltimore. Initially the family home was on Preston and Biddle Streets; however, that house was demolished



to make way for the State Office Building parking lot. Subsequently the family—June, her parents and her four siblings—moved to East Baltimore. The two sisters are very close and do many family activities with nieces and nephews (her children).

It was while attending Dunbar High School, from which she graduated, that June met her husband Tobias. He was a veteran of the Vietnam war. While fighting in the war he came in contact with Agent Orange. Though able to live a normal life, Mr. Allen's health gradually deteriorated; he died three years ago.

June earned her Bachelor of Science degree with a dual certificate in Special Education and Early Childhood Education from Coppin State University. She also earned a Master's degree in Education from Morgan State University and has taken classes at the University of Maryland.

For 42 years June was an educator. School #60 was her first teaching assignment; it was there that she met NNC member Yvonne Archer, with whom she reconnected many years later. In 1975, after teaching there for five years, June began working for the

Department of Defense. Five years were spent in Germany where she lived and taught American military children at the Ramstein Air Force Base. June's philosophy is that you cannot capture a true feel for a culture unless you live there for a period of time because the true flavor of a culture is missed and slips through your fingers when only touring for a few days. June and Tobias were married during her stay in Germany.

Upon returning to Baltimore June spent a few years teaching at Malcolm X Elementary School and Dr. Martin Luther King Elementary School. At both schools she taught special education. She then decided to teach high school and transferred to Lake Clifton High, where she taught special education. June was nominated for the Maryland Teacher of the Year Award while at Lake Clifton and was one of three finalists.

In 1990, June left the classroom for what she describes as an office job. She became the manager of the Baltimore City ARD program with the responsibility for the evaluation of students and conducting special education meetings.

Describing herself as an "adventurist," June explains that she has "a passion for traveling." She has been to all seven continents. She loves having had the experience of seeing the sunrise and sunset on seven continents. Prior to 2014, she traveled alone; now she has a traveling partner. June lived on the West coast of Africa for a month and has visited the East coast as well. June also visited Cuba, which she describes as a hidden secret that offers a variety of foods, pleasing to the palate; there's a lot to see and a great deal of history. June views India as a third-world country that is slowly modernizing. Cold is the word she uses to describe Antarctica. Though the continent is isolated, the glaciers are wonderful. She describes the Indian Ocean as viewed from Australia as beautiful; however, she did not get to go in the area of the original aboriginal. She especially recalls the smell of the eucalyptus trees that line the streets of Sydney.

When not traveling June is involved in many activities. She volunteers at the

Enoch Pratt library. She is a member of two book clubs, one at the library where she volunteers and one in her condo building. June is very active in her church, St. Mary's Walbrook. She swims and exercises at her alma mater, Coppin State University. She also volunteers and attends NNC activities, including assisting Ilysa Cohen in the cooking class, partaking in the Encounter Circle, exercising at the Imperial and participating in the Gray Matters class.

June has always had an urge to learn and discover. She feels that she has been truly blessed and her hope is to bless others in some way. 🍀

JCS Toy Drive

November 5-December 25



Donate new, unwrapped toys, books, crafts or gift cards (\$10 or less) to brighten the holidays for children. Drop off locations: JCS, 5750 Park Heights Ave.; JCC, 5700 Park Heights Ave.; JCC Owings Mills, 3506 Gwynnbrook Ave. Or purchase a book at Barnes and Noble in Pikesville and donate it right at the store.

"Did I 'Kneed' This Surgery?" By Heidi Schloss



**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

CHAI
Comprehensive Housing Assistance, Inc.
STRONG COMMUNITIES FOR LIFE

AN AGENCY OF
The Associated
Inspiring Jewish Community



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

Last Mon. of month, **Lunch and
A Movie**
12-2:30 p.m., CHAI

2nd Tues. of month, **Village
Gathering**
2-4 p.m., Myerberg Center,
3101 Fallstaff Rd.

Needlers
RSVP to Eileen Rosenbaum
410-764-8443

Men's Group
RSVP to Jerry Rosenbaum
410-764-8443

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:

All classes taught by Melanie Waxman,
443-963-1461 or Melanie@myerberg.org.
Classes include:

- iPad Essentials
- iPad/iPhone 102
- One2One Learning Sessions
- Introduction to Digital Culture—iPad
- Discover Facebook
- Social Media
- Picture This

HUMANITIES

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.

Dec. 4, Ron Heneghan, "Shakespeare
Theater"

Dec. 11, David Sigman, MD "Men's
Health Issues"

Dec. 18, Susie Needle, "Saving the
Elephant"

Dec. 25 & Jan. 1, NO BAGEL BOYS,
CENTER CLOSED

Jan. 8, Bruce Lohr, "Personal Safety"

Jan. 15, Michael Lisky, "Baltimore
Department Stores"

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

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

• Dec. 21 – *Sunburn* by Laura Lippman

COMMUNITY PARTNER PROGRAMS

AARP Driver Education Class

Brush up on driving skills and possibly
qualify for insurance premium reduction.
Mon., 4/22, 9:00 a.m.-2 p.m.

\$15 AARP Member / \$20 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

LET US ENTERTAIN YOU

Weinberg JCC, 5700 Park Heights Ave.

Dec. 6, 4:30-6:30 p.m. Mitchell David
Center for Hope and Healing presents
"A Shining Light": a Chanukah candle
lighting and special program honoring
those who are no longer with us but
continue to be a light in our lives.

Gordon Center for the Performing Arts

Dec. 8, Lisa Loeb, 8 p.m.

Dec. 9, The Maccabeats, 7:30 p.m.

healthy living, promote safety and improve quality of life.

Jewish Legal Services (JLS) Clinic

2nd Mon. 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.

Grief Support Group: Coping with the Grief of an Addiction Death, JCS, 5750 Park Heights Ave.

The Mitchell David Center for Hope and Healing presents "Coping with the Grief of an Addiction Death," an 8-week session beginning Dec. 13. Call 410-466-9200 for more information.

Support Group for Dementia Caregivers with Shula Nutkiewicz

3rd Mon. of the month (12/17, 1/21, 2/18), 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 (12/11, 1/8, 2/12), 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 (12/13, 12/27; 1/10, 1/24; 11/8; 2/14, 2/28), 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., 12/5, 1/2, 26
7:30 p.m., Falls Village Apartments
Community Hall

President: Nate Wilher
Dues: \$20/year

Cross Country: Tues., 12/11, 1/8,
2/12, 7:30 p.m., CHAI, 5809 Park
Heights Ave.

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

Glen: Wed., 12/26, 1/23, 2/27, 7 p.m.,
JCC, 5700 Park Heights Ave.

President: Betty Cherniak
Dues: \$15/year

Fallstaff: Thurs., 12/6, 1/3, 2/7, 7 p.m.,
Fallstaff Elementary School

President: Sandy Johnson,
president@welcometofallstaff.org
Dues: \$15/year

Mount Washington: Tues., 12/11, 1/8,
2/12, 7:30 p.m., The Wesley, 2211 West
Rogers Ave.

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

SPECIAL DAYS

Dec. 2 – First Chanukah candle
Dec. 3-10 – Chanukah
Dec. 18 – Fast of 10th of Tevet
Dec. 25 – Christmas
Dec. 26 – Kwanzaa begins
Jan. 1 – New Year's Day
Jan. 21 – Martin Luther King, Jr. Day
Jan. 21 – Tu B'Shevat
Feb. 2 – Groundhog Day
Feb. 12 – Lincoln's Birthday
Feb. 14 – Valentine's Day
Feb. 18 – President's Day
Feb. 22 – Washington's Birthday

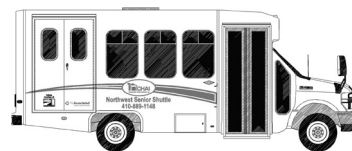


Need a Lift?

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.



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 FOR NNC MEMBERS

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 trip planned for this winter. 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 410-500-5433(LIFE) 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 410-500-5334 as soon as possible.**

OUT ON THE TOWN WITH NNC

Dec. 5 – Mrs. K's Restaurant & Cellar



Mrs. Toll House Restaurant is situated in what was the last operating tollhouse in Montgomery County. Just like modern day tollgates, travelers would stop and pay a toll before using the privately owned road. The Washington-Colesville-Ashton Turnpike ran from Silver Spring to Ashton along what is now Route 29. The resident farmer, Mr. Allen, accepted the tolls of about 4 cents a horse. This building has never been used as an inn. The only people to stay on the property over the years have been the guests and family of the toll keepers and Kreuzburgs who opened the restaurant in 1930. Between the times that the tollhouse stopped collecting tolls and became Mrs. K's, it passed through a number of hands and was operated primarily as a roadside tavern. Rumor has it that the "inside" dining rooms were actually used for a speakeasy during prohibition! NNC's reservation is for 12:30 p.m.

Jan. 16 – National Cryptologic Museum



Located adjacent to NSA Headquarters at Ft. George G. Meade, Maryland, the Museum houses thousands of artifacts that collectively serve to sustain the history of the cryptologic profession. Here visitors can catch a glimpse of some of the most dramatic moments in the history of American cryptology: the people who devoted their lives to cryptology and national defense, the machines and devices they developed, the techniques they used, and the places where they worked. For the visitor, some events in American and world history will take on a new meaning. For the cryptologic professional, it is an opportunity to absorb the heritage of the profession. The tour is free and takes approximately 90 minutes.

Apr. 17 – Trip to Inner Harbor

We will leave for the Inner Harbor at 10:30 a.m. Details to follow.



Good vibes from the Volunteer Driving Program!

Drivers and riders in our Volunteer Driver Program form bonds that extend far beyond conversations in the car. Terry, a CHAI volunteer and rider in the program, shared her joy in receiving greetings from her driver, Hye Mi who had moved.

"When I received the postcard, it brought back such warm feelings. I consider our friendship a gift from NNC. I connect with people via the rides and my volunteer work at the NNC office. What I give comes back to me and the good feelings of volunteering stay with me all day."

Call 410-500-5318 or email volunteer@chaibaltimore.org to learn more about volunteer opportunities.

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.



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.

The March

By Terry Gary, NNC Member

It was 1969. It was my freshman year at the University of Texas at Austin. The Vietnam war was going on. There was an anti-war march in September of that year. My friend Danny was one of the law students who spearheaded the march. The environment was electric with change. The scene was phantasmagorical. We marched around the campus shouting "Hell no, we won't go!" We wore black armbands to show our solidarity for the students who were killed at Kent State University in Ohio.

I lost my father in August of that year. He was very important to me and his loss was a big rift. The march was a distraction from my pain. That same year, a young coed named Moment Armisted jumped from the University of Texas tower to her death. She had an internal revolt. I thought that her name fit because her life was only a moment long. Change was fast becoming the fabric of society and not the residue. My shy sister Debbie baptized the march by jumping fully clothed into one of the university's six fountains.

Several years later I taught at a poor elementary school in East Austin. A second grader, George, was helping me bring in some materials from my car. He noticed the McGovern for President bumper sticker on the car. He said, "You voted for McGovern? My mama voted for him, too!" I said, "But he didn't win, George." He replied, "No, but he came in second!!"

My college years were fun and exciting, and they leave a bittersweet memory on my consciousness. They were a photo album from another epoch.

Jim

By Barbara Fox

Quiet, meditative hours
Contemplating trees and flowers
Were not for him, whom we'll call Jim.
Jim saw himself a cousin for the CIA
Classified in every way
A bullet-proof chauffeured limousine
Would have him quickly on the scene
"United flight 007, now departing"
His wrist, strapped to his case was smarting.
He'd meet his contact in Beirut
The mission then was through, or was it?
That European man
That redhead with the winter tan
Potential threats – and yet
The gun, strapped to his shoulder
The nature of his sealed folder
Would protect him
The message? Esperanto
Chemically treated by Monsanto
To disintegrate if read in the sun
Just part of the fun, of the CIA
Adventurous, fanciful Jim
All of this he wished for him
Reveling in each capricious whim
So he'd smile, dream, doodle
With a bean sprout, or a noodle
Jim's full name? Jim Leong Lee
With old, old Chinese family tree
And in the restaurant—China's Door
Jim Lee was cook from eight to four! 🍳

BIRTHDAY

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

December

- 1 Cheryl Cohen
Florence Lefkin
- 3 Dorothy Komarow
- 7 Evelyn Goldman
- 8 Shoshana Harris
- 9 Rosalie Cosgriff
Larry Malvin
Rosalie Weintzweig
- 11 Maurice Levie
- 12 Adele Schmell
- 13 Barbara Landsman
- 17 Barbara Barr
Gloria Klein
Judith Sykes
Chava Ball
- 20 Carmelita Wilson
- 24 Sara Rosenthal
- 29 Barbara Ravitz

January

- 3 Susan Russell
- 4 Helen Blechman
Ruth Hoffman
- 9 Susie Wheeler
- 12 Jeanne White
- 17 Veronica Fullwood
- 29 Barbara Setzer
Hinda Sokolow

February

- 9 Janice Taylor
- 12 Marilyn May
- 17 Ofelia Apter
- 23 Tracey Stulman



Milestone Moments

Congratulations to

Lisa Budlow, being named Chief Executive Officer of CHAI

Annie Shimanovich, being named Aging in Community Program Manager

Eileen & Ken Creeger, on the birth of a granddaughter, Sadie Belle

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
Heidi Schloss
Miriam Sperling
Joyce Wolpert

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ISSUE 29 | WINTER 2018

NNC's Lunch & A Movie*

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

Dec. – no movie due to New Year's Eve

Jan. 28 – “Morning Glory” (Released in 2010) This American comedy film stars Rachel McAdams, Harrison Ford and Diane Keaton, with Patrick Wilson, John Pankow and Jeff Goldblum. The plot revolves around a young and devoted morning television producer, Becky Fuller (McAdams), who is hired as an executive producer on the long-running morning show *DayBreak*, at a once-prominent but currently failing station in New York City. Eager to keep the show on air, she recruits a former news journalist and anchor (Ford) who disapproves of co-hosting a show (Keaton) that does not deal with real news stories.

Feb. 25 – “The Kid” (Released in 2000) Russ Duritz (Bruce Willis) is a wealthy L.A. image consultant, but as he nears 40, he's cynical, dogless, chickless, estranged from his father (Daniel von Barger) and has no memories of his childhood. One night he surprises an intruder (Spencer Breslin), who turns out to be a kid, almost 8 years old. There's something oddly familiar about the chubby lad, whose name is Rusty. The boy's identity sparks a journey into Russ's past that the two of them take - to find the key moment that has defined who Russ is. Two long-suffering women look on with disbelief: Russ's secretary, Janet (Lily Tomlin) and his assistant, and Amy (Emily Mortimer), to whom Rusty takes a shine. What, and who, is at the end of this journey?

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