



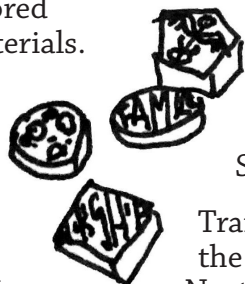
WELCOME!

By Eileen B. Creeger, NNC Member

“Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all. — Stanley Horowitz*

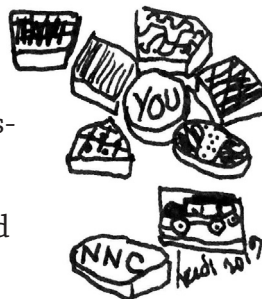
What is a mosaic? It's a piece of art or an image made from assembling small pieces of colored glass, stone or other materials.

Those of us who work on *Staying Connected* like to think of our newsletter as a mosaic. The newsletter is a compilation of ideas and happenings relevant to older adults in Baltimore and beyond. Put all the pieces together, and you have a whole image – a newsletter full of information pertinent to our readers.



In this issue, Fall 2019, some of the articles continue discussions from previous issues. As a result of the article we published about shingles and the latest vaccine, one of our readers submitted her experience with this debilitating virus. Cong. John Sarbanes, who graciously contributes to our newsletter, reviews what his office can do to help with problems involving Social Security and Medicare.

Transportation is a big piece of the mosaic for older adults in Northwest Baltimore. Thanks to the efforts of CHAI's Department of Senior Services, the CHAIway driving program is busy recruiting, training and schmoozing with its drivers (monthly at Coffee Bean & Tea Leaf on Reisterstown Rd!). If



you know of someone who would like to be a part of this volunteer team, please refer to the ad on page 3.

And for our readers who support our village, Northwest Neighbors Connecting (NNC), we hope you enjoy reading about new and old friends, what's happening in NNC and upcoming programs at the Edward A. Myerberg Center. Movies, trips, Village Gatherings, exercise programs – we have it all.

Thank you for making every issue a beautiful mosaic. 🗨️

*Stanley Horowitz, a poet, published this 18-word poem in the Nov. 1983 issue of Reader's Digest magazine. Some years later the poem was posted to a list of autumn quotations on the Internet, and it has been used ubiquitously all over the web ever since. A search of his name and the first line of the poem retrieved around 1,630,000 results. (from <https://www.nypl.org/blog/2011/11/15/winter-etching-artistic-quotation>)

CHAIway Driving Perks

By Eileen Creeger, NNC Member

An advantage of being a volunteer driver for CHAIway is the opportunity to meet some lovely people and to give back to older adults in the community.

Holly Pearl, CHAI's Community Transportation Coordinator, is full of ideas to improve and expand the driving program. One recent innovation has been monthly get-togethers at Coffee Bean & Tea Leaf, a coffee house on Reisterstown Rd. (next to the Rite-Aid on the corner of Reisterstown Rd. and 7 Mile

Lane). It's nice to talk with other drivers, to share experiences and to have a coffee or tea “on the house” courtesy of CHAI.

In June, CHAI drivers participated in CarFit, an educational program that offers older adults the opportunity to check how well their personal vehicles “fit” them. CHAI drivers were invited to Coffee Bean. Once there, an AARP rep checked our cars to make sure the driver and car were safe. Seat and shoulder belts were checked to

make sure they were being used properly; headlights, warning lights and turning signals were checked to make sure they worked; headrests were measured to make sure they were at the appropriate height for the driver; rear view and side mirrors were adjusted to maximize the driver's view; the distance between the steering wheel and chest was measured to avoid injury

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Aging in Community

Updated Shuttle Policies

The Northwest Senior Shuttle (NWSS), operated by CHAI through Action In Maturity (AIM), is available to all residents of the Weinberg Buildings as well as NNC members. The following policies were recently revised for NNC Members:

Grocery Runs: The shuttle has fixed grocery runs in both Baltimore City and County. The bus will only pick up passengers at the scheduled Weinberg/CHAI apartment buildings. The schedules are available in the buildings and mailed to NNC members monthly. No reservation needed.

Shopping & Mall Trips: Pick-ups are generally at the Weinberg/CHAI apartment buildings. Call the Reservation Hotline at 410-889-1148 to make a reservation. HOWEVER, NNC members will be picked up at their homes if (1) they do not have a car and (2) if they live within CHAI's General Service Area.

The boundaries of CHAI's General Service Area are:

- Northern boundary – Smith Ave.
- Southern boundary – Northern Parkway
- Western boundary – Reisterstown Rd.
- Eastern boundary – Mt. Washington

NNC Trips: NNC members will be picked up at their homes. To make a reservation for a trip, call Annie at 410-500-5334.

For any questions about these policies, please call Holly Pearl at 410-500-5318.

Attend the AARP Smart Driver Course for Free!

If you are a volunteer driver for CHAIway or attend our orientation and complete your first ride, you are eligible for a free AARP Smart Driver course!

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

The AARP Smart Driver course will help you:

- Receive a multi-year discount on your auto insurance*
- Refresh your driving skills and your knowledge of the rules — and hazards — of the road.
- Reduce your chances of receiving a traffic violation or getting into an accident.

The AARP Smart Driver course covers:

- Research-based safe driving strategies.
- Information on the effects of medication on driving.
- Preventive measures to reduce driver distractions.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.

- Techniques for handling left turns, right-of-way and roundabouts.
- State-specific rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use and more.
- Easy-to-follow format incorporating adult-learning principles.

For more information, contact Holly, hpearl@chaibaltimore.org or 410-500-5318. 🗨️

*Some states have a law that mandates an automobile insurance discount for anyone completing an approved driver improvement course. Specific state insurance laws vary, and individual states may place additional restrictions on eligibility for automobile insurance reductions/discounts. In some states, separate rules may apply to online driver improvement courses. Please consult your insurance agent for applicability in your state.



The CHAI staff, Senior Home Repair clients and NNC members wish to offer condolences to the family of Ed Schaffer, former CHAI Senior Home Repair Technician. Ed was known for his infectious smile, dedication to helping seniors and his many talents. He brought joy to everyone he interacted with, professionally and personally. We who knew Ed were blessed to have him as part of our lives. May his family derive comfort from knowing how much he was loved and how much he is missed.

JOIN CHAIWAY
A volunteer-powered free ride program for older adults in your community.

Brief Orientation and Flexible Schedule

Big Impact with Small Time Commitment

Strengthen Your Community by Combating Isolation

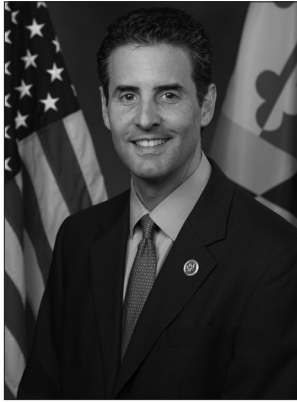
Call today to volunteer your way • 410-500-5318 • chaibaltimore.org

CHAIWAY



How My Office Can Help

By Congressman John Sarbanes



For this season's edition of the NNC community newsletter, I wanted to provide you with some information about the kinds of

services that my office can offer to seniors, especially when it comes to Social Security and Medicare.

My top priority is providing you with effective and timely constituent service, and my office is always available to assist you with navigating federal agencies and solving your problems.

Social Security: Social Security has made it possible for millions of seniors to live with security and dignity in their retirement. I remain committed to protecting and strengthening this vital program so that all Americans can enjoy their golden years.

- For many Americans, navigating the application process for Social Security can be difficult, and sometimes urgent situations arise which may prompt the Social Security Administration to process a pending application in an expedited manner. That's where my office can step in.

- If you have encountered difficulty in filing an application for benefits or are concerned about the length of time for which your case has been pending, my office can reach out to the appropriate office to obtain status information for you.

- If you have encountered financial or health related circumstances which you feel may warrant expedited processing of your application, my office may be able to help by relaying documentary evidence of your hardship to the Social Security Administration (SSA).

If you have received a confusing letter from Social Security or are concerned about the nature of a notification or decision you have

received relating to your disability or retirement pay, my office may be able to help you obtain some clarity or assist in correcting a mistake.

Medicare: Like Social Security, the Medicare program plays an essential role in delivering high-quality and affordable health care to America's seniors. That's why I've fought tirelessly to strengthen Medicare and lower the cost of prescription drugs.

When it comes to Medicare, my office can help you resolve several issues. We can work with the Centers for Medicare and Medicaid Services to answer questions about enrollment and eligibility, about premiums and late enrollment penalties and about billing and coverage for services, operations and prescriptions.

Again, my office is always here to help you navigate federal programs like Social Security and Medicare. If you have any questions, please contact us at 410-832-8890. I look forward to hearing from you. 🗨️

Our Agency Friends – Ruth Hoffman & JCS Low Vision Support Group

By Shoshana Harris, NNC Member



Jewish Community Services

NNC member Ruth Hoffman is a vibrant senior who enjoys reading, socializing and spending time with family. Several years

ago, Ruth noticed some visual difficulties and made an appointment with her ophthalmologist. Unfortunately, she was diagnosed with macular degeneration. As you can imagine, it was a devastating diagnosis until she learned about a free, low-vision support group run by Jewish Community Services (JCS) that meets bi-monthly at the Edward A. Myerberg Center. The group meets on the 2nd and 4th Thursdays of the month from

1:30-3 p.m. and is open to people of various ages with a variety of visual problems.

The group offers camaraderie and support and the opportunity to hear from speakers. Topics range from assistive technology to resources and services available within the community.

Recently a dog trainer for Guiding Eyes for the Blind spoke about how their service dogs are trained

and can help people who are visually impaired navigate their world. Another speaker from the Maryland Technology Assistance Program (MDTAP) demonstrated some of the latest assistive technology equipment available to the visually impaired. Devices are loaned for up to four weeks so that people can try them before buying.

Since becoming a regular, Ruth has learned about accommodations for people with visual impairments, including talking books through the Maryland State Library for the Blind and Physically Handicapped (LBPH). This wonderful organiza-

tion provides free library services to all eligible citizens of Maryland. Any Marylander who is unable to read or use standard print material as a result of a temporary or permanent visual or physical disability is eligible. LBPH supplies users with a catalog of many different kinds of books of which to listen. Ruth is a history buff and enjoys listening to books on that subject.

Rachel Brodsky, JCS Elder Care Specialist, is the group facilitator and can be reached at 410-843-7421. 🐼

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

I'M TOO YOUNG TO HAVE SHINGLES!

By Esther Gardner



When cleaning two days before Passover, I suddenly felt a horrible pain on the right side of my middle back. It was a sharp pain, but I assumed it was just a muscle spasm and would go away with Ibuprofen in a day or two.

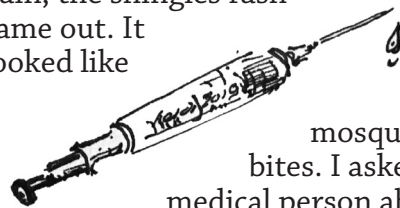
To my shock, the pain kept increasing and moved to the right front of my abdomen. Now the whole right side of my body was in agony. I couldn't lie down or lean against anything. The pain was so acute I began to suspect a kidney stone.

I went to my doctor who ruled out a kidney stone. He decided it was an atypical muscle spasm and he gave me muscle relaxants.

There was no improvement at all. By now the pain wasn't getting worse but it was so bad that every waking moment I was in pain. My skin felt like it was severely

sunburned. Any time anything touched my skin — clothing, a couch, a chair — it sent me into paroxysms of pain.

Finally, after eleven days of the pain, the shingles rash came out. It looked like



mosquito bites. I asked a medical person about the rash and she diagnosed me right away with shingles. I went back to my doctor and he confirmed the diagnosis and put me on antivirals.

I had heard about shingles, but I thought you only had to worry about it when you turned 60.

Like everyone else in the world, I went to the Internet to discover what I had. Shingles is the reactivation of the chicken pox virus

that is dormant in most people who have had chicken pox. The main symptoms are severe nerve pain and/or a rash on various parts of the body.

I also discovered that there is a new two-shot Shingles vaccination called Shingrix that should be given starting at age 50. It turns out that the old vaccine was given at age 60, but now the recommendation for the new vaccine is to take it at age 50! Boy, do I wish I had taken it!

I was pacing back and forth, walking and sitting on the edge of a chair all day long. For 6 weeks, I lived on Ibuprofen. I jumped out of bed the moment I woke up. Because wearing clothes was so agonizing, I was basically housebound all this time.

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At week 6, I went back to work for one day and had a relapse. The pain came back with a vengeance. Finally, at week 7, the pain began to recede, and I started getting back to my normal routine. I went

to my office and was able to do my work. By the middle of the 7th week, I was able to sit on a couch and lean back and lie in bed. What joy!

I just want to recommend for everyone over 50 to get the Shingrix vaccination. It could save you weeks of agony and missing work. Everyone thinks it won't happen to them... until it does. 🗨️

WHO WILL PAY FOR YOUR LONG-TERM CARE?

By Joyce Wolpert, LCPC, NNC Member

With so many challenges in our journey through aging in place, one of the stickiest landscapes is navigating our way through long-term care.

As much as we might be taking care of ourselves and following healthy pathways, the statistics say that 7 out of 10 older adults will need long-term care after turning 65. Even seniors experiencing no major illnesses or severe chronic conditions may need help with activities of daily living (ADL), such as bathing, walking, balance, transfer and medication management.

Of course, as older adults we want to keep our independence as long as possible, so we may not be ready for an assisted living facility either by inclination or financially. Friends, neighbors and relatives might help with our ADLs, yet since our needs are usually ongoing, we may require regular assistance.

Some of us took out long-term care policies years ago; today, due to higher costs, policies are not very affordable. Medicaid might pay for some home care for low-income seniors, but the payouts are not comprehensive. Medicare pays for various therapies, medications and procedures, but does not pay for home care or for long-term care in a facility. Thus, many seniors are locked into an anxiety ridden

struggle of trying to minimize their need for outside assistance and fearful of the day when they'll need to begin to shell out lifelong savings for paid help.

Logically, if the federal government helped subsidize home care, the length of time in-need seniors could stay in their homes (rather than entering a nursing home facility and spending down their savings) would increase. Delaying Medicaid payouts through subsidized home care would benefit the government.. Yet, apparently, we're not there yet. Vulnerable seniors feel alone and unsupported.

Enter the Long-Term Care Trust Act recently passed in Washington State. This was signed into law by Gov. Jay Inslee to begin in 2022. Through a program of workplace deductions in which every wage earner will participate, by the time a person retires, he/she will accumulate a lifetime benefit of \$36,500. Obviously, this may not cover all costs, but it can be a buffer to continue with some level of independence and feeling of safety.

The required contribution is 58¢ per \$100 of income. The vesting period is 3 of the last 6 years, or 10 years without a break of 5 or more years. A trust fund invests the money and distributes benefits. Anyone vested who requires assistance with at least three ADLs can

access this \$36,500 benefit.

Washington State is now leading the way with this program. Other states reported to be looking at a variety of public and private proposals for long-term care are Minnesota, Illinois, Michigan and California.

Where is Maryland in all this? I checked with Leading Age, a seniors' advocacy group, and they were not aware of anyone locally working on this idea. I also contacted the office of State Senator Mary Washington, who represents Baltimore City, spoke with an aide and am awaiting a reply as of this writing.

Like many other programs that can benefit seniors' lives, the push may need to come from grassroots. Thus, it might be beneficial to continue to contact your state representatives or to begin discussion with any seniors' group with whom you are in contact. 🗨️



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.

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.

Timely Happenings & Personal Notes

Village Gathering Update

By Eileen Creeger, NNC Member

Anyone who has ever been active in a non-profit organization (such as a church or synagogue group, Hadassah, the PTA, etc.) knows that these organizations wouldn't function without volunteers. A couple of years ago NNC was fortunate enough to gain a new member who stepped up to the plate and volunteered to run and organize our monthly Village Gatherings.



Thank you NNC member and volunteer Cheryl Cohen for your hard work and effort in making each Village Gathering for the past two years fun and informative. Like any smart committee chair, Cheryl put together a great team—Heidi Schloss, Miriam Rittberg, Florence Lefkin, Toni Brafa-Fooksman and Hinda Lottich—to make sure that her planning and ideas were executed smoothly. NNC is fortunate to have you as members and volunteers.

NNC is lucky to have many dedicated volunteers who make our organization great. We are so excited that Barbara Carter, Carmelita Wilson, Clarice Day, Bonnie Cohen, Joan Venick and June Allen have stepped up to the

plate to facilitate the Village Gatherings! Barbara and her committee had its debut Gathering on June 11, and it was a hit! With Rev. Arnold Howard as our emcee, we enjoyed the new format as well as being entertained by Ashell Morell, a fantastic singer/songwriter.

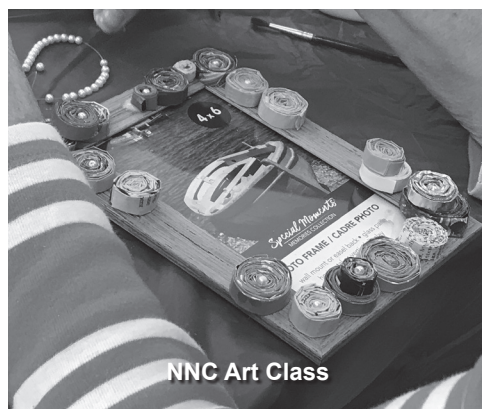
Please be sure to join us *promptly* on the 2nd Tuesday of the month, from 2-3:30 p.m. at the Myerberg Center. Check-in begins at 1:50 p.m.

Upcoming Meetings:

Sept. 10: Sister Marie Seton Walsh, RN. Topic: "Humor, Laughter and Health." Sister Marie is Sinai Hospital's Community Nurse Educator.

Oct. – No meeting

Nov. 12: Laura Coleson-Schreur, RN, MPH, M.Ace, Dipl.AC. Topic: "Acupuncture." Laura teaches at Johns Hopkins School of Medicine. She has done critical care nursing and worked on a Navajo reservation! 🐸



Circle Roundup

By Shoshana Harris, NNC Member

Baltimore Explorers: Eileen and Jerry Rosenbaum

The Baltimore Explorers have been engaged in learning about the world and about Baltimore's

history. In June, we went to the American Visionary Art Museum, and saw the exhibit of the needlework of Esther Krinitz, who created a series of fabric collages depicting her life in Europe prior to the Holocaust, during the Holocaust and after World War II (in the USA). She is a magnificent seamstress, and the signs about the history were very informative. In addition, to her own works, Mrs. Krinitz influenced African artists to create artwork representing genocides in their own countries.

In July we took a trip to the Frederick Douglas-Isaac Meyer Maritime Museum and Park to learn about African Americans in Baltimore during the 1800's. Both enslaved and free black men started the Maritime Company. The museum details the history of the industry and the African Americans and whites who worked there.

You are welcome to join us as we continue to Explore what Baltimore has to offer. Contact Eileen & Jerry Rosenbaum for details on upcoming events. (410-764-8443)

Curiosity: Shoshana Harris

In May, the Curiosity and Encounters circles held a combined get-together at Weinberg Woods featuring a presentation by Judy Meltzer on the life of Leonard Bernstein. We had a record turnout of 32 attendees! If that wasn't enough, the son of one of the Woods residents happened to be visiting his mom from California. Once Judy's program was finished, he played his guitar and treated us to some lovely music. This led to an idea for our meeting in June. We participated in a musical program given by the Weinberg Warblers led by Diane Wacks. Diane and Shoshana sang and talked briefly about the origin of Yiddish and Ladino music. In August, we



assembled backpacks of school supplies for students in need.

Encounters: *Sharie Blum and Shoshana Harris*

As mentioned above, Encounters combined with Curiosity for its May meeting. In June, we met again at Weinberg Woods but this time to work with beads. Roz Diamond, a jewelry making maven, brought her expertise and her beads, teaching us how to make bracelets. In July we held a potluck lunch at Heather Ridge to review what we've done since our group formed and plans for the future.

Foodies Dine Out: *Roz Griffin and Tracey Stulman*

Four of us met at Mezcal on June 22nd, and in July we met at Pikes Grill and Bar.

Windsor House Bingo: *Shoshana Harris*

Although the Windsor House Bingo Circle has come to an end, we are already working on a new one with a slightly different focus. We plan to expand the new Circle to not only include Bingo, but to offer a variety of fun games. Stay tuned for more information. 🗨️

Whatever happened to...Interview with Lane Levine

By Heidi Schloss, NNC Member

I'd been seeing articles pop up about our old friend and Supportive Community Network Director at CHAI, Lane Levine, and his new business, "A Friendly Bread." Lane has been interviewed by *JMore* (including online!), the *Jewish Times* and the *Baltimore Sun*. Now it's our turn! We've been friends ever since I joined NNC, and I missed being able to talk to him. We've kept in touch over the years (mostly through Facebook), though, and I looked forward to meeting up with him.

For those of you who don't know, Lane worked at CHAI from 2012 to 2015, and was instrumental in starting and organizing NNC. He's a Baltimore native who earned his undergraduate degree at Harvard! He left CHAI in 2015 to work in Population Health at Sinai Hospital. The department's mission was to keep people from having to go to the hospital by creating preventive health programs.

He also enrolled in the University of Maryland to earn a Master's in Business Administration.

Around this time, Lane started baking bread as a side business on the weekends, where friends and neighbors would order from him and he would bake all Saturday night long. For almost one year, Lane ran the business from his house. Customers came to his house to pick up their bread. They'd sit on his couch to chat. They would even bring their kids to visit the chickens in his backyard! Then, in 2018, he left his job at Sinai to concentrate "A Friendly Bread." Even with his husband David managing the pick-ups, baking and selling bread became Lane's full-time occupation.

Then, he had a brainstorm! Why not have pick up spots? Lane began asking businesses—specifically wine stores—if customers could pick up their bread at the stores. It was a nice pairing of wine and bread and created foot traffic that benefited the stores. His bread can currently be ordered for pickup in wine stores from Canton to Hampden to Pikesville to Owings Mills to Towson and all throughout Howard County.

Lane began delivering to customers in 40 apartment buildings in Baltimore City, Baltimore County and Howard County, as well as office buildings. The business has grown and now includes one salesperson and two bakers. Recently he went to a test kitchen in New Jersey to test the quality of his bread after being baked in a commercial bread oven.



In his personal life, Lane got married to his long-time partner David, first at the Courthouse and then at Chizuk Amuno Congregation. David is a psychotherapist in private practice. When I asked Lane what he does for fun, he told me what he has been told by people who know— "Starting a business is like raising a child!" Truly Lane doesn't have much down time, but he has been able to get away for a couple days occasionally. He still reads *Staying Connected*, which he

continued on p. 10

praised, and keeps in touch with friends he made at CHAI.

We had a lovely meeting over coffee, of course in a bakery! It was wonderful to catch up! Looks like our paths will cross again soon and I am thrilled! Should you want to experience A Friendly Bread, go to the website: afriendlybread.com. ☎

What's in a Memory?

By Chava Ball, Certified Brain Health Instructor

As a young girl, I remember listening to Paul Harvey's radio broadcasts. His spin on the news was unique and included details that were not common knowledge. He always ended by saying, "Now you know the rest of the story." (pause) "Good day!"

What about "the rest of our stories"? Our stories are uniquely ours. Some elements of our stories include similar life events, but no one has had our exact blend of experiences. We were the eyewitnesses of every event of our lives.

Why don't we tell our stories?
Could it be...

- We don't think anyone would find it interesting?
- We think nobody would want to hear about our stories?
- We are afraid that telling our stories would cause us to feel shamed, judged or rejected?
- Are they too painful to remember?
- We just don't know how?

What is the benefit of telling our stories? A few of my favorites:

- It builds a bridge from our generation to the next.
- It preserves our unique family history.
- It adds significance to TODAY.

Sharing our "lessons learned" could help someone else make better decisions.

- It helps us see past experiences from a new perspective.
- It improves communication.
- It improves our health and sense of well-being.
- It provides new insights from old events.

How do we get started?

Find an old photograph album. Invite a friend to share your journey. Take a trip down memory lane.

- Play old songs and remember when.
- Look around your home. What is the story? When did you get those items? Why?
- Find a friend who is willing to listen. Be willing to listen to their story, too!
- Journal your memory. Write it down!

A message from long ago... The last message I received from my mom included two directions: (1) Remember the good times! And (2) don't forget to take time to smell the roses!

If you would like to share your story, please email me at Today'sLifeChoice@gmail.com. ☎



CHAIway continued from p. 1

from a deployed airbag. Each driver received a packet of materials including Maryland's Resource Guide for Aging Drivers.

Why is CarFit important? Older drivers are often the safest drivers. However, they are more likely to be killed or seriously injured when a crash occurs due to the greater fragility of their aging bodies (source: NHTSA). Driver safety programs (such as the one offered by AARP) improve adult driver safety by addressing cognitive abilities and skills; however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

Thank you to AARP Maryland for facilitating this program for CHAIway. For more information, be sure to check CarFit's website, <https://www.car-fit.org/>. If you would like to become a CHAIway driver, please contact Holly at hpearl@chaibaltimore.org, 410-500-5318. ☎

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

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

Grandparents United!

Want to share grandchildren stories? Anxious about new parenting techniques? Are intergenerational family issues getting you down? Join our support group. If interested, contact Cheryl at cherylcohen1919@gmail.com or Eileen at ebcreeger@gmail.com.

Who's Who?



Harvey Lempert

By Annie Shimanovich,
Aging in Community Program
Manager

I had the opportunity to interview one of our wonderful members, Harvey Lempert, on a beautiful June day at the Myerberg Center.

We were both at the Myerberg to attend NNC's monthly Village Gathering, and we arranged to meet in the Myerberg's library.

Harvey is very friendly and chatty, and everyone at NNC knows him. He's an integral part of NNC, having become ingrained in our village in only three short years. He joined NNC in August of 2016, seeking friendship and activity since his retirement and his wife of 34 years, Judith, passing away.

Harvey was born July 3, 1943, in Baltimore at University Hospital. He grew up in Northwest Baltimore and attended Baltimore City High School. He went on to what was known as Western Maryland College (today it is known as McDaniel). Harvey thought that law would be a career where he could help people, and he graduated from University of Maryland School of Law. He worked in real estate, however, which he really enjoyed.

Harvey reminisced about his family and growing up in Baltimore. He has

one brother and remembers when Northwest Baltimore was farmland until 1947. He said it was a very homogeneous community back then. He is happy his neighborhood has become more diverse, as he has found good friends among all groups of people – they are good people everywhere!



Harvey Lempert

Harvey enjoys kidding around and says that he has found lots of friends in NNC, jokingly adding that he's also found some enemies. He is a steady presence at Diversity Dialogue, Cooking Class, Lunch and a Movie and Village Gatherings. He is someone who likes to volunteer, and he tells a story that he found inspiring. Harvey volunteered to drive a 99-year-old man to the Myerberg. Instead of parking in the parking lot, Harvey drove up to the curb so the rider wouldn't have to walk far. Upon dropping the gentleman off at the front door, the passenger, who was walking with a cane, gave Harvey a

hard time. He told Harvey that though he walks with a cane, he can still walk. Why was Harvey dropping him off at the curb? While he can still walk, he wants to walk!

Every Wednesday Harvey goes to Miller's with friends. He feels lucky that he has this great group to get together with. He also is a member of Myerberg's Bagel Boys and loves that group. They have bagels, coffee and good speakers. He plays chess and has a regular chess partner. Harvey is a member of the Civitan Club, a group that raises money for challenged youth; he is a member of Baltimore Hebrew's anti-racist group; and he belongs to a Quaker book club.

I asked Harvey what he has learned about retirement, and he said he has learned that it is hard to make friends when you are older. He said the secret is that you must take the first step and say hello. He adds that people enjoy a good sense of humor and suggests that people learn a few jokes. He jokes that when you ask a senior how they are, they reply "still vertical." Harvey says what he finds positive about retirement is that he can stay in bed on a snowy day. But Harvey is only joking, as he is so busy, he doesn't have time to stay in bed.

Harvey concluded by saying that as a person ages, it is prudent to expect some health issues. But it's important to remember life is not over, you need to go out and have a good time. ☺

Austin Cohen

By Eileen Creeger, NNC Member

How did a very nice gentleman, who drives a very cool V-8 engine Mustang GT sports car, get to be a driver for CHAI's driving program, CHAIway?

Austin and his wife Shelley live in Woodstock, Maryland, a bit removed from CHAI's general service area of Northwest Baltimore. About a year ago Austin heard about the Bagel Boys Men's Club at the Myerberg Center and decided to join since there are no Jewish men's clubs in his area. It was at the Myerberg that he learned about CHAIway, and since he already was an "experienced" driver with Howard

County's Neighborride, CHAI's driving program was a good fit.

Austin is a Baltimore native who attended Polytechnic High School and Drexel University in Philadelphia, where he earned a degree in engineering. For many years he worked for a German engineering company, GEA. His work took him to 47 out of 50 states as well as Europe and Asia.

In the 1970s, Austin and Shelley renovated a house in the Inner Harbor area. They lived there for about eight years but decided to move when their daughters were school-aged. Getting them to school from their neighborhood was difficult. Woodstock, Maryland appealed to Austin and his wife



Austin Cohen

because of the quiet, the greenery and the zoning; Woodstock is zoned agricultural, and properties cannot be sold to real estate developers.

continued on p. 15



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.

Every Thurs., 2-3 p.m.,
Cardio Drumming with Ilysa
Myerberg Center

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
2-3:30 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

Second Presbyterian Church

Free concerts. Dates: 9/15, 9/22,
10/20, 11/3 and 11/17. Call for times
and program details. 4200 St. Paul St.,
410-467-4210.

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.)

SPECIAL EVENTS

Celebrate Veterans Day, Nov. 11, 2019,
at the Myerberg Center, from 9:30-11
a.m. Free and open to all. Register at
443-963-1462 by Oct. 31.

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 and workshops include:

- Android Basics & Essentials
- iPhone/iPad Basics & Essentials
- Apple Watch 101

- Digital Media
- Discover Facebook
- Picture This
- Shopping & Safety Online
- And more!

HUMANITIES

Bagel Boys Men's Club

Meets every Tues. at 9:30 a.m. for
bagels; speaker at 10 a.m. Call 443-963-
1447 for more information about Men's
Club membership fees. Must be a
Myerberg Center member to attend.

9/3 – Rick Glaser, "Jewish Genealogy"

9/10 – Stephen Maged, "History of the
Purple Heart"

9/17 – Matthew Crenson, "Race and
Race Relations in Baltimore"

9/24 – Michael Icore, "Cybersecurity"

10/1, 10/8, 10/15 & 10/22 – No meeting

10/29 – Rachel Glazer, "The Story of
Masada: The Israeli holdout against the
Romans"

ALWAYS FREE FOR MEMBERS!

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

Mon.-Fri., Open studio time for art
students. Contact Elliott, 443-963-1447,
or Jennifer, 443-963-1449, for times.

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

9/20 – *The Ledo* by Libby Page

10/18 – *The Orphan's Tale*
by Pam Jenoff

11/15 – *The Leavers* by Lisa Ko

LET US ENTERTAIN YOU

Movies at the Myerberg Center

Thurs. afternoons, 2 p.m. \$2/person. Call
for reservations (443-963-1462).

9/12 – *School of Rock*

10/31 – *Hocus Pocus*

11/21 – *The Greatest Showman*

new ideas welcome. Fee: \$5 minimum.
For more information, contact Malka
Zweig at 410-484-0399.

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 Mon. of the month (9/9, 11/11),
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.

When You've Lost A Loved One – Jewish Community Services

A support group that is offered periodically by Jewish Community Services for those in the community who have lost a loved one. Registration required. Contact 410-466-9200.

Support Group for Dementia Caregivers with Rachel Brodsky

3rd Mon. of the month (6/17, 7/18, 8/12),
10-11:30 a.m., Myerberg Center

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

Parkinson's Disease Support Group with Kathy Currier

2nd Tues. of the month (9/10, 11/12),
2-3 p.m., Myerberg Center

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

Low Vision Support Group

2nd & 4th Thurs. of the month (9/12,
9/26, 10/10, 10/24, 11/14), 1:30-3 p.m.,
Myerberg Center

Contact Rachel Brodsky, LCSW-C,
at 410-843-7421 or rbrodsky@jcsbaltimore.org for more information.

COME AND MEET YOUR NEIGHBORS

Cheswolde: Wed., 9/4, 10/2, 11/6
7:30 p.m., Falls Village Apartments
Community Hall
President: Nate Wilner
Dues: \$20/year

Cross Country: Tues., 9/10, 11/12,
7:30 p.m., JCC, 5700 Park Heights Ave.
President: Avraham Sauer,
avraham.sauer@gmail.com
Dues: \$10/year

Glen: Wed., 9/25, 10/23, 11/27, 7 p.m.,
JCC, 5700 Park Heights Ave.
President: Betty Cherniak, Dues: \$15/year

Fallstaff: Thurs., 9/5, 10/3, 11/7, 7 p.m.,
Fallstaff Elementary School
President: Sandy Johnson,
president@welcometofallstaff.org
Dues: \$15/year

Mount Washington: Tues., 9/10, 10/8,
11/12, 7:30 p.m., The Wesley, 2211 West
Rogers Ave.

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

SPECIAL DAYS

Sept. 2 – Labor Day
Sept. 8 – Grandparents Day
Sept. 23 – Fall begins
Sept. 30-Oct. 1 – Rosh Hashanah
Oct. 2 – Fast of Gedaliah
Oct. 8 – Erev Yom Kippur/Kol Nidre
Oct. 9 – Yom Kippur
Oct. 14 – Columbus Day
Oct. 14-15 – Succot
Oct. 20 – Hoshanah Rabbah
Oct. 21 – Shemini Azeret
Oct. 22 – Simchat Torah
Oct. 31 – Halloween
Nov. 2 – Turn clocks back one hour
Nov. 3 – Daylight Savings Time begins
Nov. 5 – Election Day
Nov. 11 – Veterans Day
Nov. 28 – Thanksgiving Day

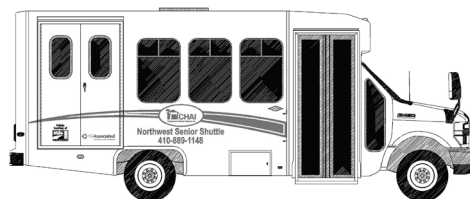


Need a Lift?

Transportation Options for NNC Members!

NNC members have free access to the CHAI Northwest Senior shuttle. We encourage its use for grocery shopping, and 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 Annie at 410-500-5334 or Holly at 410-500-5318 with at least one week's notice. Remember, you must be current with your NNC dues to be a part of this wonderful service.



**Call 410-500-LIFE 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 trips planned for this fall.

To reserve a seat for shuttle trips, please call AIM at 410-889-1148. Pick-ups begin at 9 a.m. Reservations for **NNC trips only should be made with Annie at 410-500-5334.**

OUT ON THE TOWN WITH NNC

Michael's Steak & Lobster House

DATE??, Baltimore, MD



Michael's Steak & Lobster House has been a family owned and operated restaurant for over 20 years. A commitment to excellence, their dishes are prepared with only the freshest and finest ingredients available. Entrees are prepared to order and require proper timing. Our reservation is for 12:00pm. Pick-ups will begin earlier. To reserve your place on the shuttle, call Annie at 410-500-5334. PLEASE NOTE: the restaurant will not do separate checks.

Linganore Winecellars

Tues., Oct. 29, Mt. Airy, MD



In 1972, amidst rolling hills, dairy cows and corn fields, a small vineyard was planted in the fertile soils of an old dairy farm in Mt. Airy, Maryland. That one small vineyard has proudly become Linganore Winecellars. The owners cordially invite us to partake in an enjoyable and relaxed tour, tasting their award-winning wines produced by fertile soils, abundant sunshine and skilled winemakers. Lunch will be served.

Valley View Farms

Tues., Dec. 17, Cockeysville, MD



Started in 1962 as a small roadside produce stand, Valley View Farms has grown into one of the largest and most complete garden centers in the mid-Atlantic region. Family-owned and operated, the owners pride themselves on offering a unique shopping experience, combining a warm, friendly atmosphere with high quality merchandise and expert advice.

Shuttle reservations for these three NNC trips should be made with Annie at 410-500-5334.



Milestone Moments

Congratulations to

Veronica Fullwood, on the graduation of her granddaughter Kora Jackson from Pikesville Senior High School.

Annie Shimanovich, on the engagement of her daughter Chaya to Alex Kratik.

Shari Blum, on the birth of a great-grandson, Avraham "Avi" Yitzchok, and the engagement of her grandson, Asher Blum.

If you have a milestone moment to share (a special birthday, birth of a grandchild, graduation, etc.), please send to Cheryl, cherylcohen1919@gmail.com



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.

Fall, The Middle Child

By Ellen Carter Cooper, NNC Member

Like the middle child, Fall
Arrives after summer, the favored season,
Summer, loved by all without reason,
Relaxed yet lively with treasures large
and small.
Loud with thunder, clouds, and rain.
How we wish it could remain.

But before we know it,
And before we can show it
The proper respect and love,
Fall undresses the trees
And fills the yards and streets with
slippery leaves.

And then winter comes waltzing in,
Bringing unyielding and persistent coldness
Replacing Fall's audacious boldness.
How like a middle child is Fall,
A chilling down of summer heat
And a preview of winter's treats. 🍂

Who's Who continued from p. 11

The Cohen's property consists of four acres with a barn and pasture. Austin's barn is used to board horses – there are four boarding now. The horses are "nature's lawnmowers," and the boarding fees help maintain the property. His acreage backs up to Patapsco State Park, so riders can access the park easily from the barn.

When Austin is not volunteering, he enjoys seeing his grandchildren, being part of a Trivial Pursuit team (that was in the play-offs in June), socializing with the Bagel Boys, traveling, working on an environmental committee within his local community association and enjoying his family.

Who knows—next time you request a ride through CHAlway you might be picked up in Austin's snazzy Mustang! 🐾

Columbus Day

By Eileen Creeger, NNC Member

This Oct. 14 we celebrate Columbus Day
But who was he exactly? I cannot say.
Some believe he came from a family of
secret Jews
So, let's examine some of these clues.
Occupations open to Jews were very
restricted
Either you converted or hid your beliefs,
making you conflicted.
Columbus' dad was known to be a weaver
A profession open to Jews – does this fact
make you a believer?
His mother was the daughter of Jacob,
son of Abraham
Not common Catholic names –
I'll be damned!

We know he left Spain on August 3, 1492
A day after Spain also expelled the Jews!
But significantly, August 2 was a Jewish
day of fast
And at sea a hungry Jewish Columbus
wouldn't last.

Royal officials, converso* Jews, funded
his trip
'Cos Ferdinand and Isabella weren't so
very hip.
Nina, Pinta and Santa Maria—no priests
were onboard
Meaning who was left to pray to the lord?
He wrote Hebrew on personal letters
to his son
Something in Spain that wasn't usually
done.

Do you believe any of this—not sure I do
But for sure I know Columbus left in 1492!

Happy Columbus Day! 🍷

*Conversos were Jews (or Muslims) forced to convert to Catholicism; if not, they had to leave Spain and its territories or risk being killed.

BIRTHDAY

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

September

- 1 Cora Bigger
- Bella Balakirsky
- 5 Mary Burnett
- 8 Joyce Wolpert
- 17 Ruth Saperstein
- 20 Sharie Blum
- Barbara Carter
- 23 Eileen Rosenbaum
- Jeanette Goldstein
- 28 Judith Stockell
- 30 Edith Soveroski

October

- 14 Susan Weaver
- 17 Betty Anflück
- 20 Felicite Fine
- 24 Marianne Fudem
- 26 Norma Brooks-Perry
- 27 Marcy Steingroot
- 29 Kenneth Klein

November

- 3 Geraldine Smith
- 8 Arnold Howard
- 9 Anton Grobani
- 11 Mackie Hill
- 12 Betty Silverman
- 15 Ilysa Cohen
- 21 Jerry Rosenbaum
- 28 Sylvia Eisenberg
- Anita Brownstein
- 30 Heidi Schloss

WELCOME NEW MEMBERS (May-July)

Stephanie Whippo
Chana Deitsch
Helen Lewis
Joyce Wolfe
Edith Soveroski
Brenda Brown
Janet Kotelchuck

Northwest Neighbors Connecting
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 32 | FALL 2019

NNC's Lunch & A Movie*

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

Sept. – No movie due to Rosh Hashanah

Oct. 28 – “Patterns of Evidence: Moses” 2019 documentary film and sequel to *Patterns of Evidence: Exodus*. This film examines whether Moses actually had the ability to write the events of the Exodus as a true eye-witness account, with the exceptions of the parts that describe his death, or did the Exodus of Israel predate alphabetic writing. This is compared with the evidence most biblical scholars use that shows that the Torah seems to appear in history in the 7th century BC at the earliest, centuries after the death of Moses, and other indications that the books were a compendium of stories from multiple authors.

Nov. 25 – “RBG” This documentary chronicles the career of U.S. Supreme Court Justice Ruth Bader Ginsburg, which spans several decades, and how she developed a legal legacy while becoming a pop culture icon. The film is a biographical depiction of Ginsburg from her birth in Brooklyn, New York, her college education and subsequent career as a law professor, her appointment to the federal judiciary by President Jimmy Carter and eventual appointment to the Supreme Court by President Bill Clinton.

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