



WELCOME!

By Eileen Creeger, NNC Member

“All the leaves are brown and the sky is grey/I’ve been for a walk on a winter’s day/I’d be safe and warm if I was in LA/California dreamin’ on such a winter’s day.” — California Dreamin’ by Michelle Gilliam & John Edmund Andrew Phillips; Sung by the Mamas & the Papas

Winter is a strange season. Unofficially, it begins (earlier and earlier, it seems) with endless commercials of family and friends gathered to celebrate the holidays, sitting around a fireplace, sipping hot cocoa and enjoying each other’s company. But for many, winter is a time of isolation and loneli-

Staying CONNECTED

ness. Snowy, sleety, gray days are the norm; it’s often easier to stay inside then to venture out.

This issue of *Staying Connected* addresses loneliness and how to overcome it. Yes, it might mean getting out of our comfort zone and being social, but the onus is on each of us to be proactive. Whether it’s reaching out to neighbors to say “hello” or to volunteer, or whether it’s joining Northwest Neighbors Connecting (NNC) or the Edward A. Myerberg Center to make new friends – there are options. And for those who are homebound, consider signing up for the Senior Call Check program offered by Maryland’s Department of Aging.

All it takes is one friend to conquer loneliness, and that friend is out there.

In a featured article in the Health & Wellness section, the author shares with us her personal and professional experiences with aging at home or at a facility. Perhaps you or a loved one are contemplating changes in your living arrangements. Her insights will be helpful.

Included for your reference in this issue, on pages 13-14, are CHAI’s Emergency Preparedness Checklist and Emergency Resources.

Finally, I’d like to thank all our contributors for, as always, creating an informative issue for our readers. Happy holidays! 🍷

Greet the Neighbors: Five Practical Tips for Making Connections Close to Home

Submitted by Ryan Elza, AARP Foundation, 202-434-3426, relza@aarp.org

Old-fashioned social networks, person to person not virtual or anonymous, are more valuable than we may have realized. Studies show that staying socially connected can boost the immune system, reduce anxiety and depression and even increase lifespan. Conversely, for older adults prolonged isolation can be as bad for you as smoking 15 cigarettes a day.

It’s important to connect with your neighbors, at any age. Here are some practical tips for reaching out:

1. Start a conversation. If you

regularly see someone on the street when you’re out walking or running errands, smile and say hello. When you see a neighbor, introduce yourself. Chat about things you have in common or get them to talk about themselves. If you both have gardens, try asking how they care for theirs. If they have a pet, ask about its name or breed. If you’ve seen them carrying a bag of yarn, ask whether they knit or crochet. Ask about their children (or grandchildren). Even talking about the weather can be the beginning of a connection.

2. Ask someone to join you on a walk. Taking a walk is a great way to get exercise and get to know a neighbor. It’s free, it doesn’t require either of you to play “host,” and the places you pass along the way will provide topics for conversation.

3. Offer your help. Maybe you’re a retired teacher. Why not volunteer to tutor a neighbor’s kids? If you drive, ask neighbors who have mobility issues whether you can give them a ride somewhere or

continued on p. 2

Aging in Community

Hungry No More: Food Benefits for Older Adults

By Morgan Gable, MSW, CHAI Senior Home Benefits Counselor

Instead of spending their golden years with grandchildren, friends and working on hobbies, many older adults are left hungry or worried about where they will get their next meal.

In addition to local food programs and food pantries, there are a few federal programs that can help. The Meals on Wheels program is funded under the Older American's Act (OAA). The OAA was up for reauthorization by Congress on Sept. 30, 2019. So far, only the House of Representatives has passed the reauthorization, calling for a 7% increase in funding from previous levels. Sadly, the bill is held up in the Senate over a disagreement on which formula to use to calculate the Act's future funding levels.

If you are a homebound senior, you can visit <https://www.mealsonwheelsmd.org>, or call 410-558-0827, to apply for Meals on Wheels. Seniors receive a hot lunch and a cold supper, Monday through Friday. Frozen

meals are available for the weekends, and Kosher meals are also available. According to the Meals on Wheels website, "Meal service is based on a sliding scale, which ranges from \$2.57–\$8.09 per meal." Volunteers also provide much-needed social interaction to seniors who are unable to get out of their homes. Finally, there's a component of the program where clients can receive quarterly deliveries of dog and cat food to ensure that their pets are also fed.

A congregate meal program is Eating Together. Anyone 60 years of age or older is eligible. There are many locations in Baltimore City and in Baltimore County, including a Kosher site at the Edward A. Myerberg Center. Kosher meals are \$2.00. To find another location, please call 443-573-0161.

The Supplemental Nutrition Assistance Program (SNAP), called the Food Supplement Program



in Maryland, is an option for low-income older adults who need help obtaining food. This program is continually under-funded and can be difficult for some to navigate. I recommend visiting your local Social Services office in person to apply. While some seniors receive more than \$100/month to purchase food, through my work as a Senior Home Benefits Counselor with CHAI, I have found that many of my clients (who are very low-income) receive either the minimum benefit of \$16 a month or \$32 a month. Although the benefit amount can be low, I recommend that people apply (just in case!) to see if they are eligible.

Food insecurity and hunger among older adults are not issues that are given much airtime today. However, without advocacy for more funding for federal programs that can help, these are issues that are sure to appear on more people's radars in the future. 🗣️

Neighbors continued from p. 1

pick up groceries for them. Bring a neighbor's trash cans back from the curb or offer to walk their dog. Sometimes simple actions create the strongest connections.

4. Join an exercise class. A walking club or yoga class in your community can help you stay healthy and agile while introducing you to like-minded neighbors.

5. Host a casual gathering. You don't need to wow anyone with your hosting prowess. Keep it simple. Invite a few neighbors over for coffee and pie. If the weather is nice, break out the lawn chairs and serve lemonade and cookies in the front yard.

Making a concerted effort to connect with neighbors will have a transformative effect on their lives—and yours.

Learn More About Staying Socially Connected, https://connect2affect.org/wp-content/uploads/2019/09/Online_Brochure_2019.pdf 🗣️

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.

The Future of Police Academy Training Center

By Eileen Rosenbaum, NNC Member

A community meeting was held on October 30 at the Park Heights Jewish Community Center to discuss the future of the Baltimore Police Department Training Academy, currently located at the corner of Northern Pkwy. and Park Heights Ave. Several hundred people from the Park Heights area attended. Mayor Jack Young and Police Commissioner Michael Harrison spoke, along with other city officials and citizens representing their groups in break-out sessions.

We were informed that the Training Academy will be moving to another site at the end of December. A small presence will remain in the building, including police and EMS staff. The attendees expressed strong sentiment that public safety is their main concern. Suggestions for use of the building included moving the current Northwest Police Station into this building (and keeping a substation at the current location), creating a PAL recreation center or turning the building into a cultural center.

The community awaits the final decision to see how the facility will be utilized.

Seniors, Be Alert!

By Ellen Carter Cooper

Have you received an email message addressed to one of your passwords? Did the person who sent the email inform you that he/she had all your passwords, photos and personal information? Did this individual write that if you didn't send 2,000 dollars in bitcoins in 7 days, you will be exposed and embarrassed? What did you do? When I received this email, I called the F.B.I. local field office (410-265-8080). One of the agents advised me that this was a scam, said not to respond, and to delete it. My daughter told me to change the password for the account that the person used to contact me.

After this experience, I wondered how we can protect ourselves from such scams. This thought led me to the F.B.I.'s website for safety tips. Their recommendations are as follows:

- Keep your firewall turned on.
- Install or update your antivirus software.
- Keep your operating system up to date.
- Be careful what you download.
- Turn off your computer when you finish using it.

More information can be found at <https://www.fbi.gov/scams-and-safety> and <https://www.ic3.gov/default.aspx>. **Just remember, WIDD (When in doubt, delete)!**

HEALTH & WELLNESS

A LOOK AT CAREGIVING OPTIONS FOR EACH AND EVERYONE

By Joyce Wolpert, R-DMT, LCPC, NNC Member



Being a senior can sometimes feel like we're pawns in a zero-sum game. We dutifully go to doctors, employ all the research-driven health practices, connect with others and try to keep a positive attitude, but ultimately, we hit a "bump in the road" and need outside help. Most of us would prefer this help in our own homes, yet others will move to an assisted living facility or nursing home. Given these options, how does one get affordable quality care, and who can help each of us create our own best plan?

Crafting a plan for later life requires a sobering analysis of one's resources and a deep understanding of what one considers to be a quality existence. For a fee, geriatric social workers can help create such a plan, yet most of us are on our own, hopefully with support from friends and family. The reasonable approach is "caveat emptor" (buyer beware), being informed about and open to the possibilities and risks of caregiving options—home care, nursing homes and assisted living.

Home care with a companion, certified nursing assistant (CNA) or a geriatric nursing assistant (GNA) is the fastest growing industry in the country, yet it is mostly unregulated. Anyone can call herself a companion and can charge whatever the market will bear. Most charge at least \$18-\$20/hour. Self-employed companions are not required to be insured and bonded. Agencies can insure and bond their employees,

yet agency fees are usually higher and require a minimum number of paid hours.

Private and agency CNAs or GNAs can be hired for those who need a medical procedure in their home. Their fees are higher, usually \$22-\$25/hour. The same risks as mentioned above apply here. Since CNAs and GNAs have State certification, don't assume they are supervised. It is always appropriate to have a friend or relative check and assess your safety when having someone in your home.

Many believe that while independence may be lessened at a nursing home or at assisted living, safety is increased. After all, health care workers are certified or licensed and supervised, and institutions must comply with State and Federal regulations. Yet, as many of us have already learned through disillusioning experiences, an extra set of eyes and ears is essential here, also.

COMAR, the Code of Maryland, lays out regulations for staffing, training and operational protocol in nursing homes and assisted living facilities. The rules are stricter at long-term care nursing homes. Yet profit and non-profit nursing facilities have figured ways around the rules. For instance, the standard in most nursing homes is to have a 1:10 or greater nurses' aides to patients' ratio. Sometimes the ratio is 1:15! However, some nursing homes count **all** nursing care, including supervising nurses who do not offer direct care. Thus, on paper it can appear that patients are being better served,

while in reality they are not.

Even if the facility stays within the 1:10 ratio, in any given hour a vulnerable patient might receive *only six minutes of direct care*. Patients may be left waiting for adequate attention, which I've seen happen in my own experience working in nursing homes. Recently, I had a conversation with a union organizer of nurses' aides in Baltimore. He said that a local nursing home is now paying its aides a few dollars more per hour, increasing its ratio to 1:15. More money for staff; less care for residents.

An example of understaffing was shared with me by a malpractice attorney. A man who had a stroke was moved into a nursing home. He was at risk for choking. One night after staff brought his meal tray, no one stayed to supervise his eating. He choked and died. If staff would have watched him eat or help feed him, this tragedy might not have occurred. The facility was at risk for being sued.

Most of us hope that our loved ones or ourselves will be in a place that provides quality of life. This means a clean environment, appropriate stimulation and a staff willing and able to engage in an interactive way with the patient as a whole person. While some aides have hearts of gold and readily care about their patients, others do their tasks perfunctorily, leaving residents feeling unrecognized, isolated, anxious and depressed. Sadly, these situations cannot be legally prosecuted.

Again, in my experience these examples are a drop in the bucket of the caregiving ills that plague nursing homes. Owners, even of places that take mainly Medicaid patients, make good profits. Staff is hired for \$12-\$14/hour, a few dollars more than the current minimum wage of \$10.10/hour, and the \$11/hour that will go into effect in January. As this is not a living wage, it is not enough to motivate people to do the kind of job that is needed, so turnover is huge, and without a motivated, committed staff, patients routinely suffer.

Medicare.gov provides ratings for any nursing home in the country, but local facilities with poor ratings manage to stay open. Specific complaints can be made to the Maryland Office of Health Care Quality (410-402-8015). An inspector may be sent out and a relationship with an ombudsman may be set up. The facility may be fined and directed to remedy the infraction.

The National Consumer Voice (202-332-2275), Justice in Aging (202-289-6976) and AARP Legal Services (202-434-2120) are three non-profit agencies with dedicated individuals to advocate for better long-term facility care. Two issues they are addressing are forcing homes to report accurate data of patient abuse and eliminating the requirement of families to sign a non-arbitration agreement (thus disallowing the option of suing the facility for improper treatment).

Assisted living is more like the Wild West, with fewer regulations and greater variability in care. Since residents usually need less medical care, the quality of life becomes more important. If the environment and activity level can be enhanced, then a resident can live a life with some purpose and meaning. Complaints in assisted living facilities are usually resolved by leaving and moving to another place. Moving an older person to new surroundings can be very disorienting, so family should

always consider what's going on with the resident. For example, a resident with dementia might be experiencing paranoia and irritability, which may prevent her from being content anywhere.

If there is a perfect scenario for aging, I don't think it has yet been found. But I do know that it is essential not to travel this path alone. *One should always have another set of eyes and ears to help understand what is happening, to ask questions, to advocate, to know patient rights and to push for comprehensive and safe care.* Perhaps one day our village will be able to offer this ongoing service to its members, but until then, we need to reach out, ask and give. Chances are we will ALL require some level of caregiving, and many of us have or will provide caregiving to others. I am very happy to talk with anyone interested in this subject. Joyce Wolpert, 410-358-0977, or jbdance8@yahoo.com. 🍷

SILVERSNEAKERS: WHAT IS IT AND HOW DO I SIGN UP?

By Miriam Sperling, RN



Are you a senior citizen who would love to become more fit and have more social contacts?

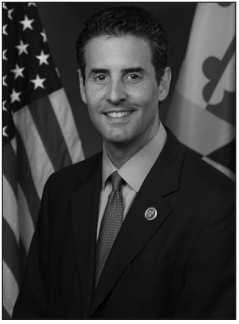
SilverSneakers (www.silversneakers.com, 866-584-7389) may be just right for you. SilverSneakers is a completely free-to-use fitness program for Medicare beneficiaries. Seniors across the nation with a SilverSneakers membership have unlimited access to over 16,000 gym locations where they can participate in healthy physical activity. Medicare beneficiaries 65 and older can join gyms, fitness centers and community centers through their Medicare Advantage and Medigap plans that include the program.

How does it work? Check with your Medicare Advantage plan to see if it participates. If so, create an online account and download your SilverSneakers membership card. Find the nearest location on the website and join a fitness class. Eligible classes include those with equipment, stability classes, aerobics (regular and water) and yoga, to name a few. Classes held at churches, synagogues and community centers might be covered, so be sure to check.

If your Medicare plan does not include Silver Sneakers, you have until December 7 to find a new plan. 🍷

Stopping Bad Robocalls

By Congressman John Sarbanes



I've heard from many Marylanders about the aggravating experience of receiving incessant and unwanted robocalls. And I'm pleased to share

that Congress is taking action to address this nagging issue.

In July, the House voted to pass the Stopping Bad Robocalls Act

(H.R. 3375). This bipartisan bill will help curb robocalls and crack down on abusive telephone scams by requiring phone carriers to provide consumers with free call-authentication capabilities and call-blocking technology.

This important effort will provide relief to Marylanders and Americans across the country who are constantly pestered by spam and sham robocalls. By providing people with the ability to authenticate inbound calls and block

unwanted calls—all at no additional cost to the consumer—we can put an end to the nonstop contagion of junk robocalls.

For more information about how you can guard against similar kinds of fraud, spam and scams, see here: <https://sarbanes.house.gov/media-center/enewsletters/guarding-against-fraudsters-spammers-and-scammers> and here: <http://www.marylandattorneygeneral.gov/Pages/CPD/default.aspx>. 📞

Our Agency Friends: Senior Call Check – Maryland Department of Aging

By Eileen Creeger, NNC Member



Older adults in Maryland can stay connected throughout the year. Maryland is the first state in the country to start a free, opt-in, telephone check-in service for Maryland's seniors across the state.

Every day, at a regularly scheduled time, a telephone call is placed to a participant. The calls take place between 8-10 a.m. and 2-4 p.m. as close as possible to the one-hour time block selected by the participant. Participants in the program should be available to answer the phone every day. If the participant does not answer, he/she will be

called two more times. After that, a call will be made to the alternative person (adult child, neighbor, other relative, etc.).

Any Maryland resident who is 65 years of age or older with a landline phone or cell phone (TTY is available) is eligible. The participant and alternates should not have automated call blocking technology (or they should disable that phone feature for this program).

There are three ways to apply.

1. Online: click "Register Now" on the website at <https://aging.maryland.gov/Pages/senior-call-check.aspx>
2. Download and print a paper application to mail (from the above website)
3. Call toll-free (866)-502-0560 and ask to have a hard copy application mailed to you.

Daily calls begin after the applicant/participant receives a call to

verify all their information. Verification will include a successful test automated call to both the participant and alternate. After all information is validated, a Welcome Packet will be mailed to your home address. The welcome letter will include your start date. It takes 4-6 weeks for applications to be processed. If an application is denied, the applicant will be informed.

Some important things to know:

1. If you plan on being out of town, a temporary stop can be made for the calls.
2. Currently, calls are only made in English.
3. This free program does not substitute for commercial alert or distress systems. Senior Call will not call 911 for its participants.
4. Call toll-free (866)-502-0560 with any questions 📞

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

Healthy Connections: 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.
- **Book Club:** Share your love of reading and discuss the monthly selection. Meets once a month. Contact Terry Gary, 410-484-0581, for more information.
- **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 2:00-3:30 p.m. (check-in begins at 1:50 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

On Loneliness

By Terry Gary, NNC Member

Mother Teresa wrote, “The most terrible poverty is loneliness, and the feeling of being unloved.” The Beatles sang “All the lonely people, where do they all come from”? (*Eleanor Rigby* by Lennon & McCartney). Loneliness hurts, and I know that firsthand. Psychologists say people who have social connections live longer.

Loneliness is a public health concern. It is so pervasive that in England there is a Minister of Loneliness. Some people cry when they are lonely and don’t want to show their face. But, you are necessary to the world; you occupy space and you are a person of value. James Taylor wrote “There were lonely days when I could not find a friend.” It is said that optimally one should have three face-to-face encounters every day. That may not be possible but it’s something to strive for.

If you feel lonely why not join NNC? Some people won’t prepare food for themselves when they feel lonely and depressed. Why not come to a free cooking class and learn quick ways to get the nutrition that you need. By joining NNC we can match you up with someone who will give you a friendly phone call every other week. We have trips and monthly meetings where you can hear informative speakers. You can even come monthly to see a free movie.

Join NNC where you will be welcome. Your life counts. You matter to the universe. Each of us is valuable to the community. No one person is more important than any other. Join now and you will love yourself for it. 🍷

September Village Gathering

By Anne Shimanovich, Aging in Community Program Manager

On September 10, NNC’s Village Gathering returned from summer vacation in fine form and with a jammed-packed agenda.

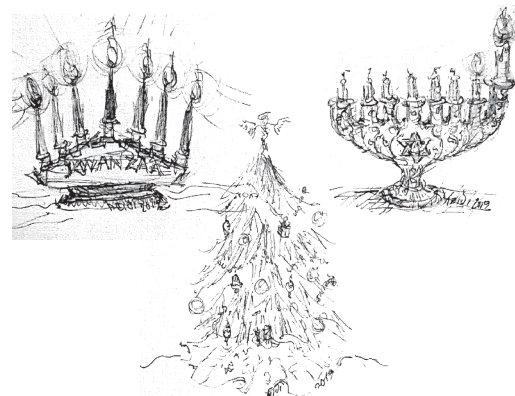
The theme of the day was “stories.” Three NNC members shared how they became involved with NNC. Their stories reiterated that NNC offers a variety of experiences for volunteering, socializing and learning about the lives of others. The village offers an opportunity for us to give to others as well as receive support from them when needed.

The meeting’s keynote speaker was



Sister Marie Seton of Lifebridge Health, who spoke on the topic of Health and Humor. A sense of humor enriches life and promotes physical, mental and spiritual health. Laughter is the best medicine! It activates the cardiovascular system, so our heart rate and blood pressure increase; then, the arteries dilate, causing blood pressure to fall again. People who laugh more cope better with the stress of daily life, live longer and are healthier. Sister Marie advised us to laugh, develop a positive attitude and be kinder to one another.

We thank Barbara Carter, Clarice Day and Joan Venick for planning and implementing the wonderful event. We also thank our Village President, Rev. Arnold Howard, for setting the tone and keeping us on schedule, as he masterfully filled the role of master of ceremonies.



HOLIDAY PARTY!

NNC’s annual Holiday Party will take place on Tuesday, Dec. 10, from 2-4 p.m. at the Myerberg Center. Enjoy a festive holiday meal, catered by the Milk & Honey Bistro, and entertainment. RSVP to Annie at 410-500-5334. 🍷

Circle Roundup

By Shoshana Harris, NNC Member

Baltimore Explorers: Eileen and Jerry Rosenbaum

Baltimore Explorers went on a walking tour of Fells Point in September. We were given a two-hour tour and got to see and hear a lot about the history of the area. After the walking tour, we had lunch at the Van Gough Cafe in Fells Point before heading back home. We did not meet in October but went to the Cylburn Arboretum in November.

Curiosity: Sharie Blum and Shoshana Harris

Meets at Weinberg Woods in the Multipurpose Room.

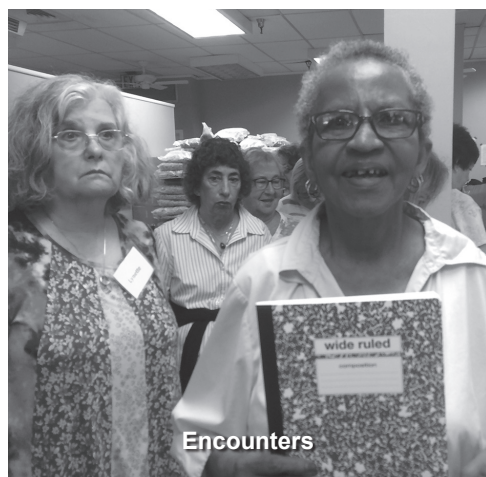
Our NNC member, Rena Rotenberg, gave a presentation in September about her husband's experience as a Jewish child growing up in Tientsin, China, during World War II. She shared documents and photos that were found in her attic after her husband passed away. They helped fill in gaps of time in her husband's life that Rena had not even known about!

Curiosity did not meet in October, but in November members decorated wooden picture frames to use as holiday gifts.

Encounters: Sharie Blum and Shoshana Harris

Meets either in members' homes or other venues.

In August, we served as volunteers with Weekend Backpacks for Homeless Kids and assembled backpacks filled with donated school supplies. The backpacks were then distributed to Baltimore City children. We hope to do this worthwhile activity again.



At our September meeting, *Encounters* partnered with members of NNC's Diversity Dialogue to see *The Green Book* in the CHAI conference room. A lively discussion followed the movie. *Encounters* also took a break in October, but met in November to focus on Thanksgiving.

Foodies Dine Out: Tracey Stulman

Members of this Circle had an enjoyable lunch at the Olive Branch in August. Plans for future outings are in the works. 🗨️

Lively Literary Society—NNC's Book Club

By Terry Gary, NNC Member



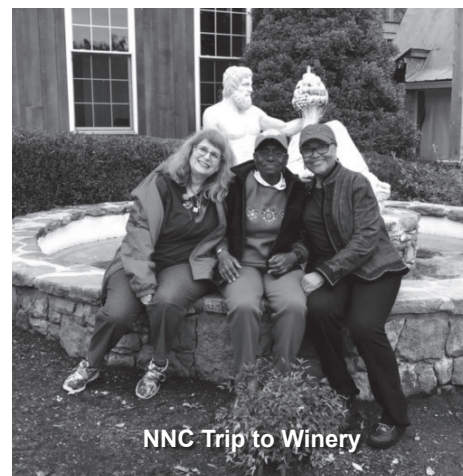
In September, NNC's book club got off to a buoyant start. Beah Zander and I were co-leaders, but the group actually led itself. People shared their names and the name of the last book they read. We considered several books to read at our next meeting, including "To Kill a Mockingbird," "As a Driven Leaf," "The Accidental Tourist," and "Mr. Rosenbloom Dreams in English." We decided to read "A Man Called Ove" by Fredrik Backman. The group met on November 20, where we had a lively discussion about the book.

At our initial meeting in September we decided we would call ourselves the Lively Literary Society. Though one of our members said that the

name sounded too highbrow, the majority agreed on the name; thankfully, we are lively! We are a cohesive group, and our scheduled meeting from 2-3 p.m. bubbled over until 4 p.m.

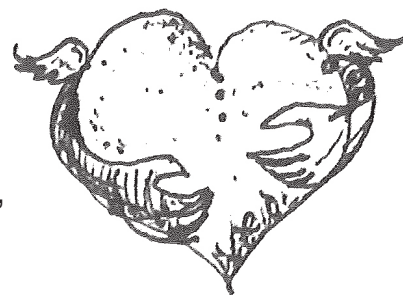
The book club meets once a month on Wednesdays, from 2-3 p.m., at the home of Terry Gary, 17 Cobbler Court, Pikesville. All are welcome. For more information, please call Terry at 410-484-0581.

Dear Readers, we are hoping to expand our Circles and would love to hear from anyone who wants to share a favorite pastime, hobby or just get together with a Circle of friends. I will be happy to help make that wish come true. Contact Shoshana either by email (shosh128@verizon.net) or by phone, 410-580-0640. 🗨️



Needed!

Needed: Caring people for NNC's Caring Hearts Committee. Help us acknowledge members in their times of joy or sorrow. For more information, call Anne at 410-500-5334, ashimanovich@chaibaltimore.org.





NNC Events

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

2nd Mon. of month, **Nutritious Cooking Demonstration**
 12:30-1:30 p.m., CHAI, 5809 Park Heights Ave.

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

Every Tues., 10-11 a.m.
Exercise at the Elmont
 6317 Park Heights Ave.

Every Tues., 2-3 p.m.,
Bands Together with Ilysa
 Myerberg Center, 3101 Fallstaff Rd.

1st Tues. of month, **Art Class**
 10 a.m.-12 p.m., CHAI

2nd Tues. of month, **Village Gathering**
 2-3:30 p.m., Myerberg Center

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

Needlers
 RSVP to Eileen Rosenbaum
 410-764-8443

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

to offer support during the holidays for those who have lost a loved one. This gathering includes Chanukah candle lighting, a craft project for children and adults and a special program honoring those who have died but continue to be a light in our lives. Individuals, families and children 6+ are welcome. Facilitators include Rabbi Rose, Director, Seasons Hospice Services & Donna Kane, M.A., Grief Counselor, JCS. \$5.00/family. Light, kosher refreshments served. RSVP jcsbalt.org/griefsupport or 410-466-9200.

LET US ENTERTAIN YOU

Myerberg Center

Members Only Holiday Brunch,
 Thurs., Dec. 12, 9:30-11 a.m. Sign up at the front desk.

Free Movies, 1 p.m. Call for reservations,
 443-963-1462.

1/2 – *Failure to Launch*

2/6 – *Mission: Impossible – Fallout*

Second Presbyterian Church

4200 St. Paul St. 410-467-4210

Free concerts:

1/12/20, 7:30 p.m., Chamber Music by Candlelight;

1/26/20, 3:30 p.m., Benedict Kloeckner, cello;

2/23/20, 3:30 p.m., Mainstreet Brass.

**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.

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.

12/3 – Lauri Regan, "Anti-Semitism Worldwide & on College Campuses"

12/10 – Dr. Lisa Shulman, "Before & After Loss: A Neurologist's Perspective on Loss, Grief & the Brain"

12/17 – Rick Bell, "Slave Kidnappings in America"

12/24 – Bagel Boys Holiday Party

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

12/20 – *Gateway to the Moon* by Mary Morris

COME AND LEARN ABOUT

A Shining Light – Wed., 12/18, 4:30-6 p.m., JCC Park Heights, 5700 Park Heights Ave. Holidays can be a difficult time of year for those who are grieving. Jewish Community Service is partnering with Season's Hospice

1/17 – *A House Without Windows* by Nadine Hashim

2/21 – *The Huntress* by Kate Quinn

WARM HOUSES

Group meets three times a month at the Park Heights JCC to participate in lunch, conversation, educational, social and recreational activities. Newcomers and 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 (12/9, 1/13, 2/10), 7-8:30 p.m., JCS, 5750 Park Heights Ave.

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

Support Group for Dementia Caregivers with Rachel Brodsky

3rd Mon. of the month (12/16, 1/20, 2/17), 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 (12/10, 1/14, 2/11), 2-3 p.m., Myerberg Center

Contact Kathy Currier, 410-843-7385 or kcurrier@jcsbaltimore.org.

Low Vision Support Group

2nd & 4th Thurs. of the month (12/12, 12/26, 1/9, 1/23, 2/13, 2/27), 1:30-3 p.m., Myerberg Center

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

COME AND MEET YOUR NEIGHBORS

Cheswolde: Wed., 12/4, 2/5, 7:30 p.m., Falls Village Apartments Community Hall
President: Nate Wilner
Dues: \$20/year

Cross Country: Tues., 12/10, 1/14, 2/11, 7:30 p.m., JCC, 5700 Park Heights Ave.
President: Avraham Sauer, avraham.sauer@gmail.com
Dues: \$10/year

Glen: Wed., 1/22, 2/26, 7 p.m., JCC, 5700 Park Heights Ave.
President: Betty Cherniak, Dues: \$15/year

Fallstaff: Thurs., 12/5, 1/2, 2/6, 7 p.m., Fallstaff Elementary School

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

Mount Washington: Tues., 12/10, 1/14, 2/11, 7:30 p.m., The Wesley, 2211 West Rogers Ave.
President: president@mwia.org
Dues: \$25/year

SPECIAL DAYS

Dec. 21 – Winter begins
Dec. 22 – First night of Chanukah
Dec. 23-30 – Chanukah
Dec. 24 – Christmas Eve
Dec. 25 – Christmas Day
Dec. 26 – First day of Kwanza
Jan. 1 – New Year's Day
Jan. 7 – Fast of 10th of Tevet
Jan. 20 – Martin Luther King, Jr. Day
Feb. 10 – Tu B'Shevat
Feb. 12 – Lincoln's birthday
Feb. 14 – Valentine's Day
Feb. 17 – President's Day (Washington's birthday)
Feb. 26 – Ash Wednesday

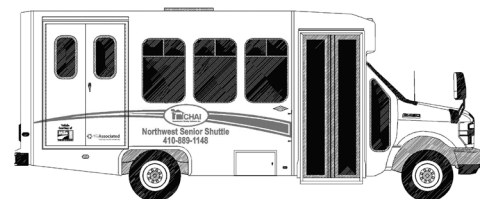


Need a Lift?

Transportation Options for NNC Members!

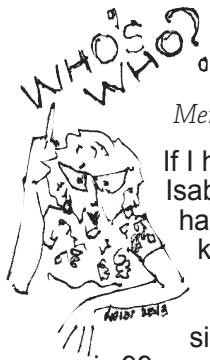
NNC members have free access to the CHAI Northwest Senior shuttle. We encourage its use for grocery shopping and for the special excursion trips mentioned in the schedule that is mailed monthly to members. The shuttle is NOT available for personal transportation, such as doctor appointments.

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 (5433) to become a member and request your first individual ride. Reserve your shuttle trip by calling 410-889-1148.

Who's Who?



Isabel Levinson

By Shoshana Harris, NNC Member

If I hadn't previously met Isabel Levinson, I would have thought that I knocked on the wrong door the day of this interview. It is impossible to believe that she is 99 years old! She looks and acts like a much younger person, and it was a pleasure and inspiration to sit and talk to one of the newest members of NNC.

Isabel was born in 1920. She grew up in the Bronx and graduated from James Monroe High School. Unfortunately, her father passed away when she was 11 years old, so at the age of 16 ½, she began working in the office of a furniture company. After high school graduation, she continued to live with her mother and became a secretary. Her mother was hoping that Isabel would find a special someone and get married, but she was not ready and not in a hurry to settle down. She was aware that some might refer to her as an "old maid," but she was an independent thinker and did not pay any mind.

However, that changed during a summer vacation in the Adirondacks when she met Hyman Levinson. To her mother's delight, they married after a two-year courtship. Isabel was 29.

As always in a marriage, there are similarities and differences for the bride and groom to navigate. In Isabel's case, religious differences needed to be resolved. She had grown up in a Jewish Reform household, but Hyman's family kept kosher and was Orthodox. No problem for Isabel. She observed how an Orthodox girlfriend set up her kitchen and learned what she needed to know about keeping kosher. She also began attending an Orthodox synagogue with her husband.

Isabel and Hyman's first home was in Indiana, Pennsylvania, where he started a business. In 1952, their first son, Leo, was born. When Leo was

about 3 years old, Hyman sold the business, and they spent 8 months driving across the United States to Mexico and then on to Florida. It was a glorious trip.

Once they returned to Pennsylvania, Hyman started a glove manufacturing business in Galeton, PA, and they



welcomed a second son, Harlan, into the family in 1958. By 1966, they knew it was time to move in order to give their sons a Jewish education, and they moved to Baltimore. The boys were enrolled at the Talmudical Academy, an Orthodox school for boys.

Sadly, Hyman passed away in 1991 after a long illness. He and Isabel had been married for 32 years; she was in her early 70s. The next few years were challenging, but Isabel's resilience propelled her to do something that she loved—to travel. She and a friend planned many trips, which proved to be uplifting and very enjoyable. On her last trip when she was in her early 90s, she and Harlan flew to England, where they boarded the Queen Mary and had a lovely cruise back to Baltimore.

Yes, Isabel has made some age-related accommodations; she stopped

driving when she was 98. But she connects to family through email and travels the world via the internet. She has also found happiness as a resident of Weinberg Woods where she has lived for the past two years. At the Woods, she has opportunities to socialize if she so chooses. She plays bridge every Thursday with friends and shmoozes with others in the common room on the first floor. But she is just as content to be by herself and watch tv or spend time on her computer.

Isabel has the distinction of being the oldest member of NNC. She joined after attending a few meetings of NNC's *Curiosity Circle*. Attending the circle is very convenient for her; it meets in the Weinberg Woods multi-purpose room, which is down the hall from her apartment. Isabel is an active participant in the group and looks forward to its monthly meetings. She thinks that NNC is wonderful because it "does a lot for a lot of people."

Although her sons live out of state, they are in constant contact and visit when they can. She is blessed with two devoted nieces and nephews who live nearby and visit her almost every Shabbat. She also derives great pleasure from her two grandchildren and was delighted to become a great-grandmother for the first time last year.

When asked what she attributes to her long life, Isabel shrugged and said, "Nothing in particular." She added that she is not a worrier, and the only medication she takes is a baby aspirin. But I think I know the real answer. Isabel is a contented woman who knows how to live in the moment and make the most of each day.

I also wanted to know what experience was the most meaningful during her lifetime. Her answer: "My children." I think you will agree that she has found the secret to a long and satisfied life. 🌟



Emergency Preparedness Checklist

Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration and are compact and lightweight.

- ☐ High energy foods such as: peanut butter, jelly, crackers, granola bars, trail mix
- ☐ 3 gallons of water, per person, per day

First Aid Kit

Assemble a first-aid kit for your home and one for each car. A first-aid kit should include:

- ☐ Sterile adhesive bandages in assorted sizes
- ☐ 2-inch sterile gauze pads (4-6)
- ☐ 4-inch sterile gauze pads (4-6)
- ☐ Hypoallergenic adhesive tape
- ☐ Triangular bandages (3)
- ☐ 2-inch sterile roller bandages (3 rolls)
- ☐ 3-inch sterile roller bandages (3 rolls)
- ☐ Scissors, tweezers, needle and thread
- ☐ Moistened towelettes
- ☐ Antiseptic
- ☐ Thermometer
- ☐ Tongue depressors (2)
- ☐ Tube of petroleum jelly or other lubricant
- ☐ Assorted sizes of safety pins
- ☐ Cleansing agent/soap
- ☐ Latex gloves (2 pair)
- ☐ Medicine dropper

Special Needs

- ☐ Medications (7 days)
- ☐ Denture needs, extra eyeglasses and contacts
- ☐ Diapers, bottles, formula, wipes, rash ointment, powdered milk
- ☐ Medical devices, charged
- ☐ Vitamins
- ☐ Hearing aid batteries

Tools and Supplies

- ☐ Charged cell phone
- ☐ Paper cups, plates and plastic utensils
- ☐ Battery-powered radio and extra batteries
- ☐ Flashlight and extra batteries
- ☐ Cash, checks, change
- ☐ Non-electric can opener
- ☐ Utility knife
- ☐ Fire extinguisher
- ☐ Pliers
- ☐ Full tank of gas
- ☐ Compass
- ☐ Matches in a waterproof container
- ☐ Aluminum foil
- ☐ Tape
- ☐ Plastic storage containers
- ☐ Signal flare, whistle
- ☐ Paper, pencil, pen
- ☐ Shut-off wrench (to turn off household gas and water)
- ☐ Plastic sheeting

Sanitation

- ☐ Toilet paper, towelettes
- ☐ Soap, liquid detergent
- ☐ Feminine supplies
- ☐ Personal hygiene items
- ☐ Plastic garbage bags, ties (for personal sanitation uses)
- ☐ Plastic bucket with tight lid

- ☐ Disinfectant
- ☐ Household chlorine bleach
- ☐ Clothing and bedding

Clothing

Include at least one complete change of clothing and footwear per person

- ☐ Sturdy shoes/work boots
- ☐ Hats and gloves
- ☐ Rain gear
- ☐ Thermal underwear
- ☐ Blankets or sleeping bags
- ☐ Sunglasses

Important Family Documents

- ☐ Keep these records in a waterproof, portable container: Will, insurance policies, personal contacts, stocks and bonds, passports, Social Security cards, immunization records, bank account numbers, credit card account numbers and companies, inventory of valuable household goods, important numbers, family records (birth, marriage, death certificates).

Kit Storage

Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car. Keep items in airtight plastic bags. Change your storage water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year.

BALTIMORE AND METRO AREA EMERGENCY ASSISTANCE RESOURCES

This insert comes to you courtesy of a special effort at CHAI to spread vital and valuable information that you can use during emergency situations. Use this side to get connected to resources in the community. Use the other side to make an emergency kit — and a plan — today.

BALTIMORE CITY

911 Police / Fire / Ambulance

311 Non-emergency and
City Services

Suspicious Activity
1-888-223-0333

**Mayor's Office of
Emergency Management**
emergency.baltimorecity.gov

**CERT: Community
Emergency Response Team**
443-424-CERT(2378)
Baltimore City office
410-396-6188
CERT@baltimorecity.gov

BALTIMORE COUNTY EMERGENCY MANAGEMENT

On Twitter @BaltoCoEmergency
410-887-5996

BGE BALTIMORE GAS & ELECTRIC

bge.com

1-877-788-2222

Power Outage

1-800-685-0123

Gas Leak/Downed Power Lines

[https://secure.bge.com/forms/
pages/reportanoutage.aspx](https://secure.bge.com/forms/pages/reportanoutage.aspx)

NEAREST FIRE STATIONS

**Baltimore City Engine
Company 45**
2700 Glen Ave., Baltimore
410-396-0171

**Baltimore County Fire
Station 2**
22 Walker Ave., Baltimore
410-887-1250

NEAREST POLICE STATIONS

**Baltimore City
Northwestern District
Police Station**
5721 Reisterstown Rd.
Baltimore
410-396-2466

**Baltimore County Pikesville
Precinct**
215 Milford Mill Rd., Baltimore
410-887-1279

NORTHWEST NEIGHBORHOOD SERVICES

**CHAI Senior Home Repair &
Modification Program**
410-500-LIFE
Provides minor home repairs
to low-income seniors and
adults with disabilities.

**CHAI Northwest Neighbors
Connecting (NNC)**
410-500-LIFE
A network of assistance for
seniors living independently
in their homes.

CHAVERIM of Baltimore
410-486-9000 or toll-free
1-800-537-4813
Roadside and snowbound
assistance: 24-hour response

CHESED FUND Ltd
410-358-5555
chesedfund@gmail.com
Coordinates or organizes
programs for families in need
and for the community.

NORTHWEST CITIZENS PATROL (NWCP)

Volunteer Community Citizens Patrol

Non-emergency calls to the
police 311, then 410-664-6927.
Provides patrol 7-10:30 p.m.,
Sun.- Thurs. nights
& Sat. nights in winter

SHOMRIM OF BALTIMORE

Crime in progress: 911, then
410-358-9999
Emergency Hotline:
410-358-9999
Crime prevention assistance:
dispatch 24/7
crime@shomrim.net
shomrim.net

NEAREST AMBULANCE

HATZALAH OF BALTIMORE

Assistance: 410-358-0000,
410-764-0000
Non-Emergency:
410-585-0054
Ambulance or EMT response
to medical emergencies,
24-hour response

NEAREST HOSPITALS AND HEALTH CLINICS

Northwest Hospital

5401 Old Court Rd.
Randallstown
410-521-2200

Sinai Hospital

2401 W Belvedere Ave.
Baltimore
Assistance: 410-601-9000
Emergency Room ER-7
410-601-8880

Patient First

10210 Reisterstown Rd.
Owings Mills
410-902-6776

Righttime Medical Care

1807 Reisterstown Rd.
888-808-6483

All Care

1860 Reisterstown Rd.
410-484-4044

Poison Control
1-800-222-1222

FOR WEATHER EMERGENCIES OR POWER OUTAGES

Northwest Community Action Center:

3939 Reisterstown Rd.
Baltimore, 443-984-1384
Cooling Station: On days
when a Code Red alert is
issued in Baltimore

DRY ICE

AAA Ice

6100 Bel Air Rd.
Baltimore, 410-426-1204

Capital Carbonic

404 S. Caton Ave.
Baltimore, 410-566-0853

PARTNERSHIPS

The Associated: Jewish

Federation of Baltimore
101 W. Mt. Royal Ave.
Baltimore, 410-727-4828,
associated.org

Weinberg Park Heights Jewish Community Center

5700 Park Heights Ave.
Baltimore, 410-542-4900,
jcc.org

Jewish Community Services

5750 Park Heights Ave.
Baltimore, 410-466-9200
jcsbaltimore.org

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.

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

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 NNC trips should be made with Annie at 410-500-5334.



Milestone Moments

Congratulations to

Rena Rotenberg, on the birth of a great-granddaughter.

Ilysa Cohen, for receiving certification in Introduction to Caregiving, Revised and Introduction to Human Nutrition, Revised.

Cheryl Cohen, on the birth of a grandson, Miles

NNC President Rev. Arnold Howard, for being honored for his 30 years as pastor of Enon Baptist Church.

Sharie Blum, on the marriage of her grandson Asher Blum to Leeba Weiss.

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

BIRTHDAY

greetings to these members of our family!

December

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

January

- 3 Susan Russell
- 4 Ruth Hoffman
- Helen Blechman
- 9 Susie Wheeler
- 12 Jeanne White
- 17 Veronica Fullwood
- 18 Bernice Seidman
- 29 Barbara Setzer
- Hinda Sokolow
- 30 Joyce Wolfe

February

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

WELCOME NEW MEMBERS

(May-July)

Myrtle St. Rose
Ira Cortez
Olivia Stewart
Patricia Hill
Mindy Rosenzweig
Annette Wolfson

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



Newsletter Committee

Ellen Carter Cooper
Eileen Creeger
Veronica Fullwood
Shoshana Harris
Rev. Arnold Howard
Sheila Mentz
Heidi Schloss
Miriam Sperling
Joyce Wolpert

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BALTIMORE, MD



Help *Staying Connected* be environmentally friendly. To continue receiving your copy in the mail, call 410-500-LIFE (5433). Read us online at www.nnc.express.com. Click on "Staying Connected."



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NNC's Lunch and a Movie*

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

Dec. 30 – "Holiday Inn" is a 1942 American musical film starring Bing Crosby and Fred Astaire, with Virginia Dale, Marjorie Reynolds and Walter Abel. With music by Irving Berlin, the composer wrote twelve songs specifically for the film, the best known being "White Christmas." *Holiday Inn* received a 1943 Academy Award for Best Original Song (Irving Berlin for "White Christmas"), as well as Academy Award nominations for Best Score and Best Original Story.

Jan. 27 – "Calamity Jane" is a 1953 American Technicolor western musical film loosely based on the life of Wild West heroine Calamity Jane, and explores an alleged romance between Calamity Jane and Wild Bill Hickok in the American Old West. The film starred Doris Day as the title character and Howard Keel as Hickok. It won the Academy Award for Best Original Song and was also nominated for Scoring of a Musical Picture and Best Sound, Recording.

Feb. 24 – "Mouse Hunt" is a 1997 American dark comedy slapstick film starring Nathan Lane and Lee Evans. It is the first family film to be released by DreamWorks Pictures (December 1997). The film follows two Laurel and Hardy-like brothers in their struggle against one small but crafty house mouse for possession of a mansion willed to them by their father.

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