



*Welcome!*

By Eileen B. Creeger, NNC Member

*Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.*

John Lubbock, The Use of Life

Welcome to Summer 2021! Summer means freedom – no boots, no gloves, no mittens, no knitted caps—just a light sweater, maybe, and we can be out the door. This summer implies increased freedom from the COVID-19 pandemic. Many restrictions are gone. Families and friends are getting together. Life is good and maybe getting back to normal.

# Staying CONNECTED

ISSUE 38 | SUMMER 2021

Though we give ourselves permission to while away the hours in the summertime, Northwest Neighbors Connecting (NCC) has been busy. As you will read below, Comprehensive Housing Assistance, Inc. (CHAI) and its senior programs (including NNC and the Edward A. Myerberg Center) are now part of The Associated's AgeWell program.

NNC, meanwhile, is partnering with the Washington Area Village Exchange (WAVE). This partnership allows our members to participate in online classes offered by other villages. WAVE is a great way to meet seniors from the Washington area.

Our Health & Wellness column reprints an article about seniors

and surgery. Surgical outcomes for adult adults can be different, and doctors often do not discuss these consequences with patients and their families. And, to keep you healthy and away from the doctor, this issue includes a delicious summer salad.

Other articles of interest include our usual Agency Friends, Neighbors in the Know, Who's Who, What's New with NNC and Wordshop. Also, on page 3 read about an exciting new initiative called "One Park Heights."

So, sit back, relax, get a cold drink and enjoy "Staying Connected" and your summer. See you in the Fall!



## AgeWell: A New Program of The Associated

By Annie Shimanovich, Aging in Community, Program Director

AgeWell Baltimore, a new initiative of the Associated, has arrived. In what has been over a year of work and planning by teams from CHAI, CHANA and Jewish Community Services, AgeWell is here.

Many of us have been faced with needing to find services, either for ourselves or a family member, without knowing exactly where to turn. We make endless phone calls,

are placed on hold for seemingly hours and then face the frustration of being given yet another phone number, which starts the cycle of phone calls all over again.

Here in Baltimore we are lucky enough to have access to over 40 older adult and caregiver services. While this is surely a blessing, it can also be overwhelming. AgeWell is the solution, allowing seniors and their families to access

Baltimore's wonderful services with just one phone call.

When calling AgeWell, community members will reach a trained specialist who will help guide you to the service or services that will best meet your goals and needs. Programs are broken down into categories, such as:

**Connections and Socialization:** The Myerberg, NNC, Technology Hub, Outreach and Wellness Services and the Holocaust Survivor Social Club.

AgeWell Baltimore is supported by The Associated and its network of agencies, CHAI, CHANA and Jewish Community Services

## Counseling and Family

**Support:** Therapy Services, Grief Programming and Wellness Conversations (Living with Parkinson's, Living with Low Vision).

**Care Coordination:** Successful Aging, Eldercare Consultation and Management.

**Housing:** Senior Home Repair and Benefits and Weinberg Housing.

Additionally, we have CHANA to help with elder abuse, and programs that offer legal consultations, career counseling, Eating Together and emergency food assistance bags.

Stephanie Carideo is our AgeWell Baltimore Senior Associate. She says, "According to our 2020 Greater Baltimore Jewish Community Study, approximately 56% of our community are over the age of 50, and 26% are over the age of 65.

We recognized the need to create an integrated system to ensure our older community members live safe, healthy and meaningful lives. We embarked on an extensive planning process and analyzed multiple business models for the most effective solution. As a result, we created AgeWell Baltimore. It has been an honor working with a dedicated team of professionals to make the AgeWell Baltimore vision become a reality. I am looking forward to our continued journey as AgeWell grows."

AgeWell's goals include increasing the ease of access and connection to services and increasing individual independence and well-being. AgeWell is available to everyone, and there is no cost to be in the network or to call the phone line. However, eligibility varies from service to service, and may include requirements such as

age, income and location. This will be determined at agency intake.

AgeWell is committed to creating a coordinated community response to best support our older community members and caregivers. We will work together as a team to empower community members to navigate the aging process and age successfully by staying connected, remaining independent, feeling safe and living with purpose. We are supporting older adults and caregivers to be connected more easily to all the resources in our system that will empower them to live healthy, engaged and meaningful lives.

*Direct telephone number, 410-500-5328; Hours of operation, Mon.-Thurs., 9:00 a.m.-4:00 p.m., and Fri., 9:00 a.m.-2:00 p.m.; Website, [www.agewellbaltimore.org](http://www.agewellbaltimore.org)* 🗨️

# Washington Area Village Exchange (WAVE)

*By Anne Shimanovich, Aging in Community, Program Director*

If you have noticed some new faces at any of your various NNC Zoom activities, they may have come to us via our new partnership with WAVE, the Washington Area Village Exchange. Back in March, I received an email from WAVE informing me of their new exchange initiative. They were offering all member Villages the opportunity to post their activities on the WAVE website, where the entire membership would be able to view and join each other's classes. The NNC Board agreed this would be a wonderful opportunity.

WAVE's mission statement reads: "WAVE is a coalition of Washington Area Villages and interacts with other senior-serving organizations. It facilitates

networking, educational, charitable and collaborative activities among villages, agencies and service organizations."

Since joining WAVE, new members have joined NNC. I had the pleasure of meeting two WAVE participants at our Explorer's Circle (which meets monthly, and provides informative, fun and guided tours of different areas of interest). On the day I participated, we joined leaders Eileen and Jerry Rosenbaum on a fantastic tour of Ladew Gardens, Sherwood Gardens, Longwood Gardens and as a bonus, The 15 Most Beautiful Gardens of the World. Where else would you be able to feed your soul with so much beauty in just one hour?

WAVE is a great forum for sharing ideas, and I encourage our members to visit the website ([wavevillages.org](http://wavevillages.org)). It contains information on exercise and aging, isolation and loneliness and the village as a community. WAVE holds periodic conferences and mini-conferences, such as Financial Stability and How to Build Strategic Partnerships.

So many of our NNC members speak about how important the village movement is to them and the quality of their lives. We are very happy to be partnering with WAVE, who is as committed as we are to our village and our village membership. 🗨️

# One Park Heights Initiative

By Shoshana Harris, NNC Member

If you grew up in Baltimore or live in one of the CHAI neighborhoods of Cheswolde, Cross Country, Fallstaff, Glen, Mount Washington, or even in Pikesville, you are probably aware of the Northern Parkway divide. It is an unfortunate part of our Northwest Baltimore history and represents more than just a geographic separation.

Due to white flight in the 1960s and 70s, the neighborhoods south of Northern Parkway are now predominantly comprised of African American homeowners. While the neighborhoods north of Northern Parkway have become more racially integrated, they retain a white majority. Most disappointing is that these diverse communities of greater Park Heights have had difficulty staying connected to one another, a connection that ultimately strengthens both communities, fostering ongoing interaction and leading to mutually shared goals for all.

Creating opportunities to reach these goals has been attempted many times over the years. They take a lot of time and effort. But thanks to the formation of the One Park Heights Initiative, momentum is building to renew the goals and build stronger connections in the Park Heights communities.

In the Fall of 2019, the Baltimore Jewish Council (BJC) staged an event called BRIDGING the TWO PARK HEIGHTS at the CC Jackson Recreation Center located in central Park Heights. Lisa Budlow from CHAI was the moderator of a panel discussion that included State Delegate Sandy Rosenberg and Brandon Scott, who at the time was Baltimore City Council president, now Mayor of Baltimore City. The panelists shared their



experiences of growing up in the same central Park Heights community. Brandon Scott acknowledged that his was a “difficult environment to navigate,” while Delegate Rosenberg’s encounters were very positive. A diverse mixture of about 100 people from the community were there to hear their stories.

The panel discussion was followed by breakout sessions where attendees were randomly assigned to different tables. At the end of the sessions, when the attendees were sharing highlights of their interactions, Pastor Troy Randall stood up and remarked how these conversations were so important, and that we needed to talk about our community as if it were “One Park Heights...and not two.” That was an “aha” moment that eventually led to the formation of the One Park Heights Initiative.

But first, there were two other hurdles to overcome: COVID-19 and funding.

The BJC was not prepared to continue sponsoring additional meetings, as it functions more as an advocacy organization. Fortunately, funding became available from the Samuel I. Rosenberg Fund, and Zoom became a tool that could be called upon to continue the community conversations.

As a next step, a subcommittee under the Northwest Baltimore Partnership (NWBP) was formed. Founded in 2018, NWBP is a coalition of community associations, nonprofit organizations, businesses, government agencies and faith-based institutions

working collaboratively in the geographic areas spanning Park Circle to Pikesville. Some of its many members include Park Heights Renaissance, LifeBridge Health, CHAI and the Langston Hughes Community Center. The subcommittee would allow greater diversity as well as add more community voices to continue the conversation around One Park Heights.

Its three purposes would be to:

1. Connect community members of different cultures and nationalities living in the Park Heights neighborhoods by breaking down biases.
2. Begin to build relationships across the different neighborhoods and institutions.
3. Create opportunities for community members to work together on different projects, such as a community cleanup or a community garden.

The next challenge would be how to get the word out to the community about this new endeavor and expand participation. Additionally, how could Pastor Randall’s idea of a “One Park Heights” be expanded upon and fleshed out?

This would be accomplished on several fronts starting in the Fall 2020. First, a postcard campaign would get the word out to the community along with PPE masks and hand sanitizers bearing the One Park Heights logo. Members of the subcommittee would help distribute the postcards, masks

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# HEALTH & WELLNESS

## HEALTHY & DELICIOUS SUMMER SALADS

By Ilysa Cohen, NNC Member & Health & Wellness Chair



Seniors need to get their daily dose of vitamins and minerals, but this is often easier said than done. Many seniors have dietary restrictions, changing tastes and digestive issues. Salads are easy to prepare and customize, making them a popular meal option among health-conscious seniors. Summer days are near and often bring higher temperatures and humidity. It can be unappealing to heat up the kitchen by cooking. Many people also find heavy meals less appetizing. Fresh salads packed with fruits and vegetables can be a more tempting choice at mealtime. One benefit of incorporating salad into your daily summer menu is increased hydration. Many fresh fruits and vegetables, such as cucumber, celery, tomatoes and lettuce, have a high-water content. Since seniors are at higher risk for dehydration, that extra boost of water can help.

While salads might seem like a healthy choice for a meal, they aren't always. This is especially true at restaurants. Sometimes the fat calories and sodium can exceed those found in a burger and fries! Knowing what to include in your salad and what to avoid is key.

### Basic Healthy Salad Ingredients

**Protein sources:** While fresh vegetables and fruits are often the most satisfying on hot days, don't skimp on protein (e.g., grilled chicken, lentils, beans, seeds and nuts. They are quick and easy to add to your salad.).

**Leafy greens:** Try to eat a variety of leafy greens like romaine, kale, cabbage and spinach. In addition to flavor, they are rich with vitamins, antioxidants and fiber.

**Healthy fat:** Salad bars in grocery stores and restaurants are notorious for foods high in unhealthy fats. Creamy dressings, fried chicken bites and processed cheese are just a few. Better choices are avocado, feta cheese and hard-boiled egg. Skip the creamy dressing and opt for olive oil instead.

**Skip the sugar:** Sugar is often hidden in salad dressings, dried or canned fruit, granola and glazed nuts.

**Watch the sodium:** Limit ingredients like cheese, croutons and processed meats, and read the labels for dressings, which can also be high in sodium,

Trying a new healthy salad recipe each week can help spice up summer mealtimes. 🍴

### Tomato, Cucumber and Avocado Salad

This fresh, colorful, and simple cucumber-tomato salad goes great with any meal.



#### Ingredients:

- 6 tomatoes, cut into wedges
- 1 cucumber, cut into slices and then halved
- 1 large avocado, pit removed, peeled, and chopped
- 3 tablespoons thinly sliced red onion
- ¼ cup chopped basil
- 3 tablespoons white balsamic vinegar
- 2 tablespoons olive oil
- Salt and black pepper, to taste

#### Instructions:

Place the tomatoes, cucumbers, avocado and red onion in a large bowl. Sprinkle salad with fresh basil. Drizzle balsamic vinegar and olive oil over the salad. Season with salt and pepper to taste. Serve immediately. Easy, gluten free and vegan!

# THE TALK SENIORS NEED TO HAVE WITH DOCTORS BEFORE SURGERY

By Judith Graham, [khn.navigatingaging@gmail.com](mailto:khn.navigatingaging@gmail.com), @judith\_graham (reprinted with permission from Kaiser Health News)

The decision seemed straightforward. Bob McHenry's heart was failing, and doctors recommended two high-risk surgeries to restore blood flow. Without the procedures, McHenry, 82, would die.

The surgeon at a Boston teaching hospital ticked off the possible complications. Karen McHenry, the patient's daughter, remembers feeling there was no choice but to say, "go ahead." It's a scene she's replayed in her mind hundreds of times since, with regret.

On the operating table, Bob McHenry had a stroke. For several days, he was comatose. When he awoke, he couldn't swallow or speak and had significant cognitive impairment. Vascular dementia and further physical decline followed until the elderly man's death five years later.

Before her father's October 2012 surgery, "there was not any broad discussion of what his life might look like if things didn't go well," said Ms. McHenry, 49. "We couldn't even imagine what ended up happening."

It's a common complaint: Surgeons don't help older adults and their families understand the impact of surgery in terms people can understand, even though older patients face a higher risk of complications after surgery. Nor do they routinely engage in "shared decision-making," which involves finding out what's most important to patients and discussing surgery's potential effect on their lives before setting a course for treatment.

Older patients often have different priorities than younger ones. More than longevity, many value their ability to live independently and

spend quality time with loved ones, according to Dr. Clifford Ko, professor of surgery at UCLA's David Geffen School of Medicine.

The American College of Surgeons has endorsed new standards meant to improve surgical care for older adults. Older patients should have the opportunity to discuss their health goals and goals for the procedure, as well as their expectations for their recovery and their quality of life after surgery.

Surgeons should review patients' advance directives--instructions for the care they want in the event of a life-threatening medical crisis--or offer patients without these documents the chance to complete them. Surrogate decision-makers authorized to act on a patient's behalf should be named in the medical record.

If a stay in the ICU is expected after surgery, that should be made clear, along with the patient's instructions on interventions such as feeding tubes, dialysis, blood transfusions, cardiopulmonary resuscitation and mechanical ventilation.

This is a far cry from how "informed consent" usually works. Generally, surgeons explain the physical problem, how surgery is meant to correct it and what complications are possible.

"What we don't ask is: What does living well mean to you? What do you hope to be able to do in the next year? And what should I know about you to provide good care?" said Dr. Ronnie Rosenthal, a professor of surgery and geriatrics at Yale School of Medicine and co-leader of the Coalition for Quality in Geriatric Surgery Project.

Surgeons can help guide discussions that require complex decision-making by asking these five questions: How does your health affect your day-to-day life? When you think about your health, what's most important to you? What are you expecting to gain from this operation? What health conditions or treatments worry you most? And what abilities are so critical to you that you can't imagine living without them?

At the University of Wisconsin-Madison, Dr. Margaret Schwarze has developed a tool called "best case/worst case" to help surgeons communicate more effectively with older patients. "The idea is to tell the patient a story in terms they can understand," Schwarze said. Instead of citing statistics on the risk of pneumonia or infection, for instance, a surgeon would explain what might happen if things went well or badly. Would the patient be in pain? Would she need nursing care? Would he be able to return home and do things he liked to do? Would she land in the ICU? Would he be able to walk on his own?

A similar range of possibilities is presented for a treatment alternative. Then the surgeon identifies the most likely outcomes for surgery and the alternative based on the patient's circumstances. "Going through a major operation when you're older is going to change your life," Schwarze said. "Our goal is to help older patients imagine what these changes might look like."

Because of her father's experience, Karen McHenry was cautious when

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# Neighbors in the Know

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## Refocusing

*By Joyce Wolpert, NNC Member*

After a year of paying rent on my therapy studio that I did not use and life's exigencies pushing me forward, I gave up my physical office to save money and to allow time and energy for "what's next."

I am still seeing clients online and also meeting three of them on hiking trails (an interesting hybrid of movement and talk therapy). But without another indoor area to call my own, my work and living space have become singular. Thus, I am actually seeing those infernal piles of papers I have just been stumbling over and realizing there is much needed sorting and brutal discarding to help create a serene, supportive environment.

Well, at least I'm in the thinking stage about all this. My most profound musings take place when I sit on the balcony of my fifth-floor apartment. I enjoy immensely eating some meals there and watching the trees and open sky. A few weeks ago, I found another place to focus my eyes—a small, whitish hive built under the shelter of the metal wall barrier. I saw something that looked like a yellow jacket buzzing around there and went into high alert.

I guess that an immediate rational response would have been to demolish this and avoid anticipated danger. Yet, two years ago a similar protuberance popped up, and this turned out to be a wasp's nest. I watched it being built for most of the summer; amazingly, with my head only three feet away, I was never bothered. So, I just let nature take its course; alas, one day the slant of the rainstorm was strong enough to wash it all away.

So now I'm thinking that I have a front row seat to a similar event. I searched and found that this one is actually a paper wasp hive. Yes, they look like yellow jackets but are purported to "not be as aggressive unless threatened." So, I sit in my chair, eating my food and watching the work take place through my binoculars.

The work of paper wasp nest building, as with many insects, takes place by the queen. It is her job to take fiber from wood materials, mix it with saliva, create paper pulp and spit it out to build the nest. And what a worker she is! I have seen her come and go in day and night, sun and cloud. She somehow spins a fine brownish thread like dental floss into this ever-increasing hive. Right now, there seem to be about 20 small openings. After creating each hole, I have witnessed her then burrow part of her body inside, I'm thinking maybe to lay the egg, then seal up the hole.

Whether she needs to do anything after the nest is complete, I am not clear. I also do not know how long eggs need to incubate until one day I may have a newly hatched swarm greet me on the balcony!

Why am I not afraid? Why don't I just call maintenance to eradicate it? Because it is fascinating. Because I am so fortunate to have this front seat on the business of life unfolding. Because now that I am not running out and away as much, I get the privilege of focusing and being fully present to what is literally right in front of my eyes.

I put this out there to each of us: what is right in your sphere that can reveal itself if you take the time and the presence to focus?

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## The Journey to Schedule a Covid-19 Vaccine Appointment

*By Rosalind Griffin, NNC Member*

Below is my experience seeking an appointment for the COVID-19 vaccination. I will also reflect my views on an apparent flawed management and distorted communication approach regarding the appointment process and availability of the vaccine.

When I became aware a vaccine would be offered, I decided to get the shot. I believed the scientific information I was reading, and I trusted the representatives who delivered it. I was pleased to learn that health care providers were the first eligible candidates.

My first opportunity I believed would put me at the front of the line. I received an email link from the executive director of the Maryland chapter of the National Association of Social Workers. The link was for health care providers and was not to be shared with family members or friends. I quickly completed the application form and was alerted of my eligibility. Returning to the site repeatedly, I found no appointments and was urged to continue trying. That proved to be a lost effort since I never received an appointment offer.

I changed strategies concurrently with calls for signing up for appointments at other websites, calling and completing the Baltimore City application form for over 65-year-olds and the State of Maryland website. The latter directed me to sites near me. Each admonished me to sign up only once and to wait for alerts for



available appointments but to check back frequently. I followed the instructions while becoming increasingly irritated. I was particularly dismayed with the local health department's messaging, so I called that agency and was on hold for two hours before anyone answered. That representative informed me I had not registered and I was sent to the website. As time passed and I was told again I was not registered, I wrote an email to the department's director. A prompt telephone call was received, during which the caller disclosed there was insufficient vaccine to satisfy the need. Simultaneously, the same agency was declaring that African Americans were resisting getting vaccinated.

After that encounter, I sent an email to Baltimore City's mayor expressing my dismay with the program's appointment administration and conception. I suggested inclusion of social workers who are knowledgeable and skilled with program management as well as culturally sensitive. Moreover, I declared some of the perceived Black vaccine skeptics were unaware of the Tuskegee

tragedy, Henrietta Lacks' experience or the Kennedy Institute lead experiment. I wondered if Dr. Kizzmekia Corbett's role in developing the Moderna COVID-19 vaccine had been highlighted would it have been a beacon to motivate African Americans. Revelation of Dr. Corbett's doing an all-nighter may have invoked pride in her accomplishment. The silence was golden. No response.

Driven by frustration, I added midnight searches to the vaccine appointment websites while watching the Twilight Zone. What should appear but a link for an appointment at the Baltimore Convention Center. I rejoiced but I was unable to share my good news that night. I believed my search was over. Not so simple.

I planned to take advantage of the reduced and or free parking on my appointed date. Those were fantasies, and I paid \$15.00 to park. That was after I backed out of one garage where the fee was \$24.00 an hour. I am grateful the driver behind me was not an aggressive driver. I breathed a sigh of relief and proceeded to my appointment.

Throughout the first appointment the staff were stellar and professional, even the security guards. I presented my printed appointment notification only to learn I was not registered. The supervisor was consulted about my situation. I was very relieved when assured I would be vaccinated as soon as I registered. I stopped hyperventilating. The registrar's face had a surprised look when all of my data appeared when the input began. I departed the site with my Pfizer COVID-19 vaccination card, a bag of pretzels and two large chocolate chips cookies.

I am now fully vaccinated and continue to receive offers for vaccination appointments from all the sites where I applied, including Six Flags and M&T Stadium. My journey is completed so I do not bother to reply. I do wonder whether the appointment process was a problem or a solution looking for problem.

The vaccine appointment journey's completion was rewarded on Easter Sunday when I hugged my sister after a year. I would do it again! 🗨️

## OUR AGENCY FRIENDS: WHAT IS SCALE?

By Ellen Carter Cooper, NNC Member

SCALE (The Snyder Center for Aphasia\* Life Enhancement) is a specialty program of the League for People with Disabilities. The League was established through the efforts of Isabell K. Frank, William S. Baer and the Council of Jewish Women in 1927. As it added programs, several other moves were made. In 1964, the League settled in at its present location on Cold Spring Lane.

SCALE was founded in 2008. It was designed by an individual with aphasia, so it is fully accessible

for all. SCALE uses the LPAA (Life Participation Approach to Aphasia) model to provide services to people living with aphasia and their families. The LPAA model includes a variety of opportunities for the participants to interact with each other and the community. It offers a wide range of classes to whet one's interests in areas such as art, photography, gardening, physical fitness, community outreach and much more.

For detailed information about SCALE, contact Denise McCall



A Division of  
**THE LEAGUE**  
FOR PEOPLE WITH DISABILITIES, Inc.

at 410-323-1777 or at [dmccall2leagueforpeople.org](mailto:dmccall2leagueforpeople.org). 🗨️

*(\*Aphasia is an impairment of language, affecting the production or comprehension of speech and the ability to read or write. Aphasia is always due to injury to the brain—most commonly from a stroke, particularly in older individuals. But brain injuries resulting in aphasia may also arise from head trauma, from brain tumors or from infections.)*



## NNC Events

Many NNC programs are now on Zoom. Check your monthly mail for the latest calendar (see page 9 for a sample calendar). If you need help with Zoom, call 410-500-5334.

## WARM HOUSE

The Warm House group has been connecting virtually these past few months with Zoom and conference calls. Warm House looks forward to getting back together in person in the near future. For more information, contact Malka Zweig, 410-484-0399.

**Fallstaff:** Sandy Johnson, President  
President@welcometofallstaff.org, or  
sandrajohn@aol.com  
Dues: \$15/year; www.myfallstaff.org  
Meetings on Zoom 7 p.m.

**Glen:** Betty Cherniak, President  
cherniakb@gmail.com  
Zoom meetings, 7 p.m.  
Link can be found at myglen.org.

**Cross Country:** Avraham Sauer,  
President; Avraham.sauer@gmail.com  
Dues: \$10/year

**Mount Washington:** Ellie Mitchell,  
President; mwiapresident@gmail.com,  
www.mwia.org.

## EDWARD A. MYERBERG CENTER

### The Myerberg is Reopening for Limited Programming!

After 14 months of virtual-only programming, the Myerberg Center is excited to be adding limited onsite programming starting on June 7, including appointments at the fitness center, art studio rentals, personal training and one-on-one tech sessions—all following strict COVID-19 safety protocols. The Myerberg team is eagerly looking forward to welcoming members and guests back to the Center. The center will also continue a virtual offering as well.

NNC members always receive 50% off the annual \$59 Myerberg membership! Sign up for a membership before June 30 and receive 30 days FREE of our Virtual Center Gold Subscription, which includes unlimited access to over 60 weekly live programs and recorded classes, including Fitness, Humanities, Technology, Art, Social Groups and more! Offer available for new subscribers only.

Get in touch today to make an appointment or join us for virtual programming. Call 410-358-6856 or email [info@myerberg.org](mailto:info@myerberg.org).

## SUPPORTIVE SERVICES

### Support Group for Dementia Caregivers with Rachel Brodsky

1st and 3rd Mon. of the month, (7/19, 8/2, 8/16, 9/20), 10-11:30 a.m., on Zoom.

Contact Rachel Brodsky, 410-843-7421 or [rbrodsky@jcsbaltimore.org](mailto:rbrodsky@jcsbaltimore.org).

### Parkinson's Disease Support Group with Caitlin Rife

2nd Tues. of the month (7/13, 8/10, 9/14), 2-3 p.m., on Zoom.

Contact Caitlin Rife, 410-843-7352 or [crife@jcsbaltimore.org](mailto:crife@jcsbaltimore.org).

### Low Vision Support Group

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

Contact Rachel Brodsky, 410-843-7421 or [rbrodsky@jcsbaltimore.org](mailto:rbrodsky@jcsbaltimore.org).

### When Your Loved One has Parkinson's Disease

3rd Wed. of the month, 7/21, 8/18, 9/15, 3 p.m. on Zoom

Contact Caitlin Rife, 410-843-7352 or [crife@jcsbaltimore.org](mailto:crife@jcsbaltimore.org).

## COME AND MEET YOUR NEIGHBORS

**Cheswolde:** Adam Goldfeder,  
President [cna@goldfeder.us](mailto:cna@goldfeder.us);  
[www.facebook.com/Cheswolde/](https://www.facebook.com/Cheswolde/)  
Dues: \$25/year

## SPECIAL DAYS

July 4 – Independence Day

July 18 – Fast of Tisha B'Av

Aug. 28 – Selichot

Sept. 6 – Labor Day, Erev Rosh Hashanah

Sept. 7 & 8 – Rosh Hashanah

Sept. 9 – Fast of Gedaliah

Sept. 12 – Grandparents Day

Sept. 15 – Erev Yom Kippur, Kol Nidre

Sept. 16 – Yom Kippur

Sept. 20 – Erev Succot

Sept. 21-27 – Succot

Sept. 22 – First Day of Autumn

Sept. 28 – Shemini Atzeret

Sept. 29 – Simchat Torah

*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.





For more information,  
call: 410-500-5334

Please Note Special Sunday Class: Getting to Know You! Sunday, 5/9 and 5/23, 4:00pm on Zoom!  
Email Pauline at [pwatson1@msn.com](mailto:pwatson1@msn.com) or Eileen at [ejrosenbaum@gmail.com](mailto:ejrosenbaum@gmail.com) for details

## June 2021—ZOOM Edition

Mon	Tue	Wed	Thu	Fri
	1 Art Class—Creating Japanese Neton artwork! 10:00-11:00am on Zoom  Get in the Groove With Ilysa! 11:00—11:45am on Zoom	2 Get in the Groove With Ilysa! 11:00—11:45am on Zoom	3	4
7    8 Get in the Groove With Ilysa! 11:00—11:45am on Zoom  Village Gathering 2:00pm on Zoom	9 Get in the Groove With Ilysa! 11:00—11:45am on Zoom	10	11	
14 Cooking Class 2:00pm on Zoom	15 Get in the Groove With Ilysa! 11:00—11:45am on Zoom	16 Get in the Groove With Ilysa! 11:00—11:45am on Zoom  Explorers Circle on Zoom 1:30pm	17 Encounters Circle 11:00am on Zoom	18
21 Tech Help with Melanie! 2:30pm on Zoom  Diversity Dialogue 4-6:00pm on Zoom	22 Get in the Groove With Ilysa! 11:00—11:45am on Zoom  Moving and Balancing Your Whole Self! 2:00pm on Zoom	23 Get in the Groove With Ilysa! 11:00—11:45am on Zoom	24	25
28	29 Get in the Groove With Ilysa! 11:00—11:45am on Zoom	30 Get in the Groove With Ilysa! 11:00—11:45am on Zoom  Terry's Book Club 2:00pm on Zoom		

# What's Happening with NNC

## Village Gatherings

By Annie Shimanovitch and Eileen Rosenbaum, NNC Members

In March, NNC celebrated its Birthday Bash—it was joyous and phenomenal. We experienced the musical “South Pacific” in an incredibly new way. Ellen Katz, Broadway expert, presented clips of the show, the movie and interviews with James Michener, along with other background history.

In April, NNC member Joyce Wolpert spoke about seniors and their finances. Herself a layperson who has made financial mistakes, Joyce leads a discussion group on Zoom every Wednesday, from 9-10 a.m., sponsored by the Myerberg Center. She shared some of her learned lessons:

- Medicare Supplemental Insurance (i.e., medigap policies): the cost and underwriting criteria differ between plans. Though plans might have the same coverage, they can differ in costs. She recommends purchasing a higher plan before you need it.
- Inherited money/stocks: one needs to be aware that capital gains tax occurs whenever stocks are bought and sold.
- When choosing a financial advisor, you need to have a relationship with this person, and it needs to be someone you trust. Each person has different needs, and the advisor must understand them.
- Online resources are available, including websites where you can “play” around with different scenarios. A good, printed news source is Baltimore Business News.
- Remember, whether a stock’s value goes up or down is not always logical.

At the May 11 Village Gathering, we were treated to a presentation by Professor Ed Berkowitz, professor emeritus of history and public policy at George Washington University, on *The History of Television*. Television grew in the 1950s throughout the United States (from 0% in 1946 to 90% of households by 1960).

Many TV programs started as carryovers from radio, (e.g., Jack Benny, westerns, Lucille Ball and Eve Arden). NBC produced Matinee Theatre at 3 p.m. for housewives, and the Mickey Mouse Club for kids. Few Blacks were represented on TV with the exceptions of Ella Fitzgerald, Nat King Cole and sports figures.

TV influenced the lives of both politicians and entertainers, for example Elvis Presley and the Kennedy-Nixon debate. Variety shows such as the Ed Sullivan Show were popular and introduced us to many entertainers. Other types of shows included game shows, comedy, adult westerns, animal programs and weekend programming for children.

Professor Berkowitz took all of us on a delightful journey down memory lane that was a part of our lives as we grew up with television.

## Diversity Dialogue

By Susan Russell, Diversity Dialogue Co-Coordinator

The monthly Diversity Dialogue has been ongoing for many years. We generally have about 15 participants, approximately half white and mostly Jewish, half Black and non-Jewish. The consistency of membership over the years has enabled us to get to know each other and develop trust. Most of the “regulars” have computer access and have been using Zoom

during the pandemic, while several phone in.

Rev. Arnold Howard and I co-coordinate the group. Members suggest topics, and we discuss the ones that interest most members. One or two members at each session serve as “volunteer facilitators,” while Rev. Howard, experienced in working with interracial groups, helps with facilitation. I perform administrative tasks.

Dialogue topics in 2021 have been varied. We continued sharing experiences that contributed to our perceptions of the “other” race or religion, a discussion begun in 2020.

Members read two articles related to Black History Month ahead of the February meeting. Then, Ellen Carter Cooper and Rev. Howard critiqued the articles and facilitated discussion.

In March, Beah Zander and Barbara Scott presented material from the book “Not in My Neighborhood” by Antero Pietila about the factors contributing to Baltimore’s legacy of racial segregation in housing. Yvonne Archer and other long-time Baltimoreans told of their own positive and negative experiences with neighbors, realtors, landlords, etc. Rev. Howard shared part of a sermon apropos to the topic, entitled “Change but No Change.”

April's discussion responded to the question “What Does the Holocaust Mean to Me?” I shared some historical information on the observance of Yom HaShoah, established by the Israeli Knesset in 1959. The 27th of the Hebrew month of Nisan, which marked the beginning of the Warsaw Ghetto uprising, was designated for remembering the six million Jews murdered between

1939 and 1945. Over time, organizations worldwide, including some in Baltimore, have offered educational events recognizing Yom HaShoah. The day has now become known as “Holocaust and Heroism Remembrance Day,” honoring survivors and resistance workers, too. I described other aspects of remembrance as a hallmark of Jewish tradition.

In May, Rosalind Griffin chronicled longtime efforts by a group of Maryland African Americans and their allies to press the State Legislature for sufficient funds to make Maryland’s four historically Black universities competitive with other State-funded universities. After 32 years without satisfactory results, in 2006, the advocates sued the Maryland Commission on Higher Education for the requisite funding. The State Legislature intervened in the 2021 session to finally settle the lawsuit by a combined award of \$577 million to Coppin, Morgan and Bowie State Universities, as well as the University of Maryland Eastern Shore. An interesting dialogue ensued on the pros and cons of attending a primarily black college versus a racially integrated one in the formation of an African American person’s racial identity, a discussion to be continued.

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## Circle Roundup

*By Shoshana Harris & Eileen Rosenbaum, NNC Members*

**Curiosity:** *Sharie Blum and Shoshana Harris*

Poems, heartwarming messages and chamomile tea have been distributed to our Weinberg Woods members in lieu of in-person meetings. We are looking forward to being given the green light so we can, once again, resume our monthly get-togethers.

**Encounters:** *Sharie Blum and Shoshana Harris*

Women’s History Month was celebrated at our March meeting. Members shared stories about friends and historical figures who have touched their lives in meaningful and inspirational ways.

In April, musicologist Ken Meltzer presented a program about the musical genius of Ludwig van Beethoven. We learned about Beethoven’s rebellion against the social and musical conventions of his time. We were also treated to hearing parts of Beethoven’s iconic 5th Symphony, along with some interesting musical interpretations of this musical piece.

Since Mother’s Day is celebrated in May, we dedicated our May program to our mothers: what they taught us and what we learned from them; our fondest or funniest memories; and how we are similar and/or different from them. As anticipated, the discussion was lively and filled with nostalgia, and we heard a lot of good motherly advice: “Live life in moderation,” “Question everybody,” “Do your best, and God will do the rest,” “Do not conform to others,” “Think for yourself,” “If something is worth doing, do it well,” and finally, “Be content with what you have.” Wonderful words to live by and carry in our hearts!

**Baltimore Explorers:** *Eileen and Jerry Rosenbaum*

We had a wonderful time viewing gardens at our April meeting, including Ladew Gardens, Longwood Gardens and Sherwood Gardens (famous for their tulips). We topped off our visits in a world-wide tour of the 15 most beautiful gardens in the world. Included were two gardens that Eileen and Jerry Rosenbaum visited (Desert Botanical Gardens near Phoenix, Arizona, and the Brooklyn Botanical Gardens). Join us next time as we keep EXPLORING!!!!

**Needlers:** *Eileen Rosenbaum*

Come join us as we knit, crochet and embroider away. We enjoy each other’s company as we create our own projects and learn new techniques from each other.

**Getting to Know You:** *Eileen Rosenbaum and Pauline Watson*

This is one of our newest Circles. We began in February and have been meeting monthly to share our lives with each other. We started telling “our stories.” We’ve shared how we are managing in the current pandemic and how we celebrate holidays – Purim, Passover and Easter. Most recently we discussed life cycle events, including baby naming ceremonies, bat mitzvah, rites of passage and burial rituals. Our virtual tea party in May was fun. Two of Pauline Watson’s friends entertained us with piano playing and poetry. Lane Jennings also read a few poems. We played trivia and had a good time. Join us and learn more about our NNC members – about the culture differences and similarities. We are an informative and fun loving group.

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## Art Class

*By Miriam Rittberg & Heidi Schloss, NNC Members*

**April Class-Matisse Cut Outs:**

As part of our monthly NNC art classes, we often learn from the Masters. In April, we learned about Henri Matisse. He created art throughout his 85 years. Towards the end of his life when he could not stand in front of an easel, he reached for paper and scissors to create his lively cut outs. After learning about his contributions and seeing examples, our intrepid artists grabbed paper and scissors and created their own versions, showing what we’ve learned about color, shapes and design.

continued on p.15



# Who's Who?



## Kari Gorkos

By Ellen Carter Cooper,  
NNC Member

There are quite a few miles separating Fairbanks, Alaska from Baltimore, Maryland. Fairbanks is the largest city in the interior region of Alaska. There are significant differences, too.

Kari Gorkos, CHAI's Vice President for Community Programs, travelled the long distance from Fairbanks to Maryland in 1998. Her husband at the time was in the Army and stationed at Aberdeen Proving Grounds. The family moved several times until 2006, when Kari came back to Baltimore.

Kari received her Bachelor of Arts degree in Public Relations from Central Washington University in Ellensburg, Washington. She spent several years working for the Greater Fairbanks Chamber of Commerce and the Alaska Joint Electrical Training Trust before moving to Baltimore. She went on to receive her Master's degree in Women's Studies from Towson University.

For over 20 years Kari was employed with the Mental Health Association of Maryland. Her title was Senior Director of Public Education and Programs. She oversaw all of the agency's education and outreach initiatives, including the statewide Children's Mental Health Matters Campaign, Older Adults & Aging Program and Healthy New Moms.

Kari joined CHAI in January 2021. She is responsible for the community development, aging in place and Myerberg programs. Her goals include getting to know her staff, learning growth potential and increasing program visibility. Imagine, though, conducting community development in the middle of a pandemic and the quarantining of your target audience. This was challenging because, as Kari says, "I am a people person."

The pandemic allowed Kari time to spend with her husband John and three children. Daughter Aslynn graduated high school in May and will attend Salisbury University in the fall. Rowan is finishing up his 8th grade year, and Augusten is almost through with 1st grade. As a family, they like to cook meals together, sit around the fire at night and play board games. Kari loves winter and all the drama it



brings in Maryland! She also likes to read "for fun" and taught herself how to knit during the pandemic.

Kari intends to use her unique experience growing up in Alaska to assist her approach to her Baltimore experience. She's lived all over the country (Alaska, Oregon, Texas, Maryland and Washington State), which has given her the gift of adapting to new environments. Even though she misses Alaska, Baltimore is her home. She believes "CHAI is a very welcoming group and I look forward to seeing people in person." We look forward to meeting Kari in person in the very near future. 🍷

## Milestone Moments: Congratulations to



**Heidi Schloss**, on the marriage of her daughter Nancy McDonald to Travis Roderick on April 18.

**Ken & Eileen Creeger**, on the kindergarten graduation of their granddaughter, Amira Creeger.

**Annie Shimanovich**, on the birth of a grandson, and on the kindergarten graduation of her grandson Yehuda Shulman from the Talmudical Academy.

**Eileen & Jerry Rosenbaum**, on the Bat Mitzvah of their granddaughter Adina from Albany, NY, and the high school graduations of their granddaughter Esther from Albany, and grandson Max from Israel.

**Ellen Carter Cooper**, on being recognized as a "local hero" in the May/June issue of "JMore" for her volunteering as a check-in caller for NNC.

**Rev. Arnold Howard, Susan Russell, Barbara Scott and Shoshana Harris**, for being cited in the supplement "A Century Together" (published by the Associated) for their participation in NNC's Diversity Dialogue.

**Ilysa Cohen**, who will be doing her internship with NNC this fall towards her Bachelor's degree from UMBC in Management of Aging.

# Help Is Here for Maryland Seniors

By Congressman John Sarbanes

As we keep working to bring the COVID-19 pandemic under control, my colleagues and I in Congress have paid special attention to the needs of seniors – including efforts to deliver high-quality and affordable health care, nutrition services, retirement benefits and financial security.

That's why I voted to pass the American Rescue Plan in March. This historic relief package provides significant support and resources for seniors. Highlights include:

- **Speeding Up COVID-19 Vaccine Distribution for Seniors:** ramps up the equitable distribution of COVID-19 vaccines for our nation's seniors.
- **Boosting Economic Security for Older Americans:** sends \$1,400 in direct payments to older adults earning \$75,000 or less per year, and couples earning \$150,000 or less per year.
- **Providing Affordable Health Care for Seniors:** increases federal matching funds for Medicaid.

- **Helping Older Americans Afford Housing and Utilities:** delivers \$27.4 billion in emergency rental assistance, \$10 billion to avoid mortgage foreclosures, \$5 billion to assist with utility payments and \$4.5 billion for the Low-Income Home Energy Assistance Program.

- **Strengthening Food and Nutrition Programs for Seniors:** increases SNAP benefits by 15% through September, including \$37 million for nutritious food boxes to fight food insecurity.

- **Delivering Additional Services for Older Americans:** provides \$460 million to address social isolation and increase vaccination outreach, \$145 million for caregiver counseling and respite care and \$10 million for the long-term care Ombudsman program.

My office is always available to help you and your families navigate federal agencies and access important federal benefits. If you need assistance call my office at (410) 832-8890 during normal business hours. 🗨️

**Health & Wellness** continued from p.5

her mother, Marjorie McHenry, fell and broke five ribs in 2017. At the hospital, doctors diagnosed significant internal bleeding and a collapsed lung and recommended a complicated lung surgery.

"This time around, I knew what questions to ask, but it was still hard to get a helpful response from the surgeons," Karen said. "I have a vivid memory of the doctor saying, 'Well, I'm an awesome surgeon.' And I thought to myself, 'I'm sure you are, but my mom is 88 years old and frail. And I don't see how this is going to end well.'"

After consulting with the hospital's palliative care team and a heart-to-heart talk with her daughter, Marjorie McHenry decided against the surgery. Nearly three years later, she's mentally sharp, gets around with a walker and engages in lots of activities at her nursing home.

"We took the risk that Mom might have a shorter life but a higher quality of life without surgery," Karen said. "And we kind of won that gamble after having lost it with my dad." 🗨️

## BIRTHDAY

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

### July

- 3 Harvey Lempert
- 5 Yvonne Archer  
Ruth Levie
- 10 Elaine Schwartz
- 12 Isabel Levinson
- 13 Bonnie Cohen
- 14 Dolores Purzitsky  
Rena Rotenberg
- 16 Margot Brilliant
- 22 Beah Zander
- 29 Joan Babiker

### August

- 2 Linda Berkowitz
- 3 Joan Venick
- 11 Marcia Eisenstein  
Clarice Day
- 12 Esther Liebes
- 13 Lydia Berman
- 16 Dorothy Camper
- 26 Shirley Novograd
- 27 Shirley Brice
- 31 Vivian Wiggins

### September

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

## WELCOME NEW MEMBERS

Johanna Rabenstein  
Gloria Stevens  
Rochelle Levinson



**W**ordshop 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](mailto:ecreeger@chaibaltimore.org) or 5809 Park Heights Ave., Baltimore, MD 21215.

## Three Senses and the Four Seasons

By Eileen B. Creeger, NNC Member

Does one need to see the change in the four seasons? The *sounds*, *smells* and *touch* of the seasons tell you when one begins and one ends.

### Spring

The birds begin to chirp in the early morning. At first, their peeps are faint. An occasional woodpecker makes its presence known as it pounds on a neighbor's tree. By late spring, the robins, sparrows, cardinals and jays often begin their day at 5 a.m. The cacophony can be deafening.

As the ground thaws, it smells of renewal.

Warmth arrives. One can feel it even on cold mornings.

### Summer

The earth awakens with a distinct smell. Earthworms emerge from the ground, emitting their odor. By late spring, the scent of blossoms fills the air.

Insects take over our world. We hear bumble bees dashing in between flowers and mosquitoes buzzing in our ears. During the day, the noise of the cicadas drowns out the sounds of children playing outside. Leaves gently rustle as the wind blows. In the twilight, a toad croaks from his puddle, crooning its world to sleep.

Rays of sunshine burn through the windows, warming up the house.

The perfume of flowers is ever present.

### Autumn

Mornings are more silent now. Honking geese flying south interrupt our day. Crickets find their voice and chirp loudly at night. Leaves dry out and fall. They crunch under our feet as we walk through the grass.

The sun's rays are no longer that warm.

After a rain, the smell of decay can be overpowering.

### Winter

Crows! Their dreadful cawing begins early, often before it is light outside. They perch on our roof, pecking and dancing. Squirrels join them, scurrying along the roof line with food stashed in their cheeks.

The sun's rays no longer feel warm.

The outside world remains silent, especially when snow falls.

But when the crows are finally silent and the sweet chirping of robins begins, I sense that the seasonal cycle is beginning again.



I do not know how to pray.  
Not in that way  
of clasped hands  
spoken from pews & pulpits.  
But I am learning  
Even now  
at my age.  
As I walk through the garden  
Inhaling the scent of flowers;  
Setting my pencil to page to create  
a drawing,  
a poem.  
Basking in the giving & receiving  
of love,  
Of loved ones,  
That I do know  
a kind of prayer.

Feb. 2020  
For David M, 2/1/19 5781



May Class-Paper Relief Sculpture: Beginning with a brief “walk-through” of history, Heidi showed examples from different times and cultures of relief sculpture. She explained that relief sculpture is three-dimensional but emerges



from a background to which it is still attached. Using different kinds of paper, scissors and glue, we learned how to manipulate paper to produce cylindrical curls and cones, fringes, coils, fan folds, tabs and braces. Our projects could then be displayed in a box to create a diorama.

June Class-Notan: Notan is a Japanese term for design that plays

with positive and negative space. As simple as cutting shapes from black paper, we create dramatic and beautiful designs. Our class produced successful paper cuts that can be varied in many ways once the principles are understood.

## Men's Club

*By Jerry Rosenbaum, NNC Member*

We've been on hiatus due to COVID-19, but hope to get back together when everyone is vaccinated, and the restaurants are open to small groups.

## Terry & Beah's Book Club

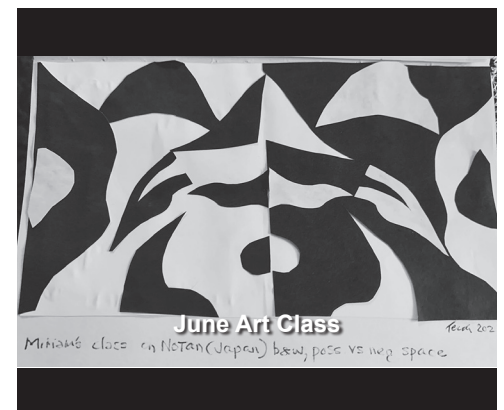
*By Eileen Creeger, NNC Member*

The Book Club members have read a diverse selection of books these past few months. Our Zoom discussions have been interesting, with insightful comments but oftentimes differing agreements about our reads.

For example, the consensus seemed to be that the topic of

spousal abuse, as written by Susan Wiggs in “The Oysterville Sewing Circle,” was extremely important. However, some of us didn't think it was the best written book and that the characters didn't have a lot of depth. On the other hand, “Rodham” by Curtis Sittenfeld was a very well-written book but perhaps a bit “too racy.” Even though this book is fiction, we wondered what Hillary Clinton thought of her portrayal in the novel.

Our April read, “The Color of Water: A Black's Man's Tribute to His White Mother” by James McBride, evoked many emotions. It was published in 1996 and was on the New York Times Best Seller list for many weeks. It's a very worthwhile read and included in many high school English curricula. 🗨️



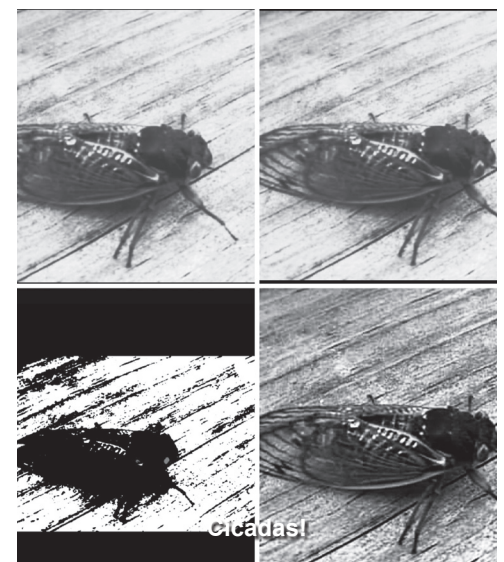
**One Park Heights** continued from p.3

and sanitizers at community events.

Next, some of the funding from the Rosenberg Foundation would be used to set up a six-part series of Community Conversations. Members of the subcommittee were asked to distribute Community Conversation flyers to publicize the virtual meetings by inviting friends and acquaintances (i.e., churches, synagogues, social circles, etc.) in order to expand community involvement. The goal would be that that in addition to bringing together “people who live, work, learn, play or pray in Park Heights,” new ways of “building

and planning community development together,” would be created, as expressed in the initiative flyer.

NNC will continue to update you on the progress of One Park Heights in subsequent issues of Staying Connected. In the meantime, if you would like more information or to find out how you can get involved, contact Sherrell Savage: [savage@chaibaltimosre.org](mailto:savage@chaibaltimosre.org) or (410) 500-5305. 🗨️



Northwest Neighbors Connecting  
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### 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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## The Cicadas!

*By Eileen Creeger, NNC Member*

2021 is my 4th cycle of Brood X, the 17-year cicadas. This is what I remember going back 51 years.

1970: A beautiful June day, with a bright blue sky and low humidity. What a perfect day for an outdoor party, the celebration of my grandparents' 50th wedding anniversary in Baltimore. There was one, slightly small hitch—cicadas! Our development was new and almost all the mature trees had been bulldozed. Only a few cicadas were around, luckily. What few remained were no match for my father and Duchess, the dog next door. Dad plucked the bugs off the shrubs and tossed them to Duchess. She ate them up. End of problem.

1987: A brutally hot summer. We hired a contractor to build an addition to our house. Everything that could go wrong did. One, my husband and I slept on mattresses on the living room floor. Two, was the mess. Three, the air conditioning

condenser broke three times. Four, the cicadas. Our boys were five and two years old. The five-year-old was terrified! What's a mother to do? Be fearless! Yes, I picked one up and showed my son the critters were harmless, just cute bugs with big, red bulging eyes. Yuck, but it worked.

2004: We had a dog, a cairn terrier, Gyzmo, who decided cicadas were a gourmet treat. Daily walks were pig-out times. He vacuumed them up like a Hoover! Each walk was a run, being pulled by a 17-pound dog. Our vet cautioned me not to let the dog eat so many. As if that was going to happen!

2021: A perfect ending to a pandemic—an infestation. If it weren't for spending 13 months in lockdown, I'd be OK with staying indoors for a month. I'd let the bugs do their thing and wait it out. Perhaps, though, I shouldn't complain. Maybe I should worry more about whether I'll be around the next time they emerge, in 2038.

**CHIRP!**