

Staying CONNECTED



by Shoshana Harris,
 NNC Member

Remember the lyrics from *It Might As Well Be Spring*: “I’m as restless as a willow in a wind storm, I’m as jumpy as a puppet on a string?” I think that many of us are chafing at the bit for the arrival of spring. The good news is that



it won’t be too long before we see the daffodils and lilacs poking up their green shoots, and we may have already spotted a robin or two. The anticipation of spring is often accompanied by a feeling of rejuvenation and renewal.

Mother Earth is pulsating with new life and it’s contagious. What new projects (both indoors and outdoors) will we pursue? Will we take up a new craft? Plant an indoor or out-

door garden? The sky may be the limit, but it may take some time to figure out where to start.

How about letting Northwest Neighbors Connecting (NNC) help with your decision-making? It may not be as difficult as you think. As noted in Chava Ball’s article, “Where are YOU looking for Gold?” take the time to evaluate what you feel is valuable and important. Is it reaching out to help others? Helping to beautify your immediate surroundings? Let NNC become your “spring-board” to discover something new and fulfilling. 🌱

Where are YOU looking for GOLD?

by Chava Ball, Director, Community Connections

When I was a teenager, I watched an old Western and heard an old prospector say, “There’s GOLD in them there hills.” (My mom was quick to point out that it wasn’t proper English, BUT I got the point of his statement.) He believed there was hidden value in those hills.

1) What do WE consider valuable? One person’s trash is someone else’s treasure. You have to know **what** you are looking for. I read an article once about a break-in at a store. An unidentified person had entered the store undetected and had changed the prices on many items. (That was before the day of bar codes.) The price of expensive merchandise was changed to cheap prices. The cheap things had big price tags. No

one discovered what had happened until later in the day. They had been robbed in an unconventional way. The lesson for us is that sometimes we put value on things that are not all that important, and we put little value on things that have great value. My dad used to tell me, “Don’t sacrifice the eternal on the altar of the immediate.” Know what is truly valuable.

2) HOW do WE know it has value? When I was teaching school, I took a new \$20 bill to school for show-and-tell. I asked my students, “What is this?” They confirmed that they recognized that it was worth \$20 and they could use it to buy things. I then spit on the bill, crushed it into a tiny ball, put it under my foot and stomped on it. I am sure you can

imagine the shocked looks on the faces of my young students.

I slowly unfolded the bill and asked, “Now what is it worth?” One little boy said, “Nothing!” “Do you mean to tell me that I can’t buy anything with this?” He changed his mind and agreed you could still spend it.

Why is it still worth \$20? It is still worth \$20 because it was created to be a \$20 bill. Its value did not depend on how it was treated. It was created with value.

Sometimes we think our value is determined by how we are treated. We have value because we were created by God to have value.

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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. **Call 410-662-6620 to learn more.**

Why Join?

- Volunteer services: driving, grocery help, technology help, small home fixes
- Shopping and other trips on the CHAI Northwest Senior Shuttle
- Partnerships with local businesses and non-profits
- Advocacy support from fellow members
- Opportunities to share your skills and expertise
- Ever-expanding connections with other community resources
- The opportunity to support a transformative organization
- Exciting social activities
- Peace of mind

If you are not a member, you can get involved in many ways; however, in order to receive some of the services offered by NNC, you must become a member.

How do I become a member?

- 1) Call 410-662-6620 for an application. If you need help filling out the application, let us know.
- 2) Someone from NNC's Membership Committee will contact you. Membership fees are on a sliding scale. Call 410-662-6620 today!

SEND YOUR STORIES, COMMENTS
OR SUGGESTIONS TO NNC
AT ECREEGER@CHAIBALTIMORE.ORG.

How to Get Involved

We need you! What are you interested in? Pick one and **get in touch at 410-662-6620 or NNCinfo@chaibaltimore.org**.

Advocacy: Is a company giving you the runaround? Not sure what forms to fill out for a warranty? Call us. Know how to help? You are needed!

Caring: 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: Help run initiatives to support NNC members to live healthier lives.

Membership: Our happy members are our best ambassadors. Join this committee to help make prospective members feel welcome. Training is provided.

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. Most of our articles are conceived and written by our members.

Social Events: Help plan the annual barbecue, Birthday Bash and other events. Infuse our members' lives with quality programs, culture, education and FUN!

Trips: Want to plan which plays to attend and where to go? Join us.

More Ways to Get Involved

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: Answer phones at the office to connect our members to the services they request. Make event reminder calls and more.

Drive a Senior—Make a Friend: Be a volunteer driver! Must be at least 21 years old. Flexible times available. Sign up for once a month, weekly or daily.

Village Groups Update

The variety of NNC's special activities will now be referred to and known as the Village Groups. Our current Village Groups are:

Diversity Dialogue: Meet monthly to exchange ideas and expand an understanding of our diverse NNC neighbors. See page 5 for dates and times.

Exercise Classes: Weekly groups meet at various residential buildings. Exercise your body and mind through movement, creative writing, storytelling, arts and crafts and meet the neighbors in your building. Call Anne, 410-500-5334, for details.

Art Class: A free art class for members that meets once a month. The emphasis is on process and learning rather than just creating a "finished" product.

Lunch and a Movie: Enjoy a monthly movie with old friends and make new friends. Help select the feature of the month and date.

For more information, contact Anne at 410-500-5334.

Men's Group: An informal gathering of men who meet monthly for lunch at a local kosher restaurant. The lunch typically lasts two hours and is followed by another activity. 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.

For more information on these groups, as well as how to join an ongoing committee, give us a call at 410-662-6620.

If you have an idea for a group, please contact NNC at 410-662-6620. GET INVOLVED – HAVE FUN – LIVE A HEALTHY LIFE!

Timely Happenings & Personal Notes

Isaac “Yitzy” Schleifer — 5th District Baltimore City Council Person

By Margot Brilliant, NNC Member

As a member of the NNC newsletter committee and also of the creative writing class, it became my happy assignment to interview Isaac “Yitzy” Schleifer, the new Baltimore City 5th District Councilman. It turned out to be a most unexpected pleasure. Yitzy is very personable, smart, attractive and very, very knowledgeable.



Yitzy is a native of Baltimore and grew up in the Fallstaff neighborhood of Park Heights. He attended the Talmudical Academy through the 9th grade, and graduated high school from Yeshivat Rambam. He continued his education at the University of Baltimore, where he received a business degree. In 2012, he was selected as the

winner of the Start-up Maryland entrepreneur competition at the University of Baltimore. His business concept, Raffle Ready, has helped numerous non-profits raise money through online raffles.

Yitzy grew up in a household where caring for one's community was a priority. His father was an active volunteer for many causes, including serving as president of the Fallstaff Improvement Association for many years. It is no wonder that Yitzy dedicates his time to helping Baltimore. He has been involved in several organizations, including the Cheswolde Neighborhood Association, Hebrew Free Loan Association, the Democratic State Central Committee, Baltimore Shomrim Safety Patrol and The Myerberg Center. However, he always wanted to serve the 5th District in a formal way, and had the opportunity to run for office with the retirement of Rochelle “Rikki” Spector.

As a Board member of the Myerberg Center, Yitzy has seen firsthand how the elderly face great challenges, and he is working to help them afford the care and access to resources they need. Those of us living in the 5th District are delighted with his dedication and commitment to our community.

Yitzy is married to fellow Baltimore native, Lauren Schuster Schleifer, and is the proud father of two little girls, ages 3 and two months. We extend sincere best wishes to Yitzy as he begins this exciting chapter in his life and in the history of Baltimore's 5th District.

Road Scholar Trips

By Joyce Wolpert, NNC Member

Road Scholar, formerly known as ElderHostel, is a brilliant concept in senior travel. It sponsors multiple trips in all 50 states and 150 foreign countries (that's right, places you never knew existed much less thought of visiting). The trips are exceptionally well planned from pick-up at airports to lodging, meals suited to one's particular diet and expert guides. Its mantra--"An adventure in life-long learning" translates to talks from local experts in man-made and natural history, geography and the environment. Trips are organized into one of five levels, from easy to challenging. Easy might be listening to lectures in a hotel and going on tour bus excursions. Challenging could be going to the same area but experiencing it through hiking, biking and snorkeling. Not every place offers trips at all five

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EXPAND YOUR MIND

Current Events Roundtable

Tues., 10-11:30 a.m., Park Heights JCC, 5700 Park Heights Ave.

Discuss American government and politics; explore issues at local, national and international levels. Free.

Melissa Berman, 410-559-3593 or mberman@jcc.org.

Sex & Religion in the Supreme Court

Fri., 3/3, 3/10, 3/17 & 3/24, 10-11:30 a.m. Myerberg Center, 3101 Fallstaff Rd.

Learn how brilliant men have made decisions that shock by today's world view. Instructor: Barbara Blumberg

\$55 Member / \$75 Non-Member

The Taming of the Shrew

Tues., 3/7, 3/14, 3/21 & 3/28, 10:30 a.m.-12:00 noon, Myerberg Center

What does Shakespeare's controversial play have to say about love and marriage? We will read the play together and come up with our own interpretations. Instructor: Gail Lipsitz. Optional trip to see a performance of the play by the Chesapeake Shakespeare Company in Baltimore.

\$70 Member / \$95 Non-Member

Jewish Gangsters

Tues., 3/7, 3/14, 3/21, & 3/28, 1-3 p.m. Myerberg Center

They were evil beyond the imagination, yet people crave information about them. In their own way they did help our country, but at what price? Special appearances by George Raft and Edward G. Robinson.

\$55 Member / \$75 Non-Member

THE ARTS

Portrait Drawing with Leah Caplan

Fri., 3/31-6/2, 10:15 a.m.-2:15 p.m. Park Heights JCC

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Work with pastels using a live model. Emphasis is on head construction, light and shadow and composition. For more information, contact Melissa Seltzer, 410-559-3593 or mseltzer@jcc.org. To register, contact Marilyn Zvili, 410-559-3510 or mzvili@jcc.org.

\$86 / JCC members and Non-Members

Watercolor with Rod Cook

Tues., 3/28-5/30, 9:15 a.m.-1:15 p.m. Park Heights JCC

Students will explore still life and landscapes. Some classes held at scenic locations. For more information, contact Melissa Seltzer, 410-559-3593 or email mseltzer@jcc.org. To register, contact Marilyn Zvili, 410-559-3510 or email mzvili@jcc.org.

Fee \$69 / JCC Members and Non-Members

Ceramics with Donna Lansman

Mon., 3/14-4/3; 4/24-5/15, 7-9 p.m. Park Heights JCC

Use the Potter's wheel or hand build. Receive individual instruction from an experienced potter and long-time teacher or explore on your own. All levels are welcome. Fee includes clay, over glazes, kiln firing and supplies. For more information, contact Melissa Seltzer, 410-559-3593 or email mseltzer@jcc.org. To register, contact Marilyn Zvili, 410-559-3510 or email mzvili@jcc.org.

\$68 JCC Members / \$96 Non-Members

Community Concerts at Second Presbyterian Church

4200 St. Paul St.

Sun., 3/5, 7:30 p.m.: Chamber Music by Candlelight

Sun., 3/26, 3:30 p.m.: Moran Katz

Sun., 4/9, 7:30 p.m.: Chamber Music by Candlelight

Sun., 4/23, 3:30 p.m.: Wonderlic Recital

Free and open to the public

AT THE MYERBERG CENTER 3101 FALLSTAFF ROAD

Senior Sundays, 11 a.m.

3/19 – International Song Fest

4/23 – Two for the Show

\$2.00 Members / \$4 Non-Members

Must be paid in advanced. Call Toba at 410-358-6856.

Bagel Boys Men's Club

Tues., 9:30-11:30 a.m.

3/7: Alice Christmas, Chesapeake Bay Foundation

3/14: Officer Sandy Johnson, Baltimore City Police Department

3/21: Sandy Winters, Jewish Community of Portugal

4/4: Harry Karp, The Manhattan Project

\$36 / Members

Women @ the Myerberg

Thurs., 1:30 p.m.

3/2: Marlene Trestment, Attorney and author of *Fair Labor Lawyer*. Discussion will center on the life of the New Deal attorney and Supreme Court advocate, Bessie Margolin

4/6: Trina Lion, Traditional Chinese medicine specialist, lecturer and author will discuss traditional Chinese medicine for memory, longevity and stamina

\$10 per lecture or 3 lectures for \$25

Johanna's Book Club

Fri., 10:30 a.m.-12 p.m.

3/17: *When the Moon is Low* by Nadia Hashimi

4/21: *Gray Mountain* by John Grisham

Free for members

Intergenerational Model Seder

Tues., 3/28, 11 a.m.

Join 4th grade students from Krieger

Schechter Day School to share in the telling of the Passover story. Dietary laws observed.

\$5 Member / \$7 Non-Member

Trip to Philadelphia Art Museum

Wed., 3/29, 8 a.m.-5 p.m.

See the exhibition of American Watercolor in the Age of Homer and Sargent.

\$80 Members / \$100 Non-Members (cost covers exhibition fee, museum entrance fee and bus fee). Call 410-358-6856 to register.

Drop In! These activities are always available and free for Myerberg members.

- Mon-Fri., 8 a.m.-4 p.m., Billiards
- Tues., 12:30-3 p.m., Mah Jongg
- Tues., 1-4 p.m., Open Art Studio Time
- Wed., 11 a.m.-12 p.m., Tech Support Drop-In
- Thurs., 11:30 a.m.-3 p.m., Party Bridge

SUPPORTIVE SERVICES

Jewish Community Services (JCS) Solutions for....Aging and Caregiving

410-466-9200 / www.jcsbaltimore.org

JCS is dedicated to helping older adults age-in-place with maximum independence and dignity. Our specialists in gerontology provide up-to-date information, expert advice and senior-focused services to help you in planning and caring for yourself and your family members.

Jewish Legal Services (JLS) Clinic

3/13, 7-8:30 p.m.,
JCS, 5750 Park Heights Ave.

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

Parkinson's Disease Support Group

Tues., 3/14, 2-3 p.m.,
Myerberg Center

A monthly group for community members with Parkinson's as well as their family and caregivers. Sponsored by JCS, the Myerberg Center and the Parkinson's Disease & Movement Disorders Center of Johns Hopkins University. For information call 410-843-7352 or visit jcsbaltimore.org/parkinsons.

LifeBridge Health Diabetes Support Group

3/16, 4/20, 5/18, 6-7 p.m.
JCC Park Heights

Face the challenges of managing diabetes by sharing and learning from each other.

Low-Vision Support Group

Thurs., 3/9; 3/23; 4/13; 4/27; 1:30-3 p.m.
Myerberg Center

Learn about helpful resources, hear informative speakers and gain support from others facing similar challenges. Contact Janet Kurland, LCSW-C, at 410-843-7306 or jkurland@jcsbaltimore.org for more information.

COME AND MEET YOUR NEIGHBORS

Cheswolde: Wed., 3/1 & 4/5, 7:30 p.m.;
Falls Village Apartments Community Hall

Cross Country: Tues., 3/14,
7:30 p.m.; CHAI, 5809 Park Heights Ave.

Glen: Wed., 3/22 & 4/26, 7:00 p.m.;
Park Heights JCC

Fallstaff: Thurs., 3/2 & 4/6, 7:00 p.m.
Fallstaff Elementary School

Mount Washington: Tues., 3/14, 7:30 p.m.;
The Wesley, 2211 West Rogers Ave.

SPECIAL DAYS

March 1 – Ash Wednesday

March 9 – Fast of Esther

March 12 – Purim

March 12 – Daylight Saving Time Begins

March 17 – St. Patrick's Day

March 20 – Spring Begins

April 1 – April Fool's Day

April 9 – Palm Sunday

April 10 – First Seder

April 11-18 – Passover

April 14 – Good Friday

April 16 – Easter Sunday

April 17 – Easter Monday

April 24 – Yom Hashoah
(Holocaust Remembrance Day)

April 26 – Administrative
Professionals Day

NNC Events

Every Mon., 10-11 a.m.

Exercise at The Imperial
3601 Clarks Ln.

Every Tues., 10-11 a.m.

Exercise at the Elmont
6317 Park Heights Ave.

Every Wed., 11 a.m.-12 p.m.

Exercise at The Windsor House, 6503 Park Heights Ave.

Every Thurs., 2-3 p.m.

Audio Book Club
The Windsor House

1st Tues. of month, **Art Class**
10 a.m.-12 p.m.,
CHAI, 5809 Park Heights Ave.

2nd Mon. of month, **Nutritious Cooking Demonstration**
12:30-1:30 p.m., 3/20, CHAI

3rd Mon. of month, **Diversity Dialogue**
4-6 p.m., 3/21, CHAI

3rd Tues. of month, **NNC Monthly Village Gathering**
3-5 p.m., Myerberg Center,
3101 Fallstaff Rd.

Last Mon. of month, **Lunch and A Movie**
12-2:30 p.m., 3/27, CHAI

Needlers
RSVP to Eileen Rosenbaum
410-764-8443

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

Health & Wellness Mindfulness for Seniors

By Joyce Wolpert, NNC Member, Licensed Clinical Professional Counselor

We all have worries and expectations. The bag gets heavier the longer we drag it around. The question to ask oneself, “Do my worries and expectations ever solve anything?” Think of it like this—if you spend 40% of your time upset about the past and 30% of your time fretting about the future, that means you only have 30% of your life energy to live in the NOW. When we were coming of age in the 1960’s, many chanted the mantra: “Be Here Now.” Ah, it seemed so simple then, slow down, enjoy life, chill out. Now in our 70s, 80s, 90s, we do have a lot of real concerns, many of which have no easy or complete answers. Do we sink into becoming hopelessly swamped with details and ‘if only’s’ and ‘what if’s,’ or can we find a way to take a more proactive approach?

Mindfulness has become a therapy buzzword of the last decade. What if we were to become completely aware or mindful of our experience in the moment, then release that awareness and go onto the next moment? Think of a little child playing. She can fall down, scrape her knee, cry, perhaps get some attention from an adult, then go back to happily playing. Children don’t usually sit around reminding themselves how much it hurt, how dangerous it was and that probably they should never play again. In short, they experienced the moment but did not go on to create ‘a story’ about it. Certainly, there are dangers in our lives. Certainly, there are experiences we never want to repeat. Certainly, when we hurt ourselves or suffer losses, we can’t just hop up and go on as if these things never happened. But we suffer more when we hold onto the story about what happened as if that now

defines our whole existence, as if there is no going forward, as if life is encapsulated in all the terrible things that have befallen us.

Life is movement through changing awareness. Think of time-lapsed photography of flowers growing. Things change moment to moment. To take advantage of the full energy and impact of life, we can be mindful—consciously aware of what is happening to us or around us—then go on to the next moment. Sometimes the solutions we are seeking in life come from this fresh awareness rather than the ‘should’s’ or ‘used to be’s’ we staunchly carry in our minds. Try these exercises, and see how they might impact your bothersome concerns.

Sitting: In a straight chair, arms and legs uncrossed, breathe in through nose and strong exhale through mouth. With eyes open, notice something in your environment, say the color of the wall or a piece of furniture or the sun coming through the window and state that awareness out loud. Then take another deep breath, release and notice your next awareness. This may come from a bodily sensation: “I am aware of my body heavy in the chair”; “I am aware of my mouth feeling dry”; “I am aware of my stomach gurgling.” Then take another breath, release, and perhaps now notice your thoughts: “I am aware of thinking of all I have to do tomorrow.” Just notice and release, do not follow the thoughts; do not fault yourself for perhaps not doing all the tasks you say you want; just notice, breathe and release. Continue this way with changing awareness for about five minutes. Notice that life is about shifting perceptions and that our ‘reality’ is formed

by where and how we focus our attention.

Walking: Moving around from place to place can bring forth our anxieties about falling. Rather than focusing on what could happen, focus on what is happening. Notice your surroundings, your posture, how your feet and legs feel, your breath. Take a few more minutes than usual to move about with full awareness of what is occurring.

Mind-Diet: Is the last thing you’re feeding your mind at night the 11 o’clock news and the first thing in the morning the paper headlines? Are we bogged down with our bills and medical forms? Take a moment to step outside, either on your balcony or front porch or even just go to your window. Take in the view; if outside, feel the temperature on your skin; notice these sensations. Any time we engage our senses, we give ourselves a break from our mind obsessions. Yes, the bills will still be there, but we can return refreshed and energized. The current state of brain research sees the mind’s operation as a complex series of chemical and electrical connections. Each of us can influence this internal process by what we pay attention to and engage with in our daily lives. This is called neuroplasticity.

No, we’ll never control 100% of what happens to us, but if we can help reduce 20%, 30%, 40% of our worries, burdens and stories, maybe that’s a deal we can’t—or shouldn’t—refuse.

Joyce Wolpert is a licensed counselor practicing in the Park Heights area and mindfully paying attention to all she sees and hears on her daily walks and weekend hikes. 📍

OTC Pain Perplexion Remediation

By Menachem Edelman, Pharm.D.

There are several over-the-counter (OTC) medications for pain relief, but the ones you most often hear about are Advil® (ibuprofen), Aleve® (naproxen) and Tylenol® (acetaminophen). Ibuprofen and naproxen are in a grouping called non-steroidal anti-inflammatory drugs (NSAIDs), which means that they help lower inflammation and swelling. While acetaminophen does not help with swelling, it still works to reduce fever and pain. Concerns with NSAIDs include an increased risk for bleeding, as well as for heart attack and stroke; they can also cause harm to the kidneys, especially in people with high blood pressure. Therefore, anyone who has high blood pressure or a history of heart disease should avoid taking NSAIDs. Recent studies have suggested, though, that naproxen causes less damage to the kidneys and heart, and is recommended if someone must use an NSAID. Always check with your physician or pharmacist if you have any questions or concerns.



Acetaminophen, in contrast, interacts with certain medications, like alcohol or Warfarin,

and can cause potentially fatal liver damage if someone takes too much. Since acetaminophen is added into so many other products, the risk of overdosing is of concern. It is very important to always check the ingredients in a medication and to avoid acetaminophen if a person has a history of liver impairment.

NSAIDs are a great choice as an OTC medication if a person has a local injury causing swelling. As far as pain relief goes, studies have found that neither naproxen or ibuprofen are objectively better than the other; rather, pain relief is completely subjective to each individual person. If one of these is not working for you, I recommend trying the other one. Some other basic trivia: Acetaminophen lasts 4-6 hours, ibuprofen lasts 6-8 hours and naproxen lasts 12 hours.

Hopefully these guidelines will help you choose your preferred pain remediation pathway; however, remember to double-check with your pharmacist to make sure you choose the best medication for your particular need and that your choice is safe with your other medications. 🗨️

Where are YOU looking for GOLD? continued from p. 1

3) Where do YOU look for gold? You don't go "prospecting" where you do not see the value you want. For instance, if you are looking for gold, you wouldn't use a fishing pole in a lake to find it. You would find fish there. I heard someone say once, "People are the currency of Heaven." What we invest in people has eternal value.

4) HOW do WE feel about OUR value? About 25 years ago while driving, I saw huge black clouds in the Texas sky in front of me. "Oh, no!" I thought, "It looks like a big storm is coming in." I took off my sunglasses and realized that the clouds were fluffy **white** cumulus clouds, but with my glasses they looked black. The clouds themselves had not changed, but what I had seen had changed. I realized that my attitude has the same effect as my dark glasses. My

attitude affects how I see the world around me.

5) If we think there is value in the lessons we have learned during our lives, we will act differently NOW. We will want to share the wisdom and skills we have learned.

6) We are not too old to make a difference. When one of my favorite friends was 100 years old she was still making a difference in the world around her just by being who she was—connecting and communicating with those who came to help her. She was blind and had to have assistance to get around, but she inspired a young aide to quit smoking and much, much more!

What can I do?

Determine what is valuable and important to you.

Describe the life lessons, skills and qualities you want to share. (Make a list.)

Do an attitude check. Does my attitude keep me from the very thing I want?

Decide to take the first step in reaching out to connect to Northwest Neighbors Connecting (NNC).

Discover new opportunities to "prospect" and make a difference.

Do it TODAY!

Call ANNE at 410-500-5334 and connect TODAY!

If you would like to form a group in your neighborhood, please call Chava Ball 410-500-5319 for more information. 🗨️

SHUTTLE TRIPS WITH NNC

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 month. Also, take a look below to see the exciting NNC trips planned for March and May. You can also check out the shuttle schedule at www.chaibaltimore.org/NNC.

To arrange a spot on the Northwest Senior Shuttle or to learn more about the schedule, call 410-889-1148. If you are not yet an NNC member, call 410-662-6620 to become a member and gain access to the shuttle system.

OUT ON THE TOWN WITH NNC

Maryland Historical Society



On Thursday, March 2, we will visit The Maryland Historical Society. Founded in 1844, the Society preserves and interprets Maryland history with more than 300,000 pieces and a library of nearly 7 million items, including ephemera, genealogical material and photographs.

The Maryland Historical Society has launched a new exhibition, *Voyage of the Deutschland*, which examines the remarkable journey of the *Deutschland*, a commercial trading vessel that became a vehicle of war, the enthusiastic response from Baltimore's sizable German-American community and related episodes of espionage conducted in Baltimore. The exhibit is proudly sponsored by The German Society of Maryland and the Maryland Historical Society Maritime Committee.

Objects in the exhibit include a five and a half feet long model of the *Deutschland*, which is said to be the most authentic replica in existence. Also on view are

primary source documents and images from The Maryland Historical Society's collection related to Maryland's involvement in World War I, including two German Iron Crosses, original German Maritime uniforms, first edition copies of magazines from the era detailing the *Deutschland's* arrival and original documentation of the *Deutschland's* visit (quarantine documents, a crew listing and photographs).

Cost is free.

Evergreen Museum & Library

On Wednesday, May 3, we will visit The Evergreen Museum &



Library. The museum, the one-time Italianate country residence of two generations of Baltimore's philanthropic Garrett family, is celebrated for its holdings of Asian arts—porcelains, lacquer wares, and netsuke (miniature carved ivories); European paintings—including works by Edgar Degas (1834–1917), Amedeo Modigliani (1884–1920), and Ignacio Zuloaga

(1870–1945); American art glass — the majority of pieces assigned to Louis Comfort Tiffany (1848–1933); and the John Work Garrett Library of rare books and manuscripts.

This eclectic house-museum also features costume designs, drawings and a mesmerizing private theatre designed by celebrated Russian émigré Léon Bakst (1866–1924), best known for his set designs for the Ballet Russes. Also of note are the career drawings of regional architect Laurence Hall Fowler (1876–1971); murals by Mexican-born artist Miguel Covarrubias (1904–1957); and paintings by Frenchman Raoul Dufy (1877–1953).

The collections of Evergreen afford a unique perspective regarding the evolution of American collecting, taste and connoisseurship from the country's post-Civil War industrial revolution to the modern jet age. The museum entrance and second floor have steps; staff can assist visitors with walkers.

Cost \$7 for seniors 🦯

To reserve a seat on the shuttle for these trips, please call NNC at 410-662-6620 as soon as possible.

Timely and Effective Constituent Service

By Congressman John Sarbanes



Congressman John Sarbanes

As your representative in Congress, I am committed to providing regular updates on important legislative developments as well as how my office can be a resource to you and your family. NNC's Staying Connected newsletter is a wonderful resource for seniors in Northwest Baltimore and is showcasing the important work that NNC and CHAI are doing to strengthen the community.

My top priority is providing you with effective and timely constituent service. My office is always available to assist you with navigating federal agencies and solving your problems. To that end, here are a few key services that we can help you with:

Social Security and Medicare: I am committed to ensuring that you receive your Social Security and Medicare benefits. My office can help you

resolve issues related to Medicare, including the Prescription Drug Program, and Social Security, including disability.

Veterans Issues: Supporting the men and women who bravely served in our armed forces must be a top priority for this nation. If you are a veteran, I would be honored to help you resolve any problem or address any concern you may have.

Internal Revenue Service (IRS): My office can help you navigate the IRS and, if eligible, direct you to free or low-cost tax assistance services.

Legislative Issues: For questions about legislative business or to share your opinion on federal issues, please contact my office in Washington at (202) 225-4016.

For a full list of the services my office can assist you with, please visit: sarbhanes.house.gov/services or contact Sue Kohn in my Towson office at (410) 832-8890. I look forward to hearing from you about important issues that you'd like me to address. ☺

Who's Who?



Anne Shimanovich – A Rosy View

By Ellen Carter Cooper,
NNC Member

When you talk with Anne Shimanovich, be prepared to see life as a gift. Anne is the administrator for Aging in Community at NNC and CHAI's Senior Home Repair Program. Born and raised in New York, Anne experienced life from the unique position of a middle child sandwiched between two brothers. One brother is two years older and her other brother is two years younger.

Both of her parents taught Anne valuable life lessons. Her father was a Holocaust survivor. After World War II, he came to America and settled in Brooklyn, New York, where he met

Anne's mother on a blind date. From him Anne learned about strength, perseverance and building a life even after suffering from a horrible, merciless tragedy.



Anne Shimanovich

Anne's mother lived through the Great Depression. Even though her mother died when Anne was young, she has vivid memories of her. In addition to teaching Anne about the value of money, her mother taught her the importance and necessity of having

a sense of humor. Anne also learned from her that whatever your circumstance in life, be optimistic.

When she married at the age of 20, Anne moved to Baltimore. These days Anne's optimistic view of life is fueled by her five children and six grandchildren. Her grandchildren range in age from six months to eight years. She relaxes by playing with them and by gardening.

"I love NNC," Anne declared. She envisions more people and more opportunities for people to be together and to work together on new and existing programs. She encourages everyone, especially senior citizens, to feel free to stop by the CHAI office to say "hello." When you do, you will benefit from her rosy view of the significance of this community and its people. ☺



Wordshop is your chance to share your creativity and inner thoughts with the community. Send your poems, jokes and stories to Northwest Neighbors Connecting, care of Eileen Creeger at ecreeger@chaibaltimore.org or 5809 Park Heights Ave., Baltimore, MD 21215. We would love to hear from you.

The Lost Keys

by Chaiah Schwab

She did it again: she put me down without thinking! Now she's searching frantically for me, but she's clueless. I don't have any pity. If she realized how vital I am to her; if she properly valued me!; she'd be SO careful to put me only in her designated place! And she has one: right in her backpack pocket. She's just careless. Maybe even loveless! I mean, she clearly doesn't appreciate me. Yet without me, she can't get anywhere! Well, that's not entirely



true. She has a bicycle, and uses it to take care of nearby errands. I see her ride off on two wheels and I get so jealous! I'm the KEY factor around here, pun intended! How can she "dis" me like this?

Oh, and she has legs, too. I guess if she wanted to, she could leave earlier and walk to many places. But she seldom does. She can't take others for rides without using ME. And it sure looks important to her to give others rides; she drives her friends every week, and her grandkids, too.

Oh, here she comes! She must have remembered that she left me on the bedspread... I so love to be put in the ignition and feel the engine roar to life! I'll forgive her this time...

To Shop?

by Barbara S. Fox

I myself, no island hopper, name dropper
Floor mopper, love to shop
When I embark on a foreign shore
And people are milling about by the score
I march right through to the nearest store.
I stare and compare, wheel and deal
Before I can think it, I've bought a trinket.
You should see my house!
And hear my spouse!
I've got wooden masks, leather casks
Dolls of straw, an eagle's claw
An authentic Sherpa jacket, Swiss bells
(what a racket)
Two gold-like Turkish harem rings

A samisen with broken strings
In Mexico I looked and sorted
Eventually imported
A made-to-order, brought over the border
Packaged intact, albeit cracked
Aztec stone
It can't go on; it has to halt
I own everything from Persian doilies to
Chinese salt
My mania, my passion
Inspires no filial compassion.
My Jewish husband is about to become a
monk
Since he lost me in all the junk!

Next issue!

We are going quarterly!

Check your mailbox in June for our Summer 2017 issue.

Or, go green! Please contact NNCinfo@chaibaltimore.org to receive our newsletter in your email.

NNC's Lunch & A Movie*

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

March 27 – “Cheaper by the Dozen” – This delightful movie originally made in 1950 is based on the real-life story of the Gilbreth family, and follows them from Providence, Rhode Island, to Montclair, New Jersey, and details the amusing anecdotes found in large families. Frank Gilbreth, Sr. was a pioneer in the field of motion study, and often used his family as guinea pigs (with amusing and sometimes embarrassing results). He resisted popular culture, railing against his daughters' desires for bobbed hair and cosmetics. Starring Clifton Webb, Jeanne Crain and Myrna Loy. (This version is colorized).

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

** No movie in April due to Jewish holidays.



Need a Lift?

Information about transportation options for NNC members

If you would like a ride, please call 410-662-6620 with as much notice as possible (we like at least three days). Leave a message with the date, time and length of the appointment/errand. The driver will be in touch with you to confirm. Remember, you must be current with your NNC dues to be a part of this wonderful service. Read on for more updates and reminders.

- **We need more drivers!** Do you know a business or organization from which we could recruit drivers? Let us know.
- **Give us early notice.** If you know you have an appointment in a month, call now to reserve your ride. If something just came up, you can certainly call and see if we can help you, but the chances are slimmer the less notice you give. We appreciate at least a week of advance notice.
- **Please be understanding** if we cannot get you your ride. We are still growing. (See first bullet point.)
- **How far will we take you?** Most of our drivers prefer trips within Pikesville and Owings Mills. Occasionally, some drivers will drive further out to Towson or downtown, etc. Again, advance notice helps!
- **What if I realize I need to go somewhere else during our trip?** Unfortunately, we ask that you stick to the ride that you requested. Our drivers want to do the right thing and give you the help you need, so we don't want them to feel that we are taking advantage of their good intentions.
- **Will my driver stay with me?** If you need this, please make sure to ask us. Some drivers will wait for you to finish your appointment; others will drop you off and be called when you are ready for the return trip. Still others will only drive one way, so we try to find a second driver for the return trip.
- **What if the appointment is canceled or you are unable to go?** We ask that you notify both our office (410-662-6620) and the driver as soon as possible.
- **What if the driver has car issues, or is suddenly unable to drive?** We ask that you be patient and understanding of this possibility, and we ask that the driver contact NNC and you. This is more than just a courtesy—it also gives us the opportunity to possibly line up an alternative ride, even last-minute.
- **Once the ride has occurred, we appreciate hearing from both passenger and driver** about how things went. This ensures quality control as well as accurate statistics. Call us at 410-662-6620.
- **What about the shuttle?** NNC members have free access to the CHAI Northwest Senior shuttle. We encourage its use for grocery shopping, banking, doctors' visits or visits to Sinai and Levin-dale. You can also take the shuttle to some NNC events and to the special excursions on Wednesdays and Thursdays (see the shuttle schedules that are mailed to members on a monthly basis). 📄



Call 410-662-6620 to become a member and request your first individual ride. Reserve your shuttle trip by calling 410-889-1148.

Nutritious
Cooking Demo

Every 2nd Monday

12:30 – 1:30 p.m. at CHAI

Learn to prepare delicious healthy recipes quickly and easily while getting together with new and old friends.

Presenter: Ilysa Cohen

Printed recipes are available for every member who attends.

Dietary Laws Observed.

Register today: 410-662-6620 | FREE FOR NNC MEMBERS!

Milbrook Update *Celebrating Chanukah* Residents of Millbrook

Recently we celebrated Chanukah, and though time has passed and it is almost time to prepare for the next holiday, the Festival of Lights is imprinted in our hearts; we would like to share our impressions with you.

We had a very warm meeting, arranged by our caring Millbrook leader Igor Balzac, in the house of Rabbi Yosef Benyaminoff and his very welcoming family. We heard informative stories about the origins of Chanukah, about the holiday's meaning, the reason for which we light candles and other Chanukah facts. We also had the unique opportunity to light the Chanukah candles and say "Amen" after the blessings. Some of us experienced this celebration for the first time.



The presence of the rabbi's children was very enlivening and added a double blessing to our celebration. The children played their musical instruments for us; together we sang holiday songs, played dreidel and shared chocolate "coins." Of course, the dining room table was filled with Chanukah's "treats" such as latkes (potato pancakes in oil), donuts and sufganiyot (deep-fried sweet doughnuts filled with jelly or custard) and fruits. It was also very surprising to learn about the role of olive oil in the Chanukah story, where G-d revealed Himself to the Maccabees through the miracle of a small amount of oil—enough to last one day—that lasted for eight days. It was certainly a miracle!

We would like to express our special gratitude to Igor Balzac and Rabbi Benyaminoff for organizing this celebration, arranging transportation and giving us an opportunity to feel and touch this amazing holiday.



Празднование Хануки

Совсем недавно мы праздновали Хануку и казалось бы, уже время прошло и пора готовиться к следующим праздникам, но праздник свечей отпечатался в наших сердцах и хотелось бы поделиться с Вами нашими впечатлениями.

Это была по-настоящему тёплая встреча, подготовленная нашим заботливым руководителем Милбрука Игорем Балзаком в доме гостеприимной семьи Рабби Беньямонова.

Мы услышали познавательные истории об истоках Хануки, о её значении, причину по которой мы зажигаем свечи и т.д. У нас была уникальная возможность зажечь свечи Хануки, сказать "Амен" на благословение, а для некоторых это всё было впервые.

Присутствие детей очень оживляло и придавало светлость этому празднику вдвойне. Дети рабая играли для нас на музыкальных инструментах, мы с ними всё вместе пели праздничные песни, играли в дрейдел и делились шоколадными "монетками". Конечно же мы имели на столе все "Ханукальные" лакомства, включая латкес (картофельные драники на масле), донаты софганиёт (сладкие булочки с начинкой) и фрукты. Было также очень удивительно узнать роль масла оливкового, через которое Б-г проявил себя давая возможность маленькому количеству масла, рассчитанному всего на один, гореть на протяжении всех восьми дней. Это было конечно чудо!

Хотим выразить особую благодарность Игорю Балзак и Рабби Йосиф Беньяминову за организацию и транспорта и возможность поучаствовать и прикоснуться к этому удивительному празднику.

Жители Милбрук 🗨️

levels but there is usually a way to get to see what you want at an activity level that suits you.

Before each trip you are sent a packet with detailed itinerary, information about weather, culture, items to pack, etc. Also, Road Scholar representatives are easily available online or by phone. Nothing of true value is cheap these days, but I have found the prices to be reasonable. Experiencing places sometimes off the beaten path with no frills is truly a vacation worth remembering. The minimum age is 40 with no upper limit (we seniors just keep going and going...).



I recently took a trip titled: “Kayaking in the Everglades.” Our youngest of 12 participants was 44, the oldest was 84, and they were both planning to have knee replacements in several weeks! We stayed in a hotel in Everglades City that previously had been a social hall when workers were constructing roads through this semi-tropical area. We were taken every day in a van to another waterway launch site and went via single or double kayak to incredibly beautiful vistas of mangrove trees, colorful birds and paradise sunsets. Our expert guide explained everything and created a sense of safety.

You can reach Road Scholar online at www.road scholar.org, or call 877-426-8056. Go online and examine all its offerings. But what I have found best is to request

their paper catalogues. There is no charge and you can receive humorous catalogues for trips in the U.S., international or on waterways (rivers, lakes and oceans). You will feast your eyes and stir your wanderlust. If you want something that will truly captivate your body, mind and senses, this is it. Bon Voyage! *Joyce Wolpert would be glad to discuss this further with anyone.* 410-358-0977.

Revolution of the Eye: Modern Art and the Birth of Television

By Heidi Schloss, NNC Member

What a marvelous trip NNC took in December! This exhibit—Revolution of the Eye: Modern Art and the Birth of Television--produced by the University of Maryland Baltimore County (UMBC) and the Jewish Museum of New York, was like a walk down memory lane.



Held at UMBC’s art gallery, the exhibit was filled with examples of art and video that spanned the decades between the end of World War II and 1975. It was proof of the influence of art on television. It was fun to see the different art movements, featuring artists such as Ben Shawn, Rene Magritte, Man Ray, Salvador Dali and Andy

Warhol, as well as to see clips from old television shows, e.g., the Twilight Zone, Ernie Kovacs, Barbara Streisand, Ed Sullivan and Laugh In, among others.



The curator escorted us into the gallery space and accompanied us on our tour. We enjoyed a lively conversation with her. We had a lot of fun pointing out various pieces to one another! I just had to buy the catalogue so I could prolong the enjoyment!

NNC’s Health Cooking Class

By Barbara Ravitz, NNC Member

Just a note to invite all members to attend NNC’s Healthy Cooking Class led by Ilysa Cohen, NNC member and Healthy Connections Chair. We meet at CHAI (5809 Park Heights Ave) the 2nd Monday of the month from 12:30-1:30 p.m. Come and schmooze with us, learn new cooking techniques and taste healthy recipes that you can make at home, complete with a written instruction sheet. I enjoy it very much and I hope to see more members attend. 🗨️

Our Agency Friends

Department of Public Works—Senior Discount Water Program *By Eileen Creeger, NNC Member*



Why is my water bill so high? And what can I do if I can't afford to pay this bill? These were the questions posed to Kurt Kocher, spokesman for the Baltimore City Department of Public Works (DPW).

Baltimore City is sensitive to the needs of its senior citizens and is committed to ensuring that they are not overburdened if they are on a fixed income. The DPW's Senior Discount Water Program was created to help.

Mr. Kocher explained that most of us believe that water is "free" – like air. But this is a myth. Drinking water is actually "made" and involves a complicated and expensive process.

Our local water is collected and stored at dams (such as Liberty Dam and Loch Raven). These sites

need to be secured and maintained so that the water does not become contaminated. The dams are routinely checked for invasive species, weed growth and pollutants. The water is sent from the dams to one of three local filtration plants. These facilities are old and require a lot of maintenance. (The Montibello 1 plant celebrated its 100th birthday in 2015!) While at the plants, the water is treated; impurities are removed and chemicals added. This is an expensive process. Treated water is now kept in closed storage tanks, per Federal regulations, which is another cost. From the storage tanks the water comes to our homes and businesses. Unfortunately, many of the pipes in Baltimore City are old, and burst water pipes are expensive to repair and replace.

But what can someone on a fixed income do to help lower his or her bill? Baltimore City residents 65 years or older who receive a Baltimore City water bill (because they own their property or pay the water bill as part of their rental lease), and whose combined household income is \$30,000 or less can apply for a discounted bill. If granted, the senior will receive a 43% discount, a significant

savings.

To receive an application in the mail, Baltimore City residents can call 311 or 410-396-5398. Applications are also available on the Internet at www.publicworks.baltimorecity.gov/waterbilling-Information. (From this link, click "water billing programs to assist residents," which is found on the left-hand side of the page under "menu.") Supporting documents to be submitted with the application include proof of age, proof of income, proof of property ownership or proof that the tenant is responsible for the water bill. Approved applicants will receive a renewal notice each year.

Mr. Kocher said that the DPW knows that water is a necessity but emphasized that clean water costs. He encourages seniors who don't have Internet access for the application, who need assistance or who want more information to go to their local library and senior centers—both are excellent resources of information and help. Rona Gross, CHAI's Senior Home Benefits Counselor, is also available to help scan and email applications. Rona can be reached at 410-500-5315.

We Are Our Brothers' Keepers—Northwest Citizens' Patrol (NWCP) *By Miriam Sperling*

The Northwest Citizens' Patrol (NWCP, or the Patrol) was started 35 years ago by a group of concerned volunteers to work with police and Justice Department officials to help reduce crime in the Northwest Baltimore community. Today, the NWCP consists of 350 volunteers who patrol the streets of the Upper Park Heights neighborhoods together with Baltimore City Police Department



(BCPD) liaisons. Drivers use their own cars, which are equipped with safety lights and radios to alert

police of problems in the making.

This citizens' patrol is the largest in the nation and provides many services, such as:

- Nightly Patrol – Patrols neighborhood streets from 7:30-10 p.m. in order to prevent crimes before they happen.
- Project Recourse – Helps victims of crimes navigate problems through the courts, advocating on their behalf.

- Home Watch – Watches your home while you are on vacation if notified in advance of your plans to be away.
- Citizen Protection – Watches residents enter their homes after dark to insure their safety.
- Event Protection – Provides traffic control and assistance so that participants arrive to and depart from events safely.
- Project Lifesaver – Locates persons with cognitive issues, such as Alzheimer's or autism, who have wandered from home.
- Cyber Security – Provides educational information through a monthly newsletter, The Citizen, about methods of protecting technology at home.

Officer Sam Bennet, Community Liaison Officer for the BCPD, also mentioned different ways the Patrol helps the community, such as providing information at safety fairs, engraving bikes with serial numbers and holding crime awareness programs.

I also spoke to Nachman Schachter, president of the NWCP, to ask how seniors can be of service to this vital organization. He stressed the importance of seniors notifying the Patrol if they will be coming

home alone from an event. He strongly recommended the Home Watch program for seniors who are planning an absence from home. They can also report safety and crime issues to the BCPD liaison officer for timely resolution. If they see something suspicious, they should call 911 (for an emergency) or 311 (non-emergent calls). Mr. Schachter's hope is that the NWCP will expand to include a daytime patrol where seniors could give back by driving two to three hours every two weeks.

The NWCP needs more volunteers to help continue its needed services that help make Northwest Baltimore a most desirable place to live. We are so grateful for the volunteers' dedication and hope that they can keep up the good work together with the dedicated officers of the BCPD. Their motto clearly encompasses their devotion and commitment—they truly are their brothers' keepers.

How to contact the NWCP:

Phone: 410-664-6927 (NWCP)

Email: office@nwcp.info

Mail: NWCP, POB 15126, Baltimore, MD 21282. 📧

BIRTHDAY greetings to these members of our family!

March

- 1 Pauline Watson
Eileen Creeger
- 2 Gordon Dunn
- 2 Agnes Eisenberger
- 3 Herbert Abedon
- 12 Helene Miller
- 14 Phyllis N. Ribyat
- 15 Florence Seldes
- 20 Sheila Jacobson
- 26 Blanche Shulim

April

- 8 Helen Baylin
- 9 Irina Koltunova
- 10 Vista E Paige
- 12 Lewis M Berkowitz
- 23 Elizabeth Little
- 28 Vivian Murray

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

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

Condolences to NNC member Bonnie Cohen on the loss of her beloved son, Sanford "Sandy" Alan Oksman



Join us

for our art classes on the first Tuesday of every month.

10:00 a.m. – 12:00 p.m. at CHAI

You may choose from: Watercolor, Collage and/or Calligraphy. It is a wonderful opportunity for NNC members to explore new techniques and share new experiences.

For more information, call 410-662-6620.
FREE FOR MEMBERS!

Baltimore County Department of Aging Family Caregivers Annual Mini-Conference

for relatives caring for older adults

Sat., 4/22,
8:45 a.m.-12:30 p.m.

Liberty Senior Center,
Randallstown

*Free admission,
Free parking,
Free continental breakfast*

Call 410-887-4724
for more info

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



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

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



**See Page 9 for a New Column by
Congressman John Sarbanes!**

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