



# Staying CONNECTED

by Shoshana Harris, NNC Member

Some “March” trivia to welcome in spring – John Philip Sousa lived from November 6, 1854 to March 3, 1932, and was known as the “March King.” Probably best identified with his composition “Stars and Stripes Forever,” Sousa served two periods of service in the United States Marine Corps. While enlisted, he formed the Marine Band. Under his leadership, the band became the premier

military band in the United States. He also led “The President’s Own” band under five United States presidents. (Can you name them? See below for the answers.) In addition, Sousa was a talented writer and an accomplished trap shooter and received many awards for his military leadership and musical achievements.

In this issue of *Staying Connected*, learn how Northwest Neighbors Connecting (NNC) profits from the leadership skills of AmeriCorps volunteer Jackson Hickey. Meet Beth Marrus, a new NNC member,

who has lived and traveled around the world. Are you a renter? CHAI’s newest Senior Benefits Counselor, Morgan Gable, tells us the “ins and outs” of rental assistance.

Like John Philip Sousa, Jackson Hickey, Beth Marrus and Morgan Gable, everyone comes into this world with a unique set of gifts and talents. It is up to us to capitalize on those strengths to the benefit of others. NNC is a great place to start. Happy Spring. 🐣

Rutherford B. Hayes; James A. Garfield; Chester A. Arthur; Benjamin Harrison; Grover Cleveland

## What’s NEXT?

By Chava Ball, Village Engagement Director

Desoto. Black. Suburban. 1952. “The Battleship on Wheels,” when I think about it now, but then? It was what was NEXT. I had finished my required driving course, passed the written exam, got my learner’s permit and NEXT, I was going to get to drive the family car...with my dad.

He drove to a country winding road. No traffic. That was the idea. I slid into the driver’s seat. Too much gas...too much brake...but I was learning. After a few jerky starts and stops, I was finally moving down the road! Even though I was intently watching the road, I was still having trouble keeping that car within the lines.

My dad said, “You have your eyes on the road just in front of the car. If you look further down the road, the car will follow. It will be easier

to keep the car in the middle of the lane. You will also be prepared for what might be ahead.”

I changed my perspective and sure enough, it worked. I was driving in the middle of the lane!

Many decades have passed since then. Why is it important now? It was just a brief look in my rear-view mirror. We all know if we spend too much time looking in the rear-view mirror when we are driving, it can lead to a crash. The same is true in life, but remembering what we learned in the past can also avert a disaster. That first driving lesson still holds significance for me now.

**First: Always embrace “What’s NEXT?”** Even if it requires learning a new skill. (Learning new skills is healthy for my brain.)

**Second: Look AHEAD!** Choose my focus point “down the road” of life so I will be prepared for “What’s NEXT?”

**Third: Make necessary adjustments.** Apply what I have learned so I can keep my life in the right lane.

**Fourth: Live TODAY!** Only brief glances in the rear-view mirror are all that are necessary. Prolonged focus on the rear-view mirror would inevitably end in a crash. The same is true in life. Daily I use the wisdom I have gained from past experiences, but I live in the present.

**So, what’s next?**

We have been having birthdays

continued on p. 5

# Aging in Community NEWS

By Chava Ball, Village Engagement Director

A single call to 410-500-5433 (LIFE) will connect you with available resources at CHAI: Helping Adults Age Securely in our Community. CALL 410-500-5433 (LIFE) for:

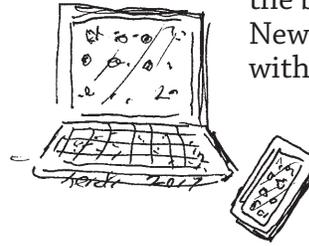
- Affordable apartments to live confidently in a supportive community
- Home benefits counseling to match your needs to resources
- Home repair by a trusted professional
- Social activities to connect and engage
- Volunteer opportunities to nourish your soul
- Wellness programs to build fitness in mind and body

EXPANDING! Northwest Baltimore City and Pikesville.

**NOW AVAILABLE:** Benefits counseling for seniors in apartments in Northwest Baltimore City and Pikesville! If you would like to have information about energy assistance and tax credit for your rent, please call 410-500-5433 (LIFE).

## Tech-Knowledge Hub at the Myerberg

Technology classes for mobile devices are available at the Myerberg. Classes include iPad basics, iPad



just beyond the basics, Facebook, Picture This... Using the camera on your phone, Fast-Paced iPhone Basics, iPhone Basics 101, Google: It's a lot more than you think, One2One Learning sessions... and more! Call the Myerberg at 410-358-6856 for a catalog and more information.

## AARP and Weinberg Woods

The residents at Weinberg Woods will have an opportunity to explore the benefits of Amazon's ECHO. New skills are being developed with older adults in mind. We are excited that Weinberg Woods was chosen to pilot this program sponsored by AARP.



**Volunteer opportunities** to nourish your soul

**CHAI's Aging in Community Division helps older adults remain safe and independent in their homes, living lives of purpose and engagement.**

Be a part of our engaged community by volunteering to drive an older neighbor to important errands.

**There's so many ways to make a difference!**

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



# How the GOP Tax Law (Tax Cuts & Jobs Act—TCJA) Might Affect Older Adults

By Eileen B. Creeger, NNC Member

When the *Staying Connected* committee meets to discuss ideas for the coming issue, article topics are discussed and approved. One suggestion for this issue was to explore how the GOP tax law affects older adults. Below are six major areas of concern for older adults based on sources listed at the end of the article.

**1. Tax Cuts** – The \$1.5 trillion tax cut mostly affects businesses and high-income households. High-income seniors will receive a substantial tax cut, while those with low and moderate incomes will pay roughly the same as before. Individuals making less than \$33,000 (income primarily from Social Security) will experience no benefit from the new law. Middle-income seniors (\$33,000-\$56,000) will have a tax cut of about 9% (a savings of \$300-\$1,000). Those making \$430,000 or more will get an average tax cut of \$26,000 in 2019.

**2. Repeal of Individual Mandate** – The provision to repeal the Individual Mandate from the Affordable Care Act (ACA, aka Obama Care) is of concern to many. AARP and other sources, for example, have apprehensions about this portion of the law. Approximately 13 million healthy Americans may decide not to purchase health care, leaving an older, sicker pool of higher cost consumers. As a result, premiums for those ages 55 to 64 might jump 10%.

**3. Inflation changes for Social Security** – The new law changes the way the Federal Government calculates the rate of inflation from year to year. A lower inflation rate will be assumed. This in turn will affect Social Security rate increases, making them lower.

**4. Medical Expense Deductions** – For 2017 and 2018, unreimbursed medical expenses in excess of 7.5% of adjusted gross income are deductible. Previously, the amount was 10%. As with other deductions this change only benefits the taxpayer if it raises deductions above the standard deduction. After 2018, the deduction floor reverts to expenses in excess of 10% of adjusted gross income.

**5. Capping deductions for state and local property taxes** – Residents of high-tax states are facing a cap in deductions for state and local property taxes (SALT). Some say this will add \$1.5 trillion to the national debt and might be a trigger for Congress to cut funding for Medicare, Medicaid and Social Security. Cuts in Medicare might result in higher premiums and reduced payments to doctors and hospitals. Some sources believe that programs funded under the Older American Act (OAA) may also be at risk (e.g., Meals on Wheels, food stamps, respite services, senior centers, etc.). Older adults are recipients of many of these programs.

**6. Federal estate and gift tax exemptions** – TCJA doubles the exemptions for federal estate and gift taxes. This change applies to decedents dying and gifts made after Dec. 31, 2017, and before Jan. 1, 2026.

**If you have questions about the tax bill and how it affects you, please consult with your tax preparer or lawyer.** A crucial point to remember as well is that Congress can make changes through “technical corrections” legislation to deal with “unforeseen consequences.” Most of the tax changes for older adults don’t

take effect until the 2018 tax year (to be filed in 2019). Let your opinion be heard by contacting our congressmen and senators. 🗨️

Cong. John Sarbanes’ column will resume in the our Summer issue. If you have any questions for the Congressman, please direct them to Chava Ball at 410-500-5319.

#### Sources:

Howard Gleckman, on Forbes.com, “*What the GOP Tax Cut Will Mean for Older Adults.*” Howard Gleckman is a senior fellow in the Urban-Brookings Tax Policy Center at the Urban Institute.

Gary Strauss, for AARP, Nov. 30, 2017, “*Older filers would get few if any tax breaks – and millions would likely see their taxes increase.*”

Liz Seegert, for Association of Health Care Journalists, Dec. 22, 2017. “*What the new tax bill many mean for older adults.*” Liz Seegert is AHCJ’s topic editor on aging.

Jeff Marshall, Attorney at Law, Dec. 31, 2017. “*New tax law highlights for older adults and the disabled.*” <http://marshallelder.blogspot.com/2017/12/new-tax-law-and-older-adults-and.html>

<http://money.cnn.com/2017/12/15/news/economy/gop-tax-plan-details/index.html>

Mary Currie, CPA. <http://www.rocky-mounttelegram.com/Business-Columnists/2018/01/08/Assessing-the-tax-law-changes-for-2018.html>

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# CHAI SENIOR SERVICES

CHAI's Senior Home Repair Program provides necessary repairs and accessibility modifications for eligible low-income homeowners ages 62 and older and adults with disabilities. If you or someone you know can benefit from our program, we want to hear from you. Contact Ed Schaffer at 410-500-5316 or email [eschaffer@chaibaltimore.org](mailto:eschaffer@chaibaltimore.org).

The Senior Benefits Program provides home safety assessments and housing-related referrals, advocacy, application completion, assistive devices and education for vulnerable seniors and individuals with disabilities. Senior Benefits Coordination provides a broad range of additional housing-related support services to clients with needs beyond basic home repair. The program aims to address these needs in order to enable clients to remain in their homes safely and independently. For more information, contact Rona Gross, 410-500-5315 or email [rgross@chaibaltimore.org](mailto:rgross@chaibaltimore.org), or Morgan Gable, 410-500-5313 or email [mgable@chaibaltimore.org](mailto:mgable@chaibaltimore.org).

## Renters' Tax Credits Available for Eligible Maryland Residents

By Morgan Gable, Senior Home Benefits Counselor

Do you, or someone you know, qualify for the Renters' Tax Credit?



The State of Maryland offers a Renters' Tax Credit Program for eligible renters. Many renters may not even realize that they pay property taxes (as most homeowners do). The fact is that property taxes for renters is often included as part of the monthly rent.

### How Do I know If I Qualify?

Like most financial assistance programs, the program details are a "bit" complicated. The State considers how much rent you pay, how much gross income you receive, and then uses a formula to calculate if you are eligible.

The basic eligibility requirements are that you are **over the age of 60 or are 100% disabled** and **reside in your apartment full-time** (at least 6 months out of the year and have a legal lease). Individuals under the age of 60 who meet certain requirements may also qualify (see referenced website below for details).

The 2018 income and rent figures

will not be published until after February 1, 2018 (and applications can be submitted anytime after this date), but let's take a look at some of the 2017 numbers. **Find your gross yearly income** (in Column A), and if the number to the right of it (in Column B) is more than you pay in monthly rent (rent only, NO utilities included), you may be eligible. If utilities are included in your rent, the State may use higher amounts to determine your eligibility.

Column A Total Income	Column B Monthly Rent
\$1-10,000	117
20,000	423
25,000	576
33,000	800
39,000	1,000
43,000	1,100
46,000	1,200
49,000	1,300
53,000	1,400

Eligible renters can receive up to \$1,000 per year. The money is sent to you in a check that comes directly from the State Treasury of Maryland. Renters living in apartments run by charitable organizations (i.e., tax exempt organizations) are not eligible. **You must apply by September 1 of the**

**year that you are seeking the credit.**

While the formula and calculations can be confusing, myself and/or Rona Gross are more than happy to help you find out if you qualify. Please do not hesitate to contact Morgan (410-500-5313, [mgable@chaibaltimore.org](mailto:mgable@chaibaltimore.org)) or Rona (410-500-5315, [rgross@chaibaltimore.org](mailto:rgross@chaibaltimore.org)) to see if this tax credit is available to you! 🍷

(Maryland Department of Assessments & Taxation. (n.d.). Renters' Tax Credits. Retrieved from <http://dat.maryland.gov/realproperty/Pages/Renters'-Tax-Credits.aspx>).

**Independence Begins with CHAI**  
Helping Adults Age Securely in our Community

Senior Home repair by a trusted professional

Safety modifications | Roof, gutter and downspout | Plumbing and electrical | HVAC and more!

Call today!  
410-500-5433 (LIFE)  
[chaibaltimore.org/seniors](http://chaibaltimore.org/seniors)

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COMMUNITY HOUSING ASSISTANCE, INC.  
STAYING CONNECTED FOR LIFE

AN AGENCY OF  
**The Associated**  
HOUSING AND COMMUNITY DEVELOPMENT

# Health & Wellness

## SENIORS and PAIN MEDICINE, The OPIOID MENACE

By Miriam Sperling, RN

In June 2017, the *AARP Bulletin* published a report showing that the opioid epidemic has devastated older Americans at a rate greater than other groups. According to the January 2018 edition of the *AARP Bulletin*, opioid overdose deaths among seniors age 65-74 has increased seven-fold from 2000 to 2015. The combination of opiates such as Oxycontin, Vicodin, Percocet and Fentanyl combined with medicines prescribed for anxiety and depression can increase the risk of serious complications in older adults (such as the risk of slow, shallow breathing, the cause of death in most opioid overdoses).

In May 2017, the *Philadelphia Inquirer* published a report on the opioid crisis among older adults. Most seniors get started

on opioids from prescriptions following surgery or for chronic pain. The patient then continues the use of the opioid, increasing the dose as needed for pain relief. Older patients cannot metabolize medicines as quickly as younger patients. If they increase the dose of their pain medications for pain relief, accidental overdoses may occur.

For many years doctors were educated to believe that patients could not become addicted to opioids. These prescriptions were often handed out without regard to the likelihood of addiction. Today, physicians and caregivers are using other pain management modalities. These include hydrotherapy or water exercise, physical therapy, acupuncture and in some cases, medical marijuana.

Opioid usage can also lead to increased confusion and falls due to loss of balance, significant hazards for older adults. It is wise to review all medicines with your physician and/or pharmacist to regularly eliminate those medications that can have negative interactions or can be discontinued.

Information about medication management can be found at [www.aplaceformom.com/blog/1-27-2014-medication-management-tips/](http://www.aplaceformom.com/blog/1-27-2014-medication-management-tips/), and information and statistics about opioid use in the US as reported by the Centers for Disease Control can be found at <https://www.cdc.gov/drugoverdose/pdf/pubs/2017-cdc-drug-surveillance-report.pdf>. 📄

**What's NEXT?** continued from p. 1

for decades. As the number of years has increased, it is like the elephant in the room that no one wants to talk about! Since we can't change that we are all getting older, what are we going to do about it? What are some choices?

- **Positive Outlook:** What's next? Embrace the challenges. Make a difference. LIVE! Connect with people who share your positive mindset.
- **Negative Outlook:** Focus on what I don't have now that I used to have. Regret the past mistakes. Rehearse the broken dreams. Miss present opportunities.
- **Denial:** By default, this is a negative choice. (Ignoring it will not make it go away.)

### Questions to ask:

- What can I learn about this stage of my life that will increase fulfillment and make a difference?
- How can I apply what I am learning so I can flourish as I age?
- Where can I invest what I know and am learning? Volunteering is a good choice. We may not be able to do what we used to do, but we all have something that will make a difference in someone else's life.
- Am I willing to try something I have never done before? Be creative! Embrace a new adventure! Join the Art Class, Nutritious Cooking Demo, etc. at NNC.
- Am I willing to step out of my comfort zone?

- Am I willing to enlarge my circle and make new friends?

As for me, I embrace "What's NEXT?" I choose to AGE WISELY! What about YOU? 📄



# Our Agency Friends

**Affordable, Quality Dental Care for Seniors – University of Maryland School of Dentistry, Special Care and Geriatric Dental Clinic** *By Miriam Sperling*



Did you know that one's total health status can be negatively affected by poor dental health? Nevertheless, as people age, dental health and hygiene tend to be deferred for several reasons, such as the cost of care or the inability to adequately care for one's teeth.

Poor oral health is linked to many diseases. According to the American Academy of Periodontology, gum disease can double the incidence of heart disease in patients. Poor oral health has also been linked to pneumonia in older adults; bacterial droplets from infected gums can be breathed into the lungs. Severe gum disease can hinder the ability of the body to use insulin properly, which can negatively affect control of diabetes. Dry mouth in older adults is frequently caused by medications and cancer treatments; sufficient saliva protects the mouth by controlling oral bacteria, viruses and fungi.

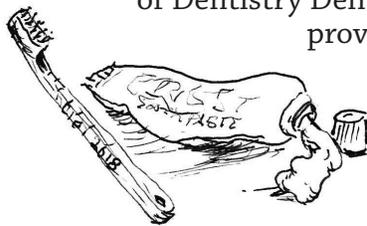
Other common older adult dental problems include decay of the roots of teeth and gum inflammation, which are often due to poor daily oral care. Many older adults who suffer from arthritis of the hands and fingers are unable to adequately brush and floss their teeth, leading to decay. Unfortunately, cognitive issues can contribute to forgetting to brush and floss.<sup>1</sup>

In Maryland, Medicaid covers emergency dental needs only, such as antibiotics for infections and



Senior dental student Taylor Duckworth provides oral health care to a patient at the University of Maryland School of Dentistry

extractions. The Baltimore City Health Department operates two dental clinics for city residents only (410-396-4501). Older adults seeking affordable dental care are fortunate to have the services of the University of Maryland School of Dentistry Dental Clinic, which provides comprehensive regular dental care at reduced costs. Services include routine dental care and emergency services and more complex services such as dentures, root canals, and implants.



Dr. Janet Yellowitz, Director of the Special Care and Geriatric Dental Clinic at the University of Maryland School of Dentistry, stressed the importance of regular dental care at least annually and preferably twice a year for all adults. She noted that often older adults do not experience oral or dental pain and might be unaware of dental problems.

At the clinic, routine dental care is

provided by dental students supervised by faculty members from the School of Dentistry. Post-doctoral students and School of Dentistry faculty are also available to provide care. New patient appointments can take up to four weeks to schedule, though patients experiencing pain or other emergencies can be seen much more quickly. The first appointment can take up to three hours and includes evaluation, x-rays as indicated and explanation of needed services. The cost of this exam and consultation is \$203. Discounts of 20-30% are available through grants on an as-needed basis for follow-up care. Patients must reapply annually for the discounted fees.

The Special Care and Geriatric Dental Clinic accepts all dental insurance (some Medicare Advantage plans cover dental care). The clinic is located at 650 West Baltimore Street (downtown); appointments can be made at 410-706.7039. 📍

<sup>1</sup>Danal Larsen. Nine Reasons Senior Dental Health Care is Important. Senior Blog Post. Posted 1/18/2016.

# What's Happening with NNC?

**N**NC 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.**

## Join Now!

- Volunteer services: driving, grocery help, technology help, small home repairs
- Shopping and other trips on the CHAI Northwest Senior Shuttle
- Advocacy support from fellow members
- Opportunities to share your skills and expertise
- Exciting social activities
- Peace of mind
- Enrich your life
- Make a difference

## Call Now!

- **To join NNC**, call 410-500-5334 for an application.
- **To join our team of volunteers**, call 410-500-5318.
- **To learn more**, call 410-662-6620 or email [NNCinfo@chaibaltimore.org](mailto:NNCinfo@chaibaltimore.org).

## Engage Now!

**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:** Provides healthy options for members.

**Newsletter:** Our newsletter is an important tool that connects all of us—members and non-members—and is a means to reach out

to the community at large and let them know who we are and what we do.

**Friendly Check-in Callers:** Join our vast network of members who chat on the phone once a week. Call someone and have someone call you.

**Office Volunteers:** Call for information.

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

## Village Groups for NCC Members

**Diversity Dialogue:** Meet monthly to exchange ideas and expand an understanding of our diverse NNC neighbors.

### Healthy Connections:

- **Exercise Classes:** Weekly groups meet at the Imperial, Windsor House and the Elmont. Call Annie, 410-500-5334, for details.
- **Nutritious Cooking Class:** Help make tasty, nutritious food, meet new friends and take home recipes.

### Social Connections:

- **Art Class:** A free art class for members that meets once a month. The emphasis is on process and learning rather than just creating a "finished" product.
- **Lunch and a Movie:** Enjoy a monthly movie with old friends and make new friends. See back page for details.



- **Men's Group:** An informal gathering of men who meet monthly for lunch at a local kosher restaurant. Contact Jerry Rosenbaum, 410-764-8443, if you wish to join the fun!
- **NNC Needlers:** Knit, crochet, hook rugs, embroider—enjoy the company of others while working on your project. No prior experience is necessary. For more information, call Eileen Rosenbaum, 410-764-8443.
- **Circles:** Members and prospective members with similar interests meet monthly to socialize, learn and have fun. Call Chava at 410-500-5319 for details.

### Monthly Village Gatherings:

Meet the 2<sup>nd</sup> Tues. of the month, from 2-4 p.m. at the Myerberg Center. For members and non-members. Informative and fun! Call Annie, 410-500-5334 to RSVP.



# Timely Happenings & Personal Notes

## Baltimore Hosts Village-to-Village Conference

*In November 2017, Baltimore hosted the annual Village-to-Village Conference. Members of NNC and CHAI staff attended. Below are their reflections.*

### **Miriam Rittberg, NNC Member**

Heidi Schloss and I visited the Village to Village Conference on its first day. It was buzzing with people, and everyone was excited to meet and greet each other. We sat with a friendly person from Mt. Washington, and we eagerly traded information about our respective groups. It was the day we met Roger Anunsen, from Oregon, who has guided us through months of learning about Brain Science. We heard Chava Ball present our “new friend Alexa” to a receptive audience. We were exposed to the many projects of villages across the country, which inspired and motivated us to continue our mission of being part of our community. It was a unique opportunity to be among diverse, giving volunteers who share a common purpose.

### **Eileen Rosenbaum, NNC Board Member**

I really enjoyed the keynote address given by Dr. Peter Rabins (“Mental Wellness: Powering Up for Healthy Longevity”); it was packed with information. For example, it seems that it is a universal phenomenon to forget names and words beginning at age 35 (!) so we are all in good company. One of the most exciting parts of the conference was meeting people from all over the country, learning how many villages have been established and what they are doing. At least one

other Baltimore village was represented (besides NNC), as well as quite a few from the Washington D.C. suburbs.

### **Heidi Schloss, NNC Member**

I attended the Monday sessions of the conference. Not only was I happy to see many of my NNC mates, but the room was filled with hundreds of members from all over the United States. I was able to meet Roger Anunsen, the teacher from our Brain Class. This was a wonderful experience, as our classes have been online. The variety of villages amazed me, providing an opportunity for us to learn from one another. In the morning, we learned from the National Division of the movement and also from our own Chava Ball, one of the presenters on technology. In the afternoon, we went to break-out sessions; I attended a session on “generation to generation.” The speakers presented a variety of ways of including seniors with youth. All in all, I felt this to be a worthwhile learning day!

### **Shoshana Harris, NNC Board Member**

Although I only attended one day of the conference, it was a day full of valuable information and interesting presentations. I learned about innovative technology, such as Intuition Robotics and Elli Q. A demonstration of adaptive clothing for people with physical limitations was quite amazing. Particularly enlightening was hearing from Rona Kramer, Secretary of the Maryland Department of Aging. She spoke of how Maryland is working on our behalf to improve the quality of life for its seniors.

### **Lisa Budlow, Vice President, Aging in Community**

The Hyatt Regency in Baltimore was abuzz for three days as Balti-

more welcomed the national Village to Village Network conference. It was the best-attended conference the network has seen – about 400 attendees from all over the country participated. It is wonderful to be in a group of like-minded people who care about issues important to me. I was amazed by the energy in the group, and the openness of the attendees to meeting new people and sharing information – both successes and struggles. A highlight for me was co-presenting a breakout session about NNC’s Circle Pilot with Esther Weiner and Erika Rief. After our initial presentation, the questions and discussion lasted 45 minutes. NNC members Cheryl Cohen and Eileen Rosenbaum shared some of their experiences, which added great value to the session.

### **Ilysa Cohen, NNC Board Member & Healthy Connections Chair**

I am so happy I went to the conference. As a volunteer for NNC (teaching chair exercises and running the healthy cooking class) the conference helped me in many ways. Social isolation traps a lot of seniors. Listening to the presentation on reducing social isolation reinforced my belief that seniors should have the opportunity to play games, exercise, get support, and most important, connect and engage with others every day.

The speaker on loneliness was also very relevant. I have met many seniors who don’t feel comfortable leaving their own surroundings; loneliness can lead to physical illness as well as functional and cognitive decline. Exercise and social interaction can reduce their loneliness and help them branch out and try new things!

All in all, the conference was great! I met a lot of new people and

learned a lot about what they are doing to help our seniors!

### **Sharie Blum, NNC Board Member**

I attended many interesting presentations at the Village-to-Village conference. One of the most enlightening observations I made was the diversity of the villages throughout the country. Some villages provide only services, such as rides to doctor appointments, shopping or providing home repairs. Some are very involved in their larger communities; others are strictly online. There are a few that are struggling, looking for a focus and more participant involvement. Others are like NNC, providing rides and home repairs, and many and varied opportunities for social interaction.

Some of the presentations dealt with the very important topics of dealing with grief and loneliness and making one's living environment not only pleasant but functional and safe.

### **Jessica Price, Outreach & Operations Manager**

Attending the conference was a great experience. I was there all three days and attended some very thought provoking workshops. At the emergency preparedness workshop, members from a village in Washington, D.C. led a discussion on things to consider when developing an emergency preparedness plan. The take away from that workshop was the power of a team, how a village can divide responsibilities to create a helpful emergency plan and how to get local first responder teams involved as well. I also attended a "how to sustain a village" workshop that wielded some interesting ideas. Listening to the presentation at the workshop on loneliness I realized that NNC puts great effort towards combating this issue and has found great success through the programs we offer. I also found the workshop

on increasing membership and volunteers a great way to brainstorm ideas on these subjects.

Overall, the conference was a wonderful way to network. The goals of the villages are the same, yet every village is so different and individual. We were brought together because we all believe in the power this movement can have on a community, and I was so excited and proud to see that NNC has had so much success in making a wave of change in supporting neighbors.

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## **Upcoming Monthly Village Gatherings (MVG)**

*2nd Tuesday of the month, from 2-4 p.m. at the Myerberg Center*

**March 13:** 6<sup>th</sup> annual NNC BIRTHDAY BASH! At our gala, we will have an Italian theme, with a complete dinner of salad, entrée and dessert! Enjoy live entertainment and be prepared to have a good time!

**April 10:** we will celebrate our NNC artists and art teachers, Miriam Rittberg, Heidi Schloss and Florence Seldes, as well as our Needlers, led by Eileen Rosenbaum!

**May 8:** will feature an informative speaker. TBA

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## **MVG Updates**

### **November 17, 2017**

*By Heidi Schloss, NNC Member*

November's meeting occurred on a lovely Fall day.

Susan Russell introduced the speaker, Dr. Levi Atanelov, who specializes in fall prevention, stroke rehabilitation and spasticity management. He trained in medicine, biochemistry, Cybernetics and Physical Medicine at schools connected with The University of California San Diego School

of Medicine and Johns Hopkins, where he practices today. He is currently an Assistant Professor and Director of the Hopkins Physical Medicine and Rehabilitation Falls Prevention Program. He also studied Jewish Medical Ethics and Talmud in Jerusalem. By combining his learning, he has a unique perspective.

One of the first things we learned from Dr. Atanelov is that most physicians are not trained in fall prevention. They usually treat symptoms with medications and physical therapy. Unfortunately, if the reasons behind the falls are not accurately diagnosed, the physical therapy usually is inappropriate or not sufficient. Dr. Atanelov also discussed the importance of exercise, food and vitamins. He believes in treating the whole person.

He presented some startling statistics about older adult patients:

- 1/3 of all hip fracture patients do not survive.
- 1/2 of all older adults can expect a nursing home stay of a year or more.
- People who fall two times per year are considered high-risk.
- Falls are fixable and preventable
- Internists often do not address the emotional component of aging, such as depression.
- There are various kinds of falls.
- "Hospital syndrome" (the trauma of being hospitalized) often causes a slow deterioration.

Dr. Atanelov was a very attentive and interesting speaker. He allowed us to ask questions and addressed our concerns. He has an office in Owings Mills as well as at Hopkins. His phone number is 443-914-2228.

continued on p. 10

## Holiday Party – December 20, 2017

By Eileen Creeger, NNC Member

How do you spell FUN? **C-H-E-R-Y-L!** Thanks to Cheryl Cohen and her outstanding committee (Miriam Rittberg, Heidi Schloss and Florence Lefkin), NNC's Holiday Party was a super success! Over 65 NNC members and guests attended the 2017 holiday celebration. Musical entertainment was provided by Seth Kibel, and the Weinberg Warblers, under the direction of Diane Wacks. The Milk & Honey Bistro provided delicious hot food – mini-quiches, latkes

(potato pancakes) and cheese blintzes, along with Israel salad, applesauce and sour cream. Once again, Miriam and Heidi decorated the tables with beautifully themed centerpieces.

The festive program ended with a raffle. Instead of our usual 50-50 prize, an anonymous donor provided eight \$25 gift cards to Shoppers Food Warehouse. The final raffle give-away was a free brunch coupon to the Milk & Honey all-you-can-eat Sunday brunch.

Once again, thank you to Cheryl and her committee for a wonderful afternoon.

## January 9, 2018

By Eileen Creeger, NNC Member

Sharing ourselves was the theme of the MVG in January. Instead of a speaker, NNC members and guests spent the afternoon talking about themselves. Led by Cheryl Cohen, we introduced ourselves and told a little bit about where we were from and what we did professionally. Cheryl then asked us to share our greatest achievement and our greatest regret. Interestingly, most of us said that our children and grandchildren are our greatest achievement. As for regrets – as one NNC member said, “I have no regrets. The decisions that I’ve made in my life have made me who I am.”

The afternoon wrapped up with snacks and socializing, as well as our 50-50 raffle, won by Margot Brilliant. Congratulations, Margot! And as NNC President Esther Weiner reminded us, the proceeds from the 50-50 raffle go towards NNC scholarships. 🍀



Seth Kibel



Weinberg Warblers

# Supportive Community Network



## Circle Updates

By Chava Ball, Village Engagement Director

SCN now has four active Village Circles. Some of the activities in the fall included: *Encounters* held a Halloween-themed get-together that included childhood memories and Halloween tales. In November, the group had a lively and meaningful discussion titled “What I Learned from My Mother.” The Circle members gained more understanding of each other and their varied backgrounds, building closer relationships. In January, member Veronica Fullwood gave a presentation on Martin Luther King, Jr.

*Foodies on the Run* met at three different restaurants for lunch and enjoyed catching up and discussing

mutual topics of interest.

A third Circle consists of a group of married couples, a great way of including the husbands. They met at a local restaurant and enjoyed their meal and their discussion.

## Update On Volunteer Program

By Jackson Hickey, Volunteer Coordinator through AmeriCorps

The volunteer program at CHAI is expanding, and we are excited for big things in 2018. While 2017 was focused on program building, 2018 is set up for volunteer recruitment and training.

Despite the cold weather, the new year has started with the warm reception of new volunteers. Expect to see

some new faces making their appearances soon. Several volunteers have already undergone training and joined our volunteer team.

You may have already noticed the volunteer program flyers at local community centers and stores. This is just the first step of our outreach plan, continuing with tabling and events. We look forward to seeing you out in the community. If you see us, please stop and say, “Hello!”

Volunteers come from all kinds of places and are often referred to us from you, the members. As always if you or someone you know is interested in volunteering, don't hesitate to reach out to us at 410-500-5318 or by email at Volunteer@ChaiBaltimore.org. Thank you for your continued help and support. 🍀

# Who's Who?



## Beth Marrus

By Sharie Blum,  
NNC Member

Beth Marrus is a new member of NNC. She joined after hearing about the organization from a friend, and has become an active member of the Encounters Circle.

Born in Buffalo, New York, Beth went to the University of Buffalo, majoring in nursing. This is where she met her



husband Marc, and they married in 1970. After graduation Marc joined the Air Force as a communications officer and remained in the service for 23 years. As you might imagine, Beth and Marc and eventually their two children, Scott and Shaina, lived in many places in the United States and around the world. Beth pursued her nursing career in some of the places they were stationed. For example, in Buffalo she was a nurse on the Medical/Surgical floor; in Tampa, Florida, she worked in the Psychiatric unit; in the Philippines, she was a nurse in the newborn nursery.

Beth recounts that her favorite place they were stationed was Maine. The people were warm and friendly, and they supported each other during the long cold winters. Marc built a skating rink in their back yard enjoyed by their family and the entire neighborhood. And the scenery was absolutely beautiful, especially the Northern Lights.

In Europe, Belgium was a most interesting place to live. The culture, the history and the museums were wonderful. They visited many castles; each was unique with a lush and beautiful garden. Beth is an avid gardener, so she especially enjoyed the castle gardens. Living in Belgium also gave the family the opportunity to travel throughout Europe. They visited The Netherlands, England, Switzerland, Germany, Luxembourg, Austria,

France and Lichtenstein. On most of these trips they were able to get by speaking English, but Beth said it would have been much more efficient if they had been fluent in French.

Beth's hobbies include, reading, especially the classics, such as Charles Dickens, Thomas Hardy and Daphne du Maurier, among others. She also enjoys needle crafts, baking, gardening and hibernating during Baltimore's hot and humid summers. One of the things on her bucket list is to walk the Appalachian Trail (at least a little part of it).

Beth and Marc moved to Baltimore to be near their daughter, son-in-law and grandchildren. At that time, they only had one grandchild; now, there is a grandson in St. Louis. Marc passed away in 2014. Beth continues to persevere with the help of family and friends and her own wonderful spirit.

## Morgan Gable

By Ellen Carter Cooper, NNC member

Morgan Gable is a Senior Home Benefits Counselor for CHAI. She was born and raised in Johnstown, Pennsylvania. The greatest influence on her life was her grandmother with whom she lived and cared for during the final years of her life. Her grandmother's wisdom and insights led to Morgan's interest in caring for mature citizens.



The Pennsylvania native honed her skills at Chatham University in Pennsylvania where she earned a Bachelor of Arts degree. Her major was Social Work. Later, Morgan attended the University of Michigan, where she was awarded a Master of Arts degree in Social Work. Her emphasis was working with elderly persons.

Well prepared for her mission to care for senior citizens, Morgan accepted her first job with B'nai B'rith International in Washington, D.C. Her responsibilities included programming and advocacy for the elderly. At CHAI, she

is available to assist older persons in the community navigate the areas of benefits and home modifications. She wants to be a reliable resource for the seniors in this community.

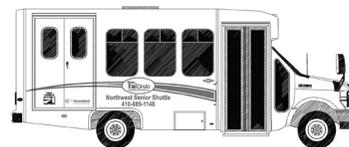
When Morgan is not working, she enjoys playing with her dog, a mixed terrier dachshund. The former ice hockey player relaxes by watching games. Her favorite team is the Pittsburgh Penguins. She is quite happy to be working at CHAI mainly because of the pleasant environment. By the way, she is not related to Clark Gable. 🐾

## Need a Lift? Transportation Options for NNC Members!

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



NNC members can request a ride with a volunteer driver to take them to personal appointments. If you need a ride, please call 410-662-6620 with at least 3 days' notice. Remember, you must be current with your NNC dues to be a part of this wonderful service.



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



## NNC Events

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

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

Every Wed., 11 a.m.-12 p.m.  
**Exercise at The Windsor House**, 6503 Park Heights Ave.

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

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

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

2nd Tues. of month, **NNC Monthly Village Gathering**  
 2-4 p.m., Myerberg Center, 3101 Fallstaff Rd.  
 NOTE: No Village Gathering in July

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

**Needlers**  
 RSVP to Eileen Rosenbaum  
 410-764-8443

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

## FITNESS CENTER

**Sun.: 9 a.m. – 1 p.m.**  
**Mon.-Thurs: 7:30 a.m. – 7 p.m.**  
**Fri.: 7:30 a.m. – 1 p.m.**

Stay active, healthy and fit at the Myerberg Center's state-of-the-art Fitness Center. The Harry & Jeanette Weinberg Foundation Fitness Center is specifically designed for active adults aged 55+. The Fitness Center features strength training equipment, cardio machines and free weights. Our pleasant, knowledgeable staff will show you how to work with each piece of equipment and can customize a fitness program just for you.

## SPECIAL EVENT

Myerberg's Field Day @ Meadowood  
 Thurs., 4/26, 9 a.m.-12 p.m

Join the Myerberg staff for a fun-filled morning of senior-friendly outdoor activities and games. All fitness levels welcome!

## ART CLASSES

Get creative in the Myerberg Center's sun-filled art studios with inspiration and instruction from skilled instructors. For more information, call 410-358-6856.

## HUMANITIES

### First Thursdays: Women of the Myerberg

Please join us at 1:30 p.m. on the first Thurs. of each month to listen to engaging speakers and share in discussions. Light refreshments served. Myerberg Center membership not required.

Mar. 1, Bob Jacobson, Educator, "Irving Berlin"

Apr. 5, Nick Fessenden, Educator, Baltimore Immigration Museum

May 3, Beverly Lynn Burns, "The First Women in the World to Pilot a Boeing 747 Jumbo Jet"

Jun. 7, Ellen Katz, Fifty Years of Great Music  
 \$25 for 3 programs or \$10 each

## Bagel Boys Men's Club

Meets every Tues. at 9:30 a.m. for bagels; speaker at 10 a.m. Call 410-358-6856 for more information about Men's Club membership fees. Must be a Myerberg Center member to attend.

Mar. 6, Roger Anunsen, "The Aging Mind"

Mar. 13, Alan Feiler, Editor-in-Chief of JMORE

Mar. 20, Barbara Korenblit, Asst. Director, SAFE at CHANA

Mar. 27, Barbara Blumberg, "Eugenics Movement"

Apr. 3, Stephen Bowman, "Irish Culture, Art and Famine"

Apr. 10, Bob Jacobson, "History of Pikesville"

## ALWAYS FREE FOR MEMBERS!

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

Tues., 1-4 p.m.: Open studio time for art students

Wed., 11 a.m.-12 p.m.: Tech support drop-in

Thurs., 12-2:30 p.m.: Party bridge

Thurs., 1-2 p.m.: Spiritual discussion group with Rabbi Uri Feldman

Thurs., 1-4 p.m.: Knitting or crocheting in the café

Fri., 12:30 -2:30 p.m. Bridge class taught by Al Greenhouse

3rd Fri. of the month, 10:30 a.m.-12 p.m. JoHanna's Book Club

## SENIOR SUNDAYS

Visit the Myerberg for a fun-filled Sunday morning of conversation, live entertainment and a light kosher meal (dietary laws observed). Reservations required, 410-358-6856. All programs begin at 11 a.m.

\$2 Members / \$4 Non-Members

**MYERBERG CENTER PROGRAMS**  
**3101 FALLSTAFF RD**  
**410-358-6856**

(for a complete listing of upcoming classes and programs, please consult the Myerberg program guide or online at myerberg.org.)

## COMMUNITY PARTNER PROGRAMS

### Annual Generational Seder

Join 4th graders from Krieger Schechter Day School to share in the telling of the Passover story. Dietary laws observed. Thurs., 3/15, 11 a.m.

\$5 Members / \$8 Non-Members

### Made in America—the American Songbook

*The Fabulous Fifties:* Live music provided by the Lyric Opera Baltimore. Thurs., 4/5, 12:30 p.m.

Free Members / \$5 Guests

### AARP Driver Education Class

Brush up on driving skills and possibly qualify for insurance premium reduction. Tues., 4/24, 9:30 a.m.-3 p.m.

\$15 AARP Member / \$20 Non-Member

## SUPPORTIVE SERVICES

### New Year, New Job Search

The JCS Career Center is partnering with the Baltimore County Library, Pikesville Branch to host a series of free monthly workshops for those who are unemployed, underemployed or looking for a change. BCPL Pikesville, Meeting Room, 1301 Reisterstown Road. For more information: [ssacks@jcsbaltimore.org](mailto:ssacks@jcsbaltimore.org) or call 410-843-7437.

Mon., Mar. 5, 2-3:30 pm

Tues., Apr. 3, 7-8:30 pm

Mon., May 7, 10-11:30 am

### Jewish Community Services (JCS)

410-466-9200 / [www.jcsbaltimore.org](http://www.jcsbaltimore.org)

JCS is dedicated to helping older adults age-in-place with maximum independence and dignity. We offer older adults, their families and caregivers resources and services that support healthy living, promote safety, and improve quality of life.

### Jewish Legal Services (JLS) Clinic

2nd Monday of the month, 7-8:30 p.m., JCS, 5750 Park Heights Ave.

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

### Support Group for Dementia Caregivers with Shula Nutkiewicz

3rd Mon. of the month, 10-11:30 a.m. Myerberg Center

Contact Shula Nutkiewicz, 410-843-7332 or [snutkiewicz@jcsbaltimore.org](mailto:snutkiewicz@jcsbaltimore.org).

### Parkinson's Disease Support Group with Shoshana Zuckerbrod

2nd Tuesday of the month, 2-3 p.m., Myerberg Center

For more information call 410-843-7352 or visit [jcsbaltimore.org/parkinsons](http://jcsbaltimore.org/parkinsons).

### Low Vision Support Group with Janet Kurland

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

Contact Janet Kurland, LCSW-C, at 410-843-7306 or [jkurland@jcsbaltimore.org](mailto:jkurland@jcsbaltimore.org) for more information.

## COME AND MEET YOUR NEIGHBORS

**Cheswolde:** Wed., 3/7, 4/4 & 5/2, 7:30 p.m., Falls Village Apartments Community Hall

President: Ronnie Rosenbluth, 410-358-5238, [Ronnie@tovpizza.com](mailto:Ronnie@tovpizza.com)  
Dues: \$20/year

**Cross Country:** Tues., 3/13, 4/10 & 5/8, 7:30 p.m., CHAI, 5809 Park Heights Ave.

President: Avraham Sauer, [avraham.sauer@gmail.com](mailto:avraham.sauer@gmail.com)  
Dues: \$10/year

**Glen:** Wed., 3/28, 4/25 & 5/23, 7:00 p.m., JCC, 5700 Park Heights Ave.

President: Maxine Webb, [getcaughtintheweb@gmail.com](mailto:getcaughtintheweb@gmail.com)  
Dues: \$15/year

**Fallstaff:** Thurs., 3/1, 4/5 & 5/3, 7:00 p.m., Fallstaff Elementary School

President: Sandy Johnson, [sandrajohn@aol.com](mailto:sandrajohn@aol.com), 410-358-4140  
Dues: \$10/year

**Mount Washington:** Tues., 3/13, 4/10 & 5/8, 7:30 p.m., The Wesley, 2211 West Rogers Ave.

President: Ira Kolman, [president@mwia.org](mailto:president@mwia.org)  
Dues: \$25/year

## SPECIAL DAYS

March 1 – Purim

March 11 – Daylight Savings Time begins

March 17 – St. Patrick's Day

March 20 – Spring begins

March 30 – Good Friday, First Passover seder

March 31 – April 7 - Passover

April 1 – Easter, April Fools Day

April 12 – Yom Hashoah (Holocaust Remembrance Day)

April 19 – Yom Haatzmaut – Israel's Independence Day

April 22 – Earth Day

April 25 – Administrative Professionals' Day

May 3 – Lag B'Omer

May 13 – Mother's Day

May 15 – Ramadan begins

May 20-21 – Shavuot

May 28 – Memorial Day



# SHUTTLE TRIPS FOR NNC MEMBERS

Check your mail or email for the latest schedule for CHAI's Northwest Senior Shuttle. It will give you times and destinations for the coming months. Also, take a look below to see the exciting NNC trip planned for this spring. You can also check out the shuttle schedule at [www.chaibaltimore.org/NNC](http://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. **To reserve a seat on the shuttle for these trips, please call NNC at 410-662-6620 as soon as possible.**

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## OUT ON THE TOWN WITH NNC

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### Hibachi Grill and Supreme Buffet

**Wed., Mar. 7, 8606 Liberty Rd.**

Come and join us for lunch at the Hibachi Grill and Supreme Buffet, with over 100 dishes from fresh vegetables and fruit to perfectly seasoned meats from many nationalities. Fresh sushi included in the buffet as well as a Hibachi grill where you can pick, choose and create your own dish to be prepared right in front of your eyes! Also features a dessert bar that is sure to please even the sweetest tooth.

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### Howard Peters Rawlings Conservatory and Botanic Gardens

**Wed., May 9**



The Rawlings Conservatory and Botanic Gardens has distinct environments that allow the display of plants from all over the world.

The buildings create an appropriate environment for plants from tropical, desert and Mediterranean environments.

In 1874, Baltimore City park commissioners proposed the establishment of a botanical conservatory in Druid Hill Park. The committee also directed George A. Frederick, the park architect, to design and make plans for the new building. The idea was abandoned but was revived in 1885. The plan called for a structure of iron and wood with a Palm House at its center. The building would be built using Baltimore workmen. The Conservatory opened Aug. 26, 1888, to a well-received audience of about 300 visitors. It now includes three greenhouses, two display pavilions and outdoor gardens.

Holding steady through the years, the affectionately named Baltimore Conservatory was closed to the public in 2002 for a major renovation. The conservatory re-opened Sept. 24, 2004, and shortly thereafter its official name was changed by law to The Howard Peters Rawlings Conservatory & Botanic Gardens, in honor of the former Maryland House of Appropriations chairperson Pete Rawlings.

The Conservatory is the second-oldest steel framed-and-glass building still in use in the United States.

Something is always in bloom at the Rawlings Conservatory! Flowers and fruiting plants change from week to week. The Orchid Room features an ever-changing display of exquisite forms and colors. The Tropical House smells sweet from prolific blossoms throughout the year.

Admission is free but a donation is always welcome.

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### Double T Rt 40

**Wed., July TBD**

*"The hurrier I go, the behinder I get."*

– Lewis Carroll

*"Man defines himself not by what reassures him but rather by what disturbs him."*

– Elie Weisel

*"The best and the most beautiful things in the world cannot be seen or touched but must be felt with the heart."*

– Helen Keller



**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. We would love to hear from you.

## Me?

By Barbara Fox

It's three AM in the morning  
 And I'm awake  
 Sipping a demitasse of Sanka  
 Nibbling a piece of cake.  
 I ponder and it's a strain  
 To organize what's in my brain  
 I'm no Byron, Keats or Poe  
 Usually I write what I know.  
 This is composed past the night  
 When a day has taken flight  
 And the stars are still in sight.

Thoughts are racing through my head  
 Until Louis  
 Calls me back to bed  
 Enough said  
 (I hope this poem will be read).

## Baby It's Cold Outside

By Eileen Creeger, NNC Member

Baby it's cold outside  
 Three layers do I wear  
 I can't feel my toes  
 And my fingers are never bare.

The weatherman says it's a record!  
 But hey, do I really care?  
 The wind is blowing fiercely;  
 Stick my nose out the door, do I dare?

Going outside is a challenge  
 Sweaters, gloves, scarves, hats  
 and a parka  
 It's probably easier to stay indoors  
 Hmm, maybe I ought-a.

But the larder is empty  
 I need milk and juice.  
 Plus, toilet paper and  
 cookies  
 In the store I'm let  
 loose!

And what about other  
 essentials  
 Such as sugar, eggs  
 and flour?  
 Perhaps I'll bake a cake  
 What else is there to do hour after hour?

And then there's the prescription  
 That has almost run out  
 It needs to be picked up  
 Absolutely – without a doubt.

Finally – home safe and warm.  
 Wouldn't you say it's about time?  
 I'll get my afghan and library book  
 To hunker down with a big glass of wine.  
 (See you next year, Winter!)



## Senior Snooze

By Shoshana Harris, NNC Member

A-B-C-D-E-F-G  
 What is that word?  
 This is absurd!

H-I-J-K-LMNOP  
 It's on the tip of my tongue,  
 Oh, I wish I were young!

Q-R-S, T-U-V  
 I almost have it  
 If I could just grab it!

DOUBLE U, X-Y-Z  
 Why does this happen?  
 I think my brain is nappin'!

But no need to fret,  
 I know this hits home.  
 And as an aside,  
 It inspired this poem! 🐼



## BIRTHDAY greetings to these members of our family!

### March

- 1 Eileen Creeger  
Pauline Watson
- 2 Gordon Dunn  
Agnes Eisenberger
- 12 Helene Miller
- 14 Phyllis Ribyat
- 15 Florence Seldes
- 26 Blanche Shulim

### April

- 8 Helen Baylin
- 9 Irina Koltunova
- 10 Paige Vista
- 14 Terry Gary
- 18 Vivian Murray
- 23 Elizabeth Little

### May

- 1 Rosalind Griffin  
Esther Herman
- 6 Carol Ransom
- 7 Betty Silverman
- 9 Alla Koltunova
- 10 Ella Novikova  
Susie Rossman
- 16 Miriam Rittberg
- 25 Irma Schechter
- 27 Ellen Cooper

*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.*

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



### Newsletter Committee

Ellen Carter Cooper  
Eileen Creeger  
Veronica Fullwood  
Shoshana Harris  
Sheila Mentz  
Sidney Rankin  
Heidi Schloss  
Miriam Sperling

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ISSUE 26 | SPRING 2018

## NNC's Lunch & A Movie\*

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

**Mar. 26 – “Return to Me”** – This is a love story, a comedy and drama all rolled into one charming movie. “Who knew that when he ordered the special, he’d get the dish of his life? David Duchovny and Minnie Driver ignite sparks in this ‘warm-hearted winner’ about a widower and a waitress who meet and fall in love. Featuring an incredible all-star cast, this hilarious romantic comedy delivers a lot of laughs, tears and joys that will make your spirits soar.” “It took a lot of coaxing to get Bob (Duchovny), a recently widowed architect, to go on a blind date at a quirky Irish-Italian eatery. Once there, he’s smitten instantly...not with his date, but with the sharp-witted waitress, Grace (Driver). With unsolicited help from Grace’s match-making Grandfather (Carroll O’Conner), Bob asks her out. And as their relationship blossoms, everything seems to be going great, until an unbelievable truth is revealed...one that could easily break both of their hearts for good.” P.S. It has a GREAT ending!

**April 30 – “Philomena”** – A world-weary political journalist picks up the story of a woman’s 50-year search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent. This award-winning film (4 Academy Awards) stars Judi Dench and Steve Coogan.

**May – no movie due to Memorial Day.**

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