



WELCOME!

by Eileen Creeger, NNC Member

“Winter is a season of recovery and preparation.”
 – Paul Theroux

Many of us dread winter – the long, cold, dreary days with little sunlight. While the first winter snowfall is often beautiful, it quickly turns into ugly, gray slush, white, salt-covered walkways and streets and a plethora of slippery paths. And when the sun does shine brightly, we often are experiencing a “Siberian Express” – a blast of frigid cold and numbing winter winds that make going outside almost impossible.

Maybe, however, as we begin to hibernate through the winter

Staying CONNECTED

months, we should make an effort to have a positive outlook and, as indicated in the quote above, view winter as a time to recover and prepare for the rest of the year.

This issue of *Staying Connected* provides tips for preparing and committing to a personal plan. It also contains CHAI’s Emergency Preparedness tips, which can be removed from the newsletter and posted in a safe spot. These tips remind us that we are our “first responders.” We must rely on ourselves to keep necessary supplies, non-perishable foods and sufficient amounts of our medications in case of an emergency.

Take note also of the National Fire Protection Association (NFPA) guidelines for older adults and fire prevention. Did you know that per NFPA, “at age 65, people are twice

as likely to be killed or injured by fires compared to the population at large?” A little preparation can go a long way.

Perhaps winter can be the time to clean out that closet, go through a chest of drawers or file cabinet, purge old papers and records or find items to donate to charity – used clothing, small appliances and furniture in good condition. The Jewish Family Services is collecting toys through the beginning of January for needy children. Maybe you’d like to give; see page 12 for more details.

Finally, winter does not mean lack of socialization. NNC and the Edward A. Myerberg Center offer opportunities to learn, get together with old friends and make new friends.

See you in the Spring! ☘

Do YOU Have a Plan?

By Chava Ball, Village Engagement Director

“But I don’t want to!” Those words tumbled out of my mouth before I could catch them. I waited to see the response. “Well,” my dad replied, “You had better tell your ‘don’t want to’ to ‘want to’ because we ARE going to clean up this mess!”

The job was too big for a first grader, and I didn’t make the mess! I knew better than to say anything else, and I stopped to really listen to what my dad was saying.

He continued, “The first thing you do is to bring everything

together.” (I watched as he picked up the broom and began moving the out-of-place objects into one pile...toys, shoes, pieces of paper, lunch boxes, etc. Now, it REALLY looked like a BIG mess.) “Next, find all the trash and throw it away.” I gathered all the trash I could find and threw it away. My dad showed me how to choose the things that belonged together and put them away at the same time so I could do it in one trip. My dad’s words still ring in my head: “You can move a mountain with a teaspoon, if you don’t quit!” I did not forget the

lesson. When I turned 65, I didn’t “want to” be 65. I even told the man at the Social Security office that I didn’t feel 65, and I would like to change the date on my birth certificate! He laughed. I knew I was going to have to work on my “want to” AGAIN! I knew it would be a mountain to move, and it was time to get my proverbial teaspoon to work!

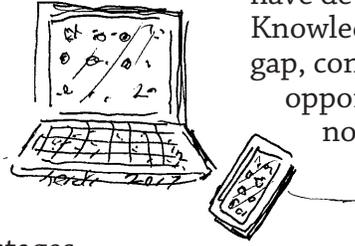
MY PLAN! I know that “life happens,” and there will always be

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TECH-Knowledge Hub

By Lisa Budlow, Vice President, Aging in Community and Gail Zuskin, Executive Director, the Edward A. Myerberg Center

Technology has the power to connect people to what they need. One of the most significant needs we experience is the need to connect with others. This is especially important for adults as they age. Why? As we move through the stages of life, there are some natural transitions that can isolate us – we retire and no longer see colleagues daily, our children grow and move out of town, we experience the loss of friends and loved ones. It is critically important to find ways to increase connections to offset the effects of these transitions. Technology can also connect us to information and to useful tools. The challenge is that many older adults face steep barriers to using technology. As author Douglas Adams said, “We are stuck with technology when what we really want is just stuff that works.” The



tools are there, but they are not always so easy to access.

CHAI and the Myerberg Center have developed the TECH-Knowledge Hub to bridge this gap, connecting older adults to opportunity through technology. Scheduled to open in January 2018, our mission is to teach you how to lead more connected lives through mobile technology. We will offer one-on-one and small-group training so you can learn new skills to feel more confident, connect with your family and friends and support you to live well in the community.

The TECH-Knowledge Hub, open to all older adults in the community, will be a welcoming, senior-focused tech lounge housed in the Center’s library. It will be staffed by a Technology Concierge, who will encourage you to come in and learn how to access the wide array of technological tools

that can enhance your life. The Concierge will also be teaching classes in the classroom adjacent to the library, which will be fully equipped with power tables and a presentation monitor.

Bring your own device or use one of the Hub’s iPads! Learn to Skype with your out-of-town grandkids, set up a Facebook page to see pictures and keep up on the daily lives of friends and family, learn how to use health promotion apps, informative websites and reminder tools. See how technology can organize your photos, access transportation or sell items you don’t need on eBay. Technology is developing at light speed, and many of the new developments are aimed at improving the lives of older adults. Through the Tech-Knowledge Hub, you will build your skills so you can take advantage of the newest apps and tech functions as they emerge. Please call 410-358-6856 for more information. 📞

Do YOU have a Plan? continued from p. 1

things I can’t change. So, I focused on what I could change. **I took inventory:** What did I know? What were my skills and abilities? What was my purpose? What did I care passionately about? What did I consider valuable? What was non-negotiable? **What did I want my senior years to look like? What steps was I willing to take to make it happen?**

Do YOU have a plan? Everybody plans something sometime! No two plans are exactly the same, but there are some things that effective plans have in common.

1. Effective plans begin with the end in mind. How will you know if you have arrived if you don’t know where you are going?

Rarely, will you hear someone say, “I am going on vacation” and they have no idea where they are going! Usually, they know where, when, how and even what they are going to pack. They have their destination in mind before they leave!

2. Effective plans apply to specific objectives (goals or destinations), but they should include what is valuable/important. One example includes what to do in an emergency:

Emergency Plan! In the past few months, we have witnessed hurricane emergency preparedness plans in action. We were “eyewitnesses” as the events unfolded. We could see the walls of water sweep into communities: streets became rivers; cars washed away; only the rooftops of houses remained visible above the water.

But, “Emergency Preparedness” is only one example of a plan. There are many kinds of emergencies. In the following pages, you will find resources to help you develop your own emergency plan. But you also might want to think about a Life Plan, a Health Plan, a Savings Plan,

etc. If you have a specific goal, objective or destination in mind, develop a plan.

3. Effective Plans are adaptable! As we get older: It is still important to have a life plan. I don't know who said it, but "Growing older is inevitable. Growing up is a choice." We are all getting older, but the decisions we make determine the impact of those coming days, months and years!

Four questions to start you thinking: What do you want to be when you grow up? What kind of legacy do you want to leave? What difference do you want to make in the lives of others? What do you want others to remember about you?

4. Effective Plans include "Next Phase" Plans. "What if I can't... (???)... anymore?"

What about you? Do you know what resources you have available in your area? Have you developed YOUR plan(s)? Do you have a circle of friends?

5. Remember: After you create your plan(s), review your plan(s) frequently! Plans become outdated. Update as often as needed. Remember, life happens! At one time or another, we all have to work on our "want to" to "want to!" **We CAN do it!**

If you would like for Northwest Neighbors Connecting to be a part of your plan, please call Annie at 410-500-5334 for more information. Thank you! 🍷

Serving Maryland's Seniors

By Congressman John Sarbanes



I've heard from several members of NNC's community who are interested in learning more about the services that

my office can provide older adults. For that reason, I wanted to focus my latest column in NNC's *Staying Connected* newsletter on this important topic.

Our nation's older adults make enormous contributions to our civic life and to the success and prosperity of our nation. That's why I am committed to ensuring that older adults are treated with respect, that they receive the health care and retirement benefits they have earned and that they continue to have meaningful opportunities to contribute to the workforce.

Here are a few examples of services and resources that my office provides for seniors:

Medicare: As your representative, one of my top priorities is ensuring that older adults can access Medicare benefits. In that effort, my office can help you resolve many issues related to Medicare, such as the Prescription Drug Program. We can also help answer questions about whether you are eligible to receive benefits. Additionally, we can work with the Centers for Medicare & Medicaid Services to inquire about your unpaid claims and we can help low-income older adults receive additional financial assistance through the Maryland Department of Human Resources.

Social Security: I am committed to helping constituents navigate the Social Security application and claims process, which can often be difficult. Some of the issues we can assist with include working with the Social Security Administration (SSA) to gauge the status of your benefits application or to help expedite the application process if you're experiencing serious financial or health-related issues. In addition, we can help clear up confusing letters sent to you by the SSA and we can work with the SSA to correct mistakes regarding your disability or retirement pay.

Internal Revenue Service (IRS): My office can help you navigate many tax-related issues and, if eligible, direct you to free or low-cost tax assistance services. We can also contact the IRS on your behalf to inquire about delayed refunds, answer questions regarding tax penalties and help with repayment plans.

If you need assistance with any of these issues, I encourage you to contact my office in Towson at (410) 832-8890 or contact my office via email at <https://sarbanes.house.gov/contact/email-me>. I look forward to hearing from you.



Staying Connected is a group effort supported by Comprehensive Housing Assistance, Inc. (CHAI) but produced by the community. The views and opinions expressed in *Staying Connected* are those of the original authors and other contributors. These views and opinions do not necessarily represent those of the Supportive Community Network (SCN), CHAI, The Associated and/or their respective staff or any other contributor.

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.

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, or Morgan Gable, 410-500-5313 or email mgable@chaibaltimore.org.

Water Discount Programs for Baltimore City Residents

By Rona Gross, Senior Home Benefits Counselor

Ms. J is an 87-year-old Baltimore city resident and homeowner living on her social security income and benefiting from the services of CHAI's Senior Home Repair program since 1994. Widowed in 1976, Ms. J. has always paid her bills on time, despite living on a fixed income of under \$14,000 a year.

Recently, Ms. J. called, concerned about her now-monthly water bill, which seemed to be higher than usual. Upon reviewing her bill, it was clear that an error had been made by the Department of Public Works and a fee of \$120 had been assessed on her bill from an unknown origin!

Since that call, another Senior Home Repair client called with a similar error on her bill. In addition, a well-publicized mistake occurred this past month when the Department of Public Works (DPW) sent out water bills 2 weeks early. Those bills reflected a smaller amount due since they covered only 2 weeks of usage. However, the next bills would apparently cover 6 weeks of usage to return to the monthly schedule, and would therefore be significantly higher.

DPW clearly continues to struggle not only from a dated infrastruc-

ture in need of significant repair, but from a billing system that is prone to error. Ironically, this comes one year after the adoption of a 3-year plan to increase water and sewer rates by 9-10% each year through FY 19 to correct an error-ridden billing system and an infrastructure in disrepair. There is clearly much work to be done.

To assist low to moderate income seniors and families struggling with this significant increase in cost, the DPW offers several discount programs to eligible city residents.

The first, the **Senior Citizen Water Bill Assistance Program**, is available to any city resident age 65 or older who pays a water bill and lives on an income of \$30,600 or less annually. Those eligible are entitled to a 43% reduction in water and sewer charges by completing a 2-page application and supplying documentation that reflects their income, residence and age.

Another opportunity for eligible individuals to reduce their water bill is the **Hardship Exemption**. This deduction removes both the Chesapeake Bay Restoration Fee and the Maryland Stormwater fee from the water bill. The Bay fee is \$5 per month. The Stormwater fee ranges from slightly over \$3 per month to \$10 per

month, depending on a homeowner's amount of square footage of property that is impervious to rainwater (such as concrete). This exemption is not age-related. Eligibility is limited to individuals who receive Social Security or a public assistance benefit such as energy assistance, food stamps, SSI or medical assistance and have an income below \$21,108 for a one-person household or \$28,416 for a 2-person household.

Lastly, DPW offers a **Low-Income Water Assistance Program** for homeowners who have a turn-off notice, tax sale notice or delinquent bill. Their income must be no more than \$20,598 for a one-person household or \$27,878 for a family of two. The program offers a one-time grant of \$179 with the creation of a payment plan and pledge to adhere to this consistent payment schedule.

Applications for these programs can be obtained in several ways, including calls to 311 or 410-396-5398, online at www.publicworks.baltimorecity.gov, at the Northwest Community Action Center, 3939 Reisterstown Rd or contacting CHAI's Senior Benefits Counselors, Rona Gross, 410-500-5315 or Morgan Gable, 410-500-5313. Applications can be mailed or emailed (DPW.billing@baltimorecity.gov) by either the applicant or by Rona or Morgan. 🗨️

Health & Wellness: Chinese Medicine

By Page Campbell

Forgetfulness and lack of focus grew increasingly worse during my 76th year. I misplaced credit cards, made big mistakes in my checkbook register and had a few automobile mishaps. These types of problems were new to me. As far as I knew, and as far as my physician was concerned, there was nothing available to help with my mental lapses.

At the same time, I had chronic pain in my hips, caused by bursitis. I tried various remedies recommended by my physician (physical therapy, anti-inflammatories, stretching and cortisone shots) to no avail.

This and increasing sciatic pain caused me to seek another avenue of therapy. On the recommendation of a friend, I made an appointment to see a licensed acupuncturist and practitioner of Chinese Medicine, whom I shall call Dr. Z, who teaches at the Maryland

University of Integrative Health. He trained as a neurologist in China and is an expert in Chinese herbal medicine, a science and art handed down through generations of his family.

My treatment started with acupuncture, which I had long avoided due to a fear of pain. However, I found that the needles used in acupuncture are so thin that I felt only momentary or no pain. The accompanying use of moxibustion (or moxa) consisted of burning a stick created from parts of a special herb, mugwort, near my skin. Moxa allows deep heat and a special healing chemical to enter deeply into the body without any burning sensation.

After several rounds of acupuncture, Dr. Z. told me he thought he could help me with a personalized Chinese herbal formula. I agreed and started taking it twice a day, mixed in with cocoa.

Within a few weeks, I noticed my energy growing stronger: I no longer needed a daily nap. My mental fuzziness and lack of focus disappeared and have not returned. The combination of herbs and acupuncture did not relieve the effects of my bursitis, reportedly because the needles cannot reach deep enough, but it did clear up the sciatic pain, and what it did for my mind and general energy level was incredible.

This type of therapy is not covered by Medicare or Medicare supplemental health insurance plans, although acupuncture is covered by some insurance plans. Licensed practitioners of Chinese Medicine belong to the American Association of Acupuncture and Oriental Medicine (AAAOM). Individual members of that organization can be found at state-level websites, such as maryland-acupuncture.org/findanacupuncturist. 🗨️

Healthy Holiday Recipe: Butternut Squash/Carrot Soup

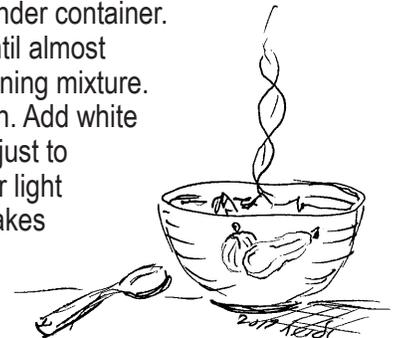
By Ilysa Cohen, Health & Wellness Chair

Looking for a healthy, nutritious and delicious holiday soup? Try this butternut squash/carrot soup. Only 82 calories per 1 cup serving. (*reprinted from www.eatingwell.com*).

- 1 tablespoon butter or margarine
- 3 cups peeled, diced butternut squash (about 1 small squash)
- 2 cups thinly sliced carrots (4 medium carrots)
- ¾ cup thinly sliced leeks or chopped onion
- 2 (14.5 ounce) cans reduced-sodium chicken or vegetable broth
- ¼ teaspoon ground white pepper
- ¼ teaspoon nutmeg
- ¼ cup regular or fat-free half-and-half or light cream (coconut milk can be substituted)
- Fresh tarragon leaves (optional garnish)

Melt butter or margarine in a large saucepan over medium heat. Add squash, carrots and leeks or onion to pan. Cook, covered, for 8 minutes, stirring occasionally. Add broth. Bring to a boil; reduce heat. Simmer, covered, for 25 minutes or until vegetables are very tender.

Place one-third of the squash mixture in a food processor bowl or blender container. Cover; process or blend until almost smooth. Repeat with remaining mixture. Return mixture to saucepan. Add white pepper and nutmeg. Bring just to boiling. Add half-and-half or light cream; heat thoroughly. Makes 6 servings.



Our Agency Friends

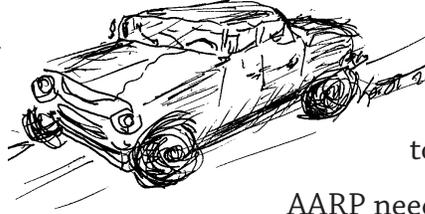
American Association of Retired Persons (AARP) Smart Driver Course *By Miriam Sperling*

I spoke to Rose Hobson, Maryland State volunteer director for the AARP Smart Driver Program about the benefits of taking this course. The cost is \$20 (\$15 for AARP members) and is open to drivers of all ages. Successful completion of the course may provide a multi-year discount on your auto insurance.

The class is offered either online or in a classroom setting. Ms. Hobson has found that taking the course in the classroom provides strong social and education benefits for the participants. People often comment that the social interaction and sharing of experiences enhance the learning opportunity. When teaching the class to seniors,

she often asks them to take a moment to look in the mirror and note the changes in their faces since the age of 18 when they began to drive. Cars, driving regulations and one's own physical ability to drive also have changed.

The course covers research-based safe driving strategies; information about the effects of medications on driving; prevention measures to reduce distracted driving; proper use of regulations governing seatbelts, airbags, anti-locking brakes and modern technologies available in automobiles today; state-specific



rules and regulations in 19 areas, including construction zones, child safety seats, school buses and cellphone use. Included is a discussion of when to stop or limit driving due to changes related to aging.

AARP needs more volunteer instructors to meet the demand for the Smart Driver Course. Anyone interested in volunteering must take the Safe Driver Course as well as AARP volunteer training. For more information, go to www.aarp.org/home-garden/transportation/driver_safety/. Or, call 301-736-1565 or 1-866-542-8163. 📞

The National Fire Prevention Association (NFPA) Fire Prevention for Older Adults

Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be killed or injured by fires compared to the population at large. Take the necessary steps to stay safe.

Keep it low: If you don't live in an apartment building, consider sleeping in a room on the ground floor in order to make emergency escape easier. Make sure that smoke alarms are installed in every sleeping room and outside any sleeping areas. Have a telephone installed where you sleep in case of emergency. When looking for an apartment or high-rise home, look for one with an automatic sprinkler system. Sprinklers can extinguish a home fire in less time that it takes for the fire department to arrive.

Sound the alarm: The majority of fatal fires occur when people are sleeping, and because smoke can put you into a deeper sleep rather than waking you, it's important to have a mechanical early warning of a fire to ensure that you wake up. If anyone in your household is deaf or if your own hearing is diminished, consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency.

Do the drill: Conduct your own, or participate in regular fire drills to make sure you know what to do in the event of a home fire. If you or someone you live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Fire drills are also a good opportunity to make sure that everyone is able to hear and respond to smoke alarms.

Open up: Make sure that you are able to open all doors and windows in your home. (Some apartment and high-rise buildings have windows designed not to open.) If you have security bars on doors or windows, they should have emergency release devices inside so that they can be opened easily. Check to be sure that windows haven't been sealed shut with paint or nailed shut; if they have, arrange for someone to break the seals all around your home or remove the nails.

Stay connected: Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke. 📞

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BALTIMORE AND METRO AREA EMERGENCY ASSISTANCE RESOURCES

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

BALTIMORE CITY

911 Police / Fire / Ambulance

311 Non-emergency and
City Services

Suspicious Activity
1-888-223-0333

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

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

BALTIMORE COUNTY

twitter.com/BACOemergency
410-887-5996

BGE BALTIMORE GAS & ELECTRIC

bge.com

1-877-788-2222
Power Outage

1-800-685-0123
Gas Leak/Downed Power Lines

*https://secure.bge.com/forms/
pages/reportanoutage.aspx*

NEAREST FIRE STATIONS

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

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

NEAREST POLICE STATIONS

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

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

NORTHWEST NEIGHBORHOOD SERVICES

**CHAI Senior Home Repair &
Modification Program**
410-500-5316
Provides minor home repairs
to low-income seniors and
adults with disabilities.

**CHAI Northwest Neighbors
Connecting (NNC)**
410-662-6620
A network of assistance for
seniors living independently
in their homes.

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

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

NORTHWEST CITIZENS PATROL (NWCP)

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

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

NEAREST AMBULANCE

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

NEAREST HOSPITALS AND HEALTH CLINICS

Northwest Hospital
5401 Old Court Rd.
410-521-2200

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

Patient First
10210 Reisterstown Rd.
410-902-6776

Righttime Medical Care
1807 Reisterstown Rd.
888-808-6483

Doctors Express
1860 Reisterstown Rd.
410-484-4044

Poison Control
1-800-222-1222

FOR WEATHER EMERGENCIES OR POWER OUTAGES

**Northwest Community
Action Center:**
3939 Reisterstown Rd.
443-984-1384

Cooling Station: On days
when a Code Red alert is
issued in Baltimore

DRY ICE

AAA Ice
6100 Bel Air Rd.
410-426-1204

Capital Carbonic
404 S. Caton Ave.
410-566-0853

PARTNERSHIPS

**The Associated: Jewish
Community Federation of
Baltimore**
101 W. Mt. Royal Ave.
410-727-4828, *associated.org*

**Weinberg Park Heights
Jewish Community Center**
5700 Park Heights Ave.
410-542-4900, *jcc.org*

Jewish Community Services
5750 Park Heights Ave.
410-466-9200
jcsbaltimore.org



Emergency Preparedness Checklist

Food

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

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

First Aid Kit

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

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

Special Needs

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

Tools and Supplies

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

Sanitation

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

- Disinfectant
- Household chlorine bleach
- Clothing and bedding

Clothing

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

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

Important Family Documents

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

Kit Storage

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

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
- Advocacy support from fellow members
- Opportunities to share your skills and expertise
- Exciting social activities
- Peace of mind
- Enrich your life
- Make a difference

How?

- **To join NNC**, call 410-500-5334 for an application.
- **To join our team of volunteers**, call 410-500-5319.
- **To learn more**, call 410-662-6620 or email NNCinfo@chaibaltimore.org.

What?

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

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.

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.
- **Fit Ladies Always Stay Healthy (FLASH):** Meet bi-monthly to discuss resources for wellness, take part in movement/exercise and discuss living a healthy lifestyle. Men welcome!

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: Groups of members (and non-members) with similar interest meet monthly to socialize, learn and have fun. Call Chava at 410-500-5319 for details.

Monthly Village Gatherings: Meet the 3rd Wed. of the month, from 2:30-4:30 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

SAFE: Stop Abuse of Elders

By Heidi Schloss, NNC Member

Do I Still Feel Safe at Home? Where Is My Money Going? What Will Happen If I Tell?

These are some of the questions that CHANA's SAFE: Stop Abuse of Elders program is all about. For those of you unfamiliar with CHANA, the agency addresses the needs of women, men, children and elders who experience physical, psychological, sexual or financial abuse. It provides crisis intervention, education and consultation, and advocates for community awareness, safety and healing. More recently, CHANA took on the mission of addressing the myriad forms of elder abuse. Jacke Schroeder, MSW, LCSW-C, is SAFE'S program director. A former NNC network coordinator and a long-time friend of mine, it is delightful to feature her in our newsletter!

Jacke and I first met when my daughter was in a B'nai Mitzvah class nearly 20 years ago. Even then, Jacke was giving good advice, speaking to us parents about how we could help our children prepare for that important Jewish "Coming of Age" event.

Now, as Director of SAFE, she provides caring assistance to older adults. The five types of elder abuse are physical, sexual, psychological, financial and neglect. Less than one in fourteen cases of elder abuse is reported to law enforcement!

SAFE addresses its clients' financial well-being, healthy relationships with family and caregivers and physical and emotional

safety. In addition, SAFE recently secured a grant to have a full-time Maryland Legal Aid lawyer and paralegal. With all the concerns regarding scams and their prolific attacks on elders, this has become very important.

Jacke wants us to remember that it can feel good to talk things out with someone; your community cares about its older members; and you have the right to live safely with dignity and without the worry of someone taking advantage of you.

ASK YOURSELF ...

- Is someone treating your body in a way that makes you uncomfortable?
- Do you feel like you are losing control of your money?
- Are you afraid of anyone in your life?

If you answered yes to any of these questions, call 410-234-0030. It is OK to tell. **You have a voice and people will listen.**

FLASH!

Something new is coming to NNC! "FLASH"...Fit Ladies Always Staying Healthy, is an exciting way to explore ways to achieve good health both physically and emotionally! We meet the second and fourth Thursday of each month from 1- 2:30 p.m. All meetings are at Chai, 5809 Park Heights Ave.

P.S. Men are welcome to join us! If you have any questions contact NNC at 410-662-6220 and we will get back to you.

Upcoming Monthly Village Gatherings (MVG)

By Cheryl Cohen, NNC Program Chair

New Date & Time: Starting in December, our meetings will be held on the **3rd Wednesday of the month, at the Myerberg Center, from 2:30-4:30 pm.**

December's meeting will be a "Holiday Get Together!" Food, music and fun! January's MVG will be "All About Us!"...a chance to sit down and discuss where we came from, share past experiences and fond memories. Everyone is asked to bring past pictures of themselves to share. And February's MVG will feature a cooking demonstration by our own Ilysa Cohen!

Circle Updates

By Chava Ball, Village Engagement Director

NNC's Circles have been busy the past couple of months. A tour of Evergreen House, an historic home turned into a museum, was the destination of one group. The tour guide gave many interesting tidbits of history. Our second Circle, "Foodies on the Run," chose the Mari Luna Mexican Grill and the Olive Branch Restaurant as their "eat-out" sites. The food was good and the conversations enlightening. Due to its popularity, this circle has reached its capacity.

Our third Circle, "Encounters," met twice in two different homes and enjoyed animated conversation, celebrated birthdays and shared a pot luck lunch. Please call Chava at 410-500-5319 to join a Circle with available openings or start a new one. 🗨️

Supportive Community Network

Good News! Our Volunteer Program Is Expanding! *By Chava Ball, Village Engagement Director*



Join me in WELCOMING Jackson Hickey, an AmeriCorps Member with Volunteer America! Jackson is our new Volunteer Coordinator. He is a recent graduate of Goucher College and a proud AmeriCorps member. Originally from Townsend, Massachusetts, he has relocated to Baltimore to work at CHAI to improve our volunteer services. Having worked directly with volunteers with the Cheyenne River Youth Project, volunteer work is meaningful to him as a practical way to make local change. The opportunity to work with CHAI in a program that has such great potential for expansion was not an opportunity he could pass up. Jackson has a deep personal connection with those wishing to age in place and hopes to improve the mobility options available to those who make that choice.

In his role as Volunteer Coordinator, it is Jackson's hope to revise and expand CHAI's existing volunteer programs, especially its driving program. As it stands currently, CHAI doesn't always have enough drivers to fulfill its ride requests. This falls short of our goal. As we move forward, our goal is to not only to provide rides for our current requests but to expand our services and better meet the growing demand for rides.

It is our belief that access to transportation is a necessity for seniors in our community. No one should ever have to feel isolated or trapped by a lack of transportation. If you share our belief, please considering joining our commitment to serve our community. As CHAI expands its volunteer services, we need more volunteers to allow us to meet our goals. If you or anyone you know would like to help contribute to our vision, please call Jackson at 410-500-5318 or e-mail him at jhickey@chaibaltimore.org.

Who's Who?



A Visit with Susi Rossman

*By Ellen Carter Cooper,
NNC Member*

Childhood should be a carefree time in a person's life. Can you imagine what it would be like if you were a child who lived in constant fear? This was

Susi Rossman's life. She was born 88 years ago in Eisenach, Germany, often associated with Johann Sebastian Bach and Martin Luther.

Even before the Holocaust, Susi endured insults. She was denied schooling except in the synagogue. The joy of playing outside was denied to her because it was too dangerous. In the midst of this horrible situation there was one German woman who made young Susi feel safe, Oma.

Susi remembers hiding in the attic during Kristallnacht. Since her father had enemies in the town, Oma helped



Susi Rossman

him to escape. He made it to Brussels. Meanwhile Susi and her mother rode the train to the border between Germany and Belgium, left the train, and walked through fields to Belgium. When it was safe, they boarded the train and joined her father in Belgium.

When the Germans attacked Belgium in 1940, the family fled to France, but two years later, the French turned her father over to the Germans. He was sent to Auschwitz and Susi never saw him again. After her father was taken, she and her mother were in danger of being arrested, so her mother placed her in a Catholic convent for safe-keeping. (For more information about Catholics protecting Jewish children, see *Hidden Children of the Holocaust* by Suzanne Vromen.)

In 1944, Belgium was liberated. The horrible episode in the world's history was ended. When asked why the people followed Hitler, Susi responded, "because he promised them a better life."

In 1949, a grown-up Susi arrived in New York with her husband, Mark. They were cautioned to not sign anything unless it was explained to them and to not judge anyone by what he or she wore. Armed with this advice, her husband worked at a factory and Susi began to raise a family.

Baltimore beckoned the Rossmans in 1953, and they eventually raised four children: Carol, Michael, Jo-Anne and Leo. Susi settled into her role as a mother. She volunteered in their schools and was very involved in their lives.

In 1967, the Rossman family moved to Randallstown and Susi attended

continued on p. 13



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.

2nd & 4th Thurs., **FLASH—Fit Ladies Always Stay Healthy**
 1-2:30 p.m., CHAI

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

3rd Wed. of month, **NNC Monthly Village Gathering**
 2:30-4:30 p.m., Myerberg Center,
 3101 Fallstaff Rd.

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

Target, Walmart or Toys R Us. Donations may be dropped off during normal business hours at either JCS location - 5750 Park Heights Ave. or 3506 Gwynnbrook Ave. The JCS Toy Drive benefits families receiving assistance from JCS who may not otherwise be able to bring the warmth of the holidays to their children. For more information, call 410-466-9200.

MYERBERG CENTER PROGRAMS 3101 FALLSTAFF RD 410-358-6856

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

FITNESS CENTER

Sun.: 9 a.m. – 1 p.m.
Mon.-Thurs: 7:30 a.m. – 8 p.m.
Fri.: 7:30 a.m. – 1 p.m.

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

ART CLASSES

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

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.

Dec. 7, Barbara Blumberg, Educator, "Anti-Semitism in the Supreme Court"

Jan. 4, Nathan Finney, Chef. Enjoy learning new recipes while sampling cuisine created by the Chef

Feb. 1, Rabbi Ariel Greenberg Platt, "Witches/Sorcerers in the Talmud"

\$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 and for January & February speakers. Must be a Myerberg Center member to attend.

Dec. 5, Steven Seidel, "Opioids and Seniors"

Dec. 12, 300 Years of Ship Building (Baltimore Museum of Industry)

Dec. 19, Steven Maged, "Jews in WWI & WWII"

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

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

COMMUNITY PROGRAMS

Do a good deed

The Jewish Community Services (JCS) Toy Drive will take place from Mon., Nov 13-Tues., Jan. 2. Donations of new, unwrapped toys, books, and crafts for children of all ages are welcome, as are gift cards of \$10 or less from stores like

SUPPORTIVE SERVICES

Jewish Community Services (JCS)

410-466-9200 / www.jcsbaltimore.org

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

Jewish Legal Services (JLS) Clinic

2nd 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.

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.

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 for more information.

COME AND MEET YOUR NEIGHBORS

Cheswolde: Wed., 12/6, 1/3 & 2/7, 7:30 p.m., Falls Village Apartments Community Hall

President: Ronnie Rosenbluth, 410-358-5238, Ronnie@tovpizza.com
Dues: \$20/year

Cross Country: Tues., 12/12, 1/9 & 2/13, 7:30 p.m., CHAI, 5809 Park Heights Ave.

President: Avraham Sauer, avraham.sauer@gmail.com
Dues: \$10/year

Glen: Wed., 11/28, 12/27 & 1/24, 7:00 p.m. JCC, 5700 Park Heights Ave.

President: Maxine Webb, getcaughtintheweb@gmail.com
Dues: \$15/year

Fallstaff: Thurs., 12/7, 1/4 & 2/1, 7:00 p.m., Fallstaff Elementary School

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

Mount Washington: Tues., 12/12, 1/9 & 2/13, 7:30 p.m., The Wesley, 2211 West Rogers Ave.

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

SPECIAL DAYS

Dec. 1 – Mawlid an-Nabi (Prophet's birthday)

Dec. 12 – Chanukah begins, first candle

Dec. 13-20 – Chanukah

Dec. 21 – First day of winter

Dec. 24 – Christmas Eve (Sunday)

Dec. 25 – Christmas Day (Monday)

Dec. 26 – Kwanzaa begins

Dec. 31 – New Year's Eve (Sunday)

Jan. 1 – New Year's Day (Monday)

Jan. 15 – Martin Luther King Jr. Day

Feb. 2 – Ground Hog Day

Feb. 14 – Ash Wednesday, Valentine's Day

Feb. 19 – President's Day

Feb. 28 – Fast of Esther, Megillah reading

Mar. 1 – Purim

Who's Who Rossman continued from p. 11

Strayer Business School where she studied bookkeeping. After graduation, she landed a job in customer service at Sun Life of America and worked there until her retirement.

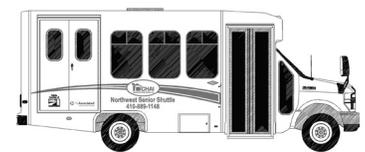
These days, Susi lives in her Pikesville apartment surrounded by her husband's paintings and enjoying her children and grandchildren. Her life has taught her: "Don't be a bully; All good people are the same; [and] Do not treat people differently who are different from you." 🐾

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.

SHUTTLE TRIPS FOR NNC MEMBERS

Check your mail or email for the latest schedule for CHAI's Northwest Senior Shuttle. It will give you times and destinations for the coming months. Also, take a look below to see the exciting NNC trip planned for this winter. 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. **To reserve a seat on the shuttle for these trips, please call NNC at 410-662-6620 as soon as possible.**

OUT ON THE TOWN WITH NNC

The Jewish Museum of Maryland

Wednesday, January 10, 2018

Located in downtown Baltimore, a few blocks from the Inner Harbor, the Jewish Museum of Maryland (JMM) is America's leading museum of regional Jewish history, culture and community. Visitors can uncover the roots of Jewish history in its landmark historic sites – the Lloyd Street Synagogue, built in 1948, and B'nai Israel Synagogue, built in 1976 and still home to a vibrant congregation. The Museum campus includes three exhibition galleries featuring fascinating and diverse exhibitions that explore the Jewish American experience in depth.

We will have the chance to see *Discovery and Recovery: Preserving Iraqi Jewish Heritage*, an exhibit

that details the dramatic recovery of historic materials relating to the Jewish community in Iraq from a flooded basement in Saddam Hussein's intelligence headquarters, and the National Archives' ongoing work in support of U.S. Government efforts to preserve these materials. In both English and Arabic, the 2,000 square foot exhibit features 23 recovered items and a "behind the scenes" video of the fascinating yet painstaking preservation process. This exhibit was created by the National Archives and Records Administration, with generous support from the U.S. Department of State.

Display highlights include: a Hebrew Bible with Commentaries from 1568 – one of the oldest books in the trove; a Babylonian Talmud from 1793; a Torah scroll fragment from Genesis; an official 1917 letter to the Chief Rabbi



regarding a request to allow Jewish prisoners to attend worship for Rosh Hashanah (the Jewish New Year); materials from Jewish schools in Baghdad, including exam grades and a letter to the College Entrance Examination Board in Princeton regarding SAT scores; a Haggadah (Passover script) from 1902, hand lettered and decorated by an Iraqi Jewish youth; and a lunar calendar in both Hebrew and Arabic from the Jewish year 5732 (1971-1972) – one of the last examples of Hebrew printing produced in Baghdad.

Bring your lunch to eat at the museum or go with the group to Attman's Deli. 🍷



At the Maryland Historical Society



Ruth Saperstein at the Rawlings Conservatory



At Sabatino's in Little Italy

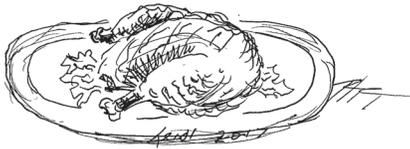


Wordshop is your chance to share your creativity and inner thoughts with the community. Send your poems, jokes and stories to Northwest Neighbors Connecting, care of Eileen Creeger at ecreeger@chaibaltimore.org or 5809 Park Heights Ave., Baltimore, MD 21215. We would love to hear from you.

In Jest

By Barbara Fox

Thanksgiving at our house
Means turkey, crisp and brown.
Pumpkin pie, broccoli,
Creamed potatoes in a mound.
Cranberries
Sparkling rubies in a bowl
Tiny onions in a special sauce
(Sometimes eaten whole).
I love Thanksgiving and
When Louis carves the juicy meat
He says, "Barbara gets the tail and wings;
Rebecca gets the feet."
Then I say "I'm glad to be American
With such good food to eat!"



At the Zoo

(with apologies to Simon & Garfunkle)

By Eileen Creeger, NNC Member

When I was a young girl
Sunday meant a trip to the zoo.
Just me and my father
Not my sisters—only us two.

The admission was free
Lush & safe was Druid Hill Park
I remember it well
Our visits were such a lark.

When my kids were little
I relished taking them
Yes; it cost a bit to get in
But our memories are gems.

The bears were on the left
The monkeys up the hill
You could hear them screeching
Their voices oh so shrill.

A tiger paced in its cage
The elephants were housed very near
The polar bears were swimming
And, the prairie dogs—oh so dear!

The zoo I remember
I fear, alas, is no more
Admission is outrageous.
Oh, I long for the days of yore.

Now when entering on the right
What first meets the eye?
A large overstocked gift shop
"Daddy, something for me
please buy!"



One takes a long
journey
Down a path on the
left
Where are the
animals I ask?

My four-legged friends are bereft.

Finally, a colorful parrot
Some penguins having a swim
But the polar bears—where are they?
I just can't seem to win!

A white rhino, a cheetah
The chimps and a gazelle
But where are the hippos
From my youth, prey tell?

The elephants munch on hay for us
The giraffes perform on cue
But the porcupine is hiding
And the zebras are not in view.

Oh where oh where
Is the zoo of my youth?
Animals aplenty in their cages
Sigh. That zoo is considered uncouth.

Oh new zoo--politically correct
Though you may be
I sure miss my old zoo
The one that was special to me. 🐾

BIRTHDAY

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

December

- 1 Cheryl Cohen
Florence Lefkin
- 3 Dorothy Komarow
Dorothy Taylor
- 7 Evelyn Goldman
- 8 Shoshana Harris
- 9 Betty Hunter
Larry Malvin
Rosalie Weintzweig
Rosalie Cosgriff
- 11 Maurice Levie
- 12 Adele Schmell
- 13 Barbara Landsman
Toby Jaffe
- 14 Dorothy Lieberwitz
- 17 Barbara Barr
Gloria Klein
Judith Sykes
- 20 Carmelita Wilson
- 24 Sara Rosenthal
- 29 Barbara Ravitz

January

- 3 Susan Russell
- 4 Ruth Hoffman
- 6 Rivka Elling
- 9 Susie Wheeler
- 12 Jeanne White
- 17 Veronica Fullwood
- 20 Sarah Leah Howe
- 23 Robert Abedon
- 29 Barbara Setzer
Hinda Sokolow

February

- 3 Mindy File
- 9 Ronald Hunter
- 12 Marilyn May
- 17 Ofelia Apter
- 23 Tracey Stulman

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 Fulwood
Shoshana Harris
Sheila Mentz
Sidney Rankin
Heidi Schloss
Miriam Sperling



ISSUE 25 | WINTER 2017

NNC's Lunch & A Movie*

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

Dec. – No movie. CHAI closed for Christmas holiday.

Jan. 29 – “The Note” – Newspaper columnist Peyton MacGruder (Genie Francis) finds a note addressed simply to ‘T’, washed up on shore. It appears to be from the victim of a recent plane crash, and carries a message of hope and forgiveness from a father to his child. MacGruder’s readership is down on her column (called “Heart Healer”), and the paper is going to dump it unless she starts to write from the heart. Inspired, MacGruder decides to find the intended recipient of the note, all the while logging her journey through her article. As the mystery unfolds, the note affects each person she contacts significantly. Stars Genie Francis and Ted McGinley.

Feb. 26 – “Taking a Chance on Love – The Note II” – A columnist still haunted by her past mistakes hesitates to accept the love of a good man until one of her loyal readers offers some sage advice. Peyton MacGruder (Genie Francis) may have all the answers for everyone else, but when it comes to her own love life she simply can’t commit to the man she loves (Ted McGinley). When a reader warns Peyton not to deny her own passion, the sleuthing columnist discovers that her adviser was involved in a doomed romance. But if there’s still hope for her reader, perhaps there’s still hope for Peyton as well.

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

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