



Staying CONNECTED

Looking Ahead Together: A Message from Your Co-Presidents

*By Ilysa Cohen & Sharie Blum,
Co-Presidents, NNC Board*

Dear NNC Members,

As your co-presidents, we're excited to welcome you into what promises to be an engaging and energizing year for our NNC community. Sharie and I are committed to building on the strong foundation that so many dedicated members have created over the years.

Strengthening Community Through Village Gatherings: One of our main focuses this year is deepening the sense of connection and belonging among our members—and there's no better place for that than at our once-a-month "Village Gatherings." These events are at the heart of what makes NNC special: warm conversations, mutual support, shared learning and laughter. Whether you've attended regularly or are thinking about joining for the first time, we encourage you to come.

Here's a glimpse of what's ahead:

Monthly Village Gatherings; Our Gatherings feature guest speakers, timely topics and interactive discussions. We'll be announcing specific dates and topics soon—stay tuned!

Working as a Team of Two! Serving as co-presidents allows us to bring different strengths and

perspectives to the Board, while also sharing the workload in a thoughtful, collaborative way. We're learning from one another and leaning into a style of leadership that reflects the values of NNC: mutual respect, shared responsibility and community care.

Opportunities & Challenges: Like any community organization, we'll be navigating a mix of opportunities and challenges this year:

- Continuing to grow our membership while staying personal and inclusive
- Keeping programs vibrant and responsive to members' interests
- Ensuring we have the volunteers and resources needed to support our mission

We're confident that with your input, energy and support, we'll meet those challenges and move forward with clarity and strength.

Join Us! We invite you to be part of shaping this next year—come to a Gathering, join a committee or simply reach out to share your ideas. This is your Village, and together we make it thrive.

— With appreciation, Ilysa & Sharie 🍷

What's Happening at Pimlico: Your Neighborhood Update

By Emily Raines, Executive Office Manager, CHAI

Good news, neighbors! The Pimlico Community Advisory Board (PCAB) held its very first public meeting on July 15th, and we've got some exciting updates about the big changes coming to our historic racetrack.

Here's what you need to know about this \$500 million makeover that's going to give us a brand-new Pimlico by 2027!

When Will All the Construction Happen?

Once this year's racing season wraps up, multiple demolition crews will get to work, finishing up by mid-November 2025. Then it's full steam ahead on construction through May 2027--just in time for the Preakness! The crews will be busy from 7 a.m. to 7 p.m., Monday through Friday, and yes, they'll probably need some Saturdays, too, to stay on schedule.

How Will This Affect Our Daily Lives?

The project team is really trying to be good neighbors. Construction workers will park on-site in the Rogers Avenue lots (not on our streets!), and all those big

delivery trucks will stick to the official city routes via Northern Parkway. They will need to do some utility work on Queensberry Ave., Belvedere Ave., Winner Ave., and Rogers Ave., but they're still working out exactly when. PCAB plans to send updates at least a month in advance via their newsletter. Find out how to get the newsletter at the end of this article!

The good news? They've already put out over 600 rodent control stations in June to tackle any pest issues, and they're planning to use special wet methods when tearing down buildings to keep the dust down.

What About Jobs and History?

PCAB is committed to hiring locally--especially folks from our 21215 zip code--and they want 35% of the business to go to minority-owned companies. Plus, they're working with the Maryland Historical Trust to save important artifacts and create a museum exhibit about Pimlico's amazing racing history.



What's Coming Besides the Track?

The \$500 million budget is just for the racetrack and training facility. There are plans for retail, hotels and other fun stuff, but those spaces are still up for grabs by private developers.

Stay in the Loop

PCAB sends out monthly newsletters with the latest construction news, traffic updates and job opportunities. For more details and meeting updates, be sure to check out www.thepcab.org—that's your go-to spot for staying connected! 🐾

CHAIway My Way Update

By Jeffrey Arenberg,
CHAIway Program Manager

CHAIway My Way provides volunteer based localized transportation for the older adult population in the Northwest Baltimore area.

Volunteer driver opportunities are open to anyone 25 years or over who would like to assist older adults with their transportation needs. Most of our riders use the CHAIway transportation service to attend doctors appointments and to pick up medicine from the pharmacy. Some use it for shopping and social outings.

There is no standard obligation or expected number of rides that a volunteer must provide; it is totally up to the driver how regularly they would like to drive. If anyone is interested, please contact me at jarenberg@chaibaltimore.org, 410-500-5498, or the CHAI office, 410-500-5300 for more information. See our ad on page 15.

Taste of Northwest

By Shoshana Harris, NNC Member

On a cloudless day with low humidity (amazing for August!), the 4th annual Taste of Northwest event took place on August 10th from 2-7 p.m., at the Pikesville Armory.

Over the years, word has gotten out about the fun that waits in store, and this year's crowd was the largest yet. More than 600 eventgoers had a wide variety of activities and food vendors to choose from. In typical Baltimore style, people sat in lawn chairs to enjoy music by the 8 Ohms Band. Rubens, Rae's Kitchen, Yesh Hummus and Rita's Italian Ice supplied delicious food. Ybi African apparel presented an entertaining fashion show. Talented artisans displayed their crafts, and many local non-profits had a chance to showcase their organizations. Children's activities were sponsored by the Jewish Community Center (JCC) of Greater Baltimore, At the House, Inc. and The School of Rock Pikesville. Last but not least, Farmer Chippy and his

dedicated team of farmers from Plantation Park Heights Urban Farm gave away free produce. Just as importantly, they let eventgoers know about their noble mission of providing "sustainable agriculture, community engagement and environmental stewardship" to local Baltimoreans.

As in the past, NNC had a table staffed by several volunteers: Sherrie Cohen, Susan Russell, Cronshi Englander, Heidi Schloss and Roz Griffin. Annie Shimanovich, NNC's Aging in Community Program Director and Rev. Arnold Howard, NNC Board President Emeritus, also helped promote the many benefits of being an NNC member to those who stopped by our booth. When Judy G learned about the variety of NNC activities offered each month, she joined on the spot!

But best of all, the festival provided opportunities for people from all over Northwest Baltimore to connect, interact and foster a

deeper sense of community. Social worker Miriam F expressed it well by labeling the Taste of Northwest a "social worker's dream."

The Taste of Northwest was made possible by the Northwest Baltimore Partnership (NWBP), a coalition of community associations, nonprofit organizations, businesses, government agencies and faith-based institutions working collaboratively to strengthen northwest Baltimore from Park Circle to Pikesville. We hope to see you at the 2026 event! 🍷



General Gut Health & Colon Cancer Screening—A SPIRIT Program*



By Eileen B. Creeger, NNC member

(*Presented in July, this program is funded by the Orthodox Union, which offers virtual programs of interest to the 60+ demographic through SPIRIT: Stimulating Program Initiative for Retirees that Inspires Thought.)

(Ed: This is a summary of Dr. Fisher's talk in July. If you have any questions or concerns about the medical issues discussed here, please contact your physician.)

Dr. Constantine Fisher, M.D. is a board-certified Internal Medicine physician specializing in Gastroenterology. He practices at New York-Presbyterian Medical Group Queens located in Fresh Meadows, New York. He shared the statistic that 1 out of 10 individuals in the U.S., about 70 million people, have a gastrointestinal (GI) problem. As a country we spend \$130 billion a year on GI-related medical issues. Dr. Fisher then proceeded to discuss five areas of "gut health."

Constipation is described as stool that is too hard, small, difficult and/or infrequent. It is caused by several factors, such as diabetes, pregnancy, medication, thyroid problems, dehydration and Parkinson Disease.

Dr. Fisher advises patients to increase their fiber, limit fatty foods (the gut has a hard time breaking them down), drink lots of water (2 liters per day), exercise and surprisingly, increase the height of your knees when sitting on the toilet. (He suggested Squatty Potty or a similar stool – www.squattypotty.com). And importantly, don't sit on the toilet to read or use your phone!

What does one do if none of the above work? There are several types of laxatives that might help: bulk forming ones (Metamucil); osmotic (Miralax); stimulant (Dulcolax); stool softener (Colace).

But, you need to seek immediate medical attention if you experience one of these "alarm" symptoms:

- Sudden and persistent change in bowel habits
- Abdominal pain
- Blood in the stool
- Unexpected weight loss
- Unexpected fever
- Constant fatigue – all the time

Hemorrhoids are *normal* internal and external vascular structures that everyone has. These blood vessels can swell, and the external ones can be painful. Hemorrhoids are caused by excessive sitting, being overweight/obese, pregnancy, straining and development of a tumor.

In general, increasing dietary fiber, limiting fatty foods, drinking more water and exercising help manage them. Dr. Fisher also recommended sitz baths, creams, and in extreme cases, rubber band ligation. He cautioned the overuse of Preparation H. It has a rebound effect and should only be used for 2-3 days.

The alarm symptoms – when to notify your physician – are similar to the ones for constipation.

Reflux occurs when gastric juices come up into the esophagus. It's normal for a small amount of gastric juice to enter the esophagus.

But, when the sphincter muscle that controls the gastric juices relaxes too much, too much acid comes up. This causes discomfort, and the diagnosis might be gastroesophageal reflux disease (GERD). Triggers include:

- Smoking
- Excess tea, coffee, colas, chocolate and alcohol
- Tomato products and garlic
- Sugary foods
- Hiatal hernia (when part of the stomach bulges up into the chest cavity through an opening in the diaphragm called the hiatus)

Reflux can be controlled by elevating one's head when sleeping, eating slowly, chewing thoroughly, avoiding trigger foods and not lying down after eating (Dr. Fisher recommends waiting at least 90 minutes to recline or lie down after a meal). If these don't work, contact your GI physician, who might recommend medication.

Dyspepsia, aka indigestion.

Dyspepsia is a common symptom seen in about 20% of the U.S. population. It is caused by too much acid production, cancer and/or medications (too much aspirin, Aleve or Motrin). Most patients do not seek treatment but should if dyspepsia is having a substantial impact on the patient's quality of life.

Symptoms include fullness, bloating, pain and a burning sensation. Alarm symptoms include abdominal pain, blood in the stool, unwanted weight loss, unexplained fever and persistent fatigue. Seek medical attention if you have any of these alarm symptoms.

Colon Cancer Screening. Colon cancer is the most common cancer in the U.S. and is very often preventable. Who is at risk? Certainly, those over 70, but 93% of colon cancers occur in patients over 50. An unhealthy diet and a sedentary lifestyle are increasing the chances of colon cancer in this country. Therefore, the recommended age for one's first colonoscopy has been lowered from age 50 to 45.

The average risk factor for most people is age. **But**, individuals with two or more 1st degree relatives having colon cancer and those with a personal history of uterine or ovarian cancer, as well as a history of adenoma, are at high risk. (Adenoma is a benign tumor that originates in epithelial tissue, often in glands or gland-like structures.)

Colon cancer symptoms include:

- Rectal bleeding (most common)
- Abdominal pain and/or aching
- Change in bowel habits
- Weight loss
- And sometimes, no symptoms!

Decreasing the chances of colon cancer include regular colonoscopies (frequency should be determined by your physician), low-fat diet, exercise, healthy weight and smoke cessation.

Dr. Fisher strongly recommends colonoscopy as the best way to screen patients for colon cancer. The screening identifies polyps and gets them out before they become cancerous.

The Zoom ended with some questions and answers:

1. When can one stop getting a colonoscopy? Patients with an average (regular) risk factor can usually stop screening at age 75 or greater. Another determination is if the patient has 10 years or less in their life span.
2. How often do I need to get a colonoscopy? Those with average risk factors should have one every 10 years. Those who have higher risk factors are advised to have them more often (usually every 3-5 years). *Discuss this with your physician.*
3. How many colonoscopies go wrong? Less than 1% of procedures result in complications (bleeding, perforation and/or reaction to sedation).

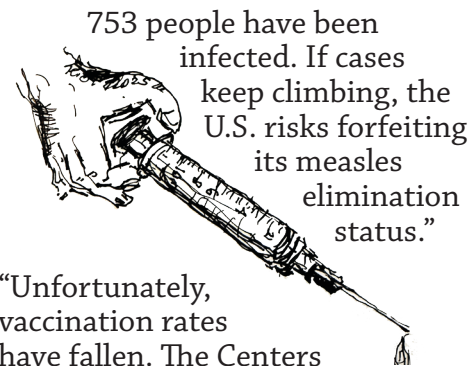
Measles (Rubella), Part 2

By Eileen B. Creeger, NNC member

In our Summer issue, NNC member Rosalind Griffin wrote about her family's experience with measles, which had a huge impact on her family. Unfortunately, measles is a serious disease that is making a comeback.

Dr. Leana Wen, M.D., former Commissioner of the Baltimore City Health Department, has spoken out about this comeback. She currently serves as a public health professor at George Washington University and is a nonresident senior fellow at the Brookings Institution. She is a columnist for The Washington Post and a medical analyst for CNN.

Dr. Wen's July column in The Washington Post discussed the gravity of measles and its resurgence in the U.S. She wrote, "So far this year, 1,288 measles cases have been confirmed. In Texas, the epicenter of the largest outbreak,



"Unfortunately, vaccination rates have fallen. The Centers for Disease Control and Prevention reports that in 14 states, less than 90% of kindergarten-age children have received the recommended two doses of the measles, mumps and rubella (MMR) vaccine. Many communities have significantly lower rates."

Why should seniors be concerned about childhood diseases? According to Dr. Wen, "the elderly and people with underlying medical conditions — the same groups that bore the brunt of isolation during the COVID-19 pandemic — might have to resume

precautions to guard against a disease that should be a relic of the past."

Whether or not to be vaccinated for viral diseases is a controversial topic. As we approach the upcoming "disease season" of flu, Covid, viral pneumonia and RSV, please discuss your options with your physician. 🗨️

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

Neighbors in the Know

Ten Commandments for Seniors

By Joyce Wolpert, Senior Advocate

1. “If I am not for myself, who will be for me?” A Jewish sage posed this question centuries ago. With the avalanche of advice, including many plausible ideas from our providers, our caring friends, AARP, Web MD, etc., it is *ALWAYS* up to each of us how we choose to live. At the same time, we need to be aware that every choice has consequences.

2. “If I am only for myself, who am I?” This was the sage’s next query. As facile as it is to become consumed with one’s ever-increasing needs, involvement with others needs to be part of the picture to ensure a life of balance and decreased isolation. Sometimes we fear getting embroiled in another’s mega-needs. We must assess our energy and find the truest mix of give and take. We must also acknowledge that giving can help create energy, not deplete us.

3. “If not now, when?” This is the sage’s final comment. Now, a pertinent Yiddish phrase translated to “*Man plans, God laughs*” describes the seniors’ plight. The same way we don’t buy green bananas, planning for the future has its sobering limits. We’re alive today, and now is when we want to actualize our best life.

4. Every moment is a choice toward health or away from it. There are many things in life beyond our control, but if we can be mindful of our moment-by-moment choices, then we may feel we have some agency over our well-being. This combats our head drumming, “Oh well, you’re getting older; that’s just the way things are.”

5. Movement is a birthright.

While we may work out at the gym, attend exercise class and take walks, on-going movement is not an aside; it is integral to our fully embodying life. Our bodies were born to move however we can and regularly. Suppose every time we stood up from a chair we grounded our feet and legs, stretching our upper body? Suppose we did deep belly breath throughout the day, not just for yoga? When other senses dim, movement, even micro-movement, can carry us through.

6. “Friends are like Gold; find new ones but keep the old.” As some people in our lives pull away physically and/or emotionally, it is vital to keep connections. Even though we may not be actively involved with those people, sharing positive memories with fellow experiencers can really spark the spirit. Conventional thought says it’s hard to make friends when older, yet we still need to reach out and maybe revamp our childhood notion of finding a “best friend.” A new friend now may be someone we talk to in the gym or someone we chat with in the grocery store. Pleasant human interactions stir up hormones that soothe us with comfort and belonging.

7. “Imagine replacing the pressure to remember with the freedom to imagine.”

This is from storyteller and drama director, Anne Basting. Are we going to allow “finding the right answer” to keep us from fully participating in life? Anyone can get the standard word from artificial intelligence (AI); your word may be more descriptive of how you actually see things. Your painting may show more of the world you inhabit and your dance a continued unfolding of your life journey. We have the right to



be who we are and how we are and to seek the company of those who truly value us.

8. We will all need some care at some point.

Many of us have helped care for parents, spouses, children, friends. As we live longer, even with sterling health habits, for safety’s sake, we will need some help. The wise senior will admit this *BEFORE* things get to crisis stage. No number of sad stories could detail all the seniors who could have survived *IF* they had gotten help in time. Caregiving does not always mean going to a facility; it may mean identifying resources in your community that can help in your home or as you go about your daily activities. Now is the time to research what is available. Wise caregiving operates on a continuum; it is not all or nothing.

9. Groundhog Day only exists in the movies. True, the sun rises and falls every day whether we see it or not. Yet each day embodies its own precious existence. With each day, each moment being unique, we continually have the opportunity to learn more about the world and ourselves. Lifelong learning and discovery are mantras that can keep the blood in our veins flowing.

10. You do not have to hold onto hurt forever. Every one of us has been hurt, some in traumatic ways that feel indelible. Whether or not we choose to forgive the person who may be very deserving of our wrath is a choice each one of us can decide upon. Yet there are methods—through therapy, the expressive arts, and spiritual processes—that can help us reshape the form, the weight, and the psychic impact of this molten

nugget stuck inside. Leaving it to solidly fester robs us of our energy and ability to be fully operational. This may be the ultimate task of using our developed resources and wisdom to work through oppression and approach the end of our lives not feeling victimized.

And one more....

We die as we live--or maybe not. We may have been known for our stubborn traits—"my way or the highway." Or, we may have been someone who catered to others rather than advocating for ourselves. Either way, we may have accepted that our personality was set, and that was that. Yet, we might decide on a different path as we wind down our time in life. We could find ways to admit the views of others or to be more certain of our own wishes. As we inch closer to a life transition, we might enter a space we did not know was there.

I Bought a New Honda—The Rest of The Story

By Rosalind Griffin, LCSW-C, NNC Member

I didn't plan on buying a new car, nor was I prepared for the outcome following the purchase, which began with my old car's dashboard red-light alert.

My 2007 Honda Accord started instantly. But, the red check engine light continued to shine brightly while I drove. Following the manufacturer's owner's manual, I stopped and tightened the gas cap. The light turned off, only to reappear a few days later. My anxiety heightened, foreshadowing a severe, costly problem. I didn't have a warranty such as those advertised in mailers and television ads. I would be responsible for the repairs.

My thoughts were racing when I scheduled an appointment with

my trusted mechanic. His shop is tucked away on a tree-covered side street among residential and commercial buildings. I described the problem, suggesting it could be the catalytic converter. Online research estimated the cost for replacement and labor of the catalytic converter could reach \$2,000, which might have exceeded my car's market value. My mechanic cautioned me to reserve judgment until diagnostic tests were performed.

The diagnostic findings were a rusted tail pipe and a detached muffler, costing almost \$1,000 to replace. I wondered, "How long have I been spewing carbon dioxide into the atmosphere?" The price was certainly less than buying another car, and I could charge it. I used CHAIway for transportation while the car was in the shop.

The problem with red light was gone. A few days later, the red light reappeared, and tightening the gas cap didn't help. Oh no! The telephone consultation with my mechanic was tense, and he seemed annoyed with my questioning his suggestion that I could drive safely with the red light shining in my face. Admitting he had no explanation for the persistent red light, he offered to conduct additional tests for a minimal fee of \$250, labor only, with no consideration of the cost for parts. My answer was a no brainer considering my car's highest market Blue Book value was \$3,000.

My car's market value solidified my decision to purchase a newer car. Initially, I intended to buy a previously owned/used car, but the used models I desired were almost the same price as new cars. Because of the anticipated higher tariffs, competition for used cars had soared. So, a new car it would be!

After consulting Consumer Reports and AAA, I selected the True Car buying service that contracts car

dealerships to sell cars at negotiated prices. Hence, there is no haggling or games played by dealers. The dealers may offer additional packages but must adhere to the package outlined by True Car if the buyer prefers the selected offer.

Two Honda dealerships contacted me, and I went to both. One dealer restricted a test drive to its parking lot. The salesman at the other dealership reviewed my driver's license and insurance documents and permitted me to drive on the street unsupervised. When the first dealer representative inquired about my reasons for my choice, I didn't reply.

For the purchase, I obtained a loan from my credit union. My down payment had been saved and my automobile insurer was consulted and coverage approved. Hopefully, this is the last car I will buy. Significantly, I beat the higher tariffs.

Most of the neighbors on my block recognized I had a new car and congratulated me. The old buggy was showing its wear with rusty spots, scratches and dents on its exterior and with dangling rubber sealing from both rear side windows. I am still getting accustomed to keyless entry and starting, automatic lights, cameras and phoning hands free from the dashboard.

Out of the blue I began to receive a series of letters from the Maryland Vehicle Administration (MVA) demanding insurance verification for the automobile. The letters warned that continuing to drive uninsured would incur suspension of my license tags and a fine of at least \$200 daily. Finally, I was ordered to turn in my license tags, and the fine was invoked. Defiantly, I continued to drive and did not return my license plates. After all, I had a vehicle registration and an insurance card verifying my right

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to drive. I have no idea how I would have reacted if pulled over by the police. Then, the case was closed by the MVA without any explanation.

The reason for these letters is now clear. However, the truth of how the correction was made is unclear.

A representative from the dealership called me on June 18, 2025, informing me a mistake had been made between the car reportedly sold to me and the car delivered to me at the time of the sale. These were two different cars with different VIN numbers. I was stunned! And, I was angry, being asked to relinquish a car that I had been driving for three months and had finally adjusted to.

According to the sales associate, the transaction was a mistake that sometimes occurs. I was told the error was discovered by the MVA. I do not believe that explanation. It is a lie that is bolstered by a recent conversation with my credit union representative who reported being aware of these dealership switches. The dealer insisted on exchanging the cars and offered a free oil change, but I bargained for a set of rubberized floor mats. Though received, I remain dissatisfied.

My dissatisfaction with the deception and fraud is impelling me to file complaints with the Maryland State's Attorney's Office, the Maryland Better Business Bureau and to write the head of the MVA. My case has disappeared from the files. I have all my documents in order, which I intend to present to prove my point.

I wonder about the integrity of those involved in this scheme. My questions are: Was the sale made intentionally? How did my age and being female factor into the actions? Did the MVA collude with the dealership? Why did my case disappear without the MVA informing me about the switch?

I hope this situation reminds me to maintain vigilance when making major purchases. I hope readers will also practice caution.

The red light must glow toward some human beings as well for self-protection from fraudulent actors.

Mike Schneider— Super Volunteer Handyman and Person

By Rosalind Griffin, LCSW-C, NNC Member

Mike Schneider has become an essential person who supports my remaining independence by performing tasks competently and affably. His assistance with assembling my cages to deter deer from eating my vegetables has allowed me to maintain my front yard garden. His eye for reading directions from diagrams that have no text is amazing. He smiles at my vertical challenges and has cautioned me about climbing ladders to water hanging plants or change light bulbs. When I asked him to replace flood lights, he knew about a permanent replacement that shut out the drafts and a test kit at Lowe's. The picture was invaluable when I went to make the purchase.

Not only does Mike ask about the tasks I wish to have completed, but he also anticipates tasks, such as replacing the furnace filter. I told him according to my service contract the serviceman was supposed to take care of this. However, next time will be his turn. He also noticed that my kitchen bar stools needed recovering. He saved me at least \$100 per stool. When I asked him to diagnose the problem with my battery powered drill, he told me he was certain I had the charger because he had seen my storage box containing chargers and

manuals. Regarding these tools and small devices, I tell him how I obtained most of them with credit card rewards. He just smiles at what I think is my ingenuity.

This leads me to recognize how he sets boundaries and his awareness of his limitations. For example, I want to help him rather than observe. Sometimes, I get in his way, and he has told me he will let me know when I can help. He did need me to hold up poles when he was assembling cages or moving bottles from beneath the bathroom sink when he replaced the faucet. Now, I ask him to call me when I am needed. When requested to replace a blind onto a newly hung door, he declined, stating he did not wish to damage the door. However, I would have trusted him to hang the blinds.

Mike is a someone I trust and respect with this volunteer undertaking. He knows how to engage my humanity while he assists me with my needs for small repairs. I want the NNC community to not only be aware of his handyman abilities and performance, but also his relationship maintenance actions. I salute his accomplishments. 🍷

In Memory of Selma Sobelman

By Joyce Wolpert, Senior Advocate

Selma Sobelman, 93, an NNC member for the past few months, died in August. She and her son were neighbors of mine in Windsor House for many years.

Selma was a kind and empathic person with understated talents. She loved life and nurtured people and plants. Selma's husband died 31 years ago. They had four children, four grandchildren and three great-grandchildren.

TIPS & TRICKS:

Cable vs. Roku: A Comparison for Senior Adults

By CHATgpt, an artificial intelligence (AI) program (but edited by a human)

What Are They?

Cable TV is a traditional television service provided by a cable company (like Comcast) that delivers channels through a wired connection. It often includes live TV, local channels and sometimes premium channels.

Roku: A small, easy-to-use streaming device that connects to your TV and uses your Wi-Fi to stream TV shows, movies and live news from the internet. The basic device costs around \$30. Roku offers access to free and paid streaming services such as Pluto TV (free), YouTube (free), Netflix (not free) and Prime (not free). Remember: you are still paying for your internet service, which often is bundled with the phone carrier.

Ease of Use

Cable is installed by a technician, which means waiting for the cable guy to show up! The remote controls can be bulky, with many buttons. Navigation (i.e., finding what channels you want to watch) is achieved through a program guide.

Roku, on the other hand, is a device that plugs into your smart TV. The remote is simple, with fewer buttons. Your screen will show clear menus and offer easy app-based navigation. Roku's interface is often simpler, with big, colorful icons and easy-to-read text — great for aging eyes.

Cost Comparison

Cable can cost anywhere from \$70 to \$150/month (or more). Your contract might include equipment rental, broadcast fees and taxes. Customers have a contract, usually for one or two years. Roku, on the other hand, has a one-time fee for the device. There are no hidden fees or contracts. If you are paying \$100/month for cable, that is costing you \$1,200/year. Roku, once you've bought the device, will cost about \$100; it depends on what streaming services (Netflix, Prime, Hulu, etc.) you add and how much they charge monthly. It should be noted that Netflix and Prime are less expensive if you opt for commercial interruptions.

Channel Access

Cable TV broadcasts local and national news through the major networks (ABC, NBC, CBS, PBS, Fox). Depending on the cable service, monthly fees will include many channels (maybe as many as 80!), many of which are of no interest to you; you pay for them anyway. Viewers can access local channels on Roku via a free app, NewsON. However, it does contain ads. The app provides access to live and on-demand newscasts from stations in over 135 markets, covering more than 90% of the U.S. population.

Why might Roku be the best TV streaming option for seniors:

Simple and Intuitive Interface: Roku has one of the most minimal-

istic and user-friendly interfaces of any streaming platform. The home screen is clean, with large icons and clear text, making it easier for seniors to navigate.

Straightforward Remote: Roku remotes are simple and uncluttered, often with fewer buttons than remotes from competitors. Many remotes have dedicated buttons for popular services like Netflix, YouTube and Hulu. Some models include voice search, which is useful for seniors with limited mobility or vision issues.

No Mandatory Ecosystem: Roku doesn't require users to be tied into a specific tech ecosystem (like Apple or Google), making it ideal for users who don't already use smart tech.

Affordable Options: Roku offers a range of affordable devices without sacrificing functionality, great for seniors on a budget.

Access to Free Content: The Roku Channel includes free movies, shows and even live TV — no subscription needed.

Large App Selection: Seniors can access nearly every major streaming service, as well as niche channels like classic TV and movie stations.

Easy Setup: Roku devices are generally plug-and-play,* with easy-to-follow on-screen instructions, perfect for those who aren't tech-savvy. (* You might need to consult a teenager to set this up!)



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BIRTHDAY

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

October

- 17 Betty Anflück
- 27 Marcy Steingroot

November

- 3 Geraldine Smith
- 8 Jacquie Hanover
Arnold Howard
- 15 Ilysa Cohen
- 21 Judy Ostreicher
- 28 Anita Brownstein
Sylvia Eisenberg
- 30 Cronshi Englander
Heidi Schloss

December

- 3 Iris Friedman
- 8 Shoshana Harris
- 13 Barbara Landsman
- 17 Judith Sykes
- 20 Carmelita Wilson
- 29 Barbara Ravitz

WELCOME NEW NNC MEMBERS

Judy Gerb
Ann Steinberg

NNC Membership

NNC DUES: NNC dues are \$12/month. Membership entitles you to many free in-person classes and events, as well as access to our volunteer services.

For more information, please call Anne Shimanovich, 410-500-5334, ashimanovich@chaibaltimore.org.

WARM HOUSE

The Warm House group is up & running, either meeting at the Jewish Community Center Park Heights or Shomrei Emunah Cong. on Greenspring Ave. For more information, please call Malka Zweig at 347-517-5587.

COME AND MEET YOUR NEIGHBORS

Cross Country Cheswolde:
Presidents: Alan Goldfeder/Caren Cutler
Meets 7:30 p.m., 1st Wed. of month
Email: cccalt1@gmail.com

Fallstaff: Joshua Richardson
Meets 6 p.m., 1st Thurs. of month
Myfallstaff@gmail.com

Glen: Betty Cherniak, President
cherniakb@gmail.com, meets 4th Wed. of the month; myglen.org

Mount Washington:
president@mwia.org; Meets 7 p.m., 2nd Tues. of month; www.mwia.org or on Facebook @mwiaassociation

SUPPORTIVE SERVICES

When Your Loved One has Parkinsons

3rd Tues. of the month, 10 a.m.
Contact Beth Hecht, 410-843-7456

Living with Parkinsons

2nd Tues. of the month, 2 p.m.
Contact Michelle Goldberg, 410-843-7355

Living with Low Vision

2nd Thurs. of the month, 1:30 p.m.
Contact Rozi Rice, 410-843-7325

When Your Loved One has Dementia

1st and 3rd Mon. of the month, 10 a.m.
Contact Alison Lynch, 410-843-7514

JCS Memory Café (for individuals with memory changes and their care partners)

3rd Tues. of the month, 2-3 p.m.
RSVP at jcsbalt.org/memory-café or Amy Steinberg at 410-843-7457

SPECIAL DAYS

October 1 – Erev Yom Kippur / Kol Nidre
October 2 – Yom Kippur
October 6 – Erev Succot
October 7-12 – Succot
October 13 – Hoshana Rabbah / Indigenous Peoples' Day
October 14 – Shemini Atzeret
October 15 – Simchat Torah
October 31 – Halloween
November 2 – Day Light Savings Time Ends (Turn Back Clocks)
November 4 – Election Day
November 11 – Veterans Day
November 27 – Thanksgiving
December 14 – Erev Chanukah (First Candle)
December 15-22 – Chanukah
December 21 – First Day of Winter
December 24 – Christmas Eve
December 25 – Christmas Day
December 26 – Kwanzaa Begins
December 30 – Fast of 10th of Tevet
December 31 – New Year's Eve



For more information,
call: 410-500-5334

August 2025

Mon	Tue	Wed	Thu	Fri
Needlers <i>Contact Info:</i> <i>Eileen Rosenbaum at</i> <i>ejrosenbaum@gmail.com</i>				1
4 1:00 Mah Jongg email Chana at <i>chanagold-</i> <i>man32@gmail.com for</i> <i>location</i>	5 1:00pm New Class!! Tech with Melanie— You’ve heard about ChatGPT, this is your chance to learn all about AI! On Zoom	6 Needlers 1:30 at home of <i>Klara Margaretten</i>	7 Cardio Drumming with Ilysa @ Myerberg 2-3:00pm Happiness Group Confer- ence Call at 1pm: 848- 220-3300, 641-9914#	8
11 NEW CLASS WITH JCS EDUCATOR SUSAN KURLANDER: Part 2: “Encouraging Tolerance in a Culture of Diversity” 11:00am at CHAI <i>1:00 Mah Jongg</i>	12	13 Needlers 1:30 at home of <i>Klara Margaretten</i>	14 Cardio Drumming with Ilysa @ Myerberg 2-3:00pm Happiness Group Confer- ence Call at 1pm: 848- 220-3300, 641-9914#	15
18 1:00 Mah Jongg email Chana at <i>chanagold-</i> <i>man32@gmail.com for</i> <i>location</i>	19 New Group: Coffee Talk! 2pm—Join us at the home of Rae Guttman (address avail- able upon RSVP) for coffee, friendship, and fun!	20 Needlers 1:30 at home of <i>Klara Margaretten</i>	21 Cardio Drumming with Ilysa @ Myerberg 2-3:00pm Happiness Group Confer- ence Call at 1pm: 848- 220-3300, 641-9914#	22
25 1:00 Mah Jongg email Chana at <i>chanagold-</i> <i>man32@gmail.com for</i> <i>location</i>	26	27 Needlers 1:30 at home of <i>Klara Margaretten</i>	28 Cardio Drumming with Ilysa @ Myerberg 2-3:00pm Happiness Group Confer- ence Call at 1pm: 848- 220-3300, 641-9914#	29

What's New with NNC

Gatherings

For the final June meeting of our Village Gathering, we were entertained by Ellen Katz's revue of the movie *42nd Street*. It was an hour and a half of dancing, music and famous stars from the 30's. Dressed in her colorful attire and with her strong voice, Ellen engaged a full roomful of appreciative attendees with this flash from the past. Many new faces attended our gathering and were entertained, fed a lovely lunch and enjoyed the hospitality that NNC offers. In addition, there was a table displaying artwork from our art class. And so, the year ended with images of dancing legs and snappy tunes to take us to another time. *By Miriam Rittberg, NNC member*

Book Club

NNC's book club took a two-month summer break and reconvened in September. We discussed the novel "Akin," by Emma Donoghue. We usually meet at 1:30 p.m. on the last Wednesday of the month in a

member's apartment. But, check the monthly calendar, as sometimes our meeting dates change because of holidays. If you would like more information, you can contact me at ebcreeger@gmail.com. *By Eileen B. Creeger, NNC Member*

Coffee Talk

NNC member Rae Guttman enjoys joining our great activities, but as she said, sometimes she "just wants to sit with a cup of coffee and good friends and have good conversation." If this sounds like something you are seeking as well, please join us for Coffee Talk! Contact ashimanovich@chaibaltimore.org for more information.

Yoga at CHAI

Please join certified Yoga instructor Jeffrey Arenberg on the 1st and 3rd Monday of each month for Focused Movement at CHAI, 5809 Park Heights Avenue, Baltimore, MD 21215. Contact ashimanovich@chaibaltimore.org for more information.

Needlers

We continue to grow and grow! New members have joined our group of knitters, crocheters and embroiderers. Some come to schmooze, others come to work on their projects and some come for both! We have a lot of fun seeing what everyone is working on. Also exciting is learning how to follow a pattern to make something new. Join us as we meet on most Wednesdays from 1:30-4 p.m. around the table in one of our members' homes. Contact Eileen Rosenbaum, ejrosenbaum@gmail.com for more information. *By Eileen Rosenbaum, NNC Member*

Curiosity

Members reviewed and critiqued the 2024-2025 programs during our end-of-year meeting in June. We also talked about ideas for future programming. Sharie and I look forward to seeing everyone at our back-to-Weinberg Woods meeting in September. *By Shoshana Harris, NNC Member* 🍷



AGENCY FRIENDS

News from the Maryland Department of Aging: MDOA Launches New LRM* Website

By Eileen B. Creeger, NNC Member

We all want to be prepared for the future, live in strong communities where everyone can thrive, and live well at every stage of life. Maryland is guiding that future with the launch of LRM and a new website that serves as a central hub of strategies and resources for communities across the state.

Visit LRM.Maryland.gov to find:

- An interactive Data Dashboard to help identify needs, anticipate trends and measure outcomes impacting longevity in Maryland.
- Community resources connecting local leaders with age-inclusive programs in sectors like transportation, housing, financial stability, caregiving, health and workforce development.



- Actionable guidance for businesses, organizations and government agencies to incorporate a "longevity lens" into their policies and programs.
- Progress updates on LRM's four epic goals and their impact on helping Marylanders age in place.
- How to stay in the loop on updates important to you. 🗨️

***Longevity Ready Maryland**

Selman Sobelman continued from p.8

Selma went to Towson State College, as it was known then, to earn Bachelor's and Master's degrees in Early Childhood Education. She later taught this subject at Catonsville Community College. She was also a self-taught artist who painted and did bead work and sculpture. In addition, she loved to read and was an adventurous traveler, taking many Road Scholar trips, which then inspired me to do my own travel.

Selma had the magic touch with plants and flowers. Her balcony was always blooming, and when I traveled, I always asked her to water my plants. When I returned, they always looked more alive.

Selma's art legacy lives on through her daughter, a graphic designer, and her son, a photographer. At the shiva, held at her daughter's house, I saw an entire room devoted to greenery and even some special orchids Selma was tending to. The care for living things that Selma demonstrated lives on. 🗨️

An Important Message from Medicare.gov

Beware of scammers, sometimes posing as salespeople, offering "free" services or gifts. They may be trying to trick you into signing up for hospice care without your knowledge.

Here's how it works:

1. Scammers text, call, email, post fake ads or even knock on your door.
2. They offer "free" gifts or in-home perks, like cooking or cleaning services, protein shakes, medical equipment or groceries.
3. In exchange, they may ask for your Medicare Number and ask you to sign a paper.
4. They're tricking you into signing up for hospice care, so they can fraudulently bill Medicare for services in your name.

Remember: Never give out your Medicare Number and don't sign anything for free services — it's a scam. <https://www.youtube.com/shorts/m0ygedlGFiy>

Helpful Accessibility Features:

Roku includes options like closed captions, audio guide (text-to-speech) and high contrast mode, which are beneficial for those with hearing or vision impairments.

Summary

Roku might be better for seniors because it's easy to use, cost-effective, doesn't require technical know-how and includes accessibility options that meet the needs

of older adults. Roku is an excellent alternative to cable. It may take a little adjustment at first, but many seniors find it easier to use and far more affordable in the long run. 🗨️

Who's Who?

Melanie Waxman

By Eileen B. Creeger, NNC Member

Members of NNC and the Edward A. Myerberg Center who come to the center with technology questions are surprised to learn that Melanie Waxman, the Technology Concierge, does not consider herself a "techie." Instead, she considers herself a teacher. Those of us who have reached out to Melanie for tech help know that she is a fantastic and enthusiastic one.

Melanie grew up on Long Island but made her way to Maryland when she attended Towson University. Her undergraduate degree was in Religious Studies and Political Science. She then obtained a Masters of Arts degree in Jewish Education from the Baltimore Hebrew University.

Subsequently, she moved to Florida. Fate brought her back to Maryland when she met her future husband, Richard, at a wedding in New York. Since his mother lived in Baltimore, the couple moved here to be closer to her.

Over the years, Melanie has held several positions including vice principal and principal at Columbia Jewish Community School; Maccabi Youth Director for the Jewish Community Center; and teaching local public and private school teens the history and politics of Israel through the Center for Jewish Education.

When did she become interested in technology? When her sons did! She needed to know and understand what

they were doing. This knowledge allowed her to set appropriate tech limits for them. And then one day, in 2017, she saw an ad on Facebook for a technology concierge at the Myerberg. She answered the ad with Facebook Messenger, secured an interview and was hired—all within a few days.

Melanie's first classes at the Myerberg were basic: introduction to smart phones, online shopping, email/texting, how to use Facebook and one-on-one sessions with members. As her students learned these skills, she was able to expand her courses to the next level.

When asked how the pandemic affected her job, she replied, "It was the best!" What more could she want? She was teaching remotely from home, surrounded by her family and pets! As a matter of fact, she was now teaching more people than ever! Classes included smart TVs, streaming (what to stream and how to), photography (taking photos with one's phone, organizing, editing and sharing), Coffee Talk with Innies (Myerberg's director), online Chanukah candle lighting and Passover Seder and of course, learning all about Zoom, which helped her students connect with friends and family.

When asked to name the next big development in technology, Melanie quickly replied, "Artificial intelligence (AI)." This summer she taught NNC and Myerberg members the "who, what, where, why and how" of AI. Other popular classes taught this summer included (to name just a few) Protecting Your Personal Information; Online Health Resources; Uber or Lyft? Understanding Ride Apps; and Trending Today. Her recent 4-part



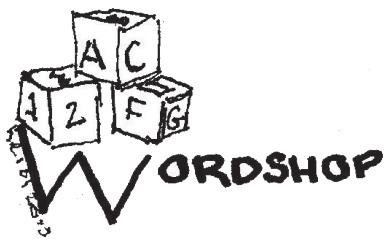
Melanie Waxman

comparative religion class was a hit; 25 Myerberg members attended.

What's next? Melanie is passionate about developing a mentorship program where Myerberg members will tutor Israeli students in Ashkelon, Israel. These volunteer mentors will help the students improve their English skills as well as prepare them for better jobs in the Israel Defense Force (army).

Melanie is not an "all work and no play" person. She has many passions, including Israel (in 1991, on her first trip, she had breakfast with Binyamin Netanyahu and lunch with Shimon Peres!), weekends in the family home on Tilghman Island, traveling to visit family and friends around the world and of course, her family—husband Richard and sons Jacob (23) and Jonah (21).

NNC and Myerberg members are fortunate to have Melanie available to them; she's a terrific, patient and talented teacher. 🗨️



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.

Corny Autumn Jokes*

1. What do you get when you drop a pumpkin?
2. Why did the scarecrow win an award?
3. What's the best thing to put in a pumpkin pie?
4. How do leaves get around town?
5. Why did the apple stop in the middle of the road?
6. What do you call a turkey the day after Thanksgiving?
7. What did one leaf say to the other?
8. Why do pumpkins sit on people's porches?

**By CHATgpt; (answers below)*

iPad Woes* *By Eileen B. Creeger, NNC Member*

My iPad's email was disabled
This made me very sad.
Time to buy a new one
Which of course made me glad!

Now I needed to Google
Looking for the best price.
Amazon won this contest
Because the price was nice.

It arrived two days later
And I was so excited.
It didn't take long, however
To realize my joy was misguided.

The instructions were scanty
Also not very clear.
Transferring the data
Would take much time I feared.

And setting it up
Became a huge chore.
Had I known it was this hard
Would've gone to the Apple Store!

Finally, the new one lit up its screen.
Netflix, Prime, YouTube and games
Yes! All my apps had downloaded;
At least they sure seemed the same.

But it took me over an hour,
The time spent I think, excess.
Using passwords and security codes
Finally brought me to success!

Finally, finally all was fixed!
How pleased I now would be
To play and watch on my iPad
Especially my YouTube TV.

**Reprinted from www.womensmusings.com*



Play a vital role in your community
by becoming a **CHAIway My Way**
volunteer driver, providing essential
ride services to local older adults.

*Requirements: Must be 25+ years of age;
Must show valid driver's license*

Seeking Volunteers

INQUIRE TODAY!

info@chaibaltimore.org
chaibaltimore.org/rides



1. Squash! 2. 'Cos he was outstanding in his field! 3. Your teeth! 4. In autumn-mobles! 5. It ran out of juice! 6. Lucky!
7. I'm falling for you! 8. They have no gourd-ian angels!

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



Newsletter Committee

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Help *Staying Connected* be environmentally friendly.

Read us online at www.nnc.express.com. Click on "Staying Connected."



ISSUE 55 | FALL 2025

Milestone Moments:

Congratulations to Anne Shimanovich,
on the birth of a granddaughter, Tiferet Zohar –
Annie's first grandchild to be born in Israel.

**Welcome back to three NNC members who
went on overseas trips this summer:**

Sharie Blum and Adrienne Shriner,
who went to Scandinavia

Miriam Rittberg, returning from her 2nd trip to Vietnam.

