



Staying CONNECTED

ISSUE 59 | FALL 2026

"Life starts all over again when it gets crisp in the fall."
—F. Scott Fitzgerald

Dear Friends,

As the leaves begin to turn and the air takes on that familiar autumn crispness, we are delighted to welcome you to the Fall 2026 issue of *Staying Connected*. This season invites us to slow down, notice the beauty around us and enjoy the simple pleasures that bring comfort, laughter and connection.

In this issue, we hope you will find ideas, updates and stories that brighten your days and remind you that community is never far away. Whether you are joining an activity, catching up with neighbors, learning something new or simply enjoying a quiet cup of tea or coffee on a cool afternoon, we hope these pages help you feel informed, included and appreciated.

Fall is also a wonderful time to reflect on the friendships, traditions and memories that shape our

lives. We celebrate the wisdom, humor and kindness that each of you brings to our community, and we are grateful for the many ways you continue to stay engaged and connected.

Thank you for being part of NNC. May this season bring you good health, pleasant moments and many opportunities to share time with the people and activities you enjoy.

The Staying Connected Team 🍂

Coffee and Koi in Saigon

By Miriam Rittberg, NNC Member

"Well, Mom, on your first visit we were in Danang and the central part of Vietnam. On your second visit, we headed north to Hanoi. How about this time we head south to Ho Chi Minh City?" said my son Lenny. "Sounds like a plan, Lenny," I replied.

And so...accompanied by my daughter, Lara, I headed to Vietnam with a stop in Japan. The trip is long! An interesting note--as we waited to board Japan Airlines in Narito, Japan, the flight attendants approached the passengers as a group and bowed to us, a sign of respect.

We landed in Ho Chi Minh City, formerly called Saigon and still commonly referred to as such. It is an energetic, modern city with skyscrapers such as Landmark 81,

the largest building in Vietnam. Cars, motorbikes and pedestrians actively traverse the bustling streets. Parks offer green pockets of nature with tall trees lining the streets.

We visited Book Street, a book lovers dream. It's a pedestrian avenue filled with book booths, cafes and souvenir shops. Nearby is the Saigon Central Post Office built in 1886, a beautiful, fully functioning post office with high vaulted ceilings and arched windows.

The Ho Chi Minh Fine Arts Museum was also amazing. It consists of three beautiful mansions filled with historic and modern artists' work including lacquerware.



A word to describe dealing with traffic in all the Vietnamese major cities is YIKES! Picture eight motorbikes lined up abreast at an

continued on p.6

HEALTH & WELLNESS

Vaccination Recommendations for Older Adults

By Rosalind Griffin, LCSW, NNC Member

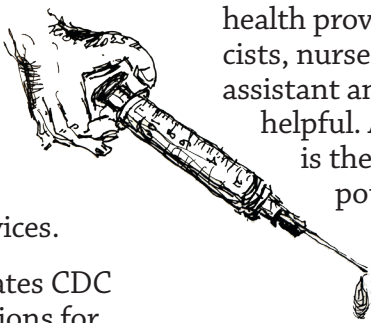
I visited my local pharmacy in late August to obtain a fall COVID-19 vaccination. The pharmacist informed me that the updated formulation was not yet available. Both the COVID-19 and the influenza virus mutate frequently and are reformulated annually. The Centers for Disease Control (CDC) and Prevention tries to stay ahead of the rapidly developing infections to curtail spreading broadly within the community. Its major goal is to target the most vulnerable groups.

Individuals aged 50+ have higher chances of contracting certain bacteria and viruses that may trigger serious illnesses or worsen preexisting diseases that compromise their immune system. The response to exposure to these illnesses is also impacted by the person's genetic predisposition, lifestyle choices, including eating

habits, exercise habits, support networks and self-care patterns, as well as access to health insurance and stable health care services.

The chart below indicates CDC vaccine recommendations for older adults.

If there are concerns and questions regarding these recommendations and whether to be vaccinated, reviewing scientific information and discussing the fears with trusted



health providers, including pharmacists, nurse practitioners, physician assistant and physicians, could be helpful. A key factor to consider is the degree of exposure to potentially infected individuals and your desire to interact with others. Vaccinations can improve your health condition.

References: Centers for Disease and Prevention and the US Government Department of Aging Web sites. 🗨️

Vaccine	Age	Dose
COVID-19	50-65	1 per year
	65+	2 per year
Influenza	50+	1 per year
Respiratory Syncytial virus (RSV)	50+	1 dose
Pneumococcal	50+	1-2 doses based on health care provider recommendations
Shingles	50+	2 doses total

Thousands of Medicare Beneficiaries Thought Their Drug Plan Was Free. Then They Lost It.

By Susan Jaffe, July 7, 2026. Email Jaffe.KHN@gmail.com; This story also ran on NPR. Read the unedited article at <https://bit.ly/4wHZSbl>.

Jude Pare and his partner, Diane Tix, live in rural Minnesota during the summer months and take refuge in Arizona for the winter. While away, their mail is forwarded. But Pare said he didn't receive any warning from his Medicare prescription drug plan that his \$0 monthly premium was about to increase. So, he didn't know he

had a bill to pay. After he and Tix returned home to Minnesota in April, they got a letter from Wellcare, the insurer that provided his drug plan, saying his coverage had been terminated after three months of unpaid premiums totaling \$28.80. Under Medicare's rules, he can't enroll in a plan again until the fall (2026) for coverage beginning in 2027.

Pare is among tens of thousands of Medicare beneficiaries on Wellcare's Value Script drug plan who will likely go without prescription drug coverage for the rest of the year because they didn't pay premiums for three months.

Next year, thousands more people in 32 states and Washington, D.C., who are enrolled in zero-premium

drug plans from Wellcare and other insurance companies may find themselves in the same situation if their premiums go up and they don't realize it, according to a KFF Health News analysis of drug plan data. Premiums and other changes for 2027 were announced in September.

After a two-month grace period, which Wellcare extended to three, Medicare drug plans can drop customers who don't pay their premiums, no matter how small the amount. It is estimated that Wellcare terminated coverage for about 140,000 Value Script customers.

The Centers for Medicare & Medicaid Services, (CMS) which oversees Medicare drug plans, declined to provide the number of Value Script members who lost coverage due to unpaid premiums. "The agency does not publicly provide plan-specific disenrollment figures or state-level breakdowns related to the non-payment of premiums," Christopher Krepich, a spokesperson, said in a written statement to KFF Health News.

Centene Corp., Wellcare's parent company, also declined to provide disenrollment numbers. Sarah Baiocchi, senior vice president for specialty and prescription drug plans at Centene said, "We recognize how disruptive a loss of coverage can be and are committed to helping members understand their options." She acknowledged that "some members in our Value Script plan experienced a premium for the first time, or for the first time in several years." Baiocchi said all Value Script members received a CMS-required annual notice of changes in September (2025), before the premium increases took effect.

A version of the booklet sent to members in two states and Washington, D.C., is 21 pages long. The new premium is mentioned on pages 3 and 8, along with changes

to out-of-pocket costs and how to find updates on covered drugs and network pharmacies. The company also informed members about 2026 premium changes through phone calls, text messages, regular mail or email, Baiocchi said.

According to CMS, people who are dropped cannot re-enroll or join another drug plan until the start of the open enrollment period this fall for coverage beginning Jan. 1, unless they qualify for an exception. And because they will have gone without coverage for at least 63 days, they could be hit with a permanent late-enrollment penalty that increases every year for the rest of their lives.

If Wellcare members knew about the premium increases, they could have set up direct billing or an automatic payment plan early this year before the payment grace period ended April 1. Wellcare members who didn't see the company's notices but were still able to fill prescriptions during the grace period assumed there were no problems with their coverage.

Wayne Bennett of North Carolina lost his Medicare drug coverage because he didn't pay the premium, which was free last year (2025) but, without his knowing, went up this year. He was told he must wait until January 2027 to restart his drug coverage.

He doesn't qualify for the "Extra Help" low-income subsidy or meet other CMS criteria for a special enrollment period, which would allow him to change drug plans during the year. CMS typically allows midyear switches for beneficiaries who, for example, move out of their plan's service area, experience a natural disaster or get help paying for drugs from a state program. For example, Gina Upchurch, executive director of Senior PharmAssist in Durham, NC, a non-profit, was able to help one of its participants join another drug plan after she lost

Value Script coverage because she is in North Carolina's pharmacy assistance program for people with HIV/AIDS and has a limited income.

A further exception allows any Medicare beneficiary to enroll at any time in a drug plan that has earned five stars, the top grade in Medicare's performance ratings. However, there are no five-star Medicare drug plans available to the general public. Only two insurers offer five-star plans, and only for retirees from certain employers. Their combined enrollment is about 8,700 as of June 1, according to the insurers.

But Upchurch doesn't blame beneficiaries for not paying attention or for assuming Wellcare's messages were bogus. Older adults are particularly vulnerable to identity theft and other scams and are often advised to ignore junk mail and calls from telemarketers.

Since Value Script members such as Bennett continued to get their prescriptions filled during the payment grace period, "why wouldn't they think this was a scam?" Upchurch asked. "They are constantly bombarded by people selling them something that's illegitimate or trying to scam them." 🗨️

Staying Connected is a group effort of NNC 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.

We Remember

Memories Of Margot

By Joyce Wolpert, Senior Advocate



We are taught early on that life isn't fair. We each line up at our own starting gate, yet the general expectation is that we are to create a life of purpose and hopefully do more good than not.

How do any of us manage to do this when resources are minimal from the beginning? The full circle life of Margot Brilliant, July 16, 1928, to July 25, 2026, an original NNC member, may help point a direction.

Margot was born to an intact family in Germany, yet by the time she was 10, she was shipped off to live with a foster family in England. She was part of the kindertransport, a rescue mission that brought nearly 10,000 unaccompanied refugee children—mostly Jewish—from Nazi-controlled territories to Great Britain between December 1938 and May 1940. She stayed with that family for a while and was then shipped off to live with another family in Wales. She never saw her birth family again. From her recollection, it sounded as if she was provided for physically, yet strong emotional bonds did not develop.

As a young woman, she emigrated to the United States on her own and from there was able to make

her way, finding work, meeting her husband, setting up a household and raising a boy and a girl.

Today, our society is more aware of the imprint that early trauma can have on later life. There was every reason to assume that Margot would be nursing childhood wounds and lingering losses and that her existence would just be one of trying to survive.

However, in 2012, Margot, when she was 84, joined NNC and became a member of the fledgling Diversity Dialogue group. Her life had been shaped by running from life-threatening antisemitism, and now here she was willing to stand in her Jewish identity and open herself to engaging in dialogue about racial tensions. I sat in on some of those meetings where Margot was able to share her own experience, without bitterness or victimization, rather as a fellow human who also endured a challenging path. She was real, direct and without needing to plead her case.

Fast forward to 2014, when NNC celebrated its second Birthday Bash. NNC member, Norma Brooks, (who died several years ago), Margot and I decided to give a dance presentation. Norma came out in fishnet hose and did her best Tina Turner rendition of "Proud Mary." I revved up my rock and roll style to Carly Simon's "Mockingbird." And Margot, replete with strong makeup and flapper beads, danced her way into people's hearts with her tap dance routine as she was a member of a local tap dance group. She was 86!

Margot led an observant Jewish life. Was that the source of her inner resilience and positive attitude? At the Shiva (7-day mourning period), her children said that "she was always for peace." Perhaps because of all the hate and negativity, she

actively chose a different path. Given life's many disappointments, it can be comforting to sink back into oneself, but Margot's direction was outward, engaging and participating.

She had a verve, a twinkle in the eye and "a wicked sense of humor," as described by someone who knew her. Her artistic sensibility led her to knit and do beadwork, which she shared with the community. She volunteered for several groups, sending out announcements, thank you cards and other paperwork.

Her last few years were spent in her home with an aide as her family tended to her from afar. As much as one can *know* a person from the outside, from Margot I learned how to mine one's resources, if not readily apparent, and with great patience how to assemble a life of purpose, meaning and most definitely much good.

In Remembrance of My Sister, Rena M. Griffin Campbell

By Rosalind Griffin, LCSW, NNC Member

Rena has always been a part of my life. I had not anticipated her dying before me. I planned and thought she would make my funeral arrangements and endure this agonizing grief journey. We were able to comfort each other when our parents died, sharing the unique southern stories related to death, such as sitting with the deceased at the funeral home. Although we were born less than two years apart, she complained that I was bossy and messy. She could tell me the exact location of a red plastic Solo cup in her kitchen cupboard when I just wanted a cup. She declined to attend a Baltimore Symphony Orchestra concert with me. However, she enthusiastically

cally accompanied me to Motown reviews at any venue.

Our love for each other is forever linked. Hence, I am trying to cope with a mixture of anger, sadness, fear and loneliness. She has deserted me. I expect to call her each evening or receive a call from



her, asking me to bring her a bowl of hot buttered grits with turkey sausage. I purchased a whole watermelon, planning to share it with her only to remember she is no longer with me. I wish I had saved even one telephone message as I struggle to recreate her voice in my head. The most burdensome task has been crying more for her absence from my life. I recall the lyrics of the Motown's Temptations group, "I wish it would rain" as they sang about loss.

Anyone wishing to get a glimpse of the person I am grieving can contact me and I will send them a PDF of the obituary.

I wish to express my heartfelt gratitude to all the NNC members from CHAI, the Meyerberg Senior Center, the One Park Heights committee, friends and all of you for your cards, notes, emails, telephone calls, visits, contributions and attendance at Rena's wake and funeral services. I feel so very blessed that you care so very much. Your generosity is welcomed because I continue to find my way toward acceptance that Rena's call is just in my head. 🍀

Thumbs Up or Thumbs Down?

Theo of Golden by Allen Levi

Reviewed by Eileen B. Creeger, NNC Member

Sometimes you start a novel that immediately captures you with its writing and story. It's hard to put down and it sucks you into its narrative. Such a novel is *Theo of Golden* by Allen Levi, which has been on the New York Times Best-seller list since November 25, 2025.

The story is simple and mostly takes place on a bench in the fictional Southern town of Golden. Theo, an 86-year-old genial and courtly gentleman, comes to town to "experience a Southern town." Yet, he has a secret mission with no idea how to implement it. On his first full day in Golden, he buys a cup of coffee at a local coffee shop, The Chalice. The shop walls are decorated with 92 pencil portraits of local citizens. The portraits fascinate him—the detail, the expressions on the faces, the talent of the artist. The owner, Shep, explains that the portraits are the work of local artist, Asher Glissen. When one is sold, which isn't often, Asher replaces it with another.

Theo now has a plan. He will buy the portraits one-by-one and return them to the subjects. How this plan helps his mission is not revealed until the end of the novel.

Theo is particularly mesmerized by one portrait, that of a young woman in her 30s. This is the first one he buys. With beautiful penmanship, on expensive paper, with no last name or return address, he sends a letter to Minnette, the subject, asking her to meet him on a bench located on the town's promenade at a certain date and time.

Reluctantly she does, only to find herself opening up to Theo, revealing parts of herself that she



has kept hidden from most. The reader quickly sees that Theo is a nonjudgmental listener who asks nothing in return except friendship and understanding.

And so, the novel continues. Theo meets citizen after citizen of Golden, learns their stories and becomes a friend. He not only provides a confidential ear but helps when he can, often financially. He becomes a part of their lives.

There's an air of mystery, however, to Theo. He skillfully evades questions about himself, only revealing that he was born in Portugal, lived in many countries and has been a New York City resident for many decades. At the end of the novel, after a tragic incident, the reader finally learns why Theo chose the town of Golden to distribute his acts of kindness.

Theo of Golden celebrates the transformative power of simple kindness, human connection and being truly "seen" by others. It explores unconditional love, forgiveness and finding redemptive value in life's grief and joys. The book encourages readers to slow down, listen and show compassion in a fast-paced, often disconnected world.

THUMBS UP!

PS: Oprah Winfrey's interview of Allen Levi is on YouTube, <https://bit.ly/4fyAMoa>. His story is fascinating as well. And, rumor has it that Tom Hanks is in talks to play Theo in the movie. 🍀

intersection, as well as cars, mostly white Grabs (Grabs are like our Ubers). When it is time to advance, each driver crisscrosses, makes his own lanes, drives within an inch of each other and somehow succeeds in making it across the intersection. Crossing the street as a pedestrian is an art Lara and I could not master, and we were led across like sheep by Lenny.

France colonized Vietnam from the late 19th century until the 1950's. The French influence is evident in the architecture: a neoclassic style with symmetric designs, pastel colors, balconies and ironwork. Many of the official buildings were constructed on a grand scale with columns, arches and high vaulted ceilings. They used stained glass and built marble staircases. All give the impression of European grandeur.

Vietnamese food, as well, consists of rustic French breads such as baguettes and pastries, including

the French recipe for flan. It was the French who made coffee an agricultural staple. While Vietnamese food is influenced by French cooking, it does not use heavy cream sauces. The food is light and fresh, using rice flour and an abundance of vegetables and greens. Pho, the popular noodle soup, is a light broth often served with beef and vegetables. Rice flour, coconut milk and herbs like cilantro are used to flavor foods. We learned to wrap spring rolls in lettuce and dip them in a light sauce.

The weather is tropical with a dry or wet season. A few times we stopped to watch the afternoon downpour from a coffee shop. Signage is often not in Chinese characters but in the Western alphabet, spelling Vietnamese words phonetically. Another fun fact: most Vietnamese are Buddhists but there is a large Catholic population from the French influence.

While tea is the traditional drink associated with Asian countries, coffee reigns supreme in Vietnam. The country is the second largest exporter of coffee. Multiple coffee shops can be found on one street. Each is unique, the architecture varies and some have more than one level. Their décor is so inviting—warm woods, vintage decorations, books, art and music. The variety of selections are amazing: egg coffee (made with egg yolk and whipped with condensed milk to make a custardy foam), salt coffee, peanut latte and coconut coffee, each in hot or cold versions.

One of our favorite restaurants was the Oasis Cafe. Running throughout the restaurant is a pond filled with hundreds of colorful koi. (We wanted to feed the fish but were told the restaurant was out of fish food.) Visitors can navigate across the pond via stone walkways and foot bridges. Round tables for the diners are level with the pond. The



décor is that of a European village. Like so many of the restaurants we visited, its theme of nature is incorporated with flowers, greenery and water references. Even the silverware was wrapped in slender green leaves. And like in so many places, the young people pose in their beautiful fashions, then post them on social media.

We also explored another city—Nha Trang. This coastal city offers a beach resort with cafes, palm trees and nightlife. We were able to view Long Son Pagoda, with its 78-foot-tall white Buddha, that sits on a hill overlooking the city. We didn't climb the staircase within. Furthermore, we could not enter the temple because we were dressed casually; arms and legs must be covered to show respect.

After an evening there, we traveled to the next city—Dalat. We left the beach for the mountains, palm trees for pine trees and the hot tropical weather for cooler weather in a higher elevation. The locals wore jackets, but we were comfortable in the cool temperature. The roads to Dalat wind through the mountains and provide beautiful vistas with waterfalls. Hot houses



TIPS & TRICKS: TV ANTENNAS

By Eileen B. Creeger, NNC Member

In the Summer issue we printed an article about cutting one's cable TV bill by using Roku, a streaming service that connects to smart televisions. Unlike cable, Roku has a one-time-only charge for the device, which means no monthly fee.

Another way to cut the cable cord is to install a new, modern television antenna. Most of us remember rabbit ears, which sat on top of the TV and required frequent repositioning to get a clear picture. Or maybe we had a large, metal, spikey antenna on the roof. Today's antennas look nothing like these.

My husband and I recently decided we were paying too much for YouTube TV--\$85/month—and not watching much. We considered

Roku but also wanted to watch local network tv. To do so, one must subscribe to streaming services, with monthly subscription costs, that carry ABC, CBS and NBC. Football season is coming up, and my husband wants to watch the Ravens on Sundays—for free! If one wants to watch local stations for free, an antenna is the way to go.

This is how we made the transition. First, we cancelled our YouTube TV subscription. Then, I asked AI—CHATgpt—what make antenna it recommended. We only have one TV, located in the basement, which can be problematic for TV antenna reception. AI recommended a GE model, which we ordered from Amazon for \$33. The set-up wasn't too complicated. The cord screws into the back of the set, and the antenna is a flexible rectangle that looks like a placemat. It can be



mounted on a wall or a window – or wherever one gets the best reception. Now we can watch ABC, CBS, NBC, FOX, PBS, CW, MeTV and other local stations (32 total) for free in high definition.

Our LG smart TV also comes with free LG streaming channels – a wide range of reruns and live national news programs--and Pluto TV, also free, with 200+ channels including many movie options. We subscribe to Netflix (\$8.99 with ads) and Prime (\$14.99/month with free Amazon shipping). The monthly TV costs will now be \$24/month versus \$109/month., a savings of over \$1000/year. 🍷

AGENCY FRIENDS

Maryland Senior Resource Network (MSRN)

MSRN started in 2008, calling itself the Baltimore chapter of the National Aging in Place Council. In 2014, the group became its own independent organization and changed its name to the Maryland Senior Resource Network (MSRN).

MSRN is a trusted network of carefully selected professionals who provide valuable products and services for seniors and their caregivers. Its goal is to support older adults to live safely, comfortably and independently—whether they choose to age in place, at home or transition to a senior living community. Every MSRN member

has passed a background check and is committed to upholding a strict Code of Conduct, ensuring professionalism, integrity and compassionate service.

Professionals who want to be listed on MSRN's website need to go through an application process, pay dues, attend monthly meetings and adhere to MSRN's Code of Conduct.

The website includes valuable information for seniors, broken down into two categories: Member Directory and Products & Services. Each professional listed in the



memory directory includes a photo of the professional and his/her contact information. Seniors contacting these individuals can rest assured that they have been vetted by MSRN and are reputable.

More information is on the website, <https://mdseniorresource.org/>, or call 877-711-MSRN (6776). 🍷

Neighbors in the Know

All That Glitters...

By Joyce Wolpert, Senior Advocate

How many people does it take to help a senior screw in her light-bulbs? Obvious answer: depends on the number of light bulbs and how bright she wants it to be. Less obvious: depends on who is sincerely helpful or who just talks a good game.

As aging Boomers, we have spawned an industry for Gen X-ers and Millennials who have arisen to *help us*. No doubt we need some assistance. But from whom, how much and for what purposes? It's pretty much like going to horse races. How do we evaluate the horses we bet on and what do we choose to risk?

Much of this involves planning for an imagined future of which we have no idea. The nagging thought is if we wait till the future is upon us, then we will be mired in crisis and have no chance of having our needs met. Yet now we have many groups, people and agencies eager to paint unsavory pictures of what's ahead, unless of course, we subscribe to their program. In this article I describe several programs I've come across with the *caveat emptor* that I have no personal knowledge of their efficacy.

Solace Health is a San Francisco company that says its services are accepted by all Medicare and Medicare Advantage plans. Yet when I and a few others checked, our insurance providers were unaware of this program. Solace Health is described as "a health care advocate" whose purpose is navigating systems for optimal patient treatment, explaining diagnoses, locating providers, dealing with insurance and billing. They claim their focus is for the individual patient and that their service is

free or with minimal copay. No doubt if a senior is involved in a complex situation, these services may be useful. Of course, any time we share personal information with outsiders, there's a risk that this information may be compromised. It should be noted the company's reviews online were generally good.

Interestingly, many large insurers, Blue Cross and Aetna to name a few, offer their own health care advocates for members, as do some hospitals. The difference is that these advocates work for the system the patient is having problems with and the advocate might seek to adjust the patient's needs to the limits of their system. Yet both services offer some recourse for a senior mired in confusion.

A third option is a care management service. The personnel are mainly social workers, though some may be nurses. They purport to offer advocacy services and a wider range of planning to set a course for at-home or facility care. Medicare does not pay for their services. They request a paid up-front assessment of the senior and then periodically review the person's status until more services are needed. An advantage is that you have someone already aware of your situation if things escalate. A disadvantage is that you are paying for what may not come. The fee for case management is between \$150-\$200 per hour.

Certainly, an aware, involved and informed family member may be able to take care of some of these matters, yet stress or anxiety may hinder a family member from being able to handle all these details. Jewish Community Services charges \$150/hour for case management. Additionally, there are many profit-making businesses in the area. Case manage-



ment workers may be able to locate appropriate services and help set up a structure, yet you would still have to pay the stated hourly fee for ongoing advocacy.

Another concept for those who have not bought into long-term care insurance is a more immediate insurance for in-home care that may be needed relatively soon. Statistics say that 70% of seniors will need some type of long-term care, and 20% will need this for five years or longer. Most seniors still want to reside at home. Currently, six hours of daily care at home costs \$7,000 monthly and \$82,000 per year. A local program, Wesley At-Home, offers nine separate plans. All plans involve a baseline entry fee and monthly payments that are subject to inflation. The company's webinar gave an example of a woman who in her 13 years of at-home care saved two-thirds the cost than if she had paid out of pocket.

The catch here is that one can only enter the program if "relatively healthy." Thus, you may wind up paying for months or years during which you do not need any services.

What's an aware but cautious and somewhat anxious senior to do? I've queried many of my peers and learned they have not signed up for any of these services. Somehow, they are confident that their family, or whomever is available at the time, will *handle things*. In my humble experience, which has included several years of helping families with aging and end-of-life situations, this optimism can fall through.

When a crisis hits and people's

nervous systems are stimulated, various preconceptions that were not discussed come forward. Suddenly, everyone is not on the same page, and sometimes people do not even know what questions to ask. Thus, having an outside, more *neutral* person to bring into the situation can be a good thing, particularly if this person is apprised of your situation beforehand. This is in addition to the basics of having current MOLST and POA forms completed, signed and on file with your doctor and possibly lawyer.

For myself, who does not have a family standing behind me or aside me or anywhere I can count on, I am currently forming *a pod*. I am paying a professional to be my health care Power of Attorney, and the pod will consist of people who know facets of myself. Thus, the burden of care will not be on one person but rather input can be drawn from those who know what is important to me.

I'm not sure this is the right way to go either. But I think as seniors the most important thing is that we do not live in denial or false hopes but that we recognize our resources and our needs, discuss these with important others and *plan* as best as we are able.

Your Voice Matters: How to talk to your doctor so you are heard.

(A Zoom presentation by Bassie Taubes, RN, sponsored by SPIRIT—the Orthodox Union's Stimulating Program Initiatives for Retirees that Inspire Thought)

by Eileen B. Creeger, NNC Member

Bassie Taubes, RN (btaubes@ematai.org) is the Director of Community Outreach for Ematai (www.ematai.org), an organization that offers education and support on aging, Jewish wisdom for

end-of-life care and organ donation for Jewish patients, their families, rabbis and hospitals.

Her August Zoom presentation on how to talk with one's doctor had three goals: (1) how do we get our concerns heard; (2) how do we make the most out of our appointment time; and (3) is there a way we can become a confident partner in our health care?

Communication with our doctors

Why is communication with our doctors so complicated? As patients we face several barriers. First is medical terminology—medicine is a language unto itself. Consequently, the patient might be embarrassed to admit she doesn't understand what the physician is saying.

Time is another factor that inhibits communication. Most physician practices allow 15 minutes per patient visit. Yet, the patient comes to the physician with months of symptoms to discuss!

Also, there's a power imbalance between patients and doctors. The physician is in his space (the office) and has authority. For example, he can call me by my first name, but I call him Doctor Last Name. Furthermore, I'm in the office because I don't feel well and might not be thinking clearly. Additionally, the doctor is dressed, and I might be uncomfortable sitting on the exam table in a hospital gown. I'm not in my "comfort zone!"

What does the patient bring to the table? We know our bodies and what is working or not working correctly. Don't dismiss what you know about yourself. Empower yourself when you go to the doctor, as you know your body very well.

Ideally, a patient should be honest, concise, be prepared, have a short list, ask questions and bring a trusted second set of ears – a friend

or relative – who might remember details of the visit the patient might forget or doesn't hear.

Ideal Communication

How does the ideal physician communicate?

- By listening with eye contact (which often does not happen when the doctor types into a computer)
- Explaining medical jargon
- Taking our concerns seriously
- Partnering with the patient, asking questions such as, "Do you understand? How does that sound? Any questions?"

The ideal patient communicates by:

- Being honest, concise and prepared
- Having a short list to discuss
- Asking questions
- Bringing a trusted friend or family member

Mrs. Taubes emphasized that as a patient you have no idea exactly how your physician will respond to you. You don't have control over that. What you can control is your role in this conversation. Protect your time – you only have 15 minutes! It's important to stay focused on what brings you to the office, using the appointment for your health concerns.

What not to do:

- Ramble
- Interrupt
- Assume
- Hide information
- Downplay symptoms
- Wait until the doctor is leaving the exam room to ask your biggest question
- Don't share what "Dr. Google" told you about your condition!

continued on p.15

BIRTHDAY greetings to these members of our family!

October

- 6 Barbara Goodman
- 23 Iris Sauber
- 26 Stephanie Whippo
- 27 Marcy Steingroot
- 31 Constance Sewing

November

- 3 Geraldine Smith
- 8 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
- 17 Judith Sykes
- 20 Carmelita Wilson
- 29 Barbara Ravitz

WELCOME NEW NNC MEMBERS

Carol Dent-Campbell
Roz Diamond
Stacey Glaser
Eleanor Mainella
Iris Sauber
Joan L. Wharton

CONDOLENCES TO

*Rosalind Griffin, on the
passing of her sister,
Rena M. Griffin Campbell*

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

Warm House meets weekly at the Jewish Community Center Park Heights or Shomrei Emunah Congregation on Greenspring Ave. For more information, call Malka Zweig at 347-571-5587.

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 @mwiasassociation

SUPPORTIVE SERVICES

Rock Steady Boxing
Mon. & Wed., 1:15-2:15 p.m.
Free if diagnosed with Parkinson's.
Myerberg Center, 3101 Fallstaff Rd
Contact Ilysa Cohen, 443-963-1455

**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

Thurs., Oct. 1 – Intermediate Day of
Succot (Thursday)

Fri., Oct. 2 – Hoshana Rabbah (Friday)

Sat., Oct. 3 – Shemini Atzeret (Saturday)

Sun., Oct. 4 – Simchat Torah (Sunday)

Mon., Oct. 12 – Indigenous Peoples' Day

Sat., Oct. 31 – Halloween/ Daylight
Savings Time Ends (turn back clocks!)

Sun., Nov. 1 – Daylight Savings Time Ends

Tues., Nov. 3 – Election Day

Thurs., Nov. 26 – Thanksgiving Day

Fri., Dec. 4 – 1st Night of Chanukah

Sat.-Sun., Dec. 5-12 – Chanukah

Sun., Dec. 20 – Fast of 10th of Tevet

Mon., Dec. 21 – First Day of Winter

Thurs., Dec. 24 – Christmas Eve

Fri., Dec. 25 – Christmas Day

Sat., Dec. 26 – Kwanzaa Begins

Thurs., Dec. 31 – New Years Eve

Fri., Jan. 1, 2027 – New Years Day

Who's Who?

Eileen B. Creeger

By Anne Shimanovich, Aging in Community, Program Director

Every three months I begin reviewing in my mind the many wonderful NNC members to be interviewed for this column. This time around, it dawned on me that Eileen Creeger, our long-time, hard-working *Staying Connected* editor, has never been interviewed. It was definitely time to rectify that situation, and Eileen, I think reluctantly, agreed to allow the interview to take place.

Eileen chose to meet over Zoom, so she could stay home and be comfortable while we talked. And it was a very pleasant chat! Eileen, as those who know her, is smart, funny and a great conversationalist.

Eileen was born in Baltimore. She lived in the Howard Park neighborhood with her parents and two sisters until the age of 11. Unlike her sisters who attended Baltimore's public schools, her parents chose to send her to Bais Yaakov School for Girls, a local, all-girls religious private school. She remembers her childhood in Howard Park fondly but also recalls that hers was one of two Jewish families on her block.

When she was 11, and about to enter junior high, her parents moved to the new Pickwick development. Bais Yaakov no longer offered private bus service, no MTA buses serviced the neighborhood and unlike today, no one carpooled their kids to school. Therefore, the decision was made to send her to public school—Sudbrook Junior High and Pikesville High School. The County bus drove her to

Sudbrook, and the family lived close enough for her to walk to Pikesville High School.

Summers vacation meant packing up their car for the three-day road trip to Sioux Falls, South Dakota, to visit her mother's family. Her grandfather and two of his brothers settled there when they emigrated from Belarus—South Dakota's topography and weather reminded them of their homeland (very cold in the winter!). Her parents met in Sioux Falls during World War II. Her father was stationed at the huge Army-Air Force Base near the town and taught radio operator mechanics. If not for the war, her parents would never have met!

Following high school graduation, Eileen attended the University of Maryland, College Park, earning a Bachelor of Arts in Speech Communications, minor in English. She was very active in the school's Hillel House, which is where she met her future husband, Ken. She had heard Ken's name growing up, as his aunt and uncle lived down the street. The extended Creeger family was close, and his aunt and uncle often talked about their nieces and nephews. Eileen and Ken married in 1976.

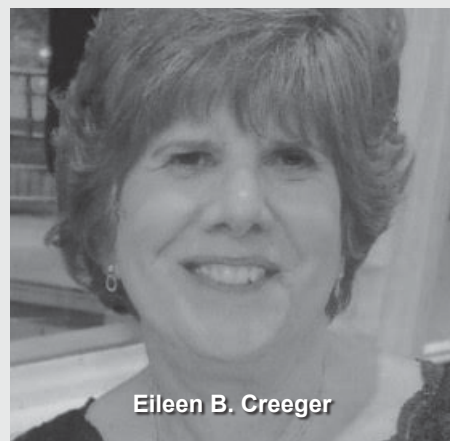
After graduation Eileen hoped to use her research and writing skills at a local television or radio station.

The market was very limited, and being a newlywed, she needed a job, any job. Therefore, over the years she worked at various secretarial and administrative jobs but found most of them unfulfilling.

Eileen's "mid-life crisis" came when she was in her 40s.

She felt stuck and considered going back to school for a Masters, maybe in Library Science. She then

heard about Maryland New Directions, a non-profit that offers free aptitude testing and job counseling. She signed up, and testing



Eileen B. Creeger

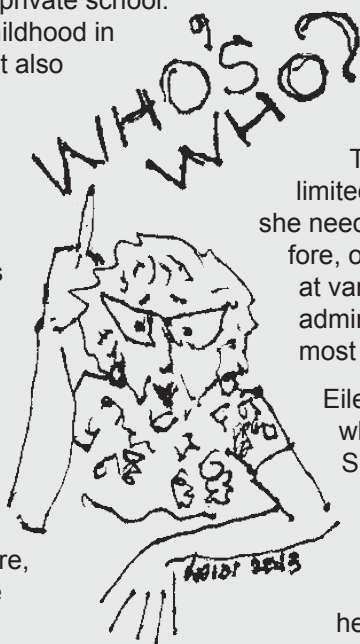
results indicated her strong interest in working with words.

Coincidentally, a friend who worked as a freelance medical editor needed assistance with a large medical textbook. She asked Eileen if she had any interest in helping. Not only was she interested, but she also was familiar with medical terminology, a big plus. With her friend's mentoring, she began working at home, part-time, as a freelance copy editor for medical journals. This led to a full-time position as an editorial research assistant for the head physician of Sinai Hospital's Cancer Institute.

While pondering what to do next, she was asked if she would be interested in becoming the part-time executive director at her synagogue, Suburban Orthodox Congregation. The job consisted of managing the building, basic bookkeeping, helping members, handling rentals for bar and bat mitzvahs or other parties, writing the weekly bulletin, assisting the Board of Directors, synagogue committees and the rabbi when needed, supervising the janitor, etc. Part-time was a misnomer; she was on-call 24/7. She retired after 6½ years.

The first two years of retirement meant more time with the grandkids (2 in Texas and 3 in Baltimore) joining the Myerberg Center, volunteering at Sinai's medical library and participating in a book club. Then, she read about a non-profit called RESOLVE that matched retirees to schools,

continued on p.14



What's New with NNC

Village Gathering

The guest speaker at our July Gathering was Chelsea Wheeler from Longevity Ready Maryland (LRM), a branch of Maryland Department of Aging. LRM has four main goals: (1) Build a longevity ecosystem; (2) Promote economic opportunity; (3) Prepare Marylanders to afford longevity and (4) Optimize health, wellness and mobility. Our members have many questions for Ms. Wheeler, which resulted in lively discussions among those who attended.



What would summer be without ice cream? August's Gathering was an ice cream social – greeting and getting to know new members as well as discussing NNC's future goals. A good time was had by all. *By Eileen B. Creeger, NNC Member*

NNC Trips

Cylburn Arboretum

Our NNC members are very special; having lived many decades, we have accumulated a wealth of skills and resources. What also makes us special is our willingness to share with others.

NNC member Adrienne Shriner has volunteered with the 200-acre Cylburn Arboretum for 16 years

as a Master Gardener. She recently invited us to tour the grounds and the greenhouses. The visit could not have gone better.

We began with the greenhouses. Scott and Dave were our guides and explained what we were seeing. Different types of plants—annuals and perennials—are grown in different greenhouses because they require different growing conditions. They also told us that Cylburn provides plants for the Rawlings Conservatory in Druid Hill Park and other outdoor venues in Baltimore. Scott and Dave patiently answered all our questions on this 45-minute tour.

While in the greenhouses, we noticed volunteers working with specific plants at worktables. We were thrilled that they allowed us to take home leftover plants!

Afterwards, Adrienne took us to the old Carriage House now turned into an educational center for chil-



dren. She also walked us over to the Cylburn mansion, part of the estate. While we weren't allowed inside, she explained its history. The building is magnificent and has a wraparound porch.

We then toured the many gardens that are filled with blooming flowers. These gardens are formal, with tagged plants and trees. One



has a small gazebo and another a bench. All in all, they are very peaceful and welcoming.

Beyond the gardens are trails open to the public! Rolling hills eventually lead down the walk to a modern building called the Vollmer Center, which is used for groups and receptions.

Adrienne asked us what we liked best, and the answer was everything! We had a lovely time. *By Heidi Schloss, Miriam Rabinowitz and Adrienne Shriner, NNC Members*

The Walters Art Museum

One reason to revisit museums is because their temporary exhibits change periodically. The Walters Art Museum, with its wealth of pictorial history, is definitely worth a revisit. I'm sure that William and Henry Walters had no idea how important a contribution they were making to the city of Baltimore.

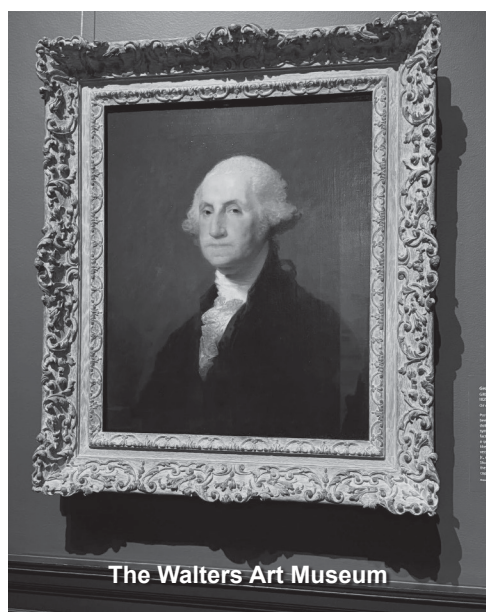
On August 19, NNC "trippers" viewed the museum's treasures. Splitting up into small groups,



we walked through history-- ancient Mesopotamian, Egyptian mummies, sacred Greek pieces, and Roman works of art. The Renaissance and Baroque exhibits were art history feasts for the eyes. Every time period had its own style of jewelry, and since many of us love jewelry, we spent quite a bit of time looking at the differences and similarities between the eras.

Some of the displays were incredible teachable moments. An example was a small alcove dedicated strictly to how books and manuscripts were produced in ancient times. One gallery was devoted to the 250th anniversary of our country and included some remarkable pieces, including one of the most famous paintings of George Washington by Gilbert Stewart and a painting by Joshua Johnson, one of the earliest well-known African American painters.

The Walters consists of several



connected buildings. This of course gives the museum the opportunity to show more of its treasures. However, it required us to follow our maps and keep our groups in touch with one another

As we travelled to the galleries, I was happy to see two of my favorite pictures. One tells the Biblical story of Judith and the

Assyrian general Holofernes and how she got him intoxicated at a banquet. When he passed out, she cut off his head! The painting is in the style of Caravaggio. My other favorite is a picture of Madonna and child by one of the three most famous artists of the Renaissance, Raphael. A few years back the painting was selected for a Christmas stamp.

After lunch some of us went to the gift shop and some sat in the sun. I decided to tour the Chamber of Wonders, a gallery space styled after a Renaissance-era *Wunderkammer* (curiosity cabinet). The gallery features trophy heads, animals never seen before, a large butterfly collection, bones, jewelry and trinkets. Also, I visited the dramatic arms and armor exhibit. Who knew weapons could be pretty!

If you would like to join us on a future trip, check the monthly NNC calendar mailed to members. Be sure to RSVP to Annie. *By Heidi Schloss, NNC Member*

Art Class Clay at the JCC

In July, NNC members enjoyed an afternoon of fun at the JCC's Happy Glaze Art Studio. Attendees had their choice of either painting specially curated pieces at a reduced price or paying full price for other pieces available at the studio. The staff were extremely friendly and helpful, and everyone had a great time! Join us for our



next visit! For more information, email me at ashimanovich@chaibaltimore.org. *By Annie Shimanovich, Aging in Community, Program Director*

Beads & Bracelets!

On Tuesday, July 7, 15 NNC members met at CHAI to participate in a class to design and make glass bracelets. After my brief introductory remarks and demonstration, each person chose their own elements. These consisted of decorative glass beads and spacers that were strung on stretchy elastic cord. Each bracelet was unique and reflected the participant's creativity, resulting in a fun afternoon. We had such a great time that we had a second class later in the month! *By Sharie Blum, NNC Member*

Diversity Dialogue

Yvonne Archer at 90: She Has Lived Courageously



NNC's Diversity Dialogue (DD) surprised our member Yvonne Archer in June with an early celebration of her 90th birthday. Yvonne was an original participant of the DD - a group of white Jewish and African American Christian NNC members who have been meeting monthly, except in the summer, for SIXTEEN years!

Widowed since 1990, Yvonne is the mother of three grown children

continued on p.14

and a grandmother of six. She is a retired elementary school teacher, a self-described civil rights activist and has volunteered in many organizations during her lifetime, including Girl Scouts of America, The Lord's Church and the Forest Park Senior Center. One of the traits that DD members value in Yvonne is her openness to share the challenges she has faced in life.

Yvonne's family moved into Poe Homes in the Poppleton neighborhood. She lived there from ages 4 to 21. Most Poe Homes residents were on welfare, and social workers taught life skills to help them get off welfare. While there were aspects of the compulsory classes and social work intervention that were patronizing and an invasion of privacy, Yvonne credits the experience with helping her family learn to navigate the wider world. Yvonne graduated from Douglass High School and received a scholarship to attend Coppin State College, where she earned a degree in Education.

As a teenager, Yvonne got involved in the Girl Scouts, which was unusual in those days for an African American girl. An essay she wrote enabled her to get a scholarship to Girl Scout camp. Her commitment to scouting continued into adulthood. Running a scout camp at Druid Hill Park and training prospective scout leaders were among her volunteer endeavors.

Baltimoreans are aware of the decades of racial discrimination African Americans have faced in our city. Eager to fight against the racial inequities of the 1950s, Yvonne trained for and proudly participated in activities sponsored by the Baltimore Chapter, Congress of Racial Equality (CORE). One particularly prominent effort was CORE's success in integrating the

lunch counter at the Read Street Drug Store in downtown Baltimore. Yvonne and fellow activists endured vocal slurs and physical retribution from racists opposing its integration. Yvonne demonstrated despite the opposition of her parents, who feared for her safety.

While the DD group has been meeting for 16 years, developing sufficient trust to share challenging and painful experiences as Yvonne has done did not happen overnight. Reverend Arnold Howard is my DD Co-Coordinator. When difficult issues have arisen, we have benefited from his decades of providing pastoral counseling to his flock at Enon Baptist Church. The DD is always open to any NNC member who would like to try us and hopefully join as a member. *By Susan Russell, NNC Member and DD Co-Chair* 🗨️

Coffee and Koi in Saigon continued from p.6

dot the landscape, providing flowers for the region. We visited the Dalat Railway Station with steam trains built by the French and a coffee farm, where we learned about coffee production. One of our favorite restaurants was an Italian place called *emai*. We sat outside on the cliff side and were enchanted with the mountain views and the tranquil retreat that enhanced the delicious meal.

One of the popular attractions was Crazy House, with surrealistic architecture of wildly imagined tree houses and organic shapes for climbing and exploring. As Lenny had not visited these cities before, he used AI to find our accommodations, restaurants and activities. Grabs were so easily accessible that we were able to navigate to a variety of places in the comfort of a car throughout our travels.

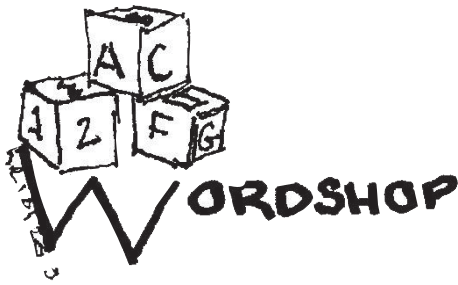
non-profits and businesses who needed the retiree's expertise. The jobs paid a small stipend and were part-time. When she saw a listing for a position at CHAI, she applied and was hired! She was assigned to NNC. One of the duties was working on the newsletter.

When Ken retired a few years later, Eileen decided it was time to retire (again). She officially joined NNC, continuing her work on the newsletter. She also volunteers for the Caring Committee, makes weekly check-in calls, keeps the NNC Book Club organized and attends Gatherings and the art class. Non-NNC hobbies include reading (fiction and non-fiction), writing for a women's blog (www.womensmusings.com), playing mah jongg, doing crossword puzzles and getting together with friends.

An important life lesson which Eileen would like to share is that retirement should not turn into an excuse for isolation. Everyone needs, and NNC provides, opportunities for connection. And we indeed enjoy reading the aptly named, Eileen Creeger edited, *Staying Connected*. 🗨️

It was time to return to Nha Trang. This town is populated by many Russian tourists. Vietnam and Russia have political ties, and the attraction of warm climes and reasonable prices probably make this a popular place to visit. At one restaurant we were given a Russian language menu because we were mistaken for Russians.

The time went so fast. The trip was a whirlwind of sights, food and being immersed in this diverse culture. The fact that we were together as a family experiencing this adventure enhanced the memories we now share. Vietnam offers history, culture, natural beauty and the warmth of its inhabitants to those lucky enough to embrace it. I was lucky three times. 🗨️



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.

A Festive Fall-to-Winter Holiday Parade

By Co-Pilot

When October strolls in with a wink and a breeze,
Columbus Day brings memories over coffee and cheese;
Some honor explorers, some honor each land,
And seniors swap stories with grandkids at hand.

Then Halloween tiptoes with costumes and cheer,
With pumpkins that grin from the porch every year;
We hand out the candy, then sneak just one piece,
And chuckle as goblins parade down the street.

Then candles remind us, in autumn's soft glow,
That Jewish traditions have deep roots below;
Though High Holy Days passed as September took flight,
Their blessings still linger in October's night.

Election Day follows with ballots in hand,
As neighbors make choices all across the land;
We vote, then we chat by the bake-sale tray,
And prove civic duty can brighten a day.

By November eleventh, flags ripple with pride,
For Veterans Day honors brave service worldwide;
We thank those who stood when the country said, "Please,"
And cherish their courage, their stories, their peace.

Thanksgiving arrives with a turkey in state,
A pie on the counter, and cousins who're late;
We loosen our belts, pass the stuffing once more,
And laugh at old jokes we have heard ten times before.

Advent then begins with a candle's bright spark,
A hush and a hope in the early dusk dark;
Christian hearts listen as carols arise,
While December hangs stars in the velvety skies.

On Christmas Day morning, with bells all around,
Good cheer and warm greetings make joyful sound;
Some gather for worship, some gather for pie,
And everyone smiles when the fruitcake goes by.

Then Hanukkah dances with candles in rows,
With dreidels and latkes and faces that glow;
Eight nights of wonder, of courage and light,
Make winter feel warmer and friendship feel bright.

Kwanzaa brings colors of harvest and grace,
With candles for values and joy in each place;
Families remember, create, and renew,
With wisdom from elders in all that they do.

New Year's Eve tiptoes with one final cheer,
"Can you believe it? Another whole year!"
We count down together, then giggle and say,
"At our age, my dear, every year is hooray!"

So here's to the holidays, bright, old, and new,
To faiths and traditions and red-white-and-blue;
From October leaves to December's delight,
May every warm memory keep spirits alight.

Health and Wellness continued from p.9

Partnership

Often, the first thing the doctor says when walking into the exam room is, "How are you?" This is not a good question according to Mrs. Taubes. It often leads to patient rambling instead of stating the biggest concern in a concise manner. She said to remember the "newsletter rule" – (1) headline, (2) important facts and (3) background information (where, when,

better, worse, how severe, what changed—be specific!). The goal is to feel better after the visit!

And if the patient feels he hasn't been heard, it is okay to say:

- "Please explain again"
- "My biggest concern is..."
- "I know my test results are normal but why am I feeling....?"

Before leaving the exam room, be sure to understand what is causing

your symptoms, your treatment options and plan, and what to expect in the next few days or weeks.

The Zoom concluded with the following advice. Remember that the doctor is the expert in medicine, but you are *the* expert on your body. Who is the most important person in the room? Both of you! Work as partners! 🐼

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



Newsletter Committee

Eileen Creeger
Sylvia Eisenberg
Shoshana Harris
Sheila Mentz
Heidi Schloss
Joyce Wolpert

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



ISSUE 59 | FALL 2026

Justification for Inertia

By Joyce Wolpert

The British poet wrote
We wind up back from where we came
A '60's song says
We're in the Circle Game.

The Hero's myth
Shows her leaving home
Only to return enlightened.

Biblical truths of
"Dust to dust"
Inform but do not frighten.

Nature turns round
In cycles fast and slow
If I'm going to come
Back here again
Why then must I go?

Milestone Moments:

Congratulations to Jerry & Eileen Rosenbaum of Afula, Israel, on the engagement of their grand-daughter, Esther Wildman, to Menachem Severinsky from Ramat Beit Shemesh, Israel.

Susan Russell is pleased to announce the return of her daughter, son-in-law and 15 year-old grandson to Baltimore after 5 years away.

