



N4NN CONNECT

Chats with the Chair

Suddenly we older citizens are making the headlines! You can't turn around without hearing about the coming of age of baby boomers and the greying of the U.S.

Within one week at the end of September I collected the following stories:

- The Houston Chronicle's story on September 23, "Making a Home Stand."
This story reported on Groggan's Mill in The Woodlands area where the civic association, at the urging of one of its 80 year old members, Bruce Cunningham, has authorized the development of a new village like N4NN. Reporter Michael Tresaugue focused initially on Mr. Cunningham, who noted that he and his wife had "scouted" all sorts of living options but "the more I visited, the more I realized I preferred being home." The story quickly moved on to quote extensively from an interview with our own Michael Kahlenberg. Michael spotlighted the need for the village option and said "I look at this as the next phase of how we care for people." The story lists all the positives we already know about villages and is a resounding endorsement of the village concept. As a result of the story, in addition to a call from Mr. Cunningham asking for advice, I have spoken with folks from Spring Branch and Clear Lake who want to look into starting villages in their areas and would like our help.
- The Wall Street Journal's story on September 25, "Communities Struggle to Care for Elderly, Alone at Home." This story focused on Maine and the Eastern seaboard and the challenges of aging at home in an area "where the population is growing older, supportive services are scarce, houses are in disrepair and

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Thank you to our earliest supporters...

The following neighborhood businesses supported N4NN before we even opened our doors. Tell them thank you the next time you drop in...

- Belden's at Braeswood Square
- Kroger's on W. Bellfort and the Loop
- Foodarama on Beechnut and Hillcroft
- New York City Bagels
- Mailboxes at Braeswood
(show your N4NN membership card and Mailboxes will give you a discount)

Gratitude to our Donors

It is with a full heart that we thank our donors, who make our work possible.

- Madeleine and Dr. Michael Appel
- Megan Bladen-Blinkoff
- Sandra and Sam Block
- Linda and Andy Burger
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- Sara Selber
- Gloria L. Sharney Memorial Fund
- Shell Trading (U.S.) Company
- Leslie and Sandy Weiner

Several grants that have been recently received will be acknowledged next month.

Member Publishes Book Benefiting N4NN

N4NN member Lili Gordon has published through Amazon the first of book of a trilogy telling the story of her adventures through life. *Siberian Yankee* is a fascinating Holocaust survival story of a different sort. Here's how Lili describes the book:

The German Army began the invasion of the USSR late June 1941. My father, as all able-bodied men in the Ukraine, was drafted into the Russian Army, even though he was a Jew. My mother was left to fend for herself and her aging parents and teenage sister in Kiev, a city besieged by the Nazis. She found passage for herself and small family on a cattle car headed toward Siberia. They spent six weeks on that train and my mother gave birth to me just as they approached the Ural Mountains. This is MY story of a child surviving the Holocaust: Siberia, Kiev, East Berlin, West Berlin, dozens of Displaced Persons camps throughout Germany, and finally arriving to New York City July, 1949. I was one of the lucky ones. <http://www.amazon.com/gp/product/1517164...>

Lili is most generously donating the proceeds of *Siberian Yankee* to Neighbors 4Neighbors Network.

Useful Links

Both the Evelyn Rubenstein Jewish Community Center and the West University Parks and Recreation Department offer programming for older adults. You do not have to be a member of the ERJCC to participate in their programming (class/program cost is a little higher for non-members) nor do you have to live in West University to take part in a number of their classes and field trips. Here are the links to both websites:

ERJCC

www.erjcchouston.org

Once you are on the web page, click on "Activities by age" at the top, then Click on "Adults" then Click on "Adults 60+". Or call the ERJCC at 713-729-3200

West University Parks and Recreation Department

www.westutx.gov

Once you are on the West U web page, click on "Parks and Recreation Department," then click on "Senior Services" (on the left hand side of the site on blue background), Or call the West U Senior Services Division of the Parks and Recreation Department at 713-662-5895.

Telephone Scams

No doubt most of us in N4NN receive numerous marketing calls every day...trying to sell us everything from insurance to reverse mortgages to safety devices. An article in the September Tribune, produced by Erickson (which develops senior living communities) warns against telephone scams. The article particularly references a scam that has just been shut down by the Federal Trade Commission: the scammers told seniors that they needed to provide their bank account numbers before they could be sent a new Medicare card. That, of course, was simply a ruse to get access to the seniors' bank accounts. This type of scam is called, according to the article, an automatic debit scam. Unscrupulous individuals offer the senior a prize, a new credit card or whatever but require that the senior provide his/her bank account information to verify his/her identity or eligibility.

The article goes on to advise that you NEVER give out your bank account information to someone you don't know. Don't believe the caller when she/he promises not to take money from your account or says you can change your mind about accepting an offer. Be wary of telephone solicitations from callers you don't know.

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younger people who can assist have moved away.” States in the Northeast are beginning to face the issues but the challenges are great. I do want to note that, despite the challenges, two of the most successful villages in the country are the Beacon Hill Village in Boston and Nauset Neighbors, also in Massachusetts.

- The Houston Chronicle’s story on September 29, “So there is life after 54 on TV.” The story, on a lighter note, talks about two new TV shows whose heroines and heroes are older adults. One is Grace and Frankie starring Jane Fonda and Lily Tomlin as Grace and Frankie, wives of Sol and Robert (the show is on Netflix). The other is Blunt Talk (on Starz) starring Sir Patrick Stewart. Since I have neither Netflix nor Starz, I haven’t seen the shows, but I am encouraged that television sees us seniors as a good target audience and that stars of such high caliber, who in real life ARE in our age demographic, are willing to take on such roles. And, of course, it is encouraging to see them still working and succeeding!

My take on the attention older Americans are receiving is that we still matter. We are not anachronisms. We have a role to play in our communities. The folks who called me about starting new villages are all 70 or older. They have an abundance of energy and a desire to lead fulfilling and contributing lives.

We, as members of our fledgling village, can help each other do just that...by checking on each other, by keeping our minds and bodies active through our discussion group, lunches, concerts and one on one visits, by recruiting others to join us as members—or as volunteers.

I am proud to be working with each and every one of you as together we build Neighbors4Neighbors Network into a thriving village we can replicate around the city.

N4NN Lunch Bunch:

When: Tuesday, October 20 at 11:00 AM

Where: The October luncheon will be held at The Egg and I, 4938 Beechnut, as usual. (We investigated Escalantes but the cost is beyond our means — a \$450 minimum payment per luncheon.)

Program: Our program for October will feature representatives of the Easter Seals technology team who will talk to us about how how to use our electronic devices.

Note: If you haven’t already done so, please call Madeleine at 713-665-0770 or send her an email to let her know whether you will be joining us. Also, please free to invite a guest who might be a potential member of N4NN. Just let Madeleine <mgappel@comcast.net> know who to expect..

In-Home Concert:

When: Tuesday, October 27 at 2:30 PM

Where: 6223 Queensloch - the home of Annette Novominsky.

Program: Guest Musician: Naomi Hoffmeyer, an Artist Diploma student of N4NN member, Paula Page. Naomi is a harpist who will explain both her instrument and the music she is performing.

Because this event is in a home, it is open to members only right now. If guest space becomes available as the date grows closer, we will let you know.

Michael Kahlenberg, Program Coordinator
Madeleine G. Appel, Chair Founders Committee
Gail W. Issen, Editor

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