

In this Issue

- [Chats with the Chair](#)
- [New N4NN Boundaries](#)
- [Groceries By Phone](#)
- [Potluck Picnic](#)
- [Coming Events](#)
- [Links to More Activities](#)
- [Support N4NN](#)
- [N4NN Regional Workshop](#)
- [Be Prepared!](#)
- [Beware That False IRS Call!](#)
- [Movie Night](#)
- [Laugh Out Loud](#)
- [Support Our Advertisers](#)
- [Contacting Us](#)

Chats with the Chair



I still welcome summer with the anticipation I had as a child. I always think the days will be long (and they are) and lazy (they are not). Adventure lurks around the corner (and sometimes it does). The sun shines benignly (if fiercely) on us all.

But this summer has brought with it the end of a weird political primary season and the beginning of what promises to be a bitter and ugly election season, the tragedy of Orlando, the threat of Zika and more terrible flooding for our neighbors along the Brazos.

As a result, I am thinking more fondly than ever of my childhood summers in Corpus Christi. The street on which I lived was peopled with children of every age and their families. The mornings were devoted to constructive activities. My mother did not share my belief that summer was for laziness ... there were swimming lessons, sewing lessons, knitting lessons.

Then it was home for lunch and a "rest period" in the middle of the hottest part of the day. That was my time for reading...*Little Women* and all its sequels, *Freckles*, *Anne of Green Gables*, Nancy Drew Mysteries and Cherry Ames, Student Nurse and, eventually, my Mother's old copy of *Gone with the Wind*.

The late afternoons were for friends ... on our street or within a three or four street area. In those days we children were allowed to walk to school by ourselves or to a friend's house during the summer. There was roller skating or bike riding or, my favorite activity: sitting on the floor of a friend's closet with a comic book plucked from the stack that reached literally from the floor to the ceiling. Mother did not think comic books were quality reading, hence we didn't have them at our house, but Abie Carr and his siblings had what was surely the world's largest collection. Once in awhile there was another treat: walking barefoot in the carpet grass, careful to avoid the "stickers."

A small household cowbell rang us home for dinner. And then as twilight fell, there was hide and seek with the street gang as the heat faded and the stars appeared, one by one.

There were long Sundays on Padre Island-driving across a wooden one lane causeway to get there. There was crabbing from a dock at the Naval Air Station and backyard feasts that night of boiled crabs dipped in melted butter that dripped down our chins.

And, as I grew older and came home for the summer from college there were baseball games on the radio, to which I listened as I washed the dishes. (Mother wanted me to cook; I preferred dishwashing!) I listened to the Cardinals games because my secret love, who later became my husband, loved the Cardinals.

And that is how I came to enjoy the book I'm currently reading-Bill Bryson's *One Summer, America 1927*. There is a whole section on Babe Ruth. Did you know

- That his father ran a saloon over which the family lived?
- That when he was 7 years old, his father took him to an orphanage/reform school/private academy where the Xaverian Brothers, a Roman Catholic order, reared him for the next 12 years?
- That it was there that he learned and mastered baseball under the tutelage of Brother Matthias Boutilier?
- That in 1914 a scout for the Baltimore Orioles (a minor league team at that point) "discovered" him?
- That he had a prodigious appetite for food (and, sex!)?
- That due to financial woes, the Orioles sold him to the Boston Red Sox, a major league team, in 1914 where, in his first game he had eight hits and, as a pitcher, won 4-3?
- That in 1915, his first full season with the Red Sox, he "won 18 games against 8

losses...struck out 112 batters, gave up fewer hits per game than any other player in the league but one and finished the year with ... an earned-run average of 2.44"?

All the rest is history! He was evidently a very nice guy and well-loved by his teammates (except, ultimately, for Lou Gherig with whose wife the "Babe" slept!)

I hope that perhaps my wandering down memory lane has sparked your memories of summer-good memories, happy memories. May they carry you through the heat, humidity and the hubris of the political season!

- *Madeleine*

[Home](#)

N4NN Regional Workshop

Neighbors4Neighbors Network held a regional workshop in June for other areas wanting to start their own villages for older adults who want to age in their own homes. Participants included folks from Westbury, Midtown, Braeburn Valley, The Woodlands, Jersey Village, the Memorial area and from as far away as LaGrange.



Michael Kahlenberg, N4NN Program Coordinator, welcomed the participants and introduced Jewish Family Service CEO, Linda Burger. Linda described JFS' desire to expand its senior adult services and its search for an option that would compliment the agency's existing counseling and case management services. She took the group through the steps of organizing a Task Force to research options; recruiting representatives from the community including the University of Houston and Rice to help; and--through the efforts of Task Force Chair, Dr. Shelly Liss--the discovery of the village movement and the decision to establish a pilot project village.

Sally VanSickle, president-elect of the Capitol City Village in Austin and a member of the national Village to Village Network, talked about the national organization's birth in the wake of the very successful Beacon Hill Village in Boston and the many services VtoV offers those interested in starting a village.

Madeleine Appel, chair of N4NN's Founders' Committee/Advisory Council, and Ms. VanSickle talked about the challenges of implementing a village and the lessons learned. Ms. Appel noted that "starting a village is like flying an airplane while building it."

Braeburn Valley's Village is being organized under the auspices of its homeowners association. The Woodlands Village is still in the research and setting up stage and is concentrating on offering transportation services. LaGrange is still in the research stage. Jersey Village has begun its implementation but is not operational yet. Midtown is still a dream in the minds of several citizens, and the Memorial area resident decided, at the end of the day, that founding a village was probably too much of a challenge. Westbury's participant said she had come to the conference to try to persuade N4NN to expand its boundaries into Zip Code 77035 and was delighted to learn that we are doing so.

[Home](#)

New N4NN Boundaries

Neighbors4Neighbors Network has expanded its boundaries to include Zip Codes 77025 and 77035 in addition to our 77096.

Both zip codes are immediately adjacent to and contiguous with N4NN's original boundaries. On a case by case basis we have accepted memberships from several residents of 77035 already. Inquiries about membership from residents of those areas are among our most frequent.

We look forward to welcoming new members from within our expanded boundaries in the year ahead.

[Home](#)

Be Prepared!

"It only takes one ticket to win the lottery. It only takes one second to tell a friend you made it home safe. It only takes one storm to change a community forever," Michael Kahlenberg, N4NN's Program Coordinator, told those attending the June N4NN monthly luncheon.

Michael urged everyone to be prepared. Most members have received the Red Book which has tips for every type of disaster



preparedness. If you didn't receive yours, let the office know.

Top on the list of hurricane preparedness is to have food and water in the house in quantities enough for several days. Food should be the kind that does not need refrigeration and meets any diet restrictions. Here are some items to consider:

- One gallon of water per person per day for at least three days for drinking and sanitation
- Three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA weather radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First Aid Kit
- Whistle to signal for help
- Manual can opener for food
- Cell phone with chargers, inverter or solar charger

Michael also suggests a telephone that plugs into your electricity. The plug-in will work even when the electricity goes off (as long as the telephone lines are up!) Sometimes cell phone usage overloads the airwaves and the plug-in is a great backup.

Gather important documents into a waterproof bag or container.

For help or more detailed information, call N4NN to get answers to your questions and concerns: 832-998-6466.

[Home](#)

Groceries By Phone



Are you a caregiver for a loved one and can't get out to get the needed groceries? Or, are you living alone and have you been under the weather and need to fill the pantry and refrigerator? There is a solution to your problem.

An N4NN volunteer will grocery shop for you from your list or pick up groceries you have already ordered and deliver them to you if you find yourself unable to shop.

Or a volunteer will take you shopping. Just call the N4NN number (832-998-6466) and let Michael Kahlenberg know your need. If at all possible, please make your request 48 hours in advance.

Other options: **Rice Epicurean Market** on Fountainview offers shopping and delivery

service and covers 77096. Google "Rice Epicurean Market-Fountainview" and click on Home and Office Delivery or go to RiceEpicurean.com and do the same or go to RiceDelivers.com. There is a \$50 minimum order. The standard delivery charge is \$9.95. The first order service fee is free with a \$100 minimum purchase.

A service called **Burpy** routes your order to a vetted personal shopper who collects and delivers your items. It delivers in 77096. Go online to Burpy.com. Burpy orders below \$50 are charged a \$4.99 delivery fee. But if an order is greater than \$50 delivery is free. There is no minimum order value for placing an order on Burpy. If you want Burpy to shop at a second store, there is a fee of \$6.99 per store.

Another service, **SHIPT**, also serves 77096. It shops exclusively at HEB (Buffalo Speedway). There is unlimited free delivery on orders over \$35. SHIPT notes that its prices vary on orders by \$5 on a \$35 order.

Thanks to member Gail Issen for the tip on the Rice Epicurean Market and the idea of checking out grocery delivery services!

[Home](#)

Beware That False IRS Call!

We've written about scams before, but a phone call received recently by an N4NN member makes us feel it is urgent to raise the issue again.

The member received a call from "an IRS agent" telling the member that money was owed on taxes. Instructions were given on how to withdraw money from the member's bank account and transfer it to the "IRS." The member was ready to go to the bank. Fortunately the member was upset enough and smart enough to contact a friend who immediately alerted the member to the fact that it was a fraud.



The IRS will NOT call you. The IRS will NOT email you. The IRS WILL send something in the U.S. mail to you if it needs to contact you.

Please know that lots of folks fall for this particular fraud. This writer did the first time she received the IRS call. I decided to call the IRS before I gave money and that's how I learned about the fraud. Even Treasury Secretary Jack Lew, 60, says he almost fell for this scam, according to a story posted by the website Bankrate. He was called by someone posing as an IRS agent, who left a number for him to call back. Mr. Lew checked the number out on Google search and learned it was a well-known scam. Bankrate quotes him as saying that in January 2015 the IRS had recorded 290,000 such scam calls since October 2013. Imagine what the number must be a year and a half

later.

The IRS scam is not the only scam making the rounds. The National Council on Aging lists the top 10 financial scams targeting older adults are:

- **Medicare/health insurance scams**
 - The fraudster may pose as a Medicare representative to entice seniors to give them their personal information or provide bogus services at makeshift mobile clinics (or not so makeshift offices -- note the major Medicare scam ring broken up here in Houston in the last month). Medicare is then billed for the bogus service.
- **Counterfeit prescription drugs**
 - These are done mostly via the internet when older adults try to find better prices on medications.
- **Funeral and cemetery scams**
 - Scammers call or attend funerals and then tell the family that the deceased owed them money and the family needs to settle the debts -- or
 - Disreputable funeral homes jack up the bill for the funeral, tacking on unnecessary charges (often related to telling the family a casket is needed when it is not.)
- **Fraudulent anti-aging products**
 - Beware bogus botox scams and bogus homeopathic remedies. Renegade laboratories can make bogus versions of real botox leading to disastrous results.
- **Telemarketing/phone scams**
 - Beware purchasing stuff sight unseen over the phone
 - The Pigeon Drop where a con artist says he or she has found money and is willing to split it if the senior will withdraw money from his/her bank account. Sometimes a second person posing as a lawyer or banker or someone else who is trustworthy is involved.
 - The fake accident
 - The victim is asked to wire or send money because someone else in the victim's family needs it
 - Fake charity solicitations
- **Internet fraud**
 - Beware fake pop-up browser windows that appear on your computer screen which simulate virus-scanning-do not download or open because it may let loose an actual virus

- Phishing on email where you receive an email message that looks like it is from a legitimate company or institution. It asks you to update or verify your personal information or it looks like an email from the IRS saying your are due a tax refund. Always check with the institution. The IRS does NOT use email.
- **Investment schemes**
 - Beware the Bernie Madoffs of the world
 - Do not respond to the Nigerian prince looking for a partner or your best friend who is stuck in London without his or her wallet and needs you to send money
- **Homeowner/reverse mortgage scams**
 - Make sure any reverse mortgage is "secured" (use a known resource)
 - Do not be fooled by money offers or the offer of a free house somewhere else in exchange for title to your property
- **Sweepstakes and lottery scams**
 - Watch out for the false check that arrives in the mail and which you deposit in your bank account. It takes several days for a check to clear by which time the criminals will have collected money from you for fees or taxes on the prize. They pocket the money and the check you deposited bounces.
- **The grandparent scam**
 - Someone impersonating your grandchild calls and says guess who this is ... and asks for money. thinking it's your grandchild, you send it. Or, more common locally, someone calls saying he or she is a friend of the grandchild; the grandchild is in trouble and needs you to send money.

The saddest commentary this writer read was on an online article from the FBI. It noted that seniors are easy targets because:

- they often have a nest egg and have excellent credit
- older adults who grew up in the 1930s, '40s, and 50s were raised to be polite and trusting
- older adults are less likely to report fraud because they don't know to whom to report it OR because they are ashamed and/or they fear relatives will think they can no longer take care of their own business

We hate to say it but make wariness your watchword. And when in doubt, call N4NN at 832-998-6466 and ask us to help determine if something is a fraud.

[Home](#)

Potluck Picnic



Members of Neighbors4Neighbors Network will go casual on Sunday, July 24, for the first annual Potluck Picnic at the home of Annette Novominsky, 6223 Queensloch Drive.

The indoor/outdoor "picnic" begins at 5 p.m.

Members have been asked to bring a variety of cold-dish food items, with Annette providing a meat and cheese tray, bread and condiments.

The long days of summer will enable us to feast, visit, and enjoy one another with plenty of time before it gets dark.

Members should RSVP to Annette at 713-771-2772 or anovominsky@icloud.com by Friday, July 15th and let her know what you plan to bring. If a member needs a ride, contact Michael Kahlenberg at the N4NN office, 832-998-6466. We will arrange for another member or a volunteer to pick you up.

[Home](#)

Links to More Activities



The City of Bellaire has a seniors program that is open to anyone. It offers field trips, movies, lunches, bridge, bridge and games, advanced card games, crafts and conversation. To see the schedule go to www.ci.bellaire.tx.us/729/LIFE. Click on the Life Newsletter to see a full schedule of activities. Or contact 713-662-8290 or Victoria Arevalo at Varevalo@bellairetx.gov.

The **Weekly Family YMCA** at 7101 Stella Link Blvd., 77025, has a Silver Sneakers exercise program in which some of our members participate. Call 713-664-9622 or go to www.ymcahouston.org. On the left under "Find Your YMCA, select "Weekly Family", when the Weekly Family page comes up, click on Health in the menu across the top, select Active Older Adults, then you will see the description of the Silver Sneakers Program.



Bayland Community Center at 6400 Bissonnet has exercise classes at various levels, including Tai Chi. Go to www.pct3.com, click on Community Centers, Click on Bayland, scroll down to activities (on right side of page) or call 713-541-9951.

Jewish Community Center:

Join neighbors and friends at the JCC for fun and exciting programs including bus trips, cultural programs, lifelong learning courses, Kosher lunch program, films, Jewish learning, art classes, exercise, social programs and much more. Learn more at <http://www.erjcchouston.org/adultsonthego>



West University Parks and Recreation Department: www.westutx.gov. Once you are on the web page, hover over the Services tab and click Senior Services in the Parks and Recreation column, or call the West U Senior Services Division of the Parks and Recreation Department at 713-662-5895.

Judaism Senior Chai Program: [HCRJ Senior Chai](http://hcrj.org) sponsors programs dedicated to those 60 and over which is open to all in that age demographic. The programming of social, educational and recreational activities is generously underwritten in memory of Mozelle and David Barg and Esther and Robert Shelby. Contact admin@hcrj.org or call 713-782-4162 to learn more about the classes and trips currently being offered.

[Home](#)

Movie Night

Neighbors4Neighbors Network is joining the Evelyn Rubenstein JCC to sponsor a showing of the film *The Age of Love* on Thursday, August 18 at 7 p.m.. (See the item below). The film will be shown in the JCC Kaplan Theatre, 5601 Braeswood.

Ticket cost for N4NN members and JCC members is \$5. Ticket cost for the general public is \$8. To make reservations and ensure a seat, contact Esther Bethke at the JCC, 713-595-8186 or ebethke@erjcchouston.org or you can call or email or mail your reservation and \$5 to the N4NN office (832-998-6466; info@N4NN.org or N4NN c/o JFS, 4131 S. Braeswood, Houston, TX 77025) or sign up and pay the \$5 admission at our monthly luncheon on July 12th.

Note that a reception sponsored by Seven Acres Jewish Senior Care Services and Medallion Assisted Living Residence will follow the film.

FILM: THE AGE OF LOVE

Thursday, August 18 | 7:00 PM

Steven Loring, 2014, USA, 78 minutes

An unprecedented speed-dating event for 70-to90-year-olds serves as the backdrop for this funny and poignant look at love among the senior set. Fearlessly candid about their needs and desires, ten brave souls discover how hearts change-or don't change-from first love to the far reaches of life. It is never too late to date!

Following the film there will be a delicious dessert reception catered by Laykie's Gourment. The dessert reception is sponsored by Seven Acres Jewish Senior Care Services and Medallion Assisted Living Residence.

\$5 Member | \$8 Public



[Home](#)

Coming Events



July 12, Tuesday, 11:00 a.m., N4NN Monthly luncheon featuring **Michael Schuman, B.A., B.C.H., C.F.H., Board Certified Hypnotist and Certified Forensic Hypnotist.** Mr. Schuman will discuss hypnosis, including its use in the control of pain. The luncheon will be held at The Egg and I, 4938 Beechnut.

July 14, Thursday, 8 a.m.-8:30 p.m., Senior Chai is planning a Casino Trip to the Golden Nugget in Lake Charles, LA. from 8 a.m. to 8:30 p.m.. This trip will meet at HCRJ, 801 Bering Dr. Contact Melissa Wolfson at hcrj@hcrj.org or 713-782-4162 to make reservations or ask questions.



July 24, Sunday, 5 p.m., N4NN Potluck Picnic, home of Annette Novominsky, 6223 Queensloch (See story elsewhere in this newsletter.)

July 26, Tuesday, 2:30 p.m., N4NN Monthly Current Events Discussion Group, home of Fran and Les Moore, 5551 Carew.



August 18, Thursday, 7 p.m., *The Age of Love* (film), Evelyn Rubenstein Jewish Community Center (Contact Esther Bethke, 713-595-8186 for reservations. See story elsewhere in this newsletter.)

[Home](#)



Laugh Out Loud ...
with credit to the Internet!

Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel!

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Bumper sticker: Young at Heart. Slightly Older in Other Places!

Bumper sticker: At my age, Happy Hour is a nap!!

Bumper sticker: I don't exercise. At my age it makes my coffee spill!

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Wouldn't you know it...Brain cells come and brain cells go, but FAT cells live forever!

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[Home](#)

Support N4NN

N4NN is a non-profit community service program. It welcomes your support in a variety of ways:

- Volunteer
- Take out a business card ad in N4NN Connect. \$250 for six months. Our mailing list is in the thousands across the city.
- Call us to ask about being a sponsor. 832-998-6466
- Donations to support subsidized memberships are needed; donations to support our general operating costs are welcome! Donations may be made online at our website www.N4NN.org or by check to JFS/N4NN, 4131 S. Braeswood, Houston, Texas 77025.

[Home](#)

Support Our Advertisers

N4NN Connect is most grateful to its ad sponsors, GreatCall and TomFoolery.



N4NN members can use a discount code to purchase devices and the one-time activation fee by calling GreatCall's Care Center at 1(866) 490.0807 using Member Code JF/N4NN.

- 30% off all Devices
- \$10 off the one-time activation fee

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[Home](#)

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[Home](#)