

In this Issue

- [Chats with the Chair](#)
- [New N4NN Boundaries](#)
- [Technology: On the Horizon](#)
- [Happy Birthday!](#)
- [Coming Events](#)
- [Links to More Activities](#)
- [Support N4NN](#)
- [How to Talk to Your Doctor](#)
- [Nearby Glass Recycling](#)
- [Click Here ...](#)
- [Movie Night](#)
- [On the Light \(Sort of\) Side](#)
- [The Marketplace](#)
- [Contacting Us](#)

Chats with the Chair



Whatever our particular party affiliation, I am sure all of us paused for a moment to mark the historic nature of the nomination by a major U.S. political party of a woman as presidential candidate.

Through the magic of texting, I was able to share that moment with my 12-year-old granddaughter, who was more than excited. To quote her, "I wish I could vote! I am elated that young girls will see a woman being the president as the norm. It is a long time coming, isn't it?..."

Forgive me, guys, but it HAS been a long time coming! As long ago as the American Revolution, Abigail Adams asked those who wrote our founding documents to "Remember the women!" (Need I remind you? They

didn't!)

But my memories are closer to home, more 20th and 21st century:

- My mother sitting cross-legged on the bed in the '40s sorting through papers, gathering evidence for getting rid of paper ballots and bringing in voting

machines to Nueces County (she and her group of League of Women Voters cohorts were successful). They also helped get rid of the poll tax.

- My mother running mayoral campaigns in Corpus Christi
- My own tiny role in working for the ERA-standing outside the Oval Office with three other people to shake President Carter's hand and thank him and his wife for their work on behalf of the Equal Rights Amendment
- Standing in the crowd in 1984 to hear and cheer Geraldine Ferraro, the first woman nominated as the vice presidential candidate of a major party. ("What did she say, Grandma," my granddaughter asked. I don't even remember except that she talked about her family and the privilege of running for the office.)
- Working in my first political campaign to help elect the first woman Mayor of Houston, Kathy Whitmire
- Participating in Eleanor Tinsley's first kitchen cabinet and campaigning for her election as Houston's first at-large City Council Member. How well I remember the dubious comments of the men who thought it a real long shot to elect a woman. How sweet the victory in the run-off on election night!
- Eleanor's 16 years as a Council Member and the privilege of serving as her Senior Council Aide, an eye witness to so many accomplishments that have made Houston better
- Serving Council Member Gracie Saenz as a woman Mayor Pro Tem
- Serving Controllers Sylvia Garcia and Annise Parker as the second and third women City Controllers
- Cheering myself hoarse as the confetti rained down on newly-elected Mayor Annise D. Parker...and the privilege of serving on her executive staff. I never lost the wonder of walking into the Mayor's Office, though I did it a dozen times a day.

And now we have come to this day, when a woman has an equal chance at becoming president. And I can only say "thank you" to those who came before me (women and men) and made this possible. I can only say "Go for it," to my granddaughters and the young women who will come after me.

L'dor va'dor-from generation to generation. And may it be so.

- *Madeleine*

[Home](#)

How to Talk to Your Doctor

"How well you and your doctor talk to each other is one of the most important parts of getting good health care," reads the opening sentence of the National Institute of Aging's booklet, *A Guide for Older People/Talking with Your Doctor*.



The booklet is accessible by Googling "National Institute of Aging, How To Talk With Your Doctor" or going to nia.nih.gov, clicking on publications in a box on the right hand side and then scrolling way down until you come to the booklet of the appropriate title.

Here are a few snippets from the booklet:

- First, decide what you are looking for in a doctor...is gender important? A group practice or a solo practitioner? Evening or weekend office hours? Takes Medicare patients?
- Make a list...and prioritize...your concerns. If you can't cover them all in the time allotted, make a second appointment. Take a friend or family member to help you listen and absorb the information you receive.
- Take a list of medications, your other doctors, illnesses and surgeries you have had
- Ask questions
- If you think your doctor doesn't take your concerns seriously enough, it may be time to find someone new

The 42-page booklet is crammed full of helpful information, including list, note-taking and other forms you can print out and use to help you prepare for and ensure a positive and productive visit.

[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](#)

Nearby Glass Recycling

For those of us who live in Zip Code 77096, **glass recycling** has come to a site near us, according to Becky Edmondson, president of the Westbury Civic Association who has distributed the following notice:

We are very pleased to announce that we now have a handy option to recycle glass. Mayor Sylvester Turner announced a pilot program through a partnership with Strategic Materials, which is the largest glass recycler in North America. The company will operate ten containers where Houstonians can drop off their glass bottles...



The location is in the parking lot of Westbury United Methodist Church (WUMC), 5200 Willowbend, which is located at the corner of Willowbend and West Bellfort. [The N4NN Safety Fair and More was held at WUMC in April.] The parking lot is accessed easily from Cedarhurst Dr, on the backside of the Church or from West Bellfort.

Glass containers must be empty and rinsed. Remove all caps, corks, and lids before taking them to a glass recycling location. Glass ONLY is allowed.

We thank WUMC for allowing this on their property. It is a privilege and we need to make sure that the area around the container stays clean and without broken glass. Please be sure to clean up any glass that breaks. We don't want the same mess that irresponsible dumpers do at the paper recycling bins.

[Ms. Edmondson] will be monitoring the site for the church and for the City of Houston Solid Waste dept. and would appreciate a few volunteers who would like to join [her] in making sure the area around the container stays glass free.

Happy recycling!

Thank you to Becky for all her hard work in making sure the City and Strategic Materials were aware of the need in this area.

[Home](#)

Technology: On the Horizon



One of our Advisory Council members, Steve Finkelman, sent us a great story about new technologies being developed in Israel for the over-60 population. All the advances will make it easier and safer to remain in our own homes as we grow older.

A contest for start-up companies in the tech field held at a recent Conference for Technologies for the Aging Well at Bar-Ilan University, produced the following winners (the list below is a partial one):

- **Steps&** has developed a virtual smartphone "assistant" which guides and encourages physical therapy patients through home exercise. The interface, managed by the physical therapist, includes instructional videos, a motivation boost, and goal-setting, pre-scheduling and tracking features
- **Kytera** is working on a smart wristband and motion-sensor technology to monitor seniors who are aging at home. It automatically detects and alerts to "stress situations" that vary from a person's usual activity patterns.
- **AbiliSense** is developing apps that continuously listen to the world around the user, analyze the sounds and transform them into alerts-delivered to smartphones, wearables and other low tech devices-ranging from "the doorbell is ringing" to an emergency SOS.
- **Mybitat** has partnered with Samsung to develop a set of smart-home solutions aimed at helping the elderly remain at home ...Advanced sensors, cloud-based software and behavior analytics monitor daily routine and wellness. If a change in behavior or health is detected, the system alerts pre-selected contacts [like your adult children!] [There are already a number of devices already on the market in this country that can transmit medical checks such as your blood pressure to your doctor or a family member or that can sound an alarm if you don't move from your favorite chair in a usual amount of time, etc. The Mybitat product seems to be an integrated system.]

The story above is pieced together from an online article by Abigail Klein Leichman, published July 14, 2016, by Israel21c.

[Home](#)

[Click Here ...](#)

We've talked a lot about fraudulent and unsolicited phone calls and emails. An Advisory Council Member, Vicki Davison, has provided the following helpful links:

- <https://www.donotcall.gov/> - to stop unsolicited phone calls
- <https://www.usa.gov/telemarketing#item-35222> - link to stop unwanted mail
- <https://www.bbb.org/houston/programs-services/bbb-education-foundation/>
- free education programs on senior fraud - Candy Twyman at ctwyman@bbbhou.org



Member and Advisory Council Member Gail Issen has alerted us to the AARP Fraud Watch Network. Go to aarp.org and click on Fraud Watch Network near the top of the page. You can then sign up for the free alerts.

[Home](#)

Happy Birthday ...



Best wishes for a happy August birthday and many more to come to:
Barbara Clein
Sue Gill
Lili Gordon
Faith Marshall

[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 Chai. 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.



Houston Congregation for Reform Judaism Senior Chai Program: [HCRJ Senior Chai](http://www.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



August 8, Monday: N4NN Monthly luncheon, 11 a.m., The Egg and I, 4938 Beechnut. We will play Bingo to celebrate that we have a few more weeks of lazy, hazy vacation season.

August 24, Monday, 2:30 p.m., N4NN Monthly Current Events Discussion Group, location TBD. (if you are interested in hosting one of our discussion groups, contact Madeleine Appel at mgappel@comcast.net.)



August 18, Thursday, 7 p.m., *The Age of Love* (film), sponsored by the JCC and N4NN, Kaplan Theater/Evelyn Rubenstein JCC, 5601 S. Braeswood. Reception to follow. (Contact Esther Bethke, 713-595-8186 for reservations. See story elsewhere in this newsletter.)

September 13, Tuesday: N4NN LUNCHEON, 11 a.m., Russo New York Pizza, 4870 Beechnut (same strip center as The Egg and I), Meyerland, 713-349-8787. **NOTE THAT WE ARE TRYING A NEW LOCATION FOR LUNCHEON.** Our guest speaker will be Susan Abel Lieberman, author of the newly published book, *Americans Speak: "One Thing I would Do For Our Country Is ..."*



[Home](#)



On the Light (Sort of) Side ...

We owe this one to member Philip Getz!

WELCOME TO THE 21ST CENTURY

*Our Phones -- Wireless
*Cooking -- Fireless
*Cars -- Keyless
*Food -- Fatless
*Tires -- Tubeless
*Dress -- Sleeveless
*Youth -- Jobless
*Leaders -- Shameless
*Relationships -- Meaningless
*Attitude -- Careless
*Wives -- Fearless
*Babies -- Fatherless
*Feelings -- Heartless
*Education -- Valueless
*Children -- Mannerless
Everything is becoming LESS
In fact we are -- speechless
Our Government is -- clueless

But our hopes are -- endless

[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](#)

The Marketplace

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



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

Medic Pharmacy
M- F 9:00am - 6:00pm Sat 10am - 2pm
PHONE: 713-666-6353



SERVICES WE PROVIDE

- FREE Same Day Home Delivery
- Generic Drug Plan (\$3.99/30 day & \$11.99/90 days)
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- 5 - 10 Minute Wait Times
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- All Major Insurances Accepted

Call-In, Fax-In, Walk-In eScript

\$20 OFF
TRANSFER 2 or MORE
PRESCRIPTIONS

**2ND BOTTLE OF
VITAMIN
\$3 OFF**

15% OFF
REFER A FAMILY
OR
FRIEND

[Home](#)

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Madeleine G. Appel, Chair Founders Committee
Gail W. Issen, Editor

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[Home](#)