



N4NN CONNECT

Vol. 2, No. 9

September 2016

In this Issue

- [Chats with the Chair](#)
- [More Computer Scams](#)
- [Dinner Delivered to Your Door](#)
- [Happy Birthday!](#)
- [Coming Events](#)
- [Links to More Activities](#)
- [Please Consider Donating](#)
- [Why I Belong to N4NN](#)
- [Getting to Know You,](#)
[Harold Friedman](#)
- [Sign Up](#)
- [Laugh Outloud](#)
- [The Marketplace](#)
- [Contacting Us](#)

[Chats with the Chair](#)



Madeleine Appel

This past weekend we attended the Bar Mitzvah of our grandson in Dallas. He is the third of our five grandchildren to attain this milestone, and as were the other two ceremonies, Ari's was a joy to experience.

Here was this man-child standing before a couple of hundred family, friends and strangers, masterfully leading the entire service in Hebrew. Just yesterday he was a toddler building slingshots with Grandpa, a determined first grader mastering martial arts and finding his passion for baseball--always curious, always his own person, always kind even in the midst of mischief, his sisters' most ardent defender and tormentor.

His young Rabbi told him in the days before the ceremony that contrary to the traditional commentary that "Today at 13, you are a man" he is not yet a man but still a child. However, the character traits that will mark him as an adult are at this point formed. His loving kindness, his sensitivity to others, his peacemaking nature, his curiosity, his loyalty, his sense of humor, his quick mind -- and, yes, his tendency to procrastinate just a bit! -- are already set in place.

And so Ari's message to the assembled congregation was no surprise. And one worth sharing:

God does not necessarily reward good and punish evil. Because one shouldn't do good in the expectation of reward. One should do good for the sake of doing good, because it is right to do good. He noted that, in his own way, he tries to do good in his daily life...shaking hands with the opposing team after every baseball game, win or lose, and thanking the umpires after every game whether their calls went his way or not, staying after class to help the teacher straighten the classroom, befriending the outsider as well as the "in" group at school.

I was touched by his speech. In this day and age of world turmoil and political grandstanding and general ugliness, I thought how much these small acts of kindness mean...and how far they go in making our daily lives richer. It made me think how lucky we are at N4NN to have volunteers who do so many acts of kindness...from a check-up phone call to grocery shopping to helping out at

our lunches to "just" being friends.

So, to our volunteers--your kindness does not go unnoticed. Thank you. To my grandchildren, Daniela, Ben, Ari, Sarah and Gabriela--for all your many acts of kindness to Grandpa and me, thank you and I love you.

- **Madeleine**

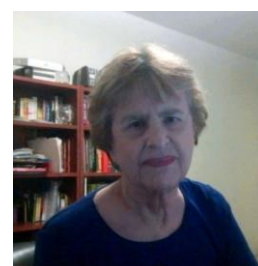
[Home](#)

WHY I BELONG TO N4NN...

This is the first in a series of stories from and by N4NN members as to why N4NN membership is important to them:

What has N4NN done for me? And why will I renew my membership each year? For me, the answer is very clear! N4NN has been worth its weight in gold!

Following our rains this spring, I noticed two large stains on our living room ceiling. My first thought was did I need to call in a roofer to examine the damage, and if so, which one. How much would that cost? I had mental visions of very expensive bills! But, before panicking, I turned to N4NN for advice. Michael K. visited and noticed how close these stains were to our chimney. He suggested that before calling in a roofer that I put in a call to our handyman. Sure enough, the problem was very easily solved. All that was needed was an inexpensive repair to the flashing around our chimney. Thank you N4NN for steering me in the right direction!



Gail Issen

Then, a few weeks later, I noticed a separation between sections of our back patio. This really scared me as I was rolling my husband's wheelchair over this divide almost every day. Was part of my patio going to give way? Would this present a danger to my husband's safety? Did I need to call in a foundation specialist to examine the situation and repair it? How many thousands of dollars was this going to cost? Again, I turned to our one-stop shop for advice and N4NN came to my rescue! Michael K. didn't have the answer; but, he had a resource he could turn to. He took a number of pictures of the situation and his construction resource determined exactly what was needed. Because the recommended solution was very much beyond my comprehension, Michael met with my handyman and explained in detail what needed to be done. The

end result was a perfectly repaired patio at a total cost of \$400.00. Needless to say, I am very much relieved!

N4NN has both a retired architect volunteer and our program coordinator who are able to help with issues such as mine. To my mind, this is the kind of service that N4NN provides that no other organization in Houston can provide our members, and it's the primary reason that I will keep renewing my membership each year.

Gail Issen

[Home](#)

More Computer Scams ...



AARP's May 6, 2016 Bulletin warns that Ransomware "is on a rampage." It notes that in the first three months of this year, reported attacks on personal computers have increased tenfold over the entire year of 2015 when the FBI received about 2,500 ransomware complaints.

Ransomware infects computers when you click on a malicious link or attachment. Last May, one of the most popular ransomware links was hidden in a message that read "your package has been successfully delivered". That is a message that any one of us who orders online might expect to see at any time. The other most popular ransomware link was found in a popular file-sharing piracy website. Fortunately, not too many of us get involved in that one.

The important thing to note about ransomware is that it locks your computer, usually showing a message that its contents have been encrypted and are being held hostage until a ransom is paid. Usually, a clock is displayed that shows a count-down until the contents of your computer will be permanently destroyed. This usually causes a sense of panic in the victims. Victims who pay the ransom usually receive an emailed "decryption key" with instructions that unlock the system and release the files. If the cybercrooks are not paid within the count-down period, however, they threaten to, and usually do, delete the files. Ransom amounts generally range from \$200 - \$800, but have been as

high as in the thousands as one hospital that fell victim to this infection did have to pay. So, how do you protect yourself from this?

The AARP Bulletin recommends:

- Regularly backing up the contents of your computer with an external hard drive or CD-ROM. If you keep offline copies of important files...Ransomware scams will have limited impact
- Use reputable antivirus software and a firewall. Keep software updated and set to accept security patches...Run scans several times a week if not daily
- Click wisely. Don't click on any emails or attachments you don't recognize...look for spelling and grammatical errors...Some malware-laden links purport to come from legitimate businesses, but the sender's address may end in Gmail.com, Hotmail.com or another free email service.
- Enable pop-up blockers
- Avoid free online offers for screen savers and games unless you download them from trusted websites.
- Go to the real source. If you are expecting a delivery, ...don't trust "proof" provided in emailed links.

[Home](#)

Getting to Know You, Harold Friedman

(We all have interesting stories to tell. Many thanks to member Jeanne Saletan for taking on the challenge of collecting and writing up a continuing series of member profiles so we can share those stories.)

Harold Friedman's parents emigrated from Hungary in the early 1920's with their children, and Harold was the first sibling to be born in the USA. They began American life in Arkansas in the junk business, which grew to include scrap-metal and moved it to Shreveport. There Harold completed high school and took college courses out of a lifelong desire to learn. He did not aim for a diploma because he already had been learning the family business on the job. He loved his father and found it agreeable to accept his father's generous offer to join the family firm, which provided a comfortable living for him and his wife, Beverly, and their two children.



Harold Friedman

Later Harold returned the bounty by financing his children and grandchildren through college and even advanced degrees. He sees education as a better investment than giving young people cash when they don't know what to do with it. Father and elder brothers dispatched Harold and his young family to Houston to expand the business into importing steel pipe through the port of Houston.

Harold's wife passed away two years ago after a slow decline with Alzheimer's disease and now, sadly, his daughter has been diagnosed in her sixties with the same affliction. Harold himself has had three brushes with cancer, the first at age 39. He refused an amputation and opted for experimental treatment, which succeeded. Now he is more than double that age.

What Harold misses most is the intimate associations he had with Jewish contemporaries until most of them passed away. He was attracted to N4NN because he has no family living nearby and would like to meet new friends in one's or two's to share a meal, play a game or make casual conversation. He is hard-of-hearing but he carries a nifty small microphone, which enabled me to enjoy a Chinese lunch with this charming man who has a winning smile and a positive attitude toward life.

[Home](#)

Dinner Delivered to Your Door

Thanks to volunteer and Steering Committee Member Jay Schaffer for researching and authoring this article!



Last month we brought you information on grocery delivery services. This month we're providing information on how to get an already prepared meal delivered.

Within the last eighteen months or so, there has been a proliferation of mobile and online based food delivery services in Houston that deliver meals directly to your door. These services may offer seniors interesting and varied dining options that can now be accessed via your computer, Smart Phone or iPad type device

The following material is by no means meant to be exhaustive. The hope is that the material is understandable to readers of N4NN Connect, and, if the reader so desires, facilitates the use of prepared food delivery services.

There are two distinct approaches for getting prepared meals:

- Contact an individual restaurant by phone or in person and order take out; then pick it up.
- Contact a delivery service directly...this is done via smart phone app or online directly (without needing to download an app). Delivery services have established linkages with hundreds of local restaurants to enable you to order and receive delivery without leaving your home! Many delivery services are customer oriented, requiring no minimum order size and having a nominal delivery charge. The types of food available for delivery are broad ranging from Sushi, Burgers, Pizza, Indian, Chinese, Thai, Sandwiches, Mexican to gourmet meals

Prices

Delivery fees vary and are either fixed or correlate either to the distance from the restaurant to your home or the price of the food order.

Some restaurants have a minimum food order fee ...Food item prices range from \$ to \$\$\$\$ and are usually displayed on the restaurant's website menu.

Some Delivery Options

There are many food preparation and delivery options for people living within the N4NN area codes (77025,77035,77096). The following chart lists a few of the more prominent, long-standing ones. We list the food establishment/delivery service and its website, the service(s) provided and how to access services.

Delivery Service	How to Access	Service Provided
Grubhub grubhub.com	<p>There are 2 ways to place a meal order:</p> <ol style="list-style-type: none"> 1. Online at grubhub.com 2. Use the grubhub app on your smart phone. <p>This service requires the establishment of an account.</p>	<p>Order food online from numerous local restaurants.</p> <ul style="list-style-type: none"> • Offers delivery only. • No option for customer pickup.
UberEATS ubereats.com	<p>There are 2 ways to place a meal order:</p> <ol style="list-style-type: none"> 1. Online at ubereats.com 2. Use the ubereats app on your smart phone. <p>This service requires the establishment of an account.</p>	<p>Order food online from numerous local restaurants.</p> <ul style="list-style-type: none"> • Offers delivery only. • No option for customer pickup.
Eat24 eat24hours.com	<p>There are 2 ways to place a meal order:</p> <ol style="list-style-type: none"> 1. Online at eat24hours.com 2. Use the eat24 app on your smart 	<p>Order food online from numerous local restaurants.</p> <p>Offers delivery or pickup.</p>

	phone.	
DoorDash doordash.com	<p>There are 2 ways to place a meal order:</p> <ol style="list-style-type: none"> 1. Online at doordash.com 2. Use the doordash app on your smart phone. <p>This service requires the establishment of an account</p>	<p>Order food online from numerous local restaurants.</p> <ul style="list-style-type: none"> • Offers delivery only. • No option for customer pickup.
EatOutIn eatoutin.com	Order online at eatoutin.com	<p>Order food online from numerous local restaurants.</p> <ul style="list-style-type: none"> • Offers delivery only. • No option for customer pickup.
Snap Kitchen snapkitchen.com	There are numerous Snap kitchen meal shop locations throughout Houston. Customers can browse and pick up prepared meals in the store.	<p>Delivery or pickup available.</p> <ul style="list-style-type: none"> • For pickup, the closest Snap Kitchen location for N4NN is in Bellaire at 6700 S. Rice Ave. 77401. • For delivery, order online or by phone at the Bellaire location (832-831-9091)

My Fit Food myfitfoods.com	There are numerous My Fit Foods meal shop locations throughout Houston. Customers can browse and pick up prepared meals in the store.	Delivery or pickup available. <ul style="list-style-type: none"> • For pickup, the closest My Fit Foods location for N4NN is at 4880 Beechnut St. 77096. • For delivery, order online or by phone at 713-664-5326.
-----------------------------------	---	--

As this issue of N4NN Connect went to press, Amazon Prime announced a new one-hour Houston restaurant delivery service. More than 90 Houston restaurants can be accessed through the Prime Now app and website.

[Home](#)

Sign UP ...

As we enter the most active part of hurricane season, Sylvester Turner, Mayor of Houston and the Office of Emergency Management (OEM) reminds residents who have disabilities, access, or functional needs to sign up with the State of Texas Emergency Assistance Registry (STEAR). This program helps local agencies, such as the City of Houston, provide help to those who need it most during disasters. For more information on this program, [click this link](#). To register with STEAR, call 211 (VRS:1-877-541-7905) or visit texasstear.org.



[Home](#)

Happy Birthday ...



Best wishes for a happy September birthday and many more to come to:

Jeannette Getz

Sid Brown

Paula Page

Andy Burger

[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.





The Fonteno Senior Education Center at 6600 Bissonnet St. 77074, has a long list of classes in various areas of interest, including Legal, health, and General. Here is just a sampling of exercise type classes:

Zumba - Monday, Wednesday and Friday from 8:00 - 9:00 AM

Senior Boot Camp - Monday, Thursday and Friday from 11:00 AM - 12:00 PM

Hatha Yoga - Tuesday from 9:00 - 10:00 AM

Forrest Yoga - Thursday from 9:00 - 10:00 AM

Line Dancing - Thursday from 1:00 - 2:00 PM

Tai Chi - Friday from 9:00 - 10:30 AM

The Center is just a little further out on Bissonnet than Bayland. To contact go to FontenoSEC@pct3.com or call 713-981-4703.

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](#) 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](#)

Coming Events



September 13, Tuesday, 11 a.m., N4NN monthly luncheon, Russo's New York Pizzeria, Meyerland Strip (4870 Beechnut, across from Meyerland Plaza), 713-349-8787. Please note that we are experimenting with a new restaurant in the same strip as The Egg and I but further down the strip). Our speaker will be author Susan

Lieberman, who will talk to us about what she discovered in researching her new book, *Americans Speak: "One Thing I would Do for Our Country Is..."*

September 28, Wednesday, 2:30 p

.m., N4NN Monthly Current Events Discussion Group, home of Annette Novominsky, 6223 Queensloch. Topic will be Israel at the request of members



October 18, Tuesday, 11 a.m. N4NN monthly luncheon, Location TBD. Our speaker will be political consultant Burt Levine.

[Home](#)

Laugh Outloud



Most seniors never get enough exercise. In His wisdom G-d decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And G-d looked down and saw that it was good.

Then G-d saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach and stretch. And G-d looked down and saw that it was good.

Then G-d considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. G-d looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's G-d's will. It is all in your best interest even though you mutter under your breath.

Thanks to member Annette Novominsky who keeps N4NN Connect supplied with the lighter side of things!

[Home](#)

Please Consider Donating to N4NN ... And Thank You!

N4NN counts on membership dues to provide one-third of its financial support. But our ability to fund a part-time program coordinator and the other costs of operation depend on the generosity of individual donors and grantors.

We hope that our readers will honor family and friends, commemorate special occasions, anniversaries and birthdays, and in general think of N4NN with donations to N4NN throughout the year. Your gifts make it possible for us to succeed in our mission of helping older adults remain in their own homes as they grow older. Donations can be made to JFS/N4NN, 4131 S. Braeswood, Houston, TX 77025.

Neighbors4Neighbors Network thanks Susan Rosenbaum for her thoughtful gift earlier this summer. We are very grateful.

We also thank members Annette Novominsky, Lili Gordon, Steve Finkelman and Madeleine and Michael Appel, who, in the last months made donations over and above their annual dues.

[Home](#)

The Marketplace

N4NN Connect is most grateful to its ad sponsors, GREAT CALL and our newest advertiser, 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)
- 20% Senior Discount
- 5 - 10 Minute Wait Times
- All Vaccines Available
- All Major Insurances Accepted

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

\$20 OFF
TRANSFER 2 or MORE
PRESCRIPTIONS

\$3 OFF
2ND BOTTLE OF
VITAMIN

15% OFF
REFER A FAMILY
OR
FRIEND

[Home](#)

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

For more information contact:
832-998-N4NN (6466)
www.N4NN.org
info@N4NN.org
4131 S. Braeswood, Houston, TX 77025

[Home](#)