



N4NN CONNECT

Vol. 2, No. 12

December 2016

In this Issue

- [Chats with the Chair](#)
- [Call the IRS](#)
- [Not So Merry Holidays](#)
- [Links to More Activities](#)
- [Laugh Out Loud](#)
- [Think N4NN For Holiday Gifting](#)
- [Rolling the Dice](#)
- [Uber for Elders](#)
- [Happy Birthday](#)
- [Coming Events](#)
- [The Marketplace](#)
- [Contacting Us](#)

Chats with the Chair



Madeleine Appel

This is the season of lights, a season to celebrate our hopes for peace on earth, a season to remember courage and the importance of freedom to worship in our own faiths.

And at my stage of life, it is a time for memories.

I'd like to share two with you.

Our oldest son's father-in-law and our daughter-in-law's father, the Rev. John Binford of blessed memory, was a true man of great faith, great compassion, great humanity and our dear friend, as is his wife, Clara. Christmas was, of course, a major holiday on his religious calendar.

Each Christmas he celebrated the midnight service, and for a number of years, we joined the family. The church pews were packed; the lights were warm and welcoming; and the choir filled the church with music as the procession came down the aisle. John walked slowly, swinging the Thurible and the smell of incense filled the sanctuary. For a few precious moments we were linked with the millions around the world for whom the birth of a Child so many centuries ago brings the hope for peace and joy.

John is gone now, but his presence lingers always in our hearts, and especially at this season do we remember his wisdom and his respect for all faiths. He enriched our lives and those of our shared grandchildren. My husband, Michael, and I sorely miss him.

My Hanukkah memories stretch back, of course, to my childhood. There was the tin menorah I brought home from Religious School and proudly filled with candles, increasing in number each night. Eventually the tin menorah transitioned to the brass menorah with its eight curving branches that had been my maternal grandmother's. That menorah lives on--brought out now each Hanukkah by my son to light with his children. Tradition.

And then there are the treasured times when we can share the holidays with one or both of our sons, daughters-in-law and grandchildren. And I watch the intense young faces, lit by the burning candles, as they chant the prayers, and tell the story of the fight for religious freedom so many centuries ago and the miraculous pot of oil that should have burned for one night as the Temple was reconsecrated but lasted for eight until more holy oil could be prepared. Tradition. From generation to generation.

And then we open the shutters or the blinds or the curtains and let the menorah and its candles burn bright for all the world to see as did our grandparents and great grandparents and generations before. And for a little while, all is good and right.

The two holidays of two of our major religions fall together this year. And that is good and right, too. May it symbolize a coming together for all of us, whatever our faith. May we put the past raucous and divisive year behind us. May we go forward together with respect for each other and our differences. L'Chaim. To Life.

- *Madeleine*

[Home](#)

Rolling the Dice



Beware the lure of the slots. The October 2016 edition of the AARP Bulletin warns that "older adults are an especially desirable demographic for the gaming industry" and notes that "of the 101 million visitors to America's casinos in 2014 (the last year for which information was available), nearly half were age 50 or older."

Here's why:

- *Older adults see casinos as an escape from loneliness or grief.
- *Regional casinos have sprung up everywhere so they are easy to get to.
- *The casinos offer all sorts of so-called "freebies" like free meals, free drinks, free entertainment and even stock hotel rooms with senior amenities like diapers and safe disposal for diabetic needles.
- *Cognitive decline, which a 2012 study showed "may render older adults particularly vulnerable to the stimulation provided by the slot machine." Dementia, which affects 14 per cent of the U.S. population over 70, causes seniors to be particularly susceptible to the reward system of playing slots. And the diminishment of impulse control further exacerbates the problem.
- *The side effects of some medications, like dopamine agonists, used to treat major motor dysfunction that occurs, for instance, in Parkinson patients, can cause compulsive gambling.

The article notes that slots are the most addictive form of casino gambling. One nickname for the slots is "electronic crack." Psychiatrist Hans Breiter did a study using MRI scanners and discovered that "in subjects playing slots, the brain's neural circuits fired in a way that was similar to those using cocaine."

The AARP Bulletin says "foes of gambling say that the industry actively targets vulnerable older patrons." On the other hand, industry advocates such as Chris Moyer, director of public affairs for the American Gaming Association, says "If seniors are enjoying the entertainment product we provide, there's no reason why they shouldn't be able to enjoy that in a responsible manner." The Bulletin article goes on to note that casinos provide educational material on addiction, including distributing pamphlets with a toll-free number to get help with addiction.

So, enjoy your gaming trips but beware...don't let a fun outing slip into an unhappy addiction.

[Home](#)

Call the IRS

WARNING SIGNS		
How will the IRS first contact you?		
phone call		NO
email		NO
mail		YES

All of us continue to get phone calls claiming that we owe money to the IRS.

Russell George, Treasury Inspector General for Tax Administration, reminds us:

"No legitimate United States Treasury or IRS official will demand that anyone make payments via MoneyGram, Western Union, Wal-Mart, or any other money wiring method, for any debt to the IRS or the Department of Treasury. Nor will the Department of the Treasury demand that anyone pay a debt or secure one by using iTunes cards or other pre-paid debit cards."

If you get one of these scam calls, hang up immediately and report the call online at the Treasury Inspector General's scam reporting page. You can also report the incident to the Senate Aging Committee Fraud Hotline at 1-855-303-9470.

[Home](#)

Uber for Elders.



Now older adults can contact Uber without going online or having to use a Smart Phone. You can sign up for Go Go Grandparent.

You can just pick up any touch tone phone and call 1-855-464-6872 at least 15 minutes before you want to be picked up.

You will be directed to select one of the following services:

Press 1 for a car to come to your home

Press 2 for a car to come to where Uber dropped you off last

Press 3,4 or 5 for a car to come to a custom pick up location

Press 0 to speak with an operator

You must sign up for the service before you can use it, but you can do so by phone using the 1-855-464-6872 number or you can sign up online: <https://gogograndparent.com/register>

You can check with the operator (one is on call 24/7) on the pricing for your ride. A pamphlet from Go Go Grandparent says that the rides usually cost 35% of the cost of a cab. You will be quoted the fare every time you call. The rate may change when the demand is high but it will quickly drop to normal, according to the pamphlet. The service will call you to tell you how much was charged to your credit card after the trip. You can cancel your ride without charge by pressing 9 within five minutes of ordering a ride. After that there is a cancellation fee of \$5-\$10. There also appears to be a 19 cents per mile oversight fee and ride costs are somewhat higher than regular Uber services.

And you have to give them your credit card number to have on file.

The City of Houston is also joining forces with an online dispatch app service to which all city taxis must subscribe. The ARRO app will be available and in use in time for the Super Bowl. This service is like the regular Uber online service and can't be accessed with a phone call.

[Home](#)

Not So Merry Holidays



Lights twinkle. Candles burn brightly. Music rejoices. Anticipation soars. A new year beckons. The stage is set for happy times. But often the holidays lead to let down and depression. And depression affects 15 percent of older adults living in the community and up to 40 percent of those in nursing homes.

Roberta B. Ness quoted those statistics in an October 3, 2016 article in The Houston Chronicle. She was writing on suicide...and she wrote alarmingly that "suicide is a hidden epidemic among the elderly." Indeed, suicide is a rising problem in both the older and the younger generations. Jewish Family Service is among those leading the charge to hold

out a helping hand. Neighbors4Neighbors Program Coordinator Michael Kahlenberg has just completed training in recognizing the red flag signals and what steps to take next.

Ms. Ness writes that "rates of suicide increase with age...in part, because older people are more deliberate in their plans, and their plans are more lethal."

She lists the reasons why depression hits elders:

- *loss of loved ones and friends
- *loss of self-respect and social position upon retirement
- *loss of physical ability--including loss of hearing and memory

The author notes that depression is often hard to discern because it can be masked as dementia or withdrawal...or confused with hearing or memory loss. Are we just not hearing the person across the table or are we depressed and withdrawn?

When in doubt, contact a well-trained professional.

But we can also take preventative action on behalf of ourselves.

Social connections are possibly the most important "medicine" in preventing depression. "Human connections, the more dense and varied they are, avert depression," Ms. Ness says. She goes on to describe a friend in England, who, with a like-minded group of elders has moved into a row of cottages, sharing a common garden.

In Zip Codes 77096, 77025, and 77035, you can join Neighbors4Neighbors Network and link yourself to new friends through our monthly lunches, discussion group, Men's Koffee Klatsch, in-home concerts and our Friendly Caller and Visitor volunteers.

Celebrate the season...and the new year. Join N4NN or give an N4NN membership to a family member or friend.

[Home](#)

Happy Birthday ...



Best wishes for a happy December birthday and many more to come to N4NN members:

Linda Burger
Sammie Simons
Fran Moore
Jeanne Samuels
Dr. Michael Appel

[Home](#)

Links to More Activities

(If you know a link to an entity that sponsors senior programs that are open to the public, please send the link to N4NN volunteer, Vicki Davison, at doinmypart@aol.com)

Platou Community Center: 713-726-7107, 11655 Chimney Rock (in Westbury) offers stretching exercise class, quilting, games, line dancing, ping pong leagues and a weight loss support group. The Center is open Monday-Thursday from noon to 8 p.m. and Friday from 11 a.m. to 7 p.m. Call for class days, times and hours.



The City of Bellaire has a 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 **Weekley 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.

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.erjccchouston.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

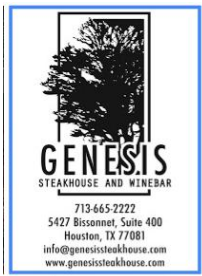
Division of the Parks and Recreation Department at 713-662-5895.



Houston Congregation for Reform Judaism Senior Chai Program: HCRJ [Senior Chai](http://SeniorChai) 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



December 6, Tuesday, 11 a.m.,
Tuesday, N4NN monthly luncheon, Genesis Steakhouse and Wine Bar (corner of Chimney Rock and Bissonnet), Holiday Concert by Dr. Jane Becker and student.

December 15, Discussion Group, Thursday, Madeleine's house, 5223 Ariel St.,
Topic tbd

December 18, Sunday, Hazak at Congregation Brith Shalom is sponsoring a Chanukah party at 2 p.m. Cantor-in-Residence David Krohn and pianist Charlie

Tauber will provide a variety of musical selections. Latkes, dessert and beverages will be offered. Admission is free for Hazak members; \$5 for non-members. RSVP by Dec. 12th to hazak@xpertwebs.com.

[Home](#)

Laugh Outloud



Thank you to Annette Novominsky for keeping N4NN laughing!!

- Best Friends: They know how crazy you are and still choose to be seen with you in public.
- Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to "go sip" some ale and listen to people's conversations and political concerns. Many assistants were dispatched at different times. "You go sip here" and "You go sip there." The two words--go sip-- were eventually combined when referring to the local opinion and, thus, we have the term "gossip."
- A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read; I can't write; and they won't let me talk."
- "My house is not messy...I just have everything on display!"

[Home](#)

Think N4NN For Holiday Gifting



Holiday season is here. An annual membership to Neighbors4Neighbors Network makes the perfect gift for a 65+ parent, relative or friend.

N4NN helps members take care of their homes, their shopping, their technology.

N4NN connects members to new friends, new opportunities to socialize and new ways to volunteer.

N4NN helps members solve problems and get help when they hit a bump in the road.

An annual membership costs \$175 for an individual and \$300 for a household. For information on purchasing a membership contact Michael Kahlenberg, Program Coordinator for N4NN at 832-998-6466 (N4NN).

If you wish to help support N4NN, donations to N4NN may be made by check made out to JFS/N4NN and mailed to Neighbors4Neighbors Network c/o Jewish Family Service, 4131 S. Braeswood, Houston, Texas 77025, attn.: Michael Kahlenberg.

[Home](#)

The Marketplace

N4NN Connect is most grateful to its ad sponsors, RELOCATE AND RENOVATE, MEDIC PHARMACY, AND GREAT CALL

If you wish to sponsor an ad or an event, contact Michael Kahlenberg, N4NN Program Coordinator, at 832-998-6466



We save you time, money and stress.

RELOCATE & RENOVATE
A DESIGN BUILD COMPANY

INSIGHTFUL, CREATIVE AND
CUTTING EDGE CONSTRUCTION AND DESIGN SOLUTIONS

FLOOD RESTORATION & INSURANCE SETTLEMENTS

281.497.3017 OVER 20 YEARS
EXPERIENCE

relocateandrenovate.com

Adele Segel
Owner, Aging in Place Specialist

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



greatcall.
people you can count on®

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

[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](#)