

The Silver Scoop - Holiday Edition
Senior Network of North Baltimore
The Harry & Jeanette Weinberg Senior Center
5828 York Road Baltimore, MD 21212



**2024
Highlights**

Website:

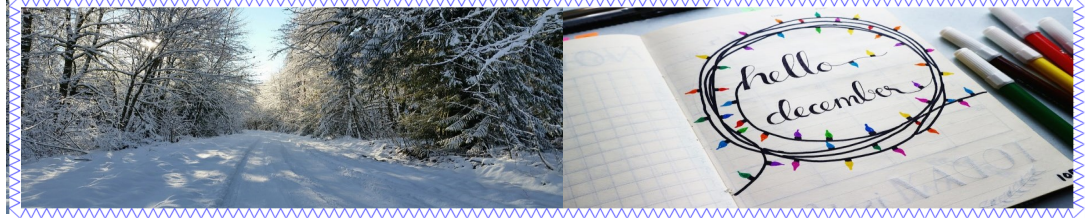
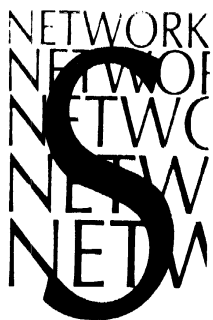
- **GEDCO.ORG**
- **410-323-7131**

SNNB STAFF:

- **TED GROSS,
CHIEF PROGRAM
OFFICER**
- **GWEN LLOYD,
PROGRAM
DIRECTOR**
- **CORINDA JONES
ADMIN ASSISTANT**

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- Mary Faith Ferretto**
Robert Blankfeld
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Lillie Pascal



Meet Maria and Me for Mindset, Meditation & Movement!





“HAPPINESS IS NOT THE ABSENCE OF PROBLEMS, BUT THE ABILITY TO DEAL WITH THEM”

As the Holiday lights begin to twinkle and wonderment fills the air, this season should remind us of beauty and togetherness. Yet amid the dismay surrounding recent events, many people are spiraling down. But, even in times of uncertainty & disappointment, there is always a reason to look forward with HOPE. Election outcomes may stir a mix of emotions, but remember, our strength lies in Unity and Resilience. The world still needs our kindness, and faithfulness, and glad tidings of positive influence.

I want to encourage you to keep focusing on/What's Good! Limit your intake of bad news, and start enjoying the Festivities & Fun. Be the Joy and Peace that somebody needs. Listen for sounds of laughter as you find peace in simple pleasures and reflect on cherished memories. This is a time to savor what **really matters**, Family, Friends & Delicious Food! I know in time the universe will find ways to restore its harmony.

We would love to see your face, in our place! Stop in and try a Line dance or Tai-Chi Class for (FREE). Tai Chi is a beneficial exercise being recommended by doctors for Older Adults, and it could be reimbursed by your insurance, so talk to your health care provider. If you can't get out, call our conference line for Strength Training with Sheila! Get program updates & have a great time socializing for (FREE). Try knitting, or meet with doctoral students from Loyola, their focus covers ways to Feel-Good. Enhance your tech skills & get blood pressure screenings, for (FREE).

Visit us in the month of December, Cheer up & Get Your Holiday Happy On! We're providing coffee, cookies, warm apple-cider & Holiday Cards while supplies last-(FREE). Finally, Thanks everybody for your prayers, birthday serenades, gifts, dinners out, plays attended & flowers given. I'm grateful! Fostering connections & bringing joy to one another is what we do! During this time of Thanksgiving, **please reach out to someone who may be, Alone.** And lastly, Happy Birthday to our friends born in November & December! Have A Safe & Glorious Rest of Your Life! - *Merry bright & everything Nice, GWEN*





November is National Alzheimer's Awareness Month

Quick Stats:

- There are over **6 million** Americans living with Alzheimer's Disease with 3 million new cases diagnosed each year.
- Alzheimer's is deadlier than **breast cancer and prostate cancer combined**.
- The disease is prevalent in **women & Black Americans**.
- **11 million** Americans act as unpaid caregivers for a loved one diagnosed with Alzheimer's.
- **Fewer than 1 in 5 Americans are familiar with mild cognitive impairment, which can be an early stage of Alzheimer's.** Source: [Alzheimer's Association](#)

Alzheimer's disease is a progressive, deadly brain disease for which there is no cure & is not a normal part of healthy aging. Researchers are still working to discover the root cause of the disease, but it's widely believed to be due to the buildup of misfolded proteins between nerve cells, which causes brain damage. This damage begins a decade or more before symptoms start to show. **It's important to monitor yourself & your loved ones for any signs of mild cognitive impairment (MCI)**, which can proceed Alzheimer's and forms of dementia.

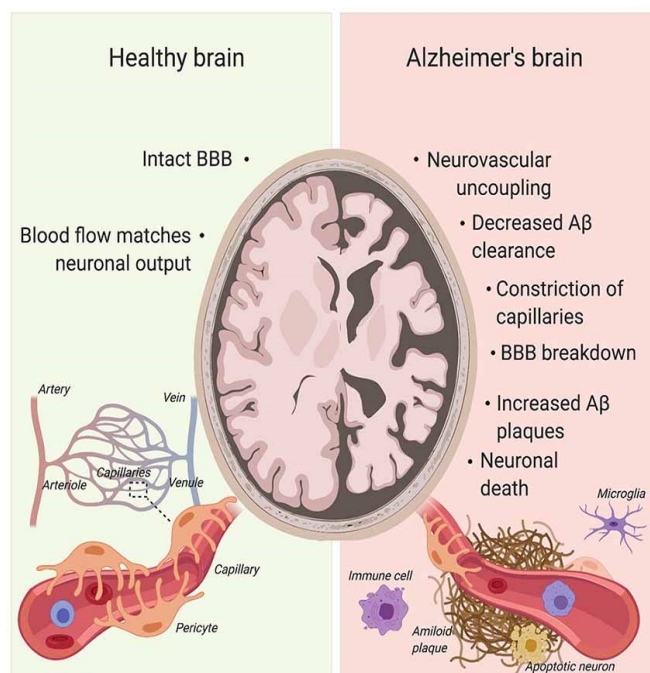
Symptoms of Alzheimer's Disease:

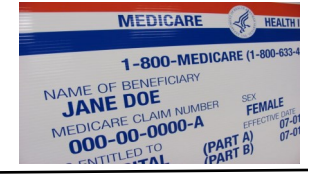
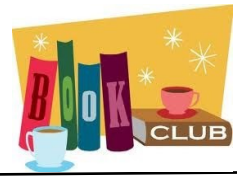
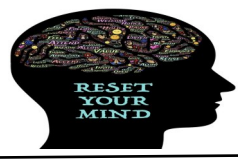
- Memory loss
- Poor judgment leading to bad decisions
- Loss of spontaneity and sense of initiative
- Taking longer to complete normal daily tasks
- Repeating questions
- Trouble handling money and paying bills
- Wandering and getting lost
- Losing things or misplacing them in odd places
- Mood and personality changes
- Increased anxiety and/or aggression
- Difficulty with language

Signs of MCI:

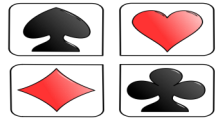
- Losing things often
- Forgetting to go to events or appointments
- **Having more trouble coming up with words** than other people of the same age

Treatment and Research—Getting checked by your health care provider can help determine if the symptoms you are experiencing are related to Alzheimer's disease or MCI. **Johns Hopkins is a leader in geriatrics** as well as psychiatry & behavioral sciences as shown through the collaborative effort of the [Memory and Alzheimer's Treatment Center](#).





Virtual & In-Person 2024-25 Activities
Safe, Fun & Energizing!



SNNB CONFERENCE CALL LINE 1-425-436-6346, ACCESS-CODE 548655 - Press (#)

Monday

- 10:30-11:30am) - Sheila's Strength Training – [Call Line](#). Open to New participants-Cost: FREE until - 2025**
- 11am-12pm) NEW-Maria Broom's Meditation & Movement! Waverly Room. Nov 18 and Dec 16, 2024 - Cost:\$20**
- 11am -1pm) - Eating Together- Box Lunch Meals (Activity Room) \$1.50 - \$2.50 donations strongly encouraged!**
- 12:30 –2pm) ([Feel-Good Mindset Mondays](#)) with Loyola Doctoral Students ([FREE](#)) - In the Wavery Room!**

Tuesday

- 10-11:30am)-Hybrid/ Move & Groove Exercise Cost: \$50-mem/\$55 guest– Back @ SNNB/Dec 3rd—in The Gallery
New Sessions starting Tuesday-Jan 7 - March 18, 2025, Thursdays- starting Jan 9, 2025 – March 20, 2025**
- 10:30-11:30pm)-(Activity Room)- ([FREE](#))-Knitting & Crocheting with Friends –Join Us! - donations encouraged**

Wednesday

- 9:30am -12:30pm)-[Medicare Info with Megan](#) - Please bring your Medicare Card & list of prescriptions-Call Us!**
- 11am-12pm) Tai-Chi 4 Seniors—New Session-Jan 8-March 12, 2025—\$60/\$65 for 10 weeks – In the Gallery**
- 12:30-2:30pm-Quilting, 2025 –The Waverly Room (Details-TBD) Instructor: Mary Douthit—Cost:TBD**
- 11am -1pm - Eating Together In Baltimore -Box Lunch Meals (\$1.50-\$2.50) donation strongly encouraged**
- 12-1pm) - Online Bible Study with Govans & Knox Presbyterian Church (contact SNNB for the Zoom link)**

Thursday

- 12:30-2pm) - Chromebooks Training (Thursdays) ([FREE](#)) with Dylan-Enoch Pratt Library- (In the Gallery)**
- 12:30-2pm) Lenetta's Book Club - ([2nd Thursdays](#)) Waverly Room—November's read is "The Great Migration" by Isabella Wilkerson, December is a discussion and planning for year 2025. *Stay tuned for a special program***
- 1-3pm -Bridge Club—SNNB's Activity Room-(Al's Teaching Class Starts at 10:30am)- \$3.00 per class)**

Friday

- 9:30-10:30am) Line Dancing /AJ DEASE - New session starts Nov 15, 2024—Jan 31, 2025 \$40mem/\$45– Guest**

COVID ALERT!!-WE ARE MASK OPTIONAL - BUT PLEASE STAY HOME IF YOU FEEL SICK!



[Older-Adult Services and Resources](#)

- ◆ **Action in Maturity (AIM) Programs and Transportation-410-889-7915**
- ◆ **Alzheimer's Association 24/7 Helpline 1-800-272-3900**
- ◆ **Baltimore City Health Department, Office on Aging and Care Services. 410-396-2273.**
Inquire about the Application for the **WATER4ALL** program.
- ◆ **Bar Association of Baltimore City, Senior Legal Services**– Mission: to provide quality legal services to an underserved population. **Call (410) 396-1322.**
- ◆ **Dialing 2-1-1** is a quick & easy way to find information and get referrals across Maryland.
- ◆ **Enoch Pratt Library-computer classes:** Call 443-984-4944
- ◆ **Findhelp.org, resources and referrals for anyone**
- ◆ **GEDCO COMMUNITY HUB CARES /401 WOODBOURNE AVE/ BALTO 21212 -**
WE PROVIDE HELP WITH EMPLOYMENT, FINANCIAL, UTILITIES & FOOD
PLEASE CALL 410-433-2442
- ◆ **GoGoGrandparents-Instant Rides** 1-855-464-6872, press 2 to speak with an operator
- ◆ **MARYLAND ACCESS POINT**—a one-stop-shop to work with a certified options counselor to learn about older adult services. Call 410-396-2273,1-844-627-5465 or visit www.MarylandAccessPoint.info
- ◆ **MTA/Mobility - 4201 Patterson Ave #5 Baltimore MD 21215 - 410-764-8181**
- ◆ **MTA/Taxi Access Program** Customer Service for Baltimore City—410-664-2030
- ◆ **Senior Call Check Program, for seniors 65+ Maryland Dept of Aging 1-866-502-0560**
- ◆ **The New (988) Crisis and Suicide Prevention Lifeline available 24 hours/7days**
- ◆ **The Social Security Administration**—SSA.GOV for online services, in-person help by appointment only, or phone assistance 1-866-336-9653 Mon-Friday 9am-4pm
- ◆ **2025 Community Resource Booklets will be available @ Senior Network by Feb/2025.**

SENIOR NETWORK Tribute and SPECIAL EVENTS!!!



GEDCO Senior Network of North Baltimore

Pays Tribute to

The Honorable Mary Pat Clarke

(June 22, 1941 – Nov 10, 2024) She was an American politician who represented the 14th district in the [Baltimore City Council](#). She served as both council president and council member for 24 out of the last 35 years as of 2010. She is the first woman ever elected president of the Baltimore City Council and until 2016 was the only non-incumbent to win a council seat since single-member districts were mandated by Baltimore voters through [Question P](#) in 2002.

“We’re Praying for Her Family and to All those She Served ”



[Event: Visit from Ondoria Harmon \(Presenting\) info on the Mayors Office of Older Adults Affairs & Advocacy](#)

When: Monday Dec 2, 2024—Time: 11am-12pm (FREE)



[GBMC/Gilchrist—Healthcare Information and Blood Pressure Screenings](#)

When: Tuesday Dec 10, 2024 & Friday Dec 20, 2024

Where: The Gallery

Time: 12:30-1:30pm

Cost: (FREE)

Light Lunch included for both events - Please call us-limited spacing





https://youtu.be/bn-ERrsr_wk

GEDCO-Senior Network Holiday Closings

Thanksgiving Day—Thurs/Fri-Nov 28/29, 2024

Christmas Day—Wednesday -Dec 25, 2024

New Years Day– Wednesday - Jan 1, 2025

Dr. Martin Luther King Jr Day—Mon Jan 20, 2025

George Washington’s Birthday – Mon Feb 17, 2025

This newsletter is supported by the Baltimore City Health Department, Division of Aging and CARE Services, the Harry and Jeanette Weinberg Endowment Fund, fundraisers, class and membership fees, and your generous donations. **IF YOU ARE RECEIVING THIS BY US MAIL, PLEASE GIVE US YOUR E-MAIL ADDRESS FOR PROGRAM UPDATES. IT'S TIME TO RENEW Your Subscription for just \$25.00 per year, or help us stay active by sending a Donation of any amount! Thank you in advance.**