

September 2018

# MUTUAL-16 MATTERS

Mutual 16 – Leisure World, Silver Spring, MD -20906

Rita Molyneux - [molyneux@erols.com](mailto:molyneux@erols.com)

Web Site – [www.lwm16.com](http://www.lwm16.com)

## BOARD OF DIRECTORS

**President** Joan Allston  
301-598-2557

**Vice President** Jean Jones  
301-438-2333

**Secretary** Paula Seebode  
301-944-4759

**Treasurer** Edwin Bradley  
301-598-3860

**Directors:** Doug Allston  
301-598-2557

John Looney  
240-699-3530

Robert Hortin  
240-242-4071

## Committee Chairs

### Communications

#### Distribution

Virginia Rehbehn  
301-438-0949

**Landscaping** Doug Allston  
301-598-2557

**Maintenance** John Looney  
240-669-3530

**Park** Paula Seebode  
301-944-4759

**Social** Julie Repeta  
301-774-9610

### Ass't Property

**Management** Roberta Carter  
301-598-1316

**Administration** 301-598-1000

**Main Gate** 301-598-1044

**PPD** 301-598-1500

### Security &

**Transportation** 301-598-1044

**Comcast** 1-855-638-2855

## FROM THE DESK OF THE PRESIDENT:

It's hard for me to believe that summer is over, although one look at the changing color of our trees confirms it. Kudos to the many residents who planted such colorful flowers for all to enjoy. Despite the intense heat I thought the Mutual looked beautiful all thru the summer.

This is the time to start thinking about serving on one, or more, of the LWCC advisory committees. It is a good way for both new and "old" residents to help Leisure World function. All potential representatives must complete the attached "Request to be a Representative on an Advisory Committee" and submit it to Joan Allston by October 26, 2018. Even if you are currently serving on a committee you must still submit a request form.

Speaking of Volunteers - the Mutual is always in need for volunteers. Jack Looney could use help with the maintenance issues. Doug Allston could use volunteers to help with landscape issues. Continued maintenance in both these areas is essential to keeping it the "Best Mutual in Leisure World". Call Joan Allston or any Board member to volunteer.

Our treasurer, Ed Bradley, has been working for a few months on the Budget for 2019. You will receive a mailing with specifics in the coming week. If approved as proposed, condo fees will remain at the current level with no increase. The Board of Directors plans to give final approval to the budget at its October 9, 2018 meeting. Please communicate your comments and questions, in writing, to any member of the Board of Directors by October 8, 2018 or attend the meeting.

## REPORT OF THE HEALTH ADVISORY COMMITTEE

By Jeannie Jones

**MEDSTAR**—Kellia Giambrone has officially taken over the job of Operations Manager at the Medical Center. She is conducting a comprehensive review of the management of the Medical Center to identify issues that need to be dealt with. I have heard from one of our residents who contacted Kellia with a complaint—the resident felt that the situation was handled in a professional manner, which is a good start for Kellia. I hope she is with us long enough to begin to make a difference.

MedStar is still working to fulfill the contract obligations with regard to meeting their targets for hours and specialties. They have made progress, especially in the area of mental health services.

**AED's**—there are automated external defibrillators (AED) in both clubhouses and at other places on the Leisure World campus, including in one of the security vehicles. Their location is not well-publicized. These are the paddles that are used on someone in cardiac arrest. There will be a presentation to the high-rise residents to encourage the purchase of one of these units for each high rise. It does not seem practical to have one for a spread-out mutual such as ours. To the best of anyone's knowledge, AED's have never been used here except by emergency personnel, who bring their own. However, the use of AED's has been shown to have a dramatic effect on survival rates for cardiac arrests that occur outside the hospital. I am trying to get a list of where the AED's on the Leisure World campus are located.

**RESTAURANTS**—since April, there were two inspections generated by complaints of a resident who became sick after eating at the restaurants. Only one resident was involved with each complaint, so it seems unlikely that the illness was caused by something wrong in the restaurant. If there is an issue of a restaurant-caused illness, generally more than one person will be affected. The inspections showed some minor issues but were on the whole satisfactory.

**EDUCATIONAL PROGRAMS**—the next two programs include one on meditation set for September 26 at 1:30 and one on macular degeneration by an ophthalmologist, Dr. Shah, set for September 27 at 1:30. Both will take place in Clubhouse 1. Tickets are available for free from the E & R Office.

**SOCIAL WORK**—this department continues to be very active from self-referrals, referrals from neighbors or family, referrals from physicians and nurses, and referrals from security through incident reports that are generated when security gets involved in a situation. Remember that it is a free service and that the social workers are Leisure World employees, not MedStar employees even though their offices are in the Medical Center. Medicare open enrollment starts soon; the social workers are happy to help you decide which Medicare plan is best for you, but you should make an appointment since they are very busy during the open enrollment period. In addition, the Social Workers met with the residents of Vantage Point to discuss the recent murder/suicide of a Vantage Point resident and his son that occurred in the commuter lot on Georgia Avenue. They wanted to provide counseling for those who needed it as well as to discuss options for problem solving that are less drastic than taking one's own life or the life of another. Finally, the Director of Social Work, Susan Montgomery, is out on leave because of some planned surgery, so we wish her well and look forward to seeing her in a couple of weeks.

**TALKING PRESCRIPTION BOTTLES**—this issue was raised because there are various forms of “talking” prescription bottles that are of great help to those with limited or no vision. Some of the private pharmacies are using this technology, which exists in several forms. The idea was raised that MedStar may want to adopt some form of this new technology. Kellia agreed to pursue the matter with the appropriate people at MedStar.

**BAT HOUSES**—I know you all have been on pins and needles to see if we are going to get bat houses to attempt to control mosquitos and the diseases they carry, such as West Nile virus. Well, as it turns out, the State of Maryland has found that bat houses do not really decrease the mosquito population, probably because bats can find a place to live on their own. One resident reports being entertained by bats swooping down on the swimming pool in his former house to grab the mosquitos for a little snack, so they obviously can fend for themselves. So, no bat houses. We will still have bats, we just don't know where they live (exception—our “batty” neighbors!)

So, that's all for now. Have a healthy Autumn.

# NEIGHBOR TO NEIGHBOR

Joe Halpin

WASHINGTON BEACON

August 2018

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## **FREE DAILY CALLS OFFERED TO SENIORS**

Maryland is the first state in the country to start a free service to check on older residence by telephone. Those who request the service will receive a call every day at a regularly scheduled time pre-selected by the participant.

If the participant does not answer the first call, their number will be tried two more times.

If these calls also go unanswered calls will be made to notify an alternative person who has been selected by the participant during program enrollment. This could be a relative, neighbor or friend. The alternate will then be encouraged to check on the participant who did not respond to the day's calls.

Any Maryland resident who is 65 or older may participate using a land line or a cell phone. They must choose a preferred time to be called, either between 8 and 10a.m. or 2 and 4 p.m.

To register to be part of the Senior Call Check Program, go to <http://bit.ly/>, or call 1-800-243-3425.

## **Free Rides**

For adults 65+ and people with disabilities

Available on RideOn and Metrobus in Montgomery County

Free Monday – Friday, 9:30am-3:00pm and Saturday 8:30am-4:00pm Discounted all other times.

Senior SmarTrip cards make traveling easy. During free hours, just show your card to bus driver.

To get a card, bring proof of age and \$2 to a public Library

**Call 311 for details.**

Recently, I had a plumber clean our bathroom sink drains. What he found were wads of hair about 10 feet into the drain. While discussing clogged drains he mentioned that he sees a lot of toilet rains clogged with wipes. My conclusion – if you use wipes, flushable or not, it is expensive to flush them over the long term! Alternatively, consider using plastic bags, disposing of them in the trash.

Thank You to all the Mutual 16 friends and neighbors who expressed their condolences, brought food and came to visit when my husband, David Darr died in July. I am truly lucky to have chosen such a wonderful neighborhood to call home.

Ellen Darr

## **RECYCLING- DID YOU KNOW???**

Electronics can be recycled on our campus; you do not have to take them to the transfer station in Shady Grove. Anything from a small radio or phone to computers, monitors and TVs can be brought to the south side of the Clubhouse I where there is a small parking lot off Glen Eagles Dr. At the back of this lot there is a wood pallet; just place your electronics there for recycling.

Cardboard can be included with the regular paper recycling each Wednesday. Magazines can be recycled on the first Wednesday of each month.

## **POWER PROBLEMS**

Fortunately, Mutual 16 has experienced few power outages. Please remember that if you have a complete power outage, DO NOT call Pepco. Call the Main Gate 598-1944 to report the problem. They will report to PEPCO. Since we do not have individual accounts with PEPCO, PEPCO has no record of our individual residents.

## **THE LEAVES ARE STARTING TO FALL!!**

As you clean up your flower beds this winter, remember that yard waste does not go into the normal trash pickup. It must be put in a paper bag and placed by the curb no later than 8:00am on Mondays and Thursdays for special LW pick-up. No plastic bags or containers other than paper bags.

Remember we are responsible for the area within a 4-foot parameter of the outer walls.

## **SHOULD THE MUTUAL PAY FOR IT?**

When you need work done in your home that you feel the Mutual should pay for,

### **YOU MUST FIRST**

Call Jack Looney (301) 938-0718 or 240-669-3530  
before calling Physical Properties (PPD)

For Emergencies or when Jack is not available –

Call Joan Allston 301-598-2557 - then

Call Physical Properties 301-598-1500 For Emergencies after hours or on  
Weekends: Call the Main Gate @301-598-1044



### **SAVE THE DATES**

**September 11 at 9:30 Mutual 16 Board Meeting  
Sullivan Room, Administration Building**

**October 9 at 9:30 Mutual 16 Board Meeting  
Sullivan Room, Administration Building**

# MUTUAL 16 - PIZZA AT THE ROCK

September 7, 2018

4:50pm - Sunny Skies!!



4:55pm - RUN!



5:00pm

**IT RAINED!!!!**

We re-located - it poured down.

Pretty quick for us oldies.

We celebrated in a garage like teen-agers.







6:00 PM  
The sun came out – but there was no rainbow!



Pictures by Paula Seebode

Wet and dry – a good time was had by all!