

MUTUAL 16 MATTERS

AUGUST 2020

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 202-641-7455
Directors:	Doug Allston 301-598-2557
	Robert Hortin 240-242-4071
	John Looney 240-669-3530

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 240-669-4881
Assistant Property	Alicia Drummond 301-598-1031
Administration	301-598-1000
Main Gate	301-598-1044
PPD	301-598-1500
Security & Transportation	301-598-1044
Comcast	1-855-638-2855

Mutual 16 — Leisure World, Silver Spring, MD 20906
Chris Everett — chris@ceverettonline.com
Web Site — www.lwm16.com

FROM THE DESK OF THE PRESIDENT

Our annual “virtual” meeting was a great success. Fifty-seven units were represented by proxy. That’s a 61% participation rate! Thanks to all for the cooperation.

Three of our residents were elected to 3 year terms: **Jack Looney**, **Paula Seebode**, and myself. Thanks to our other candidate, **Jim Rosenfield**, who had an impressive showing in the election. We are hoping he will become active in this coming year. It was resolved the slate of officers will remain the same as last year with myself, **Joan Allston** as President and **Jeanne Jones** as Vice President.

Again, I remind you that if you have a repair that you want the Mutual to cover, you must first report it to our Maintenance chair, **Jack Looney**, or to Joan Allston. Several items appear as bills for the Mutual to pay every month, which we had no knowledge of. We do not have the personnel to investigate, so these invoices will be sent back to the residents for payment.

I have made a concerted effort to keep the residents of Mutual 16 informed of important information involving Leisure World. Unfortunately, my ability to do this is limited to those who have supplied me with their e-mail information. Less than half of the residents are included. So if you have an e-mail address and are not getting regular updates from Leisure World, send your e-mail address to me at jallston1@aol.com.

WHAT'S HAPPENING?

Happy Birthday

Rita Molyneaux July 26
15511 Prince Frederick Way

Ruth Day August 1
15528 Prince Frederick Way

Bob Pechacek August 5
15408 Prince Frederick Way

Edwin Bradley August 20
15420 Prince Frederick Way

June Hortin August 21
15537 Prince Frederick Way

In Memoriam

Sallye Allen
Prince Frederick Way

Evelyn Smith
St. Leonards Court

SHARE "MATTERS" THAT MATTER

Did we miss your birthday? Do you have special anniversary coming up? Did you complete a class, or did you receive an award? Your neighbors would love to hear about it.

Also, everyone has a story to share. You are cordially invited to write up your story (200 words or so), and submit it. Include a photo and tell us about your history, your hobbies, your family, or your passions. Please send your matters to **Chris Everett**: chris@ceverettonline.com

THE "SUNSHINE LADY"

Volunteer Needed

Evelyn Smith, our wonderful "Sunshine Lady," passed away this month. She spread sunshine by sending out get well cards to our residents who are sick and condolence cards on those occasions when we lose a Mutual 16 neighbor.



The Mutual will supply the postage and cards and keep the new "Sunshine Lady" ("Sunshine Person") informed.

Interested? Call **Joan Allston** at 301-598-2557 or send an e-mail to jallston1@aol.com

CALL JACK LOONEY FIRST!

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).

If Jack is not available, call **Joan Allston** 301-598-2557

If you call PPD directly, you will be responsible for any charges incurred unless it is an emergency situation.

For Emergencies after hours or on weekends, call the Main Gate 301-598-1044

Comcast Issues:
Call 1-855-638-2855



COVID-19 UPDATE

FDA Reiterates Warning About Dangerous Alcohol-Based Hand Sanitizers Containing Methanol

WARNING

Toxic methanol (also known as “wood alcohol”) may be present in certain hand sanitizers despite not being listed as an ingredient.



The FDA continues to warn consumers not to use certain alcohol-based hand sanitizers due to the dangerous presence of methanol, a substance that can be toxic when absorbed through the skin.

The FDA is working with manufacturers to recall products. A warning letter WAS issued to Eskbiochem S.A. de C.V. regarding the distribution of products with **undeclared methanol**.

“Practicing good hand hygiene, which includes using alcohol-based hand sanitizer if soap and water are not readily available, is an important public health tool for all Americans... and for their health and safety we urge consumers to immediately stop using all hand sanitizers on the FDA’s list of dangerous hand sanitizer products,” said FDA Commissioner Stephen M. Hahn, M.D. “The FDA will take additional action as necessary and will continue to provide the latest information on this issue for the health and safety of consumers.”

For the latest updates, go to the FDA website: www.fda.gov

PERSONAL EMERGENCY RESPONSE

More Options as Technology Advances

A personal emergency response system (PERS) or fall monitor can provide peace of mind for Mutual 16 residents who live alone. A smartphone is handy, but it won’t help if you fall and it’s on the dresser, just out of reach.

But how do you select the one that’s best for your situation?

It can be complicated. As technology advances, the options have grown beyond the basic wearable device with a button to call a response center in an emergency. Newer systems include fall detection, in-home well-being monitors, movement sensors, and more.

When selecting a PERS, start by evaluating your needs and abilities — both for now, and for changes in the future. Is the system too complicated? Is an automatic fall-detection device more appropriate?

For many systems, you might ask if a free trial period is offered so you can see what works best.

THINGS TO CONSIDER:

1. What must the system do?

CALL FOR HELP. Wearable devices with buttons to push for help may connect to a live person or directly to emergency services (police, fire department).

FALL DETECTION. One in 3 people over age 65 fall every year — it’s the most common motivator for obtaining a medical alert.

ACTIVITY MONITORING. Motion detectors and beacons that track movement in the home.

DAILY CHECK-IN. Via a live person or electronic check-in.

2. What type of device works best?

WEARABLE. Is it comfortable? Is it unobtrusive? Pendants or wrist-watches are among the options.

WATERPROOF. Can it be worn in the shower? Can it be fully immersed in water in the sink or bathtub? Many falls happen in the bathroom and kitchen, so this is vital.

RANGE. What distance will the device operate from the base unit? Does it connect to a smartphone?

BATTERY. Check the charging method and how you’ll know if the battery is low.

SET UP. If there’s a base unit, does it sit on a table or is it mounted on a wall? Does it require an electrical connection, or is it battery backed up (in case electricity or phone service is lost)? Can you add stationary buttons around the home?

3. Response and monitoring?

RESPONSE CENTER. Response time should be a matter of seconds, not minutes. Will you be able to talk with a live person via the wearable device, or do you need to be close to the base unit to be heard?

4. Cost?

FEES. Beware of complicated pricing plans and hidden fees. Watch for scams that offer “free” service.

CONTRACTS. You shouldn’t have to enter into a long-term contract. You should only pay ongoing monthly fees (about \$1 a day).

GET TO KNOW YOUR NEIGHBORS

Rita Molyneaux

Rita was born in 1922, in Washington, DC. She was the 2nd of 12 children.

She dropped out of Wilson Teachers College to support the war effort by joining the Marine Corps. She was a Master Technical Sergeant stationed at Cherry Point Marine Air Station in North Carolina. The Base's mission was training fighter pilots for duty in the Pacific.

After the war, she married John Molyneaux. They raised four children in the family home off of Glenallen Avenue in Wheaton, MD.

She was very active in volunteer service such as PTA, Glenmont Community Association, and she spent 30 years working with Montgomery County Literacy Council. She also volunteered for 30 years with Camp Fire Girls being the leader of several groups as well as a member of the National Executive Council.

Once the children were grown, Rita was able to start playing golf at Manor Country Club. In 1980 she was a founding member of the MPG (Montgomery-Prince George's) Women's Golf Association and has continued supporting them through this year.

She moved to Leisure World in 2008 and was editor of the *Mutual 16 Matters* newsletter for about 10 years. She became an active member of the LW women's 18-hole golf association and continued playing well into her 90s.

Rita was celebrated on her 98th birthday with a socially-distant drive-by parade of friends and neighbors that brightened up the entire neighborhood.



▲ Rita Molyneaux celebrating her birthday, watching the parade go by. (Photo and article credit: Dee Berkholtz)



▲ Rita celebrates with a socially-distant parade of friends and neighbors stretching around the block. ▼ Rita, daughter-in-law, and grandson enjoy an elegant lunch in the garage. (Photo credits: Paula Seebode)

