

January 2019

MUTUAL-16

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

Rita Molyneaux - molyneux@erols.com

Web Site – www.lwm16.com

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Comcast 1-855-638-2855

FROM THE DESK OF THE PRESIDENT:

Our Holiday Party was a huge success with 60 or so residents and guests attending. The food was delicious and plentiful, and no one went away hungry. Our thanks to Julie Repeta and her committee for making it festive.

Despite several rain delays all our gutter have been cleaned. We are planning to schedule our dryer vent cleaning in the spring. You will be provided with details prior to the start of the project.

We have yet to receive our first REAL snow, but it is probably just a matter of time. Hopefully you have read and saved the articles in the LW News (December 7 edition, page 6) outlining the plan for snow removal. The high rises are first to be treated but the entire community is usually cleared within 24 hours of the last snowflake. As I constantly remind my grandchildren – NOT EVERYONE CAN BE FIRST, so be patient and enjoy the beautiful vistas we receive on a snowy day.

Many of our “newer” residents have chosen to leave their vehicles/vehicles in the driveway for whatever reason. If vehicles are parked in the driveway the resident will be responsible for removing the snow. A list of snow shovelers (who work for money) was also included in the December 7 edition of the LW News. A wiser option would be to clear out the garage for your vehicle.

What a concept – cars in the garage!!

On behalf of the Board Members of Mutual 16, I wish you a happy and healthy 2019

PLEASE UPDATE YOUR FILE OF LIFE!

Now that the holiday decorations are put away, please take a few minutes to update Your File of Life information. If your medication changed in the last 12 months or you've switched your primary care physician, update the new information in your File of Life. In addition, update your emergency contact information if necessary. Posting your File of Life on the refrigerator door is strongly recommended.

A PENNY SAVED!!!

With the new year comes the almost annual increase in the cost of a first class “forever” stamp. This year the cost will increase a whoopin’ 10% from 50 to 55 cents.

So, if you want to save a penny – or more correctly a nickel, purchase your forever stamps before January 27th!

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 Physical Properties 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

REPORT OF THE HEALTH ADVISORY COMMITTEE

By Jeannie Jones

Some of this information may be old since the Committee does not meet in December. However, here is the latest information that I have.

Medical Center—the volume of patients at the medical center is down from the numbers at this time last year. There is a study being conducted to try to determine the reasons for this. One of the reasons may be that some physicians took more time off than they usually do, and that there has been trouble keeping specialty doctors on staff.

There will be no endocrinology specialist at the medical center until further notice. A search is being made to replace the doctor who left. Ironically, the medical center is sponsoring a program dealing with diabetes starting sometime early this year. If diabetes is so common that it warrants a whole program, you would think that endocrinology would be a vital specialty to offer. Anyway, watch the Leisure World News for more information on the program. It runs for 7 weeks and is open to both patients and non-patients of the medical center.

The provision of psychiatric services at the medical center continues to be less than what is needed and what has been contracted for. The search for qualified health care professionals in this area continues. In the meantime, overflow is being handled by psychiatric clinics at Montgomery Medstar.

The search continues for a nurse practitioner in the field of urogynecology to replace the provider who left.

The medical center wants their patients to know that Medicare pays for a wellness and prevention visit each year. People who use the medical center are encouraged to schedule this.

Robocalls—There was concern expressed by a member of the Leisure World Board of Directors at their November meeting that a robocall should have been instituted about the recent romaine lettuce recall. The concern was also raised that since it was a holiday, there was no one to arrange the call. The access issue has been rectified by provision of phone numbers to select people. However, when the appropriateness of such a call was raised to the Health Committee, there seemed to be little support for robocalling each time there is a health-related recall of food or other items. No formal action was asked for or was taken, but there seems to be informal agreement among committee members that food recalls are too numerous to be the subject of robocalls.

Automatic External Defibrillators (AED)—The locations of these are as follows:

Clubhouse 1

Clubhouse II

Golf Course

A mobile one that is usually with security services

There is also one in the medical center, but that belongs to Medstar, not to Leisure World.

These devices are used in case of cardiac arrest and have been shown to have improved the survival rate for cardiac arrests outside the hospital. They are inspected periodically, and a log is kept of the inspections.

That's all for now. We are beginning a good year of programs and lectures, so watch the Leisure World News for details. All are free.

WINTERIZE YOUR HOUSE

Doug Allston

It has been a warm fall/winter. Before we get into the heart of winter please check that you have winterized your home.

1. Disconnect all outside hoses from the faucet. This will reduce the likely hood your outdoor faucet will freeze.
2. Drain your hose and put it away keep to your hose from freezing and splitting.
3. Close all the air conditioner vents in the ceiling. You will need a ladder. You may be able to close them using a broom handle. This will reduce drafts.
4. Remove the air conditioner return filter. Clean it. Wrap it with aluminum foil and put it back. This will reduce drafts. Be sure to reverse this process before you run the air conditioner in the spring.

These actions will take under 30 minutes and will keep your house safe from flooding and will keep your house warmer.

Questions: Call Doug Allston at 301-598-2557

FREE IS ALWAYS BETTER

Robert Hortin

Did you know that with just a short form to be completed, you can have a complete survey of your home done by the Montgomery County Fire Department to determine if you are properly protected by the new smoke detectors? A simple phone call to 311 will connect you to the Montgomery County Service Center. Once you get a real live person, let them know that you are interested in having your home surveyed for the proper installation of smoke detectors. The Center will email you a link to complete the application. Once the application is completed and submitted you will be contacted to set up a date for the survey.

If the survey indicates that new smoke detectors are needed, the individual doing the survey will make those needed changes at the time of his/her visit. Also, for those homes that have a garage that is directly connected to the home, a carbon monoxide detector will be provided. And the best part of all this is that the service is free of charge to all Montgomery County residents.



The Park at the Rock was ready for the holidays thanks to Park Beautification committee members: Kay Looney, Paula Seebode and Jan Romanoff. Though not a member of the committee, Bandit helped too!

A HAPPY, HAPPY EVENING









To view these pictures in color –
Go to the Mutual 16 Web Site
www.lwm16.com