

MUTUAL-16

June 2018

BOARD OF DIRECTORS

President Joan Allston

301-598-2557

Vice President Fred Seebode

301-944-4759

Secretary David Darr

240-669-8386

Treasurer Edwin Bradley

301-598-3860

Directors: Doug Allston

301-598-2557

Jean Jones

301-438-2333

John Looney

240-669-3530 240-6993530 40-669-3530

Committee Chairs

Communications

Distribution

Virginia Rehbehn

301-438-0949

Emergency David Darr

Preparedness 240-669-8386

Landscaping David Darr

240-669-8386

Maintenance John Looney

240-669-3530

Park Paula Seebode 301-944-4759

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

Transportation 301-598-1044

Comcast 1-855-638-2855

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

Rita Molyneaux -

Web Site – www.lwm16.com

FROM THE DESK OF THE PRESIDENT:

From the Desk of the President:

Our annual meeting was a great success. 56 units were represented either in person or by proxy. That's a 59 % participation rate!

Those attending enjoyed the cookies and drinks provided once again by Juie Repeta and her committee. Thanks to all of them.

Two of our residents were elected to 3-year terms: Jeannie Jones and Doug Allston. Jeanie has been on the board for several years. She also represents the Mutual on the Health Advisory Committee. Doug joined the Board last year to fill the vacancy caused when Jim Turner resigned. He represents the Mutual on the Golf Advisory Committee. It was resolved the slate of officers for the upcoming year will have Joan Allston remaining as president, Fred Seebode as Vice President, Ed Bradley as Treasurer and David Darr as secretary.

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 appeared as bills for the Mutual to pay this month which we had no knowledge of. We do not have the personnel to investigate so these repairs will be sent back to the residents for payment.

We have contracted with J&M Contracting to power wash our siding. The weather has made this impossible for most of the past few weeks, but they are hoping with some dry weather to complete everyone's siding within the next couple of weeks. Please cooperate!

2018 ANNUAL MEETING

May 17, 2018



REPORT FROM THE HEALTH ADVISORY COMMITTEE

By Jeannie Jones

First, I have an addition to the information discussed a few months ago about the advisability of having carbon monoxide detectors near attached garages. I would like to thank Art Popper for bringing to my attention that if you have a fireplace and use it, a carbon monoxide detector should be placed near the fireplace, and you should make sure that the chimney is clean and functional before using the fireplace. Art also provided a very interesting internet link that discusses all of this: www.homeadvisor.com/r/fireplace-and-chimney-problems.

Second, by the time you read this, Drug Take Back Day at the medical center will have taken place. The volume of drugs disposed of was somewhat less than in the past, but there still was a good turnout. There is now a permanent drug take-back receptacle in the lobby of the medical center. However, you cannot use the unmonitored box to dispose of controlled substances, like narcotics. Controlled substances can only be disposed of on drug take-back days, which occur in April and October. The reason for that is that the police must be present for narcotic disposal. Items that are accepted at the medical center at any time are non-narcotic prescriptions, pet medications, and over the counter medications. You can leave pills in the bottles and scratch out identifying information on the labels if you want to. Oils, lotions and creams are never accepted. Needles can be disposed of at the medical center but there is a separate process for that.

Third, the Emergency Preparedness seminar that focused on cluttering was very interesting and informative. Unfortunately, only about 40 Leisure World residents attended. I would like to thank the folks in M16 who attended—you know who you are! Both of Dave Darr's Emergency Preparedness Committees and the Health Committee appreciated your support. If you know of anyone who clutters to the extent that it is a danger to them or to others, you may contact social workers at the medical center on an anonymous basis. They can't make a resident accept their help, but they really try.

Fourth, a representative of Family and Nursing Care, one of our new tenants at the medical center, gave a presentation concerning their services. They are a family-owned agency that has been in business for 50 years. They have 75 current clients in Leisure World. All of their health care workers have passed background and credit checks and

used them and been extremely happy with the services provided. I have some personal experience with them, which has also been positive. As always, if you have some information, positive or negative, about our new tenants, please let me know.

Fifth, concerning the medical center, Dr. Turner, a psychiatrist, has left. It came to the attention of the Health Committee that MedStar had not taken action to identify her patients and to provide back-up care for them until a new psychiatrist is on board. This was very disturbing to our committee. A representative of the committee and a representative of social work put in countless hours trying to get this situation under control. MedStar belatedly realized the seriousness of this situation and was at the time of our last meeting working to address it. Fortunately, no one has been hurt to the best of our knowledge. If you know of anyone who was a patient of Dr. Turner and has not received appropriate follow up, please let me know and I can refer them to the proper person for resolution. A neurologist who specializes in stroke started work in February. MedStar is actively attempting to fulfill the hours requirements for each specialty as set forth in the new contract.

EMERGENCY PREPAREDNESS ADVISORY COMMITTEE

David Darr, davidrdarr@gmail.com, 240-669-8386

What should you do before and during thunderstorms and lightning?

The Federal Emergency Management Agency offers useful information about how you should deal with thunderstorms and lightning. The Leisure World area has already experienced this kind of weather and will likely have more such episodes as the spring and summer proceed. Click on www.Ready.gov for details about preparing for thunderstorms and lightning.

Know the terms

Severe Thunderstorm Watch—Tells you when and where severe thunderstorms are likely to occur. Listen to WTOP or other sources of local news for updates.

Severe Thunderstorm Warning—Issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property to those in the path of the storm. Listen for updates on your NOAA Weather Radio or other battery-powered device.

Before thunderstorm and lightning

You should:

- Already have an emergency kit and a communications plan

- Postpone outdoor activities
- Get inside a building or hard-top automobile
- Close window blinds, shades or curtains
- Unplug electronic equipment.

If you are:

- In a forest - Try to find a low area under a thick growth of small trees.
- In an open area - Go to a low place such as a ravine
- On open water-- **Get to land and find shelter immediately.**

During thunderstorms and lightning

You should:

- Use a battery-charged device to listen to your news sources for updates. If you do not have one, consider getting a NOAA Weather Radio—to purchase, search NOAA Weather Radio for on-line sources.
- Avoid contact with corded phones and devices. Cordless and wireless phones not connected to wall outlets are ok to use.
- Avoid contact with electrical equipment or plugged-in cords. Unplug appliances and other electrical items.
- Avoid contact with plumbing.
- Stay away from windows and doors.
- Do not lie on concrete floors and do not lean against concrete walls.
- Avoid hilltops, open fields, the beach, or a boat on water,
- Avoid contact with anything metal.
- If you are driving, try to safely exit the roadway and park. Stay in the vehicle with the emergency flashers on until the heavy rain stops.
- Avoid natural lightning rods such as a tall, isolated tree in an open area.
- Take shelter in a sturdy building.

For additional information about preparing for weather and other emergencies, click on www.fema.gov.

PREPARING FOR TORNADOS: BEFORE, DURING, AND AFTER THE STORMS

According to the Federal Emergency Management Agency (FEMA.gov), tornado season (late spring through early summer) is here for the Leisure World area. Click on FEMA's web site (<https://www.ready.gov/tornados>) for suggestions about what you should do before, during and after a tornado.

You should know the terms:

- Tornado watch —Tornados are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, WTOP, or other local news source.

Before a tornado, you should:

- Build an emergency supply kit (ready.gov/build-a-kit) and make a family communications plan (ready.gov/make-a-plan).
- Listen to NOAA Weather Radio or other news sources. Listen to the instructions given by local emergency management officials.
- Be alert to changing weather conditions. Look for approaching storms.
- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - Loud roar, similar to a freight train
 - If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

During a tornado if you are in:

A structure—for example—A residence, small building, nursing home, hospital, factory, shopping center, high-rise building—Go to:

- A basement—if no basement—a small interior room on the lowest level away from corners, windows and doors.
- Do not open windows.

A manufactured home or office—Get out immediately and go to the lowest floor of a sturdy building or a storm shelter.

The outside with no shelter—There is no research-based means to take shelter. Try:

- Getting into a vehicle, buckle up and drive to the nearest shelter. If your vehicle is hit by debris, pull over and park.
- Take cover in a vehicle, buckle up, and cover your head with your arms, blanket, coat, or cushion if possible.
- Lie in an area lower than the level of the roadway and cover your head with your arms and a blanket, coat, or cushion if possible.

In all situations:

- Do not get under an overpass or bridge.

- Do not try to outrun a tornado in urban or congested areas. Instead, leave the vehicle for safer shelter.
- Watch out for flying debris.

After a tornado, you should:

- Listen to WTOP or other news sources for updates and instructions.
- Check with family and friends by texting or using social media.
- Watch out for debris or downed power lines
- If your home is without power, use flashlights or battery powered lanterns rather than candles to prevent accidental fires.

For more information:

Ready.gov/ and redcross.org/ have information on preparing for many weather-related and other kinds of emergencies.

PREPARING FOR THE HURRICANE SEASON:

Experts predict a near-or-above-normal Atlantic hurricane season is most likely this year.

The National Oceanic and Atmospheric Administration (NOAA) says the 2018 Atlantic hurricane season, which runs from June 1 through November 30, will most likely be near-or-above-normal. (noaa.gov). Any predictions of weather have uncertainty attached to them, depending on climate and many other things. The details of NOAA’s predictions include the following:

A 70-percent likelihood of 10 to 16 named storms (winds of 39 miles per hour or higher), of which 5 to 9 could become hurricanes (winds of 74 miles per hour or higher), including 1 to 4 major hurricanes (Category 3, 4, or 5 with winds of 111 mph or higher). An average hurricane season produces 12 named storms, of which 6 become hurricanes, including 3 major hurricanes. The first named storm—Alberto—has already struck the Gulf Coast.

TIPS FOR PREPARING FOR HURRICANES

Hurricanes typically strike the United States through the lower east coast and move north along the Atlantic Coast. A hurricane’s effect on Leisure World residents obviously varies, depending on the path of the storm along the coast: If it veers out across the Atlantic, there would be little or no effect, but if it turns inland, there could be wide-spread wind and rain with power outages and other major damage. There is a

history of both situations occurring in the Leisure World area. Here are some common-sense ideas for preparing for hurricanes. These and other suggestions from the Federal Emergency Management Agency can be found at: ready.gov.

- There will typically be several days' notice of the possibility that a hurricane will strike here. Stay tuned to radio, television or other sources for information on the approaching storm.
- Use the warning time to check your emergency preparedness kit to make sure you have the suggested items (batteries, flashlights, radio, charged cell phone, etc.) and replenish if you need to.
- Review your communications plan—Suggestions for a plan can be found at: <http://www.ready.gov/make-a-plan>.
- Make sure you have plenty of water for sanitary purposes such as cleaning and flushing toilets. Fill the bathtub and other large containers (buckets, pots, pitchers) with water.
- Secure lawn furniture and other outdoor items
- As the hurricane approaches, stay inside your home with any pets that you may have. Stay away from windows.
- If you are notified by local authorities to evacuate your home, listen carefully and follow their instructions.
- NOAA tracks individual tropical storms and hurricanes as they develop and predicts the likely paths of such storms. This and other information about hurricanes can be found at: nhc.noaa.gov.

MEDICAL ID CARD INFIRMATION

from Joe Halpin

Here is a link for an emergency medical ID card that when completed will fit into one's wallet or purse. It is free and works best when laminated with seal-seal plastic or a thermal laminator. Once completed, it is easy to update:

allfreeprintable.com/cont/frm/pdf/frm-emgid-1.pdf

or

goo.gl/KpU2WT

Paula Seebode

The Park Beautification Committee has lived up to its name. Three mornings of backbreaking labor have resulted in Spring charm and color. Thanks to Sandy Greer, Kay Looney, Julie Repeta, Louis Bryan and Paula Seebode for shopping, planting and watering. Special thanks to Jim McGrew, son of Carolyn McGrew for digging out a dead stump. Come by The Rock and enjoy the results of the Committee efforts.





Good Morning All:

It is time to seek residents for the Leisure World Community Corporation Government Affairs Advisory Committee whose term will run August 1, 2018 through July 31, 2019. Please present these documents at your next Mutual meeting. The deadline is August 1, 2018 and it should be submitted to Kenia Ibanez, Administrative Assistant – Trust Services (301) 598-1370, kibanez@lwmc.com .

(If needed copies are available in the Administration Building at the Front Reception Desk)

Thank you,

**Kenia Ibanez
Administrative Assistant
301-598-1370**

SAVE THE DATE

July 10 at 9:30 Mutual 16 Board Meeting

Sullivan Room, Administration Bldg.

Administration Building