

MUTUAL 16 MATTERS



DECEMBER

Mutual 16 — Leisure World, Silver Spring, MD 20906 ■ www.lwm16.com

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FROM THE DESK OF THE PRESIDENT

Our Holiday Party was a huge success with 46 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 Social Committee for making it so festive.

Gutter cleaning is underway in the Mutual, weather permitting.

Speaking of weather, winter has been inconsistent—cold one day and warm the next. Regardless, steps should have been taken to protect against damage. By now, all garden hoses should have been disconnected and drained. Interior vents should have been closed, and most importantly, the air conditioner unit should have been turned to “OFF” now that the heat is on.

While we love all the holiday lights in the Mutual, please make sure to turn them off after 11 PM. Even the new LED lights increase our electricity consumption.

On behalf of the Board of Directors of Mutual 16, I wish everyone a Happy and Healthy Holiday Season and New Year!

IN THIS ISSUE...

- | | | |
|------------------------|---------------------------|--------------------------|
| 1. President's Message | 3. Meet Kay Bidinger | 5. From the Editor |
| 2. Smart Cookies | 4. Park at the Rock Ready | 5. What's in a Name? |
| | 4. Milestones | 5. Happy New Year? |
| | 4. Appreciations | 6-7. Holiday Potluck |
| | 4. Beware of the Scams | 8. Resources & Reminders |



1 SMART COOKIES

Seven Mutual 16 bakers pulled out favorite cookie recipes and baked up a storm in order to deliver platters of fabulous holiday cookies to fire and rescue stations we see most often on our streets taking neighbors to hospitals, picking others up from falls (I was one needing help up at 5:30 AM!), and always on standby when one of us needs rescuing. We baked hundreds of cookies at home and took them to Paula Seebode's on December 10 to package them in 20 platters with bright red cellophane for delivery December 11. Baker Judite Fernandes invited the bakers to lunch (delicious) after all the packing of platters. The firefighters were thrilled and very appreciative of the cookies. Everyone we delivered cookies to said they really loved Leisure World and helping our residents.



2 "Quality control" sampling led to two ideas: we are going to do it again next year and we are going to share a recipe or two over the next few months through the newsletter to get YOU inspired to join the fun next year. The Mutual 16 Bakers: **Betsy Davis, Judite Fernandes, Janet Gilbride, Sandy Greer, Kay Looney, Michael Polydoroff** (son of **Ted & Sue Polydoroff**) and **Paula Seebode.** **BETSY DAVIS**



3 **Judite Fernandes, Betsy Davis, and Kay Looney**
 2 **Sandy Greer** unloads at Aspen Hill Station #25
 3 **Betsy Davis**, Marcus Nevad, Kensington Volunteer Fire Department Station #21, and **Sandy Greer**
 4 **Sandy Greer**, Lieutenant Branch, Glemont Station #18, and **Paula Seebode**



GET TO KNOW YOUR NEIGHBORS

KAY BIDINGER (hard g)
3427 ST. LEONARDS COURT

Kay Bidinger insists that hers is just an “ordinary” life. Kay was born in Chicago and brought up in Grand Rapids, Michigan. In high school, she was active in sports and school plays. She was the Junior Prom Queen and the Valedictorian of her class. Kay attended Notre Dame College in Cleveland, Ohio where she was active in student government and captained several social activities. There she met her true love, George, who attended the neighboring men’s college. After her graduation, she taught school in Denver while George completed graduate school in Nuclear Physics in Cleveland. Graduate school finished, George joined her in Denver. They married in 1959 and by 1965 she had six children under the age of 6. In 1971, she had twins. Her family complete (six boys and two girls), for the next twenty years she was a stay-at-home mom—or rather, she was a room mother, CCD instructor, chef, project manager, coach, DIYer, nurse, chauffeur, budget analyst, scheduler, laundress, tutor, and the list goes on! George also was an active father: coaching and mentoring the kids in church groups. They moved three times during that period—from Denver to Rockville to Atlanta, and then back to Rockville.

In 1979, when paying for eight college educations loomed large, Kay went back to work as a teacher. For the next 20 years she taught Social Studies at Farquhar Middle School in Montgomery County. She says “being a mother helped me be a better teacher and being a teacher helped me be a better mother.” All eight children finished college, six have advanced degrees.

After she and George retired, they traveled extensively; visiting their children in California, Tennessee, Florida, Virginia, Japan, and Maryland. They also traveled to a few places their children did NOT live—like the Holy Land, Europe, China, Africa, Alaska, and more. George died suddenly in 2016. Shortly thereafter, Kay’s Japanese grandson come to live with her. She guided him as he learned English. Three years later, he graduated from Magruder High and returned to Japan.



Then she bought her house in Mutual 16 to downsize to one level and have a smaller yard to garden in. Before she moved in, she completely remodeled her new home. They found mold and termites but she was not discouraged. What most of us call problems and misfortunes, Kay called new possibilities and opportunities. Her beloved George said that she “always looks at the world through rose-colored glasses.” With a contractor implementing her ideas, she turned her Huntington style house into a showplace worthy of *Architectural Digest*. She loves being here in Leisure World and Mutual 16 because “All the people are so friendly.”

Kay says without hesitation: “Faith, family, and friends” are what is important in life. She lives by this to the fullest. This month she hosts her family—more than 30 souls—for a holiday party. In addition to attending frequent family events, she plays bridge and reads extensively. She volunteers at St. Patrick’s and Our Lady of Grace Catholic Churches in Post Cana, the Leisure Club, and as a Eucharistic minister. She is a member of Gal Pals and Red Hats, and until the pandemic, she was a hospice volunteer. She is looking forward to becoming a great-grandmother in March. Kay is always on the go. If you can catch up with her, she would love to give you a tour and a cup of coffee.

Ordinary schmordinary!

NEWS YOU CAN USE

READY FOR THE HOLIDAYS!

Thanks to **Julie Repeta**, **Sandy Greer**, **Bob Bridgeman**, **Jan Romanoff**, **Kay Looney**, and **Paula Seebode** for clipping and trimming and decorating the Park at the Rock.



BEWARE OF TELEPHONE SCAMS!

Sadly, the holidays often bring out more con artists. Older adults make great targets because we've accumulated assets, many of us aren't tech savvy, and we tend to be too trusting. Here are some scams to be aware of.

SWEEPSTAKES OR LOTTERY WINNER

You get a call that you've won a jackpot. But you need to pay a fee or cover taxes—perhaps by prepaid debit card, wire transfer, money order or cash—to receive your prize. Or, they may send you a bogus check you need to deposit before you send a portion back. Even if the contest carries a legit name, stay away from schemes that require you to pay to claim your prize.

TECH SUPPORT

A so-called tech support representative calls and claims that your computer is infected with a virus. Once you hand over remote access, they dig into your personal files,

plant a virus, or request payment for their services.

THE "GRANDCHILD" IN NEED

Your "grandchild" calls—perhaps in the middle of the night—sounding frantic, because he needs fast cash (medical emergency, to get out of jail, etc.). He begs you not to alert his parents. The con man on the line may have basic details about your grandchild to weave a story, and may explain a distorted voice by claiming a bad connection. You get pulled into this trap and can only think about helping. Hang up and call family to check in.

SOCIAL SECURITY OR THE IRS

A Social Security or IRS "staffer" calls and demands a payment. They say there's a problem with your taxes or your SS# has been suspended due to suspected illegal activity. The caller may threaten your benefits, or suggest legal action if you don't send money. Don't rely on your

Caller ID. Hang up, call the number in your own records.

ROMANCE OR LONG LOST FRIEND

You get a message through social media that says "Don't you remember me? I'm your second-grade crush. You look so good!" The con may last months to build a relationship over the phone and email, and then ask for money—perhaps to help him or her travel to you or to deal with medical issues.



MILESTONES

HAPPY BIRTHDAY

Chris Everett December 21
3302 Solomons Court

IN MEMORIAM

Suzy Bradley
November 28
late of 15420 Prince Frederick Way

Robert (Bob) Crooks
December 12
late of 3402 Parker Creek Lane

APPRECIATIONS

THANKING NEIGHBORS

Sandy Greer sends many thanks to **Bob Bridgeman** who helped with 2 small projects last month.

Shout out to **Paula Seebode** for her *many* contributions to the newsletter, including **all** the photos (unless noted otherwise).

FROM THE EDITOR

A TIME TO BE FESTIVE

WHAT DO YOU CELEBRATE?



It's December—the time for sparkling lights and parties. Many of the celebrations are inspired by Christmas, but that's not the only spiritually significant day of the season. The year's last month is a multi-cultural world of holidays.

This year, **Hanukkah** (Judaism) began November 28 and ran through December 6. **Advent** (Christian), the four Sundays preceding Christmas Day, also began November 28 and ran through December 19. **Saint Nicholas Day** (Christian) was December 6. **Bodhi Day** (Buddhist) was December 8. **Immaculate Conception** (Catholic) was also December 8. **Yule** or **Solstice**, (Wiccan/Pagan) is December 21. **Pancha Ganapati** (Hindu) is December 21 to 25. **Christmas Eve** and **Christmas Day** (Christian) are December 24 & 25 respectively. **Zartosht No-Diso** (Zoroastrian) is December 26. **Boxing Day** or **Saint Stephen's Day** (British Commonwealth) is also December 26. **Kwanzaa** (Pan-African) is December 26 to 31.

And then there's the **Epiphany** (the 12th Day of Christmas) on January 6—for many, it's the last day to still have decorations up—yet this year, Eastern Orthodox **Christmas** is on January 7.

Whatever, however, and whenever you celebrate, I hope your December was full of joy. After two years of pandemic, we need (and deserve) a bit of festivity.

WHAT'S IN A NAME?

PICKING THE FINALISTS

There's been much discussion about the *Mutual 16 Matters* summer editorial, "What's in a Name?"

As we go into the new year, it's time to narrow the field and create a ballot so Mutual 16 residents can vote for their favorite. Many of the suggested names overlap and might cancel each other out.

There are three categories of names: (1) the Calvert County inspiration for M16's street names; (2) the M16 landmark Park at the Rock; and (3) the novelties.

This is NOT a final ballot—it's only an informal poll. It will help if you pick one from *each* category:

1. **CALVERT** (pick one)
 - Calvert Commons
 - Calvert Condos
 - Calvert Crest
 - Calvert Crossing
 - Calvert Village
 - None of these
2. **ROCK** (pick one)
 - Home of the Rock
 - Rockland
 - Rockpark
 - None of these
3. **NOVELTY** (pick one)
 - Green Acres
 - Rock of Aged
 - Sweet Sixteen
 - None of these

You can send me an email at chris@ceverettonline.com, or call (or text) me at 410-428-7549. All comments will be confidential. Again, this is only an informal poll to narrow the ballot choices. An actual ballot will come in 2022.

Don't forget, we don't even have funding yet for community signs. That would be the next step if this actually becomes reality.

HAPPY NEW YEAR?

READY OR NOT, HERE COMES 2022

The year 2022 sounds like something out of a futuristic science fiction movie. The movie "Soylent Green" (1973) was set in 2022. Yikes. With all we've been through in the past two years, who knows what awaits in the New Year?

In normal times, many spoke of making New Year's resolutions—there's always room for improvement. But at this point in our lives, it may be time to set New Year's *intentions*. Setting intentions means committing to yourself. Start by reviewing 2021 and reflect on the positive things. List two ways that you showed resilience. Think about two things that brought you joy. Finally, consider two things from 2021 you're grateful for.

Finding the good in 2021 will help you know where to focus your intentions. Where do you want to grow and where can you focus your purpose? What makes you feel fulfilled and meaningful?

Resolutions set specific goals you can measure, but *intentions* set ways that you wish to live.

Your intention may be to reduce stress. Think of ways to work toward that intention—maybe learn to set limits, change your schedule, practice mindfulness, or improve your sleep habits.

In these times, it's easy to believe we've lost control over so many things. The pandemic and things we see on the news make it feel like we are only just surviving.

But we have more control over our daily lives than we sometimes realize. Take back that feeling of control by thinking about how you want to see 2022 for yourself.

Consider starting a new hobby, learning a new skill, or joining a volunteer group in Mutual 16.

On Nov. 6, Social Committee members **Kay Looney, Paula Seebode, Janice Romanoff, Sandy Greer, and Julie Repeta** distributed flyers, followed by a robo-call with **Ellen Darr**. On Dec. 4, we set up in Clubhouse II in advance of our guests' arrival at 6 PM. Deacon **Bill Heineman** did the honors, saying a thanksgiving prayer at the beginning. The entrée, salad, and dessert assortments were delicious. Wines were served up by **Jack Looney and Bernie Repeta**. It's been two years since our last Holiday Party. What a joy to meet again with our friends and neighbors.

MUTUAL 16 HOLIDAY POTLUCK DINNER

JULIE REPETA



Mary Rabe and Shirley Gilmore



Pidgeon Batz and Susan Polydoroff



Jeanne Kitsoulis and John Fajnor



Jack Looney, Bernie Repeta, and Mary Rabe



Jack Looney and Bernie Repeta



Joan Allston, Kay and Jack Looney



Joan and Doug Allston, Gerry Velthaus



Judite Fernandes and Julie Repeta



Betsy Davis, Kay Looney, and Ann Holt



Francine Joyner and Betty Altman



Doug and Eileen Klessing



Bill and Teri Heineman



Francine Joyner, Bill Heineman, and John Fajnor



Ida Lou Polcari and Doris O'Donnell

MUTUAL 16 HOLIDAY POTLUCK DINNER

Saturday
December 4, 2021



Festive friends, food, and fun



Arlene and Joe Halpin, and Sandy Greer



Bob Bridgeman and Joe Joyner



Betsy Davis, Ann Holt, and Mary Rabe



Doug Allston, Tomaseena and Alex Cox



Bob and June Hortin



Doris O'Donnell and June Hortin



Kay Bugenhagen, Virginia Rehbehn, Tom Bugenhagen



Judite, Kay, Ida Lou, John, Jeanne, Doug & Eileen



Kay Looney and Sherry Rubin



Louise and Ida Lou Polcari



Pidgeon, Ann, Shirley, Susan, Mary & Alan Young



Lynn and Mary Nyce, Julie, Teri, Mary & Alan

RESOURCES

CONTRACTORS

HVAC, Plumbing

Jiffy Plumbing, Heating and AC
 Pete Kristiansen 240-882-8696
petethehvacguy@gmail.com

Electrician

Chris Blucher 240-462-7221

General Contractor

Mike Morrow 301-613-8781
Morrow1200@me.com

Painter

Ralph Carter 301-302-1211
Ralphcarter8@aol.com

HANDYMEN

Scott Davis 240-463-6134
t00lman7@yahoo.com

John Kent 301-385-8866
a1handymanjack@gmail.com

Alex Santos 202-945-3178
aasremodel@gmail.com

GARDENING SERVICES

Jane Zimmerman 301-219-8745
 (Leisure World Resident)
jpzimmer7@gmail.com

Gloria Sherman 301-980-2867
 (Leisure World Resident)

REC Lawn Russ Cooper 301-614-2938

Bill Bowers 301-831-7893

Jose Mayorga 301-346-5880

Mark Emmel 301-249-3655

Carlos Mendoza 301-624-9769

Cooper 301-473-2191

Jovy's 301-537-9156

M16 CONNECTIONS

HELPING HANDS

Bob Bridgeman 301-740-6724
brdgmn63@gmail.com

SUNSHINE LADY

Melinda Proctor 301-847-9644
mefoxp@gmail.com

WELCOMING COMMITTEE

Kay Looney 240-669-3530
kayvlo@comcast.net

POWER OUTAGE

Please remember if you have a power outage, do NOT call Pepco!

Call the Main Gate, 301-598-1044.

The Main Gate reports outages to Pepco. We do not have individual accounts with Pepco. This means Pepco does not have a record of your individual residence if you were to call them.

REMINDERS

LITTLE LIBRARY AT THE ROCK

Anyone can put books in, anyone can take books out. After you read a book, bring it back or give it to someone else. If you have questions, call **Paula Seebode**, 301-944-4759.

SUNSHINE LADY

Our "Sunshine Lady" sends cards to our hospitalized residents as well as condolence cards for our deceased residents. If you know of anyone who would need a card, contact **Melinda Proctor** at 301-847-9644 or mefoxp@gmail.com.

SHOULD THE MUTUAL PAY FOR IT?

If you need work done in your home and feel the Mutual should pay for it, you **MUST FIRST** call **Jack Looney** at 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, call the Main Gate 301-598-1044.

"HELPING HANDS" VOLUNTEERS

If you need some help with a minor household task, contact **Bob Bridgeman** at 301-740-6724 or brdgmn63@gmail.com.

"FILE OF LIFE"

Do you have a red vinyl "File of Life" magnetically attached to your refrigerator door? If not, they are free at the Leisure World Medical Center. Keep it updated with info concerning medications, doctors, and contacts to be notified in case of serious illness. This information is very important to an emergency crew when they are called in due to a sudden illness. The rescue crew will check your refrigerator door for the "File of Life."

ROBO-CALLS:

The Mutual 16 President directs the robo-call system to alert residents about immediate situations in the mutual. It may be a notice about a repair that affects residents' water service, a last-minute change to a meeting time, or even a "silver alert" for a missing vulnerable neighbor.

Ellen Darr manages the robo-call directory. To remove your listing, or switch it from land-line to mobile, contact ellenmdarr@gmail.com

TRASH SCHEDULE

Here's the schedule for garbage and recycling pickups, with specific requirements for each.

Note: garbage and recycling containers may be put out the night before their pickup days.

- **GARBAGE:** Pickup days are **Tuesday** and **Friday**. Be sure your garbage can is tightly covered.
- **GLASS/METAL/PLASTIC RECYCLING:** Pickup days are **Tuesday** and **Friday**. Recycling should be in the appropriate blue container. If you need a blue container, you can get one from PPD.
- **PAPER/CARDBOARD RECYCLING:** Pickup day is on **Wednesday** only. Paper/cardboard should be placed in a blue recycling container. Large boxes may be set out separately. Secure properly so paper doesn't fly around when it's windy.
- **YARD DEBRIS: BY REQUEST ONLY** on **Monday** and **Thursday**. Contact the Grounds Department email grounds@lwmc.com or call 301-598-1314 to notify them you have yard debris for pickup. Use tall brown paper recycling bags. **NO REQUESTS BETWEEN DECEMBER AND MARCH.**

COMCAST CUSTOMER SERVICE

For routine service (if you need a technician, etc.) call LW Comcast Bulk 1-855-638-2855. For urgent issues (no TV or Internet), call Comcast Rep Willis Gray directly at 443-370-5018.