

MUTUAL 16 MATTERS



OCTOBER

BOARD OF DIRECTORS

President	Joan Allston 301-598-2557 jallston1@aol.com
Vice President	Robert Hortin 240-242-4071 hortin6@aol.com
Secretary	Paula Seebode 301-944-4759 paulas330@aol.com
Treasurer	Edwin Bradley 202-641-7455 edsbrad@aol.com
Directors:	Doug Allston 301-598-2557 dkallston@gmail.com
	Betsy Davis 240-383-7155 betsytdavis1@gmail.com
	John Looney 240-669-3530 j.looney007@comcast.net

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 301-847-9067

CONTACTS

Assistant Property Manager	Kelly Rivera 301-598-1031 krivera@lwmc.com
Editor	Chris Everett 410-428-7549 chris@ceverettonline.com
LW Admin	301-598-1000
PPD	301-598-1500
Security & Transportation — Main Gate	301-598-1044
Comcast	1-855-638-2855 willis_gray@comcast.com

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

FROM THE DESK OF THE PRESIDENT

Unless you live in a cave, I'm sure you are aware that the price of everything has increased in the past few months. Unfortunately, the condo fees for our Mutual are no exception. Our Budget was presented at the October 12, 2021 Board of Directors (BOD) meeting. As detailed at that meeting, and in **the letter* sent to all residents** a few days afterward, our condo fee will increase an average of \$95 in 2022. A major portion of this (\$77) is property insurance expense. The rest of the increase is in Community Facilities, Mutual Operations, and the elimination of Prior Years Surplus revenue.

Over the past 10 years, the average monthly condo fee increased just 8.4% which included a \$25 overall increase in 2020 due to the addition of the new internet coverage. However, the insurance issue has forced this large increase.

The BOD plans to give final approval to the budget at the November 9 meeting.

I have received 5 requests from resident to serve on various Leisure World Advisory Committees. We still could use someone to serve on Audit, Energy, Emergency Preparedness, Health, Insurance, Physical Properties, Restaurant, and Tennis. If you are interested, please submit an application before October 25 to **Joan Allston** or any Board member. If you do not want to serve on a LW Advisory Committee, we could still use help with Mutual 16 Volunteer Activities. Contact any Board member to see where you could assist.

* Be sure to watch for and *read* the letter!

IN THIS ISSUE...

- | | | |
|------------------------|---------------------------|--------------------------|
| 1. President's Message | 2. Landscape Advisory | 5. Special Moments |
| 2. Website Bylaws | 2. BOD Meeting Summary | 6. From the Editor |
| 2. Winterize Your Home | 3. Park Committee | 6. Living with Dementia |
| 2. "Helping Hands" | 3. Birthdays | 6. AC Reminder |
| | 3. Park at the Rock Celeb | 7. Senior Call Check |
| | 4. Meet the Bugenhagens | 8. Resources & Reminders |

NEWS YOU CAN USE

NEW & IMPROVED BYLAWS

There is a new improved copy of the Mutual 16 Bylaws on the M16 website (www.lwm16.com). Most copies have the changes to the bylaws over the past 40 years placed at the end of the 40 pages of original bylaws. It is difficult to figure out the current stipulations in the bylaws. The copy on the website has the amendments imbedded in the text (bolded) in the actual places that were changed. This makes it easier to keep up-to-date on the governing documents for Mutual 16. An example: The date of the annual meeting was changed from the first Thursday of April to the 3rd Thursday in May in 1986 (Article IV, Section 2). Another example: The following was added to the bylaws in 1990: "All Units shall contain garage space to accommodate at least one car." (Article IX, Section 3, (p)). There are 11 additional amendments to the original bylaws.

Thank you to **Bob Bridgeman** and **Ed Bradley** for doing the cutting and pasting to make the Mutual 16 Bylaws easier to decipher.

PAULA SEEBODE

WINTERIZE YOUR HOUSE

Before really cold weather arrives, winterize your home. These simple actions will keep your house warmer and safer from flooding.

- Disconnect all outside hoses from the faucet to reduce likelihood of frozen pipes.
- Drain the hose and put it away to prevent freezing and splitting.
- Close the air conditioner vents in the ceiling. This will reduce drafts.
- Remove the AC filter, clean, wrap with foil, and put it back to reduce drafts. Reverse this process before running the AC in the spring.

DOUG ALLSTON

HELPING HANDS IS HELPING OUT

Some of the things **Helping Hands** has done since the last newsletter include fixing a Marine Corps flag of a female Korean War veteran so it won't keep falling out of the holder in strong winds, fixed a sliding cupboard shelf that was difficult to pull out and push in – one of the tracks was bent so it just had to be straightened out to fix it, disconnected a tightly-attached hose, scraped flaking paint off a side garage door – also gave it a quick coat of paint (I had done the same with mine), and unstuck a couple of sliding windows.

If you need some help and aren't sure if **Helping Hands** can do what you need, here's some background information on jobs I have done in homes where I've lived.

The first was when I was 7 years old. My parents bought a used player piano they wanted to put in the basement family room. There was no outside basement entrance. My father figured we could remove a small basement window, remove some cinder blocks next to it, and slide the piano on its back into the basement. My job was to chisel out cinder blocks after I got home from school each day.

Jobs in homes I owned included building a deck for a screen porch, extending a driveway so two cars would fit on it, and installing a pre-fabricated fireplace – flush mount inside with a raised slate hearth.

These kinds of jobs will not be done here, but it lets you know that if you need some work done by a handyman, call **Helping Hands** at 301-740-6724 before hiring someone. The worst that can happen is you'll be told **Helping Hands** can't do it – and *then* you can go ahead and hire the handyman.

BOB BRIDGEMAN

LEISURE WORLD LANDSCAPE ADVISORY COMMITTEE (LAC)

LAC approved a project to remove the *nandina domestica* (Heavenly Bamboo) at the entrance to Clubhouse 2. Why? It's a highly invasive species and we want to spruce up the landscaping in this area. LAC is advising Mutuels to avoid *nandina domestica* in their landscaping.

That said, any **other** variety of *nandina* is a beautiful option for the 4 feet around our homes.

Save the date: On December 1, McFall and Berry will place tree and shrub clippings at the shuffleboard court for residents to take for their holiday decorating. **Free!**

BETSY DAVIS

SUMMARY OF MUTUAL 16 BOARD OF DIRECTORS' MEETING

October 12, 2021: The meeting was held on Zoom.

- The Board is researching the possibility of self-insuring and submitted several questions about insurance to LW Management.
- Four bills for gutter repairs were approved for payment.
- A second estimate for a Reserve Study update was submitted.
- The proposed 2022 budget was sent to residents for comments and questions. The condo fee will be going up beginning in January mostly because of an increase in our property insurance premium.
- The LW golf course made a profit during 2021.
- You can make an appointment for a seasonal flu shot at the Medical Center. Also, call to find out if you are eligible for Corona virus vaccine booster shot.
- The Mutual 16 Holiday party is scheduled for Saturday, December 4 in Club House 2.

PAULA SEEBODE

MORE NEWS YOU CAN USE

THE MUTUAL 16 PARK BEAUTIFICATION COMMITTEE

The mission of the Park Beautification Committee is to keep the park looking good in all seasons by planting perennials and annuals, weeding, watering and decorating the park throughout the year. The committee members will supplement the work done by McFall and Berry. The committee chair, or a designated committee member, will attend Board meetings, organize volunteers, request funding, disperse funds, keep records and receipts and report on projects. Please consider using your talents to maintain and improve one of M16's most valuable assets. Another way to help keep the park beautiful is through monetary donations. Thank you to **Rita Rehbehn** who has supported the park with donations every year since 2018. Call me at 301-944-4759 to volunteer or to donate.

PAULA SEEBODE



With the other Park Beautification Committee members, **Julie Repeta** and **Bob Bridgeman** weeded, planted, and decorated the Park for autumn



Committee members **Judite Fernandes** and **Kay Looney** clip and trim at the Park



Committee member **Jan Romanoff** replaces the Summer flag with the Fall flag at the Park at the Rock

MILESTONES



Carl Alexander October 09
3407 Island Creek Court

Jean Jones October 22
3409 Saint Leonards Court

Kay Looney October 28
15411 Prince Frederick Way



A CELEBRITY VISITS

THE PARK AT THE ROCK!

Honey, the one-year-old, prize-winning Puli, owned by Lilly Cheimis (visiting from Lawrenceville, GA), granddaughter of **Pat Cheimis**, 3403 St. Leonards Court.

Photo credit: Julie Banner, Pat's daughter.

GET TO KNOW YOUR NEIGHBORS

TOM AND KAY BUGENHAGEN

3423 ISLAND CREEK COURT

Tom grew up in Erie, Pennsylvania. Kay grew up outside of Nashville, Tennessee. They first met at Maryville College located between Knoxville, TN and Great Smoky Mountain National Park. Although they had met casually before, one day they were waiting in line together to register for classes. The conversation is lost to history but later that day, Kay called her mother and said, "I've found the man I'm going to marry." Later still, when she proposed, Tom said yes and they married in 1956. After graduate school at University of Tennessee, they moved to Maryland for Tom's job. They raised three boys while Tom worked at the Johns Hopkins Applied Physics Lab and Kay worked as a library assistant in Montgomery County schools. They lived in Randolph Hills and Manor Lake. They now have six grandsons, and finally, one great-grand daughter.

Tom and Kay are the epitome of the saying: A healthy mind in a healthy body. They have a strong commitment to life-long learning. For two weeks every year for 20 years, they attended the Chautauqua Institute lecture series and courses. They have heard such notables as Sandra Day O'Connor and Jane Goodall speak. While there, Kay rode in a golf cart with Goodall and Tom played a round of golf with Hootie & the Blowfish. Each winter in Florida, they attend the Sarasota Institute of Lifetime Learning lecture series. They have also attended the Spoleto Festival in Charleston, SC and belong to several theaters in the area. They have been very active in the Cedar Lane Unitarian Church. Tom served on the Finance committee. Kay was a member of the Board and Director of the Religious and Adult Education programs.

They have always enjoyed participating in sports: wrestling and basketball in their youth; golf and tennis as adults. Tom was the Montgomery Country Club Champion. He has played golf at Pebble Beach, Pinehurst, Congressional, and St. Andrews among others. Getting older offers some



challenges but they try to stay physically active. Kay walks and works out every morning. She also goes hiking at Lake Frank with friends from the old neighborhood. Tom still plays the occasional 9 holes.

Tom is the optimist and the people person. "It's all about family, friends, neighbors and community." Kay is a bit more retiring. As Tom says "as long as she has a book to read or a crossword puzzle, she's happy." She reads 3 or 4 books a week! One of her favorite writers is Alexander McCall Smith who wrote *The No. 1 Ladies' Detective Agency*. She likes his wide range of subject matter, his humor and the fact that you always learn something from his books.

Kay's philosophy: "You just have to take life as it comes." They lived this philosophy with grace and love when their adult son became ill with colon cancer. He moved in with them and they took care of him the last months of his life, until he passed away in 2012. They are forever grateful to have had that time with him.

Tom and Kay moved to Leisure Word in 2019 because it was close to their old neighborhood and church. They chose Mutual 16 because their house has no stairs and it has a yard but just a little bit of yard work. They invite you to stop by especially if you see them sitting outside. You are sure to enjoy a wide-ranging conversation with these genial neighbors.

SPECIAL MOMENTS: "REACHING FOR THE BRASS RING"

DON AND JO PHILLIPS - 3306 SOLOMONS COURT

After 75 years, Donald and Josephine Phillips, born and raised in Washington DC, are still reaching for the "brass ring." As high school sweethearts, they often rode the streetcar from Pennsylvania Avenue through Georgetown to Glen Echo Park. They enjoyed the House of Mirrors with its crazy mirrors, the Coaster Dips roller coaster, the airplane ride, the shooting gallery, the Tunnel of Love boats, and they swam in the Crystal Pool. Most of all, they loved riding the carousel,

listening to the organ music, and trying to reach for the ever-elusive brass ring in order to win an additional turn on their beloved carousel.

Don and Jo, as they are affectionately called, return to the Glen Echo Park Carousel every year on September 26th to celebrate Jo's birthday, with any number of their 5 children, 14 grandchildren, and 21 great grandchildren. This year, after 70 years of marriage, they celebrated Jo's 89th birthday and rode the carousel again - still reaching for the brass ring!



◀ Jo and Don riding on the carousel (2021)

Jo and Don riding ▶ in a rumble seat (c. 1950)

Text and images courtesy of Bonnie Cauley (Don and Jo's daughter)

Jo and Don celebrating in their fancy ride at Glen Echo Park



FROM THE EDITOR

SHARE YOUR STORY

SO, WHAT'S UP?



With this issue, we're thrilled to introduce a new feature called "Special Moments." It's a page where neighbors can share a celebration, an accomplishment, a memory, a new beginning, or any significant event.

Since the COVID has been keeping many of us at home, we don't always get the opportunity to keep up on what's happening with our neighbors.

The "Special Moments" feature may not appear in every issue of the newsletter. It depends on what each of you might submit.

With that in mind, we'd like to thank Bonnie Cauley for submitting the lovely article with great photos of her parents, **Don & Jo Phillips**. We look forward to more submissions like this from other residents in Mutual 16.

And of course, we're always seeking mini-biographies for the "Get to Know Your Neighbors" page. We've got a lot of diverse and interesting people in our little community. Tell us *your* story.

If you need help writing up your own mini-bio or "Special Moment," feel free to send an email or call 410-428-7549. Articles that include photos are always appreciated.

Finally, don't forget to send us your birthday information so we can all celebrate your special day.

WHAT'S IN A NAME?

COMMENTS AND SUGGESTIONS

In the last issue of *Mutual 16 Matters*, the editorial was "What's in a Name? Identity, Branding, and Marketing a Neighborhood."

We received many replies and comments from the community. In alphabetical order, here are some of the suggested names so far:

- Calvert Commons
- Calvert Condos
- Calvert Crest
- Calvert Crossing
- Green Acres
- Home of the Rock
- Rockland
- Rockpark
- Sweet Sixteen

Some of the suggestions are whimsical, as you can see.

Those suggestions with "Rock" in the name recognize our landmark in the center of Mutual 16.

Suggestions with "Calvert" in the name recognize that all the street names in Mutual 16 are sites in Calvert County.

In a similar way, nothing about **English Village** looks English, but all of the street names in Mutual 13 are sites in London.

For **Kelmscot Village**, the street name in Mutual 10 is Kelmscot.

In the recently-named **Forest Glade**, the street names of Mutual 14 include the words Forest or Glade.

So far, this naming idea is only at the informal discussion stage. If the community decides to pursue this concept further, it will be interesting to see what other suggestions come in.

Of those shown, which one is your favorite? Do you have additional suggestions?

HELPFUL HINTS

"SEE ME" AT THE SMITHSONIAN

"See Me" at the Smithsonian is an interactive program for adults with dementia and their care partners. On scheduled weekdays, pre-registered participants (8-10 people) explore some of the Smithsonian's most beloved objects in small group discussions and multi-sensory activities. "See Me" provides intellectual engagement, opportunities for socialization, and the ability for loved ones to spend time together in a relaxed setting.

To learn more, contact Ashley Grady at Access@si.edu



- ★ Agree, never argue
- ★ Divert, never reason
- ★ Distract, never shame
- ★ Reassure, never lecture
- ★ Reminisce, never say "Remember"
- ★ Repeat, never say "I told you"
- ★ Do what they *can* do, never say "You can't"
- ★ Ask, never demand
- ★ Encourage, never condescend
- ★ Reinforce, never force

AIR CONDITIONER REMINDER FOR THOSE WITH BASEBOARD HEAT

Our baseboard heat is controlled by thermostats in each room. Our air conditioning is controlled by one central unit (usually in or near the living room). Before you turn on the heating units, make sure to turn the air conditioner to OFF.

DOUG ALLSTON

SERVICES WE SHOULD KNOW ABOUT



SENIOR CALL CHECK PROGRAM

A FREE SERVICE FROM THE MARYLAND DEPARTMENT OF AGING

HOW DOES IT WORK?

Every day a telephone call will be placed to a participant at a regularly scheduled time. These calls will take place between 8 a.m. and 4 p.m. as close as possible to the one-hour time block pre-selected by the participant. If the participant does not answer their first call, they will be tried two more times. If those calls go unanswered, additional calls will be made to notify an alternative person who is selected by the participant during program enrollment. This could be an adult child, a neighbor, or another loved one. The alternate will then be encouraged to check on the older adult program participant. The failure of the participant and alternate to answer will result in a call to your local non-emergency service.

WHO CAN PARTICIPATE?

Any Maryland resident who is 65 years of age or older who has a landline phone or cell phone (TTY is available). The participant and alternates should not have automated call blocking technology (or they should disable that phone feature for this program).

WHO IS AN ALTERNATE?

An alternate is a person you have selected to be called in the Senior Call Check program in the event you do not answer your automated call after 3 attempts. This person must be a reliable emergency contact, such as an adult child, a responsible neighbor, or a close relative. It is helpful to discuss the program with your alternate and explain their responsibility in being a support for you in the event you need help and do not pick up your daily call. If you do not have an Alternate Person, a Limited Alternate will be assigned to you. The program will notify your local non-emergency service after multiple attempts to reach you and your alternate.

HOW TO APPLY?

The online option is the easiest way. Just go to aging.maryland.gov/Pages/senior-call-check.aspx Otherwise, you can call 866-502-0560 (toll-free) and ask to have a hard-copy application mailed to your home. After all your info is validated, a Welcome Packet will be mailed to your home address. It will include your start date.

RESOURCES

CONTRACTORS

HVAC, Plumbing

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

Electrician

Chris Blucher 240-462-7221

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
brdgm63@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 brdgm63@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 301-598-1314 to notify them you have yard debris for pickup. Use tall brown paper recycling bags. Phone calls are preferred, but you may also email grounds@lwmc.com.

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.