

MUTUAL 16 MATTERS



MARCH 2022

BOARD OF DIRECTORS

President	Joan Allston 301-598-2557 jallston1@aol.com
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	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
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Social	Julie Repeta 301-847-9067

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Main Gate	301-598-1044
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Mutual 16 — Leisure World, Silver Spring, MD 20906 ■ www.lwm16.com

FROM THE DESK OF THE PRESIDENT

First of all, I want to thank everyone in the Mutual for their cards and emails (and even food) during my recent hospitalization. It was appreciated. I was also grateful for the way the Board members pulled together to complete all the tasks necessary to keep the Mutual running smoothly. Mutual 16 has an awesome BOD and is an awesome Mutual. I'm back at home now, recuperating. Feel free to stop by to say hello – and thanks again.

Speaking of directors, our Mutual is managed by a seven-member Board of Directors. Members are elected by residents for “staggered” three year terms. At our Annual Meeting on May 19th, we will be electing two unit owners to serve on the Board of Directors. You can offer to stand for election by submitting a brief statement to our Administrative Assistant, **Kelly Rivera**, by April 4. If you do not want to commit to a Director slot, please consider volunteering on one of our committees. There are some tasks that are important and often only require on-call help. Consider the Landscaping or Maintenance Committees. Both Landscaping and Maintenance are the most “visible” aspects that keep our Mutual looking great.

The opportunity to be actively involved in shaping the future of your Mutual should be given serious consideration by every owner. We need to secure a positive future for the community which is now our “hometown.” Think about it!

PARK BEAUTIFICATION COMMITTEE



Hidden gem: Lenten Roses bloom at the Park at the Rock in February and March.

This year, the Park Beautification Committee is taking cash donations to buy annuals, equipment and seasonal décor. Please make your check out to **Paula Seebode** (301-944-4759). You can slip it in her mail slot or call her to pick it up. The committee has received generous donations from **Susan Polydoroff, Betsy Davis, Virginia Rehbehn, and Barbara Higgs** – SO FAR. Who else will step up to support the jewel of Mutual 16, our beautiful Park at the Rock?

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SMART COOKIES MARCH RECIPE

KAY LOONEY'S
OATMEAL LACE COOKIES



INGREDIENTS

- 2 Sticks *Salted* Butter
- 1 Cup Quick Cooking Oatmeal
- 1 Whole Egg
- 1 Cup Sugar
- 1 Cup Flour
- 1 tspn Baking Powder

DIRECTIONS

- Put butter in pan on low heat and when melted, add oats; mix until covered.
- Let sit at room temperature for a minimum of One Hour.
- Pre-heat oven to 325° F.
- Add non-stick foil to cookie sheets for baking, if desired. It helps keep them from sticking to the pan.
- After One Hour sitting at room temperature, add remaining ingredients and mix.
- When thoroughly mixed, drop by teaspoonsful onto greased foil, being sure to space far enough apart, as the cookie dough will spread as it cooks.
- Bake at 325° F for 12 minutes, or until golden brown around the edges of each cookie.

Allow to cool – then enjoy!

CONSERVE ENERGY

Electric bills have surged as much as 28% in the past year, depending on where and how you live. But minor household changes can yield significant savings over time.

Laundry: Use wool dryer balls instead of dryer sheets and reduce dryer time up to 25%. Wash full loads – partial loads use the same energy.

Temperature: Dial down the thermostat by 2 degrees to cut about 5% on heating bills (the opposite can apply to the summertime settings).

Lighting: Turn off unnecessary lights and, where practical, convert bulbs to LEDs. Lighting accounts for about 12% of a residential utility bill.

Electronics: Turn off devices that are used intermittently, like scanners, printers, maybe your computer – they continue to consume energy even in their standby mode.

Kitchen: Clean refrigerator coils once a year.

The US Department of Energy estimates that typical households can save 25% on utility bills with energy efficiency measures.

JOE HALPIN

WHAT'S THE KEY TO SECURITY? A KEY!

Mutual 16 requests everyone have a key to their unit with Security at the main gate. There are good reasons for this – one of which is a health and welfare check. If a neighbor sees something amiss with you, they can request Security to check on your well-being.

I did this a couple of days ago. As it turned out, everything was fine.

I may have a heightened sensitivity to this since my father (who lived in Delaware) laid on the floor for three days before anyone checked on him. Firemen had to break the door down. If Leisure World Security can't get in to check on you, they will break the door down.

There is another reason for a key. With our new Mutual insurance, if you are gone and have a water leak, the sooner we find it and fix it, the less it is going to cost both you and the Mutual. You have a \$10K deductible and the Mutual now has

MILESTONES

HAPPY BIRTHDAY

Louise Bryan 3401 Parker Creek Lane	March 01
Francine Joyner 3411 St. Leonards Court	March 13
Ann Hughes 3403 Parker Creek Lane	March 30

MUTUAL 16 RULES

Some M16 rules include: Garage doors are to be generally kept closed, except during periods of normal use. During those months when hot temperatures prevail, doors may be kept raised a maximum of twenty inches for ventilation purposes. Trash or newspapers for collection should not be placed in the common areas earlier than after dark on the day before scheduled pickup or on the day on which collection is scheduled. It is necessary to protect trash from scavenging birds or animals.

See TRASH SCHEDULE, page 4.

BOB BRIDGEMAN

a \$40K deductible. That is an out-of-pocket expense. It used to be \$5K and \$10K.

One last thought: If you live alone, you should subscribe to a Medical Alert service and wear it at all times.

As many of you know, **Joan Allston** fell a few weeks ago and broke her hip. She was immobilized. She could not get to a phone and certainly none of our neighbors would have ever hear her call for help. Fortunately, she was not alone.

Keep an eye on your neighbors and if you do not see them in their usual daily patterns, please check on them. Go knock on their door. If they do not answer, then call Security for a health and welfare check. We are all getting older together. We need to lookout for each other.

DOUG ALLSTON

GET TO KNOW YOUR NEIGHBORS

ARTHUR ROEHRIG

3422 ISLAND CREEK COURT

Arthur Roehrig was born on a dairy farm south of Green Bay Wisconsin. Although he was born with Usher Syndrome, which causes deafness and deteriorating vision, he worked hard on the farm. He is probably one of only a few Mutual 16 residents who knows how to milk a cow. Art attended two Catholic schools for the deaf: St. John's School for the Deaf in Milwaukee, and St. Rita's School for the Deaf in Cincinnati.

He came to the DC area to attend Gallaudet University. With a Bachelor's degree in Mathematics and Humanities, he worked as a teacher at the Maryland School for the Deaf in Frederick. In the early 70s, his vision began to get worse. By his early 30s, he was completely blind. With no role models, he worried about his future as a deaf-blind person. He learned to use braille and a white cane and heroically, he went back to Gallaudet to get a Master's degree in rehabilitation and counseling. He also completed all but his dissertation toward a PhD. He worked for Gallaudet University for 38 years, in administration, counseling, adult education, family education, professional development, and materials development. He has also served as a disability resources counselor and coordinator working with students with vision impairments, physical disabilities, and intellectual impairments, becoming the role model for them that he had never had. He lived in a house across the street from the University but he traveled the world, enjoying the Deaf Olympics, and visiting Schools for the Deaf and Deaf-Blind. He was President of the American Association



of the Deaf-Blind from 2005 until 2009 and has presented numerous workshops on deaf/blindness, mental health issues, and communication access modalities to a huge variety of audiences throughout his career. He has also played an instrumental role throughout his career advocating for those with deaf/blindness. He retired in 2012 and is currently writing his autobiography. He was interviewed in the PBS documentary, *American Masters: Becoming Helen Keller* thus becoming Mutual 16's only TV celebrity.

After he was injured by a mugger outside his home (a mugger who got away with just \$3), he decided to move to Leisure World in 2017 because it is safe. After 5 years here, Art will be soon moving to Westerville, Ohio. Health concerns are prompting Art to move to retirement village for the deaf and deaf-blind. It has specialized access to medical care. Even there, Art plans to participate in a volunteer program at a nursing home for deaf-blind people – continuing his life of service to others, continuing to be a role model not only to deaf-blind people, but to all of us.

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
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" UPDATE

Do you have a red vinyl "File of Life" magnetically attached to your fridge door? If not, get a red vinyl document sleeve online or at an office supply store (e.g., Staples). Keep it updated with info concerning medications, doctors, and contacts to be notified in case of serious illness. This info 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. **YARD DEBRIS PICKUP REQUESTS HAVE RESUMED.**

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.