

MUTUAL 16 MATTERS



MARCH 2025

PLANNING MEETING

1:00 PM first Thursday of month
Clubhouse II, Rossmoor Room

BOARD OF DIRECTORS MEETING

9:30 AM second Tuesday of month
Clubhouse II, Rossmoor Room & Zoom

BOARD OF DIRECTORS

President	Paula Seebode PaulaS330@aol.com	301-944-4759
Secretary	Chris Everett Chris@CEverettOnline.com	410-428-7549
Treasurer [Emeritus]	Edwin Bradley edsbrad@aol.com	202-641-7455
Directors:	Doug Allston dkallston@gmail.com	301-598-2557
	Kevin Bishop kmbishop@mac.com	703-789-4568
	Marcia Laundy malaundy@gmail.com	301-598-3027
	Dick Lawlor LawlorLaw@aol.com	301-919-0218
	Arthur Popper anpopper@gmail.com	240-401-0253

CONTACTS

Communication Distribution	Jean Jones	301-467-3387
Friends of the Park	Paula Seebode	301-944-4759
Helping Hands	Peter Loan & Lenny Sammarco	240-676-6074 240-535-8627
Landscaping	Marcia Laundy	301-598-3027
Maintenance	Doug Allston	301-598-2557
Newsletter	Chris Everett	410-428-7549
Social	Diane Rosenfield & Susan Willcoxon	301-996-2549 240-401-0758
Sunshine Angel	Jean Schaible	240-701-5083

SUPPORT

Sr. Property Manager	Nancy Sprinkle NSprinkle@lwmc.com	240-560-5565
Mutual Assistant	Michael Glick MGlick@lwmc.com	301-598-1055
LW Admin		301-598-1000
PPD		301-598-1500
Main Gate (Security)		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

MUTUAL 16 NEEDS VOLUNTEERS FOR THE SOCIAL/WELCOMING COMMITTEE

Helping on this committee involves planning, setting up, and cleaning up after our official events.

Usually there are four per year. This year there are five. They are the Mutual 16 & Mutual 18 Get-Together, the spring Annual Meeting Reception, the summer Happy Hour, the autumn Pizza Party, and the winter Holiday Potluck.

All of these events have been well-attended and enjoyed by everyone because the Social Committee members manage them so skillfully.

The Welcoming Committee involves meeting our new residents, giving them a packet of information and answering any questions they may have. Welcoming is a fun way to get acquainted with your neighbors. We have had eight new neighbors move in this year and we have nine homes in transition now.

Consider giving Mutual 16 your talent, whether it is decorating, heavy lifting, or chatting with newcomers. Do you have new ideas that will help us be more sociable? Volunteer now for the Social/Welcoming Committee.

Call the Social/Welcoming Committee co-chairs **Diane Rosenfield** at 301-996-2549, or **Susan Willcoxon** at 240-401-0758 to lend a hand.

Mutual 16 will be all the better for it.

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FLUSH A TOILET SAVE A TREE



Having drain-root problems clogging your toilet? ZEP ROOT KILL – a 32 oz bottle is \$15.28 at Home Depot (this is not the only brand). Once a year, I put the recommended amount in the toilet before going to bed and I’m good for the year. I’ve been doing this since I had a toilet drain clogged with a big root 5 years ago. No problems since. One bottle lasts for years.

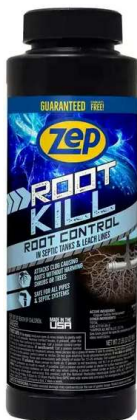
The plumber also recommended that this chemical be applied under and around the toilet flange when they first discovered the problem with the roots coming into the house around the outside of the toilet drain. This kills the roots on contact before they even get into the drain.

This is a better, cheaper, and more eco-friendly approach to this problem – rather than cutting down a tree!

AN OUNCE (OR TWO) OF PREVENTION

Mutual 16 has some very beautiful old trees. But despite looking good, they can be a problem. The mutual recently had to spend more than \$5k to cut down three of them because their roots had invaded sewer pipes.

JOE HALPIN



DOUG ALLSTON

EMERGENCY KEYS



Leisure World Security is conducting an audit of residents’ spare unit keys. Be sure that a copy of your house key is provided to the guard at the Main Gate. Secure boxes of keys are kept at the gatehouse. If you have not already given the guard a copy of your key, please do so as soon as possible. This includes new keys if you’ve changed your lock. This may also be an good time to check your keys out and make sure that they still fit your lock.

In case of a welfare check or any emergency situation, the key can be retrieved from the Main Gate. If no key is available, emergency personnel will conduct a forced entry and the resident will be responsible for costs to repair the door, which could be \$4,000 to \$4,500. Also, if you lose your key, the Main Gate can provide the copy of your key.

Lastly, if you have a keyless entry to your home, you can contact your Mutual Assistant and they can enter the code into Dwelling Live, to be used in case there is a need for an emergency entry to your home.

M16 ARTWORK



This is a painting I did on a half brick. It is titled: From a footbridge, two three-year-olds discover the wonders of spring in the creek below.

ARTIST: JEAN SCHAIBLE

MILESTONES



Barbara Axelrod 3311 Solomons Court	April 01
Doug Allston 15519 Prince Frederick Way	April 13
John Looney 15411 Prince Frederick Way	April 21
John Fajnor 15504 Prince Frederick Way	April 26

MARCH SCRAMBLE

Rearrange letters on each line to form a word, then use the circled letters on each line to form the BONUS WORD.

Created by JANET GILBRIDE

A P C S M



T L O A B



R E S O P



I L N V E



A S E R D M



**BONUS
WORD**

CLUE: I’M LOOKING OVER A
FOUR-LEAF -----



See next month’s Word Scramble for answers

FEBRUARY ANSWERS

RLAFE
FLARE
OODER
RODEO
NIBRE
BRINE

NETDIN
INTENO
LEIPAN
ALPINE

BONUS WORD

CLUE: A DOG IS
MAN’S BEST -----
FRIEND

GET TO KNOW YOUR NEIGHBORS

MARIA AND DAVE DUDISH

3401 ST. LEONARDS COURT

Maria and Dave grew up in a small coal mining town in Pennsylvania. They lived 5 blocks apart but they ran in different circles. Both their grandparents were emigrants – hers from Poland; his from Ukraine. Maria attended West Chester University and graduated with a degree in Social Work, and Dave went to Penn State University and graduated with a degree in Geography/ Cartography. They began dating after returning home from college. Six months into dating, they were engaged and married one year later. Dave worked with the Federal Government in Silver Spring and ran the aeronautical charting program at the FAA. Throughout her career, Maria worked in Child Protective Services and the field of disabilities ending as the Director of Residential Services with Jubilee Association of Maryland. Dave retired in 2016 and Maria in 2024.

Maria and Dave had three children. The oldest, Tara, had intellectual and developmental disabilities. She passed away in 2019. Throughout Tara's life, there were many obstacles to overcome; but her life was a joy to the family, drawing them closer and amplifying their compassion, empathy, patience, and unconditional love. Caring for Tara made them tough and spurred their lifelong support for people with intellectual and developmental disabilities. Maria has spent her life wearing two hats as passionate parent advocate and equally passionate professional collaborator. She and Dave continue to champion people with disabilities by volunteering and contributing financially.

During Covid, Maria decided to take riding lessons, and eventually developed a bond with one horse, Copper. Dave and Maria bought her in 2022. After a rocky start and getting used to horse ownership,



Copper is an absolute joy. Maria rides often and Dave enjoys volunteering at the stables, cleaning and caring for the horses.

Leisure World was not in their plans. Although they had lived in the area for 38 years, they knew little about Leisure World. After a quick sale of their house in Olney, they needed a place to live. Then a visit to see their current house, and Leisure World checked all the boxes: the amenities, less work, closer to the grandchildren – the rest is history. They moved to Mutual 16 in June of 2024. "It's a Small World" story: shortly after moving in, Dave saw **Dan Bryder** walking his dogs past the house. "That guy looks familiar." It turns out Dan, who also lives on St. Leonards Court, worked with Dave at the FAA.

Dave plays pickleball every morning with the Leisure World Intermediate Pickleball Group and loves to do home improvement projects. His garage is already a showplace. Maria who ran a marathon at age 50, rides Copper, knits, crochets, plays pickleball and reads. They are active members of St. Patrick's Church and spend a lot of time with their 6 grandchildren, as well as at their condo in Ocean City. These are two busy people – busy enjoying all the fun things retirement has to offer.

FOOD IN THE PANTRY PROGRAM SPONSORED BY LEISURE WORLD'S CLUB HELPING NEIGHBORS IN NEED (CHNN)

The "Food in the Pantry Program" is sponsored by the LW Club Helping Neighbors in Need (CHNN). On the second Tuesday of each month, between 9:00 AM and 3:00 PM, non-perishable items will be left on a table under the portico at the Interfaith Chapel, located at 3680 S Leisure World Blvd, Silver Spring, MD 20906.

Residents in need can simply drive or walk to the Chapel and help themselves to a bag of pantry items.

Contact Jill Lyons for more information at 301-466-5285.



FOOD INSECURITY IN LEISURE WORLD

The LW Club Helping Neighbors in Need has found that in the 20906 zip-code, 8.3% of Seniors live below the poverty line. Montgomery County reports that 11.7% of Seniors consider themselves food insecure. Exact figures for Leisure World residents are not available, but requests at our Social Work Department for food support are increasing.

CHNN has two programs for helping to address this need. First, it delivers groceries to those referred by Leisure World Social Workers and also by neighbor-to-neighbor referrals.

Second, in its "Food in the Pantry Program," the club gives away pantry items to Leisure World residents at the Interfaith Chapel. On average, 20-30 Leisure World residents are served each month in these programs.

Your help is needed.

Support is welcome in the form of cash or checks made out to LW Interfaith Chapel (a 501c3 organization) with CHNN FOOD written in the memo.

Also, CHNN collects canned and boxed/bagged food items which it distributes. Requests are as follows:

CANNED FOODS: (Please don't buy big cans as they make the grocery bags too heavy for many residents to carry. And please check expiration dates.) •tuna fish •salmon •sardines •chicken •heartly soups (vegetable only and/or meat soups) •fruit (peaches, pears, fruit cocktail) •beans •green vegetables •tomatoes •peanut butter (jar)

BOXED/BAGGED FOODS: •hot or cold cereal •pasta •rice •crackers •easy-to-make boxed dinners (mac 'n cheese, Rice-a-Roni)

Also, beginning in April for the first 3 days of each month, a food collection bin will be outside the front door of the Akhter residence at 15505 Prince Frederick Way.

Feel free to let us know if you are ever in need of food or know of others who are.

Jeanette Akhter: jeakhter@gmail.com or call/text 202-320-9569; or Jill Lyons: call/text 301-466-5285.

Thank you to the M16 residents who gave at the recent M16/M18 get-together!

LEISURE WORLD FOUNDATION SUPPORTS AUDUBON: A COMMITMENT TO ENVIRONMENTAL SUSTAINABILITY



The Leisure World Foundation, a community-focused organization, has recently extended its support to the Leisure World Golf Course as an Audubon Cooperative Sanctuary. The Audubon designation has met the requirements of environmental conservation. This marks a significant step towards promoting sustainability and protecting natural habitats within the Leisure World community.

A SHARED VISION FOR CONSERVATION

The Leisure World Foundation has long been committed to enhancing the quality of life for its residents through various community improvement projects. As an ally of the Audubon efforts at the LW Golf Course, the foundation aims to further its mission by integrating environmental stewardship into its initiatives. Audubon International is renowned for its efforts in preserving ecosystems and promoting sustainable practices, making it an ideal for

advancing the foundation's goals. Recent golf course major renovations are expected to improve the course's beauty and efficiency, while also adhering to Audubon's environmental standards.

ONGOING EFFORTS AND FUTURE PLANS

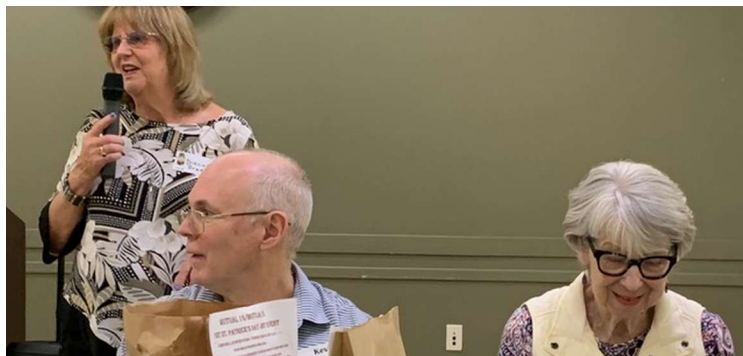
The Leisure World Foundation's support for Audubon International extends beyond the golf course certification. The foundation is committed to implementing sustainable practices across various community projects. This includes expanding native vegetation, removing invasive plant species, and conducting water quality testing to ensure a healthy environment for both residents and wildlife.

Looking ahead, the Leisure World Foundation plans to continue its support of Audubon ideals and their environmental sustainability efforts demonstrating that environmental sustainability and community development can go hand in hand.

MUTUAL 16 & MUTUAL 18 GET-TOGETHER



CEOLA LOAN (16), CLARE LYNCH (18)



DIANNE BRADLEY (18), KEVIN BISHOP (16), PAT REESE (18)



WARREN & JUDY NORRIS, LOIS KUTUN (18), MARCIA LAUNDY (16)



COLLEEN McCARTY (16), BARBARA RUSHING (18)



AMY LIU (18), VINCENT LAM (16)



MARIA & KEVIN BISHOP (16), PAT & TOM REESE (18)



JILL MORRIS, JUDY AITKEN (18), BETTY LICHTENSTEIN (16)



BOB PECHACEK (16), LEONARD GIANESSI (18)



DICK LAWLOR, CHRIS EVERETT (16)



BETTY LICHTENSTEIN, KIM IRISH (16)



ART KOSATKA, MAUREEN O'HARA (16), KAREN SWETLOW (18)



DIANE ROSENFELD, KAREN HEFLIN (16)

MUTUAL 16 & MUTUAL 18 GET-TOGETHER



WAI-YING LAM (16), LOIS KUTUN (18)



LEONARD GIANESSI, MAURICE ZEEMAN (18)



FRANCINE & JOE JOYNER (16)



ART KOSATKA, MAUREEN O'HARA (16), KAREN SWETLOW (18)



PIGEON BATZ (16), LEONARD GIANESSI (18), BETSY DAVIS (16)



DON PHILLIPS, BONNIE CAULEY (16)



SHERYL DIAMANTIDES, KAREN HEFLIN (16)



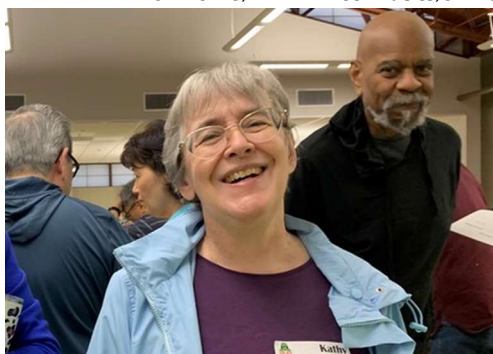
JEANETTE AKHTER, STAN MCCRAY (16)



JIM BURNS, BARBARA RUSHING (18), JEAN SCHAIBLE (16)



LINDA GIANESSI, BETTY FREE (18), GAYLE ALLEN, COLLEEN MCCARTY (16)



KATHY FLANDERS, STAN MCCRAY (16)



GAYLE ALLEN, BILL HEINEMAN (16)



HELEN PECHACEK, JERRY VELTHAUS (16)

RESOURCES

CONTRACTORS

•Electrician

Ethan Greene 240-388-1616

•Garage Doors

BBB Garage Doors LLC 301-309-9100

Billy's Garage Doors 301-367-9160

Fred C. Johnson Co. Inc. 410-792-2126

•General Contractor

JLS Contracting, LLC 240-793-2009

JLSContracting@gmail.com

Mike Morrow 301-613-8781

Morrow1200@me.com

Palacios Contractor, LLC 240-671-7258

Palacioscontractorllc@gmail.com

•HVAC, Plumbing

Jiffy Plumbing, Heating & AC

Pete Kristiansen

petethehvacguy@gmail.com

240-882-8696

Robertson Plumbing Services

robertsonps@yahoo.com

301-602-4007

HANDYMEN/APPLIANCE REPAIR

Scott Davis 240-463-6134

t00lman7@yahoo.com

John Kent 301-385-8866

a1handymanjack@gmail.com

Senior Appliance Repair 571-445-2623

GARDENING SERVICES

Gloria Sherman (LW Res) 301-980-2867

Jane Zimmerman (LW Res) 301-219-8745

Austin Angles 301-598-5161

Bill Bowers 301-831-7893

Cooper 301-473-2191

Cloverly Landscape 240-714-9531

REC Lawn Russ Cooper 301-614-2938

Mark Emmel 301-249-3655

Jovy's 301-537-9156

Jose Mayorga 301-346-5880

Carlos Mendoza 301-624-9769

Sam & Mari Gardens 301-590-5977

POWER OUTAGE

If you have a power outage, do NOT call Pepco! **Call the Main Gate**, at **301-598-1044**. The Main Gate reports outages to Pepco. We don't have individual accounts with Pepco so Pepco has no record of your residence if you were to call them.

REMINDERS

LITTLE LIBRARY AT THE ROCK

Until further notice, the Mutual 16 Little Library at the Rock is closed for repairs. Hopefully, it will reopen soon. If you have questions, call **Paula Seebode**, 301-944-4759.

SUNSHINE ANGEL

Our "Sunshine Angel" sends cards to our hospitalized residents as well as condolence cards for our deceased residents. If you know of anyone who needs a card, contact **Jean Schaible** at 240-701-5083 or mjschaible42@gmail.com.

SHOULD THE MUTUAL PAY FOR IT?

If you need work done in your home and feel the Mutual should pay, you *MUST FIRST* call **Paula Seebode** at 301-944-4759 *BEFORE* calling Physical Properties (PPD) or any contractor. If you call PPD or a contractor directly, you will be responsible for any charges incurred unless it is an emergency situation. For Emergencies after hours, call the Main Gate at 301-598-1044.

FRIENDS OF THE PARK

Mutual 16 is home to a Leisure World landmark: the Park at the Rock. Join in to help out – call **Paula Seebode** at 301-944-4759 for more information.

"FILE OF LIFE"

Do you have a red vinyl "File of Life" magnetically attached to your fridge door? If not, get one from Montgomery County Fire & Rescue. Keep it updated with info concerning your medications, doctors, and contacts to be notified in case of serious illness. This data is important to an emergency crew when they are called in due to a sudden illness. First responders will check your refrigerator door for the "File of Life."

ROBO-CALLS:

The M16 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 water service, an event reminder, a last-minute change to a meeting time, or even a "Silver Alert" for a missing vulnerable neighbor.

HELPING HANDS VOLUNTEER

Need help with a minor household task? Call **Lenny Sammarco** 240-535-8627, or **Peter Loan** 240-676-6074.

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:

Pickups are **Tuesday** and **Friday**. Be sure 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.

COMCAST (XFINITY) 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.