

19B News

September 2015

Newsletter for Mutual 19B at Leisure World of Maryland
Buildings 88, 89, 90, 91, 92, 93 & 94 on Beaverbrook Court & Elkrigde Way

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Directors**
(eff. May 2015)

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Resident Fire Safety Forum Slated for Next Month

The Emergency Preparedness Advisory Committee has announced that the Third Annual Resident Fire Safety Forum will be held on October 20, 2015 in the Clubhouse II auditorium from 9:30 a.m. to 12 noon. This year's featured speakers include Dee Howard, the Battalion Chief at Kensington Station 25, which is located at Connecticut Avenue and Bel Pre Road. Dee's parents are Leisure World residents, so you know the presentation is sure to be good! Other anticipated speakers include the Maryland State Fire Marshal and the Montgomery County Fire Rescue Chief.

There were more than 100 in attendance at the previous forum, and many residents took advantage of the question-and-answer session with the guest speakers. This year, in addition to this session, many handouts and other information will be available for use in your own fire safety assessment and planning. New this year will be door-prize drawings for fire safety items that can be included in your home emergency supply kit.

The 3rd Annual Resident Fire Safety Forum is free. Beginning September 18th, you can make your reservations for this event with the E&R Office by calling 301-598-1320.

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Message from the President

Happy End of Summer to one and all! Sid and I hope you all had a very nice Labor Day Holiday weekend. First on my list is to thank Deb Hodges-Hull for the WONDERFUL job she did on the newsletters that we received, even though she was travelling back & forth to Pennsylvania for her main source of employment. Now she has passed on the Mutual 19B news info responsibilities to Lorraine Gibbins. Welcome, Lorraine, and thank you for filling this very important means of communication.

Last month we had a long agenda and, consequently, we had TWO board meetings to accommodate all of these much needed tasks at hand. The first was on August 26 and the second meeting was on September 2, 2015. Thank you, Jessie, for giving us time from your very busy schedule.

By now you have all received a copy of the 2016 BUDGET. There will be a corrected copy sent to you, shortly. Thanks to Mr. Sonin, Building 88, who has been keeping his own set of PEPCO records, we are due an energy credit and it will be reflected on the corrected copy.

Mutual 19B will be celebrating the Winter Holidays on Sunday December 6, in the NEW Ballroom. Please mark your calendar. Maureen McCleary, Building 90, will be the chair for this event.

(continued on p.2)

Message from the President (continued from p.1)

Hopefully, we will not have any more plumbing problems from work being done on Pine Orchard. Speaking of plumbing problems, one of our residents is going to have the water valves in their laundry room replaced. The plumber suggested that given the age of our buildings, we should all have this work done at the same time. This seems like a good preventive measure to me.

For Mutual residents who may be interested in serving on a Leisure World Community Corporation (LWCC) Advisory Committee, both Jessie and I have vacancy information and forms for you to sign to serve on these advisory committees to the LWCC Board of Directors. We particularly need people to serve on **AUDIT, COMMUNITY PLANNING, ENERGY, GOLF & GREENS, INSURANCE, RESTAURANT, & TENNIS. Your duty is simply to attend the meetings and report to the Mutual Board what we need to know.** These forms should be signed and submitted to Jessie by OCTOBER 21, 2015. PLEASE NOTE: Current committee members must also sign this form.

Please remember our Mutual Board of Directors are here to serve all our residents and it is important for you to attend our board meetings regularly (held on the last Wednesday of the month at 1:00 PM, usually in the Sullivan Room of the Administrative Building). I look forward to seeing you there. Sid and I wish you all well, and please note if you need anything, my email is LazarJL4@gmail.com. My phone is 301-598-4066. Take care, everyone!

Janet L. Lazar

"The best and the most beautiful things in the world cannot be seen or even touched – they must be felt with the heart."

Helen Keller

From the Editor's Desk



It was announced at the Mutual 19B Board of Directors meeting on August 29, 2015, that Deb Hodges-Hull was stepping down as editor of this newsletter. **Thank you, Deb, for all your hard work as newsletter editor.**

When the request was made for someone to fill Deb's shoes, I happily volunteered. The majority of my professional life has been in nursing, initially in critical care, then as a legal nurse consultant, and most recently in the biopharmaceutical industry. I can claim some experience, albeit 35+ years ago, on the editorial staff of a globally distributed professional journal. And if you go back to the Mesolithic and Paleolithic Ages (otherwise known as my college and high school years!), you'll find that I served as the newsletter editor for the Pennsylvania Student Nurses Association and editor of my high school newspaper. Hopefully, this experience has prepared me for my current role as Mutual 19B newsletter editor.

I would like this newsletter to reflect the interests of ALL Mutual 19B residents and am eager for everyone to participate. I gratefully welcome your ideas, contributions (news, feature articles, letters to the editor, recipes, etc.) and, yes, even criticism.

Lorraine

Advisory Committee Open House Planned for This Month

Residents are cordially invited to attend an Advisory Committee Open House on September 24th at 3 p.m. in the Ballroom, Clubhouse I. The purpose of the Open House is to provide residents an opportunity to learn about the various committees that serve the LWCC Board of Directors and our Community. Currently, there are 16 ACs: Audit, Budget & Finance, Community Planning, Education & Recreation, Emergency Preparedness, Energy, Golf & Greens, Government Affairs, Health, Insurance, Landscape, Leisure World News, Physical Properties, Restaurant, Security & Transportation, and Tennis.

Committee chairs and members will be available to answer your questions, and refreshments will be served. This is a great opportunity to learn about and participate in the governance of your community. Please call 301-598-1300 to register to attend.

Trash & Recycling Refresher

Source: Montgomery County Dept. of Environmental Protection, Dept. of Public Works, Solid Waste Services (<http://www.montgomerycountymd.gov/sws/>)

Mutual 19B trash pick-up is on Mondays and Thursdays (except holidays). Recyclable newsprint is collected every Wednesday (magazines, the first Wednesday of the month). In addition to a trash dumpster (2nd/3rd floor chute) and trash barrel (1st floor "chute"), there are 3 recycling bins in each trash room: 1 for co-mingled items and 2 for paper/cardboard. Regular household refuse and dog waste should be bagged before being deposited in trash receptacles; recyclable items should be placed in the appropriate bins as outlined below.

PLASTIC BAGS AND TRASH ARE NOT TO BE PLACED IN RECYCLING BINS! These should be disposed of in the trash; alternatively, bags can be taken to local stores that have bag collection containers.

➤ CO-MINGLED ITEMS

- **Glass jars and bottles** (rinsed) – clear, amber or green – examples: wine bottles, beer bottles, pickle jars
- **Bi-metal (steel/tin) & aluminum** (rinsed or wiped clean) – examples: soup cans, soda cans, aluminum foil, aluminum takeout containers, cookie and fruitcake tins
- **Plastic*** (rinsed) – examples: beverage bottles (water, soda, iced tea), laundry detergent bottles, margarine tubs, prescription bottles, yogurt containers, plastic buckets

***UNACCEPTABLE PLASTICS** include plastic bags, Styrofoam (cups, take-out containers), plastic take-out containers, microwavable trays, plastic flower tray packs (marked #6), and containers that held automotive or garden products (antifreeze, motor oil, pesticide, herbicide).

➤ PAPER/CARDBOARD

- **Paper** – newspapers, junk mail (including inserts), packing paper (flatten before placing in bins)
- **Magazines** – bundle separately from newspapers, either tied or in paper bags
- **Cardboard** – Boxes should be broken down and flattened before placing in recycling bins. Larger cartons should be broken down/flattened and placed neatly along the wall opposite the recycling bins. **Boxes should not block either of the trash room doors or access to recycling bins and dumpster.**

➤ SYRINGES/MEDICAL SHARPS

- Medical sharps and needles/syringes (such as those used for insulin) are considered medical waste and must be disposed of either in special "sharps" containers or by using your own containers.
- Using your own container: place used sharps into a rigid container, such as a plastic bottle, then tape the container securely shut and tuck it into the middle of your household trash (see "Did you know?") on p.5 for preferred method of disposal). **Do not place a container holding sharps into your recycling bin even though the container may be recyclable.**

➤ **HAZARDOUS MATERIALS** – These should NOT be placed in regular trash or recycling. Montgomery County Department of Environmental Protection defines hazardous waste as anything that is "reactive, ignitable, combustible, toxic and/or corrosive". This includes but is not limited to:

- nail polish
- paint and paint thinners/solvents
- CFLs (compact fluorescent light bulbs) and fluorescent tubes
- fuel oil, gasoline and other flammable liquids
- pesticides and herbicides
- aerosol cans *with residual hazardous products*, e.g., spray paint, insect killer (discard *empty* cans as regular trash)
- certain batteries** – button batteries (e.g., watch, hearing aid), and lithium, lithium-ion and nickel-cadmium (rechargeable) batteries are considered hazardous waste.

Alkaline batteries, such as those used in flashlights, remote controls, etc., are **NOT considered hazardous and can be disposed of in regular trash.



A GENTLE REMINDER...

Before you leave the trash room:

- ✓ Make sure nothing is impeding access to trash dumpster or recycling bins
- ✓ Turn off light
- ✓ Secure both doors (including top/ bottom door latches)



Sometimes it may be that we're in a hurry and just aren't watching where things land. Or perhaps we don't know our own strength when we toss a bag or item and inadvertently overshoot the intended bin. So, please check that your trash and recycling actually makes it into the appropriate receptacles. Items such as plastic bottles, loose tissues, cardboard, and even dog waste bags have been found on the trash room floor on multiple occasions. This makes for extra (and unpleasant) work for others.

Mutual 19B Building Representatives

Building 88 (15300 Beaverbrook Court)
Regina Goldsborough - 301- 598-6908

Building 89 (15310 Beaverbrook Court)
Connie Costa - 301-448-2799

Building 90 (15311 Beaverbrook Court)
Jude Howard - 301-598-1268
Richard Lederman - 301-598-1132

Building 91 (15210 Elkridge Way)
Virginia Austin - 301-598-3277

Building 92 (15301 Beaverbrook Court)
Romeo Fagiolo - 301-598-1215
Rita Mastrorocco - 301-598-4145

Building 93 (15201 Elkridge Way)
Gary Fry - 301-598-4823

Building 94 (15211 Elkridge Way)
Jack Dunn - 240-286-0861

Be kind to your building reps. Unless a matter is urgent, please be respectful of their privacy and time by not disturbing them early in the morning, late in the evening, on holidays, or as they're running to an appointment. Also, while the reps will call the Physical Properties Department for issues/repairs in the common areas, they are not responsible for contacting PPD for problems occurring within your unit.

Remember that your building representatives volunteer their time to make Mutual 19B a nice place to live.



The next meeting of the Mutual 19B Board of Directors will be Wednesday, September 30, in the Sullivan Room of the Administration Building. All residents are welcome and encouraged to attend.

Did you know?

PAPER SHREDDING

If you have any personal documents/papers to be securely disposed of, Leisure World sponsors paper-shredding events from several times each year. Although a date has not been set for the next one, keep checking *Leisure World News* for announcements. There are also containers in the lobby of the Administration Building in which to deposit papers to be shredded. If you can't wait for the next paper shredding here at LW, Montgomery County regularly holds community paper shredding events in conjunction with recycling and clothing/household item donation collection.

Upcoming events are as follows:

Saturday, September 12, 10 a.m. to 2 p.m.

Location: Walter Johnson High School, 6400 Rock Spring Drive, Bethesda, 20814

Saturday, October 4, 10 a.m. to 2 p.m.

Location: John F. Kennedy High School, 1901 Randolph Road, Silver Spring, 20902

Saturday, November 14, 10 a.m. to 2 p.m.

Location: Northwest High School, 13501 Richter Farm Road, Germantown, 20874

Acceptable types of paper for shredding include:

- ♦ All types of paper such as financial and legal documents, receipts, and tax and medical records
- ♦ Papers with staples or paper clips (please remove binder clips)
- ♦ Envelopes with plastic windows

Unacceptable items include:

- ♦ Paper in 3-ring binders and spiral notebooks (please remove binders and spiral bindings)
- ♦ Plastic items such as credit cards or plastic bags
- ♦ Electronic items such as CDs or computer disks

Limit: 5 paper bags or small cardboard boxes of paper per household/vehicle

For more information on the shredding, recycling and donation collection events, call Montgomery County Customer Service Center at 311 or 240-777-0311 (TTY 301-251-4850) or visit the website at <http://www.montgomerycountymd.gov/sws/programs/paper-shredding.html>.

HAZARDOUS WASTE DISPOSAL

Leisure World used to hold an annual hazardous waste disposal. Unfortunately, this program has apparently been suspended. If you have any hazardous waste (see *Trash & Recycling Refresher*, p.3), Montgomery County has a drop-off location that is located in the Recycling Area of the Shady Grove Processing Facility and Transfer Station. Use the Route 355/Frederick Road entrance. Information and a comprehensive list of hazardous waste materials can be found at <http://m.montgomerycountymd.gov/sws/how/hhw.html>. Additionally, most Home Depot stores accept rechargeable batteries and CFL bulbs/fluorescent tubes for recycling/disposal. For other rechargeable battery drop-off locations, see <http://www.call2recycle.org/program-info/>.

MEDICAL SHARPS DISPOSAL

Although it is acceptable to dispose of needles and medical sharps in your regular trash (following guidelines in *Trash & Recycling Reminder*, p.4, it is preferable to keep these items out of the regular waste stream altogether by using special syringe disposal programs. One such program is:

Holy Cross Hospital Syringe Disposal Program
1500 Forest Glen Road
Silver Spring 20910

There is no charge to participate. Bring a full sharps container and receive a new one in exchange. More program information is available at <http://m.montgomerycountymd.gov/ss/how/syringes.html> or by calling 301-754-7121.

Also check with your healthcare provider as he/she may participate in or have information regarding similar programs.

EXPIRED/UNWANTED MEDICATION DISPOSAL

For information regarding disposal of your expired and unwanted medications (tablets, capsules, liquids, patches), please refer to the article on p.6. Some pharmacies will accept prescription medications for disposal, so check with your pharmacist. Or you can deposit old medications in the collection container in the Administration Building lobby.

Dispose of Unused or Expired Medications on Drug Take-Back Day

From *MyGreenMontgomery.Org*

<https://montgomerycountymd.mygreenmontgomery.org/2015/dispose-of-unused-or-expired-medications-on-drug-take-back-day/>

On Saturday, September 26 between 10 a.m. and 2 p.m., Montgomery County law enforcement agencies will be conducting a Prescription Drug Take-Back Day. This is a safe, free and anonymous opportunity to dispose of unused, unwanted or expired prescription drugs. This initiative is part of an effort to prevent the increasing problems of prescription drug abuse and theft that continues to occur nationwide.

On September 26, there will be drop-off locations throughout Montgomery County. These locations will accept prescription drugs and over-the-counter medications only. Liquids, illicit drugs, needles, sharps and syringes cannot be accepted as part of the take-back program. Officers will staff collection boxes in the parking lots or in the lobbies of the following facilities:

Montgomery County Police Department —

- 1st District/Headquarters – 100 Edison Park Drive, Gaithersburg, 20878
- 2nd District Friendship Heights Community Center – 4433 S Park Avenue, Chevy Chase, 20815
- 3rd District – 1002 Milestone Drive, Silver Spring, 20904
- 4th District – 2300 Randolph Road, Wheaton, 20902
- 5th District – 20000 Aircraft Drive, Germantown, 20874
- 6th District – 45 West Watkins Mill Road, Gaithersburg, 20878

Chevy Chase Village Police Department — 5906 Connecticut Avenue, Chevy Chase, 20815

Gaithersburg Police Department — 14 Fulks Corner Avenue, Gaithersburg, 20877

Maryland State Police Rockville Barrack — 7915 Montrose Road, Rockville, 20854

Rockville City Police Department and the Montgomery County Sheriff's Office — 2 W. Montgomery Avenue, Rockville, 20850

Takoma Park Police Department — 7500 Maple Avenue, Takoma Park, 20912

The Montgomery County law enforcement community is particularly interested in medications containing controlled substances but will accept any medications brought for disposal. All sites will take pills and medication patches of all kinds. If possible, prescription labels should be removed or personal information should be blacked out; however, pill bottles will still be accepted if the labels are attached. No questions will be asked. This is an opportunity to safely empty out a medicine cabinet of drugs that are no longer needed.

All the returned medications on Drug Take-Back Day will be destroyed by the U.S. Drug Enforcement Administration.

What do I do if I can't attend the event?

You may put medicine that is expired or no longer needed into the regular household trash. Special disposal as household hazardous waste is not necessary.

1. Place unwanted or expired medication into a sealable plastic bag or other empty container to prevent liquid medications from leaking out.
2. Mix with kitty litter, coffee grounds or sawdust. (Liquid medications can be solidified using kitty litter or sawdust.)
3. Seal the bag and/or container.
4. Put the bag and/or container containing the medication into your regular household trash.
5. Remove the label with the patient's name from the original medicine vial or bottle.
6. Place the empty plastic vial or bottle into your blue recycling bin. Empty aerosol inhalers can be recycled in your recycling bin, too.

Do not dispose of medicine by pouring it down the drain or into a toilet, unless the label or patient instructions specifically advise this.

The United States Food and Drug Administration (FDA) recommends that a very small list of extremely powerful narcotic pain relievers and other controlled substances should be disposed by flushing them down the toilet if these drugs cannot be disposed of through a drug take-back program.

View the current FDA list.

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm>

WELCOME HOME!

After an unfortunate absence from Leisure World due to hospitalization, Phyllis Dworsky (89-1C) returned home on September 1st. We're glad to see you back and hope you're feeling better.



**Final
Thoughts**

By Lorraine Gibbins

It is my hope that this newsletter will reflect the interests and concerns of the residents of Mutual 19B. In the short time since I accepted the role of editor, I've had a number of ideas swirling around in my mind regarding ways to make the newsletter fresh, interesting and relevant. But having only moved here in early April of this year, I realize that I may not yet have my finger on the pulse of our community. Therefore, I humbly request your input for what you would like to see - and not see - each month. Below are a few suggestions, both old and new:

- ♦ Message from the President
- ♦ Mutual 19B news items/updates (e.g., 19B holiday party) or broader news items of particular interest to 19B residents (e.g., LW 50th anniversary, special events)
- ♦ Meeting notices
- ♦ Letters to the Editor on any topic - these can be anonymous and include suggestions, compliments, complaints. (This is not, however, a forum for complaints about a specific resident; it is recommended that such complaints be addressed directly with that person whenever possible, or discussed privately with building rep.)
- ♦ Editorials
- ♦ Resident profiles
- ♦ Features (hobbies, recipes, sports, poetry, other topics of interest)
- ♦ Regular columns by contributors - author's choice of topic
- ♦ Classified ads (Need a pet sitter/dog walker? Willing to run errands for a neighbor? Starting a new book or other group? Have something to sell?)
- ♦ Reviews
 - Entertainment (movies, plays, concerts, tours, other outings)
 - Local restaurants
 - Local merchants
 - Services (e.g., housecleaning, auto repair, dry cleaning/tailoring)
 - other
- ♦ Crossword puzzles, Sudoku, word-find, other games
- ♦ Inspirational quote/message
- ♦ Helpful hints (daily living, financial, household, car, etc.)
- ♦ Welcome to new neighbors

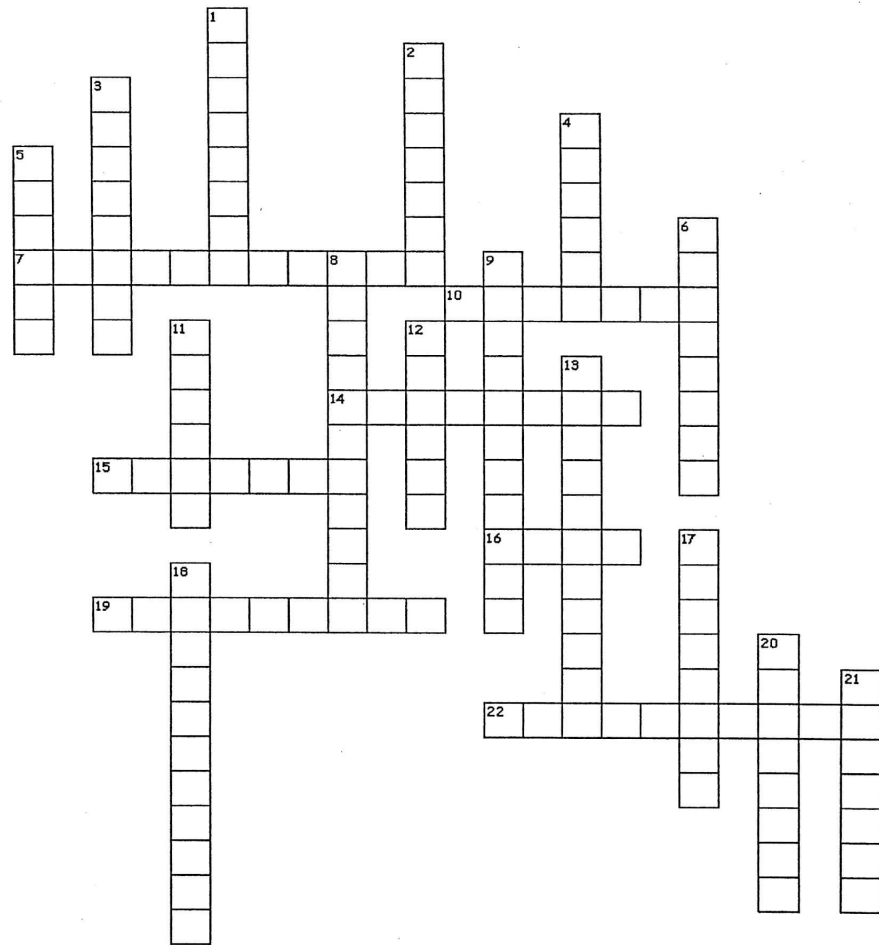


Please let me know what you'd like to see included in the newsletters and whether you'd like to be a contributor (regular or occasional) to future issues. Feedback and contributions for the next issue should be sent to Lorraine Gibbins at LorrainegRN@gmail.com or drop them off at Unit 89-3F. The deadline for next month's newsletter is September 30th.

"Never doubt that a small group of committed citizens can change the world. Indeed, it's the only thing that ever has."

Margaret Mead

SEPTEMBER CROSSWORD



US GEOGRAPHY

(answers in October 2015 issue of 19B News)

Across

- 7. River running from Otsego Lake to Chesapeake Bay
- 10. Longest US coastline
- 14. Location of only royal palace in the US
- 15. Helena is capital
- 16. Shallowest of the Great Lakes
- 19. First electric traffic lights invented and installed here
- 22. State with most national forests

Down

- 1. State with no designated national parks
- 2. Northern _____ Islands (US Territory)
- 3. Traversed by Boston Mountains
- 4. State with no straight lines in its borders
- 5. State with largest water area
- 6. Location of only full-length statue made of George Washington while he was alive
- 8. Geographic center of North America
- 9. "Cereal Bowl of America"
- 11. First state capital (alphabetically)
- 12. Mount McKinley since 1975
- 13. Yellowstone geyser
- 17. Kaskaskia was the first capital of this state
- 18. Lowest land point in continental US
- 20. Geographical/meteorological phenomena known as "devil winds"
- 21. Michigan's capital