

Leisure World News

OF MARYLAND

April 17, 2020 • Published Twice a Month • residents.lwmc.com • leisureworldmaryland.com

Due to the dynamic nature of the COVID-19 (coronavirus) pandemic and recommendations of public health authorities, the events, meetings and other activities as well as schedule changes and hours of operation reported in this edition of Leisure World News may have been changed after press time.

Resident Organizes Donation Drive to Help Save Lives



Ruth Hunter at Our Lady of Grace Catholic Church on April 13 as the county picked up more than 100 CPAP machines that had been donated by Leisure World residents. Photo by Leisure World News

by Stacy Smith, Leisure World News

When Mutual 14 president Ruth Hunter caught wind that CPAP machines, commonly used to treat obstructive sleep apnea by keeping airways open, might also be used to treat patients with COVID-19, she knew she had to help.

After a slew of emails and phone calls, and with the help and guidance of friends and a community-wide robocall from Leisure World management, Hunter was able to organize a donation drive at nearby Our Lady of Grace Catholic Church that within three days procured approximately 100 CPAP machines for the Montgomery

County Department of Health and Human Services.

“The county told me that 40 [CPAP machines collected] would be an excellent response,” Hunter said. The donation drive more than doubled those expectations.

“This has shown us that everybody can do something,” said Rev. James “Jim” Boccabella, pastor of Our Lady of Grace, who offered the church’s vestibule as the designated drop-off location and helped carry the bagged machines to the county’s pickup trucks on April 13.

“Father Jim has been so helpful and cooperative,” Hunter said. “When people phoned him to say they couldn’t get to the church on their own, he arranged

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Executive Committee’s Meeting to be Live Streamed on Website

by Stacy Smith, Leisure World News

The Leisure World Community Corporation (LWCC) executive committee, which was recently granted authority by the LWCC board of directors to temporarily act on the board’s behalf, plans to meet on Friday, April 17, at 9:30 a.m. in Clubhouse I.

The Committee is expected to take action on a contract for work on the indoor pool, funding for guest management software, Trust amendments and a recommendation from the Audit Advisory Committee, according to the meeting’s agenda.

Although the meeting is closed to foot traffic, residents can watch and listen to a live stream of the proceedings from their laptops,

smartphones or other internet-connected devices by signing in to (residents.lwmc.com) > Your Community > LWCC Committee & Board Meeting Recordings.

A resident must be signed up as a user on the site to access the live stream. The meeting will also be archived in that section of the website for those who wish to view it later.

Residents who would rather have the option to actively participate in the meeting remotely can do so either by telephone or computer or mobile app; an open forum will be held at the meeting’s end.

To attend remotely by telephone, dial (425-436-6398). When prompted, use the

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Community Informed of its First Known COVID-19 Death

by Leisure World News

The Greens I board of directors notified its residents on April 13 that one of its own had passed away after receiving a diagnosis of COVID-19.

“It is understandable that this information may be

disturbing to any Leisure World resident,” wrote general manager Kevin Flannery in an email sent to residents via the (residents.lwmc.com) website the same day.

The email stated that the resident likely contracted the

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Facing COVID-19 and its restrictions on gathering in person, clubs and committees learn to telemeet. For details, **see page 4.**

How to Make and Wear a Face Covering

by Leisure World News

Residents are urged to continue to comply with the stay-at-home order issued by Gov. Larry Hogan on March 30 to help stop the spread of COVID-19 (coronavirus).

But for those who must leave their homes for an essential reason, such as grocery shopping or a medical visit, The Centers for Disease Control and Prevention (CDC) now recommends wearing a cloth face covering.

Cloth face coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

Remember to routinely wash the mask in a washing machine. When removing a mask, be careful not to touch your eyes, nose or mouth, and wash your hands immediately after.

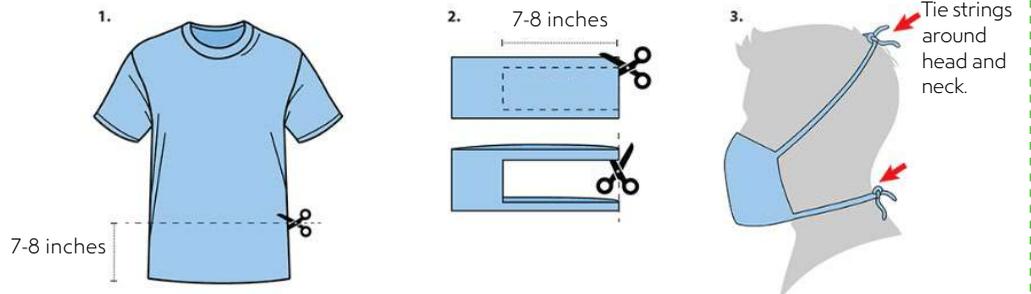
MAKING A MASK

Some residents have chosen to sew their own masks. But for those who don't sew, here are two tutorials from the CDC that they can use to make cloth face coverings from common household items.

QUICK CUT T-SHIRT FACE COVERING

Materials needed:

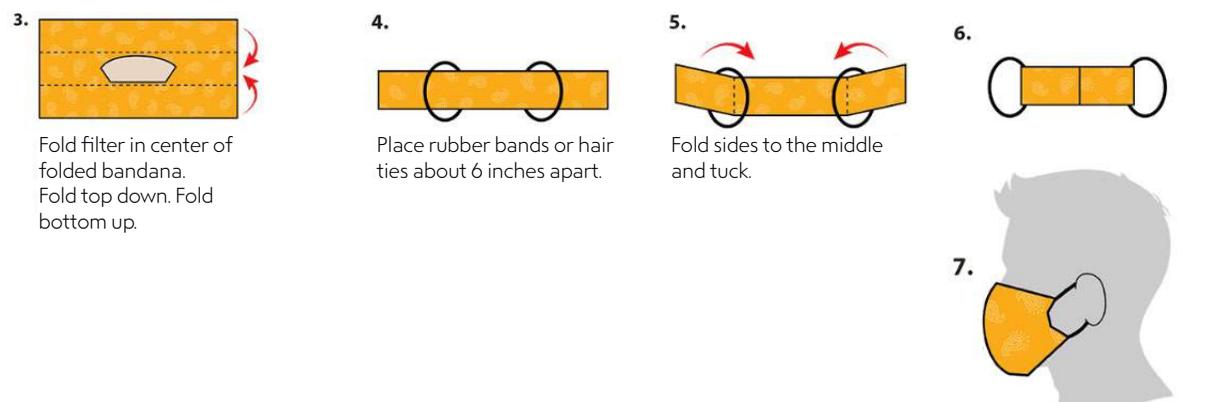
- scissors
- t-shirt



BANDANA FACE COVERING

Materials needed:

- bandana (or square cotton cloth approximately 20" x 20")
- coffee filter
- rubber bands (or hair ties)
- scissors (if cutting your own cloth)



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ATTENTION LEISURE WORLD RESIDENTS:

We are here to help you during the COVID-19 pandemic.

Being the closest gas station and automotive service shop to Leisure World, we recognize how important it is to watch out for each other during these uncertain times. Our job is to serve the community in any way we can, and we are taking all the steps needed to keep our team, and the vehicles we work on, safe and clean.

While it is recommended everyone stay home, we are offering **VEHICLE PICK UP AND DELIVERY AT NO CHARGE WITH AUTO SERVICE.** If you need help or do not feel safe pumping gas, please let us know and we will help you.

We have been serving the community since 1980, and this is our way of helping each other, by duty and by choice. **STAY SAFE, STAY INDOORS.** We will all get through this together.

Maryland State Inspection Station

Leisure World News OF MARYLAND

An official publication of the Leisure World Community Corporation, Leisure World News is published twice monthly by Leisure World Staff in collaboration with the Communications Advisory Committee.

Leisure World News is published for the benefit of Leisure World residents. Its mission is to provide news and information about community governance and other relevant issues, events, and activities, and to provide residents a forum for their opinions and an opportunity to contribute articles of general interest. All matters concerning the Leisure World News will be decided with this mission in mind.

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Keeping Fit and Flexible While Staying at Home

by Leisure World News

The Clubhouse II Fitness Center is closed. Exercise classes are canceled. And citizens across Montgomery County are ordered to stay at home to prevent the spread of a pandemic.

But residents of all exercise levels – from the Fitness Center regulars to comfortable couch potatoes – can benefit from a few of Sam Ellis’s recommendations for staying active and flexible.

A short video that features Ellis, who manages the Fitness Center, demonstrating some simple exercises began airing daily on television channel 974 on April 10. Viewers can see it at a quarter past the hour from 7:15 a.m. to 5:15 p.m.

In about 11 and a half minutes, Ellis shows how an individual can stretch and



In a short video airing on TV channel 974, Fitness Center instructor Sam Ellis demonstrates simple exercises residents can do at home. Screenshot by Leisure World News

strengthen their thigh, hip, ankle, shoulders and lower back muscles using only a chair and the edge of a kitchen sink.

Using the empty Fitness Center to demonstrate the exercises, Ellis emphasizes the importance of building up good balance, which aids in fall prevention.

Restaurants Adjust Delivery Hours

The Stein Room and Terrace Room restaurants have adjusted their delivery hours.

Residents can now order delivery Monday through Thursday from 11 a.m.-6 p.m., Friday and Saturday from 11 a.m.-7 p.m. and Sunday from noon-6 p.m. for a \$4 surcharge (no minimum amount).

The restaurants’ menus are available online at (residents.lwmc.com) > Amenities & Services > Restaurants. To place an order, call (301-598-1330).

– Leisure World News

Social Distancing



Mutual 15 resident Pat Villareale sits on her enclosed porch on Easter Sunday, April 12, as her daughter Laura visits with her from a safe distance. Public health authorities recommend that people stay at least six feet away from each other to protect against spreading or contracting COVID-19. Photo by Ruth Hunter

Face Covering Required on Shuttle Buses

In accordance with the Montgomery County order on wearing face masks while in public, any Leisure World shuttle bus passenger must wear a covering over nose and mouth while boarding and riding a bus.



Photo by Leisure World News

For instructions from The Centers for Disease Control and Prevention on how to make your own face covering, see page 2.

The buses are running on a modified 2-bus schedule (Saturday route, 9 a.m.- 1:30 p.m.). Beginning Monday, April 20, the buses run Monday, Wednesday and Friday only (Saturday route, 9 a.m.-1:30 p.m.).

Security asks that residents only use the bus service for essential travel needs.

– Leisure World News

Wills, Wealth Planning & Trusts



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An 'App'-ropriate Substitute

Some Clubs and Committees Telemeet During Pandemic

by Stacy Smith, Leisure World News

With the COVID-19 pandemic placing in-person communications on pause, some clubs and advisory committees are turning to telecommunications to conduct business and carry out their missions.

The Garden Plots Group, the Emergency Preparedness Advisory Committee (EPAC) and the Leisure World Association for African-American Culture (LWAAAC) have all held meetings in April using a teleconferencing app, and all three of them say they will hold subsequent meetings this way as well.

The groups' leaders have found that staying in touch with their members despite any obstacles that technology creates has more advantages than disadvantages.

"I think people are suffering from cabin fever right now," said Bob Malson, acting president of the Garden Plots Group.

"The quicker we can facilitate getting people into their gardens, the better."

The Group is prepping for spring planting while adhering to social distancing guidelines and is preparing for its post-COVID-19 future by accepting garden plot applications via postal mail from would-be members. It held a teleconference on April 14 to discuss these matters.

Malson said he's comfortable meeting this way because he used to participate in daily conference calls as part of his job. "It's all about coordination," he added.

While communicating remotely can be a hassle for some, others say the new format has some surprising upsides.

"People feel freer to chime in and express their opinions on agenda topics instead of waiting to be

recognized in a regular meeting," said EPAC president Emily Gellar. She believes telemeeting is "an appropriate substitute" for in-person meetings during the pandemic.

EPAC held a teleconference on April 2 that was facilitated by Jim Resnick, senior outreach coordinator for Montgomery County Fire and Rescue Services, who provided a brief presentation on fire safety.

Gellar said that the committee is using less paper since meeting remotely, which is good news for the environment but makes getting things done more difficult.

"No one can pass out paper documents for others to consider and act on," Gellar said. "We tried to get around this by asking members to email any paper work ahead of time, but this is not always possible or satisfying."

LWAAAC's board of directors conducted its first

teleconference on April 1 and was able to cover everything from the Group's finances and by-laws to nominations for its pending election of officers, said member Patricia Means. The Association plans to hold another telemeeting on Wednesday, May 6.

LWAAAC is no stranger to using technology to communicate; the Group has sent robocall reminders to its members for years.

They've recently encouraged their members to take part in the county's Healthful Thursdays program, originally planned to be a series of in-person events, via the popular videoconferencing app Zoom.

As the pandemic continues, several more clubs and committees may choose to meet remotely.

For information and updates on meetings, including instructions on how to remotely participate in a meeting, check TV channel 972 and (residents.lwmc.com).



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COVID-19

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virus while in rehabilitation outside of Leisure World for another condition unrelated to the coronavirus, and that the resident "had very limited contact with anyone at Leisure World."

Still, all residents are reminded to exercise every precaution that public health officials and Leisure World management have urged. These include:

- following the orders issued by Gov. Hogan and county representatives regarding essential travel only – this includes limiting your visitors to essential visitors;
- limiting your contact with other people and surfaces and;
- if you must leave your home for an essential reason, staying at least six feet away from other

people and wearing a mask.

Please keep in mind that any resident who contracts COVID-19 is not required by law to notify management and, because of privacy laws, management cannot ask if a resident has been tested or diagnosed.

MedStar Health and other healthcare providers cannot disclose the personal health information of their patients but are required by law to report COVID-19 results to the Maryland Department of Health, which would then determine if any additional notification or action would be required.

Residents who wish to receive regular email updates from management regarding the COVID-19 pandemic and other community-related information must be signed up as a website user on (residents.lwmc.com). For details on how to sign up, see page 6.

Donations

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to have their donations picked up at their homes.”

Several news outlets, including WRC channel 4 news and WJLA channel 7 news, covered the donation drive and interviewed Hunter, who wore a face mask to protect herself and others from the spread of COVID-19. The virus affects the respiratory system and has so far taken the lives of 54 Montgomery County residents as of April 15.

“To think that we may be able to save a life, to lessen someone’s suffering; it feels so good,” Hunter told WJLA channel 7 news during a TV segment about her efforts that aired on April 12.

Repurposing the Machines

The hope is that providing hospitals with CPAP and also BiPAP machines, which are very similar in function and design and both used by sleep apnea patients, might help mitigate the shortage of ventilators around the country.

But in fact, studies are showing that only 20-30 percent of COVID-19 patients placed on ventilators come off of them successfully, said Dr. Sanjay Gupta to CNN on April 15. These results have prompted some doctors to say, “Let’s try other strategies. Maybe not put a breathing tube in right away and instead use a machine that’s more like a CPAP machine,” Gupta said.

Hunter said she knows that concerns have been raised by medical personnel about CPAP machines aerosolizing contaminated droplets into the air, creating a hazard to those in the room. But several groups are working on ways to modify the machines so that they can be used to treat COVID-19 patients.

One of these groups, according to the American Academy of Sleep Medicine’s website, is the COVID-19 Ventilator Rapid Response Team, a coalition that includes University of California, Berkeley engineers, emergency room doctors, critical care physicians and pulmonologists. They also have set up a website, VentilatorSOS.com, where a person can fill out a form to indicate that he or she is interested in donating a CPAP or BiPAP machine.

Mt. Sinai Hospital in Manhattan, a hot spot for COVID-19 cases, has modified 30 of its 300 CPAP machines so far, according to an April 7 article published on (businessinsider.com). Healthcare workers placed a viral filter on the exhalation port of the machine, ensuring that the air breathed out by a patient would go through the filter instead of directly into the air in the room.

These modified CPAP machines could be used for less severe COVID-19 patients, as well as for other patients who might not be first in line for a ventilator, according to the article.

A Way to Help

Hunter’s husband has used a CPAP



At left, approximately 100 donated CPAP machines sit in the vestibule of Our Lady of Grace Catholic Church. The machines were picked up by the Montgomery County Department of Health and Human Services. At right, Hunter speaks to the press outside the church on April 13. Photos by Leisure World News

machine for sleep apnea for five years and recently got a new one, she said. His old machine was going unused in a closet in the couple’s home. She figured there must be many others like her in Leisure World who also have CPAP machines they could dispense with.

“Remember the public service announcement back in the ’50s about speeding? The [tagline] was, ‘The life you save may be your own.’ As an at-risk group ourselves, there is little that we ‘elderly’ can do to help during this pandemic,” Hunter said.

Indeed, Gov. Hogan’s stay-at-home orders have confined many people to their homes who would otherwise be out

and about, including Hunter. Before the pandemic struck she would often take trips into Washington, D.C., where she serves as ‘mail clerk’ for the National Desert Storm War Memorial Association, a 501 (c)(3) non-profit that has congressional approval to erect a memorial on the National Mall in honor of Desert Storm veterans.

“A lot of us have suffered frustration, because we’re used to being the caregivers for our children, our husbands, our communities,” she added. “[The donation drive was] a chance to contribute.”

Hunter is unsure whether a second donation drive will be held, but said she would gladly hold one if the county requested it.

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LEISURE WORLD PLAZA PROFESSIONAL BUILDING

EMERGENCY APPOINTMENTS AVAILABLE

GOVERNANCE & Information

Energy Advisory Committee

Committee Advocates Conserving Electricity

by Robert Morrisson

Reduce, reuse, recycle. The Energy Advisory Committee (EAC) advocates reducing the need for raw materials while keeping waste out of the landfills is good stewardship of the earth's resources.

Much of our electricity comes from burning fossil fuels, which pollutes the air. Electricity cannot be recycled, so reducing our usage will help reduce pollution while keeping money in our pockets.

Conserving Electricity

Leisure World's electric power comes from the Potomac Electric Power Company, also known as PEPCO.

As the area grows, so does the need for electricity. The EAC believes there are two ways for PEPCO to meet these needs:

- build new generating stations and transmission lines
- reduce the load on the existing equipment

PEPCO offers discounts to some customers who reduce their consumption during times of highest usage, which is generally during the afternoon.

Forty-three percent of residents are on the master meter, paying

for electricity as part of their condo fees. Time-of-use billing is in effect weekdays (except holidays) as follows:

- peak rate (highest) – 1-7 p.m.
- reduced rate – 7-9 p.m.
- off-peak rate (lowest) – 9 p.m.-11 a.m.
- reduced rate – 11 a.m.-1 p.m.

Fifty-seven percent of residents have unit meters, paying PEPCO directly for their monthly usage. Usage is billed at a flat rate.

Much more can be done to conserve energy. During the coming months, the EAC will cover a number of interesting topics.

About the Committee

The EAC works to identify and take advantage of energy savings opportunities and tax incentives for the mutuals and the Trust.

EAC meetings are typically held the third Tuesday of every month at 9:30 a.m. in Clubhouse I, but the meetings are suspended because of the COVID-19 crisis. Residents are encouraged to share their energy-saving ideas at these meetings or to submit them to Bob Namovicz, EAC chairperson, at (namovicb@gmail.com).

for any data charges that may apply.

Click on the news alert at the top of (residents.lwmc.com) to view these instructions and the meeting's agenda. Instructions are also available on the website in the calendar and the documents resource folder.

Comprising just seven LWCC board members, the LWCC executive committee is able to meet in person, with appropriate social distancing, and still comply with Gov. Larry Hogan's March 19 executive order limiting gatherings in the state to 10 people or fewer.

The next meeting of the LWCC executive committee is tentatively scheduled for Friday, May 15.

Meeting

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telephone keypad to enter the access code 729411 followed by the pound (#) sign. Long distance charges may apply for residents who do not have an unlimited phone plan. Callers assume responsibility for any phone charges incurred.

Residents who would like to attend remotely via their computer or mobile app should visit (www.freeconferencecall.com), download the app to their computer or mobile phone and create a user profile. The online meeting ID is: LWMC-Management. Participants assume responsibility

**Dial 301-598-1313
for recorded Daily Events**

2020 Governance Meeting Recordings

Executive Committee and Board of Directors meetings are recorded and available to view on (residents.lwmc.com) three business days after the meeting. Click on the website's Your Community dropdown arrow.

Executive Committee Meeting

The executive committee is tentatively scheduled to meet on Friday, April 17, at 9:30 a.m. in Clubhouse I.

Board of Directors Meeting

No meetings scheduled.

Group Email Addresses

Residents wishing to contact Leisure World Management or a specific department, the LWCC Board of Directors, or the Executive Committee may send an email to the appropriate email address listed below. It will automatically be forwarded to all members of that group who have an email address on record.

Messages to any of the email groups should pertain only to the management and operation of Leisure World trust properties, services, or activities. Please do not send emails to multiple addresses, as there will be a duplication of recipients and will not result in a faster response to your question or comment. Messages pertaining to mutuals or anything else which Management, the Board of Directors, or Executive Committee does not control should also not be sent to these groups.

The group email addresses are:

- LWMC Management - management@lwmc.com
- LWCC Board of Directors - board@lwmc.com
- LWCC Executive Committee - excomm@lwmc.com
- Administration - administration@lwmc.com
- Communications - communications@lwmc.com
- Education and Recreation - recreation@lwmc.com
- Physical Properties - physicalproperties@lwmc.com
- Security - security@lwmc.com

WEBSITE SIGN-UP

Not signed up as a user on (residents.lwmc.com)?

Resident and non-resident homeowners can sign up by clicking on "Sign Up Today" on the website's welcome page and following the instructions. Website users regularly receive email updates from management on the COVID-19 crisis and other community-related topics.

Having trouble signing in or navigating the website? Email your questions or concerns to (websitesupport@lwmc.com) any time; inquiries will receive a response during the workweek.

Please keep in mind that internet service may be slower than usual due to a higher volume of residents using the service.

– Leisure World News



Screenshot by Leisure World News

Closings and Modified Schedules

by Leisure World News

In an effort to protect the community from COVID-19 (coronavirus) and to comply with the governor's executive orders, several Leisure World facilities and services are closed until further notice or have modified their hours of operation. Check TV channels 972 and 974 and (residents.lwmc.com) for updates to these schedule changes.

ADMINISTRATION BUILDING

Accounting	Closed to resident traffic; however, payments are accepted via U.S. Mail; include payment coupon or unit address on check
Human Resources	Teleworking
Information Technology	Teleworking and staff onsite periodically
Management	Closed to resident traffic
Montgomery Mutual	Closed to resident traffic
Mutual Assistants (mutual support services)	Teleworking, and staff onsite on rotating basis
Property Transfers/Resales	Staff onsite on rotating basis
Reception Desk	Closed
Security & Transportation	For administrative assistance, phone (301-598-1355)
Trust Assistants	Teleworking and staff onsite periodically

Vendors:

Post Office	Closed to resident traffic
Signal Financial Federal Credit Union	Open Monday, Wednesday and Friday from 9 a.m.-4 p.m. by appointment only (no over-the-counter transactions). Phone (301-933-9100)
Weichert Realtors	Closed until further notice

CLUBHOUSE I (Clubhouse I is closed until further notice.)

Comcast Xfinity	Closed until further notice. Phone (855-638-2855) or email (LW_Comcast@comcast.com)
Communications	Teleworking
Education & Recreation	Limited teleworking Monday through Friday. Email (recreation@lwmc.com)
Eyre Travel	Closed to resident traffic; phone (301-854-6600)
Leisure World News office	Closed to resident traffic; email (lwnews@lwmc.com)
Library	Closed until further notice
Restaurants	Terrace Room offering delivery Monday through Thursday, 11 a.m.-6 p.m.; Friday and Saturday, 11 a.m.-7 p.m.; and Sunday, noon-6 p.m. Phone (301-598-1330), or email (perriecateringllc@gmail.com)

CLUBHOUSE II (Clubhouse is locked from 7 p.m.-7 a.m.)

Computer Learning Center	Closed until further notice
Education & Recreation	Limited teleworking Monday through Friday. Email (recreation@lwmc.com)
FISH Office	Appointments only; phone (301-598-1345) and leave a message
Fitness Center	Closed until further notice
Indoor Pools	Closed until further notice
Tennis/Pickleball courts	Closed until further notice

GOLF FACILITIES

Golf Course	Closed until further notice
Pro Shop and Lounge	Closed until further notice

MEDICAL CENTER

MedStar Offices	Open; residents encouraged to use televisits with providers when possible. Phone (301-598-1590) with questions on medical services provided at this time
Dr. Carmen DeVries, dentist	Closed until further notice
Pharmacy	Closed to walk-in pick-up; free delivery encouraged for new and established patients. Phone (301-598-1005)
Social Services	Teleworking; no field work until further notice. Phone (301-598-1581) or email (smontgomery@lwmc.com)
Physical Therapy	Open Monday, Tuesday and Thursday for video and in-person visits

PHYSICAL PROPERTIES DEPARTMENT (PPD)

Customer Service	Closed to resident traffic. Phone (301-598-1500)
Warehouse	Closed to resident traffic
Maintenance	Limited staff, essential maintenance only
Trash	Operating on regular schedule

SOCIAL SERVICES

Teleworking; no field work until further notice. Call (301-598-1581) or email (smontgomery@lwmc.com)

TRANSPORTATION

Dial-a-Ride	Closed until further notice
Shuttle Buses	Buses run on a modified 2-bus schedule (Saturday route, 9 a.m.-1:30 p.m.). Bus riders must wear a face covering. Beginning Monday, April 20, buses run Monday, Wednesday and Friday only (same Saturday route)
Metrobus	Operating on a modified Sunday schedule until further notice
Mobility Van	Monday through Friday, 9 a.m.-1:30 p.m. Beginning Monday, April 20, the van will operate Monday, Wednesday and Friday only.

HELP STOP THE SPREAD OF COVID-19

Follow the Centers for Disease Control and Prevention's tips to help stop the spread of COVID-19:

- Stay home as much as possible
- If you must leave your home, remain at least six feet apart from others and wear a face cover over your mouth and nose
- Wash your hands frequently and thoroughly, or use hand sanitizer
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean and disinfect frequently touched surfaces



THOUGHTS & OPINIONS: *From Our Residents*

AN INSPECTOR GENERAL FOR LEISURE WORLD

This letter is to propose an Office of Inspector General be established for Leisure World. To support and substantiate this initiative, I believe that a little background is appropriate. I am certain that most, if not all, residents of Leisure World have heard about the inspector general of at least one of a number of federal agencies. Nonetheless, they may not know exactly what an inspector general is and what he or she is supposed to do.

Office of Inspector General (OIG) is the generic term for the oversight division of a government agency, aimed at preventing inefficient or unlawful operations. Such offices are attached to many government agencies. They are charged with identifying, auditing and investigating fraud, waste, abuse, embezzlement, inefficiency and mismanagement.

Accordingly, it is readily apparent the purpose is to protect an agency's financial interests.

The underlying purpose of a Leisure World OIG would be the same as government's, namely: to conduct audits to ensure the efficacy of all procedures or to discover the possibility of misconduct, waste, inefficiency, fraud, theft, etc., all of which would ultimately result in the protection of the financial interests of all residents. This should be a topic of personal interest to all residents, because it is directly related to our personal financial interests.

I encourage everybody who reads this letter to provide me with questions, comments, suggestions, etc. Furthermore, I suggest that every person who reads it advises others to do the same. Before I pursue this initiative any further through any appropriate or required channels, it is important, actually necessary, that I know what level of interest it will generate.

— Antonio Altamar

A Few Things to Remember

- Relevance:** Make sure that your submission is relevant to the LW community as a whole and not to just one person, mutual, or organization.
- Respect:** Remember that your opinion is about ideas, not individuals, and please avoid personal attacks.
- Brevity:** Being concise will ensure that your opinion will have maximum impact.
- Accuracy:** Document all factual assertions. Opinions that are backed up with facts are more powerful, but only if the facts are accurate.
- Ownership:** All submissions are subject to editing but you will have the opportunity to approve the edits before publication.

Opinions are strictly those of the writers. Thoughts and Opinions is maintained by the Communications Advisory Committee.

SUBMITTING AN ITEM TO THOUGHTS & OPINIONS

1. Submissions must be emailed to (aclwn@lwmc.com) or delivered to the LW News Office.
2. Receipt of submissions will be confirmed by email or telephone.
3. Submissions must state the writer's name, address, telephone number, and email address, if any, but if the material is published, it will include only the writer's name.
4. LW News cannot guarantee when or if a submission will be published.
5. To view the full Leisure World News Guidelines, sign in to (residents.lwmc.com) and click on Documents, then select the Advisory and Special Committees folder, and click the Communications folder.

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As we enter into the holiest week of Christendom (April 5-12, April 12-19 Orthodox), we are reminded that Easter is, above all, a celebration of Hope, the beginnings of the fulfillment of the Promise of everlasting Life, the Promise of Glory that follows trials and suffering. Especially as we await relief from the effects of the COVID-19 virus, we offer to each other the same promise of Hope, confident in the Maker of that promise.

We also wish grace and peace for all those who will celebrate the Passover April 8-16.

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EVENTS & Entertainment

Education and Recreation Department

E&R Cancels May Events

In the interest of protecting residents and the community from the COVID-19 pandemic, the Education and Recreation Department (E&R) has canceled all E&R events and movie showings scheduled for May.

E&R hopes to resume events and movie showings sometime in June; more information will be forthcoming.

For more information or questions, email (recreation@lwmc.com).

Education and Recreation Department

Flea Market Canceled

The semi-annual Leisure World flea market that was tentatively scheduled for Saturday, May 16, from 9:30 a.m.-2 p.m. in the Clubhouse I Crystal Ballroom and Maryland Room has been canceled because of the COVID-19 pandemic. The E&R Department hopes to hold a flea market in the fall.



Ballroom Dance Club

April Dance Canceled

Due to the coronavirus crisis, the Ballroom Dance Club's Saturday, April 25, dance has been canceled.

— Ida Leong



Sock Hop Group

Sock Hoppers Hope Dances Resume Soon

by Abigail B. Murton

Take 2 Entertainment will spin the tunes in Clubhouse II as soon as the Sock Hop Group gets the word from Leisure World administration that events may be held again in the clubhouses.

The cost of admission is \$5, with soda, water and some snacks provided. Attendees can bring extra snacks and beverages. Dancers will definitely need a good time when the pandemic is over.

Sock Hop Live will also return to the Clubhouse I Crystal Ballroom when administration gives the go-ahead. Enjoy the live band Groove Quest from 7-10 p.m. Dance lessons are given from 6:30-7 p.m. The cost of admission is \$10, with sodas and water provided. Alcoholic beverages can be purchased at the bar, and attendees are welcome to bring snacks.

For questions about the Sock Hop Group, contact Doug Brasse at (301-448-8708).

Stay safe, friends.



Fireside Forum

Fireside Forum Puts Programs on Pause

by Jonas Weiss

The Fireside Forum has paused all activity during the coronavirus pandemic shutdown, but, after the recovery, it will resume serving residents with free programs that promote interest in public affairs and contribute to the cultural and intellectual life of residents.

Vetted guest speakers who are experts in their fields will provide monthly presentations on cultural, historical, entertainment and scientific topics. Talks are given on Sunday afternoons in the Clubhouse II auditorium from September to June.

Expenses for programs, posters and lunch and an honorarium for the speaker are covered by donations made by Leisure World clubs and organizations, as well as private individuals. The Forum is a non-profit 501 (c)(3) organization, so donations may be tax deductible.



2020 Movie Schedule

Sponsored by the E&R Department

Due to the COVID-19 pandemic, the following movie showings have been canceled:

Show Date & Time	Movie	Tickets Available
April 26, 2 p.m.	On the Basis of Sex	CANCELED
May 10, 2 p.m.	Poms	CANCELED
May 21, 1 p.m.	What Men Want	CANCELED

Movies are subject to change.

Coming in 2020

Due to the COVID-19 pandemic, the following programs are canceled:

May 16, 9:30 a.m.	Spring Flea Market
CANCELED	
May 23, 4:30 p.m.	Duke Ellington School for the Performing Arts
CANCELED	
May 30, 2 p.m.	Jones and Haywood Dance School
CANCELED	
May 31, 2:30 p.m.	Polyhymnia a Capella Chamber Chorus
CANCELED	

Watch Leisure World News for more information on these and other upcoming programs throughout the year.

Check TV channels 972 and 974 and (residents.lwmc.com) for updates to scheduled events.

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Marylanders Without Health Insurance Can Enroll Through June 15

by Leisure World News

Maryland's health insurance marketplace has extended its special enrollment period as an effort to cover more people during the COVID-19 outbreak. Now, those who are uninsured may enroll until Monday, June 15.

Application can be made through (marylandhealthconnection.gov), which provides tools to estimate costs and compare plans from different companies, or by downloading the Enroll MHC mobile app at (marylandhealthconnection.gov/enrollmhc). Montgomery County residents can alternatively call Montgomery County Health Connection at (240-777-1815).

Those enrolling during this period should request or select "Coronavirus Emergency Special Enrollment Period."

Benefits of Insurance

As the outbreak has been designated an emergency, health insurance companies are required by the State to make some special provisions during this time. They are removing time restrictions on prescription refills, allowing patients to receive their medications sooner lest they be required to stay home in the future. COVID-19 testing and vaccination, should it become available in the future, are covered completely by all plans, without any cost to the patient.

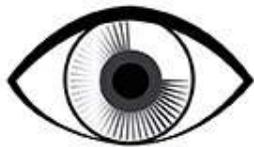
■ Lions' Vision Support Group

Doctors Offer Low Vision Town Halls

by Larry Cohen

The coronavirus has changed people's lives quickly, but the Lions' Vision Support Group is here for those that could use its help. The Group thanks everyone who was able to attend its April meeting via Zoom.

Dr. Suleiman Alibhai and Dr. Belinda Weinberg are moderating call-in low vision town hall meetings every Thursday in April from 11 a.m.-12:30 p.m. To join in, call (866-817-4375).



For more information about the Lions' Vision Support Group or assistive technology, contact Larry Cohen at (908-770-9111), Bobby Bobo at (301-879-0103), Jane Carona at (301-598-2131) or Terri Nettles at (240-970-7154).

Tip

Magnifying Glass with Light and Glasses are two helpful smartphone apps for those with some vision. They both turn on a flashlight and then magnify a photo or document up to six times.

■ Emergency Preparedness Advisory Committee

Preparing for a Medical Emergency with 'File of Life'

by Emily Geller and Alan Nelson

Most residents are confined to their homes because of the threat of COVID-19, leaving only for necessary trips to get food or medications while remaining conscious of the need to wash hands frequently, practice social distancing and wear a mask in public.

While isolated at home, think about how to prepare for a medical emergency. What if you should need help from emergency medical personnel, perhaps because of a bad fall, heart attack or a similar emergency?

The Montgomery County Fire and Rescue Service (MCFRS) provides the File of Life program to help residents prepare for such an emergency. The File of Life is a red, magnetic packet and insert form on which a person writes his or her personal and medical information, including medical conditions, allergies, medications, emergency contacts, health insurance information and healthcare decisions.

MCFRS recommends that people fill out the File of Life and place it on their refrigerators, as this is the first place that rescue paramedics look for it.

If you already have a File of Life, take the time to check it to see if the information needs to be updated; perhaps your medications have changed, or

File of Life, which contains a person's health information for paramedics to access in the event of an emergency, should be attached to a home's refrigerator. Scanned graphic by Leisure World News

an emergency contact has a new address or phone number. If you don't have a File of Life yet, there are several ways to obtain one:

- Download and print the form at (residents.lwmc.com) > Documents > Advisory and Special Committees > Emergency Preparedness > File of Life; or visit (www.montgomerycountymd.gov/mcfrs-info/tips/seniors/fileoflife.html);
- call (240-777-2430), leave a voicemail with your name and address and MCFRS will mail one to you; or
- call 311 and ask for one to be mailed to you

If you don't have the red, magnetic File of Life packet, you can still download and print the insert form, fill it out and, with either tape or a magnet, attach it to your refrigerator.



Clean Hands Keep You Healthy.

Wash your hands with soap and water for at least 20 seconds to prevent the spread of germs and viruses.

Club Helps Residents Register Remotely for Medical Cannabis

by Carminetta Verner

The Cannabis 101 Club has initiated a process to help residents register remotely with the Maryland Medical Cannabis Commission (MMCC) during the COVID-19 (coronavirus) pandemic.

Email (Lwcan101@gmail.com) with the information needed to prepare the registration form. The resident will be contacted and asked to take a photo of the front and back of their unexpired driver's license and a 2 x 2" photo of him or herself to be uploaded to the Commission. If possible, use a smartphone to take these photos.



The photo of the resident needs to be current and passport size. A good passport app for the iPhone is "Passport Photo – ID Photo," which is free from the App Store. For Android phones, use the "US 2x2 Photo Editor – Passport Size Photo at Home" app, which is free from Google Play.

To complete the registration process, the MMCC charges \$50 for a Maryland Medical Cannabis ID card. Visa and MasterCard are the only credit cards accepted for payment.

After all of a resident's information is received, the Club will provide it to the Commission. It takes approximately two to four weeks for

approval depending on the MMCC's workload.

A resident approved by the MMCC will receive a patient ID number, which allows him or her to take the next step toward purchasing cannabis: obtaining a medical certification by a medical provider registered with the Commission. The Club is investigating the use of telemedicine to visit a medical provider. Using telemedicine avoids face-to-face contact, helping residents remain well and safe.

Residents also have the option of registering with the MMCC on their own at (mmcc.maryland.gov).

To help keep residents safe during the coronavirus outbreak, cannabis dispen-

The Maryland Medical Cannabis Commission's registration form requires the applicant's full name, home address and other personal information. Screenshot by Leisure World News

saries have initiated special hours for seniors to visit the store and drive up for curbside pickup for orders placed through Leafly or Weedmaps.

For questions, contact Carminetta Verner at (630-699-1629) after 10 a.m.



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■ Fitness Club

Fitness Club Plans Future Pop-up Programs

by Pat McConnell

The next quarterly meeting of the Fitness Club would have been April 15, but it was canceled because of the COVID-19 pandemic. Once the virus restrictions are lifted, the Club will regroup and make a plan.

Club leader Pat McConnell has contacted numerous presenters who plan to provide programs and activities for the Club in the future. Club

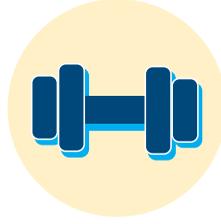
members will receive an email when the next individual is set to present to the Club.

Pop-up Programs

Even though the Club meets on a quarterly basis, there are opportunities to present 'pop-up programs' between set meetings, which are based on availability of presenters and meeting locations.

The Club's first 'pop-up' on

Feb. 24 focused on nutritional fitness. Registered dietitian and nutrition consultant Libby Lamancusa discussed how our food choices affect many aspects of fitness beyond our body weight. She outlined the role of macronutrients – protein, carbohydrates and fat – in our diet, and how nutritionally dense foods may increase our protection against diseases.



About the Club

The Fitness Club's objectives are to educate on, encourage and explore all types of fitness including but not limited to exercise, movement, nutrition and overall health and wellness to increase and improve awareness of the health and well-being of residents.

Residents interested in learning more about the Club or joining should email Pat McConnell at (pmconnello2@gmail.com).

■ FISH (Friends in Sickness and Health)

Annual Meeting and Luncheon Moved to September

by Beth Leanza

FISH hopes to hold its annual meeting and luncheon on a to-be-determined date in September at noon in Clubhouse II. Hopefully by then it will be safe for everyone to gather!

Anyone who has ever volunteered for FISH is invited to attend. Current volunteers are especially urged to come as the meeting and luncheon are a great opportunity to look around, meet the other volunteers and receive some updates from FISH president Beth Leanza.

FISH needs an accurate head count for this event, so those planning to attend are asked to call Beth at

(301-598-4569) or sign up at the FISH office when it reopens after the pandemic. Sandwiches, some salad items, cookies, iced tea and Sprite will be served at the luncheon.

About FISH

FISH accepts donations of assistive equipment and lends them to residents and employees of Leisure World.

The FISH office in Clubhouse II is closed to foot traffic. Residents who would like to borrow an item from FISH are asked to call (301-598-1345) to schedule an appointment.

FISH is not a 501(c)(3) and so cannot offer tax donation slips but is nonetheless grateful for the donations it

receives. FISH's volunteers try to make sure donated equipment is in good, working order, but they urge borrowers to check with a professional if unsure.

Other Donations

The FISH office is also the place to donate items for other clubs and organizations.

Residents can drop off can tabs for the Kiwanis Club, which then donates them to Ronald McDonald House, and the Lions Club accepts donations of glasses and hearing aids. Residents can "upcycle" their cardboard tubes and calendars at the office and a resident will take them to a local elementary school to be used for art projects.

Lost and Found

FISH also houses found items, such as keys, gloves and jewelry. If you have lost an item and want to look for it at the FISH office, call (301-598-1345).

Volunteers try to label an item with the date it was found, and items that remain unclaimed for an extended period will be safely disposed of. FISH will not get rid of orphan earring, keys, watches or phones, but hats, scarves and jackets will be given to a charity.

Volunteer

Residents thinking about volunteering with FISH are asked to call Beth at (301-598-4569) and set up a time to sit in with another volunteer for a simple training session.

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Health & Fitness In Brief

Several health-related clubs, groups and organizations have canceled or postponed their meetings and events due to COVID-19 (coronavirus). To check on the status of an event or meeting, watch channel 972 or contact the club, group or organization directly.

Al-Anon Meeting: Al-Anon (for family and friends affected by alcoholism) meets Fridays at 2 p.m. at Our Lady of Grace Church Parish Center, near Leisure World. Enter through the back door (15661 Norbeck Blvd., Silver Spring). For more information, call Bridget at (301-598-3043).

Alcoholics Anonymous (AA): Newcomers welcome. (If outside Leisure World, check in at the main gate.) Meetings are Mondays at noon (Step Meeting) and Thursdays at 6 p.m. (Big Book) in Clubhouse I. For questions, contact Laurie at (240-558-4454).

Alzheimer's Caregivers Support: The Alzheimer's Support Group meets the first and third Wednesday of each month at 3 p.m. in The Inter-Faith Chapel library. For more information, call Sunny at (301-438-2446).

Bereavement Support Group: If your spouse or long-term partner died in the recent past, you may be eligible to participate in a twice-monthly bereavement support group that meets every other Tuesday, 2-3:30 p.m., in the conference room at MedStar Health, 3305 N. Leisure World Blvd. CaringMatters sponsors group meetings. Registration and a phone conversation with Jim Rossi, director of adult bereavement at CaringMatters, is required before attending. If interested, please call Jim at (301-990-0854).

Fitness Center: One of the Fitness Center's personal trainers leads a free orientation tour of the Fitness Center on the second Tuesday of every month at 2 p.m. Learn how to use the equipment and facilities. Registration is not required. Note: The Fitness Center is closed until further notice.

Free Blood Pressure Testing: Come to Clubhouse I for free blood pressure testing, available on the first and third Tuesdays of the month from 9-11 a.m. Note: blood pressure testing is currently unavailable.

Memory Café: The Memory Café meets the last Thursday of every month from 2-3:30 p.m. in Clubhouse I. The program provides social engagement for individuals living with early stage memory loss. Registration is required. For more information, call the manager at (240-428-1342) or the National Alzheimer's Association at (1-800-272-3900) or (TTY: 1-866-403-3073) or visit (www.alz.org).

Living Better with Parkinson's: The Living Better with Parkinson's support group was created under the auspices of the Parkinson Foundation of the National Capital Area to provide support to patients suffering from Parkinson's disease (PD) and their families and caregivers. The group meets the second Tuesday of the month at 3 p.m. in Clubhouse II. Usually there is a presentation by a speaker with knowledge about PD, physical therapy or some other related subject, followed by a period of Q&A. There are no memberships or fees to pay, and the meetings are open to anyone who may be interested. Questions? Contact Ray Weil at (301-598-3447) or (raywwjr@hotmail.com).

Stroke Support Group: You are not alone! The Leisure World Stroke Support Group invites stroke survivors and caregivers to its monthly meetings on the third Tuesday of the month from 1-3 p.m. in Clubhouse II. No registration is needed, and all are welcome. For more information, contact Amy Boltz at (248-652-0304).



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What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

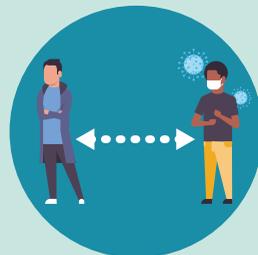
Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Avoid all cruise travel and non-essential air travel.

Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).



316216A April 3, 2020 10:14 AM

cdc.gov/coronavirus



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CLUBS, GROUPS & Organizations

■ Rossmoor Camera Club

With Travel Plans on Hold, Photographers Look to Home for Inspiration

by Fred Shapiro

One of the things residents can do under coronavirus pandemic restrictions is walk the community looking for photo opportunities. Whether nature or socially-distanced neighbors, there is much to capture with our camera or iPhone.

Hopefully, the pandemic's limitations will end and, at that time, consider joining the Rossmoor Camera Club and taking photos wherever you go. As a Club member, you can add your photo to the numerous exhibits in Leisure World and enjoy the moment when someone offers a compliment such as, "I saw your photo in the clubhouse – how beautiful!"

The Club offers two levels of membership. Members



From left, past travel photos taken by Camera Club members include "Sundown at Lindy Point in Blackwater Canyon, West Virginia" by Kent Mason and "Windmills in Holland" by Robert Kaplan. But with travel on hold because of the COVID-19 pandemic, photographers are turning to Leisure World grounds for inspiration.

who expect to compete in the monthly competitions pay dues of \$25 for the year. Residents who wish to join the Club to learn more about photography but are not interested in competing pay dues of \$15.

Mail checks for dues to Woody Shields at (Rossmoor Camera Club, 3200 N. Leisure World Blvd., Apt. 817, Silver

Spring, MD 20906). For more information about the Camera Club, visit (www.rossmoorcameraclub.com).

■ Leisure World Chorale

Chorale Sings Favorites

by Sandra McLeskey

Until the coronavirus reared its ugly head, the Leisure World Chorale was having a great year.

The Chorale is a group of approximately 40 singers, directed by Connie Graber and accompanied on the piano by Elaine O'Leary. Members sing a variety of works, including show tunes, popular songs, religious and patriotic songs, holiday music and occasional classical works.

The Chorale's current repertoire includes medleys from "Les Misérables" and "Guys and Dolls," as well as songs from the oeuvre of John Denver and Cole Porter. The Chorale has traditionally performed during the Martin Luther King Jr. service at The Inter-Faith Chapel, where this year it sang the spirituals "Go Down Moses" and "Witness."

Performances often include solos by some members, and sometimes there is dancing. The Chorale has performed at long-term care facilities and senior centers, usually once a month.

Join the Chorale

The Group always needs singers, especially men and altos. Residents do not need to read music to join the Chorale.

Dues are \$15 and there are some additional expenses associated with the accessories Chorale members wear during concerts. If you enjoy singing, come to Clubhouse I on Mondays between 1:30-3:30 p.m. after normal life resumes to see what the Chorale has to offer. The Chorale usually rehearses on a more relaxed schedule during the summer.

For more information, contact Sandra McLeskey at (301-288-7976).

■ Groups.io

Communicate on Groups.io Listserv

by Paul Eisenhour

Knowing where to find information regarding Leisure World is important, especially during this health crisis when accurate information is vital.

The Groups.io listserv (formerly the Yahoo Group) is a dedicated source for happenings in the Leisure World community. In the past few weeks, it has been a valuable mode of communication for its approximately 500 resident-only members.

Most of the postings have been about COVID-19, and most of those have been informational and helpful. All posts are made only by Leisure World residents about matters that are relevant to the community.

The site's homepage has a set of common sense rules to follow. The site's owner/moderator, Paul Eisenhour,

is also chairperson of the Leisure World Community Corporation board of directors, and so he does not post his governance-related opinions to the site but rather provides objective information that he feels is beneficial for residents to know.

The site is secure and easy to join. To join, send an email to Eisenhour at (paule@lwm10.com) and include your name and the name of your mutual, and you'll be directly added and registered as a user on the listserv. You'll then receive a confirmation email with a link to the site.

In your account settings, indicate whether you want to receive an email of each new post, an email summary of posts or no emails. If you choose the third option, you can just log in to the Groups.io webpage to see an index of the posts.

■ **Center for Lifelong Learning (CLL)**

Center for Lifelong Learning Looks Forward to Rescheduling its Classes and Programs

by Fred Shapiro

In the interest of the community's health, the Center for Lifelong Learning (CLL) has canceled a number of its classes and programs. The CLL's board hopes to reschedule all of them by late May.

Residents can look forward to signing up for the following classes at the Clubhouse I E&R office when it reopens:

- Tom Conger, an experienced geographer and community planner, will present "Geography Up Close: Regional Landscapes of the U.S."
- Given the current debate

about what constitutes the law of the land today, Howard Sribnick will address the U.S. Constitution, how it was intended by the nation's founders and conditions under which it is now interpreted

One-day programs that were canceled and will hopefully be rescheduled include:

- A program presented by Avrum Ashery about Israel's technological advancements that have helped other countries solve problems around the world

- A program on smart investment strategies by Ben Offit. Learn how balancing your account affects your current desires and future legacy
- A program addressing the needs of older people, presented by Julie Dino of Montgomery County Public Libraries
- A presentation on "Diabetes Awareness and Prevention" given by Olivia Johnson of Pleasant Hearts Private Care and Nurse Staffing, LLC. The presentation will include awareness and prevention information about the disease, health

- management, nutrition and living with a debilitating disease
- A lecture about final expense protection by Talaya Cook and Gwennetta Budd from Equis Financial
- A program entitled "Memory and Dementia-related Disorders" by Angy Kallarackal from the National Institutes of Health

Other programs and classes were in the works when the coronavirus pandemic struck. These, too, will be scheduled in the days ahead when the restrictions on group gatherings have been lifted.

■ **Rossmoor Library Guild**

Library Still Closed but New Books Have Been Added to its Collection

by Anthony Magri

Clubhouse I and its library are closed because of the COVID-19 pandemic, but check out the donated and recently purchased books that will be available for check out when the library reopens:

- "Time After Time" by Lisa Grunwald
- "When You See Me" by Lisa Gardner
- "A Long Petal of the Sea" by Isabel Allende
- "Golden in Death" by J.D. Robb
- "Perfect Little Children" by Sophie Hannah
- "The Survivors" by Adam Frankel
- "Blood Sisters" by Jane Corry
- "The American Story: Conversations with Master Historians" by David Rubenstein
- "The Overstory" by Richard Powers
- "Above the Bay of Angels" by Rhys Bowen

as of March 12 until the library reopens. All activities including registrations will resume at that time.

About the Library

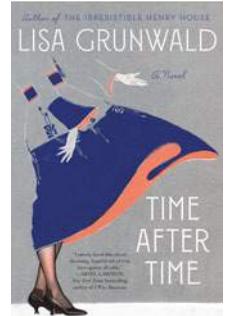
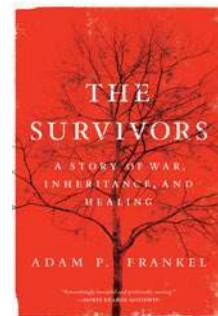
The library features "books of the month" about a particular topic throughout the year.

The next topic is gardening, and the books will be displayed as soon as the library is authorized to reopen. Look for the display on the top shelf of the island across from the greeting

card display. Please note patrons may check out these books as well.

Residents who have a suggestion for a display topic should place it in the suggestion box located under the front window.

The library has reference books, magazines and newspapers throughout the year. Stop by the library when it is open and shop for all-occasion greeting cards. Remember that all puzzles must be returned to the library when completed. All



audio books are checked in and out as regular books.

For more information about the Rossmoor Library Guild, contact Tony Magri at (tonyitalian1951@comcast.net).

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Because the clubhouse is closed, library patrons may not return books via the dropbox next to the library's entrance. Therefore, all late fees have been waived

■ Garden Plots Group

Warm Weather Kickstarts Growing Season

by Judy Elrod

The Garden Plots Group is complying with the guidelines issued by the federal and state government and Leisure World Management regarding COVID-19.

An email sent to members on March 22 directed them to observe the six-foot social distance rule while in the garden. Since then, the federal government has directed citizens to wear a face mask in public.

Because gardening is considered a form of exercise, the Group's gardeners are taking full advantage of the plots.

Several new fences have been erected, which enhances the overall appearance of the gardens and brings a sense of optimism and commitment – the garden plots are here to stay for a while! On any given day, visitors can find folks avidly preparing their soil and planting. Some gardens

are already showing some real growth in the vegetable department.

The Physical Properties Department (PPD) began the spring process of turning on the water in late March. The process involves checking and replacing faucets and broken pipes, as needed, and connecting the hoses. Until the process is completed, one hose is being run from PPD into the garden for gardeners' use. The Group expects the entire garden's water system to be operational by late April.

The Group conducted its April 14 meeting using Zoom. It was yet another first for the Group this year, along with email communications.

Apply for a Plot

The new bulletin board has been erected across from sheds 1 and 2 near the garden's entrance, which is where residents can find a list of available plots – they are going quickly.



Vegetables are already growing in some of the garden plots. Photo by Judy Elrod

To submit an application, visit (residents.lwmc.com) > Your Community > Clubs and Organizations Information Page > Garden Plots Group, and print a copy of the application.

After indicating your top three preferences, mail the application and a check, payable to Garden Plots Group, to Judy Elrod at (15115 Interlachen Dr., #123, Silver Spring, MD 20906).

Membership

The Group's objective is to encourage gardening in Leisure World and to provide individual garden plots to those residents who wish to plant vegetables and flowers and enjoy the gardens in peace and harmony with their neighbors.

All residents who support the objectives of the Group are eligible to join. Members are plot renters.



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Group Plans 'Let's Green Up Leisure World' Initiative

by Janice McLean

Later this year, LW Green plans to launch a new initiative called "Let's Green Up Leisure World" and envisions a community-wide effort to plant more native canopy trees on both mutual and Trust properties.

Once stay-at-home restrictions are lifted and groups are allowed to meet again, the Group will be thoughtfully pursuing this initiative. All residents are invited to join and attend all meetings and presentations.

About LW Green

Founded in the spring of 2015 with by-laws prepared and approved by the Education and Recreation Advisory Committee in 2017, LW Green's purpose is "to inform and enlighten ourselves and our community in the care and conservation of natural resources through education and advocacy both within Leisure World and beyond its gates."

In support of this mission, the Group has presented numerous educational programs with emphasis on climate change at the international, national and local levels and improving and increasing the tree canopy in Leisure World as well as increasing recycling in Leisure World.

Film Presentations

Recent environmental films shown include "Paris to Pitts-

burgh," which chronicles U.S. cities struggling with climate change and offers solutions on how to reduce the country's carbon footprint.

"Woman at War" is an environmental drama featuring the story of a fearless eco-activist in Iceland who is determined to halt the construction of a new aluminum smelter, sabotaging power lines and demolishing drones deployed to deter her.

"The Devil We Know" is a documentary about the development, production and widespread use of Teflon – how the chemical has left a lasting mark in every home in America and how it ravaged a town in West Virginia where DuPont made the chemicals.

Programs and Meetings

Other programs on climate change have included a presentation on "Building a Vibrant Elder Movement to Address Climate Change" by Montgomery County leaders of the national movement, Elders Climate Action.

The Group hosted an informative lecture by environmentalist and philanthropist Rabbi Nina Beth Cardin about the Healthy Green Maryland Amendment, which was submitted to Maryland's House of Delegates and Senate and aims to hold the State "accountable for its obligation as a trustee of

the natural resources of the state to care for those natural resources."

The Group has had numerous meetings on recycling, including two presentations by the Sierra Club lead on Zero Waste, a lecture on "The Five Myths of Recycling" based on articles from National Geographic and a program on the Plastics and Packaging Reduction Act, which passed in the Maryland State Senate and was postponed by the House of Delegates during this legislative session.

LW Green regularly arranges tours of the Montgomery County Resource Recovery Facility, better known as the Recycling Depot. Participants see firsthand what happens to all that recyclable stuff that is picked up each week.

At the most recent tour, the Group saw how plastic bags mixed in with recyclables get caught in the machines that separate the recycled items. These plastics can cause breakdowns and possible injuries to the workers as well as damage to the machines, which is both dangerous and costly.

Based on this experience and awareness about the contamination of recyclables by plastic bags, LW Green initiated a "Ban the Bag" campaign at Leisure World and produced and distributed hundreds of colorful flyers that are posted near recycling areas throughout the community.

Contact Information

Further information about the Group and its activities is available at (www.lw-green.org) or by contacting co-presidents Marybeth Ardike at (Marybeth.ardike@gmail.com) or Janice McLean at (janicewmclean@gmail.com).



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A LEISURE CARE COMMUNITY

Art Guild Highlights its Male Artists

by Ann Bolt

The Rossmoor Art Guild's (RAG) membership hovers around 100, and at least 20 members are men.

Having just celebrated Women's History Month, it is now time to give the men their due. They are a learned, talented bunch and are dedicated and loyal to both the craft and the teachers:

Gregory Nash

Nash started painting in oils and other media when he moved to Leisure World. In his late teens he didn't find what he wanted to decorate his room, so he painted his own pictures to hang. He paints both in abstract and realism and wants to try impressionism. He is currently studying with RAG instructor Genevieve Roberts.

Paul Ganz

Ganz took an art class in high school but was sidetracked with

a football scholarship. While living in the UK for 30 years, he took classes at the University of Cambridge and Ware Community College. He started at RAG with drawing and painting classes in 2010. He has studied with RAG teachers Ron Erlich, Bill Mapes and Doris Bryant.

Steve Irish

Irish took art classes in high school and college and became a member of the Gaithersburg Art Association in the '80s. He's won awards locally with his acrylic and oil paintings. He has exhibited his works in both clubhouse hallways, Signal Financial Federal Credit Union, the library and the Computer Learning Center. He recently helped set up the new furniture in the RAG studio.

Al Temin

When Temin retired, he quit on a Friday and was in an art class by Monday. He took classes with the Montgomery County



From left, Gregory Nash, Paul Ganz and Steve Irish, three of Rossmoor Art Guild's approximately 20 male artists. Photos by Ann Bolt

Recreation Department and eventually found his way to RAG. He's been oil painting for almost 12 years with instruction from Genevieve Roberts. He paints a lot of landscapes but is leaning toward more abstracts. Temin is known for his t-shirts, which he wears to protect his clothes while painting. He's on about his sixth one, and they almost stand alone as separate works of art.

Donald Cavalieri

Cavalieri remembers making art in grade school, but has

only really worked at it since retirement. He prefers to work in watercolor to create landscapes and seascapes. He's been taking classes since 2012 with RAG teacher Firouzeh Sadeghi, whom he considers an absolutely wonderful teacher. He's making art at home as time permits.

RAG hopes to feature more male artists in the future. Both men and women are welcome to join RAG, and the Guild looks forward to a return to the studio.

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■ Ballroom Dance Club

Staying in Dance Form

by Ida Leong

The Club's Saturday, April 25, dance was to feature the music of Mixed Company, but the coronavirus crisis has forced the cancelation of this event.

The crisis has given rise to numerous online ballroom dance practice sessions, enabling dancers to stay in shape while refining their dance posture, poise and form. Non-dance exercises such as tai chi — which eight Club members reportedly have been practicing in private during the crisis — are also great for improving dance balance and poise, in addition to enhancing health, equanimity and (possibly) immunity.

For basic dance practice, two friends of the Club recommend watching the Passion4Dance's recent "live chat" rumba session in which instructor Leon provided pointers on Cuban (hip) motion plus a

bonus refresher on the Electric Slide line dance. Search for it on YouTube.

For higher level instruction, the Club found the beautiful Dance Vision "This is Us" lesson by champion competitors Victor and Anastasia both highly inspiring and playfully entertaining. In one balance exercise, Anastasia has Victor stand with a huge grocery bag hanging on each artistically outstretched arm, and gleefully loads each bag with a dozen large oranges. Search for it on YouTube.

Dancers who have their own favorite online dance resources are asked to share them with the Club by contacting Jim Leong at (jleong4035@aol.com).

The Club is fortunate to have several current dance instructors and their students

as regular participants at its dances. The Club plans to reach out to these instructors to get their ideas on staying in dance form while maintaining the requisite safe social distance during these challenging times.



Quarterly Meeting

If circumstances permit, the Club will hold a quarterly meeting in the future, with the date to be determined. Members will brainstorm dance class possibilities and other ideas for enhancing the monthly dance events.

In the meantime, the Club is exploring long-range possibilities for occasionally offering beginning and refresher ballroom dance classes in Leisure World, conducted by highly experienced instructors.

Contact Club president Jim

Leong at (jleong4035@aol.com) to express your preference for the types of dances, such as slow waltz, foxtrot, rumba, tango, cha-cha, East Coast swing or West Coast Swing. One Club member responded immediately to the April 3 article and suggested rumba, tango and additional East Coast Swing moves.

About the Dances

The Club's monthly dances are unlikely to resume before July or August at the earliest. If held, suggested attire for these two summer months' dances will be casual, with no ties or jackets required for the men and business casual for the ladies (no jeans).

If the resumption occurs in August, the Club will welcome everyone back with its traditional Hawaiian-themed dance and attire. In the meantime, Aloha and stay in (safe) dance form!

■ AIM (Arts In Motion)

AIM Brings the Arts to Leisure World

by Grace C. Cooper

Arts In Motion (AIM) is perhaps not like a traditional club. It is the brainchild of resident York Van Nixon III, a former classical ballet dancer, writer and businessman whose idea has been to help support the arts in the DMV area and to share access to the arts within Leisure World.

He recruited like-minded residents who enjoy the arts, many of whom had also practiced one or more of the arts before moving to Leisure World, to join in helping keep the arts alive in Leisure World as well as helping budding artists achieve their dreams.

Through dues and admission fees to some of its events, AIM gives area arts students scholarships and prizes to help them continue in their chosen fields. Scholarship recipients share their art at Leisure World.

AIM also presents concerts by seasoned performers, some

of whom are also senior citizens, to entertain residents. All residents and their guests are invited to the Clubhouse I Crystal Ballroom on the second Friday of every month for Café AIM concerts that present jazz and, occasionally, blues music.

Tickets are \$25 each. Even the culinary arts are a feature of these events as Leisure World's restaurant staff provide delicious, light appetizers. While all residents are invited to attend, only members may reserve a table for eight people.

AIM does not just have concerts. It also sponsors other arts performances, most at no charge to residents. For example, AIM holds poetry writing contests for local high school students. Prizes are awarded to students from local schools who share their talents with the audience.

The Authors In Mind program features professional writers. This past year, a group of women mystery writers appeared at Leisure World.

And coming up soon, a group of Leisure World's professional fiction writers are expected to share their work and answer questions from the audience about what it means to write

professionally.

AIM looks forward in the future to continuing its focus on supporting the arts through its programs that entertain residents.

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May 6: Group Elects New Officers and Directors

by Hannelle Allen

The Fun and Fancy Theatre Group's scheduled activities have had to change because of these uncertain times.

The Club will not hold a May meeting/monthly show because the quarantine will likely still be in effect at least through the end of April, which leaves no time for rehearsals. However, the Club will have an election for new officers and directors on Wednesday, May 6. Members will be advised of the procedure via email.

At this point, the Club plans to proceed with the annual banquet on Wednesday, June 3, and performances of "The Solid Gold Cadillac" on Friday, June 19, Saturday, June 20, Sunday, June 21, Friday, June 26, Saturday, June 27, and Sunday, June 28, as planned.

Meanwhile, here is some general information about the Club, which should answer some frequently asked questions.

About Fun and Fancy

The Club is dedicated to the enjoyment of theatrical performance and provides an opportunity for residents to take part in monthly shows as well as 'big shows' presented twice a year. The Club also frequently performs at local community centers and assisted living and nursing homes.

Any member of the Club is welcome to audition; usually there is a part for everyone. In addition, people are always needed to work on scenery, lights, sound, costumes, ticket sales, publicity and other backstage activities.

The audience is an important part of the Club's shows. Many members do not wish to perform themselves but eagerly look forward to watching productions. The Club has absolutely no requirement to perform in order to enjoy being a member. The majority of members take part by enjoying the show from the audience.

In addition, the Club presents an annual banquet with entertainment for its members in June.

About the Shows

The monthly shows are up to an hour in length and follow a short meeting. They are normally held on the first Wednesday of every month at 7:30 p.m. in the Clubhouse II auditorium from September to May.

The shows are usually musicals, and are generally upbeat and comical. Performers sing, dance, play the piano and perform comic acting routines. Occasionally there is a short, light play. The monthly shows are written, produced, directed and performed by Fun and Fancy members.

The preponderance of music performed is Broadway tunes, jazz and pop favorites; however, there is a great deal of variety. Other genres presented recently included an evening of classical music and a show featuring Irish music. Occasionally a comedy is written and presented by a member.

All monthly shows are followed by a popular social gathering at which delicious desserts and beverages are served. Attendance is free for the audience and cast and provides an opportunity to mix and mingle.

The 'big shows,' presented twice a year, are full-length productions. They are often shows that have been performed elsewhere on the professional stage. Recent productions include "Damn Yankees," "70, Girls, 70," "The Music of Irving Berlin and Cole Porter," "A Walk on Jewish Broadway," "Songs of the '60s," "Broadway Melodies of the '60s," "Sweet Charity" and "Rumors."

Some shows have used the services of professional directors, musicians and choreographers from outside Leisure World; many have provided a showplace for Club members' own talents as directors.

The 'big shows' are usually held in November and May, staging four to six performances.

Tickets are sold in the clubhouses for weeks before the performances. Seating is reserved, and tickets are \$10 each. Any resident is welcome to purchase a ticket.

How to Join

All residents are welcome to join the Club; membership is required for those who wish to perform.

New members are asked to arrive a little early to any performance and pay their dues at the door. They will receive a membership ID card. Membership runs from September to May, but residents can join at any time.

Yearly membership costs \$10 and includes admission to all monthly meetings and performances, plus the dessert socials. For non-members who only want to attend one performance, admission is \$5 at the door.

Contact Information

For questions, contact president Nancy Koski at (irishchero@comcast.net).



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■ Republican Club

Keeping Up with Republican News and Information

by Fred Seelman

Although the Republican Club has canceled its meetings during the coronavirus pandemic, residents needn't be alarmed that they will miss out on Republican-related news and information.

Residents have many alternative news sources. The Republican Party provides news in connection with the various levels of the government. It publishes news items at websites relating to Montgomery County, the State of Maryland and the U.S., available at (www.mcgop.com/); (<https://mdgop.org/>); and (<https://gop.com/>), respectively.

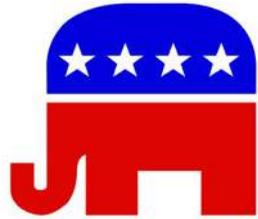
Maryland Republican county and state news is also available

from the news organization, Red Maryland, at its website (<https://redmaryland.com/>). The Republican Club has had Red Maryland's publishers as guest speakers at its meetings.

Returning to the federal news level, two other large Republican organizations offer news at their websites: The National Republican Congressional Committee at (www.nrcc.org) and The National Republican Senatorial Committee at (www.nrsc.org). They work to get Republicans elected to the U.S. House and Senate.

For information from and about young Republicans, take a look at the College Republican National Committee at ([\[crnc.org/\]\(http://crnc.org/\)\) and Young Republicans National Federation at \(<https://yrnf.com>\).](http://www.c</p></div><div data-bbox=)

If after looking at all the aforementioned websites you want to read still more Republican-related news, visit (www.libertynation.com/top-20-conservative-news-sites-to-read-in-2020/) for a list of the top 20 conservative news sites to read in 2020. It lists as its top five Breitbart, American Thinker, The Federalist, Liberty Nation and Judicial Watch. Reading these should satisfy your desire for Republican-related news and information.



Club News

Besides reading these sites,

the Club is considering webinars to conduct meetings online or by telephone as an alternative to live meetings. Contact Club president Fred Seelman at (fseelman@gmail.com) with any ideas that you would like to share about using that approach.

Don't forget to plan to help the Club by working on Primary Election Day, now Tuesday, June 2, at one of the three Leisure World precincts: Clubhouse I, Clubhouse II or The Inter-Faith Chapel.

Email comments or questions about these or any other Club matters and/or offers to volunteer to Fred Seelman at (fseelman@gmail.com), or call first vice president Robert Kammer at (301-847-9820).

■ Democratic Club

In an Election Year, Club Forges Ahead with Voter Registration and Education

by Roger Blacklow

Gov. Larry Hogan has been asked by the Maryland State Board of Elections to expand vote-by-mail balloting. The process would include sending a ballot to all registered voters.

Residents can register to vote in Maryland by visiting the Club's website at (www.demcluboflw.com) and clicking on Voting Resources in the Voting Information dropdown.

But there is more to the website than voter registration; check it out!

Also, the Democratic Club has sent out a couple of "Donkey Dispatches" about online letter writing parties and similar activities. The Club hopes to narrow down these activities to just one or two for the Club to focus on, so stay tuned.

Democratic Activities

Rep. Jamie Raskin held several extremely informative virtual town halls. They are part call-in and part expert opinion. One town hall had the directors of all three of our areas' health department heads. To hear them and obtain a schedule of upcoming events, visit (Raskin.House.gov).

State Sen. Ben Kramer and Dels. Charlotte Crutchfield, Bonnie Cullison and Vaughn Stewart plan to conduct a live, but virtual, town hall on Saturday, April 18, from 2-3 p.m. Call or email their offices for specifics.

When the "stay at home" and restrictions on congregating are lifted, the Club will invite them all to address members at a meeting. The Club's board looks forward to gearing up soon!

General Information

For more information about the Democratic Club, visit (www.demcluboflw.com) or email (leisureworlddemclub@gmail.com). Join the Club by

sending a check for \$15 per person to (Democratic Club of Leisure World, PO Box 12374, Silver Spring, MD 20908). Pay now and your membership lasts until June 2021.



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Now More Than Ever, Chapter Values its Focus on Health and Wellness

by John Moens

Starting with its third annual health roundtable and Expo last October, NARFE Chapter 1143 was focused on health issues.

And following the briefing on health plans by Consumers' Checkbook editor Walt Francis and the cardio health class sponsored by the Chapter and held at The Inter-Faith Chapel in January, it seemed that the Chapter was as well informed as a chapter can be.

But February stunned Chapter members as they witnessed the

social, political, physical and economic impact of a single virus. The virus swept away all membership activities at a time when the need for accurate information is greatest. Fortunately, the Chapter's contacts are still 'in contact.'

Rep. Jamie Raskin notified the Chapter that he would conduct a phone-in town hall on March 27. Many of Montgomery County residents' questions were answered by calling 311, which connects residents with offices that provide updated lists of grocery stores

with special hours for seniors and information on how to order groceries by phone, volunteer, get tested for the virus and more.

Additionally, research volunteers can find opportunities on the websites of Gov. Hogan, John

Hopkins University and the University of Maryland.

To learn about future meetings, visit the Congressman's website, available at (raskin.house.gov), and subscribe to his newsletter for free. Keep

abreast of City Council actions on the virus with the Glass Gazette, available through the website of Councilman Evan Glass at (www.montgomerycountymd.gov/Glass). The current issue reports that the Council has called on banks to grant a 60-day moratorium on loan defaults during the crisis.

In the meantime, don't forget that keeping healthy isn't just about wearing masks and maintaining social distancing – diet and exercise have a role to play, too. After the current crisis passes, let's return healthier than we were before it started.



■ The Inter-Faith Chapel

Chapel Offers Resources for Spiritual Connection

by Bonnie Bonner

The ministers of The Inter-Faith Chapel, Rev.

Dr. Woodie Rea and Rev. Dr. Ramonia Lee, along with director of music Kevin Clemens, continue to offer

weekly worship services televised on TV channel 972 on Wednesdays at 2 p.m.

To view a service online, go to (www.inter-faithchapel.org) and scroll down to the Worship section. Click the button there to view the Wednesday worship service outline, which includes the hymns to be sung. These will be posted each week no later than the Tuesday before the service shown on Wednesday. All are invited to "join," come as they are and sing along!

The Chapel's website includes other resources. Click on the Spiritual Enrichment tab at the top of each page to view a prayer guide for coronavirus, and spend time with God's word during the pandemic. Click on Worship > Worship at Home at the top of the page to see outlines of services for personal devotion, including links to accompanying songs.

These resources are updated at least once a week. To receive an email notification of new material on the website and other Chapel news, email (b.bonner@inter-faithchapel.org) to be added to the Chapel's email list. Email addresses will not be shared with anyone, and subscribers may unsubscribe at any time.

Broadcasts

On Easter Sunday, April 12, TV channel 972 broadcast 2019's Easter morning worship service. The Chapel plans on rebroadcasting other services on pertinent topics such as worry and fear. Service times will be listed in advance on the TV channel. If you view a service and can see more than two to three people, it is a rebroadcast of a previous service.

Providing Donations

The Chapel is supported solely by donations from members and friends and is able to continue serving the community because of their generosity. Each month, the Chapel donates money to support local, national and international missions.

In April, the Chapel will donate money to the Capital Area Food Bank, Manna Food Center, the Montgomery County Coalition for the Homeless and Shepherd's Table.

Currently, the members of the Interfaith Committee for the Homeless and Working Poor are not able to prepare and deliver sandwiches each week to the men's shelter. The committee is donating funds to the shelter each week for their meal program.

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What is Hadassah?

by Barbara Eisen

Henrietta Szold, an American nurse from Baltimore, founded Hadassah in 1912 after a visit to pre-state Israel showed her the impact of starvation and disease on the people living there.

Hadassah's current slogan is "The Power of Women Who DO," and its official mission statement is: "Hadassah, the Women's Zionist Organization of America, is a volunteer organization that inspires a passion for and commitment to the land, the people, and the future of Israel.

Through education, advocacy, and youth development, and its support of medical care and research at the Hadassah Medical Organization, Hadassah enhances the health and lives of people in Israel, the United States and worldwide."

The areas in which Hadassah functions are many and various. Its hospitals in Israel treat patients and hire doctors without regard to race, religion or nationality. The doctors perform research with cutting

edge technologies on such issues as stem cells, breast cancer and organ donations.

Hadassah has recently opened an advocacy office so that it can continue to fight for causes in the U.S. such as women's reproductive rights, stopping sexual violence, condemning hate crimes, preventing genetics-based discrimination and promoting voter registration.

For more than 100 years, Hadassah's main focus has been connecting and empowering Jewish women to effect change — advancing health and well-being, advocating for women and building community in the U.S. and Israel.

Hadassah at Leisure World

All programs, board meetings and Judaic Study Group meetings are canceled through June.

Most programs at Leisure World feature speakers on timely subjects or entertainment relevant to Jewish or Israeli issues. On Tuesday, Aug. 18, cantor Michael Kravitz is scheduled for one of his special presentations

relating to Jews and music.

The Group encourages women of any religion to join Hadassah as an annual or life member. The Group has special associate memberships available to men.

If interested in knowing more about Hadassah, contact one of its membership vice presidents: Lois Fields at (301-585-9804) or (loisfields2@earthlink.net), Linda Epstein at (301-847-9650) or (lepstein8@gmail.com) or Natalie Rosen at (301-279-5640) or (bnrosen@comcast.net).

Hadassah is also a fund-raising organization with the need to raise the money necessary for all its projects.

Elaine Schenberg and Jan Bloom sell Hadassah greeting cards. The prices are \$3 each for one to three cards and \$2.50 each for four or more cards. Call Elaine at (301-598-0079) or Jan at (301-593-7720) to buy cards. They will even send them for the buyer if he or she adds postage

costs to the regular fees.

Larelda Gruber, available at (301-598-5922), is chair of Youth Aliyah/Children at Risk. The project helps disadvantaged children in Israel. The goal is to create a circle of \$1,000, made by individual contributions of \$40. Send donations to Larelda at (3200 N. Leisure World Blvd. #201, Silver Spring, MD 20906).

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■ Jewish War Veterans Krieger-Loube Post 567

May 3: Brunch Canceled

by Jerome "Jerry" Cohen

Due to the continuing threat of COVID-19 (coronavirus), the brunch scheduled for Sunday, May 3, has been canceled.

Hopefully, the last spring 2020 JWV brunch scheduled for Sunday, June 7, will take place. The first Wednesday monthly business meetings are also canceled until further notice.

Post 567 is now initiating a membership drive with special dues pricing. Take advantage of this opportunity to join and participate in the Post's activities. Enjoy the camaraderie of interacting with your fellow veterans.

Those who would like additional information, have questions about membership or would like to be added to Post

567's email notification and e-newsletter list should contact Post Commander Jerry Cohen at (240-970-5024) or (jeromecohen67@outlook.com).

Men and women of the Jewish faith who served honorably during war or peacetime in any branch of the U.S. military, on active or reserve duty, as national guardsmen or in the PHSCC or NOAA Corps are eligible to join the Post.

Donations to the Post are welcomed and appreciated. Contributions to the Post's general fund, or in honor of or in memory of someone, will also be mentioned in the Post's monthly electronic newsletter.

Donations should be made payable to "JWV 567" and mailed to Edwin Cohen at (14505 Wentbridge Ct., Silver Spring, MD 20906).

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NA'AMAT Cancels all Activities Through June

by Carole Mund

Due to the ongoing concerns about the coronavirus, NA'AMAT is canceling the annual spiritual adoption luncheon, the donor luncheon and the trip to Dover Downs Hotel and Casino in Dover, Delaware.

Hopefully in the fall, the organization can resume activities in which all members can participate.

NA'AMAT is the largest provider of childcare in Israel. NA'AMAT not only provides the physical facilities but also continues to provide the staff and the necessary supportive services for each child. NA'AMAT offers vocational training for teenagers and at-risk students in photography, communication,

mechanical engineering, dental technology and more.

The purpose of the Leisure World chapter of NA'AMAT RBZ is to raise additional funds to support or 'spiritually adopt' these children. The spiritual adoption luncheon is a major fundraiser for the organization.

The Israeli children in need whom NA'AMAT members 'spiritually adopt' are the future and deserve every opportunity to develop their abilities to become responsible and contributing members of society.

Now more than ever during these precarious times NA'AMAT needs the financial support to provide necessary support services. Any amount makes a difference. To donate, send checks, payable to NA'AMAT RBZ, to Harriet Chaikin at (15101

Interlachen Dr., Apt. 216, Silver Spring, MD 20906).

Volunteer Needed

After 14 years of writing for the Leisure World News, Carole Mund is retiring in June of 2020. NA'AMAT is eagerly looking for someone to take over the responsibilities.

The newspaper is a main vehicle for communication to the Leisure World community. A member does not have to be currently active to accept this position. For more information, contact president Linda Schoolnick at (301-681-1076).

Tribute Cards

Tribute cards and memorial cards are the perfect way to acknowledge events of friends and family. In this time of separation, it is nice to connect with

friends through cards. Funds collected support the many programs NA'AMAT sponsors.

NA'AMAT has cards to honor all occasions, from congratulations for a special event to memorial cards. Each card is \$3.50 if purchased and sent by you or \$4.50 if sent by Lenore Kalen, tribute chairperson. For questions, contact Lenore at (301-922-4348).

Contact Information

For more information about NA'AMAT RBZ Club, contact co-presidents Linda Schoolnick at (301-681-1076) and Gladys Blank at (301-438-9666). For membership information, contact Harriet Chaikin at (240-560-7487). For information about the book club, contact Barbara Tahler at (240-669-6961).

■ Leisure World Association for African American Culture (LWAAAC)

Candidates for 2020-2021 Board of Directors to be Announced

by Patricia Means

The nominating committee sent a letter to members on Feb. 14 seeking candidates to serve as elected officers on the board of directors for the period covering Wednesday, July 1, 2020 through Wednesday, June 30, 2021.

Based on the nominations submitted to the committee, the slate of candidates will be developed and mailed to members by Monday, May 25.

For additional information, contact Eleanor High, nominating committee chairperson, at (301-598-1258).

Meetings

The board of directors held a teleconference meeting on April 1. The meeting's agenda and minutes will be provided to members. The next teleconference meeting for board members is on Wednesday, May 6.

Membership

If you're a member, LWAAAC wants to keep you. If you're not a member, here's an opportunity to join the organization. LWAAAC's mission is to provide residents with programs and activities associated with the cultural heritage of African-Americans.

Membership is open to all residents. Current membership enrollment ends on Tuesday, June 30, including the six months prorated enrollments. The new membership period covers July 1, 2020 through June 30, 2021, and annual dues are \$20 per person (checks only, payable to LWAAAC).

Payment must include printed name, complete address, telephone number and email address. Mail payment to (LWAAAC, PO Box 12316, Silver Spring, MD 20908).

Healthful Thursdays

During the coronavirus crisis, Dr. Ikenna Myers of the African American Health Program of the Montgomery County Department of Health and Human

Services is conducting online Healthful Thursdays classes. The classes are held on each Thursday at 1 p.m. The topic for April is diabetes.

The Healthful Thursdays program is using the online platform Zoom. Residents can attend weekly Thursday classes using computers, tablets or smartphones. To join Zoom classes, download the Zoom app at (<https://zoom.us/j/995851765>) or phone (1-301-715-8592), meeting ID: 995 851 765.

For additional information, contact Jannifer Woodson, event chairperson, at (832-259-7063).

Trips

The Arena Stage Group provided LWAAAC with its 2020-2021 season lineup. The plays "Seven Guitars" and "Toni Stone" are included in the lineup along with new plays such as "American Prophet," "Angry, Raucous and Shamelessly Gorgeous" and "The Higher Ground."

For additional information, contact Juanita Sealy-Williams, program committee chairperson, at (301-822-4531).

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■ Italian Social and Cultural Club

Spotlighting Italy

by Flo Merola

Many Italian Social and Cultural Club members have travelled to Italy during the past few years. Some members were born there and still have family and friends living there.

Italy was one of the first countries in Europe to experience the coronavirus. The Club wishes blessings on Italy, the U.S. and the whole world at this very serious time in history.

The Club's mission is dedi-

cated to promoting knowledge and appreciation of Italian heritage and culture. The Club holds events that celebrate the Italian experience with language, song, dance, drama, comedy, food and fun.

Past Club events have included:

- Café Cinema – the screening of films with Italian themes
- bus trips to Little Italy in Baltimore with lunch at Sabatino's restaurant

- Italian comedy wedding dinner theater
- wine tasting with Italian wines
- opera gala presented by the American Center for Puccini Studies
- Festive Italiano: an indoor street fair with music, dancing and, of course, food
- bocce matches on the court twice a month

Although Club events are on hold, the Club plans to regroup

as soon as this current crisis ends. The Club invites new members, both Italians and non-Italians, to join. If you've ever eaten pizza or pasta, you're practically Italian anyway! Club members enjoy discounts and advance notice of upcoming events.

For more information, contact Barbara Kaminski (301-847-9313) or (bkaminski0064@gmail.com).

In the meantime, buona salute!

■ New Yorkers and Friends Group

New Yorkers Group Reflects on Past and Looks Forward to Future

by Linda Mahler

The New Yorkers and Friends Group, although only into its second year, accomplished a great deal in a short time.

Formed with the purpose of meeting fellow New Yorkers, reaching out to help others in the community and engaging in social activities, the Group of 80 members is still going strong and growing.

This past year the Group got together and shared favorite New York memorabilia, tested New York trivia skills, enjoyed New York-based movies and savored New York associated foods including bagels, deli, egg creams and more. Some members also participated in a fun outing to Live! Casino in Hanover, Maryland.

Reaching Out

Through the Group's wonderful camaraderie, a large amount of new, useful items was collected and donated to the local social service organization, A Wider Circle, and a monetary donation was made to the New York-based foundation, Tuesday's Children.

Additionally, the Group's commitment to helping local children led to working with Strathmore Elementary School beginning in January

2019. Led by the Group's education coordinator Ruth Becker, some volunteers work directly with the students while others do administrative work, and all partake in the school's community projects.

"In these times more than ever, folks really know what educators do and their love for their students," Becker said. "When this pandemic is over and things get better, we will all be glad to get out and about, and our special friends at Strathmore Elementary School will need some extra help."

For information about volunteering, contact Ruth Becker at (301-288-4276) or (yabobecker@aol.com).

Looking Ahead

The Group's future plans include holding an international potluck luncheon, tentatively rescheduled for Friday, May 15, to learn more about each other's roots and to sample different ethnic cuisine.

"Getting to Know You" meetings are currently postponed, as well as a pizza lunch and a presentation by Alan Goldstein about the role of the Foundation of Leisure World in the community. The Group also hopes to eventually attend a Nationals vs. New York team baseball game.

Membership

The New Yorkers and Friends Group welcomes new members and is open to anyone who has affiliation to New York, city or state, or who just likes New Yorkers.

Dues for the year are \$10 and go from Sept. 1 to Aug. 31.

For more information about the Group, contact either co-president Linda Mahler at (301-288-4367) or Carole Mund at (301-598-2768).



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Club Shares Positive At-Home Activities

by Elizabeth Brooks-Evans

The Going It Alone Club's (GIAC) mission is to provide a variety of social activities and opportunities for interaction to single residents of Leisure World.

The Club usually meets every Saturday afternoon in Clubhouse II for armchair travel, game play,

trip sign-ups and general socializing.

Due to the coronavirus pandemic, Club members have swiftly moved from meeting face-to-face to remaining isolated at home based on the advice of health experts as well as government mandates. All GIAC activities and trips have been canceled indefinitely.

For this reason, GIAC endeavors to present Club members with the following at-home activities that might bring some relief during this crucial time.

Armchair Travel

Armchair travelers who have computer access and have enjoyed beginning Saturday afternoon's activities with Rick Steves, well-known video travel guide, are still able to 'visit' England, Scotland, Italy, France and other countries right from home.

Visit (www.youtube.com) and then type "Rick Steves Travel

Videos" in the search bar. The site has various trips to choose from.

Games

For those who have computer access, AARP features a collection of free online activities for seniors including puzzle games, brain games and word games such as Scrabble.

Visit (<https://guideforseniors.com/blog/senior-online-games/>).

Trips

All motor coach trips have been canceled. Members will be notified when these activities are to continue. For more information, contact GIAC president Elaine Strass at (240-447-2166).

Club President's Message

The Club hopes to have

its usual annual membership meeting in June. The pandemic situation will be monitored and Club president Elaine Strass will notify members well ahead of time as to whether and when the meeting will be held.

In the meantime, she urges those members who have computers to use the aforementioned websites provided and to share them with friends and neighbors.

And to all members whether they have computer access or not: stay in touch with one another by telephone. Studies have shown that a friendly call can be priceless to someone who is housebound.

Until we meet again, stay vigilant, stay safe, stay well and stay home!

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■ Comedy and Humor Club

Blackout at Comedy Central Continues

by Al Karr

The Comedy and Humor Club went dark, as did many organizations at Leisure World and throughout the nation, in the wake of the coronavirus pandemic, which has severely impacted most of the world.

In normal times, the Club meets every week from 1:30-3 p.m. in Clubhouse II. The following are some of the jokes offered at a few of the meetings the Club managed to hold before the viral scourge began its rampant development.

- Herb Hodes – Recently, he shared the first three of his humorous “12 commandments for older people.” Here is the remaining:
 4. Your people skills are just fine. It's your tolerance for idiots that needs work.
 5. The biggest lie you tell yourself is, “I don't need to write that down. I'll remember it.”
 6. These days, “on time” is when you get there.

7. Even duct tape can't fix stupid, but it sure does muffle the sound.
8. Wouldn't it be wonderful if we could put ourselves in the dryer for 10 minutes, and then come out wrinkle-free and three sizes smaller?
9. Lately, you've noticed people your age look so much older than you.
10. You thought growing old would take a lot longer.
11. Aging sure has slowed you down, but it hasn't shut you up.
12. You still haven't learned to act your age and hope you never will.

- Al Karr – You know you're getting old when you bend over to pick something up and you look around to see what you can do when you're down there.
- Skip Schoenstein – A sign in front of an optician's office read, “If You Don't See What You're Looking for, You've Come to The Right Place.”

Rossmoor Women Still Fulfilling Club's Goals Despite Pandemic

by Marcia Elbrand

Three graduating seniors at Blake High School will each receive a \$2,000 scholarship from the Rossmoor Women's Club (RWC) this year, despite changes to the selection process.

Winners typically receive their scholarship awards in person at a luncheon, but those plans were canceled this year because of the COVID-19 pandemic.

"We needed to re-think the process, while still carrying out our Club's goals," said RWC education committee chairperson Rita Posner. "As a result, the 2020 winners will be selected by the appropriate Blake High School staff, using the identical criteria."

Scholarship winners must be young women who exhibit academic excellence, financial need, strong teacher recommendations and evidence of substantial volunteering, in either school or community settings.

In past years, a committee of RWC volunteer readers carefully studied applications and winnowed a field of 15 down to the finalists.

"It was a challenging process," Posner said, "but we were always gratified when we met the winners and heard their stories firsthand at our festive spring luncheon."

Fall Plans

RWC president Abigail Murton has been modeling flexibility in devising new leadership techniques in recent weeks, carefully consulting the Club's board of almost two dozen by email before making future plans.

In lieu of the May luncheon, RWC is planning to hold a gala fall kick-off event in September at Manor Country Club.

"We are expecting that a high percentage of our 150-plus members will be thrilled to attend," Murton said.

Membership

In the interim, annual membership dues, at \$40 per person, will be payable in the next few weeks, as the Club's fiscal year winds down. Memberships — renewals and new — may be mailed to Aggie Eastham, membership chair, at (3100 N. Leisure World Blvd., Apt. 126, Silver Spring, MD 20906).

As always, women who reside in Leisure World or in nearby communities are all welcome to join.

"We always discover that a wide diversity of women decides to join because they share our commitment to supporting local causes that matter," Eastham said.

Volunteer Work

Annually, the Club provides financial support to nearly a dozen groups, including Montgomery Hospice, the Betty Ann Krahnke Center, the only domestic violence shelter in Montgomery County, and Fisher House Foundation, which provides lodging for those visiting hospitalized military men and women.

Recently, RWC began providing some financial support to Leisure World's Social Services Department, which assists residents in the community who are facing hardship.

For more than three years, RWC has partnered with nearby Harmony Hills Elementary School's preschool Head Start program, to which volunteers provide gifted books, warm hats, enriching field trips and vacation-break food bags.

Posner invites readers for whom this cause resonates to send a donation check of any size, payable to Rossmoor Women's Club, with "Harmony Hills" written on the check's memo line.

It should be mailed to RWC treasurer Peggy Sullivan at (3743 Glen Eagles Dr., Silver Spring, MD 20906).

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Club Offers Siri Tips for Caregivers and Information on Video Calls

by Ron Masi

All LW Apple Club activities are canceled until further notice. Visit LW Apple Club online at (mac.computerctr.org) for past Leisure World News articles and more.

Here are some Siri-related suggestions, intended to be useful for caregivers of individuals who have memory issues. Step-by-step instructions are not provided; search YouTube for more detailed videos.

Apple Watch

Consider getting an Apple Watch, which provides instant access to Siri. In an emergency, the user can hold down a button,

and it will automatically call for help. Newer devices have fall detection capability.

The Apple Watch may be considered costly, but consider the monthly cost for a medical alert system compared to the one-time cost of an Apple Watch. The Apple Watch is an iPhone on your wrist. It also provides email, messaging, maps, blood pressure-taking, a camera and more. And it even tells time.

Users need an iPhone to get the full benefit of the Apple Watch.

Reminders App

Using the Reminders app (already on the Apple device) can remind the user when to take his or her medications throughout the day.

The user can also take a picture of the pill to be displayed with the reminder.

If a user has questions to ask his or her doctor, set a reminder to ask them during the appointment time. The user can set a similar reminder before picking up a prescription at a pharmacy, for example.



Ride Share

Have trouble driving? Download a ride share app for your iPhone or Apple Watch and register. Then, the user who needs a ride can say, for example, “Hey Siri, open Uber.” Then answer the prompted questions such as, “Where do you want to go?” and “What time do you want to leave?”

‘Find My’

Most important perhaps for a caregiver is how to find someone who may have wandered. Set up “Find My” on the wanderer’s Apple Watch or iOS device and the caregiver’s app, and follow the prompts.

Now if the person ever goes missing, the caretaker can open “Find My” and tap the missing person’s name. The location will show up on a map with directions on how to get there.

Video Calls

Following up on a previous article, FaceTime allows up to 30 people on a single call. Here’s how:

Many options exist for video calls but arguably FaceTime is the most secure. Users can always get personal support by calling (1-800-MY-APPLE). And no need to download the app; FaceTime is already on Apple devices.

To make a FaceTime call:

Open FaceTime > tap the + button in the top right corner. Select the name of the person you’d like to speak to from your Contacts. If the person is not in your Contacts, enter their phone number. Continue to add the names or numbers of the people you want included in your video call.

Press audio for a regular call or video for a visual call. During the call, you can add folks by swiping up on the FaceTime menu to see the “Add Person” on the bottom; press it and fill in the requested information.

To end the call, press the red X on the bottom of the screen. Users must use an Apple device to participate in a FaceTime call.

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Clubs, Groups & Organizations In Brief

Several clubs, groups and organizations have canceled or postponed their meetings and events due to COVID-19 (coronavirus). To check on the status of an event or meeting, watch channel 972 or contact the club, group or organization directly.

Amateur Radio Club: Calling all hams! All resident amateur radio operators (hams)—or would-be operators—are invited to join our business meeting/lunch the second Tuesday of each month. Members meet in the Stein Room in Clubhouse I at noon. For more information or to learn about amateur radio, call Bryan West at (301-598-0137).

Book Club Network: The network is a collection of book discussion groups of eight to 12 members each, providing a forum for residents to get together with other avid readers to read and discuss their favorite books. Members meet monthly to talk about a specific work chosen by their club. For further information, contact Verna Denny at (301-598-1418) or (verhd@msn.com).

Clipper Workshop: Members assemble clown hand puppets for Holy Cross Hospital. They are used in the pediatric and emergency rooms. No special skills are needed. Some sewing skills are necessary. Bring a bag lunch. (We will eat in the lunchroom.) Members meet every first and third Monday in Clubhouse II from 10 a.m.-2 p.m., or any portion of the time you can devote to making a child smile. Donations of cotton fabrics, stuffing, thread and iron-on facing are appreciated. Contact Joan Mahoney at (240-833-2724) for further information.

Computer Learning Center: Located in Clubhouse II, the Computer Learning Center is operated by The Leisure World Computer Center Inc., a 501(c)(3) non-profit organization. The all-volunteer staff comprises a board of directors, computer room monitors and other volunteers. The center provides residents free training and assistance in the day-to-day use of computers for online research and other personal needs. The center has Mac and Windows systems computers as well as color laser printers for printing and scanning. For more information about the Computer Learning Center, please visit (www.computerctr.org) or contact the E&R office in Clubhouse II at (301-598-1320). Note: The Computer Learning Center is closed until further notice.

Hispanos de Leisure World: All Hispano-Parlantes residents are invited to join the club in enjoying its activities, including card games and conversations, every Friday at 3 p.m. in Clubhouse I. Once a month, Latin-American and Hispanic movies, with English subtitles, are screened. The club organizes a Fiesta de La Amistad on a weekend in the spring and a Christmas dinner in December. The club has also presented musical shows in the Clubhouse II auditorium as well. If interested, contact Maria Blanco, club president, at (301-847-9066) or Carlota "Loty" Goldenberg at (301-598-6869).

Interfaith Committee for the Homeless and Working Poor: The focus of this committee is to provide opportunities for Leisure World residents to work together to solve some of the problems experienced by homeless and working poor individuals and families in Montgomery County. This coalition is comprised of representatives from the Inter-Faith Chapel, Jewish Residents of Leisure World, Our Lady of Grace Catholic Church, the Unitarian Universalists of Leisure World and the community at-large. If you would like information about participation in ongoing projects of this committee, contact Gwen Raphael at (301-348-8814) or (graphael@verizon.net).

Knitting Corner: Join us the second and fourth Fridays of each month at The Inter-Faith Chapel from 10 a.m.-noon. Our next meeting is to be determined. Bring your knitting and enjoy the conversations. We have patterns and yarn for the Chapel's mission. Yarn donations gratefully accepted. Call Joan at (240-833-2724) if you have any questions.

The Lapidary Shop: Our well-equipped Lapidary Shop is available to all residents who join the Lapidary Club and take training on the use of the shop's equipment. Shop steward Mark Parker oversees training and is usually in the shop on Monday afternoons after 2 p.m. To arrange for training, contact Mark at (240-723-5860), or drop by the shop in Clubhouse II on a Monday afternoon to talk to Mark and see the shop. For those who have received training, the shop is available whenever the Clubhouse II E&R office is open. Get trained and make cabochons. Get involved and make friends.

LW LGBTQ Alliance: The group was formed to give members of the LGBTQ community a safe and inviting place to come and meet new friends and to get involved in social activities. Our meetings are the third Saturday of every month at noon in Clubhouse II, except in July and August. We welcome everyone; being gay is not a prerequisite. The LW LGBTQ Alliance strives to provide events and activities to develop strong relationships through education, interaction and fun within our group and with the entire Leisure World community. For additional information and events, email us at (lwlgbt@gmail.com). You can also follow us on Facebook at LW LGBT Alliance.

Model Railroad Club: If you have ever had an interest in model trains, the three layouts in the basement of Clubhouse II offer just about anything you could ask for. The largest layout, in HO, features scale miles of track, yards and industries, and supports the simulated operation of real railroads delivering passengers and goods from source to final destination. Visit Club members on Mondays and Wednesdays from 5:30-7 p.m. and Thursdays from 2-4 p.m. in the basement of Clubhouse II, or join members for the monthly business meeting on the second Thursday of the month at 4 p.m. in Clubhouse II. For more information, call Marilyn Chmielewski, president, at (301-438-3259).

Musical Jammers: We gather informally twice a month with other amateur musicians, singers and lovers of music to sing, play music and have fun – no dues, no meetings, no agendas, no committees. We meet on the second and fourth Mondays of every month at 10 a.m. in Clubhouse II. All instruments and voices are welcome. You bring it; we'll sing it. Questions? Call Richard Lederman at (301-598-1132).

Nextdoor.com: A friendly place online to share tips and meet neighbors. The Group already has a record of success helping to make Leisure World even better. Free. Please join the 1,200 plus members. Go to (www.nextdoor.com/join) and enter the code QHMXCF.

The Philadelphians: For further information about the Philadelphians and their events, contact Steve Kane at (301-598-2330) or (kanens@verizon.net).

The Pittsburghers: If you were born, raised or lived in Pittsburgh and/or the Greater Pittsburgh area, you are welcome to join this Group. For more information, call Tania Iwanowski at (301-598-2278) or email (Tania.Iwanowski@yahoo.com).

Quilting Group: Come and join this fun group as members work on individual projects. The Group now includes those interested in all needlework and knitting. Members meet the second and fourth Thursdays in the Clubhouse II multipurpose room at 9:30 a.m. If you have any questions, call Clydis Kellough at (301-642-2430). The next meeting is to be determined.

Stitchers Group: Needlepoint, cross-stitch and more. If you enjoy stitching or would like to learn, members meet every first and third Thursday from 10 a.m.-noon in the Clubhouse II multipurpose room. Come and share your finished work and enjoy stitching with others while members learn new skills together. Call Audrey at (301-598-4903).

► to page 34

Clubs, Groups & Organizations In Brief (cont.'d)

Short Story Group: The Group reads from a collection of short stories and discusses them together. When the COVID-19 pandemic has abated and meetings resume, the Group will read from "The Oxford Book of English Short Stories" edited by A. S. Byatt. A new schedule will be provided. The Short Story Group meets on the first and third Wednesdays of the month at 11 a.m. in Clubhouse I. For information about the group or ordering the next anthology, call Beth Leanza at (301-598-4569).

Stamp and Coin Club: Are you a philatelist or a numismatic? Join the Stamp and Coin Club. Members meet on the first Thursday of each month at 3 p.m. in Clubhouse I. They discuss their collections, including first day covers, day of issue programs, yearbooks, coins, medals and more. Stamps are shared for "show-and-tell," and members hold an auction of their stamps. A gift certificate is awarded as a door prize at each meeting. All residents and non-residents are welcome to attend. Annual dues are \$5. If interested, contact Rita Mastrorocco at (301-814-9196).

Town Meeting Organization: TMO is a movement of residents concerned about governance and management. The Group meets every month to organize, discuss and conduct resident town hall meetings. Topics such as the proposed administration building, community governance, management and its involvement in mutual elections, and funding a strategic plan will be addressed. TMO meets the third Friday

of each month at 2 p.m. in the Clubhouse I. All residents are invited to attend and become active in the movement. For information email (admin@townmeetingorganization.com) or visit (www.townmeetingorganization.com).

Wood Shop: The wood shop is located on the lower level of Clubhouse I; the entrance to the shop is off Gleneagles Drive. It is open Monday through Friday, 9 a.m.-3 p.m. and Saturday 9 a.m.-noon. An experienced monitor is on duty when the shop is open to assist members with their work and provide instructions in the use of shop equipment. Members are often willing to repair and refinish projects for Leisure World residents. For further information, call (301-598-1308). Note: The wood shop is closed until further notice.

Women in the Military: Are you a female who has served in the armed forces? Join members as they shine a light on the role that women play in serving our country. Members also strive to promote awareness of the Women's Memorial at Arlington National Cemetery. The Group meets every second Wednesday of the month at 10 a.m. in the Terrace Room. Call Barbara Long at (301-438-3427) for more information.

Women's Fun Bunch of Leisure World: The Women's Fun Bunch is for widows living in Leisure World. Members have a good time together and plan different social activities. For inquires, call Marlene at (301-438-7773).

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Leisure World Club Trips

The next deadline for trip submissions is **Monday, April 20**. The trips listed below are sponsored by Leisure World groups and organizations and not by Eyre Leisure World Travel. These trips are **open to all residents**, not only members of the specific club. For information, contact the person listed with each trip. (Do not contact the Eyre Leisure World Travel or E&R office.) Leisure World clubs and organizations that want to be included in this column must provide a submission to the News by 3 p.m. on the Monday deadline. Due to space limitations, the Leisure World News reserves the right to edit or delete submissions. Email your trip information to lwnews@lwmc.com.

Please Note: Member/Non-Member pricing is at the discretion of the individual clubs.

June

24

"Tina – The Tina Turner Musical" Lunt-Fontanne Theatre, NYC

Join the **Leisure World Association for African American Culture (LWAAAC)** for this riveting musical that follows Tina Turner from her humble beginnings to her transformation into the global queen of rock 'n' roll and an international musical and award-winning icon. The show is a raw and emotional journey performed by Adrienne Warren, who rocks the rafters as Turner.

The cost is \$230 per person and includes bus transportation, lunch at Negril Village Restaurant in Greenwich Village and admission to the show. The lunch menu includes soup or salad, jerk chicken, jerk salmon or vegetarian pasta, fruit punch, ginger beer, sorrel or soda.

The bus leaves at 7 a.m. from Clubhouse II and returns approximately 9:30 p.m.

To reserve seats, payment (checks only, payable to LWAAAC) must be paid by Wednesday, April 1. Include a telephone number and an email address with payment. At the time of payment, a form indicating your lunch preference must be completed.

For additional information, contact Juanita Sealy-Williams, program committee chairperson, at (301-822-4531).

June

26

"Anchors Aweigh" Severn River Cruise, MD

Rossmoor Women's Club (RWC) has planned a river cruise that RWC trips chairperson Carol Freibert describes as "a great opportunity for pure enjoyment."

The six-mile, 90-minute riverboat excursion offers scenic views, including sights of the Annapolis Harbor and the banks of the U.S. Naval Academy. The cost, \$90 per person, includes luxury motor coach transportation from Clubhouse II, cruise and a choice from four different boxed lunches.

The bus departs at 10:30 a.m. from Clubhouse II and returns at approximately 4 p.m. To make a reservation, call (301-598-1599) or (800-321-3973, ext. 4).

Attention, Travelers!

All Leisure World travelers please note that no group on travel can park more than 12 vehicles overnight/long-term in the Clubhouse II parking lot. Also, parking overnight/long-term is at the owner's own risk.

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SPORTS, GAMES & Scoreboards

■ Chess Club

No Fakes in Chess on Intellectual Property Day

by Bernie Ascher

The current coronavirus pandemic has stalled international travel. Governments have imposed travel restrictions to prevent the spread of the disease.

Consequently, international visitors may be unable to celebrate Intellectual Property Day (April 26) by attending the two museums devoted solely to counterfeit goods: one in Paris, France; the other in Bangkok, Thailand.

In Paris, Musée de la Contrefaçon, opened in 1972, features a six-room exhibit with more than 500 pieces of counterfeit merchandise, from luxury goods (handbags, cosmetics, watches, shoes) to electronic products (fakes alongside authentic originals). The museum adds new items constantly.

The museum is located in a building donated by Louis Vuitton to Union des Fabricants, the Union of Manufacturers (UNIFAB). Vuitton was president of the association. The building itself is a copy of a 17th century mansion once located in another section of Paris, but destroyed during a reconstruction period.

Several pharmaceutical companies created UNIFAB in 1872 to combat counterfeit products from Germany. Today, UNIFAB has 400 member companies and professional associations. UNIFAB drafted the Paris Convention of 1883, an early international attempt to assure that member countries can take legal action to prevent counterfeiting.

The museum in Bangkok, established in 1989, is located in the law offices of Tilleke & Gibbins, on the 26th floor with a beautiful panoramic view of the city. Admission is by appointment only.

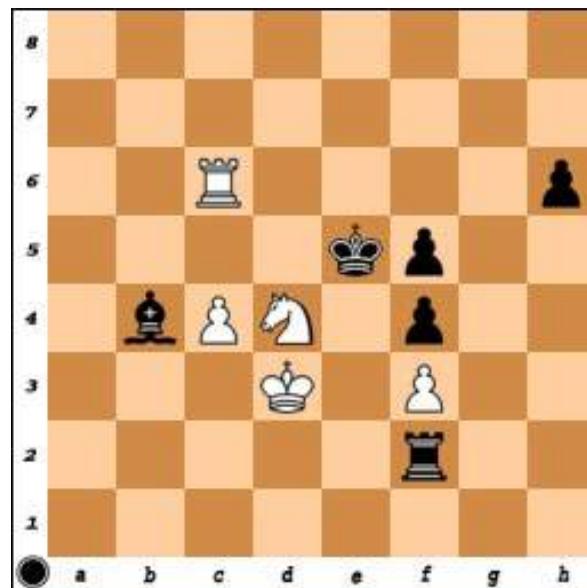
Showcases display products, such as sunglasses, t-shirts and even coffee, biscuits and washing powder, which were accumulated as part of actual law cases. The museum marks the goods with “F” or “G” to distinguish the fakes from the genuine.

An outgrowth of the Paris Convention of 1883, the World Intellectual Property Organization (WIPO) established World Intellectual Property Day in 2000 to raise awareness of the importance of patents, copyrights, trademarks and designs and the need to protect creators and innovators from theft of intellectual property. WIPO selected April 26 because it was on that day in 1970 that the WIPO Convention entered into force.

The 193-member-state organization administers 26 international treaties. Its 13-story headquarters building, described as “encased in sapphire-blue glass” on WIPO’s website, has become an architectural landmark in Geneva, Switzerland.

With a staff of more than 1,500 and biennial expenditures of more than 750 million Swiss francs, WIPO is now a specialized agency of the United Nations.

In the U.S., the relentless battle against imports of counterfeit goods is currently focusing on sales through online marketplaces, such as eBay,



Alibaba and Amazon. In a program announced in January, U.S. Customs and Border Protection intends to get e-commerce hubs to accept responsibility for preventing the sale of counterfeits.

The Washington Post recently reported that it found “knockoffs” advertised for sale on Amazon, including imitations of Hermès bracelets, Louis Vuitton handbags and Gucci belts. Last year, federal agencies intercepted nearly 28,000 shipments containing counterfeit goods, including vehicle air bags, pharmaceuticals and electronics.

Amazon claims it has more than 5,000 employees worldwide devoted to protecting consumers against fraud. It spent more than \$400 million in 2018 for that purpose. Amazon also is working with owners of intellectual property rights (brand-name companies) to help it identify and remove listings promoting counterfeit products.

Chess sets generally are inexpensive with standard sizes and shapes, especially those subject to tournament regulations. So, who would want to copy them? One famous British jeweled set, however, is valued at more than \$1 million.

In the diagram on this page, it is Black’s turn to move. What is Black’s best move? The solution follows this message that during the current health crisis, the Chess Club has canceled face-to-face games in Clubhouse II. Members are encouraged to play each other by phone or by computer.

SOLUTION: Black moves the Rook to d2. Checkmate!

So, do not wait for imports of counterfeit goods. Do not wait for Intellectual Property Day. Do not wait for a jeweled chess set. Play chess now! (Remotely, of course).

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■ Duplicate Bridge Club

Leisure World Duplicate Bridge Embodies Centuries of Tradition

by Marcia Fletcher

“It began with whist, a servants’ game that moved upstairs to entertain the aristocracy,” according to Alan and Dorothy Truscott in “The New York Times Bridge Book.”

Bridge is one of the most popular card games in the world and has been a staple of American entertainment for more than 200 years. Our modern pastime evolved from the earlier game of whist, which was popular in many parts of the world as early as the 17th century.

Whist began as a trick taking game, but there was no bidding to establish a trump suit; it was determined instead by the last card dealt. The winners were the pair that took the most tricks.

Over the years, the game gained popularity and began to adopt changes that looked more like modern bridge. The concept of an exposed dummy hand, for

example, emerged in the late 19th century. By 1904, the idea of auction bridge, in which payers bid to decide both the contract and declarer, had taken hold.

In these troubled times, it is reassuring to remember that good things can be born of quarantines. Most historians credit Harold Stirling Vanderbilt, a skillful and dedicated auction bridge player, with a set of refinements that gave us the game we enjoy today.

In October 1925, Vanderbilt was one of four bridge-playing Americans on a cruise from California through the Panama Canal. When the ship reached Balboa, a quarantine prevented them from going ashore.

New features of the game included different ideas for scoring and the concept of “vulnerability.” The quartet embraced the changes and applied them to a bridge marathon for two nights.

According to the Truscotts,

Vanderbilt had “developed a scoring table that was almost perfectly balanced. It was so good that only minor modifications have been made in the past 75 years.”

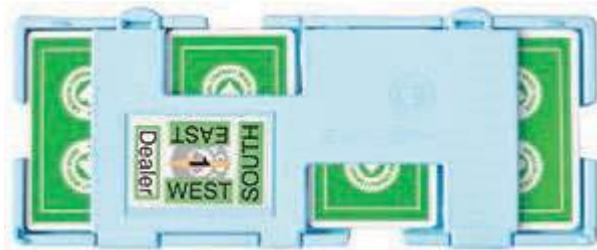
The Truscotts wrote their book at the beginning of this century, so Vanderbilt’s improvements have now stood the test of time for 95 years.

Vanderbilt’s innovations and subsequent distribution of his new scoring system fueled interest in auction bridge and led to the development of the duplicate game.

Bridge at Leisure World

Social bridge games are popular in Leisure World and are played in many settings throughout the community. In normal times, the Duplicate Bridge Club offers duplicate games on Tuesday and Friday nights at 7 p.m. in Clubhouse I.

The Club’s duplicate competition is more structured than social games and is sanctioned by The American Contract Bridge League (ACBL). These games, in Leisure World and elsewhere, include a certified



In duplicate bridge, the hands are pre-dealt or dealt once at the beginning of a game and placed individually in the slots of a cardholder, or board, such as the one shown here. Graphic courtesy of the American Contract Bridge League.

director who manages the game. ACBL members are rewarded with master points for good performances in sanctioned events.

In the duplicate game, scoring is different from the system used most often in social, or rubber bridge. The hands are pre-dealt and placed in boards that are passed from one table to the next after each round. One set of players (east/west) at each table rotates in the opposite direction, so that all partnerships play the same cards.

All residents are invited to join the Duplicate Bridge Club and are welcome to play at the regular weekly games when they resume after the current health crisis ends. For more information, contact Club president Aaron Navarro at (abn123@netzero.net).

■ Tuesday and Friday Duplicate Bridge

Compiled by Jerry Miller

Flight A includes all players.

March 10, 2020

North-South

Flight A

Wendy Morrison – Vern Skinner
Rosmarie Sutor – Shirley Light

East-West

Flight A

Nadyne Cheary – Saul Penn
Lorraine Sutor – Shirley Light

Regular duplicate games awarding masterpoints will resume Tuesday and Friday evenings at 7 p.m. in Clubhouse I when circumstances permit. Results and hand records will be available on (thecommongame.com). Residents who need a partner for either game should call Shirley Light at (301-598-6611) at least 24 hours in advance.

■ Thursday Afternoon Ladies Bridge

Compiled by JoAnn Gellman

March 12, 2020

1. Mary Lee Amato, 3,230
2. Elsie Bergamine, 3,050
3. Michele Frome, 2,960

■ Friday Bridge

Compiled by Shirley Rosenhaft

March 6, 2020

1. Janet Danziger, 2,820
2. Betty Hecht, 2,640
3. Belle Lieberman, 2,630
4. Mort Faber, 2,580



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Pickleball in the Time of COVID-19

by Dee Berkholtz

In what should have been a busy time for outdoor pickleball, all games have been put on hold as Marylanders comply with the governor's mandate to "stay home."

Pickleball players throughout the community gaze longingly at the empty courts as they walk or cycle

past them, getting the only exercise currently approved during these days of restricted socialization.

However, things are happening that should help the 2020 season get off to a strong start as soon as it is deemed safe enough to venture back out to the courts. The reconfiguration of the pickleball courts has begun and will result in a total of six pickleball courts, an increase of two courts.

When completed, the lower courts (closest to Leisure World Boulevard) will host four pickleball-only courts in addition to the two courts that are blended with the tennis court closest to Clubhouse II, which will continue to be shared with our tennis community.

A final push is underway to get all former members and interested residents registered for the Club's 2020 season. A directory of

Pickleball Club members will be made available to facilitate impromptu games and other social interactions, once residents are again able to socialize.

President Scott Keenum has kept communications going with Club members by sending out messages or links almost every week. One very interesting and informative link he sent was of a YouTube posting by Dr. H. Weiss, an epidemiologist and adjunct professor at the University of Wisconsin who also happens to be a pickleball enthusiast.

The 20-minute report, "Pickleball in the Time of COVID-19," addresses questions asked by many pickleball players such as:

- Can we play if we maintain six feet of distance between players?
- Can the virus really be transmitted via the ball?
- What safety precautions can we take so we can



Contractors prepare the courts for permanent pickleball nets. Photo by Arlene Kaiser

continue to play?

The link to the Weiss presentation can be found on the Club website's homepage at (www.LWPickleball.net).

For information about the Pickleball Club, visit the Club's website at (www.lwpickleball.net). Questions may be sent to the Club's officers via the "Contact" link on the website.

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Sports, Games & Scoreboards In Brief

Several sports and games have been canceled or postponed due to COVID-19 (coronavirus). To check on the status of a sport or game, watch channel 972 or contact the sport or game leader directly.

Bid Whist: Do you know what Sport the Kitty, Boston Time and Rise and Fly all mean? If you like to play Bid Whist, then meet us on Mondays at 6 p.m. in the Clubhouse II Multi-purpose Room. Questions: Call Jessie at (314-374-4501).

Bridge:

• **Tuesday and Friday Duplicate Bridge** games are at 7 p.m. in Clubhouse I. New players with partners are welcome. Hand records and results are available after the game on (thecommon-game.com). If in need of a partner, call Shirley Light at (301-598-6611) at least 24 hours before the game. Questions? Call Aaron Navarro at (301-598-3870). Note: games have been postponed until further notice.

• **The Wednesday Night Chicago Bridge Group** is looking for new members. The group meets every Wednesday in Clubhouse I. Play begins promptly at 6:45 p.m. Bring a partner and be ready for a few hours of friendly games. Questions? Call Doug at (301-448-8708). Note: games have been postponed until further notice.

• **Men's Bridge** seeks players. The group meets Mondays and Thursdays at 12:30 p.m. in Clubhouse II. No partner needed. Women welcome. Call Alan Levine at (301-288-7349).

• **Thursday Ladies Bridge** welcomes more card players. If interested, call JoAnn Gellman at (301-351-2391). Note: games have been postponed until further notice.

Chess: For free chess lessons for beginners or "rusty" players, call Bernie Ascher at (301-598-8577) to schedule an appointment. Regular chess games have been postponed until further notice.

Cribbage: Players meet for 150 minutes of competitive fellowship on Thursdays at 9:30 a.m. in Clubhouse II. There are cards and cribbage boards, and members would be pleased to teach you the game. It is a mixture of rummy and pinochle and is pure fun. (The group does not even keep score.) For more information, call George at (301-598-9747) or Bill at (301-598-7270).

Duckpin Bowling: Join the Duckpin Mixed Bowling League on Mondays at 12:30 p.m. at White Oak Bowling Lanes (11207 New Hampshire Ave., Silver Spring). The group needs bowlers of all skill levels and will welcome you into this enthusiastic group. Members carpool regularly, so non-drivers need not stay away. Call Lisa Zarou at (301-814-0029) or Flora Wolf at (301-598-5807) to join as a substitute or regular bowler.

Jigsaw Puzzle: There is a jigsaw puzzle table in the Clubhouse II lobby. Feel free to work on it at your leisure.

LW Golf Club: The golf course, lounge and pro shop are closed until further notice.

Mah-jongg: Learn how to play mah-jongg. Call (301-598-3438).

Mind-Body Exercise Club: Members meet every Thursday afternoon from 2-3 p.m. in the Clubhouse II Activities Room to study and practice mind-body exercises under a leader. Interested Leisure World residents can join the club by paying a \$5 per person initiation fee. If you have any questions, call Judy Menkes at (301-847-9643).

Ping-Pong Club: Get healthy exercise and camaraderie playing ping-pong. The club meets Mondays and Wednesdays from 3-5 p.m. and Fridays from 1-3 p.m., in the Clubhouse II Ping-Pong and Meeting Room. Drop in anytime during that period. Some experience preferred. Questions? Call Julie at (301-598-5424) or email her at (julie12401@netscape.net).

Pinochle Players: Experienced Pinochle players wanted. Members play Mondays beginning at 5 p.m. in Clubhouse II. If interested, call (301-401-3103) or (301-598-6740). If you are interested in learning, you are welcome to observe.

Poker:

• **Poker Game** openings are available at the Greens, Thursdays from 7-10 p.m. No prior experience necessary. If interested, call Marcel at (240-486-6205).

• **Men's Poker** is seeking new members. Play is daily, beginning around 9 a.m. in the Game Room in Clubhouse II.

• **Play Poker** Mondays and Thursdays from 1 p.m.-4:30 p.m. in the Clubhouse II Game Room. The group plays hi/low only (two winners). Call (301-598-4331) or (301-434-6823) or come observe.

Thursday Night Poker meets every Thursday from 6-9 p.m. in Clubhouse II. Members play hi/lo, with or without wild cards, dealer's choice. All are welcome. Leisure World residents preferred. Call Dave at (301-598-7064) for information or just come and join us.

Scrabble: Please join players at Clubhouse II on Tuesdays at 12:30 p.m. for a game of Scrabble. Boards are available. Call Arlyne at (301-438-7442) if you are interested in playing.

Indoor Pool Volleyball. If you are a LW resident who wants to enjoy the inviting warm water of the social pool, join your peers in social volleyball on Wednesdays, Fridays and Saturdays at 3 p.m. No skills needed, just come and have fun. Competitive volleyball games are played on Monday and Thursdays from 6-7:30 p.m. This game is for long-term, skilled players who want the intensity of competition and rarely miss the games. If you don't have a yearly indoor pool pass, a \$3 ticket good for one pool session may be purchased at the Clubhouse II E&R office. For more information, email Laurie Burdick at (lgburdick@aol.com). Note: The indoor pools in Clubhouse II are closed.

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CLASSES & Seminars

Sign-up will be taken for newly advertised classes beginning on the Tuesday after the date of the edition of Leisure World News in which it appears. All sign ups begin at 8:30 a.m. in either Clubhouse I or II as noted in the class description. Residents can register for themselves and two other residents. **Please bring your Leisure World ID.**

If required enrollment is not met five days prior to the start date, the class will be canceled.

*****Please note fees for non-residents: add \$10 for 1-6 session classes and \$20 for classes of 7 or more sessions.**

Payment can be made by check or credit card (MasterCard, VISA or Discover); no cash is accepted. Checks *must* be made payable to Leisure World of Maryland Corp. Please sign up in advance of the starting date of the class since instructors need to know how many will participate. **Note: Registration will not be accepted nor refunds issued after the completion of two sessions!**

Leisure World does not discriminate on the basis of race, color, national or ethnic origin in admission policies, education policies or programs.

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All upcoming classes and seminars have been canceled or postponed because of the COVID-19 pandemic. Check TV channel 972 for updates.

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First floor 2 BR, 2 FB condo w/a southern exposure. Glass enclosed patio w/ lovely view of green space & garden. Totally renovated spacious kitchen. All new vanities, corian courtertops & light fixtures. Large closets throughout. Neutral floors in main living space & carpeting in BRs. Separate full size washer/dryer. Convenient street level. Covered parking space w/extra storage.

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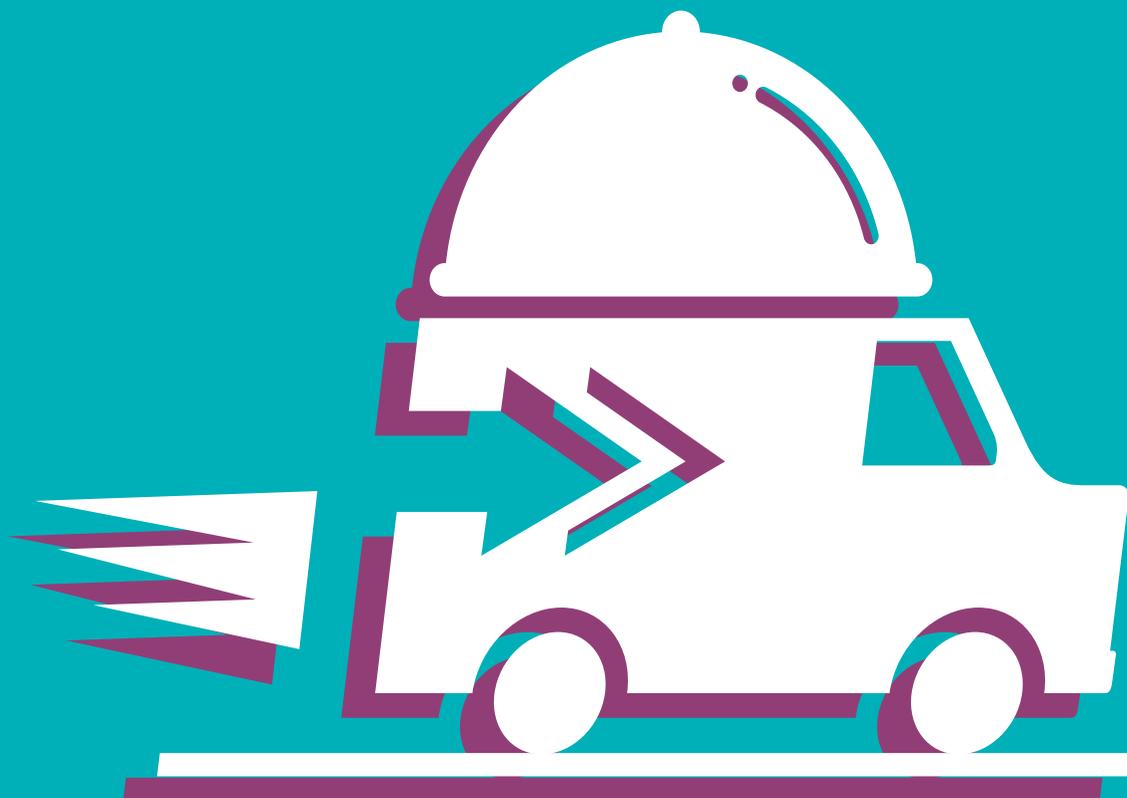


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Recent Solds "Around the World"!

Address	Subdivision	Type	Beds	Baths	Asked	Got	Subsidy
3310 N Leisure World Blvd #730	FAIRWAYS NORTH	Unit/Flat/Apartment	2	2	\$275,000	\$270,000	\$0
3310 N Leisure World Blvd #1003	FAIRWAYS NORTH	Unit/Flat/Apartment	1	1	\$129,990	\$130,000	\$0
3433 Leisure World Blvd S #1-D	MONTGOMERY MUTUAL COOP	Unit/Flat/Apartment	2	1.5	\$134,500	\$134,500	\$0
3600 Gleneagles Dr #7-1D	MONTGOMERY MUTUAL COOP	Unit/Flat/Apartment	1	1	\$65,000	\$65,000	\$0
3100 N Leisure World Blvd #703	OVERLOOK	Unit/Flat/Apartment	2	2	\$440,000	\$438,000	\$0
3166 Adderley Ct #241-E	ROSSMOOR MUTUAL #11	Row/Townhouse	2	2.5	\$192,500	\$192,000	\$0
15027 Westholm Ct #273-D	ROSSMOOR MUTUAL #12	Twin/Semi-Detached	3	2	\$260,000	\$275,000	\$0
15217 Tottenham Ter #27-B	ROSSMOOR MUTUAL #13	Twin/Semi-Detached	2	2	\$319,000	\$320,501	\$0
15400 Bassett Ln #46-2D	ROSSMOOR MUTUAL #15	Unit/Flat/Apartment	2	2	\$199,000	\$185,000	\$2,775
15553 Prince Frederick Way #113-A	ROSSMOOR MUTUAL #16	Detached	3	2	\$370,000	\$370,000	\$11,100
15115 Interlachen Dr #3-223	THE GREENS	Unit/Flat/Apartment	3	2.5	\$310,000	\$310,000	\$7,750
15100 Interlachen Dr #217	THE GREENS	Unit/Flat/Apartment	2	2	\$225,000	\$225,000	\$0
15101 Interlachen Dr #1-1009	THE GREENS	Unit/Flat/Apartment	2	2	\$198,943	\$198,943	\$2,489
15100 Interlachen Dr #309	THE GREENS	Unit/Flat/Apartment	3	2.5	\$275,000	\$273,000	\$0
3005 S Leisure World Blvd #623	TURNBERRY COURTS	Unit/Flat/Apartment	2	2	\$197,000	\$197,000	\$0
3200 N Leisure World Blvd #718	VANTAGE POINT EAST	Unit/Flat/Apartment	2	2	\$309,900	\$315,000	\$0



ACTIVE!!!

2904 N Leisure World Blvd, #302

2 Bedroom, 2 Bath condo with fresh paint and newer carpet! Golf course & tree top views!



ACTIVE!!!

3278 Gleneagles Drive, #63-2B

2 Bedroom, 1.5 bath condo on the Broadwalk!
1 assigned parking space!



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CALENDAR *of Events*

Leisure World Mutual Meetings

April 21 Mutual 14 Board 9:30 a.m., Sullivan Room	April 28 Mutual 21 Board 1:20 p.m., via teleconference
April 22 Montgomery Mutual Board 9:30 a.m., via teleconference	April 30 Mutual 6C Board 9:30 a.m., Community Room Mutual 26 Board 10:30 a.m., via teleconference Mutual 24 Board 1:30 p.m., Community Room
April 23 Mutual 10 Board 9:30 a.m., via teleconference Mutual 20A Board 9:30 a.m., Party Room 2	
April 27 Mutual 23 Board 10:00 a.m., via teleconference	

Several mutuals may choose to cancel these scheduled meetings or hold them via teleconference. Check TV channels 972 and 974 and (residents.lwmc.com) for updates or contact your mutual assistant or property manager.

Please keep in mind that many clubs, groups and organizations are taking precautions against COVID-19 (coronavirus) by canceling or postponing their upcoming meetings and programs, or are choosing to telemeet. For the latest updates, check TV channels 972 and 974.

Dial 301-598-1313
for recorded Daily Events

Meetings of the LWCC Board of Directors, Executive Committee and Advisory Committees

Energy April 21, 9:30 a.m., Clubhouse I	Restaurant April 20, 10:00 a.m., Clubhouse I
Golf and Greens May 1, 9:30 a.m., Clubhouse I	
LWCC Executive Committee April 17, 9:30 a.m., Sullivan Room (teleconference; closed to resident foot traffic)	
<p><i>Meeting times and locations subject to change.</i></p> <p>Several committees may choose to cancel these scheduled meetings or hold them via teleconference. Check TV channels 972 and 974 and (residents.lwmc.com) for updates.</p>	

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ACTIVE
Villa Cortese condo 1,633 sq.ft. 3 bedrooms, 2.5 baths, spacious living room, sep. dining room, table space kitchen, large sunroom, w/ garage space. List \$419,000



ACTIVE
Prince Frederick Way patio home 1,550 sq. ft. Barstow model 3 bedrooms, 2 baths. 2 car garage. Sunroom with lovely view of grass and trees. List \$393,000



CONTRACT
Vantage East 1,035 sf, 2 bedrooms, 2 baths. Updated kitchen with stainless appl. New paint and new plank flooring. Large sunroom with scenic views. List \$224,500



CONTRACT
Beaverbrook Ct. 1,043 sf. 2 bedrooms, 2 baths. All new paint & carpet. New stainless appliances, granite counters. Updated baths. Enclosed balcony. List \$170,000



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CLASSIFIEDS

THE LEISURE WORLD of Maryland NEWS reserves the right to reject or discontinue any advertisement believed inimical to the best interest of Leisure World. The News shall accept advertising on the same basis as other reputable publications: that is, it shall not knowingly permit a dishonest advertisement to appear in the Leisure World of Maryland News, but at the same time the News will not undertake to guarantee the reliability of its advertisers.

The News recommends that before a resident engage any service herein advertised, that the resident request and verify applicable credentials (i.e. bonded, licensed, insured) and references.

For information on placing advertisements in the Leisure World News, email (lwnewsads@lwmc.com) or call (301-598-1310).

HELP WANTED

401K PLAN AUDITORS: Great opportunity for retiree looking to keep skills sharp. We need experienced auditors for the upcoming season. At least 3 years' experience with 401k plan audits or similar audits is desired. Seasonal work, April through October, full- or part-time. Pay \$35 to \$50 per hour. Contact Bernard Bethke at (bbethke@bethkeepa.com) if you are interested and qualified.

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FAST CASH FOR USED CARS — Big dollars paid for your used car! Over 43 years' experience serving Leisure World. Please call; available 24 hours. I will come to you. Cash or cashiers' check at your request. I can also help with your new car purchase, any make or model! MD Dealer #U2927. Call Marty Salins (301-325-1973).

WILL BUY MILITARY, WWII, WWI, Civil War memorabilia items. Uniforms, weapons, helmets, photos, medals or any

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CASH FOR JEWELRY: gold, silver, costume, diamonds, coins (including foreign), watches, stamp collections. (theatticllc.com) Gary Roman (301-520-0755).

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WANTED! DIABETIC TEST STRIPS. Top dollar paid! Cash on the spot! We need OneTouch, FreeStyle Lite and Accu-Chek, unopened and unexpired. Can pick up. Please call Debbie at (301-598-4862) or (410-279-3342).

Paying cash for **MERCHANDISE PRE-1980s.** Old toys, record albums, silver and coins, Zippo lighters, pocketknives, first-edition books, smoking pipes, advertising items, mid-century furniture, lamps and clocks, Florsheim shoes. If you have old stuff to sell call or text pictures to Carl. (312-316-7553). Located in Silver Spring.

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CASH FOR ESTATES. I buy a wide range of items: jewelry, art, rugs, etc. Buy out/clean up. (theatticllc.com) Gary Roman — (301-520-0755).

ATTIC TO BASEMENT ESTATE Cleanouts LLC — I provide honest and confidential estate cleanouts with reasonable rates. I assist executors, family members and guardians with a personal touch. I will save you time and money providing fast, efficient service. I work with local auction and hauling companies. Please call or email me to set up an appointment. Janet Ray (301-384-3198), (wshalot10@aol.com).

LOOKING TO DOWNSIZE, move or sell all household items or just a few? What about that storage unit? Call Estate Sales by Cheryl, LLC! Let's get started making you a profit! (301-437-2705)

REAL ESTATE FOR RENT

APARTMENT FOR RENT. 3501 Forest Edge Dr., #3F, in Leisure World. 1 bedroom, 1 full bath and a half, patio. Looks out to the woods. \$1,600 negotiable. Contact Samuel or Bernadette at (301-622-4925).

1 BEDROOM with den, one full and one half bath. ADA walk-in shower. Hardwood floors, fresh paint. \$1,450 per month ***2 bedroom and 2 full bath G Model with garage in Fairways North. Hardwood floors, updated kitchen and baths! \$1,925 per month. Douglas Realty (866-987-9397) Call Eve Rados Marinik, (301-221-8867), (evemhomes@gmail.com).

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1995 BUICK RIVIERA — 87,158 miles. White with burgundy interior. A top-of-the-line model in 1995, it runs well. It needs some repair work on the radio,

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AVAILABLE RENTALS

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DARTMOUTH -- Townhouse in Mutual 11, 2 bedrooms, 2 full and 1 half bath, spacious rooms offer both front patio and rear balcony, all new stainless steel kitchen appliances, newer cabinets & counters, includes basic cable, internet/wifi, and utilities (except phone), MOVE IN READY. \$2,130/month.

CABOT -- 3 BR, 2 BA ranch house with attached 2-car garage. Delightful location on Lindsey Lane in Mutual 10, includes basic cable, internet/wifi, and utilities (except phone). MOVE IN READY. \$2,400/month.

Please contact Eileen Kane, 240-460-8647 for more info.

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Healthcare professionals must provide current proof of certification or license from the Maryland Board of Nursing to include "certified" or "licensed" in their advertisement. Examples of positions requiring such proof include, but are not limited to, registered nurse, licensed practical nurse, certified nursing assistant, geriatric nursing assistant and medication technician.

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OVERNIGHT CAREGIVER with more than 14 years' experience with seniors and people with special needs. I provide safe, respectful, loving, skilled care towards every one of my patients. I will deliver peace of mind to

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Augusta Obimpeh is my name. Am a CNA/GNA/MED TECH. I have 16 years' experience caring for elderly. I provide long- and short-term care – very affordable companion care, nursing care, housekeeping, etc. Contact me on (240-883-8126), (240-252-0439) or (301-793-3989). (sweetieamae@yahoo.com)

EXCELLENT CAREGIVER AVAILABLE: Highly competent, trustworthy, flexible, and caring – cared for my parents for over five years. Leisure World resident. Highly recommended. (301-509-7234).

HIGHLY-DEPENDABLE and extremely compassionate caregiver with 11+ years' extensive experience in providing timely and friendly care to elderly and disabled clients. A warm-hearted individual who performs personal care activities in a manner that maximizes clients' independence and dignity in a safe environment. My core competencies include: • companionship • meal preparation • light housekeeping • bath assistance • general assistance • appointment management • errand-running • personal care • excellent communication skills (bilingual English/Spanish). (301-646-2132), (monicamanzano585@yahoo.com).

WARM ANGELS ELDER CARE (warmangelseldercare.com) – Reana Robinson, independent certified nursing assistant. A minimum of 2 hours. For information please call (240-360-7783) or email (reanar1@yahoo.com).

CNA/GNA/MED TECH with CPR and first aid license. Experience working with elderly. Have worked with agencies, nursing homes and also private duty. Am available full-time or part-time. Please call (240-252-0439), (240-713-1654), or email (sapomadezeus@yahoo.com).

RELIABLE AND CARING nursing assistant with good reference available for work and can drive. Please call Rebecca at (240-701-8169).

RELIABLE, PROFESSIONAL and **COMPETENT** trained caregiver

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(GNA) and medicine aide (CMA) seeking employment opportunity to provide excellent assistance and care for resident. I am a safe driver and will take you out and work any hours you want, morning, evening and night. (240-755-1516).

ELDERLY CARE: CNA/CMT/nursing student. 11-12 years' experience in elderly care. Hospital, nursing homes and home care. Duties: ADLs, driving to doctors' appointments, housekeeping, meal preparation and safety precautions. Great references. Monday-Sunday, 24 hours availability. (301-820-2631), (301-978-6518).

PRIVATE HOME CAREGIVER (starting at \$20/hour). Marie Thorogood, CNA. • Hygiene, cleaning and dressing • Client's laundry • Daily physical activities • Maintain client's medical history logs • Meal prep • First Aid/CPR. (301-537-7958), (angietgood42@gmail.com).

CNA/CMT – over 16 years of experience. Very dependable. Excellent references in LW. Have car. Light cooking, doctor's appts., escort service, errands. Bonded, insured. Call Ana (240-491-8978), (240-277-7403).

CNA. Worked with seniors more than 19 years. Experienced in assisted living, hospital and nursing home. I'm looking for a gentle senior woman or man to take care of or provide company. Please contact me at (240-918-4098). Thank you, Maria Simões.

CNA, GNA, MEDICINE AIDE, elderly care. Over 10 years' experience. Certified CPR, first aid. Reliable, responsible, loving and caring, respectful. Great references. Good driving record. Available any time. Call (301-275-8713).

ASSISTED LIVING

JOINED HANDS ASSISTED LIVING, a gorgeous senior living place in Gaithersburg, MD. We chose the art of caring and we do it with passion! Call to schedule a tour: (240-550-5861). Visit us at (www.joinedhand.com).

ASSISTED LIVING: a professional, dependable and affordable care community on nearby Bel Pre Rd. We provide 24-hour, 365-day service, such as homemade meals, laundry, bathing, toileting, medication administration and recreational activities. We also provide skilled nursing care, such as complicated diabetes care, peg tube feeding and wound care. Resident-centered care is a reality in our loving community. Contact Ms. Cai at (301-801-6510) for more information.

HOME SERVICES

STAIR LIFTS: Never walk up steps again! Buy new or certified pre-owned stair lifts at reduced prices.

Installation, lifetime warranty and free service contract included. Call (301-448-5254).

CONTINENTAL MOVERS. Local moving services. Free boxes. Local – long distance – hauling – pick-ups and deliveries. \$80 x two men, one hour driving time. (202-438-1489) (301-340-0602) (Cmora53607@msn.com) (www.continentalmovers.net).

SMALL MOVES and TRASH-OUTS. Leisure World experienced. Can take items to donation center. Reasonable and insured. Patrick (301-332-4872).

COOPER REFUSE–JUNK REMOVAL. Prices starting as low as \$65. Lifting and loading from wherever the item is located. Donation or recycling of all qualified items. Call today and save (301-996-7704)

LANDSCAPING SERVICES: Beautifying LW, one property at a time! Affordable, reliable and experienced! Services include power washing, spring cleanup, mulching, landscaping design, weed removal and planting. Call Greg at (240-994-5258), (gmarinik@gmail.com). References provided.

GUARDIAN ANGEL LAWN SERVICE. Experienced in flowerbeds, mulching, edging, weeding, plowing gardens and repairs. For all your gardening and household needs, please call Robert at (240-477-2158), (301-987-1277).

CABINET FACE LIFT: Tired of your old kitchen and bath cabinets? Need to wow your kitchen for yourself or for resale? We can make them beautiful again for a small fraction of new cabinets! We can change the color just like that, or just freshen them up, saving you thousands of dollars! Give Eve a call for a free estimate and samples. (301-221-8867).

KITCHEN and BATHROOM REMODELING – Cabinet and countertop replacement, and bathtub to accessible shower conversions. Please call Joe at JML Remodeling. (301-598-8400). Serving Leisure World since 1988. MHIC# 36674. Thank you.

CLEANING SERVICES

R&G CLEANING SERVICES – Small, family-owned business catering to you and your household needs. Friendly, reliable and trustworthy with many years of experience. Reasonable rates and flexible hours. Licensed and insured. Help with household organization. Free estimate with appointment. Call (301-442-5032).

ALICIA'S CLEANING SERVICES – Good references. Good rate. Once

a week or every two weeks. (240-286-3807).

UNITED CLEANING GROUP has been a trusty cleaning company used by several Leisure World members over the past 3 years. Call us for your free estimate today! We offer both apartment and home cleanings, garden work and power-washing services. We are extremely flexible: 7 days a week to accommodate your schedule. Give us a call at (240-498-2748) and/or (301-881-0695). We hope to hear from you soon!

CARE DRY CARPET CLEANING. Experience the difference. Host dry extraction system. Green, clean and dry in 30 minutes. Water damages wood flooring under your carpet. Choose dry cleaning. Call Mike Gonsalves, owner/operator (301-309-9398).

MAEXYS CLEANING SERVICE. We have experience in house cleaning, carpet and window cleaning. Good recommendations. We have worked with customers in LW for many years. Free estimates. You can call or txt at (301-742-3130).

HOUSECLEANING. Available Tuesday, Wednesday and Thursday. Very honest. References. Good price. Free estimates. Maria Elena. Call (301-768-7184).

ELECTRONICS HELP

COMPUTER SERVICES – Problems with your PC or Network? Computer Systems Engineer will come to you with help. Home, Business. Call David G. (301-642-4526).

COMPUTER LESSONS / SERVICES – Need help with your computer or other digital devices in your home? Tablets, smartphones, smart TVs and more. Computer training, new computer setup, troubleshooting. Lessons at your residence at your convenience. Learn basic computer, email, surfing the web, digital photos. Patient trainer will sit by your side and teach you in plain English – no technical talk! Shopping assistance for electronics and computers. Senior specialist since 1996. Call David at (301-980-5840). **COMPUTERTUTOR**

A+ COMPUTER SERVICES. Free in-house diagnostic of your computer, printer, or basic set-ups. A+ certified, virus removal, back-up, and retrieve important data, photos, and music. Have served over 700 clients in Leisure World. Also will teach lessons on Microsoft Office and basic computer skills at your home. Alex Nowrouzi, (301-312-2277). I reside in Leisure World.

AZ Fix – WE FIX AND RECYCLE all brand consumer electronics. Cell phones, cameras,

computers, tablets and TVs. Free diagnosis. In-home services, home pick-up for repair and recycling. Call: (240-560-6779) | Website: (Azfixmd.com) | Address: 2233 Bel Pre Rd.

Need **COMPUTER, PHONE OR TABLET** help? Call Easy Elder Tech at (301-802-6633). Cost is \$50 (\$100 non-Leisure World residents) or free if we don't fix the problem!

PERSONAL SERVICES

PRESERVE YOUR FAMILY MEMORIES! Don't let your precious photos be forgotten or fade over time. I'll digitize your photos, slides, and mementos so they can be easily shared with friends and family. Once they're scanned, I can label the photos to identify the people in them, or bring your photos to life in a memorable DVD slideshow. Call Kim at Virtual Computer Services, (301-438-3140).

TIRED OF POLISHING your silver? Turn it into cash, which does not tarnish. I will come to your home and give you a free evaluation of what I can pay. I buy all gold and silver jewelry, including broken pieces, all sterling silver, gold and silver coins, gold watches, etc. I am licensed with both Maryland and Montgomery County (lic. #2327). Gold 4 Good pays an additional five percent to all sellers who are veterans of the U.S. Army, Air Force, Navy or Marine Corps. And we extend the same courtesy to their spouses. We honor our servicemen (and their spouses). Gold 4 Good is a Maryland licensed precious metals dealership, not a pawnshop or private home-based business. If you decide to sell, I can buy your items at that time, but there is no obligation. Call Bob, Gold 4 Good, 8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910 (240-938-9694).

DAHLSTROM SENIOR SUPPORT SERVICES. Assistance with senior care and the care of seniors' pets. Safe/reliable door-to-door transportation as needed. Assistance with pet care. Dog walking and pet sitting as needed. Transportation for grooming/vet appointments. I'm a 58-year-old semi-retired doctor, Leisure World resident. Bonded, insured, outstanding Leisure World references. Call Carl (410-499-9362).

AZI – MASTER HAIR STYLIST. Avalon Salon in Leisure World Plaza. All services – cut and style, color, highlights, perms, face waxing. Monday, Wednesday, Thursday, Friday, Saturday. Call for appointment (301-598-2000).

NEED SENIOR CARE? LW resident with 14 years of LW

experience, plus years of working in health-related fields, has immediate openings. CPR and AED trained, Stephanie enjoys helping seniors with entertaining companionship, light housework, exercising, cooking, driving, etc. (Experienced medical transcriptionist can take accurate notes during doctor appointments, if needed.) Call Stephanie Sidella at (301-922-5080) or (ssidella@verizon.net).

PHOTO RESTORATION. We restore any black-and-white or color photos that are scratched, damaged or discolored. You will love the final fresh-restored printed pictures. Special discount for repeat Leisure World clients. Call Laura or Ionel at (301-598 2536) for a free estimate.

NOTARIES

NOTARY, residing in Leisure World. I offer my service free of charge to Leisure World residents. Can come to your home if needed. (301-379-9694).

PET CARE

DOG WALKING SERVICES — Responsible and dependable Leisure World resident who is available to walk your dog. Also, other pet services available. Affordable rates. Please call (301-598-3454) for more information.

DONATIONS WANTED

HOUSING UNLIMITED, INC is a non-profit organization that provides housing for people in mental health recovery. We accept furniture and housewares that are in good condition to furnish our homes. We do pick up. The Housing Unlimited office is (301-592-9314). Thank you.

WANTED: CAR DONATIONS. Support MCPS students by donating your car. Write off up to fair market value! (www.Cars2donate.org) or (240-740-2050).

BOOK DONATIONS WANTED for the American Association of University Women (AAUW) book sale in Gaithersburg, postponed until fall. To support local scholarships for women and mentoring program for girls and women. Fiction and non-fiction, hardback and paperback, audio books, DVDs. Art, kids', cooking, foreign languages, gardening, history, mystery, sci-fi, science, women's studies, African-American and Jewish interests, etc. Pickups can be arranged in and near Leisure World. For more information call Liz at (301-840-1258).

NO LONGER USING YOUR CAR? Residents with an unused or unwanted vehicle can donate it to Vehicles for Change. They'll

pick it up for free and you earn a tax deduction for the fair market value. Why VFC? As a nonprofit, they match each donated car with low-income families in need of transportation. Your car could be a family's ride out of poverty. Donate today at (www.vehiclesforchange.org) or call (855-820-7990).

ACTIVITY OPPORTUNITIES

THE KNIGHTS CORNER. The Knights of Columbus is a fraternal Order of Catholic men who are called to lead with faith, protect our families, serve others and defend values in a busy changing world. In Father Peter Paul Maher Council #6793, you will find that Knights of Columbus membership brings Catholic men together in a powerful way to serve our Church and our Community. If you would like to join today simply go to (KofC.org/joinus) and enter our Council #6793. For local information, please contact Fred Taylor at (301-871-8928) or (taylorwf8@verizon.net).

HELLO! I love classical music! If you share this pastime, please call Louise at (301-598-0987).

"INTRODUCTION TO BUDDHISM" — I am a Leisure World resident and practicing Buddhist for 30 plus years. Would you like to learn more about this ancient religion and visit a local temple for lectures? Please leave a message with your number at (240-605-1512). Also you can visit the website at (nstmtyosenji.org).

SINGERS WANTED for Alzheimer's choir — Interested in supporting persons with Alzheimer's and dementia by singing with them? Know someone with Alzheimer's or dementia who could benefit from group singing? Enjoy uplifting pop, jazz and Broadway music? Then the All Primetimers Choir is for you! Research shows music enables sufferers to reconnect, regain social skills and live more fully. We are a community choir that welcomes caregivers and friends as well. Rehearsals at 2 p.m. on Thursdays at the Inter-Faith Chapel in Leisure World. All welcome. No audition required. Register: (primechoir@gmail.com) or Bill Pailen (301-606-8273).

VOLUNTEER OPPORTUNITIES

MAKE A DIFFERENCE in a family's life. Habitat for Humanity ReStore needs volunteers to work in its ReStore (Rockville or Silver Spring), especially daytime volunteers who can take a regular shift of three to four hours. Shifts typically are 9 a.m.-1 p.m., 1-5 p.m., or 3-6 p.m. Email (alena.biagas@habitatmm.org) or call (301-990-0014 x 16) if you are interested in volunteering.

VOLUNTEER WITH REPRESENTATIVE PAYEE! Representative Payee helps low-

income persons with disabilities manage their finances. Each volunteer is matched with a client who needs help with budgeting, paying routine bills and keeping track of financial matters. If interested in volunteering, contact the Volunteer Coordinator (301-424-0656, ext. 541) or (volunteer@mhamc.org).

VOLUNTEER AS A HOTLINE CALL COUNSELOR with the Montgomery County Hotline! The Montgomery County Hotline is a 24-hour, seven day a week confidential service. Counselors provide supportive and confidential listening; crisis prevention and intervention; and give information, referrals and resources. Contact (volunteer@mhamc.org) or (301-424-0656, ext. 541) if interested.

MEALS ON WHEELS is looking for caring and dedicated volunteers to deliver meals to homebound and disabled individuals in the Leisure World area. Service area includes: Leisure World, Olney, Wheaton, Sandy Spring. Please contact Emily Trotter at (443-573-0925) or email (trotter@mowcm.org).

MEALS ON WHEELS (MOW), which runs out of the Inter-Faith Chapel site, needs more volunteers to deliver meals. If you have or know someone who has one and a half to two hours every other week or one time a month and might be interested in serving in this capacity, please contact (410-730-9476).

KOSHER MEALS ON WHEELS, sponsored by JSSA, needs volunteers to deliver nutritious meals to homebound seniors. Volunteers will pick meals up at the Hebrew Home in Rockville and deliver them to seniors in Montgomery County. Schedule is flexible. Call Diane Hays-Earp at JSSA, (301-816-2639).

THE SENIOR CONNECTION needs volunteers who live in the 20906 zip code area to drive seniors to medical appointments and help with grocery shopping. Schedules are flexible and just two to three hours a month can make a difference! Training and liability coverage are provided. Call (301-942-1049) or contact (volunteer@seniorconnectionmc.org) to learn more.

HELP A CHILD! In just one-two hours a week you can make a difference in a child's life. Volunteers provide friendship and encouragement, help with reading, offer homework assistance, and engage in crafts and cultural activities at schools near Leisure World. For more information, contact Interages at (301-949-3551) or (interages@AccessJCA.org).

BLANKETEERS — Love to knit, crochet or quilt? Project Linus donates handmade blankets to Montgomery County children needing comfort. Contact (projectlinus.mc@gmail.com) for

more info, free yarn and fabric, and blanket requirements.

VOLUNTEER TUTORS and FACILITATORS needed! The Literacy Council of Montgomery County offers one-on-one and small group tutoring, conversational English classes, and a new GED Program. No experience necessary. We provide materials, training and ongoing support. Sign up for an information session online at (www.lcmcmd.org) or call Raul Marin at (301-610-0030, ext. 211), or email (Raul@lcmcmd.org).

PET FOSTERS. Seniors needed by AARF (Animal Allies Rescue Foundation) for new program in Montgomery County. Temporarily care for a dog or cat until a permanent home can be found. For more information contact Wanda Mayhew, (301-275-0585) or (www.animalalliesrescue.org). Follow on Facebook. AARF is 501(c)(3) all-volunteer non-profit.

MONTGOMERY HISTORY, a local nonprofit located in downtown Rockville dedicated to collecting, preserving, interpreting and sharing the histories of Montgomery County's residents, is seeking volunteers in the following areas: museum docents (weekends and holidays); library assistants (weekdays); special events volunteers (weekdays and weekends); and communications and outreach assistants (weekdays only). For a list of volunteer opportunities please visit: (https://montgomeryhistory.org/intern-volunteer-opportunities). Contact Matthew Gagle, outreach and volunteer coordinator, at (mgagle@montgomeryhistory.org) or (301-340-2825).

INTERESTED IN HELPING KIDS learn about giving and service? The Giving Square is a local non-profit which recognizes the power of children to be contributors to their community. Through our work, kids become more empathetic, altruistic and committed to addressing local needs. This is a school-based program which works across 20 schools and organizations, mostly in Montgomery County. We are looking for advisors, classroom volunteers, and sewing support! For more information, please contact Amy at (amy@thegivingsquare.org) or (202-487-3103).

NOTICES

KEEPING SENIORS SAFE — KSS. Morton A. Davis, coordinator and resident of Leisure World is available to discuss theft prevention, driving and shopping habits, frauds, home safety inspection and property crimes to any organization. The program is part of the Montgomery County Police Department Volunteer Resource Section. Morton can be reached at (240-706-1850) or (mortonadavis@comcast.net).

WE ARE HERE TO HELP

For many, this time of change and uncertainty adds a new wrinkle to existing challenges—from regaining strength and function after hospitalization to caring at home for a loved one with Alzheimer's.

For 70 years, Brooke Grove Retirement Village has been providing excellent care in Montgomery County. Our innovative approaches, LIFE enrichment programming and beautiful 220-acre campus continue to enhance the health and well-being of all in our care.

CALL TODAY TO LET US KNOW HOW WE CAN HELP.
301-260-2320



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