

Leisure World News

OF MARYLAND

May 15, 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.

Golf Course Reopens

Golfers Resume Play; Hours Adjusted for Walking on Cart Paths



Leisure World's golf pro, Richard Rosenthal, stands at the Pro Shop counter behind a plexiglass barrier newly installed to protect both golfers and himself from possible exposure to COVID-19. The golf course and driving range were reopened for play on May 8. Photo by Leisure World News

by Stacy Smith, Leisure World News

Leisure World reopened its golf course and driving range for play on May 8, marking the first day golfers were allowed to use the course since state-mandated restrictions on non-essential businesses were put in place nearly two months ago.

The eased restrictions coincide with Gov. Larry Hogan's recent decision to reopen golf courses and some other outdoor recreational activities in the state.

"I know how anxious people are to get outside, both for their physical and their mental well-being," Hogan said at a May 6 press conference, adding that "all of our doctors and scientists are now in agreement that we are able to move forward with resuming some additional lower-

risk outdoor activities." Leisure World golfers are asked to adhere to new guidelines for using the course, pro shop, lounge and driving range, and to continue social distancing and taking other precautions advised by public health officials. The new guidelines are posted in these areas.

New Walk Hours

Effective Friday, May 15, new hours are in place for residents who wish to walk on the golf cart paths when golfers are not playing.

Walking times have been increased without adversely affecting golfers' use of the course or required daily maintenance.

For more information on new guidelines for golfing and walking, see pages 4-5.

Board to Consider Draft Amendment

by Leisure World News

The Leisure World Community Corporation (LWCC) board of directors is expected to hold a virtual or regular meeting (depending on public health restrictions) at the end of June to finalize a draft of a proposed amendment to the Trust Agreements.

The proposed amendment as written would increase the resales fee from two to three percent (or \$2,000, whichever is greater) of a home's selling price. The resales fee is paid by

a purchaser of a Leisure World home and deposited into the Trust's Resales Improvement Fund, which is used to expand or renovate existing Trust facilities and to fund reserves.

If adopted by the LWCC board, the final draft amendment would then be released to all mutual boards for their consideration. In addition, management would work with mutual boards to assist with dissemination of information to residents.

► to page 6

House Fire Under Investigation

by Leisure World News

Arson investigators are looking for more information after a fire broke out in a one-story duplex in Mutual 9 during the early morning of May 13.

One person was exposed to smoke and taken to the hospital for injuries that Montgomery County Fire & Rescue Service spokesperson Pete Piringer said were not life-threatening.

The unit in which the fire originated in a bedroom and spread to the attic was destroyed; the duplex's adjoining unit is expected to be habitable, according to the restoration company that surveyed the damage.

Anyone with more information is asked to call the fire department's arson tip line at (240-777-2263).



The fire-damaged contents of a Mutual 9 home lay outside the unit where the fire occurred on May 13. Photo by Leisure World News

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The Health Advisory Committee weighs in on the COVID-19 pandemic. To learn more, turn to **page 14.**

COVID-19 and Leisure World

More Frequently Asked Questions

by Leisure World News

Leisure World management often receives questions regarding COVID-19 and Leisure World's response to it; here are answers to some of the most frequently asked.

Q: How many cases of COVID-19 are in Leisure World?

A: Many residents have contacted management demanding information that simply is not available about residents who may have been infected with COVID-19.

Confirmed cases that management has been made aware of, and which can be shared because either the diagnosed individual or a family member has approved the release of the information, are:

- The Greens I – a resident's family member informed the mutual's president
- Turnberry Courts – a resident's family member informed the property management office, who contacted management
- Mutual 19-B – a resident self-reported to the 19-B board president
- Mutual 14 - a resident self-reported to the mutual board president

Keep in mind that these are just known cases. It's likely that other cases are in the community, so continue to use caution if leaving your home for essentials. Wear a mask, wash your hands frequently and keep six feet of distance between yourself and others.

Q: Can management ask or find out if a resident has COVID-19?

A: A resident is not required by law to notify management if he or she has contracted COVID-19. And because of privacy laws, management cannot ask if a resident has been tested or diagnosed.

Q: Is Leisure World notified if a resident tests positive for COVID-19?

A: Montgomery County Department of Health and Human Services (DHHS) has not contacted management to bring any special cases to its attention. Management will continue to monitor events in the community, working within guidelines promulgated by the Centers for Disease Control and Prevention and the County DHHS.

Q: Will Leisure World residents receive testing for COVID-19?

A: Management is monitoring the potential availability of COVID-19 testing in Montgomery County and have requested to the DHHS and the Maryland Department of Health that testing be provided to Leisure World residents if or when it becomes available.

Q: How is Leisure World protecting residents from employees who may have COVID-19?

A: As an employer, Leisure World of Maryland Corporation (LWMC) follows federal, state and county laws and the guidelines promulgated by public health officials. If an employee reports to a supervisor:

- being well but worried about potential exposure to COVID-19 or choosing to

self-quarantine without a medical directive, LWMC allows him or her to stay home

- having symptoms of COVID-19, LWMC requires them to report their symptoms to their healthcare provider to be screened, and to follow their prescribed health care procedures
- having tested positive for the coronavirus, we advise them not to report to work and to follow instructions given by their healthcare provider
- upon return to work after an illness, the employee must attest that he or she has been fever-free for 72 hours without use of a fever-reducing drug and 10 days have passed since symptoms first appeared

Q: The Leisure World golf course has reopened. When will other facilities and amenities reopen?

A: The Leisure World golf course reopened after Gov. Hogan reopened golf courses statewide. Leisure World will continue to follow the lead of public health and state officials regarding reopenings and COVID-19. Residents can check TV channels 972 and 974 or (residents.lwmc.com) for updates to closings, cancellations or modified hours of operation.

Leisure World News went to press just before Gov. Hogan's May 13 press conference.

To receive emails from management about COVID-19 and other topics, sign up as a user on (residents.lwmc.com).

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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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Basket of Thanks

by Stacy Smith, Leisure World News

Resident Carol Bales has found her own way to show appreciation to the delivery workers who regularly frequent her doorstep during the pandemic.

A basket outside her Montgomery Mutual home offers up an enticing medley of fruits, snacks and beverages that are free for the taking. A mask maker who frequently uses online delivery companies such as Amazon to deliver sewing notions to her door, Bales says the basket of goodies is her way of showing gratitude to these workers.

Postal workers especially “get exposed to so much,” Bales says. “I just think we need to honor them.”

Bales even leaves out sanitizing wipes so that the delivery workers can wipe down the snacks before digging in. But she was surprised and touched one day to find her FedEx deliverer using them to wipe down her own package instead.

She says she hopes her basket idea will inspire other residents to follow suit.



A basket of goodies sits outside a Montgomery Mutual home. The home’s owner leaves these snacks and beverages out for delivery workers who stop by her door. Photo courtesy Carol Bales

Outdoor Pool Remains Closed for Now

Leisure World’s management and pool contractor are following regular annual procedures for readying the Clubhouse I outdoor pool for the summer season, but whether or when the pool may open cannot yet be determined due to the coronavirus pandemic. Both are monitoring state and county public health agencies’ guidance on the matter.

In past years, the outdoor pool season kicked off on Memorial Day weekend.

The indoor pools in Clubhouse II also remain closed in response to the pandemic.



Photo by Leisure World News

– Leisure World News

Words That Uplift During the Down Times

by Leisure World News

What words are inspiring you these days? As we hunker down at home, or don masks when we do venture out, or wistfully recall crowded parties, or just seek sources of strength during strange and challenging times, what provides that strength to you?

In these trying times, are there any words – whether famous quotations, song lyrics, literature passages, lines from a movie or play, or some other source – that give you a little boost, or a little comfort, or a wry smile, or the confidence that you’re going to persevere?

Leisure World News would like to hear from you! Tell us about your selection of uplifting words in an email to (lwnews@lwmc.com) and be sure to include your name and mutual.

Where in Leisure World?



Photo by Leisure World News

Copies of Leisure World News that are free for the taking sit in a new, green dispenser in Leisure World. But where are these new dispensers? The answer will be revealed in the next edition of Leisure World News.

CORRECTION

In the May 1 article “A Matter of Trust Documents” the number of weighted mutual votes needed to approve an amendment to the Trust Agreements was incorrect. The number of votes needed is 4,245, not 4,240.



STAY HOME

Even if you’re feeling healthy, social distancing will help us stop the spread of COVID-19.



STAY SAFE

Wash your hands frequently, cover coughs and sneezes, and stay home if you’re feeling ill.



STAY AWARE

Reputable sources include Governor Hogan, Maryland state agencies, and the CDC.



STAY CALM

No need to panic, hoard, or listen to rumors. We will all get through this together.

LEARN MORE AT [CORONAVIRUS.MARYLAND.GOV](https://coronavirus.maryland.gov) AND [GOVERNOR.MARYLAND.GOV](https://governor.maryland.gov).



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to that sainthood. **Any questions call Fr. Jim**

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GOLF RULES AND GUIDELINES

New Guidelines for Golfers

Golfers are asked to call for a tee time in advance (no walk-up times for now).

In the Pro Shop:

- Golfers who have prepaid all annual fees do not need to come in to the Shop
- No more than two people at a time are allowed in the Shop
- Wash hands prior to entering

- Wear a face covering at all times
- Use social distancing at all times

Golfing:

- To avoid unnecessary contact, do not arrive more than 20 minutes prior to your tee time
- Golfers are required to load their own bag on/off the cart
- Scorecards are provided by request only (no pencil

- provided)
- One person per cart unless they are family members
- Please leave flagstick in hole at all times; do not touch it
- Rakes, ball washers and water coolers have been removed for now
- High touch area surfaces on golf carts are sanitized for players' protection
- Golfers are urged to bring and use their own wipes

- To ensure staff safety, please remove trash from cart after play

Other Facilities:

- The Golf Lounge is closed for now, but residents may use its vending machines
- One person at a time is urged for Lounge restrooms, locker rooms and course restrooms

League play is not expected to resume until June.



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PRACTICE YOUR SWING ON THE RANGE

No time to play a full game of golf, but want to hit a few balls? The golf course's driving range has reopened.

Annual range members can just come to the range and start playing – no need to stop into the Pro Shop.

One-time players pay a flat fee of \$5, which buys a small bucket of golf balls, and \$7 covers a large bucket. These golfers are asked to pay for range balls inside the Pro Shop prior to hitting.

For more information, contact the Pro Shop at (301-598-1570).

– Leisure World News



Photo by Leisure World News

Wills, Wealth Planning & Trusts



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Use a Cloth Face Covering to Protect Others



- Wear a face covering to protect others from the virus that causes COVID-19 in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Walking the Golf Cart Paths

by Leisure World News

GOLF CART PATH WALKING SCHEDULE

While walking on the paved golf cart paths is encouraged during non-golfing hours, walkers are advised of the new hours for walking:

Holes 1-9

- Daily – before 8 a.m. and after 6:30 p.m.

Holes 10-18

- Tuesday and Wednesday – before 8 a.m. and after 6:30 p.m.
- Thursday through Monday – before 9 a.m. and after 6:30 p.m.

The golf cart paths walking schedule is subject to change. Check (residents.lwmc.com), TV channel 972 and Leisure World News for updates.



The golf cart path, left, and the Greens I walking path almost intersect near the golf course's 1st hole. Photo by Leisure World News

GOLF CART PATH GUIDELINES

Walkers are asked to keep the following guidelines in mind when walking the golf cart paths:

- Golf cart paths are for pedestrians only. For everyone's safety, bicycles, skateboards, scooters and the like are not allowed.
- Stay on the golf cart paths. Walking, running, playing, etc. on the greens and fairways can damage the turf and incur costly repairs.
- Do not approach or interfere with any wildlife or their dwellings.
- Golf vehicles have the right-of-way on the paths. If

necessary, step off the paths until the vehicle passes. Residents use the golf course for golfing/walking at their own risk. Be careful of uneven surfaces on the golf cart paths.

Not sure where the golf cart paths are located? See below for a map of the golf course showing numbered holes and golf cart paths. The map is also available to view or download at (residents.lwmc.com) > Amenities > Golf Course.

AN ALTERNATIVE ROUTE



Too early or late in the day to walk on the golf cart paths, but still want to catch some scenic views of the course? A walking path encircling the first three buildings of Greens I and II is located next to the golf course and nearly intersects with the golf cart paths.

A map of the community – including the golf cart paths – is available to view or download at (residents.lwmc.com) > Amenities > Golf Course.

MAP LEGEND

-  = Golf Cart Path
-  = Walking Path
-  = Restroom
-  = Hole
-  = Tee Off

GOVERNANCE & Information

■ Special Strategic Planning Committee

Strategic Planning Consultants Evaluate Responses

by Arthur N. Popper

Of the 172 people who volunteered to attend one of two community meetings in March this year, more than 125 responded to the meetings' planned questions by either phone, email or mail instead, the Special Strategic Planning Committee (SSPC) reports.

The in-person meetings were scheduled as part of the strategic planning process for Leisure World, but had to be canceled because of the COVID-19 pandemic.

The SSPC is not able to thank each participant individually, but wants them to know the committee is very grateful for their responses. In addition, the committee appreciates the other residents who responded to the article in the

May 1 issue of Leisure World News by submitting their thoughts on the questions.

All of the responses are being evaluated by the strategic planning consultants at George Mason University.

These responses will help the consultants better understand the data obtained in the survey from last summer, the fall focus groups with residents and staff and the extensive data obtained from detailed census information as well as from interviews with developers and other experts in senior communities.

The consultants and the SSPC are still working to have a draft strategic plan to the Leisure World Community Corporation board of directors later in the spring or early summer, but much depends on what happens with the current pandemic.



June's Primary Election to be Vote-by-Mail

by Leisure World News

By emergency proclamation of Gov. Larry Hogan, the 2020 Presidential primary election has been postponed to Tuesday, June 2, and will primarily be a vote-by-mail election.

The State Board of Elections will mail a ballot to all eligible voters to the address it has on file. Voters should receive their ballot by mid-May.

To check your voter registration, visit (<https://voterservices.elections.maryland.gov/VoterSearch>) or text Check to 777-88 and

update your address or party affiliation, if necessary, by Wednesday, May 27.

Vote your ballot, sign the oath and mail your voted ballot in the prepaid postage stamped envelope. Ballots must be postmarked by June 2. Voters who prefer to drop off their ballots can do so at one of five designated ballot drop-off locations in Montgomery County from Thursday, May 21, through June 2.

For more information about the election and how to cast your ballot, visit (www.montgomerycountymd.gov/elections/index2.html).

**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 live or after the meeting at (residents.lwmc.com) > Your Community > LWCC Executive Committee and Board Meeting Recordings.

Executive Committee Meeting

The Executive Committee is scheduled to meet on Friday, May 15, at 9:30 a.m. in Clubhouse I, but the meeting will be closed to foot traffic. Residents may attend the meeting remotely.

To attend remotely by phone:

Dial (425-436-6398). When prompted, dial the access code 729411 followed by the pound sign (#)

To attend remotely by computer or mobile app:

Visit (www.freeconferencecall.com), download the app to your computer or mobile phone and create a user profile. The online meeting ID is: LWMC-Management

To watch and listen to the meeting's live broadcast online:

Visit (residents.lwmc.com) > Your Community > LWCC Executive Committee & Board Meeting Recordings

Board of Directors Meeting

No May meeting 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 - execcomm@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

Amendment

► from page 1

An information packet summarizing the draft proposed amendment and a timeline of its process was sent to all mutual board presidents in early May.

Some portions of the process have altered slightly because of the unusual circumstances

facing governance bodies due to the COVID-19 pandemic.

However, if or when the proposed draft amendment is finalized, the mutual boards would still then vote on whether to approve the proposed amendment.

For more information about amending a Trust Agreement, see pages 4-5 of the May 1 edition of Leisure World News.

Be Smart About COVID-19 Scams

by Kathleen Brooks,
Leisure World News

Since the emergence of the COVID-19 (coronavirus) pandemic in the U.S., Americans have lost more than \$13.4 million by falling victim to coronavirus-related scams, according to the Federal Trade Commission (FTC).

These scams have, in particular, been targeting senior citizens. For example, a phone scam reported in Leisure World recently involves the caller impersonating a Pepco employee to solicit a resident's credit card information.

Scammers use telemarketing calls, emails and text messages to "reach out" to the vulnerable. They impersonate government and national agencies, financial institutions, charities and even your neighbors. Scammers prey on the fears, anxieties and insecurities many seniors may have about surviving the pandemic, as so

many of its victims have been older adults.

But there is something you can do to keep yourself from being a victim: Be smart.

Know that:

- no government agency or organization, such as the Centers for Disease Control and Prevention, U.S. Treasury, Federal Communications Commission, FTC or World Health Organization, will ever give you an unsolicited call or send you an email or text message
- no vaccine or miracle cure for COVID-19 is currently available
- no home test kits for COVID-19 are available for purchase online
- no pharmaceutical companies or industries are offering any investment opportunities to help fund research. (Much of the funding for research

is coming from government agencies such as the National Institutes of Health)

Whether you received a phone call, email or text message related to COVID-19, be wary.

If you are asked for your personal information, Social Security or Medicare number, or bank information, do not give out!

If you get a COVID-19-related solicitation from a charitable organization, check to see if the charity is legitimate. Do not send cash, make a wire transfer, send a gift card or check.

If you get a COVID-19-related email and you are unfamiliar with the sender, do not click on any links. It could be malware.

If you are offered an increase in your stimulus payment, do not respond. It's a con.

Not sure about the veracity of a call, email or text message? Hang up on the call, or delete the message.

Have you or someone you know been a victim of COVID-19 fraud? Contact the Department of Justice's National Center for Disaster Fraud Hotline at (866-720-5721) or (disaster@leo.gov).

Or visit the FBI's Internet Crime Complaint Center at (ic3.gov) to report suspected or confirmed scams. You can also stay up-to-date on the latest scams by visiting the FTC's coronavirus page at (ftc.gov/coronavirus).

For up-to-date and accurate information about COVID-19, visit (www.cdc.gov/COVID19) or (montgomerycountymd.gov/covid19). Information is also available on Leisure World's TV channels 972 and 974, as well as in the Leisure World News.

■ Energy Advisory Committee

Keeping a Home Cool Can Be a Breeze

by Bob Morrisson

Residents can save money heating and cooling their homes naturally, even in the summer. They may want to give it a try, unless they have health concerns. They have nothing to lose and everything to gain, says the Energy Advisory Committee (EAC).

A Home's Natural Temperature

A home has a natural temperature that it keeps easily – heating is often between 68 degrees and 72 degrees. Experiment to find the ideal temperature for your home.

For example, in a Cabot duplex home the heat runs rarely with the thermostat set to 68 degrees, occasionally at 70 degrees, and often at 72 degrees.

Residents may find that they enjoy living and sleeping in a cooler home. Dress warmly or wear a sweater.

Use blankets to keep warm in bed. Be creative.

Washington, D.C., is notorious for its hot, humid summers. Even so, residents can find the natural temperature that will keep their home cool and dry efficiently.

Nature's Cooling and Heating

Let the wind keep you comfortable. During moderate weather, open the windows to replace stale air with fresh air. Many hot days have cool evenings, so open the windows and enjoy the refreshing breeze, along with the sounds of nature.

It is advisable to keep the windows closed if the outside temperature is above 80 degrees or during a heavy rain.

Saving Money

When heating and cooling systems run, they consume energy. The less they run, the lower utility bills will be. Reducing wear and tear can result in lower maintenance

costs and less frequent equipment replacement.

Residents who pay their own utility bills should see a savings immediately. Residents who pay through their HOA fees will see their entire mutual benefit. The more people that conserve energy in a mutual, the less everyone will pay.

About the Committee

The EAC monitors oppor-

tunities for energy-related savings. EAC meetings are held the third Tuesday of every month at 9:30 a.m. in Clubhouse I. Meetings are not being held during current restrictions.

Residents are encouraged to share their energy-saving ideas at these meetings or to submit them to Bob Namovicz, the EAC chairperson, at (namovicb@gmail.com).

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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:	
• Lifeline	Teleworking; staff onsite periodically. Phone (301-598-1329)
• 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; email (communications@lwmc.com)
*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 daily, 11 a.m.-7 p.m. Phone (301-598-1330), or email (perriecateringllc@gmail.com). Orders may be placed beginning at 9 a.m.
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 (301-598-4569)
Fitness Center	Closed until further notice
Indoor Pools	Closed until further notice
Tennis/Pickleball courts	Check TV channel 972 or (residents.lwmc.com)

GOLF FACILITIES	
Golf Course	Open; phone (301-598-1570) for tee times (no walk-ins)
Pro Shop	Open; phone (301-598-1570) for more information
Lounge	Closed
*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 Monday, Wednesday and Friday on a modified 2-bus schedule (Saturday schedule, 9 a.m.-1:30 p.m.)
Metrobus	Operating on a modified Sunday schedule until further notice
*Mobility Van	Available Monday, Wednesday and Friday from 9 a.m.-1:30 p.m.
*Closed or unavailable on Memorial Day, Monday, May 25.	



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Projects Maintain Leisure World Facilities

by Leisure World News

While residents stay at home and keep their distance during the COVID-19 pandemic, the work to keep Leisure World's Trust facilities and grounds clean, safe and ready for reopening continues. From routine maintenance to repair and beautification, here's a look at some of the projects staff and contractors have been working on during residents' absence.



Clockwise from upper left corner: A worker in protective gear sprays an exercise machine with disinfectant during a deep-cleaning of the Fitness Center in Clubhouse II on May 12. The sprinkler system in the Clubhouse I Montgomery Room receives an upgrade at the end of April. The tennis and pickleball courts are repainted earlier this week. The courts are expected to reopen this month (weather permitting). Salons and barber shops may be temporarily closed, but the lawn bowling green outside Clubhouse I manages to get a 'haircut' on May 12. Photos by Leisure World News



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Even during these difficult times, homes in this community are still selling quickly. Inventory is low and many buyers are still looking to buy. If you're thinking about selling, call me!



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THOUGHTS & OPINIONS: *From Our Residents*

TO OUR LEISURE WORLD READERS AND CONTRIBUTORS

Thank you for your support of our community newspaper – a special thanks to those who contribute their opinions to Leisure World News (LWN).

We welcome and encourage all opinions regarding life within Leisure World and affecting Leisure World. There are certain things to keep in mind when contributing:

1. We do not print names of persons or names of mutuals in reference to a specific person.
2. Your letter needs to be an opinion, not a story or something that happened to you, unless you express an opinion about this in your letter.
3. Letters should be on an issue affecting Leisure World, yet can be about something outside Leisure World as long as it also affects our life here in this community (COVID-19, for example).
4. We do want concise, brief letters. Do not repeat the same point in multiple paragraphs; we will edit these. Your letter is more likely to be read if it is short, and not repetitive.

This allows us to include letters from as many of you as possible in an issue.

5. If your letter was published in your mutual's newsletter, please do not send it to LWN; you have already disseminated your opinion to those probably most interested in it. If you think your opinion has Leisure World-wide interest, please completely re-write it.
6. Thoughts & Opinions is for letters; please do not submit poems.
7. Please consult the informative boxes on this page.
8. Remember that the paper has deadlines and sending a letter today does not mean that it will appear in the next issue, which may already be printing.

For a copy of the newspaper's editorial deadline calendar, sign in to (residents.lwmc.com) > Your Community > Leisure World News Information.

– Mary Catherine Bibro, MD, editor, T&O, LWN

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.

potential crimes. OIG has full access to the agency's computer network, paper records and ability to watch everything the agency does. OIGs have a staff of lawyers and prosecutors. For an agency with a budget of hundreds of millions, or billions of dollars, the cost for the OIG's office is a necessary, and relatively minor, expense.

Our community is much smaller than any government agency. It consists of the Leisure World Trust, 29 mutuals and 5,660 homes. Each mutual appoints one director and three mutuals appoint more than one, for a total of 34 directors:

- Mutual 20A (The Greens I) has two directors (500 units)
- Mutual 20B (The Greens II) has two directors (460 units)
- Montgomery Mutual has four directors (898 units)

- All other mutuals have one director each (3802 units)

Residents can address any concerns to their director(s), who can then present them at a monthly board of directors' meeting. If a resident feels their concerns are not being handled properly, they can address them directly to Leisure World management. Hiring a team of investigators and establishing an office for them seems neither necessary nor cost-effective.

Paying several hundred thousand dollars a year for oversight would consume a large portion of the budget. For Leisure World it would seem to be overkill. The logistics of monitoring all of this would be difficult and intrusive.

If residents have concerns that the directors and/or Leisure World management are not being responsive then perhaps an arbitration

INSPECTOR GENERAL FOR LEISURE WORLD

This letter is in reply to "An Inspector General for Leisure World" which appeared in the April 17 edition of Leisure World News.

I agree that corporate oversight is necessary, both to protect the corporation and those it serves. I do not agree that an Inspector General is appropriate for Leisure World.

Federal agencies have Office of Inspector Generals (OIG) to investigate fraud, waste, mismanagement and

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.

committee should be formed to ensure that safety issues, complaints, “whistleblowers” and other concerns are properly addressed. The by-laws can be amended to include such a committee, which would be appointed each year to serve as needed. Perhaps.

– Robert Morrison

MEMORIES

On my early morning walk recently, I noticed an elderly resident wearing a cap of one of the U.S. military services. At Veterans Park in front of Clubhouse I, he stopped, and unaware that he was noticed, came to attention and saluted the American flag. It was a touching moment that made me wonder what memories were going through his mind at that time.

– John Tremaine

PROPOSED TRUST AMENDMENT

I was disappointed by the lack of information in the front page article in the May

1 edition of Leisure World News regarding the proposed amendment to the Trust agreement. The fact that part of the amendment, as I understand it, requires a change to legally cover using Trust money for building new structures, such as a new Administration Building, was not mentioned.

Also, this proposed amendment is to raise the fee charged on resales from two to three percent. This means that on a \$200,000 sale the buyer would have to pay \$6,000 to the Resales Improvement Fund. This is a hefty amount of money added to the price – making it more difficult to sell your home. Buyers, no doubt, will want you to lower your selling price to compensate for this.

Why weren’t we given more information in the May 1 publication of the Leisure World News, so that we, the residents, have more time to digest what it means to us? In these uncertain economic times why is this even being considered?

– Joan Thomas

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EVENTS & Entertainment

■ Sock Hop Group

Dances to Return When Restrictions are Lifted

by Abigail B. Murton

Take 2 Entertainment will spin the tunes at a Sock Hop Group dance in Clubhouse II as soon as restrictions on gatherings are lifted.

The cost to attend these dances is \$5, with soda, water and some snacks provided. Dancers can bring extra snacks and beverages.

Sock Hop Live will also return to the Clubhouse I Crystal Ballroom when restrictions are lifted. Enjoy the live band

Groove Quest from 7-10 p.m. Dance lessons are given from 6:30-7 p.m.



The cost to attend is \$10 and includes sodas and water. Alcoholic beverages can be purchased at the bar. Dancers are welcome to bring snacks.

The Group will definitely need a good time when the pandemic is over.

For questions concerning the Sock Hop Group, contact Doug Brasse at (301-448-8708). Stay safe, friends.

■ Education and Recreation Department

E&R Events Canceled Through June

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 and June.

E&R hopes to resume events and movie showings after restrictions are lifted; more information will be forthcoming.

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

■ Ballroom Dance Club

May Dance Canceled

Due to the coronavirus crisis, the Ballroom Dance Club's Saturday, May 23, dance has been canceled.

– Ida Leong



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

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
May 21, 1 p.m.	What Men Want	CANCELED
June 11, 1 p.m.	Stan and Ollie	CANCELED
June 21, 1 p.m.	Vice	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. CANCELED	Spring Flea Market
May 23, 4:30 p.m. CANCELED	Duke Ellington School for the Performing Arts
May 30, 2 p.m. CANCELED	Jones and Haywood Dance School
May 31, 2:30 p.m. CANCELED	Polyhymnia a Capella Chamber Chorus
June 6, 7 p.m. CANCELED	Comedian Randy Riggle
June 11, 9:30 a.m. CANCELED	Community Fair
June 13, 4:30 and 7 p.m. CANCELED	The Legendary Orioles

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

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UNDER CONTRACT \$85,000

Carlyle model
2BR, 1FB, 1035 sf.



LISTING SOLD! \$330,000

Villa Cortese "L" Model
Building 4, 3BR, 2FB,
updated kitchen, 1520 sf.



SOLD! \$380,000

"Cabot" Model Patio Home
3 BR 2 FB, Kit, BA & flrs updates
fenced patio 2 car gar. 1193 sf.



LISTING SOLD! \$530,000

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A note to our readers... In these difficult times, we are here for you today and in the months ahead. We will gladly answer your Real Estate questions and address your concerns via cell, text, or internet conference. Together, we offer you our assistance to help you navigate our new normal.

Stay safe... Rick, Sudha, and Sue



LISTING SOLD! \$440,000

Villa Cortese New Building "Q"
Luxury 2 BR, den, 2 FB, green
view, garage space incl, 1574 sf.



LISTING SOLD! \$715,501

Regency Oak Hill Model - New
hwd flrs, updated BAs, 2 first flr
BRs, two car garage, 3684 sf.



LISTING SOLD! \$468,000

Elegant, Updated Patio Home
Turnkey, 2 BR, 2 FB, family room
w/FP 2 patios, 2 car gar, 1470 sf.



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■ Health Advisory Committee

COVID-19 and Leisure World

by Sandra McLeskey

The questions keep being asked: “How many COVID-19 cases are there in Leisure World?” “Does someone in my building/mutual have it?” “Why doesn’t management tell us who has been diagnosed with COVID-19?” There are several things to keep in mind when thinking about these questions.

The Centers for Disease Control and Prevention has issued guidelines for retirement communities regarding COVID-19. Residents can access these guidelines online at (www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html).

The Health Advisory Committee feels the guidelines are more appropriate for continuing care communities, such as Riderwood and Asbury, than for a large, independent living community such as

Leisure World. Nonetheless, the guidelines suggest that management, “in coordination with local health officials, communicate...possible COVID-19 exposure to all residents and workers, volunteers and visitors.”

Leisure World residents were notified several weeks ago that a resident had contracted COVID-19 and it resulted in the person’s death. Since then, a mutual president has claimed three cases via the Nextdoor app. However, considering the number of diagnosed cases in Montgomery County and the population of Leisure World, it’s likely there are more cases within Leisure World that are unknown to the public.

It’s important to retain a little perspective, the committee feels. When a person is diagnosed, they are required to self-quarantine at home, or they are admitted to the hospital. In either case, they are not around other Leisure

World residents and, therefore, the likelihood they will infect others is relatively low.

People can get infected by touching a contaminated surface and then touching their face. Handwashing and refraining from touching your face help address that danger.

But many people who have the virus are asymptomatic – either because they have a very mild case or because they haven’t yet developed symptoms. Those individuals may be walking around among us and could possibly infect others. As a matter of fact, a person may be infected and not know it. You yourself could be the source of infection for another person. That is why social distancing and wearing masks are so important.

Publicly naming someone who has the virus violates their privacy and may actually increase the likelihood of exposure, the committee believes. People who are symptomatic may fear the stigma of being

named and be reluctant to seek medical care for that reason. As they delay medical care, they might become increasingly sick and expose more and more people.

A wiser and more humane course of action, the committee feels, is for everyone to assume that he or she is infected and take precautions to avoid contact with others that might expose them to the infection.

The prayer of serenity written by the American theologian Reinhold Niebuhr says, “God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.” In these difficult times, the committee believes that the main thing we can change is our own behavior.

People can stay safe by practicing good hygiene, staying home as much as possible, social distancing and wearing a mask when out.

■ Fitness Club

Club Encourages Daily Exercise as Its Members Continue to Physically Distance

by Pat McConnell

The Fitness Club will soon be back to its regularly

scheduled programming, and members will once again be physically connected with one another.

If you haven’t been able to get your physical fitness integrated into your day, the Club is here to tell you that it’s not too late. In fact, it’s never too late! Before beginning any exercise program though, it’s best to get the ‘thumbs up’ from your doctor.

A recent article from Johns Hopkins Medicine emphasizes the importance of exercising to prevent chronic health conditions such as diabetes and heart disease. “There is no magic bullet...But, exercise is the next best thing,” the article states.

Staying Connected

While Club members are still physically distancing and doing their best to follow health and safety guidelines, they still have the ability to socially connect.

Reaching out to friends and neighbors via FaceTime, Zoom, email, Facebook and other online platforms helps people stay in touch without touching. Yes, this is particularly difficult for all you ‘huggers’ out there!

Club president Pat McConnell has seen folks crossing their arms over their heart to indicate a socially distanced hug. It may not feel the same as a real hug, but the meaning is the same. Give it a try.

The Club will have something in place as soon as restrictions on gatherings are lifted. In the meantime, if you or someone you know wants to join, email Pat McConnell at (pmcconnello2@gmail.com) and she will add them to the Fitness Club.



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All About the Eye

by Larry Cohen

The Lions' Vision Support Group's next meeting is on Wednesday, June 10, at 1 p.m., but the Group doesn't have further details at this time.

The Group's members have no or low vision, so naturally part of the Group's mission is to learn about the eye. The Group has partnered with Vision Rehab, Prevention of Blindness Society and others to provide much help in this area.

The eye is an organ of the body with several parts. These parts work together to perform the eye's primary function: to detect light. Here is more information about each part of the eye:

- **Eyelid** – protects the eye and keeps it clean by blinking. Eyelid glands secrete oil, water and other substances that coat the eye with "tear film." When the tear film and other fluids are missing because of unhealthy glands, it causes dry eye, a very uncomfortable condition.

- **Sclera** – the white part of the eyeball that covers most of it
- **Cornea** – the clear, center part located at the front of the eye that does most of the eye's focusing. The cornea's cells continuously pump water. If those cells become damaged, the cornea will become swollen and cloudy, and a transplant is needed. Corneal transplants are successful because the cornea has no blood vessels. However, there is a constant need for organ donors to provide corneas.
- **Iris** – the ring-shaped colored part of the eye behind the cornea. It regulates how much light enters the eye. Pupil: the pupil is the opening at the center of the iris. The iris' muscles change the iris' width, which changes the pupil's size. This is how the iris controls how much light can enter the eye.
- **Lens** – helps to focus light



onto the retina. A cloudy lens is called a "cataract." Cataract surgery is often done when a person notices that his or her vision is inadequate. The surgeon makes a tiny incision and inserts a long, thin instrument that breaks up the cloudy lens with ultrasound waves, and a plastic lens is then placed in the eye. The incision is so small that stitches

usually are not needed.

- **Retina** – tissue that covers the eye's inner surface. It converts light into electrical impulses that are sent to the brain through the optic nerve fibers. Diabetes can cause growth of abnormal blood vessels on the retina's surface. These blood vessels can leak and bleed, and over time they may contract and detach the retina. Diabetes also can cause swelling of the retina. A person with diabetes should have an annual eye exam to check for abnormal blood vessels and retinal swelling. These problems are treated most easily and most effectively when caught early. The best way to prevent vision problems from diabetes is to keep blood sugar at a healthy level.
- **Vitreous gel** – a clear gel that fills the inside of the eye

- **Macula** – a small area of the retinal located at the center of the back of the eye. It provides central vision. At the center of the macula is the fovea, which allows one to see details sharply. Age-related degeneration affects the macula in a wet or dry form. In the wet form, there is growth of abnormal blood vessels. The dry form can convert to the wet form.

About the Group

The Group believes its most important function is to help its members cope with partial vision and blindness. Never let partial vision or blindness define you or your abilities. Sight is important, but Group members can learn to live their lives to the fullest.

The Group will present speakers to discuss how to cope with blindness and how to prevent or slow blindness.

Group members are available to answer questions about topics ranging from useful technological applications for those with low vision to grieving over vision loss.

Contact Larry Cohen at (908-770-9111), Bobby Bobo at (301-879-0103), Jane Carona at (301-598-2131) or (jane.e.carona@gmail.com) or Terri Nettles at (terrinnettles@comcast.net). If they don't have the answer to a question, they will know where to get it.

■ FISH (Friends in Sickness and Health)

FISH Available by Appointment Only

by Beth Leanza

Because of the COVID-19 pandemic, the FISH office is closed. But residents may call FISH president Beth Leanza at (301-598-4569) for an appointment.

The FISH office is in Clubhouse II. The parking lot nearest to the tennis courts is closest to the FISH office.

Although FISH has some plans to clean out its closet by donating found items, volunteers will not discard jewelry, watches, phones, keys or hearing aids. Residents who think the FISH office might have something that belongs to them can call Beth at (301-598-4569). Found items turned in at the E&R office are given to FISH.

About FISH

FISH lends assistive equip-

ment such as wheelchairs, walkers, commodes and shower chairs to residents and employees of Leisure World.

The office's volunteers do their best to make sure the equipment is usable and safe. However, borrowers may want to check with a professional therapist before trying out an item.

Borrowing an item first helps residents save money – try the item first, and then decide if you want to purchase it. FISH does not charge for an item. And if you do not like an item, just return it.

Donate to FISH

Residents who have assistive equipment they would like to donate to FISH are asked to call Beth at (301-598-4569). The office is especially in need of transport chairs.

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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).



NOTICE

Signal Financial branches will be open by appointment only Mondays, Wednesdays and Fridays temporarily due to mounting health and safety concerns over coronavirus (COVID-19).

On Fridays all branches will close at 4 p.m.

This temporary measure is in effect until further notice.

Branch staff will continue working, assisting members over the phone and via email. Our back office and call center staff will be available to assist you during normal business hours. ATMs, mobile and online banking services are fully operational 24 hours a day and 7 days a week.

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Learning to Carve



From left, Ruth Lingo and Janice Handley show the ceramicware they made before the COVID-19 pandemic began using the carved approach for decoration. This technique and others are offered as part of the Ceramic Club's workshops presented in the Club's studio in Clubhouse II. The workshops are temporarily on hold because of the pandemic. Photo by Dottie Patch

■ Rossmoor Library Guild

Library Late Fees Waived

The library is located in Clubhouse I. No new books nor donated ones are available as of this month.

As noted in previous articles, due to COVID-19 the library is closed and all activities canceled until further notice. Since Clubhouse I is closed and books cannot be returned, all late fees have been dropped as of March 12, 2020.

Once the library is allowed to reopen, all activities, including "Books of the Month," will resume. For more information about the Rossmoor Library Guild, contact Tony Magri at (tonyitalian1951@comcast.net).

— Anthony Magri

■ New Yorkers and Friends Group

New Yorkers Group Offers Virtual Support to Students

by Linda Mahler

The New Yorkers and Friends Group, in their commitment to helping local children, established a partnership with Strathmore Elementary School and have volunteers who have participated in all aspects of the school program.

In keeping up with the need for creative supplemental learning during this difficult time of school closures, the school has reached out to the Group to participate in an exciting "virtual pen pal program." Members and

Friends will be able to communicate with students in grades three to five through email, enabling students to improve their writing skills and even share artwork.

During this "time out," the New Yorkers and Friends (and others) have the opportunity to make a difference and help the school, staff and students. To learn more about this exciting program or to see how you can become involved as a virtual pen pal, contact group education coordinator Ruth Becker at (yabobecker@aol.com) or (301-288-4276).

■ Garden Plots Group

Gardeners Reimagine their Garden Spaces for a New Season



At top, gardener Susan Jeckel waters plants in her newly installed garden. At bottom, a newly installed Leisure World garden reflects the unique personal style and touch of its owner. Photos by Debbie Royster

by Debbie Royster

The Garden Plots Group has welcomed many new members this year. Community gardeners, both old and new, work to reimagine their gardens each year to create beautiful flowers and healthy and delicious vegetables.

Leisure World gardeners spend many hours designing, building and creating uniquely striking and lovely gardens that reflect their personal tastes. Recent garden designs include new fences, trellises, colorful accent pieces and garden seats for the simple pleasure of enjoying the beauty of nature's many gifts, including lovely plants, flowers, birds and butterflies.

The Group's gardeners come from all walks of life and represent a diverse range

of cultures and nationalities. Coming together around gardening, a shared and treasured pastime, provides the perfect backdrop for sharing gardening insights and making new friends.

The Garden Plots Group manages the community gardens and meets on the second Tuesday of each month. During the COVID-19 pandemic, meetings are conducted online using Zoom.

Gardeners rent plots on an annual basis with leasing expiring on Dec. 31 every year. Members must affirmatively renew plot rentals each year in order to retain the right to use the plot the following year.

A few garden plots remain available. If interested in joining the Garden Plots Group, email registrar Judy Elrod at (judyelrod@comcast.net).

Club Holds Charity Drive to Help Those Affected by COVID-19

by Stella Shaw

In April, news of COVID-19's impact on society went from bad to worse.

Many people are losing their jobs and don't have enough money to buy food, so they must depend on food kitchens. In some cases, healthcare workers don't have adequate personal protective equipment (PPE) when treating COVID-19 patients. Tens of thousands of people have gotten sick or died from the virus. People and businesses are suffering, especially small, local businesses.

When the government announced that there would be a stimulus package, Club members thought it was an opportunity to help. Those who don't need their check are donating it to either Manna Food Center or Holy Cross Hospital, both of which help Montgomery County residents. Depending on how much money is raised, the Club will support one or both organizations. Non-members are also encouraged to send a donation to one or both of these organizations.

Manna Food Center

Manna's mission is to end hunger in Montgomery County through food distribution, education and advocacy. It supports many food kitchens, including Shepherd's Table.

Manna envisions "a community where all people at all times have access to safe, sufficient, nutritious food in order to lead fulfilling lives and contribute to making Montgomery County a place where all people live in dignity," according to the organization's website.

Holy Cross Hospital

In addition to providing two hospitals serving Montgomery County, Holy Cross Health also provides low cost or free health

services, including health education. It also offers wellness programs such as the Senior Fit Program's exercise classes, which quite a few Club members attend.

Holy Cross Health set up a COVID-19 Response Fund to support clinical healthcare and save lives within the community. The Fund also provides assistance to increase clinical capacity and enable the purchase of items such as medical equipment and PPE.

An email communication was sent to all Club members encouraging them to donate whatever they can afford to the aforementioned charities. The charity drive started in mid-April and is expected to complete in May.

About the Club

The Chinese Club has canceled all of its meetings and activities during the COVID-19 crisis to comply with state-mandated orders and to keep its members safe. However, members continue to communicate with each other through emails and phone calls.

The Club's mission is to provide Chinese culture-related programs and activities to its members and to promote friendship and understanding with all its Leisure World friends and neighbors. Residents don't have to be of Chinese ethnicity to join the Club; the Club has a diverse member group. All residents are welcome.

The Club sponsors great programs and activities for its members and guests. This year, the Club organized a grand Chinese New Year celebration, a presentation on the highlights of the National Palace Museum in Taipei, China, an informational program on 5G technology and an interesting talk on China and Taiwan experiences by a former White House staffer.

The Club had exciting programs planned



Members of the Chinese Club perform at the Chinese New Year celebration on Jan. 24 this year. Photo by Irene Chen

before the crisis, such as a visit to the Freer Sackler Museum of the Smithsonian to see an Asian art exhibition, a health and nutrition talk, a cancer recovery talk, a Chinese humor talk and a special program on meditation. The Club will try its best to reschedule all these programs and activities when the crisis is over.

We know we will overcome this adversity and we will be able to get together again.

For more information on how to join the Club, email Club president Stella Shaw at (shawstella@gmail.com).



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Learning Center Will Offer Old Favorites and a New Class

by Fred Shapiro

In the last edition of the Leisure World News, CLL addressed the one-day programs it has arranged for residents, many presented by residents or relatives of residents.

CLL also offers multi-session classes that have been conducted primarily by residents. Once the pandemic shutdown ends, residents will be able to sign up again for these classes, which typically run for six sessions or more.

One of CLL's more popular classes, "Great Decisions in Foreign Policy," is conducted by David Frager. The media and newspapers provide Frager the background for class discussions.

Topics include nationalism, immigration, changes in the U.S.'s role as a superpower in competition with China and Russia and the impact of international trade and tariffs on the welfare of Americans. The class inves-

tigates the ability to compete in a world in which cyber warfare and nuclear weapons threaten our way of life and safety.

Another popular CLL class, "Geography Up Close: Regional Landscapes of the U.S.," is presented by Tom Conger. Across its vast spaces, the U.S. has great landscape diversity.

The landscape of any particular place is inspired by the lives of the people who inhabit the areas. U.S. landscapes reflect the heritages of Native American tribes and immigrants and are also impacted by physical factors and environmental conditions.



From left, CLL instructors David Frager, Tom Conger and Howard Sribnick, photos by Fred Shapiro

New Class

A new class about the U.S. Constitution will be taught by Howard Sribnick. Considering the current political scrambling and the upcoming elections, the class should be of interest to many residents.

The U.S. Constitution and the government it created is an ongoing experiment. When initially adopted by the country's founders, it was the first time in history that a government issued a written declaration that its authority to govern reside in the people governed. How well this experiment has succeeded remains an open question.

Sribnick's professional career places him in an advantageous position to teach the course. After graduating from law school, he served as a law clerk to a Federal Appellate Judge. Thereafter, he joined the law firm of Weissbrodt and Weissbrodt where he represented Native American tribes in claims against the U.S. for breaches of treaties entered into by the tribes and the federal government.

Sribnick left the law firm to serve in the U.S. Department of Justice where he worked as a trial attorney in the Civil Rights Division, assistant director in the Civil Fraud Section of the Civil Division and as counsel to the Inspector General. He served as the Inspector General of the Federal Trade Commission before retiring from federal service in 2008.

He has taught courses on the history of the U.S. Constitution and landmark cases of the U.S. Supreme Court.

Residents who have the ability and background to teach a six-class subject or who know a resident who has the educational background to do so should contact JoAnn Gellman, chairperson of the CLL curriculum committee, at (jgel834002@aol.com).

For information on all CLL classes and lectures, visit (www.cllmd.com).

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Club Takes a Look at its Upcoming Competitions

by Fred Shapiro

Once the state-mandated restriction on meeting sizes ends, meetings of the Camera Club can be scheduled.

But Club members can plan ahead now by taking a look at the Club's upcoming categories for competitions and either taking photos or considering which photos they've already taken that they could submit.

The February 2021 competition's category is "Wildlife." Just walk around Leisure World, particularly in and around the golf course, and members will find many opportunities to capture photos of wildlife.

Deer and geese abound; look also for that squirrel, bird or even fox to aim for and shoot with your camera. With the pandemic keeping people in their homes, wildlife has become more abundant. Capture them as they are sitting or moving about Leisure World.

Another upcoming competition category is "Street Scenes." What better street to use than Leisure World Boulevard, with its residents walking their dogs or simply walking with six feet of distance between one another? Include homes or a clubhouse in the background, and the photographer has a street scene.

And for members who are homebound and cannot take walks, it is time to review photos taken while traveling. The October 2020 competition is "Travel" and can include photos of places Club members visited before the pandemic shutdown. Whether you traveled locally or overseas before the shutdown, select images that reflect the things you have seen.

And in September and January, the Club hosts "Open" competitions in which any photo category is acceptable.

So, get out into the community with your camera and search your computer files to submit to the Club's upcoming photo competitions.

Membership

In the meantime, residents interested in joining the Club when it starts to meet again after the pandemic have two levels of membership to choose between.

Members who expect to compete in the Club's 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.

Checks for dues should be mailed to Woody Shields at (Rossmoor Camera Club, 3200 N. Leisure World Blvd., Apt. 817, Silver Spring, MD 20906).

For more information about the Club, visit (www.rossmoorcameraclub.com).



Wildlife comes alive in springtime at Leisure World. Photos by Fred Shapiro



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■ Ballroom Dance Club

Club Members Make New Discoveries During Quarantine

by Ida Leong

The Club's Saturday, May 23, dance was to feature the music of Mike Surratt & The ECB, but the coronavirus crisis has forced the cancelation of this event.

Discoveries Made

In the midst of this crisis, Ballroom Dance Club members are discovering and cherishing profound moments. The pandemic has been a time to get back to basics, work on hobbies long forgotten, take long, unhurried walks free of impending deadlines and connect with family and friends. The Club asked its members to share some of their recent discoveries.

Bob Blair and Jo Bianchi noticed on their walks that many of their fellow walkers are also ballroom dancers. Helen Shockley discovered that she misses ballroom dancing physically as well as mentally. Beverly Fletcher-Nation, after a text from her married daughter saying that she and her spouse were finding it challenging to spend so much time together, responded, "Maybe the universe is giving you practice

for retirement."

"I discovered that I have only first world problems," said Club member Dianne Bradley. "If my sacrifices are not getting my nails done, cleaning my own house, not going to dances and not seeing my grandkids, I'm really lucky!" "All I'm being asked to

do is stay home," she added – not work in a hospital, go to war or be around people who are sick.

George Moy discovered that he could look cancer in the eye and beat it!

Elaine Lissit discovered that during her walks, as she listens

to the rhythm from her smart-phone, she finds herself dancing. "I wonder what people think when they see me. Oh well, I really don't care," she said.

So, fellow ballroom dancers, cherish and share your discoveries with the Club by emailing Ida Leong at (idaleong4035@aol.com).

Where Do We Go from Here?

Keep your spirits up. Continue to do breathing exercises. Watch good movies. Learn from the experts. Polish your basic dancing skills. And refer back to previous editions for shared discoveries from fellow Club members.



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The Men Behind the Art Guild’s Oil, Charcoal and Acrylic Paintings



From left, Michael Higgs, photo by Ann Bolt; and John Kyle, Marvin Sirkis and Steve McCleary, courtesy photos

by Ann Bolt

In the May 1 edition of Leisure World News, Rossmoor Art Guild (RAG) introduced readers to some of its talented male artists. Here’s a closer look at four more.

Michael Higgs

Michael Higgs retired from his job as an art teacher in Montgomery County and settled in Leisure World about six years ago. He has spent as much time in the wood shop as in the art studio painting watercolors. Higgs recently instructed a workshop on printmaking cards and did some face painting for the children at last year’s July 4 parade. He has been taking art classes with instructors Ron Erlich, Millie Shott and Firouzeh Sadeghi.

John Kyle

As an engineer, John Kyle has the ability to put objects in focus and draw them close to the original. His career

has taken him all over the world, and he expresses these experiences in his acrylic paintings – a visual memoir. He is leaving a real legacy for his children. He’s been with RAG for the past two years studying with instructor Ron Erlich, but has been busy painting at home during the past few weeks.

Marvin Sirkis

As a child at school, Marvin Sirkis worked with pencil, clay, metal sculpture, carpentry, woodworking, jewelry making, oil painting, photography and woodburning art. His dexterity led him to practice dentistry. He uses his understanding of the intricacies of the mouth in his artwork, and has expanded it to the study of the face for portraiture. He moved to Leisure World in 2013 and started art classes with instructors Lea Henrichi, Barbara Piegari, Ron Erlich and now Doris Bryant. He has

created portraits in oil, watercolor, colored pencil, pen and ink, charcoal and hard pastels, and exhibits his work almost every month in Clubhouse I. He even steered his friends to make donations to RAG in his honor of his milestone birthday. Sirkis appreciates the camaraderie among his fellow students at RAG and feels the instructors far exceed his previous instruction. He hopes more residents will take art classes and enjoy the benefits of art and fellowship.

Steve McCleary

As a paint-by-numbers grade schooler who painted inside the lines, Steve McCleary got serious about art when he moved to Leisure World. Working in oils, he’s taken art classes for 14 years with instructors Genevieve Roberts, Barbara Piegari and Bill Mapes. He is busy painting a group portrait and promises to have it done by Christmas (He just doesn’t bother to say which Christmas). His paints

have been locked up inside the art studio, so he eagerly awaits the reopening of the RAG program. **Celebrate with Us** RAG instructor Genevieve Roberts has a birthday to celebrate on Saturday, May 16! For her 100th birthday, RAG would like to shower her with 100 birthday cards and greetings. Already past May 16? A birthday card is welcome at any time. Roberts has been with the RAG program for more than 20 years and has a steady following. She is one busy lady, teaching oils and acrylics in the RAG program and serving the area with the Miniature Painters, Sculptors & Gravers Society of Washington, D.C. She juries about 800 miniature



RAG instructor Genevieve Roberts, photo by Ann Bolt

entries each year in preparation for the exhibit at Strathmore Mansion each winter from November to January. She also has membership in the Washington Society of Landscape Painters. She guides printmaking classes in her home. As a child, she liked art and used her Prang watercolor paint set. Mail birthday cards to (17521 Shenandoah Ct., Ashton, MD 20814). Help her celebrate 100 years of perfecting her art.

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Fun and Fancy Cancels June Show but Obtains Rights for 2021 Performance

by Hannette Allen

Fun and Fancy members – those who participate on stage and backstage, and in the audience – are missing Fun and Fancy’s performances. Hopefully, things will return to normal before too long, and members will return to their beloved auditorium soon.

Fun and Fancy Updates

Fun and Fancy had postponed its spring show “The Solid Gold Cadillac” to the end of June, hoping it could start rehearsals on May 4. But that did not happen, so the show has been canceled.

However, since auditions have been held, parts assigned and scripts purchased, Fun and Fancy president Nancy Koski has obtained the rights to perform the show in May 2021.

Fun and Fancy’s monthly meetings are on the first

Wednesday of the month but are temporarily on hold. Fun and Fancy’s banquet, scheduled for Wednesday, June 3, has been canceled by Fun and Fancy’s board of directors.

Koski thanks all members who voted by mail for the Group’s new officers and directors. Members should check their email for the election’s results.

A Trip Down Memory Lane

Thinking back over Fun and Fancy’s many varied performances over the years, the talent and dedication of so many of its members stands out. Standout “big shows” include “Damn Yankees,” “70, Girls, 70,” “The ’60s in Song and Dance,” “Broadway Melodies of the ’60s,” “A Funny Thing Happened,” “The Bells Are Ringing,” “The Best of Irving Berlin,” “A Walk on Jewish Broadway,” “Sweet Charity” and

so many more.

The shows performed on the first Wednesday of each month are also much enjoyed. Director Hannette Allen said she’s particularly loved directing the old-time radio shows, the vaudeville show, the Group’s “radio” version of “All in the Family,” “A Touch of Ireland,” “Party Room Wars” and others.

Many shows directed by others have been equally loved. They include “An Evening with Cole Porter,” the Hootenanny show, the classical music shows, a show featuring dancers, the show about colors and the “silly song” show. All of them were enjoyed and appreciated by the audience and were loads of fun to participate in.



Fun and Fancy has introduced its members to many songs they were previously unfamiliar with, but which they now find themselves humming.

The Group’s dancers are


really good. And best of all, it is inspiring to be able to share in the creativity and cooperative good spirits that seem to bubble to the surface in the Group’s friendly atmosphere.

Who will ever forget Steve Bennof as Snoopy, howling at the moon; Ernie Poland leading the audience in “Sweet Caroline;” Pat McConnell perched on the moon; Jim Leong’s elegant performance as Cole Porter; Elaine O’Leary’s expertise on the piano; Wayne Kliman’s rendition of “Danny Boy;” Maureen Harris, Elizabeth Brooks-Evans and Renee Ward-Anderson as The Supremes; Ken Tash’s “Sinatra” performances; Mike Heyman and Barbara Manning as Archie and Edith Bunker; or Dolly Bennof singing “Those Were the Days”?

May there be many more shows for us all to enjoy in the future!



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May 19: Club Holds Virtual Meeting

by Fred Seelman

The Republican Club winds up the primary part of the 2020 election season with a virtual meeting on Tuesday, May 19, at 7 p.m.

The meeting will answer questions about the Republican candidates running in the 2020 8th Congressional District primary and provide information about how to vote in the primary election on Tuesday, June 2, or before. Since voters need to be registered Republicans in order to vote in Republican primaries, participation in the virtual meeting will be limited to registered Republicans.

Both parts of the program will be conducted in accordance with the procedures of the video conferencing service, Zoom. For more information on how to use Zoom, see (www.forbes.com/sites/rebeccabellan/2020/03/24/what-you-need-to-know-about-

using-zoom/#51688d1f3284).

Information about how to participate in the meeting through Zoom will be sent by email to all Club members and to any other registered Republicans who request it. The Club's contact information is provided at the end of the article.

The first part of the Club's virtual program will be about the Republicans running for Congress in Maryland's 8th Congressional District. The candidates are Gregory Thomas Coll, Patricia Rogers, Nicholas Gladden, Shelly Skolnick, Michael Yadeta and Bridgette L. Cooper.

Audience participants are invited to ask questions or make statements about the candidates. Participating candidates and/or Club officers will provide answers, or questions will be forwarded to the non-present

candidate for follow up.

Primary Election

The primary election is on Tuesday, June 2. To reduce the risk of spreading COVID-19, the Board of Elections recommends that voters who can vote by mail do so.

A ballot will be mailed to all eligible voters. Residents should receive their ballot in early to mid-May. Residents do not need to ask for a ballot to receive one. All mailed ballots include a return envelope and prepaid postage. Voted ballots must be postmarked on or before June 2, 2020.

Your ballot will be mailed to the address that the Maryland State Board of Elections has on file. If you want your ballot mailed to another address or if you want to download it from the Board of Elections' website, visit (<https://elections.maryland.gov/voting/absentee.html>).

Voters who prefer to drop off their ballots or vote in person can do so at one of these five designated locations:

- Germantown Community Recreation Center – 18905 Kingsview Road, German-

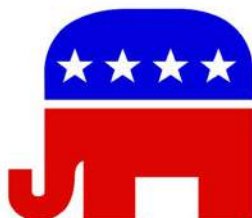
town, MD 20874

- Marilyn J. Praisner Community Recreation Center – 14906 Old Columbia Pike, Burtonsville, MD 20866
- Silver Spring Civic Building at Veterans Plaza – One Veterans Place, Silver Spring, MD 20910
- Activity Center at Bohrer Park Social Hall – 506 S. Frederick Avenue, Gaithersburg, MD 20877
- *Montgomery County Board of Elections – 18753 N. Frederick Avenue, Gaithersburg, MD 20879

*The Montgomery County Board of Elections is a drop-off location only. See (https://elections.maryland.gov/elections/2020/20_PP_Vote%20Centers_and_Drop%20off%20Locations.pdf) for more information.

Members are welcome to ask questions about these voting instructions at the May 19 virtual meeting.

Send comments or questions about these or any other Club matters and/or offers to volunteer to Club president Fred Seelman at (fseelman@gmail.com) or first vice president Robert Kammer at (301-847-9820). Join the Club for another quality event on May 19.



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■ Democratic Club

Your Ballot for June 2 Election

Ballots for the Tuesday, June 2, primary election were scheduled to be mailed in early May. Your ballot should be in your hands no later than mid-May.

Democratic Club members who have not received their ballot by then should contact the Voter Protection Hotline at (443-221-4779).



Online Town Halls

Sen. Chris Van Hollen and Rep. Jamie Raskin are both holding periodic, online town halls to update residents on all aspects of the COVID-19 pandemic. Both also take questions from listeners. To participate, visit (vanhollen.senate.gov) and (raskin.house.gov).

— Roger Blacklow

■ National Active and Retired Federal Employees (NARFE) Chapter 1143

NARFE Chapter Considers Its Future

by John Moens

Months ago, John Moens informed the board that he planned to step down as president of NARFE Chapter 1143 on Monday, June 1, but he has since reconsidered this decision due to the COVID-19 pandemic.

As the only organization solely dedicated to the general welfare of all federal workers and retirees, NARFE delivers valuable guidance, timely resources and powerful advocacy. For nearly a century, NARFE has been a trusted source of knowledge for the federal community, Capitol Hill, the executive branch and the media, according to (narfe.org).

Offering Gratitude

Together, Chapter 1143 has accomplished much. The Chapter is indebted to many people, including its treasurer Jewel Lee, who has worked so hard to organize the Chapter's finances and keep them secure. Vice president Joe Cook has also done so much for the Chapter, ranging from purchasing its huge banner to recovering much of its funds.

Thanks also goes to service officer Rich Rothstein, recruiting officer John Lass and Bob Kessler for their work and counsel, and to all members who show up to the Chapter's meetings and programs. The fact that the Chapter always has good crowds with lively discussions is the reason so many great speakers eagerly accept its invitations.



Forward Looking

The Chapter's future does not depend on one person; it depends on all of us. The Chapter has difficult decisions ahead:

Is it still feasible to hold membership meetings? If the Chapter relies instead on technology, will it still be able to serve all of its members? How can the Chapter be most effective in expanding its membership? How does the Chapter ensure that it achieves its goals and avoids complacency?

The answers to these questions cannot come from one person, or even the entire board, as excellent as it is. The future of this Chapter will depend on every member, and specifically, in whether or not we have the time and energy to fulfill NARFE's mission.

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Hadassah Ein Kerem Hospital Brings Together Arabs and Jews

by Barbara Eisen

Hadassah members were very excited on April 26 when they saw an article about Jerusalem's Hadassah Ein Kerem Hospital in The Washington Post. The headline reads, "An Arab doctor and an ultra-Orthodox Jew find common ground in a covid ward."

The article concentrates on stories of several Jewish patients being cared for by Palestinian doctors and Muslim Palestinians being treated by Jewish doctors. The pandemic has created a bridge between their worlds, according to the article.

Upcoming Events

Cantor Michael Kravitz is scheduled to give one of his special presentations relating to Jews and music on Wednesday, Aug. 19, at 2 p.m. in Clubhouse I. Please note that the date in the May 1 Hadassah article was incorrect. If you entered this event on your calendar, please change the date from Tuesday, Aug. 18, to Aug. 19.

All other programs have been canceled through June. It is still unknown if Hadassah will be able to resume its activities in July.

Cards

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 members if they add postage costs to the regular fees.

Youth Project

Larelda Gruber, available at (301-598-5922), is chair of Youth Aliyah/Children at Risk. This 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).

General Information

The Group encourages women of any religion to join Hadassah as an annual or a life member. And Hadassah 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).

■ Jewish War Veterans Krieger-Loube Post 567

June 3: Members Hold Monthly Business Meeting Online via Zoom

by Jerome "Jerry" Cohen

Due to the continuing threat of COVID-19, the Sunday, June 7, brunch has been canceled. Hopefully, the fall brunches will resume as scheduled beginning Sunday, Sept. 6.

The next members' monthly business meeting is on Wednesday, June 3, at 11 a.m. and will be held virtually, using Zoom video and teleconferencing. Instructions will be provided separately to members via email.

The following is the

incoming slate of elected officers to serve from June 2020 to June 2021:

- Commander – Jerome "Jerry" Cohen
- Sr Vice Commander – Harvey Kaplan
- 1st Jr Vice Commander – Dorothy "Dottie" Chanil
- 2nd Jr Vice Commander – Larry Barshay
- Judge Advocate – Steven Kline
- Quartermaster – Edwin "Ed" Cohen
- Chaplain – Robert "Bob" Kessler
- Adjutant – Theodore "Ted" Hyman
- Sergeant at Arms/Officer of the Day – Theodore "Ted" Hyman
- Surgeon – Edwin "Ed" Cohen
- Historian – George Jacobs

the Post. Enjoy the camaraderie of interacting with your fellow veterans and patrons.

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 (jeromeacohen67@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 are payable to "JWV 567" and should be mailed to Edwin Cohen at (15405 Wentbridge Ct., Silver Spring, MD 20906).



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Read Our Reviews


Revisiting the Duties of the Board of Directors

by Patricia Means

During this month and June, LWAAAC members will have an opportunity to review information about the candidates for LWAAAC's 2020-2021 board of directors and will receive voting instructions.

Members will receive the slate of candidates and their biographical sketches by Thursday, May 28. Following distribution of the slate, members will be sent the election ballot and mail-in voting instructions. The election is Thursday, June 25.

As a refresher, brief descriptions of the duties of officers are as follows:

The president ensures that the mission, purpose and by-laws of the Association are carried out. The individual presides at board and membership meetings, makes committee appointments, signs contracts and makes recorded and written announcements.

The vice president performs

various duties assigned by the president. In the absence of the president, the individual carries out presidential duties.

The recording secretary records, distributes and maintains the minutes of board and membership meetings.

The correspondence secretary collects, writes, reads and maintains correspondence.

The financial secretary receives, records and transfers funds, makes financial reports, and is a member of the budget committee.

The treasurer maintains accountability of all funds, makes bank deposits, writes checks, makes financial reports and is the chairperson of the budget committee.

Membership

Membership is the life and breath of LWAAAC, and the Association relies on committed supporters for its operations and maintenance budget. It is unknown when the lockdown

will be lifted but when that time arrives, the Association must be prepared financially to initiate and execute programs.

Annual dues are \$20 per person (checks only, payable to LWAAAC) and cover the period of Wednesday, July 1, 2020 through Wednesday, June 30, 2021. The dues, along with a membership registration form, should be mailed to (LWAAAC, PO Box 12316, Silver Spring, MD 20908).

The membership registration form is a new requirement. The completed registration form will greatly assist LWAAAC in maintaining accurate records and accountability.

The membership registration form was attached to the April issue of The Drumbeat. If the form was misplaced, lost or not received, a copy is available from the public relations committee at (lwaaac2@gmail.com).

General Information

LWAAAC continues to thrive

and will provide members with information about meetings and other organizational matters via robocalls, emails and postal service during social distancing.

Members are reminded to notify LWAAAC of illness, disability, death or other situations affecting a member or that person's immediate family by contacting Louise Langley, amenities chairperson, at (301-598-3876).

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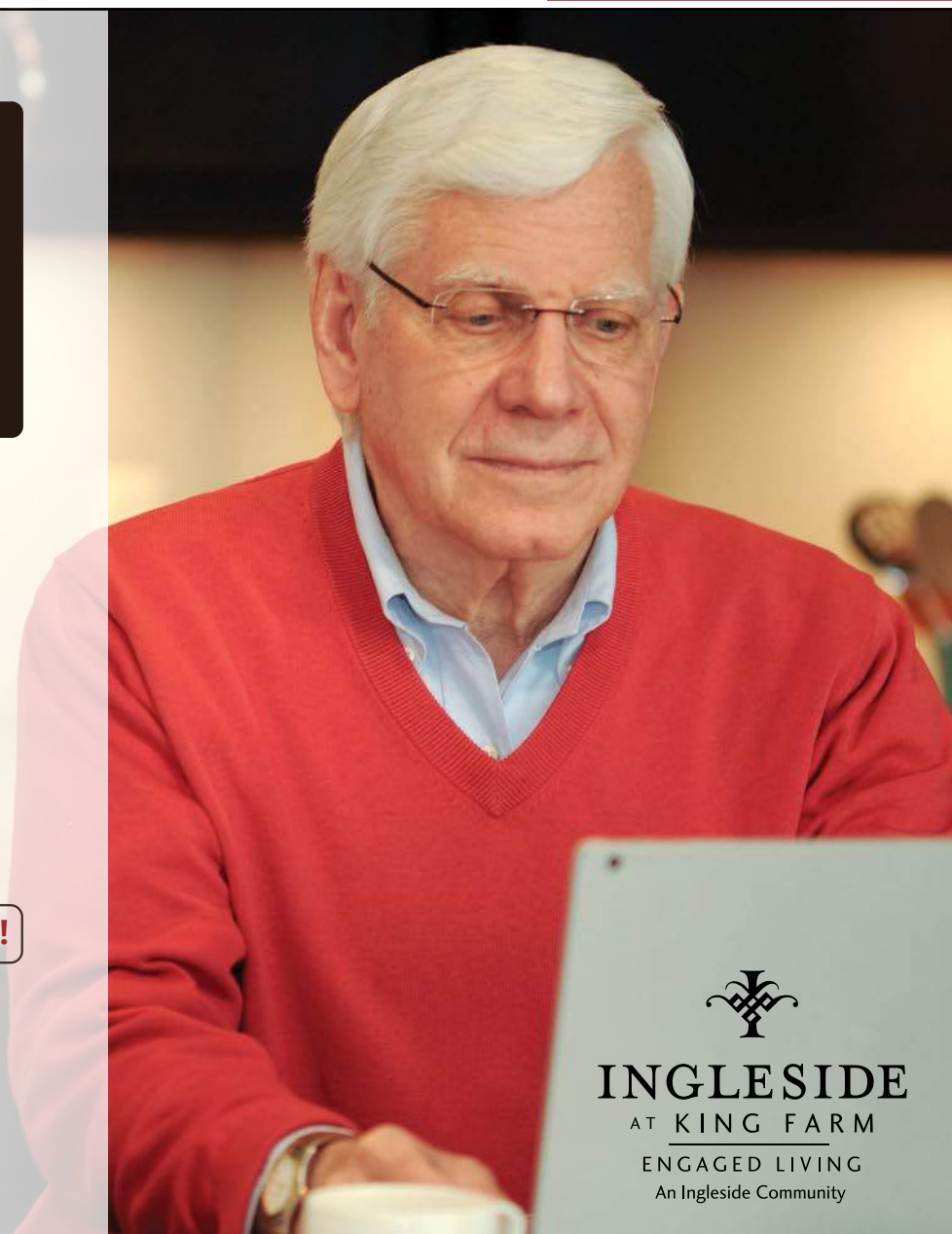
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Club Members Think Outside the Box to Help Local Businesses and Connect with Each Other

by Stella Shaw

The COVID-19 pandemic has put a lot of people in isolation, especially those who live alone. People are separated from their family and friends.

Club member Eileen Lu knows how isolating it can feel when complying with the state's stay-at-home order. However, she cares about her friends, and she cares about small, local businesses that suffer during this difficult period of time.

Then she came up with an idea to help these businesses and to connect with her friends. She picked a small, local restaurant that she likes. She emailed and invited 10 of her friends to join her to do a carry-out order together. Another Club member, Lan Chau, helped with ordering, payment and how to distribute the food.

The restaurant delivered the food to the Clubhouse II parking lot. Each member individually approached the delivery car to pick up her order to take home. Then each person took a picture of herself with the delicious dishes she ordered. They enjoyed their meal at their separate homes but were together in spirit.

Lu's niece made a collage of these 11 lovely ladies enjoying their favorite dishes. "We had a feast together, yet we kept our social distancing – good citizens," Lu said.

The Club hopes this story will inspire members of other clubs and groups to do something out of the box to connect to each other.

Feeling Thankful

At this difficult time, many Chinese Club members feel blessed to live in a community

that supports diversity. Members are able to make good friends within and outside the Club. Even though members can't get together with good friends at this time, they can still call or email each other and share activities of common interest.

Leisure World has a beautiful and safe outdoor environment and, when the weather is nice, members are able to take walks while wearing face coverings and keeping distance from others.

When walkers see their friends and neighbors, they wave to each other. It is comforting to know your friends are safe even if you can't walk together.

Club members worked hard



Eleven members of the Chinese Club share a meal together in spirit. Graphic courtesy Eileen Lu

before retiring, and most have saved enough to enjoy their senior years. During this pandemic, they don't have to worry about their next meal. That is a blessing.



Sunil Dasgupta

Board of Education

Dear Leisure World Residents,

I am a parent of three MCPS students, a PTA leader who has advocated for improved mental health support in schools, and a university professor who works with mainly MCPS graduates.

I am running for the at-large seat on the Board of Education to advocate for fully funding our schools, spending every dollar wisely, ensuring equal access for all, investing in teachers and staff, and reducing the opportunity gap. To achieve these goals at a time of mounting challenges, we need school board members who can make tough choices and bring the county together to defend public education.

I am ready to lead, and I humbly ask for your support.

Dr. Sunil Dasgupta

County Council President Sidney Katz says:



"I am very proud to endorse my friend, Sunil Dasgupta, for the at-large seat on the Board of Education.

I know Sunil from his work on the Annual Mental Health and Wellness Forum. Sunil has created an event that the county sorely needs."

Who is supporting Sunil?



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Rossmoor Women Thank Donors and Recognizes Hospitality Chair

by Marcia L. Elbrand

A number of individuals have already responded to Rossmoor Women's Club's (RWC) request for donations that the RWC board can use at its discretion — for whichever of the Club's charities have an increased need this spring.

"Be sure and thank the generous donors who sent checks recently," said RWC treasurer Peggy Sullivan. "More, of course, are welcome," Sullivan added.

Checks in any amount, payable to RWC, may be mailed to Sullivan at (3743 Glen Eagles Dr., Silver Spring, MD 20906).

Food Donations

Manna Food Center is servicing the neighborhoods around Harmony Hills Elementary School, providing "smart sacks" — food bags to support families on weekends, when Montgomery County Public Schools' meal sites are not oper-

ating. RWC frequently volunteers with the school.

The packages, which Manna named "stay put packs," contain a one-week supply of shelf stable food. Designed to provide nutritious food for three people, each pack costs \$25. To assist in providing this support, the RWC board has voted by email and approved a donation of \$500 to go to Manna for these "stay put packs."

Added to the Club's donation is a matching grant from Mitch Berliner and Debbie Moser of the Central Farm Markets. The matching donation brings the gift to a total of \$1,000, which will provide food for 40 families.

Individuals seeking to add their support to this effort can send checks directly to (Manna Food Center, 12301 Old Columbia Pike, Silver Spring, MD 20904). Or, those who prefer to have RWC receive the gift can send checks in any amount, payable to RWC, directly to trea-

surer Peggy Sullivan at (3743 Glen Eagles Dr., Silver Spring, MD 20906). Donors are welcome to enclose a note or memo specifying the recipient agency or charity.

Hospitality Chair is Recognized

For more than six years, the Club's hospitality chairperson, Joan Della Valle, has graciously handled the important task of staffing the welcome table at every RWC event. When interviewed recently, Della Valle demurred, pointing out that while she organizes the volunteering, many others assist her.

Her alphabetically-arranged list of frequent volunteers included Maria Festa, Arleen Luchs, Mary Jane Noll, Noll's husband, Gordon Noll, Elizabeth Roddy, Arlene Siller and Judy Strazzella. In addition, in the past few years, she has worked closely with Carolyn Thompson and



Rossmoor Women's Club hospitality chairperson Joan Della Valle (in plaid jacket) enjoys a luncheon honoring scholarship winners. Photo by Marcia L. Elbrand

Noreen Potter, who have handled arrangements for luncheons.

The Club's immediate past president, Aggie Eastham, described her onetime Colesville neighbor as a person who is outgoing and always sees things through. "She really is a great person to be up front," Eastham said.

Hundreds of women appreciate Della Valle for providing them a warm welcome to RWC's events.

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Club Shares Online Game and Remote Travel Opportunities for All

by Elizabeth Brooks-Evans

The goal of the Going It Alone Club (GIAC) is to enhance the social and emotional well-being of its members with games,

fellowship opportunities and exciting trips.

Although it's a singles club, all residents whether married or single are welcome to participate in scheduled trips. Married residents

whose spouses are incapacitated can also join and participate in all Club activities.

During these times when social distancing is crucial, all residents are invited to join GIAC members in playing online games, remote traveling and more.



Members and guests enjoy dinner at the Mount Hope Mystery Theater in Lancaster, Pennsylvania, in March of 2019. Photo by Joe Parker

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We are pleased to announce our reopening on May 18, 2020. We will require patients and employees to wear masks, and have temperature checks upon arrival. We will use disinfectants to clean all surfaces and have hand sanitizer available. We want to assure all our future, current, and past patients that we will do everything we can to make our office as safe as possible. If you still prefer distance therapy sessions, we will continue to do Telehealth. Most insurances, including Medicare, are currently covering physical therapy video sessions. Please call and let us know how you are, and if you want to set up a future visit, leave us a message. We hope to see you soon!



Games

The website (Arkadium.com) offers a variety of card and board games that residents can play with others or on their own.

AARP's website (games.aarp.org) features a collection of online games for seniors such as mah-jongg, solitaire, word and arcade.

The game Words with Friends can be played with others via of an app that can be downloaded from a cell phone.

Armchair Travel from Home

Check out the Northern Lights every night at (Explore.org), a website that provides nightly live-streaming of the aurora borealis.

Experience many famous landmarks, national parks and well-known museums (including the Louvre) through Google Arts

& Culture at (artsandculture.google.com).

To remotely visit Europe with well-known tour guide Rick Steves, visit (www.YouTube.com) and enter "Rick Steves" in the search bar. The website has video trips to Scotland, Wales, Munich, France, England, Italy and more.

To see the beauty of National Parks, visit (<http://bit.ly/NatParkTour>) for several interesting choices.

Trips

Trip Trivia is an online game that shows various well-known sites and provides multiple choices of where they are. To play, go to (play@triptrivia.com).

All GIAC motor coach trips have been canceled at this time. In memory of the good times, above is a photo taken during a trip last year.

Membership

Sign-ups for membership have been suspended until further notice.

Meanwhile, members who are able to find various ways to stay connected and find enjoyment with one another or alone at home are invited to share their positive experiences with GIAC's president, Elaine Strass, by writing to her at (P.O. Box 12024, Silver Spring, MD 20908) or emailing her at (Elaine.strass@yahoo.com).



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What Do Baboons Have to Do with Congress?

by Al Karr

For a long time, Comedy and Humor Club member Al Karr has gotten a big kick out of telling his fellow members and others that just as a group of lions is called a “pride,” a group of baboons is known as a “congress.” Everyone he tells that joke to has a hearty laugh.

Writing in (ThoughtCo.com), an education resources publication, writer Robert Longley mentions a popular photograph of a group of baboons and an accompanying meme (a photo that highlights an idea that moves from person to person). The photo is captioned, “Did you know that a large group of baboons is called a Congress?”

The meme says that baboons “are the loudest, most dangerous, most viciously aggressive and least intelligent of all primates...I guess that pretty much explains what comes out of Washington.”

Longley quotes National Geographic, stating that “baboons form large troops, composed of dozens or even hundreds of baboons.” In an email to PolitiFact, Shirley Strum, director of the University of California’s baboon project in Nairobi, Kenya, agreed that baboons’ group name is “troop” but said she’d never heard them called a “congress.”

Indeed, Strum wrote, “I would prefer to be governed by baboons [rather] than

the current Congress. [The baboons] are more socially committed, abide by the golden rule and are generally nicer people.”

“The fact remains,” Longley concludes, that a gathering of baboons is not a “congress.”

But wait — further research shows (I kid you not) that a group of salamanders, rather than baboons, is called a “herd,” or a “congress!”

More Joke-Telling

The Club is not currently meeting in person, but here are a few jokes provided by Club members via phone and email:

- John Lass – “Old” is when your friends compliment you on your new alligator shoes and your feet are bare.
- Fred Firnbacher – Lessons learned in the past few weeks:
 - Europeans are not as educated as they appear
 - rich people are not as immune as poor people
 - health professionals are worth more than football legends
- Wally Becker – Walter and Rachel were married for many years, but were growing old and a bit tired of each other. Walter decided to give up and told his wife that he had decided to be cremated. Rachel replied, “I’ll make an appointment for you for next Tuesday.”

Enjoy ‘Joy’

by John Moens

The Writers of Leisure World is not currently meeting, but that doesn’t mean its members can’t write.

Here is an excerpt from an unpublished fictional story by one of the Group’s writers. The Group’s members hope that the story will inspire some writers to join the Group and that it will uplift the spirits of all readers.

‘Joy’

As he sat in the locker room, he looked down at his faded jersey. It fit tightly around his broad shoulders 40 years ago. Now, it fit tightly around his gut and was loose everywhere else. Too many beers and too little exercise.

The pants were scandalously tight back then and only a star, which is what he had once been, could have gotten away with it. He had kept the shoes

for four decades but now, they no longer fit. What a waste. He would be going out to play the last inning of his life in hand-made Italian leather shoes. Impractical, but might as well go out in style.

He noticed the object – the source of all his dreams and nightmares – leaning against a locker. He stared at it. More familiar to him than any woman he had ever known, and less forgiving. It was a bat: his bat. He had last held it four decades ago. A fan – no, a fiend – had retrieved it after the game and presented it to him: not to honor him but to mock him.

“Ready to go Pops?,” a voice interrupted his thoughts.

“I ain’t your Papa,” he snarled.

The man apologized and tried to redeem himself by saying, “We have a huge crowd for Old Timers Day. Glad you could come.”

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How to Find Features on a Mac

by Ron Masi

All LW Apple Club activities are temporarily canceled. Visit the Club online at (mac.computerctr.org) to view its past Leisure World News articles and more.

Many Mac users have had problems finding features on their Mac, such as Mail, Messages, Pages, Numbers, Keynote and others. Here are five ways to search for features on a Mac.



File Open Recent

File Open Recent is part of almost all Apple apps, such as Pages, Numbers, Keynote, Mail, Movie and others. It is found at the top left of the open apps window, just to the right of the app's name. Click on File and in the dropdown, select Open Recent. A list of recent files created is presented. The user can click the one he or she wants.

Finder

Finder is a half blue and white face image in the Dock and is where the user works with Mac's file system. Finder can help the user search for files, create folders, group related files, rename and batch many files, delete files, make files invisible and more.

When Finder is open in the

toolbar, the user finds several choices on how to view files (icons, lists, etc.). The user can also create a new folder, get meta-data or path and more.

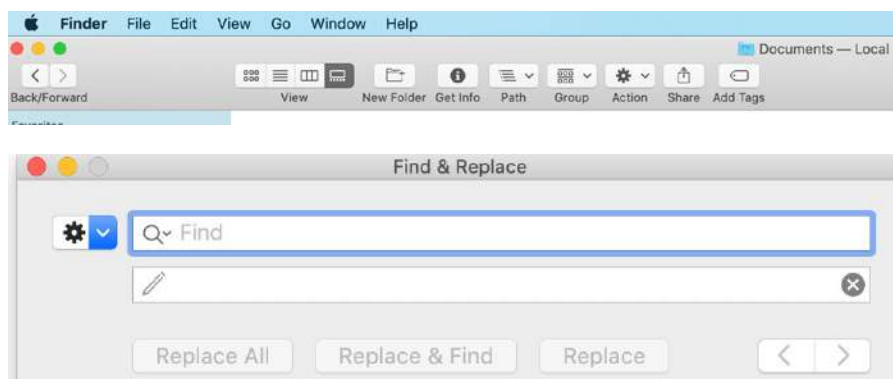
Find

Find (not Finder) is used to find something in the opened file. It is most useful when working with large documents or spreadsheets. The user can search in the opened document for words, phrases, numbers, symbols, punctuation and more.

Find will search for, remove from or replace an item. For example, you discovered that you have repeatedly spelled "John" instead of "Jean." Press the keyboard's "Command" and "F" buttons to open the Find and Replace window. Click the blue dropdown arrow and select Find and Replace. Two rows appear. In the top row (magnifying glass) type in the word you want to find/replace, and in the row below type in what you want to replace it with. So "John" (to be replaced) is replaced with "Jean" (corrected).

Spotlight

Spotlight is the ultimate search tool because it looks everywhere. Spotlight searches for and finds things, including information in and on the user's apps such as Maps, Images, Contacts, iTunes, Books and even Mail and



Mac's "Find and Replace" option helps the user find in a document. Screenshot by Ron Masi

Messages

Spotlight finds text inside documents and can connect to the internet and search websites such as Wikipedia for movie listings, definitions and more. The user can also do calculations, such as convert inches to meters and gallons to quarts, solve math problems and even do long arithmetic formulas. Spotlight can also launch apps.

Start Spotlight by either typing the "Command" key and spacebar keys or clicking the magnifying glass icon at the top right of the screen, which opens a small window to type in a search request.

For example, if the user wants to know when a flight will arrive, provide the airline and flight number and Spotlight will give the user its status. To modify what and where Spotlight can search, go to the Apple icon at the top left corner of screen > System Preferences > Spotlight.

Mail

Apple's Mail program takes all your email providers (Gmail, Comcast, Verizon, AOL and others) and consolidates them into one mailbox called Mail. Click on the blue stamp icon in the Dock to open Mail.

Mail has three vertical columns. From left to right they include: the mailboxes, the mail headers (from subject line with a few lines of the message) and the complete email if selected.

In the second column just above the top, there is "Sort by..." and a dropdown arrow. Click it to see the menu on how to sort mail. Some people prefer to see their newest messages on top, but each user can select the type of sorting that suits his or her needs.

For example, to search for a message from Terry, select "Sort by From" to scroll down the list of names to find Terry. A quicker way to search is to type "Terry" in "Search" located in the toolbar.



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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).

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).

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,

► to page 36

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

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.

Leisure World Club Trips

The next deadline for trip submissions is **Monday, May 25**. Leisure World Club Trips 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.

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.



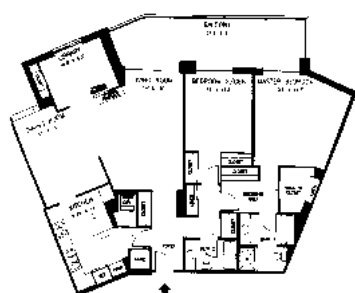
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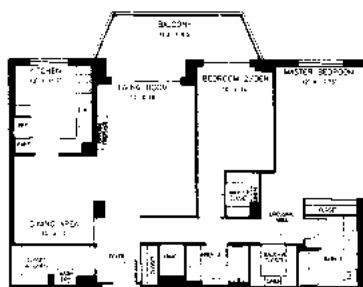


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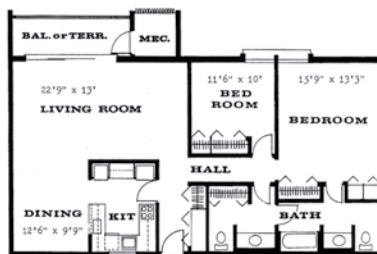
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COMING SOON
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SPORTS, GAMES & Scoreboards

■ Pickleball Club

Club Optimistic About Prospect of Returning to Courts Soon

by Dee Berkholtz

The buds on the trees and the flowers in bloom bring a sense of optimism to the many walkers around the community's beautiful grounds and well-maintained homes, along with hope that this confinement will be over soon.

Seeing the progress being made on the reconfiguration of the pickleball courts has also raised the spirits of many a Club member eager to meet up again for a friendly game or two (or three or four).

Gov. Hogan announced the reopening of some outdoor recreational activities in the state, including the reopening of tennis courts, at a May 6 press conference. The courts are Leisure World are expected to reopen by mid-May (weather-permitting).

The USA Pickleball Association has published a paper entitled "COVID-19 Return to Play – Guidance on Safe Return to Play," which is a compilation of information addressing safe

practices to be considered as pickleball courts are allowed to reopen. The paper offers recommendations on how to incorporate Centers for Disease Control and Prevention guidelines into the transitional period from stay-at-home to regular pickleball activity once the current restrictions on gatherings have been loosened or lifted.

The paper cautions players to remember that physical fitness and level of play may well have been compromised over these past many months. Remembering to warm up and stretch prior to playing can help reduce the chance of injury once play is allowed to resume. The complete document can be found on the (www.LWPickleball.net) website.

Senior Olympics

Maryland Senior Olympics, an annual event in which several Club members participate, is yet another event that has been affected by the virus.

The pickleball events are currently scheduled for Friday,



From left to right, the tennis and pickleball courts before and after their reconfiguration. Photos by Dee Berkholtz

Aug. 21, through Monday, Aug. 24, in Bowie, Maryland, but registration has been delayed. It is not yet known when registration will reopen or if the events will be rescheduled.

Club Communications

The Pickleball Club has moved to a new email system for Club communications. Members will now receive messages from (LWPickleballMD@gmail.com).

Any former members who have allowed their membership to

lapse can re-register on the Club's website at (www.lwpickleball.net). The "Members Only" link on the website has now been password protected, and the password has been sent to all registered members. Any member who has not received the password should send an email to (lw pickleballmd@gmail.com).



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

COVID 19
CORONAVIRUS DISEASE

CORONAVIRUS DISEASE 2019 (COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.



www.cdc.gov/COVID19
314705-A February 13, 2020 12:00 PM

■ Scrabble Group of Leisure World

Scrabblers Look Forward to Clubhouse II Return

by Radha Pillai

Until COVID-19 scared the Scrabble Group out of Clubhouse II, enthusiasts would play the game on Tuesdays from approximately noon until whenever each table of players decided to quit. Groups of people playing until 6 or 7 p.m. was not uncommon.

Currently some of the players are online playing "Words with Friends" with each other.

All members are patiently waiting for COVID-19 to free them so that they can resume their routine of playing

Scrabble. Please stay connected with one another; the Group will be back together as soon as it can.

Scrabblers are a very friendly group. The Group has several Super Scrabble boards and several traditional or regular boards.

Any resident interested in joining the Scrabble Group may call Arlyne Liebrand at (301-438-7442) and leave a message, or email her at (liebrandab@yahoo.com).

Join us and be ready for a grand re-opening, hopefully soon.



Postponed 2020 Olympics Will Not Include Chess

by Bernie Ascher

Reluctantly, Japan's Prime Minister Shinzo Abe and International Olympic Committee President Thomas Bach agreed to postpone the Tokyo 2020 Olympics for one year due to the coronavirus pandemic.

This is the first postponement in the 124-year history of the modern Olympics, although cancellations occurred during war years (1916, 1940 and 1944).

Experts expect the delay to increase costs by \$2-6 billion, according to the Associated Press. Japan has spent billions of dollars already. Official data show \$12.6 billion, including \$1.5 billion for a new national stadium that will seat 60-80,000 spectators.

It has color-coded its subway system and added a new line and new stations to handle the crowds. The system ordinarily handles 20 million riders a day, but the Olympics will add thousands more, including 11,000 athletes from more than 200 countries. Japan has built a new Olympic Village to house the athletes. To help defray costs, each international visitor will pay a \$9 fee upon leaving Japan.

In 2018, Japan hosted 30 million tourists and, according to a Japan Times editorial, the government believes that, with the Olympic Games, the target of 40 million in 2020 "is now within reach."

To reduce crowding, transport authorities worked out a plan with large corporations such as Sony, Toyota and Mitsubishi to stagger work hours, shift employees to offices outside the Olympic stadium route and allow employees to work from home.

Japan will debut new, high-speed magnetic levitation trains that can move at about 350 miles per hour. Toyota will introduce robots to welcome visitors, give directions, help seat people, assist disabled spectators, serve light refreshments and retrieve javelins and other thrown objects on the field.

NBC has spent billions of dollars to broadcast the Olympics (\$4.38 billion for the 2012-20 period with an extension of \$7.75 billion for 2024-32) and has made billions in revenue (\$1.6 billion in 2016).

The games, filmed by a crew of 2,000, consume many hours of programming and draw millions of viewers in prime time (25 million in 2016). This year, NBC already had sold out nearly all its ad time for the 2020 Olympics for \$1.25 billion.

NBC's insurance would cover losses due to cancelation of the Olympics, according

to Brian Roberts, CEO of Comcast, NBC's parent company, according to the trade publication AdAge.

NBC, though, loses the opportunity to use the Olympics to promote Peacock, its new streaming service, which is due to go national in July. It also needs to fill a huge programming hole for the summer, at a time when its film and TV production has ceased due to the pandemic.

The International Olympic Committee (IOC) added five sports to the Tokyo agenda: baseball (absent since the 2008 Olympics), surfing, karate, skateboarding and climbing, but not chess.

Earlier this year, as in prior years, the IOC rejected chess for the 2020 Olympics

because of its lack of physical activity. The International Chess Federation, with members from 189 countries (and 600 million players around the world), immediately filed a request for inclusion of chess in Paris in 2024: centennial of the 1924 Paris Olympics and centennial of the International Chess Federation itself.

In the diagram on this page, White has just promoted a Pawn to Queen at d8. 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 Pawn to g3. Checkmate!

So, do not wait for Olympics in 2021. Do not wait for chess in the Olympics. Do not wait for 40 million tourists. Play chess now! (Remotely, of course).



My name is Jay Guan

I am a husband, a father, and on weekends, a soccer player.
I am an aerospace engineer, an education advocate, and also a transportation activist.

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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 (thecom-mongame.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. The Chess Club meets every Monday, Wednesday and Friday from 1-4 p.m. in Clubhouse II. Membership is free. Chess games are now being played remotely.

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.

Golf Club: While the golf course was closed during this COVID-19 pandemic, the greens superintendent and his crew were busy getting the course into great shape. The ladies' and men's golf leagues still plan a full round of tournaments and mixer events this golf season and ask all residents who are either seasoned golfers or beginners to join them for fun, exercise and camaraderie. For

more information, call the pro shop at (301-598-1570).

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

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. Scrabble games in Clubhouse II are suspended until further notice.

Indoor Pool Volleyball: If you are a 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.

Use a Cloth Face Covering to Protect Others



- Wear a face covering to protect others from the virus that causes COVID-19 in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead



cdc.gov/coronavirus

CORONAVIRUS DISEASE 2019 (COVID-19)



You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.

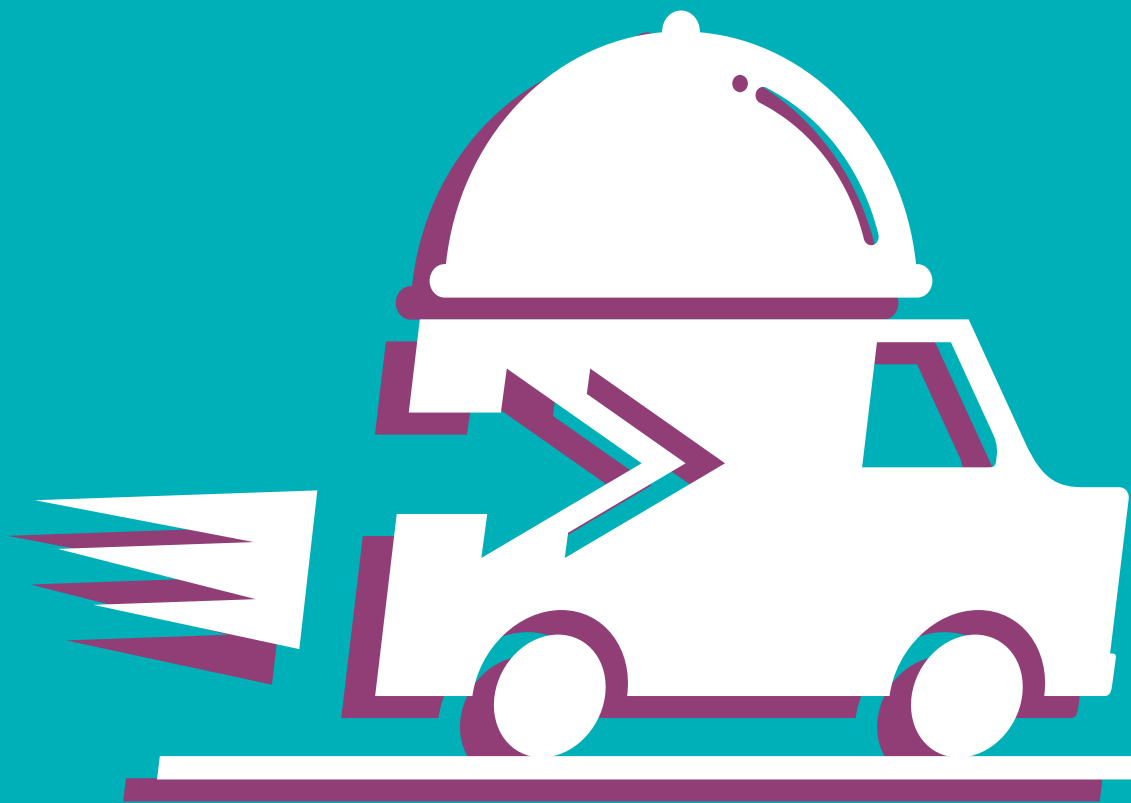


cdc.gov/coronavirus

316159-A March 25, 2020 8:00 AM

***Stein Room and Terrace Room
have expanded their***

**DELIVERY
SERVICE**



Available Monday–Thursday from 11 a.m.–6 p.m.,
Friday–Saturday from 11 a.m.–7 p.m.

No minimum order amount!

Only a \$4 surcharge for delivery.



Call 301-598-1330 to place your order.

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.

DANCE

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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.

EDUCATION

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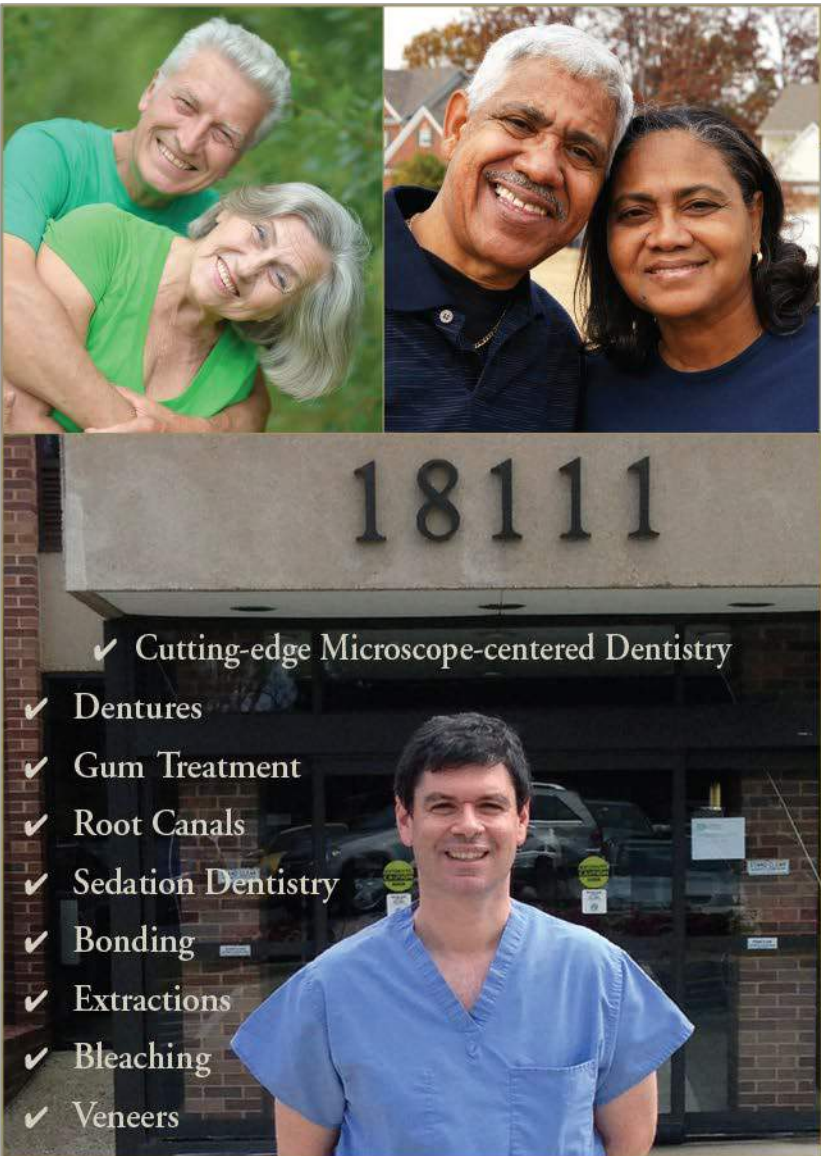
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- ✓ Cutting-edge Microscope-centered Dentistry
- ✓ Dentures
- ✓ Gum Treatment
- ✓ Root Canals
- ✓ Sedation Dentistry
- ✓ Bonding
- ✓ Extractions
- ✓ Bleaching
- ✓ Veneers

We Cater to Cowards • Same-day Emergencies • Evening Hours
Will File Forms for All PPO Insurance Carriers

Look and feel your best!



COMPREHENSIVE FAMILY
& COSMETIC DENTISTRY

\$50 off your first visit

Not valid with third party plans, new patients only.

Located at MedStar Montgomery Medical Center
18111 Prince Philip Dr.
Suite T-17
Olney, MD 20832

T: 301-774-7887 • www.OlneyDental.com

CALENDAR *of Events*

Dial 301-598-1313 for recorded Daily Events

Leisure World Mutual Meetings

May 18 Mutual 9 Board 10:00 a.m., location TBD	May 27 Montgomery Mutual Board 9:30 a.m., via teleconference
May 19 Mutual 14 Board 9:30 a.m., via teleconference	Mutual 20B Board 10:00 a.m., via teleconference
May 20 Mutual 5 Board 9:30 a.m., via teleconference	May 28 Mutual 10 Board 9:30 a.m., via teleconference
May 21 Mutual 15 Board 9:30 a.m., via teleconference	Mutual 20A Board 9:30 a.m., via teleconference
Mutual 13 Board 1:30 p.m., Sullivan Room	Mutual 6C Board 9:30 a.m., via teleconference
May 26 Mutual 17A Board 2:00 p.m., via teleconference	Mutual 26 Board 10:30 a.m., Party Room
Mutual 21 Board 2:30 p.m., via teleconference	Mutual 24 Board 1:30 p.m., via teleconference
	May 29 Mutual 18 Annual 11:00 a.m., via teleconference
	June 2 Mutual 18 Board 1:30 p.m., Sullivan Room or teleconference TBD

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.

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

Budget and Finance May 20, 10:00 a.m., via teleconference	Golf and Greens June 5, 9:30 a.m., via teleconference
Emergency Preparedness June 4, 1:30 p.m., via teleconference	Technology June 2, 10:00 a.m., via teleconference
LWCC Board of Directors No meeting in May	
LWCC Executive Committee May 15, 9:30 a.m., Sullivan Room (teleconference; closed to resident foot traffic). For details on how to watch or attend the meeting remotely, see page 6.	
Meeting times and locations subject to change. 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.	

Leisure World trusts Family & Nursing Care



As a premier resource for in-home care services, Family & Nursing Care helps families rest easy, knowing their loved ones are well supported. From that first cup of coffee in the morning to a sacred bedtime ritual to an unexpected need in the middle of the night, **we are here for you.**

To learn more, come meet **Kelly** and **Jeff** in our office in the Leisure World Medical Center.



Licensed as an RSA by the MD DOH, OHCQ, MD RSA License R2519R; MD NRSA 070605.

3305 N. Leisure World Blvd. familynursingcare.com (301) 588-8200

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@bethkecpa.com) if you are interested and qualified.

WANTED

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 other items associated with U.S., German, Japanese or other military history. Call Dave (240-464-0958) or email (david.obal63@gmail.com).

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

TURN YOUR STERLING SILVER and old gold jewelry into cash and do something good for yourself. Gold 4 Good (8241 Georgia Ave., Ste. 100, Silver Spring, MD 20910) buys gold and silver jewelry, including broken pieces, all sterling silver,

gold watches and gold and silver coins. I will come to your house and give you a free evaluation of what I can pay. 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. Licensed with both Maryland and Montgomery County (lic. #2327). Call Bob (240-938-9694).

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.

REAL ESTATE WANTED

RETIRED MAN on disability looking to rent or buy patio home with garage in any shape in Mutual 10. Needs 3 bedrooms. Mr. Wayne (240-505-8674).

REAL ESTATE FOR RENT

2 BEDROOM 2 full bath in Fairways North. Garage space included, hardwood floors, updated kitchen and baths. \$1,895. Eve Rados Marinik, Douglas Realty, (301-221-8867), (evemhomes@gmail.com). 5/15 ensure

1 BEDROOM with den and 1.5 baths. ADA shower, hardwood floors, fresh paint. \$1,450 per month. Eve Rados Marinik, Douglas Realty, (301-221-8867), (evemhomes@gmail.com).

ESTATE SALES

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)

AUTO SALES

2016 TOYOTA CAMRY LE. Four-door. MD-inspected, like new. Only 13,500 miles. One owner. \$14,999. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

2007 TOYOTA COROLLA. Four-door. Automatic A/C, MD-inspected. Only 32,000 miles. Like new. \$7,900. I will buy your car even if you don't buy mine. Dealing with Leisure World for 43 years. Licensed and bonded. Cash or cashier's check for your car, van or truck. Please call Marty Salins at Auto Plaza (301-325-1973).

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).

TRANSPORTATION SERVICES

A-1 SERVICE, call-and-ride — doctors, airport. \$35. Will pick up your groceries. Always on time. Over 250 satisfied customers from Leisure World. Call all night for emergencies also. Larry Kraft (240-743-8287).

DRIVER WITH CONCIERGE STYLE at regular rates. First, I sanitize the car in your presence before we go to your destination. I am a Leisure World resident and I understand the needs of our community. My service is a four-door Mercedes-Benz sedan with all the comforts of a leather-seat luxury car, temperature-controlled interior, ample trunk space and a smooth ride. Most important is my absolute dependability and providing any special assistance you may need. Call Ken at (508-612-9647).

LEISURE WORLD RESIDENT with an accident-free record has brand new car to drive seniors to doctors' appointments, grocery or other shopping, the airports,

etc. (Experienced medical transcriptionist can take accurate notes during doctor appointments, if needed). Call CPR- and AED-trained Stephanie Sidella at (301-922-5080) or (ssidella@verizon.net).

HAVE CAR, WILL TRAVEL. Flat rates to all airports. \$45 to and from Dulles. \$45 to and from BWI. \$45 to and from Reagan National. Union Station, doctors' appointments. Call John Westmoreland (301-536-5801).

DRIVER with 25 years' experience. I am a Leisure World resident. Drive anywhere. Comfortable, smooth, safe. Accident-free record. Clean vehicle. I'm available 24/7. Call or text (703-649-1293).

YOUR PERFECT PRIVATE DRIVER is right here! Lifetime DC Metro resident. Friendly, reliable, competent service. Safe, accident-free record. Comfortable, clean vehicle can seat up to six passengers. Airports, cruiseports, trains, theatres, casinos, restaurants, festivals, ceremonies, medical appointments... To/from anywhere, including long-distance trips in other states. Reservations are recommended. Call 7 a.m.-10 p.m. with questions or to arrange/guarantee your ride. Available 24/7. Emergency calls, if needed. Steven Saidman. Cell/text (301-933-8899). Email (steve.your.driver@gmail.com).

FLORAL

FLORAL DESIGN AND DELIVERY from a local Kensington shop. Specializing in funerals, celebrations and other occasions. See designs on (districtpetals.com). (202-701-5596), (oscar@petalstothemetal.com).

CAREGIVING AND HEALTHCARE

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.

"A" HOME HEALTH CARE for Senior Citizens — Care you can trust and is affordable. Reliable and qualified aide and nursing staff available. Companionship, personal care, meds, housekeeping, shopping, driving. Full/part-time or live-in. Flat rate for live-in care. Call (240-533-6599).

FLAT RATES, ONE WEEK FREE. "Care You Can Trust and Afford." Reliable, experienced caregiver

KEEP PLASTIC BAGS OUT OF RECYCLING BINS

From the Sanitation Department

providing hygiene care, medication reminders, meals, housekeeping, errands, appointments etc. Full/part-time, live-in, overnight or weekend. Call today: (301-490-1146).

ELDERLY CARE: Over 10 years' experience. Great reference. Available for long days or nights. Can drive. Leisure World resident. (240-461-2188).

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 family members by keeping their loved ones safe while also protecting their independence and preserving their dignity. I give detailed information and pay close attention to my clients and to the families' needs. I have taken care of many people from family members, friends and clients in facilities to group home members and privately cared-for patients. Whatever the needs may be, I strive to go above and beyond my call of duty. Life is a treasure and if I can provide life or encouragement to anyone, or let them know that they are still loved and living with grace and dignity, I am that Angel. Arafa (240-883-8933), (brownzebra@hotmail.com). Availability: 10 p.m.-7 a.m.

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).

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).

CNA/MEDTECH/CPR with First Aid. Licensed. Experienced working with elderly. Have worked with agencies, assisted living in

hospitals and also private duty. Am available full-time or part-time, nights and days. Please call (301-793-7090).

RELIABLE, PROFESSIONAL and COMPETENT trained caregiver (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).

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, 20 years' experience. Good morning! My name is Helen (240-701-6129). I've worked with an agency and independently. Dependable, reliable, good sense of humor. I have a reliable car.

I AM A CNA. Licensed in nursing, RN in Philippines. 18 to 20 years' experience as a caregiver. Worked 3.5 years in assisted living, and private duty for more than 15 years. Duties include personal hygiene, light housekeeping, shopping, meal preparation, dressing, errands, cooking, doctor's appointments, medication

reminders. Own car. Dependable, loving, hard worker with excellent references. (301-820-0421).

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

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.

COVID-19 ELEVATOR ETIQUETTE



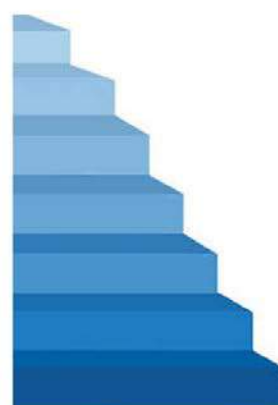
DON'T overcrowd



DO maximize distance



DON'T forget your mask and gloves



DO take the stairs if able

STAIR LIFTS: Never walk up steps again! Buy new or certified pre-owned stair lifts at affordable prices. Professional installation 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.continental movers.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)

GLORIA’S GARDENING – Does your garden need attention... weeding, pruning, planting, watering, mulching? As an experienced gardener and Leisure World resident, I will give your garden the TLC it needs. (301-980-2867), (ilovegardening1@verizon.net)

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!

FEDERAL CLEANING, LLC has been a trusted cleaning company used by several Leisure World residents over the past year. Call us for your free estimate today. We offer both apartment and home cleaning services. We are extremely flexible—seven days a week to accommodate your schedule. Give us a call at (240-614-1592), (202-710-7426). Hope to hear from you soon!

HOUSE CLEANING – 22 years’ experience. Worked in LW for 10 years. Reliable, honest, great references. I live in Aspen Hill. Call Alice (301-946-5996) or (301-520-0074).

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.

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).

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.

AN AFFORDABLE WAY to preserve memories. Transfer your old home VHS movies and films to a format your family can watch for generations to come. Call Todd at ToJo Productions (410-375-6070).

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

DIANE’S DOG WALKING SERVICE. Keep your pet happy and healthy with exercise and lots of special attention! Established dog walking service by a dependable and responsible Leisure World resident. Initial meeting can be by phone or in person. Dog walking is exclusively with your dog only. Pet sitting and feeding services available. References upon request. Please call Diane at (301-598-3454) or email (DianesDogWalking@gmail.com).

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 (nstmyosenji.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).

UPCOMING EVENTS

SCAMS in the TIME of COVID-19 and other investment matters: A virtual talk with U.S. Securities and Exchange Commission — Tuesday, May 19, 1-2:30 p.m. (<https://mcpl.libnet.info/event/4279307>) Learn about scams as it relates to COVID solutions, therapeutics and the CARE Act – and the stock market. We will also delve into other investment topics including the SEC's Regulation Best Interest. Please join this live session at the link the date of the event (no password needed): Join Zoom Meeting (<https://zoom.us/j/93354332236>). Meeting ID (for your reference): 933 5433 2236

GENTLE HATHA YOGA at noon — Virtual Edition — Wednesday, May 20, 12-1 p.m. (<https://mcpl.libnet.info/event/4279354>) Gentle Hatha Yoga is perfect for those who are just starting out with yoga, are less mobile or simply want a more relaxed yoga experience. Supported by Friends of the Library Chevy Chase Chapter. Please click to access the live session link with the information below on the day of the event: Join Zoom Meeting (<https://zoom.us/j/96467187522?pwd=eU1jbjBzd1JTZlpQQWw1Q10rRHFGdz09>)

What You Need To Know ABOUT TELEMEDICINE — Thursday, May 21, 11 a.m.-12 p.m. (<https://mcpl.libnet.info/event/4283581>) This presentation provides an overview of telemedicine options and focuses on exploring virtual medical appointments with your doctor in real-time. Chevy Chase Library. Presented by Senior Planet Montgomery. Please join this live session at the link the date of the event (no password needed): Join Zoom Meeting (<https://zoom.us/j/98998884534>). Meeting ID (for your reference): 989 9888 4534

Learn about the INTERNET OF THINGS (IoT) in Healthcare — Thursday, May 28, 11 a.m.-12 p.m. (<https://mcpl.libnet.info/event/4283582>) Interested in telehealth? Come learn how the medical industry is embracing the Internet of Things (IoT) technology to treat patients remotely. Chevy Chase Library. Presented by Senior Planet Montgomery. Please join this live session at the link (no password needed). Join Zoom Meeting (<https://zoom.us/j/99027685066>). Meeting ID (for your reference): 990 2768 5066



WELLNESS WEBINARS

“PRACTICAL TIPS FOR DEMENTIA CARE DURING COVID-19 AND BEYOND”

Presented by Mikki Firor, M.S., gerontologist, dementia consultant, and president of Trovato, LLC

**TUESDAY, MAY 19
2 P.M.**

During this presentation, we will discuss tips for creating engaging and purposeful days for someone with dementia in their home, the pros and cons of homecare and moving into assisted living during COVID-19, and how to ease distress and help someone with dementia adjust to the COVID-19 “normal.”

For a link that will connect you to this free Zoom webinar, RSVP to Toni Davis at tdavis@bgf.org by Monday, May 18.

“MINDFUL MEDITATION DURING CHALLENGING TIMES”

Presented by Terrie Daniels, senior fitness and wellness specialist, Brooke Grove Retirement Village

**THURSDAY, MAY 21
11 A.M.**

It’s no surprise that many people are currently experiencing fear and anxiety. Mindful meditation can help build the calm and resilience you need to make smart decisions and continue caring for others. Learn about the science supporting these effects and practice the technique of focusing on awareness of your breath to help you cope effectively.

For a link that will connect you to this free Zoom webinar, RSVP to Toni Davis at tdavis@bgf.org by Wednesday, May 20.

