



The View

Mutual 24

from Vantage Point East

Vol 22 No. 03

April 2024

To Inform, Engage and Entertain our VPE neighbors



COUNTDOWN TO THE SOLAR ECLIPSE

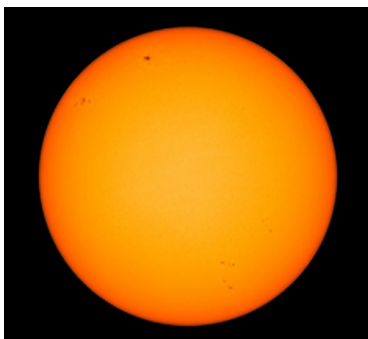


On Monday, April 8, from 2:04 p.m. – 4:32 p.m.,

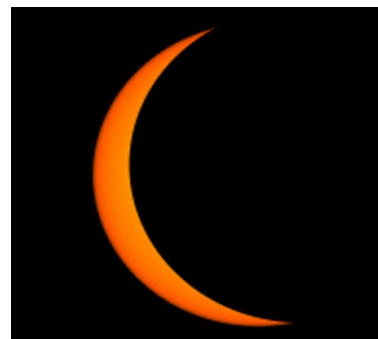
Weather permitting, residents of Montgomery County, MD will be treated to 87% of a total solar eclipse. The last total solar eclipse in our viewing area occurred in 2017 and the next one occurs in 2044.

If it is viewable, VPE is well-prepared to view it:

- 12:00 – 1:30 p.m.** Residents pick up their pre- ordered glasses in the Community Room.
- 1:00 p.m.** 2024 “Total Solar Eclipse: Through the Eyes of NASA” livestream on NASA+
- 2:00 – 2:30 p.m.** Aaron Navarro, computer scientist and amateur astronomer, will make a presentation on the history of the solar eclipse and related folklore. Aaron holds a Ph.D. from the University of Maryland and is currently retired after 40-plus years in the IT profession. His last position was managing Research and Development projects at the National Library of Medicine, one of the Institutes at the NIH. Aaron recently gave two CLL talks to LW residents-“A Cosmic Journey Through Time and Space” and “An Amateur Astronomer Answers Life’s Big Questions.”
- 2:00 – 4:32 p.m.** VPE residents with glasses can view the solar eclipse from the Community Room patio. Peak 87% coverage in our area at 3:20 p.m.
- 2:30 – 4:00 p.m.** On view in the Community Room:
To celebrate this rare moment, ABC News and National Geographic will air “Eclipse Across America” live on ABC, ABC News Live, National Geographic Channel, Nat Geo WILD, Disney+ and Hulu.
- 4:32 p.m.** Eclipse ends. Please return your “inside” chair to the Community Room.



2:04 p.m.



3:20 p.m.



President's Message

By Henry Jordan

April is upon us with warmer weather and the spring rains. Our snowbirds will be coming home, and our parking lot will again be full of residents returning from warmer climates. April is the time for some spring cleaning. Have you visited your storage area recently to clean out items that you may no longer need?

We must be careful of the hot weather and humidity in the storage areas. The building has equipment installed to attempt to keep down the humidity in the storage areas. However, sometimes dark and damp places can lead to Mold and Mildew. Mold carries with it the possibility of causing health issues and damage to our prized possessions. Some items which were previously found with mildew are: luggage, carpet, golf bags, wood, cardboard boxes, and furniture. Additionally, vermin like your cardboard boxes and make it their home. Please also be aware that you cannot place items above the yellow line marked on your storage area door as it will prevent the sprinkler system from distinguishing a fire.

When you go down to your storage unit, do you ever check for mold, and mildew? Everyone should take measures to protect all items in their storage units which are made of porous material by covering them with waterproof, non-porous coverings, or putting the items in plastic containers. If you have not done so, we are asking you to dispose of all cardboard boxes and place all your possessions in plastic [containers](#). If you have fabric covered items, please seal the items like suitcases in plastic bags. Please do not put plastic bags directly on the concrete floor. If, on inspection of your storage unit, or if you notice another unit with mildew or moldy items, please report the location to the VPE Office so we can assess the problem and contact the storage area owner. If you need any assistance in protecting your storage area, please contact the Property Manager.

After your spring cleaning, the most important thing is to enjoy spring and the beautiful flowers.



Property Manager's Corner

By Cris Juarez

Refuse Room Etiquette- We continue to see issues of improper trash disposal. Properly disposing of trash not only helps keep our environment odor-free but also keeps vermin away. Please be sure you're doing your part in making sure our refuse rooms are as neat and clean as possible. If you have friends, family, aides or a housekeeping service dispose of trash on your behalf, please share with them how to properly dispose of trash. Here are a few things to remember:

- Recyclables should be rinsed before disposing. All our containers and boxes are labeled. Be sure to sort out recycling appropriately.
- Household trash should be placed in plastic bags and placed in the trash chute. Do not leave trash bags in the Refuse Room floor.
- Unusual amounts of trash- such as a clean-out of a pantry or refrigerator and large cardboard boxes from online shopping -should be taken to our loading dock and properly disposed.

Storage Room Inspections- Our team will soon be conducting inspections of the storage bins. We will be looking to ensure that items are not within 18 inches of the sprinkler heads, and that there are no exposed cardboard or fabric-like items. Friendly reminders will be sent to those requiring attention but you're encouraged to get ahead and look at what you have stored now!



Meet & Greet: Please join the Board and neighbors on **April 30th at 7:30 p.m.** in our Community Room for an informal meet-and-greet! If you're new or have never met our Board, stop by! If you've been with us awhile, please come help give our new residents a warm welcome.

March Board Actions

By Earl Reba



The VPE Board voted to approve:

- To approve Amicus Elevator Consultants proposals to 1) provide a masterplan modernization vs. segmented upgrade masterplan (at a cost not to exceed \$3,250) and 2) to provide a reinspection and written report (at a cost not to exceed \$2,997). Funds to come from Contingency Reserves Account.

Building and Grounds

By Bruce Hulman



The VPE Building & Grounds Committee met on March 20, 2024.

Key items discussed were:

1. Contracts provided by Amicus Elevator Consultants (Boonsboro, MD) to provide:
 - a) Two reinspections of the elevators, and
 - b) A modernization report that would allow for planning a budget for elevator upgrade over time.
2. Electronic key box to be kept on the VPE premises for the purpose of allowing emergency entry into units. The Building & Grounds Committee is working with the Property Manager to develop a plan for how the key box system can be paid for and installed.



Coming in May!
Inside Walking Group
Details to follow.

Review of Current Events Meeting -- Wednesday, March 13, 2024

By Sybil Oster

The meeting was based on an article that was sent in an email to attendees of earlier gatherings. There are a substantial number of VPE residents on the list, but if you determine that you would like to be notified of future programs, please let me know, (Sybil Oster—sybilo@gmail.com.)

The article, from The New York Times dated February 21, 2024, was titled “*Many Americans Believe the Economy Is Rigged*” by Katherine J. Kramer and Jonathan D. Cohen. As part of a research project, they conducted interviews with various groups and discussed aspects of the economy, reporting on opinions and reactions regarding financial certainty and instability. The VPE attendees generally commented on how the economy supports or exploits citizens.

At our **April 10th** discussion, to be led by Katherine Bloom, we will examine a topic that affects all of us. After a loss, regardless of whether it is individual or collective, it is normal to go through a period of mourning and grief. In general, our society doesn't talk about loss, so we are going to take up this subject.



Ruth Cohen, VPE prize winning quilter, with her original design for a PI quilt.

Scams and Fraud

By Debby Whelan



Many of you may have heard about the Leisure World resident who was recently scammed out of almost \$800,000. A man told the resident that her identity had been stolen and he could protect her assets but only if she converted them to gold bars. After two payments, the LW resident realized she was being scammed and called the police. The scam artist (from California) was eventually caught by the FBI in a nearby shopping center parking lot.

Scammers are coming up every day with new ways to obtain your money. Most are via telephone calls and online. Criminals will steal from anyone -- young, old, rich or poor; they are not picky.

Here are a few things to remember and do to protect yourself from being scammed:

- 1) No financial institution will ever ask you for payments to correct fraud activity;
- 2) Never send or give money to anyone who claims your account (s) have been compromised or threatened to cut off services. Many scammers will email threats that your bank account, cable service, credit card, etc. are about to be cut off. A link is provided to click on to "update" your information. Do not click on the link; it's being sent by a scammer. If by phone, hang up and call that business directly to make sure your account (s) are safe;
- 3) Be suspicious of anyone claiming a loved one is in trouble and telling you to send money. **DO NOT SEND MONEY or MEET WITH A STRANGER!** Your loved one is just fine;
- 4) Do not answer the phone if you do not recognize the number. Nowadays you can block calls and/or program phones which numbers to allow. Do not lend your cell phone to anyone;
- 5) **Never** give a caller your bank account information or personal information;
- 6) Thoroughly review your bank statements, credit card statements, Netflix accounts etc. monthly for unusual activity;

7) And no, that is not Microsoft calling you because your computer is broken. **HANG UP IMMEDIATELY!** I have had 2 friends fall for this! One is 89 years old and recently lost \$80,000!

8) If it sounds too good to be true – IT IS!

9) Do not click on advertisements or commercials online and do not click on suspicious emails.

If you have any reason to be suspicious of someone attempting to scam you, please talk with a trusted family member, neighbor or the police for advice.

According to the FBI: Nationwide, in 2023, the IC3 (Internet Crime Complaint Center) recorded a staggering 880,418 complaints, indicating a substantial rise in cybercrime activities across the nation. The total losses incurred from these incidents exceeded a staggering \$12.5 billion, underscoring the severity of the cyber threat landscape.

Not All Stress is Bad!

By Ellen Sirkis, M.A.



We are all exposed to many people, relationships, and responsibilities -- financial, health, personal situations and pressures every day. When you are aware of being physically and emotionally uncomfortable, unable to cope or even depressed, that is **DIS STRESS DISTRESS**.

However, many times, there are options. We can make a deliberate plan to avoid, adapt or genuinely accept being involved with those situations. When something is challenging, but we know we can accomplish it and obtain the reward, we are experiencing good stress, **EU STRESS, EUSTRESS**. Eustress provides a healthy, joyful, proud, emotional feeling of fulfillment. For example, eustress is the result of having made all those tedious plans for travel, leading us to enjoy cherished people, activities and places.

We can create eustress by spending time doing things we enjoy. We can engage with people and in activities, participating in our own physical, intellectual and spiritual wellbeing.

Distress and Eustress are facts of life which we have the ability to influence.

Activities Committee Events in April

By Barbara Eisen



All activities are in the Community Room unless another location is noted.

Mondays, Wednesdays & Fridays from 9:00 a.m. to 10:00 a.m.

Yoga - Free senior classes are offered. All residents, including beginners are welcome. There will be no Yoga on April 3.

Mondays, Wednesdays & Fridays at 10:15 a.m.

Chair Exercises – Seated low impact exercises for seniors. There will not be any exercises on April 3.

Monday, April 8

Watch the eclipse of the sun at 2 – 4:30 p.m.

**Pick up your pre-ordered glasses between 12 and 1:30 p.m. in the Community Room.*

Wednesday, April 10 at 7:30 p.m.

Current Events

Friday, April 12 at 6.00 p.m.

BYOD (Bring Your Own Dinner) and socialize with your neighbors.

Tuesday, April 16 at 3:00 p.m.

Book Club - Members are reading “The Heaven and Earth Grocery Store” by James McBride. The moderator will be Sally Dunford. New members are always welcome.

Thursday, April 18 at 12:00 Noon

Brown Bag Lunch

Monday, April 29 at 7:30 p.m.

Trivia Night

Tuesday, April 30 at 7:30 p.m.

Meet and Greet

Keeping up with Events – Watch for flyers in the elevators, on the tables on each floor, on the bulletin boards, and under your doors for further details about events.

Shepping Nachas

By Ruth Kurlandsky

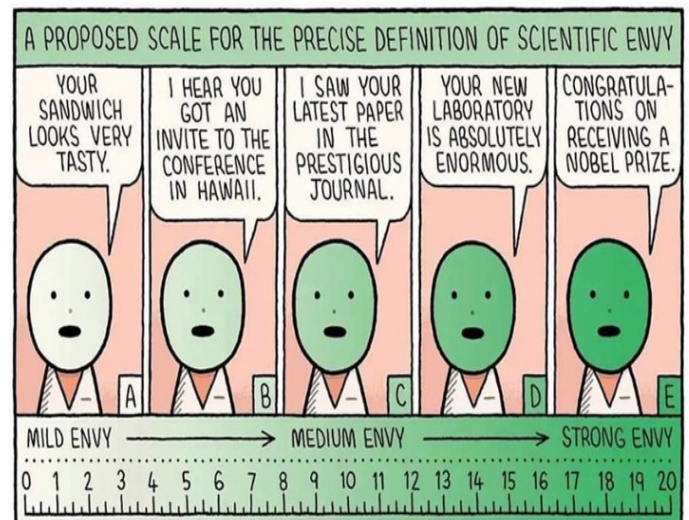
Shepping Nachas is a Yiddish phrase: *nachas* is pronounced with the “ch” being the sound of clearing the back of your throat! The phrase means to get pleasure and pride from something happening; a child’s first steps, someone’s solo performance, an academic milestone reached... So, here is a little story about one of the greatest reasons to *shep nachas*.

I was visiting my mother in her apartment building. We got in the elevator to go up to her place, and another woman got in the elevator with us. My mother was holding the local suburban weekly newspaper. The other woman asked “Could I have that when you’re done with it?” My mother responded “I’ll cut it out and bring it to you.” The other woman left the elevator on a lower floor. I asked my mother how she knew what article the other woman wanted. Her response was “Oh, last week, her son won the Nobel Prize in Medicine!”

May we all have chances to *shep nachas*!!

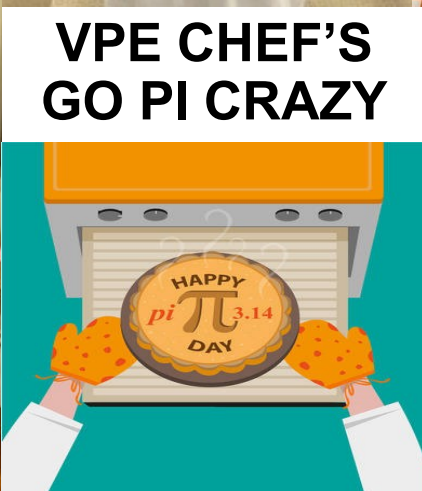
Why did I think to write this little story? Check out this cartoon that crossed my path:

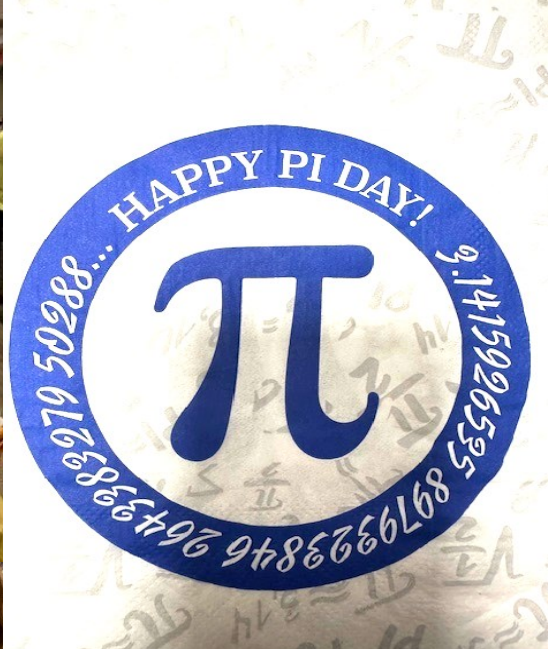
(The cartoon’s author is in very light print, below the bottom right corner.)



TOM GAULD for NEW SCIENTIST

By Tom Gauld for New Scientist



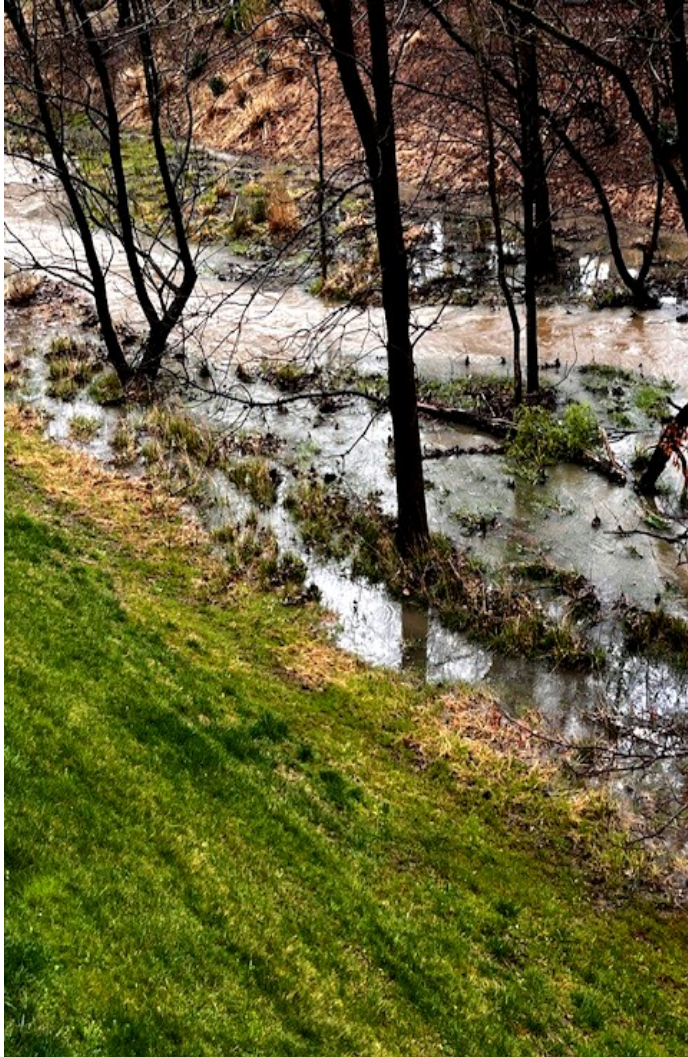




Address!

All electronic submissions for *The View* should be sent to:

vpe-the-view@googlegroups.com
Submission deadline is April 22nd



April heavy rainfall floods stream in the back of VPE (otherwise known as BEL PRE Waterway)

Photo by Sally Dunford

Please let the **VPE Sunshine Committee** know of any ill, bereaved or new residents who should be acknowledged. Call Marylin Jordan (301) 598-0174 or Barbara Halperin (240) 242-3451.

Mark These Dates

COMMITTEE/BOARD MEETINGS

EVENT	DATE	TIME
Communications	April 10th	1:30 p.m.
Building & Grounds	April 17th	1:30 p.m.
Budget & Finance	April 23rd	1:30 p.m.
Board of Directors	April 25th	2:30 p.m.

WELCOME NEW RESIDENTS!

- *Pamela and Richard Tuner
- *Alysa Dortort
- *Barbara Shoemaker
- *Angela and Keith Matthews
- *Phillip Choung
- *Jane Turner
- *Jane McMahon
- *Irena and Yong Chia Thio
- *Edward Wan and Ruth Lee

The View Crew

Communications Committee

Suzanne Offit, Chair

Cheryl Fleming, Editor –Vice Chair

Tom McGrath, Consultant

India Cox, Webmaster

Len Silver, Editor Emeritus

Editors/Writers

Sally Dunford

Barbara Eisen

Ruth Kurlandsky

Bernard Patlen

Phyllis Pratt

Ellen Sirkis

Debby Whelan

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