



The View

from Vantage Point East

To Inform, Engage and Entertain our VPE neighbors

Aging in Place: Tip Sheet: Winter Safety for Older Adults

By Ljuca and Beth Belsito

Baby It's Cold Outside!

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging. **Warning Signs:** cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia.

Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

Precautions to Take:

- Stay indoors (or don't stay outside for very long). Keep indoor temperature at **65 degrees or warmer**.
- Stay dry because wet clothing chills your body more quickly.
- **Dress smart** – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals! **Essential winter wear: hats, gloves (or preferably mittens), winter coat,**

boots, and a scarf to cover your mouth and nose.

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over. Puddles could be black ice.
- Wear boots with non-skid soles – this will help prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth. Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Injury While Shoveling Snow

It's one of the evils of winter – snow shoveling. If you have to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have “thin bones” (osteoporosis).

Ask your healthcare provider whether shoveling or other work in the snow is safe for you.

Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

Precautions to Take While Driving

If you do not need to go out STAY HOME.

- Adults 65 and older are involved in more car crashes per mile driven than those in nearly all other age groups. Winter is an especially important time to be vigilant when driving because road conditions and weather may not be optimal.

- “Winterize” your car before the bad weather hits! This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.
- Remember your cell phone when you drive in bad weather, and always let someone know where you are going and when you should be expected back.
- Avoid driving on icy roads, and be especially careful driving on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads.
- Stock your car with basic emergency supplies.

Extra Health Tips

- Open a window if we have a warmer day, exchange the air in your condos.
- Change your toothbrushes once a month and wash reusable cups, mugs in dishwasher, or discard. This helps prevent colds, reinfection, etc.
- *Make sure you hydrate! You can dehydrate in winter.*
- Let the Sunshine into your condo to bring light into the space.
- Try to sleep, nap, at least 6-8 hours a day.
- Eat small frequent meals through out the day.
- Walk the halls, stay active, attend one of the chair exercise or yoga classes.

USE IT or LOSE IT!!!!!!- Remember: sitting is today’s smoking. Make the effort, it will pay off.

Our Community Room Library

By Cris Juarez



Thanks to generous residents who donate books, we have a wonderful selection in our Community Room library. Whether you love mysteries, biographies, or a good romance novel, there’s something for every reader! Our dedicated volunteers review donated books before adding them to the library and help keep the space organized by putting away returned books. However, some books have never made it back to the shelves. If you’ve borrowed a book, please return it when you’re finished so others can enjoy it, too. After all, if you loved it, chances are your neighbors will, too! If you have books to donate, simply drop them off in the designated area. Let’s keep our community library thriving—happy reading!

President’s Message

By Henry Jordan



As a new year is approaching, it is time to again ask you all to participate in the VPE committees that make our community function. We do appreciate your volunteer efforts in providing a community spirit and a sense of home to the residents. This year I would like to ask you to participate in another type of volunteering.

Today we live in a technical age where we control our lifestyle by phone, voice commands and by pushing buttons. To watch TV, we have a Comcast cable box that is controlled by handheld controller with sometimes forty pushbuttons. The TV itself also came with a remote control which may also have multiple pushbuttons. Some do the same thing, like controlling the sound level and changing the channels. Some buttons do other things that you can control relative to the functioning of the TV.

In our community we do have residents who are technically challenged. If they accidentally activate one of the buttons on these controllers that are not the usual features, their TV no longer functions as expected. The resident calls Comcast to help them and to be polite they are told they will be sent a link to log on to their computer to help them or a service person will walk them through a procedure to reset the Comcast box. All of which is a frustration and will not solve the problem of activating a push button that inadvertently changed the input source to the TV away from the Comcast cable box.

A good number of residents at Vantage Point East are technically knowledgeable and can diagnose and quickly find problems with television sets suddenly not working. I am asking for volunteers to be good neighbors to be listed so a resident can call them. If interested, give me a call and I can add your name to the list.

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.

COMMITTEE REPORTS

Budget & Finance Committee

By Doug Carlson



Covenants Committee

By Cris Juarez



On behalf of the Covenants Committee, I want to thank all unit owners who took both the time to attend the town hall meeting and review and submit comments on the draft rules. The meeting was held on Tuesday, January 28, 2025, where the Committee shared some of the changes that resulted from the written feedback. We also received additional input during the meeting and are now working on finalizing the rules to present to the Board for consideration.

Keep an eye out for the revised rules and the updated Residents Manual—we'll be sharing them soon! Your feedback has been helpful, and we appreciate everyone who took the time to be part of the process. Thanks for helping make our shared home the best it can be!

Building and Grounds Committee

By Bruce Hulman



The VPE Building & Grounds Committee met on January 15, 2025. The items discussed were the following:

1. Use of "BuildingLink" management software. The Building & Grounds Committee will recommend to the Board to start the process to contract for this software contingent upon VPE hiring an assistant to the property manager.
2. A recommendation to the Board for VPE to purchase two new cabinet heaters for use in stairwells 1 and 3. The existing cabinet heaters are not operational.
3. Discussion about what to do in the case of a fire alarm. If residents are not mobile or would have difficulty using the stairwell to exit the building, it is recommended that residents shelter in place if the fire is not in your unit. Residents should put a towel at the base of your front door to reduce smoke entering your unit.

Our VPE Property Manager and VPE unit-owner volunteers, inside and outside of the Budget & Finance Committee, contributed their time and effort to work on the 2025 VPE budget that was approved by the VPE Board. The 2025 assessment increase was slightly less than what was projected by the Multi-Year Budget Plan developed in 2022. Many, many thanks to all involved in the 2025 budget development effort!

There is both good and bad news to share concerning VPE's fiscal year 2024. The good news is that we expect the year-end financial statements to show that we earned materially more than had been estimated in the 2024 budget. The bad news is that we had several expensive water damage incidents in 2024. When these types of incidents occur, VPE needs to pay what our insurance doesn't pay from our Insurance Deductible Reserve. After paying to cover these incidents, this Reserve needs to be refilled so we are ready for any future incidents.

The Budget & Finance Committee is planning to review VPE's unaudited December financial statements at its January meeting. As in many years past, the December statements are expected to provide a pretty good estimate of VPE's 2024 year-end financial position. This year the finalized numbers are anticipated to be available from our auditors sometime this summer.

The Committee is also waiting on additional information that is being developed, or will be requested, that will help it to make recommendations on how to best navigate VPE's financial direction in 2025 and begin developing thoughts on the 2026 budget. Some of the items included in this information gathering will be final costs for the new Penthouse Roof, costs for a project to clean the sanitary lines (pipes) in the building, costs for potential elevator work and future planning for window replacement. And of course, of major importance and impact, we hope to learn more this year about the likely cost and timing of the Main Roof replacement project that is planned to be undertaken in 2026.

Our next Budget & Finance Committee meeting is scheduled for January 28th, 2025, at 1:30pm in the VPE Community Room. As always, all unit owners are very welcome to attend.

Notes from Leisure World Security & Transportation Committee Meeting

By Sally Dunford

Security :

ID CARDS – Most residents should have the new photo ID cards by now, but if you still haven't taken care of this, you can still do so at the Administration Building.

KEYS - Please make sure that you've left a current copy of your front door key at the Main Gate. They are kept in a secure lockbox there. *20% of all calls to the Special Police are falls.* If emergency services are called to your apartment, they will use that key to gain entry, rather than breaking down your door. You can also check out your key from the Main Gate if you're locked out. It is also good to leave a copy of your key with a neighbor. Replacing a door is expensive!



Transportation:

There are currently only two shuttle buses running a regular route. The third bus is being used to shuttle people from the Administration building to Clubhouse I. Once the new parking lot is complete, we will be going back to the normal three bus schedule. If you require the ramp, call ahead to the Main Gate (301) 598-1044. If the ramp is not operational, request a Courtesy Car. You will receive a ride at no charge. There is also car service available from 10 am to 8 pm daily (including weekends). To access it, call the Main Gate. There is a charge of \$5.00 per ride.

Property Manager's Corner

By Cris Juarez

Why do we care so much about trash?

Proper trash disposal helps keep our building clean, safe, and running smoothly. Recently, someone put vertical blinds down the trash chute jamming our very expensive trash compactor. Sandra and Marlene, our janitorial staff, worked tirelessly until they were able to dislodge the blinds! Thanks to them, we saved on repairs and even possibly, replacing the compactor entirely.

Items like this clearly don't belong in the chute. If you have contractors, friends or family helping you dispose of anything, please instruct them to take their trash with them, if they're contractors, or use the open dumpster in the loading dock. Please keep in mind that you must arrange for disposal of bulky items like tables, recliners or mattresses. Consider calling a charity if your item is in good condition.

Let's be mindful and avoid creating extra work for our janitorial staff. In the refuse rooms, please make sure to place items in the proper receptacle. If someone else, like a housekeeper, is disposing of your trash, take a moment to show them how to use the refuse room correctly. A little extra care goes a long way in keeping our community clean, safe, and well-maintained. Thanks for doing your part!



Celebrate Love & Community at Our Valentine's Day & Birthday Party!

Join us in our Community Room on **Friday, February 14, at 7:30 p.m.** for a fun-filled **Valentine's Day & Birthday Party** as we celebrate love, friendship, and all our neighbors with birthdays in January, February and March! It's the perfect opportunity to mix, mingle, and enjoy a festive time with great company.

We'll have sweet treats, refreshments, and fun decorations to set the mood. Whether you're celebrating a birthday, Valentine's Day, or just want to enjoy the evening with neighbors, we'd love to see you there.



What did one grape say to the other grape on Valentine's Day?

Will you be wine?

VPE's Got Talent!!

By Suzanne Offit

“Knock, Knock. Who’s there? Accordion. Accordion Who?”

According to the clock, it's time to start our show.”

Introducing each act with a well-worn musical knock-knock joke, VPE impresarios Ellyn Kaufman and Lois Schmeidler hosted VPE’s first home-grown Talent Show. It was an experiment, and a winning one. Dangerously scheduled for the night of the Commanders’ first play-off game since 2005, but guaranteed to end before kickoff; it did

Opening the program was long-time accordionist and pianist, Catherine Kambanis, who treated the audience to the crowd-pleasing favorite on the piano, *Malaguena*, an old Spanish folk tune/flamenco dance melody.

Second on the playlist was Marty Kaufman, who played Beatles favorites, “Eleanor Rigby” and “Yesterday” on the saxophone. Marty got his sea-legs in the U. of MD’s Concert and Marching Bands.

The audience was then treated to a Chinese folk dance, *in costume*, by the talented duo of Shane and Su Wu. The multi-gifted couple also sang in beautiful accompaniment.

Dr. Stephen Raucher “loves to sing,” and he treated the residents to a crowd-pleasing rendition of “It Ain’t Necessarily So,” from Porgy and Bess.

The evening was capped with a virtuoso piano performance of Chopin Waltz op. 64, no. 2, played beautifully by Mona Cassidy.

Oh, and did I mention there were snacks for all to cap this very special evening!



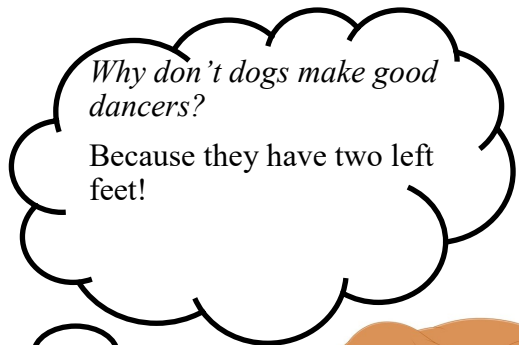
Catherine Kambanis at the piano opens the program with popular favorite, “Malaguena



Our performers: Catherine Kambanis, Sue and Shane Wu, Marty Kaufman, Steve Raucher, and Mona Cassidy



Your hosts: Lois Schmeidler, Ellyn Kaufman and Mona at the piano.



Tired of thinking about snow? How about kitchen drawers instead?

By Ruth Kurlandsky

Some time ago, I came upon something called HistoryFacts.com. It's a fascinating site full of information on random subjects; I get an email from it every day. Some relate to things most of us might already have heard about; some people here could probably write some of these missives.

So, here's one I found fascinating: Forks were once considered sinful! Some clergymen of the Middle Ages felt that God had already given people ten forks, otherwise known as fingers, and that using an artificial accessory was an insult to the fingers. The thinking also included the idea that using a fork meant you thought the bounty of the Lord was unworthy of being touched by your hands.

The thought here might be what made it take so long to have what we now think of as ordinary silverware to come into general use. Forks had existed in ancient times, but were mostly used for cooking. Forks for eating came into Europe in the 17th century, mostly for the aristocracy. It wasn't until the late 19th century that forks became widely acceptable everywhere.

By the way: have you ever wanted chopsticks in a Thai restaurant? Siam/Thailand did not use chopsticks; there were forks and spoons. Apparently, when Chinese noodles came into Thailand, some people began to use chopsticks to eat the noodles; others use the fork and spoon for everything.

Speaking of Thai.....

Restaurant Review:

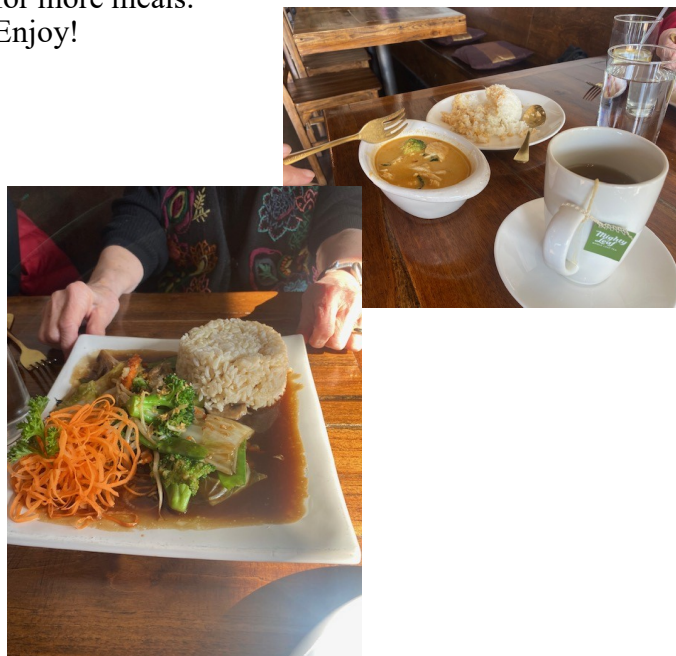
By Ellyn Becker Kaufman

Pama Thai - located at 12525-B Park Potomac Potomac, MD 20854
301-978-7948
pamathai.com

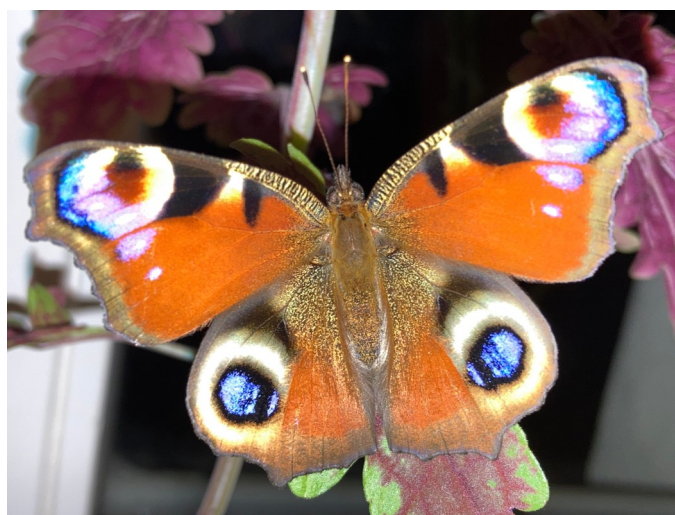
Some friends joined me for a delicious lunch at Pama Thai, located about 20 minutes from VPE, off Seven Locks in Park Potomac. This restaurant is a hidden jewel with lunch specials for \$15. At our table we ordered the Panang Curry (we requested not too spicy) and 2 vegetable dishes. All were tasty, filling our appetites. Park Potomac has many good restaurants, but this one was not crowded, the meal

came quickly and included an appetizer for the low price. My husband enjoyed the Drunken Noodles which I brought home for him. The manager, Patrick, was our waiter and eager to please us with the menu items.

We highly recommend Pama Thai and would return for more meals.
Enjoy!



This photo of the European Peacock Butterfly was sent by Ruth Gutstein's son Mark Isaac and his wife Gabriela Bulisova, who currently live in Prague, the Czech Republic. The butterfly is hibernating near an unscreened window in their bedroom. Its wings have markings that are like eyes to help protect it from predators. When there is sunlight, it spreads its wings to soak in the light. Otherwise, it sits quietly in one spot with its wings tightly closed and looks like tree bark or a seashell.



Activities Committee Events February-March 2025

By Barbara Eisen

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.

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

Chair Exercises – Seated low impact exercises for seniors.

Tuesdays from 3:30 p.m. to 4:00 p.m.

Indoor Walking – The program is good for the heart and gets you moving with no bouncing or jumping.

Tuesday, February 4, at 12:30 p.m.

Brown Bag Lunch

Sunday, February 9 at 5:30 p.m.

Super Bowl Pizza Party

Friday, February 14 at 7:30 p.m.

Valentine/Birthday Party

Tuesday, February 18 at 3:00 p.m.

Book Club

Wednesday, February 19 11 a.m. to 1:00 p.m.

Collection of items for White Elephant Sale

Wednesday, February 19 at 7:30 p.m.

Current Events

Sunday, February 23 at 7:30 p.m.

Sunday Night Movie “The Notebook”

Monday, February 24 at 7:30 p.m.

Bingo Night

Tuesday, March 4 from 1:30 p.m. to 3:00 p.m.

White Elephant Sale

Friday, March 14 at 6:00 p.m.

Pi Party – Details to come

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

VPE Current Events Meeting– January

By Sybil Oster

The increasingly popular meetings of people in Vantage Point East who are interested in world goings-on considered two separate topics at the January meeting.

The first topic focused on the increasing involvement of highly rich, mostly tech involved billionaires, who have developed power and influence with the federal government apparatus. The discussion covered campaign donations, gifts to the inaugural celebrations, impending tax cuts aimed at the wealthy, as well as impacts on the long standing democratic process Americans have always recognized as a hallmark of our country.

The second part of the meeting concentrated on imagined New Year’s resolutions, not for ourselves, but those which we hoped would be made by some others, politicians, leaders, influencers, those whose fame have made them familiar. Turns out that we have an inventive group of wishful thinkers.

Next event — February 12, 2025

Donate & Make a Difference: White Elephant Sale—Collection & Fundraiser

The Activities Committee is collecting donations for our upcoming White Elephant Sale, and we need your help! This is a great opportunity to clear out gently used items while supporting a meaningful cause—all proceeds will go toward helping residents in our community who are food insecure. Stop by with gently used household goods, décor, books or that present you received that you know you’ll never use! (no clothes, please)

DONATION DROP OFF:

Wednesday, February 19, 2025

11:00 am to 1:00 p.m. in the Community Room

WHITE ELEPHANT SALE DATE:

Tuesday, March 4, 2025 1:30 p.m. - 3:00 p.m.

in the Community Room

Thank you for your generosity, we look forward to seeing you at the sale!



New Year's Day Party!
Our neighbors ringing in the New Year!



NEW Address!

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

VpeTheView@googlegroups.com
Submission deadline is
March 15, 2025

The View is created by residents, for residents! It exists because neighbors like you pitch in to share stories, tips, and updates.

Want to contribute? We welcome;

- Resident recommendations— Books, movies, restaurants—tell us what you love!
- **Events & Activities** – Recap past gatherings or highlight upcoming ones.
- **Creative Corner** – Poetry, stories, photography.

No experience needed—we'll help with editing.

Send your article to

VpeTheView@googlegroups.com by March 15, 2025. Let's make this newsletter a reflection of our amazing community!

Mark These Dates

COMMITTEE/BOARD MEETINGS

EVENT	DATE	TIME
Activities	Feb 5	1:30 p.m.
Building & Grounds	Feb 19	1:30 p.m.
Communication	Feb 12	1:30 p.m.
Budget & Finance	Feb 25	1:30 p.m.
Board of Directors	Feb 27	2:30 p.m.

The View Crew

Communications Committee

Suzanne Offit, Chair
Cheryl Fleming, Layout Editor
Ruth Kurlandsky, Copy Editor
Tom McGrath, Consultant
Cris Juarez, Webmaster

Writers

Sally Dunford
Barbara Eisen

Cris Juarez, *Production Manager*