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September– October 2026

Vol 24 No. 5



The View

from Vantage Point East



To Inform, Engage and Entertain our VPE neighbors

Welcome to Fall at Leisure World! September– October 2026

President's Message

By Henry Jordan

In September, life outside Leisure World's gates will change as it does each year. The area will feel busier, school buses will return, vacationers will be back, and the pace will quicken. Please remember others may be in a hurry, but you have time. Let the crowd pass and drive safely.

The two new rooftop common-area HVAC units are now running, so hallways should now remain comfortable. However, a temporary odor may occur, likely from new equipment and tar-like smells drawn in from roof work. This may continue until later this year, when the rooftop units first provide heat to the common areas.

A petition requested that two proposals be placed on the agenda for a vote at this fall's annual meeting of the Vantage Point East Council of Unit Owners: Add security cameras in the building and allow votes from all attendees at Vantage Point East Board meetings. Last month, the Board met in executive session with our attorney to review what the Maryland Condominium Act and our Bylaws allow. The results have been posted in the lobby regarding a Council vote on these proposals.

It is time for the election of the Vantage Point East Board of Directors. Meet-the-candidate night is Tuesday, September 8, at 7:00 PM in the Community Room. The annual Council of Unit Owners meeting is Wednesday, October 14, at 7:00 PM in Club House II, when unit owners will vote to fill three Board vacancies and decide on the two proposals. In past years, unit owners received a letter and certificate form to create an official record of who may vote for each unit at the Council of Unit Owners meeting. New VPE owners who have not completed a certificate should obtain one and return it to the Property Manager before the annual meeting.

Condo living involves a lot of give and take. It works best when those at a stage in life when they still have a bit to "give," extend a hand to those who occasionally need a lift. Life here in our building often works better because we still



have a few angels whose kindness makes a difference. We are grateful and thank those whose caring may occasionally seem insufficiently appreciated.

Property Manager's Corner

By Cris Juarez

At its July meeting, the Board of Directors approved the updated 2026 VPE Reserve Study prepared by Engineering & Technical Consultants (ETC). The Reserve Study serves as a long-term financial and capital planning roadmap. The Study identifying the major building components that will require replacement over the coming years and recommends a funding plan to help ensure reserve funds are available when those projects become necessary.

The development of the Reserve Study was enhanced by the work of the Ad Hoc Capital Projects Planning Committee, a committee of residents established by the Board to evaluate the anticipated capital projects over the next six years. The Committee reviewed project priorities, assessed anticipated timing, and developed recommendations for the Board's consideration. Their work provided valuable insight that assisted the Board in evaluating future capital needs and offering recommendations to ETC during the preparation of the updated Reserve Study.

Capital Projects (2027–2032)

The Reserve Study currently anticipates the following significant projects over the next six years:

2027 -First phase in modernization of the elevators will include upgrades to the door operating systems and cab equipment.

-Resurfacing of the shared driveway with Vantage Point West.

2028 -Replace lighting in the parking lot and terrace

-Renovate the Community Room.

2029 -Renovate hallways including carpet, paint and lighting.

-Renovate the Association Office

2030 -Final phase of the modernization of the

elevators

2031 - Renovate the lobby and mailroom area.

- First phase of the foundation waterproofing replacement project.

2032 -Final phase of the foundation waterproofing replacement project.

It is important to remember that the Reserve Study is a planning document, not a construction schedule. The Board reviews capital projects annually and may adjust priorities, timing, or scope based on the condition of building components, operational needs, and available reserve funds. If you have questions or would like a copy of the Reserve Study update, please contact the VPE Office.

This is a photo of the wild flower planting in the median strip of North Leisure World Blvd. The flowers are Gaillardia, more commonly known as "Indian blanket."

-Larry Kurlandsky



Dispatches from Paradise #4

By Sally Dunford

Much of our life here is just like our life at VPE. We take walks. We enjoy our family. But because our transportation alternatives are still somewhat limited yet, we stay close to home. In the evenings, the drivers in the family are often too tired or have pre-existing engagements for galivanting.

But weekends are different. This Sunday, we took a trip to the Nu'uanu Pali Outlook. The Pali is about 5 miles northeast of Honolulu, in the Ko'olau Mountains. It is on the windward side of the island where rainfall averages between 70 and 120 inches of rain a year (Where we live on the other side of the island the average is closer to 22 in) and the vegetation is lush. The Pali is 1,200 feet up and while the climb from Honolulu is gradual and can be driven, the drop on the far side of the outlook is precipitous (pali translates from Hawaiian as cliff).

The view is simply stupendous. From the Pali looking straight ahead, you can see the areas of Kāne'ohe and Kailua, Mokoli'i, and the University of Hawai'i's marine biology research center, Coconut Island and all the way to the Pacific; looking to either side you can see the formidable barrier that is the Ko'olau. The Pali is at a gap in the Ko'olau. There is always a breeze, the wind gusts can get high, and the temperature is noticeably cooler than at sea level. They were blowing at about 20 miles when we were there and felt wonderful.

The outlook was the site of a famous battle between the forces of King Kamehameha the Great from the Big Island of Hawaii and the soldiers from Oahu in 1795. Kamehameha's soldiers fighting with canons as well as spears, triumphed by forcing over 400 Oahu defenders off the lookout to their death. Following the battle, Kamehameha went on to unite the islands. His descendants governed until they were forcibly deposed by American business interests in 1893.

In 1993, the Senate acknowledged that "the overthrow of the Kingdom of Hawai'i occurred with the active participation of agents and citizens of the United States" and "the Native Hawaiian people never directly relinquished to the United States their claims to their inherent sovereignty as a people over their national lands, either through the Kingdom of Hawai'i or through a plebiscite or referendum." Opposition to the U.S. annexation of Hawaii played a major role in the creation of the sovereignty movement which calls for Hawaiian independence from American rule, and which has become a political force in the islands.



Low Vision Series: Traveling Safely with Low Vision

By Beth Belsito

Many people with low vision prefer to stay at home for several reasons. Fear of getting lost, feeling unsafe or too embarrassed to ask for help are all reasons to be respected. It is very scary when you can't find your way, read signs easily or see obstacles in your path. There are resources to use to make travel more comfortable if you are going to a concert or a cruise. Pre planning is the key for safe travel. Call the venue, ship, hotel or airport and ask about what accommodations are available. Ask if assistance or guides are available and how to arrange for help for finding your room, dining and general wayfinding. Ask about Tours or Activities accessible or tailored to your needs. Always ask and comply with requirements if you are using a service animal. Using a Travel Agent will be a big help in accessing and securing the support you need if touring or cruising.

There are high tech options available as well. Smart Glasses can be connected to an app on your phone that can provide real time support via AI or even live support. For example, if you ask AI "what am I looking at?", the app can read signs, tickets, pill bottles or whatever you are looking at. Live support has a human who can help interpret what is ahead of you. This is great for real time wayfinding. Both come with a hefty price tag right now, but most venues and travel companies provide assistance for free.



Your Health Information in an Emergency

By Paula Kasper

I attended a lecture by Dr. Jill Robbins at the Technology Resource Center on how to have your medical information with you on your cell phone, even if your phone is locked. There's no need for an emergency responder nor friend to know your phone's password nor code to retrieve this information.

I followed these clear instructions for an Android phone. It's simple and easy to do. If you'd like my assistance setting up your Android phone you can contact me but the primary place for help is the Technology Resource Center, Club House II, 301-598-1306.

TECHNOLOGY RESOURCE CENTER

Carrying Your Medical Information With You

Friday, June 19 | 3:00-5:00 PM | Technology Resource Center

What Is Medical ID? (iPhone)

- Stored in the iPhone Health app (red heart)
- Viewable from the lock screen—no passcode needed
- First responders can see it in an emergency

Setting Up on iPhone

Open Health app → click your initial (top right) → Medical ID → Edit

- Enter name, date of birth, blood type
- Add medical conditions and allergies
- List your medications with dosages
- Add emergency contacts
- Turn on "Show When Locked"

Emergency SOS — iPhone

- Hold SIDE + VOLUME buttons, OR press SIDE button 5 times
- Calls 911 automatically
- Texts your emergency contacts

Scan the code with your phone camera for the handouts from all our training sessions:



Android Emergency Info

- Built into Android Settings — no extra app needed
- Shows on your lock screen for first responders
- Includes medical info and emergency contacts

Setting Up on Android

Go to Settings → Safety & Emergency → Emergency Information

- Enter name, address, blood type
- Add medical conditions and allergies
- List medications
- Add emergency contacts

What to Include

- Medical conditions (diabetes, heart disease, etc.)
- Allergies and reactions (especially medications)
- All medications with dosages
- Doctor's name and phone number
- Emergency contact name and phone number
- Blood type and organ donor status

Emergency SOS — Android

- Hold power + volume up, OR press power 5 times
- Calls 911 automatically
- Shares your location with emergency contacts

Tip: Update your Medical ID or Emergency Info any time your health information changes.

(Editor's note: The text is small. Please visit the Technology Center for a larger copy or scan the QR code.)

It's Movie Time

By Beth Belsito

There will be no movie in September to allow for the High Holidays and travel. In October, we have Young Frankenstein, Mel Brooks' famous interpretation of the classic tale. PLEASE, I need suggestions for the December movie. Do you want a "Christmas" movie or something else? So many are available on regular TV, but if you have a favorite let me know. Full disclosure, Die Hard is my favorite Christmas movie, so get your suggestions to me.

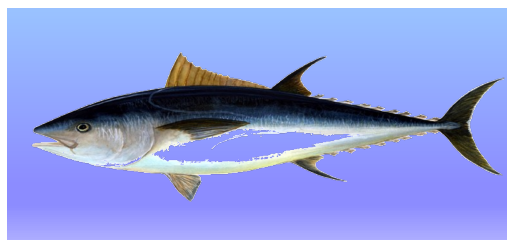
Pop Up Viewing parties are not an Activities Committee Event, so BYO snacks and beverages. Because I have the keys to the Community Room TV, I have had requests from people wanting to watch a sporting event with friends. I am happy to oblige and tried to put some notices up, but the last event, the Soccer World Cup was a last minute request. Sorry for that, but notices in elevators is the best I can do. Please, get together with your PEEPS and let me know if you want to host a Watch Party so we can let other residents know.



they pushed the use of their soups as the base for casseroles and included recipes on each can as well as Ladies Magazines.

Tuna casserole is usually made of canned tuna, cream of mushroom soup and egg noodles with a crunchy top. This could be made of potato chips, crackers, cornflakes, bread crumbs or canned fried onions. Some add-ons include peas, carrots, or cheese. A popular modification was adding tuna to Mac and Cheese. This was a popular quick supper rather than a casserole. Tuna Helper was created to cut time but still meet the need for a tuna and noodle supper.

The biggest controversy with Tuna Casserole arises over the addition of vegetables, especially peas. The original Tuna Casserole was made in the 40s of tuna and vegetables, and whatever was on hand, noodles, rice, bread etc. Cookbooks refused to include these recipes until Campbells made them popular. Now there are fancy recipes with bechamel or mornay sauce, added alcohol and seasonings instead of soup. True Tuna casserole should stick to the original Soup recipe. Do you agree?



Vintage Recipes: Tuna Casserole, A Mid-Century Classic

By Beth Belsito

Casseroles became popular in the 1960s because they were low cost and used items already in your pantry. This made them perfect for pot lucks, church suppers or to take to a family experiencing difficulties. They were especially popular in the mid-west and rural areas where this type of community was strong. The casserole movement received a big push from the Campbells soup company, and



W.O.A.C.A

By Beth Belsito

The term “Woman of a Certain Age” is trending. I even heard about it on The View! The term is for women over 50, and is meant to be a positive or empowering naming for those of us navigating life with wisdom that comes from lived experience. It is an answer to the social dismissal of women who are no longer young and pretty but bring a different standard of strength and beauty to the table. It is a call out against the current trend of expensive beauty rituals, treatments and surgical procedures to look younger or prevent aging to stay relevant.

WOACA know that life can bring unexpected changes that may require us to make hard decisions, face challenges and changes as our families grow up and as we age. Old connections may be left behind and new ones form. An important aspect of this identity is advocacy, especially in healthcare. Many WOACA feel unheard and dismissed by their health care providers. We are often told “well, at your age...” instead of given clear explanations and options. WOACA can feel ignored or taken for granted when we speak or have an opinion, especially in meetings, jobs or financial or political discussions.

The good news is, there are groups now, sharing information and support. HealthyWoman.Org, FB and Pinterest groups are growing and even Hollywood is embracing women over 50 as main characters in action movies, not just sad or comedic supporting parts.



A Woman doing Laundry, Henry Robert Morland, 1716-97.

Book Club

By Paula Kasper

Did you know that VPE hosts a monthly book discussion group? Meeting at 3:00 on the third Tuesday of the month, this vibrant group has discussed The Silent Spring, John Steinbeck's works, Wait Til Next Year, Persepolis, a graphic novel, and Peggy, a memoir of Peggy Guggenheim. There's always room for additional book lovers to join to hear interesting discussions by our very interesting neighbors. Join us and suggest our next read!



Book donations to the VPE library in the Community Room are welcomed and encouraged. Please drop them in the Book Return box.

Thank you Catherine Kam-banis for the new bingo cards!



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

Our Public Library System

By Paula Kasper

As residents of Montgomery County, we're all eligible to have access to the wide-spread resources our libraries provide. Books, magazines, newspapers, electronic books, movies, research tools, discussion groups, and more are available. Unfortunately, the library online registration link isn't available now.

Hope you'll take a moment to apply for a library card if you don't have one either online (when it is working) or in person. More on library resources in the next The View.

Editor's note: The closest branch is located in Aspen Hill.

Learning Through Travel

By Ann Ferren

A recent trip to Colombia became an engaging course in art history accessed through world class museums and public buildings. Archeology museums include everyday pottery, baskets, and beadwork of indigenous people. The world-famous Gold Museum showcases pre-Columbian hammered gold pieces. Numerous richly carved church altars of walnut and gold reflect how rich and powerful the Spanish Empire and Catholic Church became in the 17th century due to shipping Colombian gold to Europe. Modern art is everywhere in wall art and installations in public places. Colombian artist Fernando Botero's sculptures and paintings stand out in museums and plazas as they emphasize quite rotund bodies (often taken to be a commentary on inflated egos). Colonial architecture and beautiful gardens add to the unexpected visual splendor. What a great way to learn if you have comfortable shoes!

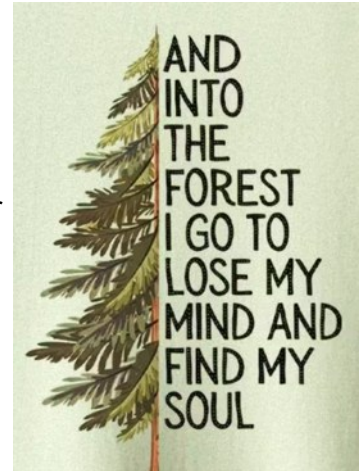


Pictures continue on page 12

Take a Walk on the Wild Side

By Larry Kurlandsky

Walking around VPE, I have been impressed by the numbers and varieties of trees that enhance our building or line the sidewalks of Leisure World in general. I find strolling in the presence of trees relaxing, therapeutic, and educational, identifying



trees by their bark, leaves, flowers, and shape. There are terms to describe this behavior: Nemophilist—one who is fond of forests and seeks them out and Shinrin-yoku (森林浴)—“forest bathing” in Japanese. This last practice is considered therapeutic relaxation, i.e. spending time in a forest focusing all one's senses to connect with nature, whether performed solo, guided, or with others. Now, on the Leisure World grounds, one can find not just a tree but copses or stands of trees where one could relax or meditate either standing or sitting, if lucky enough to find a bench.

Well, you may ask, is there any substance to this? It turns out trees are more alive than we thought. They emit chemicals to protect and communicate with each other; it turns out with us also. Dr. Qing Li, a Japanese immunologist, has studied Shinrin-yoku and has translated the calming experience of being in nature into measurable human biological effects. As a natural defense system, many of our common trees—oaks and pines for instance—release organic compounds called phytoncides which people breathe in during time in a forest. He has demonstrated inhaling these compounds can enhance parts of our immune system, decrease our stress hormones, and decrease feelings of anxiety, anger, and fatigue.

So, as cooler days arrive, it might be worth your physical and mental health spending some time among the trees that surround us.

Can You Tell “Weather” the Following Quotes are Human or AI?

By Ruth Kurlandsky

The Weather Channel app on my phone has struck me as cute lately, in the Today’s Outlook section. Read a few of these and see what you think...

- Partly cloudy today. High of 84°. The sky can’t make up its mind. Honestly, that’s perfectly fine.
- Clear tonight. Low of 72°. Wide open skies. The stars have whole stage to themselves.
- Sunny today. High of 93°. Beautiful blue sky, but the sun means business. Expect heat. Enjoy it from somewhere cool when you need to.
- Partly cloudy tonight. Low of 64°. The clouds are sharing the sky. Catch a star or two when they step aside.
- Sunny today. High of 87°. The full version of a good day. Get outside if you can.
- Mostly sunny today. High of 85°. Warm light, open sky, with just a wisp of cloud to break it up. A genuinely easy kind of day.

VPE OUTREACH EVENT

Friday, September 18th from 11 AM to 1 PM in the Community Room.

Once again, it’s time to have another Outreach Event, and this one should be very satisfying:

We will be collecting kitchenware this time. Check your cabinets for your no longer used plates, cups, bakeware, serve-ware, and utensils. Please make sure that your donations are clean and wrapped carefully.

As always, volunteers to help sort and pack will be gratefully welcomed!!

Budget and Finance

By Doug Carlson

Two events are major factors in shaping VPE’s 2027 financial picture. The first is the completion of the roof-related projects which remain on-budget and are now projected to be done ahead of schedule (by the end of 2026). It will be truly wonderful if this roof work is completed with no costly “surprises.” The second factor is the recent feedback from an outside engineering firm that analyzed VPE’s sanitary vertical risers (pipes). It was anticipated that a major cleaning effort was going to be necessary which would be quite costly. VPE had allocated funds for this project. But the latest engineering reports indicate that most or all of the work, along with the associated funding, is not currently needed. This creates an opportunity to reconsider how those funds should now be used.

The 2027 draft budget is being prepared for presentation to the Board. The Committee created a preliminary 2027 Budget Framework, taking into account the above factors, and presented it to the Board at its July meeting. This very preliminary draft Framework suggested the 2027 assessments could be less than the 2026 assessments. The Board found the framework reasonable and recommended that the Committee continue developing it. The Committee expects to continue this work at our August meeting and then present an update to the Board at its August meeting.

All unit owners are very welcome and encouraged to attend Budget & Finance Committee meetings.



Building and Grounds

By Bruce Hulman

The VPE Building and Grounds Committee met on August 19, 2026. Listed are the action items that were discussed. They will be recommended to the Board for approval:

1. Valcourt Proposal for roof anchor testing. The testing is a requirement.
2. AMD Mechanical Contractor proposal for maintenance of unit owner HVAC units.
3. Blades & Associates Proposal to evaluate our elevators and provide a guidance report.

Help Shape the Future of VPE!

Getting involved is one of the best ways to support good community governance and help shape VPE's future!

Join us for *Meet the Candidates Night on Tuesday, September 8, at 7:00 p.m.* in the Community Room. This is a great opportunity to meet the candidates, hear their views, and learn more about the residents who hope to serve our community.

Then, be sure to cast your vote and join us for the *Annual Meeting on Wednesday, October 14, at 7:00 p.m.* in Clubhouse II. Come connect with your neighbors and learn more about what is happening at VPE.

Your participation—and your vote—matter. We hope to see you at both events!



The VIEW from VPE

Calling all artists

Art Show

**Sunday, September 27th
From 2-4p.m**

Residents are invited to showcase their artistic creations!

Please sign up by **September 22**

Contact Katherine Bloom to register:
(301) 847-9906 (H)
(301) 928-9023 (C)
katherinx@aol.com

Please bring your own equipment for presenting
Artists are allowed to sell their art. Only cash and checks are permitted

Sponsored by the Activities Committee

On Sunday September 27th, the VPE Activities Committee will be hosting the **VPE Art Show**. This is an opportunity for residents to showcase their creative works, including **Paintings, Photographs, Collage, Fiber Art, Greeting Cards, and other various artistic accomplishments**. We have so many talented people in our building, and this year we are going to be offering a chance to purchase any and all of the pieces entered in the exhibit. Payment by cash or checks will be accepted.

For those interested in participating in the show, please contact Katherine Bloom by 9-22 to reserve a table in either the Community Room or the Lobby. Artists will need to price their own items and bring any display items (table easels or table cloths) needed.



VPE July, Aug, Sept Birthday Party



Activities Committee Events September– October 2026

Mondays, Wednesdays, & Fridays- Guided Audio Yoga

from 9:00 a.m. to 10:00 a.m.

All residents, including beginners, are welcome.

Mondays, Wednesdays, & Fridays- Chair Exercise Class

10:15 a.m. to 10:45 a.m.

Seated, low impact exercises for seniors.

Coffee and Conversation

September 19th at 10:30 a.m.

Oct TBD

1st & 2nd Tuesdays– Outdoor Walking

September TBD at 4:00 to 5:00 p.m.

October TBD

Good for the heart, gets you moving with no bouncing or jumping.

Once a Month: Brown Bag Lunch & Rick Steves Travel Video

September 29th at 12:30 p.m.

October TBD

Second Wednesday: Current Events

September 9th at 7:30 p.m.

October 14th

Third Tuesday: Book Club

September 15th at 3:00 p.m.

October 20th

One Friday a Month: Bring Your Own Dinner

September 4th at 6:00 p.m.

October TBD

Sunday Movie Night

October 25th at 7:30 p.m.

**In October be on the
look out for guided
sessions on end of
life planning. Watch
out for flyers!**



***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.***

Mark These Dates

COMMITTEE/BOARD MEETINGS

EVENT	DATE	TIME
Activities	Sept. 2nd Oct. 7th	1:00 p.m.
Communication	Sept 9th Oct 14th	1:30 p.m.
Building & Grounds	Sept 16th Oct. 21st	1:30 p.m.
Budget & Finance	Sept. 22nd Oct. 27th	1:30 p.m.
Board of Directors	Sept 24th Oct. 29th	2:30 p.m.

VPE Fondly Remembers



Pictures from Columbia continued:



Photos by Ann Ferren

All submissions must be in Microsoft Word Format

Apple users can export work to Word format.

Email your work to:

VpeTheView@googlegroups.com

Submission deadline is
October 15, 2026

The View Crew

Communications Committee

Ruth Kurlandsky, Chair

Cheryl Fleming, Editor

Tom McGrath, Technical Advisor

Suzanne Offit, Copy Editor

Beth Belsito, Copy Editor

Paula Kasper, Member

**WE
WANT
YOU ON
OUR
TEAM!**



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, original stories, or photography.

No experience needed—we'll help with editing. Send your article to VpeTheView@googlegroups.com by October 15, 2026. Let's make this newsletter a reflection of our amazing community!

Happy Halloween!