

## Candidates announced for Mutual 1 Board

Eight shareholders have expressed interest in serving on the Mutual 1 Board of Directors, they serve as volunteers receiving no compensation for their service. Shareholders will be voting for five (5) members. Mutual 1 staggers its elections voting for five members in even years and for four in odd years. There are a total of nine (9) members of the Board. Candidate application deadline was March 25. Ballots will be mailed on Saturday, July 11 (30 days before the election). The candidates are:

- 56 G John Barreras  
Incumbent
- 24 E Jill Brennan  
Incumbent
- 23 L Ruben Collazo
- 25 F Donna Gambol  
Incumbent
- 66 I Saundra Luther-Stark  
Incumbent
- 29 G Kathy Rose
- 22 G Phil Singer
- 11 F George TousVanNijkerk  
Incumbent

Once elected Board members serve for two years; Mutual 1 does not have term limits, candidates may be re-elected. Mutual 1 allows for cumulative voting, thus each shareholder will be allowed five (5) votes and can distribute those five votes in any manner you wish.

You can give one vote to five different candidates, all five votes to one candidate, or split your allocation giving one or two votes to a particular candidate, just so you don't exceed the five vote limit. Or if you like, you can withhold your vote, though when the ballots are mailed we encourage you to respond regardless of how you vote.

## Mutual One

Issue Number 11 May 2020

# Matters

An occasional newsletter for Shareholders of Mutual 1 in Leisure World, Seal Beach, CA



The marquee at the corner of Saint Andrews and Golden Rain is a gracious salute to all of our residents.

## Smile, it's contagious.

Mary Berg, Ph.D., is a clinical psychologist who in recent weeks has addressed over 90 community groups throughout the United States and Internationally regarding coping methods in this COVID 19 environment. Here's what she has to say:

"Stay sane, limit the amount of information coming into your home." She reminds us that this virus story is going on 24/7; it's just too much. She suggests that you turn off the television, get away from the sensationalism and if you must check, check with reliable sources like the Centers for Disease Control, PBS, or the World Health Organization's websites just once a day.

In day to day interactions "smile, it's contagious," she says. Smiles release dopamine which is the "feel good" neurotransmitter associated with pleasure and satisfaction. When we see someone smile, we just naturally smile back and that in turn makes us feel good.

Go out and get some exercise," she says. Even small amounts of exercise, 5 to 7 minutes will release some serotonin, this chemical is another neurotransmitter that helps to regulate mood, social behavior, appetite and digestion, sleep, memory, and sexual desire and function. Being outside increases serotonin as well as good eating and nutrition habits. Take time for yourself and engage in some meditation; express gratitude to others, because gratitude is directly linked to increased happiness.

"And hug someone," that may be difficult with social distancing, but if you live with someone take time to be with them, "hug your dog or cat, a stuffed animal, a pillow and consider hugging yourself." When you hug or are hugged, you release oxytocin another powerful hormone that too acts as a neurotransmitter which promotes feelings of love and well-being.

Continued on next page: Smile



# Out and About in the Neighborhood



Those neighbors in the “Alley” between buildings 29 and 27 come out everyday to meet and greet one another, all of course wearing their protective masks.



Neighbors at buildings 6 and 4, chat from a distance: Cheri Atkinson, Lorena Strem, Virginia Cole, and Judi Joho.



Steve Hendrickson, Denise Frank, Scooter and Sandy Willey enjoy some conversation.



Marlan Chan enjoys relaxing and reading the New York Times each morning.



Golf course closed, no problem Steve Howard gets some practice.



Noemi Gonzalez enjoyed lying out in the sun, catching some rays and Vitamin D.

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## Smile...

This is received too through touch.

Dr. Berg cautions us to keep the “worry enemy” away the “what ifs” and the “what I should do, could do” thoughts that can penetrate our system; instead she says, be in the “now.”

Look around you and enjoy the moment. Take time to breath and be mindful of your breathing. Slowly breath in through your nose, very slowly 6 or more seconds for a deep breath in. Hold that breath a few seconds, and then slowly, very slowly let it out through your mouth. It takes some practice. She suggests that you sit down for this simple exercise, as sometimes folks get light-headed. Deep breathing helps to reduce anxiety and panic.

She also suggests bilateral sound therapy. A good many of these recordings are available through You Tube. Ideally you should listen to them with dual head phones so that the music comes into each ear separately, but you can experience similar responses with stereo speakers on the computer. Close your eyes and relax. This type of music can lull you to sleep.

“We can control how we use this time,” she says, “It’s a new Renaissance of the human spirit: how we value touch and interact with people; we will be forever changed.”

## See Something, Say Something

Thefts and burglaries have been on the increase throughout Orange County and there have been instances here in Leisure World as well.

Please remember to lock your cars and your doors. If you see something odd, please call Security. If you hear odd noises or havn’t seen a neighbor in a while, call security and express your concerns.



Participants sometimes engage in a traditional exercise using fans embracing ancient Kung Fu movements.

## Tai Chi in Mutual 1

Because of the Covid19 pandemic lock down, Phuoc Germiné has started a small group of folks who practice the ancient art of Tai Chi Chih starting at 9 am on the green belt behind carport 14 off of St. Andrews (buildings 51 & 54). The lawn area with many mature trees is an ideal location, very peaceful and beautiful. They practice there every Monday, Thursday, and Saturday.

The practice begins with some warm ups, followed by Tai Chi Chih (TCC). TCC consists of 19 gentle, graceful movements and one pose that can be done by almost anyone. According to Harvard Medical School, "This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life."

The 19 movements with about 293 repetitions take approximately 40 minutes. In their practice they do about three different types of Qi-gong warm ups (deep breathing) to relax the mind and mobilize the body's energy. Tai Chi Chih, and the eight basic forms of Tai Chi Chuan motions named for animal action such as "walk like the Tiger," or "white crane spreads his wings." It's all fun, it employs flowing, rhythmic, deliberate movements, with carefully prescribed stances and positions; in practice no two masters teach the system exactly alike. Participation is free of charge and Phuoc Germiné would welcome more folks from Mutual 1.

### Service Maintenance

**(562) 431-3548**

Call Service Maintenance direct for maintenance and pest control including ants, spiders, and roaches. Call the Helpline to report landscape and all other issues.

### Helpline

**(562) 804-8718**

The "Helpline" is monitored once or twice a day, for non emergency issues. It's purpose is to provide help to residents and offers you the opportunity to reach out to your Board members.

## Do not feed the wildlife

Yep, they're darn cute...and it's fun to watch them and their antics, but please don't feed the wild-life...the bunnies become a nuisance hopping and "plopping" on folks porches, and the squirrels can get a bit aggressive when the food chain stops. Further, they forget how to forage for themselves. The ducks and geese can make a huge mess; it's difficult to get some of their droppings off your shoes. And please don't deliberately step on the snails...if they bother you, just kick them off to the side into the lawn, when you squish them the mess stays for days.



A carbon monoxide treatment is administered to eliminate the gophers.

## Gopher's—not so cute

Speaking of wildlife, do let us know when you see gopher activity. They dig holes in the turf area and put out mounds of dirt, often obscuring their entrance hole. They can do a heck of a lot of damage, so do let us know if you see evidence of a gopher. Call the Helpline and report the location **(562) 804-8718**.

## Zoom Board Meeting

Thursday, May 28

9:00 AM

Meeting ID:

<https://us02web.zoom.us/j/83527610501>

us/j/83527610501

Password: 407876

Telephone call in:

669-900-6833

### Board Meeting

Business goes on even with the restrictions required due to COVID-19, your Board will again be meeting via Zoom.

You can download the Zoom app from **zoom.us** You can join useither through the Internet or via telephone. We ask that you mute your computer upon arrival. Before the official meeting begins, we welcome shareholder comments.

### We welcome:

- 18 E Sandra Young
- 28 K Jerry Israel
- 38 J Elenor Baker  
& Darci Collins
- 39 G Chris & Audrey Kim
- 40 G Donna Connolly
- 48 K Truong Phan
- 55 I Frank Martin

Please extend a gracious welcome to our new neighbors who have recently purchased homes here in Leisure World.



Meals are available through the Community Action Partnership delivered to your door once a week, just 4 minutes in the microwave and they are ready to eat.

### Senior Nutrition Program

About two weeks ago, the City of Seal Beach sent out a very large post card, entitled “We Can Get Thru This Together.” Its main message is to stay home, only going out for essential services and needs. It further suggested avoiding people, washing your hands with soap and water, cover your cough, the usual stuff we been hearing and reading over and over again.

But is also included some very important information about the Senior Nutrition Program. The program offers home delivered meals through what they call the “Congregate Meal Program.”

That program, under the auspices of the Community Action Partnership, offered luncheon at the North Seal Beach Community Center, but now due to the stay at home order, they are bringing the

meals directly to you. And you can sign up, over the phone by calling (562) 430-6079. The only requirement is that you are at least 60 years old, there is no income restrictions.

Once registered, you will receive seven frozen meals, one day each week, the meals are delivered by Seal Beach staff, wearing protective equipment.

Here in Leisure World the meals are delivered between 10 AM and 2 PM on Tuesdays. They suggest a “donation” to cover expenses, checks can be made out to “Meals on Wheels” and given to the staff member when they deliver. When congregated meals are offered at the Center, they suggest a donation of \$3/meal.

Each meal is different, featuring a protein (chicken, beef or pork), a starch (pasta, potato, or rice), and vegetables (mixed, spinach, broccoli, yams, carrots). They are mildly seasoned, so if you have no dietary restrictions you may want to add some salt, butter or cheese. Included with the frozen meals are seven ½ pint cartons of skim milk, and seven fruit cups for a dessert.

### Security

(562) 594-4754

Call security if you are expecting tradesmen or guests to allow them access through the Main Gate. Call Security on the weekends for any water or electrical emergency.