



SUTTON PARK PRESS

Sutton Park Condominium

Board Meetings are held on the first Wednesday of the month beginning at 6:30 PM in the lower level Community Room



October 2020

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Inside this issue:

Musical Feast	2
Moth Free	2
Two Young Guys	3
On-Site Manager Reminders	4
House & Grounds Committee	4
COVID-19 Update	5
Each Fallen Strand	5
Safety First	6
Battery Failure	6
Bats	7
Fire Safety	7
Treasurer's Report	8
Life Lessons	8

Sutton Park Copes with Covid-19

Most residents are wearing masks in the Common Areas. Forget yours? Ask the door person on duty at 585-442-5310. Remind your household helpers (contractors, aides, nurses, cleaners) to wear theirs too. Sandy Beery, Liz Cook, and Joni Dattilo tried to reach everyone in our buildings by phone, personal note, or email for a wellness check. As of August 1, no one reported being infected. Prudy Medina has sewn and distributed a cloth mask to almost



everyone in our condominium, including the staff. If you need another one or need a modification, such as elastic bands instead of cloth ties, email Prudy at newymedina@gmail.com. Liz Cook updated and distributed the Directory of email addresses and current phone numbers so we can stay in touch with each other. Please let her know by email if your information changes at lizcook314@gmail.com. Joni Dattilo, LCSW, is available for supportive counseling for no charge

at 1-(516)-884-2581. Anne Rose-Sutton cooked and distributed delicious meals to many households. Deb Clark is available to grocery shop for anyone who needs this service. Bill Kelly is working full-time for the Monroe County Health Department as a supervisor of Contact Tracers. See his article "COVID-19 Update" for a summary of the latest information and recommendations.

Garry Mount

Welcome Your New Neighbors

If you haven't already, please introduce yourself to Ann Taylor (112), Danny Clutterbuck (114), Myra and Ken Colbert (212), Jorge Jiminez (216), and J.Terrance Allen (416).

Welcome Committee

5 Important Phone Numbers

- Monroe County Health Department (585) 753-2991
- RG&E Emergency Number (800) 743-1701
- Lifeline (585) 275- 5151
- American Wildlife Management LLC (585) 624-1374
- Rochester Wildlife Removal (585) 267-5888

A Movable Musical Feast

Thanks to planning by the Social Committee, on August 22, Fred and Alex Vine and Lynn Rogoge treated us to a medley of folk, blues, jazz and pop songs which we could enjoy from anywhere on our property. The “DaVines” and Lynn, who are highly regarded in local musical circles, played parts of their outdoor concert on the

East, the West, and the South sides of our buildings respectively, so that we

could enjoy their singing and guitar arrangements while we sat on our balconies, on the lawn, or in our living rooms.

They presented unique arrangements of blues songs made famous by Jimmy Reed, Robert Johnson, and Eric Clapton. Switching styles frequently, they played country-



western hits by Glen Campbell and John Denver, and a jazz favorite composed by Fats Waller. Having recently developed a new appreciation for the Beatles, the DaVines and Lynn performed some of their familiar favorites as well as “Witchcraft” from the pop genre.

In her only solo, Lynn sang in perfect Spanish “Quizas”, the poignant folk tune of unrequited love.

We appreciated not only their musicianship but also the group’s stage presence. They were witty and engaging; their joy in performing together was obvious. Fred’s solos of two originals “Who’s Who of the Blues” and “A Fool for this Town” were especially meaningful because they were so heartfelt. At the end of their show, Fred announced that he enjoyed performing for us outdoors so much that the group

would like to return every Friday afternoon—even in December.

Please express your thanks to Cynthia Arrington, Carla Bagarozzi, Michelle Bartell, Sandy Beery, Liz Cook, Joni Dattilo, Roxanne Richardson and David Ruffo, all of



whom contributed to this unique event. They wanted to provide us with a social event we could enjoy together but help us main-

tain social distancing to protect us from COVID-19. Please also thank Dick Beery, who helped move Lynn, Fred and Alex, their instruments and their sound equipment around our buildings and for providing technical support. Thank him too for all the great pictures.

Garry Mount

Keep Your Condo Moth Free

Moth eggs hatch in about thirty days and the life cycle lasts from sixty-five to ninety days. An adult female living for thirty days can lay as many as three hundred eggs. The larval stage causes damage to your clothes; the adult stage (the “millers”) poses no threat.

Preventive measures are the key to keeping your clothes, closets, bureaus, carpets, area rugs and kitchen moth free. How do we do that?

Keep register filters on all vents because moths migrate from one condo to the next.

Wash or dry clean all your clothes.

Real lavender is a moth repellent. A 3 parts water to 1 part lavender creates a moth repellent solution. Clean closets, bureaus, carpets, area rugs and the kitchen with the solution.

Use cedar hangers in closets, cedar sachets in bureau drawers, and sticky pads for moths in the kitchen and pantry. Moth strips can be attached to surfaces too. *Dr. Killigan’s* is a popular brand, but there are others. Replace the strips every six months.

Prudy Medina

Two Young Guys Who are Movin' On Up

Two men in their twenties with ties to Sutton Park, Danny Mendick and Evan Meccarello, were the subjects of recent newspaper articles which celebrated their triumphs in two very demanding professions. Danny, the grandson of longtime resident Bill Mendick, just finished his second season as a Major League baseball player with the Chicago White Sox in the American League. Evan, who first lived here while an undergraduate at Nazareth and again after receiving a graduate degree from Bowling Green State University, is the son of Jon Meccarello and Adele Anderson. Evan is a concert violinist and symphony orchestra conductor whose most recent accomplishments were so noteworthy that they were also detailed in the press.

In a two-page spread titled "Mendick Shows He's a True Grinder" the *Democrat and Chronicle* on July 27 ex-



plained Danny's unlikely rise to the top. His success was unlikely because his small stature and his home in the Northeast (where the cold climate permits so few games) led baseball coaches and scouts to underestimate him at all levels of competition. He compensated by "grinding", working harder than everyone else in practice, in games, and in the off-season. He was im-

mensely competitive and developed his defensive skills to the point that in both seasons for the White Sox he played 3 different positions: second base, shortstop, and third base. According to the team's website Danny aspires to play all 9 positions—even pitcher and catcher. Danny's offensive contribution in the shortened 2020 season was respectable too; his batting average was .243 with 3 home runs and 6 runs batted in. To put Danny's accomplishment in perspective, only 4 out of 100 men who sign professional baseball contracts ever play in 1 Major League game. Whether he stays with this team, is traded to another, is demoted to the minor leagues, plays abroad, or gives up professional baseball, Danny's achievement is outstanding.

On August 3, the *Binghamton Press and Sun-Bulletin* featured Evan in "Rochester-based Violinist and Conductor Will Serve as the Binghamton Community Orchestra's Latest Music Director". Since completing his Master's in Conducting at Bowling Green, he has continued as Director of the Hochstein School Alumni Orchestra, has become Assistant Conductor of the Nazareth College Symphony, Conductor of the Irondequoit Community Orches-

tra, and Conductor of the Thomas Valley Youth Symphony Orchestra in New London, Connecticut. Evan also serves as guest conductor and clinician at middle and high schools in this area; and he conducts All-State and All-County festival orchestras. Evan serves as Vice President of the Keuka Lake Music Festival and continues to give private violin lessons. He continues to perform with Uptown Tango, a two person combo which plays tango, classical, and jazz; and he is radio host for *Sound-space* on WAYO-FM



To put Evan's accomplishments in perspective, he first needed to excel as a musician by obtaining a performer's certificate as a violinist from an accredited music school. Acceptance in an Orchestral Conducting graduate program is highly selective, and the curriculum is long and arduous. Conductors must memorize musical scores, know several languages, and study classical pieces constantly. Evan may need to rehearse individually with each section of an orchestra; and he knows, when performing, to bring in each section and create a unified whole. Conductors also need to develop considerable interpersonal and organizational skills to motivate players and win their respect and affection to bring out their best.

Garry Mount

Reminders from the On-Site Manager

Please *register your cars* with Stan so that staff can contact you in case your vehicle needs to be moved. Park your cars in the garage when snow is predicted this winter so that plows can maneuver, clear our lots, and have room to pile the snow on the edges of our lots. If your car is on our lots when plows arrive, you will be summoned to move it immediately. If you need an extra garage space, call Stan to find out if any are available to rent. (Remember 2 cars maximum per unit).

The compactor is broken and won't be repaired until a replacement part is available and installed. The trash rooms on each floor are locked, and this has caused a great inconvenience for residents. The compactor is continually misused, and staff continues overburdened and at risk for serious injury. If large, heavy, glass

or other objects inappropriate for the compactor are put in the trash chute much longer, it will be taken out of service and the trash rooms permanently locked. Please see the updated *Rules and Regulations*, or ask any staff person to learn what **not** to put in the trash chute before this convenience is taken out of service permanently.

Please bring immediate service requests to Stan or by calling Realty Performance Group. Put ideas and suggestions to improve Sutton Park in the Board Mail Box in the Second Class Mail Room or contact Board members. Their email addresses and phone numbers are listed on the bulletin board and in the updated Directory.

Please be sure to inform the door persons if you are moving out of Sutton Park or if you are expecting deliveries of large items, such as appliances or furniture. The elevator transporting large items needs to be padded by the door persons to protect the interior from damage. With only one elevator functioning in the A building, *scheduling for your move or delivery* is very important so that your neighbors, who also need to use the elevator, are not inconvenienced for too long.



House and Garden Committee

We may not want it or like it, but we can't stop it. It's Fall when the days are getting shorter and colder, and we must prepare for the coldest, darkest days ahead.

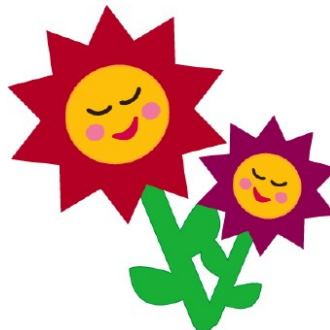
Thank you Prudy Medina and Liz Cook for volunteering your time for the annual removal of flowers. We all know it's a sad time when flowers are removed, but we can enjoy the beauty of the Fall with its splendid displays of yellow, red, orange and gold.

Thank you, Jamie Yeaw for carting the bags and for

all the jobs that required extra muscle.

Stay healthy, stay safe and stay tuned for all the daffodils from the George Eastman House popping up next Spring in the West Kidney Garden.

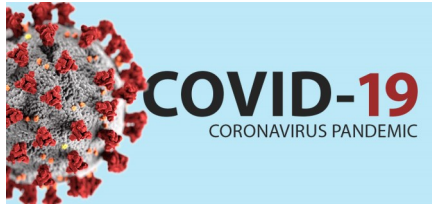
Maureen McCoy



COVID-19 Update

As the weather turns cooler, we spend more time inside. COVID will be coming inside to join us. Most of us are experiencing COVID fatigue, and we want to relax our vigilance. But this is not the time. The number of COVID cases will begin to rise. As of this writing, there are over 210,000 COVID related deaths in the United States. By January 1, it is estimated that there will be 415,000 deaths. Essentially doubling the deaths in three months.

Vaccine: There are conflicting statements about a vaccine being available by October or November or by the end of the year. When a vaccine does become available it will take many months to determine how effective the vaccine is in keeping us safe. A minimum target for an effective vaccine is 50% effective. And once the vaccine is used on a large sample of people, it will take months to know if there are serious side effects. Most scientists believe that a vaccine will not be available to the



public until Late Spring or Early Summer 2021.

Getting the vaccine distributed and Americans inoculated is another major problem. The United States' Public Health System is stretched to its limit now. Funding passed by the US House of Representatives that would have increased COVID testing and funding for inoculations was not taken up by the US Senate. There is no money allocated. Getting the vaccines out to the public is going to be slow and problematic.

Treatment: Mortality rates are down. The reason being that it is younger persons who are the majority of persons getting infected with COVID right now. COVID remains deadly. We are learning that COVID for many people has a long-term impact on their organ systems, such as their heart, lungs, and kidneys. Steroid medications seem to help some patients. And drugs used to treat HIV infections may be promising. However, there is no drug effective in all cases, and certainly no medical cure is

on the horizon.

Staying Safe: Always wear your mask when in the common areas of Sutton Park. Encourage others to wear their masks. Wear your mask over your nose and mouth. Wearing a mask not covering your nose is like wearing a condom with a hole in it. Do not ride on the elevators with anyone other than your immediate household. Elevators are small spaces where aerosol droplets of COVID can remain suspended in the air for some time. Carry hand sanitizer or wipes and use when touching surfaces outside of your condo. Wash your hands with soap and water for at least 20 seconds after coming back into your condo. Wipe the outside door handle to your condo with a cleaning product after you return .

Be prepared: Do not hoard, but stock up on toilet paper, paper towels, tissues, wipes, and other cleaning supplies. Get a haircut now, and enjoy your favorite restaurants before the risk goes back up.

Bill Kelly

I Went to Sweep Each Fallen Strand

by Alan William Gray

I went to sweep each fallen strand
of straw-like fragrant needles and
enough to make a bed
in some industrious Boy Scout's head
But not a bed for such elites

I'll lie awake tonight on sheets
and hear the patter on the pane,
I swept them up to clear the drain

Safety First, Last and *Always*

1 Always keep the door to your condo locked.

2 Don't let anyone you don't know into the buildings. If the door person isn't in the Lobby, visitors can be directed to the wall phone, where they can dial the resident expecting them or dial 99 to the door person on duty, who will return to the Lobby and evaluate the unrecognized visitor.

3 Call 442-5310 to inform the door person when you are expecting guests, family, friends or deliveries.

4 When the door person calls to inform you of a meal delivery,

please come to pick it up in the Lobby so that the delivery person isn't set free to roam the halls, possibly looking for an unlocked door.

5 When the door person calls to



inform you of a package delivery, come pick it up as soon as you can so that your valuable merchandise doesn't "walk away" if the door person is distracted or has to leave the Lobby. If you deliver a package to a neighbor, don't leave it outside in the hall. Keep it until your neighbor can safely take it inside.

6 Park your car in the garage and lock the doors.

7 Don't leave anything valuable visible in the car.

8 When entering or leaving the garage through the Breeze Way, make sure the doors at both ends lock behind you.

9 When you enter Sutton Park through the Service Entrance in back of the A building after 5 PM, make sure the outside door locks behind you.

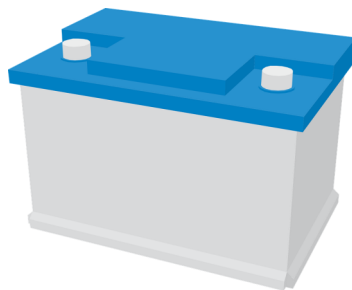
10 If you spot anyone who looks suspicious on our property, call the door person. After 10 PM, call 911.

Garry Mount

Don't Fall Prey to Battery Failure this Autumn

When cold weather arrives, chemical reactions in your car's battery slow down. Your car's cold engine requires more power to start; and your heater and defroster take more power too.

You may be at risk if you notice any of these warning signs. Do you hear grinding, clicking, or buzzing when you turn on the ignition? Does the engine crank slowly when you start? Do your headlights dim when your car is idling, but brighten when you rev up the engine? If you experience any of



these, you may be at risk for battery failure.

To prevent failure, have your mechanic check the battery at every oil change. When the battery is three-years-old, have it checked every three months. Your mechanic can check all the connections, clean off corrosion which blocks electrical current, and check for dead cells. If you don't drive often, start the car every week and let it idle for ten minutes to keep the battery fully charged. After driving in cold weather, turn off the radio, heater, defroster and any other accessory which draws power from the battery, before you shut the engine off. These simple maintenance steps will keep your battery ready when you need it most.

Bat in Your Condo? Here's How to Get it Out

by Marcia Greenwood, *Democrat & Chronicle*

(editor's note: some homeowners had bats in their condos)

Although bats are portrayed as predatory vampires in films and fiction, a healthy bat won't attack you. A bat with rabies may attack, but less than 1% of bats carry this serious disease. If a

bat enters your condo, turn on all the lights, open all the windows and screens, and position yourself against a wall.

The bat wants to leave as much as you want it to. A bat's flight pat-

tern is to fly higher near walls and lower toward the room's center. If you chase it with a broom or tennis racket, the bat will panic and fly erratically around the room rather than keep circling until it

finds your open window.



If the bat lands in your condo, it will likely be on a wall or drape because it

prefers vertical surfaces. Put on gloves, cover the bat with a wide-mouthed jar or coffee can, and slide a piece of cardboard over the opening. Go outside and open the jar or coffee can next to a tree or wall where the bat can walk out

onto a vertical surface and then fly off.

If you're not comfortable removing the bat yourself, here are two firms, among many local wildlife management companies, which offer emergency services on a 24/7 basis: Rochester Wildlife Removal (585) 267-5888 and American Wildlife Management LLC (585) 624-1374.

If you, anyone else in your household, or a domestic animal had contact with a bat, call the Monroe County Health Department at (585) 753-2991. Contact includes a bite, an impact, or waking up with a bat in your room.

Fire Safety in the Kitchen

Rochester Fire Department

Keep a fire extinguisher in your kitchen rated A-B-C because it will work on all types of fires. It emits a fine white powder which is perfect for smothering grease fires. Don't cook if you are sleepy from fatigue, drowsy from the side effects of medication, tipsy from drinking alcohol or using recreational drugs. Never wear loose or floppy clothing when cooking; loose clothing is quickly ignited when it touches a hot stove top. To avoid scalds, always turn pot and pan handles inward so you don't tip over hot food or liquids as you pass in front of the stove. Use kitchen mitts and sturdy pot holders to avoid burns when you pick up hot items.

Never leave the oven or stove top turned on if you leave the kitchen; shutting them off for a few minutes won't ruin your favorite dish and may prevent a fire.

Use a timer with a loud alarm so that food doesn't overcook and start to smoke. If grease ignites in a pot or pan, try smothering it with a lid. If that doesn't work, aim the white powder from your fire extinguisher at the base of the flame. Don't hesitate to empty the contents of the fire extinguisher because it will need to be recharged anyway.



2020 Sutton Park Treasurer’s Report

As 2020 draws to a close it is time for a status report on Sutton Park’s 2020 Budget. In spite of this very unusual year, items budgeted for 2020 will be completed by the end of the year:

- (1) installation of two new elevators on the A Wing, (2) repairs to cracked sidewalks and (3) repointing bricks adjoining two persistently leaking apartments.



High priority items on the proposed 2021 Budget are: (1) replace B Wing elevator at a cost of \$174,000 and (2) replace the garage membrane (floor covering) at a cost of \$118,000, for a total cost of \$292,000.

If our capital reserves permit, further items under consideration for 2021 are: (1) replacing our security system (\$50,000) and (2) installing a flood proof door in the receiving area (\$26,265).

After all 2020 expenditures, our ending capital reserve is expected to be \$350,035.

Due to the pandemic this year we are not having an in person Octo-

ber Budget Review meeting. If you are interested in receiving a copy of the proposed 2021 Budget, please email me at Spencer.j.cook@me.com or leave your name on the sign up sheet posted in the mail room and you will receive a copy of the budget in your mail box. If you prefer a paperless digital copy, email Garry Mount at gmount@frontiernet.net

If you have any questions, please email me and I will get back to you.

Spencer J. Cook
Treasurer

10 More of “The 45 Lessons Life Has Taught Me”

Regina Bratt, age 90, *Cleveland Plain Dealer*

piness but you.

1 It’s never too late to have a happy childhood. But the second one is up to you and no one else.



4 Life is too short to waste time hating anyone.

5 Forgive everyone everything.

2 Make peace with your past so it won’t screw up the present.

6 When it comes to going after what you love in life, don’t take no for an answer.

3 No one is in charge of your hap-

7 Don’t compare your life to others. You have no idea what their journey is all about.

8 Envy is a waste of time. You already have all you need.

9 Life isn’t fair but it’s still good.

10 All that truly matters in life is that you loved.

We Hope Everyone Has A Wonderful Holiday Season

