

LW Security: 301-598-1355

Administration: 301-598-1000

# TIDINGS

March 2012

Leisure World

Mutual No 10

Main Gate: 301-598-1044

www.lwm10.com

PPD: 301-598-1500

## KNOW WHO TO CALL!

Below is the list of Board member duties:

Mike Showalter, President  
(301) 598-3247

showmt@hotmail.com

\*Roads & Pavements \*Water/sewer line breaks  
\*Energy issues

Dora Pugliese, Vice President  
(301) 598-0265

dorapugliese1@verizon.net

\*Landscape \*Drainage issues

Janet Martin, Treasurer  
(240) 669-8954

janetlmartin@earthlink.net

\*Review and approve invoices for Mutual \*Advise  
Board on availability of funds for major projects.

Joan Byrnes, Director  
(301) 598-4949

\*Fences, gates

John McMahon, Director  
(301) 598-3584

\*Roofs, gutters, downspouts \*Patio door  
replacements \*Plumbing, Electrical problems

Dotty VanScoyoc, Director  
(301) 598-2878

dotty36@verizon.net

\*Welcome new residents and obtain contact  
information

Paul Eisenhour, Director  
paule@lwm10.com

301-460-5588

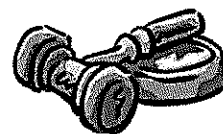
\*Website \*Termite infestation problems

## From the President

By Mike Showalter

(301) 598-3247

showmt@hotmail.com



By the time this newsletter reaches you the month of February and most of winter will have passed. It has been one of the mildest winters in my memory. I know many of you will disagree with me but I am disappointed that we did not have at least one significant snowfall. Winter is drab enough, with its damp cold air and slate-gray skies, without the occasional beauty of a fresh snow covering our roads, lawns, homes and trees. On the other hand, I'm sure no one misses the bitter cold, the iced-up windshields and slippery footing that a harder winter would have produced so, like our Redskin fans, the snow lovers will just have to wait until next year.

We have had another quiet month here in Mutual 10. It's almost as though everyone took off and went to Florida this winter. We had very few service calls in February. That is good news for our mutual because it results in lower operating costs and less inconvenience for our residents. Let's hope the trend continues.

I have several newsworthy items to report on:

1. **For our Stein Room Customers:** On Monday, March 19 renovations of the Stein Room will begin and will last four weeks. During that period the Stein room will be displaced to the Chesapeake Room. The Terrace room will not be affected by the renovations
2. **Roadwork:** We had considered deferring any roadwork within the mutual until 2013 because WSSC was reported to be planning water line replacement throughout parts of Leisure World and initially it looked as though Mutual 10 was one of the areas to be affected. The latest information is that no work is planned for our area so we may be able to do some of the roadwork this year. Affected residents will get adequate pre-notification.

### Landscape

By Dora Pugliese  
(301) 598-0265  
dorapugliese1@verizon.net



Spring is almost here and no damage from winter storms means we have more funds for replacing trees. This week I had a meeting with a landscaping designer and we will plant 11 new trees in front of the residences where the old trees were cut down. Also, we are thinking about planting dwarf spreading evergreens at the center under the street signs, daffodils at each end for spring flowers and some perennials around for the summer months. It will be costly the 1<sup>st</sup> year but in the long run it will save money.

On the drawing board, flowers gardens are being considered for some open spaces in Mutual 10, more about it when I have the final design.

Some recommendation for the residents using their fireplace burning real wood: the wood has to be stacked 10 feet from the house on cinder blocks. Rotate the layers of wood this spring by moving the bottom layer of wood to the top otherwise you are going to have termites or other creatures hiding under the pile.

March is the month to cut your rose bushes 1/3 down. I have already seen some black spots; remove the leaves and put them in your trash not in recycling

A reminder: you have to call the grounds at 301-598-1314 for pick up of your yard waste. If Monday is a federal holiday there will not be any pick up of any trash until the following Thursday.

### Treasurer's Report

By Janet Martin  
(240) 669-8954  
janetlmartin@earthlink.net



January, 2012:

Income	\$ 82,529
Expenses	\$ 99,806
Deficit	\$ 17,276
Variance from budget	\$ 2,603

Reserve Balance 1/31/12  
\$1,147,865

We ended January slightly under budget, due primarily to electricity. Electricity is our largest variable expense so this is usually where we see the impact of any significant variances from budget. There were no major improvements made in January so therefore, no money expended from the reserves.

## WELCOME NEW RESIDENTS

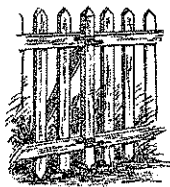
By Dotty VanScoyoc  
(301) 598-2878  
dotty36@verizon.net



In the near future all New Residents will be invited to attend a Welcome to Leisure World Orientation. The Date and Time will be announced in the Leisure World News. The Orientation will be held every quarter. All residents who have not previously attended a Welcome/Orientation are invited to attend.

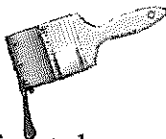
## Fences & Gates

By Joan Byrnes  
(301) 598-4949



We did not have any problem with the fences lately but some residents are still keeping their gates open most of the time. If their gates are damaged by a strong wind, these residents will be responsible for the repair.

## DOOR PAINTING PROJECT



We will be painting front doors and small patio/garage doors in late spring or early summer. This will be paid for by the Mutual. If you would like your door(s) painted, you must contact Mike Showalter at 301-598-3247 - or via e-mail at [shomt@hotmail.com](mailto:shomt@hotmail.com) - to request the service. Only original doors qualify. If a door has been replaced, the maintenance of the door is no longer the responsibility of the Mutual but that of the resident.

“St. Patrick's Day is an enchanted time - a day to begin transforming winter's dreams into summer's magic.”  
~Adrienne Cook



## MUTUAL NAME CONTEST



There is still time to submit your entry or entries to Cris Juarez for the name change contest. All submitted entries will be listed in the April Tidings for voting. A ballot will also be printed in the April Tidings. You may then mail or deliver your ballot to Cris at the Administration office (one vote per household member) or drop it in the ballot box that will be provided at the annual meeting on April 17. The prize for submitting the winning entry is a \$100 gift card from Giant.

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**Our next Board meeting is scheduled for March 22, 2012 at 9:30 am in the Sullivan Room of the Administration Building. All are welcome to attend.**

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**APRIL 17, 2012  
IS OUR ANNUAL  
MEETING!!**

*Important  
DATE!*

We have changed our meeting time; our light lunch will begin at noon and we will hold the Annual Meeting after. An official Notice of Meeting will be mailed to all unit owners in March. Be sure to make time for this important event!

## FUTURE SOCIAL ACTIVITIES

Mark these in your calendar:

April 17th	Annual Meeting
May 18th	Annual Dinner
TBA	Ice Cream Social
Oct. 27th	Annual Fall Coffee

**Lifeline Availability:** Did you know that the Lifeline Alert System is here at our Leisure World Medical Center and at a discount rate? It is easy to obtain -just a phone call away to set up an appointment. It will be brought right to your unit and explained to you how it works. The Lifeline Office phone number is **301-598-1329**.

**RENTAL CAUTION — RENTAL CAUTION LANDLORD ALERT**

Reprinted with modifications from the Mutual 15 February/March Newsletter and adapted from an article by Paul Bessel, Mutual 13)

If you own an apartment or house here in Mutual 10 and it is used as a rental property you should be aware of two very important factors. Note that this is a summary. For more complete information refer to the county website:  
[www.montgomerycountymd.gov](http://www.montgomerycountymd.gov)

1. Montgomery County law requires you to obtain a county rental license before you enter into a lease! Failure to do so will subject you to a significant fine by the County plus the problems discussed in the next paragraph. You must renew this license each year that you lease the property. The present cost of the yearly license is \$98.00.
2. Of particular importance to the landlord is that if the property is leased without a valid rental license you will have no recourse from the County regarding any assistance in enforcing any provision of the lease. That includes enforcement to evict for any reason whatsoever, recovery of costs for damage caused to the unit or any other problem an owner may encounter. So do yourself a favor.

**MAKE SURE YOU OBTAIN A COUNTY RENTAL LICENSE BEFORE YOU RENT YOUR UNIT.**

The licensing process is performed by the Licensing and Registration unit of the Department of Housing and Community Affairs. The process includes completion of a **Rental Facility License Application** (available on the above website) and payment of an annual license fee. Once a property owner is licensed, the Department automatically generates a renewal notice each year. The license fee year runs from each July 1st through the following June 30.

**Effective July 1, 2004**

**How Much are the License/Registration Fees?**

	Structure Type	Annual Fee Per Unit for Each Structure Type
<b>LICENSE FEES</b>		
<b>CLASS I Licenses</b>	Apartment Complex	\$38.00
	Accessory Apartment	\$38.00
	Personal Living Quarters	\$38.00
	All Other (includes individually owned Garden Condominium, High-Rise Condominium, and Piggy-Back Units)	\$56.00
<b>CLASS II Licenses</b>	Single Family Detached House	\$98.00
	Townhouse	\$98.00
	Duplex	\$98.00
	Back to Back Townhouse	\$98.00
	Quadraplex	\$98.00

# NEIGHBORS' NEWS

**We want to hear from you!**

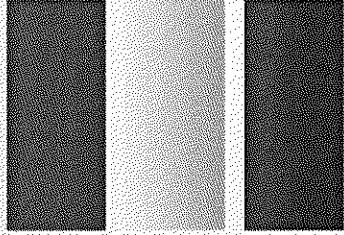
Our goal is for this page to be filled with contributions from all of our residents. Please share your favorite recipes, restaurants, vacation spots, or anything else you think we all may enjoy and benefit from. We look forward to all your submissions!

To request that something be printed, call Cris Juarez at 301-598-1371 or e-mail her at [cjuarez@lwmc.com](mailto:cjuarez@lwmc.com). The deadline for April's Tidings is March 26, 2012.



National  
**STROKE**  
Association™

# Risk Scorecard Results



**High Risk  $\geq 3$ :** Ask about stroke prevention right away.

**Caution 4-6:** A good start. Work on reducing risk.

**Low Risk 6-8:** You're doing very well at controlling stroke risk!

Ask your healthcare professional how to reduce your risk of stroke.

**To reduce your risk:**

1. Know your blood pressure.
2. Find out whether you have atrial fibrillation.
3. If you smoke, stop.
4. Find out if you have high cholesterol.
5. If diabetic, follow recommendations to control your diabetes.
6. Include exercise in your daily routine.
7. Enjoy a lower-sodium (salt), lower-fat diet.

Act **FAST** and **CALL 9-1-1 IMMEDIATELY** at any sign of a stroke:

**F** **FACE:** Ask the person to smile. Does one side of the face droop?

**A** **ARMS:** Ask the person to raise both arms. Does one arm drift downward?

**S** **SPEECH:** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

**T** **TIME:** If you observe any of these signs, call **9-1-1 immediately**.

**1-800-STROKES (787-6537) • [www.stroke.org](http://www.stroke.org)**



National  
**STROKE**  
Association™

# Stroke Risk Scorecard

Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the stroke risk levels on the back.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood Pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120-139/80-89	<input type="checkbox"/> <120/80
Atrial Fibrillation	<input type="checkbox"/> Irregular heartbeat	<input type="checkbox"/> I don't know	<input type="checkbox"/> Regular heartbeat
Smoking	<input type="checkbox"/> Smoker	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Nonsmoker
Cholesterol	<input type="checkbox"/> >240 or unknown	<input type="checkbox"/> 200-239	<input type="checkbox"/> <200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Exercise	<input type="checkbox"/> Couch potato	<input type="checkbox"/> Some exercise	<input type="checkbox"/> Regular exercise
Diet	<input type="checkbox"/> Overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Stroke in Family	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
<b>TOTAL SCORE</b>	<input type="checkbox"/> High Risk	<input type="checkbox"/> Caution	<input type="checkbox"/> Low Risk

# Maryland Mutual No. Ten, Inc.

3701 Rossmoor Boulevard • Silver Spring, Maryland 20906

301-598-1371

## MEMORANDUM

TO: Mutual 10 Unit Owners  
FROM: Cris Juarez, Mutual Assistant  
DATE: March 2, 2012  
SUBJECT: Change in Mutual Rules

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Please be advised that the Mutual 10 Board of Directors has approved the following changes to the Rules:

Under RESIDENT'S RESPONSIBILITY add the following note:

**Any residents that request a repair or service that they expect the Mutual to pay for must first notify and get the approval of either the president or vice-president of the Mutual. By failing to do so, the resident will be responsible for the cost of the service. Exception: In the case of emergencies such as broken water pipes, leaking roofs or other problem requiring immediate attention, the resident should first notify Physical Properties Division during normal business hours or the Main Gate during non-business hours. Once done the resident should notify the Mutual president or Vice-president of the problem as soon as possible but during day time hours.**

Final approval of this change will be considered at the March 22, 2012 Board meeting. If you have any questions or comments feel free to email them to [cjuarez@lwmc.com](mailto:cjuarez@lwmc.com) or via mail at:

Mutual 10 Board of Directors  
c/o Cris Juarez  
3701 Rossmoor Blvd  
Silver Spring MD 20906