

LW Security: 301-598-1355

Administration: 301-598-1000

# THE KELMSCOT VILLAGE TIDINGS

March 5, 2013

Leisure World

[Published February 28, 2013]

Mutual No 10

Main Gate: 301-598-1044

www.lwm10.com

Comcast: 301-920-9951

## KNOW WHOM TO CALL!

Below is the list of Board Members:

Mike Showalter, President  
(301) 598-3247  
showmt@hotmail.com

Dora Pugliese, Vice President  
(301) 598-0265  
dorapugliese1@verizon.net

Janet Martin, Treasurer/Newsletter Editor  
(240) 669-8954  
janetlmartin@earthlink.net

Joan Byrnes, Director  
(301) 598-4949


John McMahon, Director  
(301) 598-3584

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

Paul Eisenhaur, Director  
paule@lwm10.com  
301-460-5588

Sharon Palmer-Hillman  
Acting Mutual Assistant  
301-598-1316  
Spalmer@lwmc.com

## From the President

By Mike Showalter   
(301) 598-3247

showmt@hotmail.com

February/March 2013

It seems hard to believe but spring is just around the corner. This has been our second mild winter in a row which should mean that our costs for energy should be moderate again but it also may mean that pests such as mosquitoes may have fared well due to the mild temperatures. Let's hope not; we don't need a repeat of last year's bumper crop of the blood-sucking little savages.

**Change in our Mutual's Administrative Assistant:** I don't know how many of you knew Cris Juarez. She was our mutual's administrative assistant and kept our mutual running smoothly and efficiently. Cris got a job offer to become a property manager at one of the communities in Montgomery Village and it was too good an opportunity for her to pass up. We wish her well and will miss her very much. Cris' replacement, at least for the time being, will be Sharon Palmer-Hillman. Sharon has about 10 years experience here at Leisure World so she should readily adapt to the needs of our



mutual. If you need to contact her, her phone is 301 598-1316 and her email is [spalmer@lwmc.com](mailto:spalmer@lwmc.com). Sharon, welcome to our mutual.

**Mutual 10's Annual Meeting:** April is the month when we have our Annual Meeting. It will be held on Tuesday, April 16<sup>th</sup> at 12:30 PM.

**Pre-Annual Meeting Luncheon:** At 11:30 AM, prior to our Annual Meeting we will be serving a light lunch which we hope will serve as an inducement for residents to attend the meeting.

**Please Vote: We Need You to Vote.** It is very important that all resident and non-resident owners of Mutual 10 residences vote. Your vote can be submitted by proxy or by bringing it in person to the Annual Meeting. We need a simple majority of votes from Mutual 10's owners to constitute a quorum which is necessary to conduct business at the meeting and to elect directors. Unfortunately we usually just barely achieve the number needed for a quorum. Failure to achieve a quorum means that the Annual Meeting will have to be rescheduled at great inconvenience and considerable expense. So please help us meet our quorum the first time around. If you need transportation to attend the meeting we will provide it using volunteer drivers. Also, even if you plan to attend the meeting you may submit it in advance of the meeting by getting it to our Administrative Assistant. So whether or not you plan to attend, please get your vote in so it can be counted. Thanks.

**Vinyl Siding:** The planning process continues on our multi-year project to install vinyl siding on all our residences. We hope to have a decision soon but it is an expensive project so we want to make sure we get things right.

**Replacement Window Option:** As stated in last month's Tidings, we are compiling a list of interested homeowners who might like to have their windows replaced at your own expense. We now have a list of 17 interested residents signed up and would like to get more. If we get enough participants we may be able to get a volume-based discount. If you are interested, please inform me and I will put your name on the list. Delores and I are planning on taking advantage of this opportunity. You are under no obligation to go through with the replacement and you might want to get some bids on your own for comparison purposes. Once we get some initial pricing information we will let you know.

**Quick Home Energy Check-up (QHEC) Program:** Last year 67% of you participated in Pepco's QHEC program which involves a Pepco contractor visiting your home to install a whole array of energy saving equipment – compact fluorescent light bulbs, water heater insulating jackets, water-saving shower heads and faucet aerators and more. The great thing about this is that there was no charge for either the equipment or labor. Now, we are contemplating offering this service again to those who might not have had the opportunity to participate last year or who may have decided to change their minds about participating. The feedback from last year's participants was overwhelmingly favorable. As a result, we are going to invite back the contractor, Ecobeco, to canvas those residents who did not participate last year. Within the next several weeks you will receive a letter from Ecobeco asking if you would like to participate in the program. The letter will probably include a date and time for the installation but you can contact the company if you need to reschedule. Participation is entirely voluntary. Also, if the contractor makes any changes you are not satisfied with you may ask that



the change be undone right on the spot. I encourage you to participate in this energy-saving program. It will help lower our energy costs which will in turn help maintain or even lower your monthly condo fee if enough of our residents join those of us who have already taken advantage of the QHEC program.

### Treasurer's Report

By Janet Martin



Our finances through January, 2013 are as follows:

Income	\$ 79,789
Expenses	\$ 94,116
Deficit	\$ 14,327

Variance over budget \$6,416  
Reserve Balance 1/31/12  
\$1,135,053

While the initial reaction to a deficit might be negative, we actually budgeted for a loss of \$20,743 in anticipation of higher heating bills. Our loss of \$14,327 is, therefore, better than budget. It's a good way to start the year. Our reserve balance is very substantial but we expect to spend \$350,000 - \$400,000 this year on the first phase of the siding project. It will be money well-spent as it increases the "curb appeal" of our community and should also increase our property values.

As always, please feel free to call me at any time if you have a question about our finances. I can be reached at 240-669-8954 or via e-mail at [janetlmartin@earthlink.net](mailto:janetlmartin@earthlink.net)

**The next Board Meeting is scheduled for March 28, 2013 at 9:30 AM in the Sullivan Room of the Administration Building. All are welcome, and encouraged, to attend.**

### Vice President



**Dora 301-598-0265**  
**[dorapugliese1@verizon.net](mailto:dorapugliese1@verizon.net)**

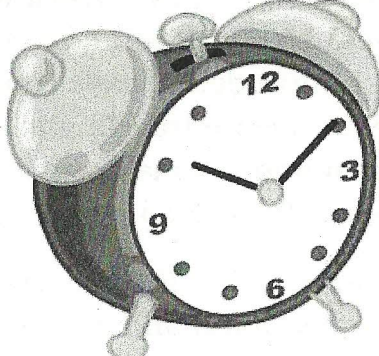
**Landscaping:** Winter is almost over; the daffodils are starting to peek through the mulch. McFall & Berry will dig out the roots of trees which were taken down this week. Lots of residents have hostas in their foundation planting. They are beautiful but they are also the favorite food of the deer; you may want to plant Hellebores (Lenten rose) instead. The deer do not eat them, they stay green all year long with very little upkeep and their blooms now come in different colors and last a long time. Also they grow in the shade.

March also is the month to trim your rose bushes.

On another note, on Norbeck Road just past Lady of Grace Assisted Living is Norbeck Park. It just opened and has a jungle gym for children, basketball hoops, and plenty of parking. It is a very nice place to take your grandchildren when they come to visit.

**REMINDER**

Please do not forget that daylight savings time goes into effect on March 10<sup>th</sup>.



## PLAN AHEAD FOR A SAFE TRIP

Travel is on everyone's list of things to do when they have more leisure time. But if, like most people, your opportunity to travel occurs after retirement, there's more to consider when planning a trip than just your destination.

Steve Briggs of VIP World Travel offers these tips for senior travelers:

1. Find a good travel agent – one who is well traveled and knows the business. That agent will help you make the right travel choices for you.
2. Buy travel insurance and make sure it has pre-existing medical condition coverage. Travel insurance will help you protect your investment if you should need to cancel due to a covered reason.
3. Use luggage with wheels. There will be times when you cannot avoid handling your own luggage. Make sure you can do it.
4. Know your limitations. There are some parts of the world that you may not be able to visit due to certain medical conditions. Not in great shape, or suffering from breathing issues? You'll want to avoid Machu Picchu due to its high altitude. Always consult our doctor before traveling to an exotic destination to make sure it is, medically, a good choice for you.
5. Live life to the fullest. Travel with an open mind and a sense of

adventure. If you want everything to be the way it is at home, then you should stay home.

While health problems can affect your choice of destination, with a little planning and some caution, baby boomers and seniors can have a safe and enjoyable trip. Consider these tips to help address any health concerns:

- o Talk about your planned travels to your physician. Discuss any medications you're currently taking, and check whether you'll need refills prior to departure.
- o Carry a copy of all your prescriptions with you when you travel. When going abroad, you may also want to know the generic name of your drug in case your prescribed version isn't available locally. Losing a pill bottle or accidentally breaking a vial of insulin, for example, can very easily happen on a vacation, and if you are touring around a foreign country, you may have difficulty obtaining a refill if you don't have this information handy or if your drug is unavailable or sold under a different name.
- o Visit a travel medicine specialist. You may be required to get new vaccinations when traveling to specific foreign countries. Ask your doctor to recommend a travel medicine specialist who can educate you about the immunizations that are required or recommended for your destination, as well as any other



health concerns specific to your destination.

- o Pack over-the-counter supplies. A vacation means getting out and doing new or different activities. This change of pace may result in sore and achy muscles. A vacation also means you might be exposed to new and different germs, which could develop into a traveler's cold or the flu. Pack some over-the-counter medication to help treat potential symptoms, so you don't have to take time out of your vacation to search for a pharmacy or drug store. Hopefully, you won't need any of the supplies, but it's always a good idea to have them handy.

Travelers about to embark on an overseas adventure can take advantage of a valuable tool offered by the Centers

for Disease Control and Prevention to ensure their trip is both enjoyable and safe.

When visiting [www.cdc.gov/travel](http://www.cdc.gov/travel), travelers can use an interactive map and select their travel destination. Travelers can then learn if there are any travel notices in effect for that country or region.

In addition, clicking on a given country also directs users to safety and security guidelines and provides any information on vaccinations that might be necessary to enter the country they plan to visit. The site also offers travel and health tips as well as a list of diseases common to a particular region. A valuable tool for those who travel frequently for business or even those who are simply traveling for vacation, the site is free of charge and only requires an Internet connection to access.

# HAPPY SPRING



# NEIGHBOR'S NEWS

To request that something be printed, call Sharon Palmer-Hillman at 301-598-1316 or email her at [spalmer@lwmc.com](mailto:spalmer@lwmc.com). The deadline for April's Tidings is March 25, 2013.

# SAVE THE DATE

## APRIL 16, 2013 IS OUR ANNUAL MEETING!!



Lunch will be provided at the Annual Meeting in Clubhouse II.

11:00 – Registration

11:30 – Lunch

12:30 – Annual Meeting

If you need a ride, please contact Mike Showalter (301) 598-3247 or Dan Martin (240) 669-8954

### LEISURE WORLD MEDICAL CENTER

IS NOW

### MEDSTAR HEALTH AT LEISURE WORLD BOULEVARD

#### Patient Registration

As part of the transition process to MedStar Health, all patients are required to complete registration forms. This can be accomplished by arriving thirty minutes early for your appointment or patients may pick up the forms at the Medical Center between the hours of 8:30 and 5:00, fill them out leisurely at home, and bring the forms to the Medical Center at the time of the first appointment in 2013. The receptionist will also ask to see insurance cards and a picture ID.

Thank you for your understanding and patience as we transition to MedStar Health.

**REMINDER**

For repair work you expect to be paid by Mutual 10, you **MUST** call Mike Showalter or Dora Pugliese for approval **BEFORE** calling PPD.