

The Mutual 19 BEE

December 2019-January 2020

Coming Up

Jan. 29 — 1:00 pm, Board Meeting

Check Out Our Website

For more information about owning homes and living in Mutual 19-B, please visit our website: <http://www.lwm19b.com>. The website also provides a listing of important phone numbers and other useful information about our community

For help with maintenance issues needing Mutual 19-B attention, contact our mutual assistant, Alexa Cuque, telephone (301) 598-1316, email acuque@lwmc.com, or your building representative.

About the BEE

The BEE's business is to keep you informed of news and events that affect our mutual. The newsletter is distributed to most of you by email, but a few printed copies will be available for those who do not have email. We want to hear from you, Send your suggestions to Michael Benefiel at mike_benefiel@yahoo.com.



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Michael Benefiel and
Marcia Fletcher, editors.



Parking Lot Repaving to Begin This Spring

In response to resident concerns and the obvious deterioration of our parking areas, your board spent a significant amount of time this past year investigating the feasibility of a major repaving project. Money was set aside to fund this effort and in October, Mutual 19-B President Jack Dunn invited competitive bids with a view to starting the actual work this coming spring.

At its December meeting the board approved a contract with A.B. Viers and Sons, a quality firm with a good reputation in our area and an A+ Better Business Bureau rating. Some of the work will begin as soon as we are done with freezing temperatures, while the actual repaving will be accomplished in April. When the work is under way, we will all experience some inconvenience and we'll have to make some adjustments to our usual parking habits.

Viers and the board will work together to keep you informed and to cause as little inconvenience as possible for our residents. However, it will be necessary to move our vehicles when the time comes, so please stay informed about the timing and location of parking changes. You will find more information on our website and in our newsletter as we get closer to the beginning of the project.

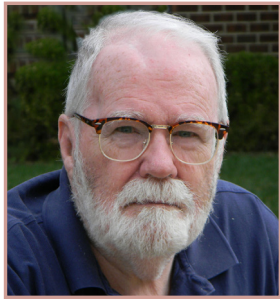
Mutual 19-B Bylaws Are Being Updated

Back in 1979, when the buildings that make up our mutual were first occupied and our owner's association was created, those early residents put together a set of bylaws in order to establish workable governance for our community. Over the years, that original document has been amended several times. Our board's treasurer, John Gervais, has undertaken the task of bringing our bylaws up to date. He has worked for months to compile and consolidate our records. As the project nears completion, John's patient and persistent efforts have produced a volume containing 76 pages and almost 27,000 words. The resulting document is a testament to the way we live together safely and respectfully.

After the revised set of bylaws has been presented to the board, the entire document will be available on our Mutual 19-B website.

A Message From Our President

As our winter season of cold temperatures and longer nights begins, I want to wish all my neighbors a safe, healthy and trouble-free winter. Since I'm old enough to temper my sunny optimism with a dose of reality, I also



Jack Dunn

wanted to remind all of us how to handle water troubles in our homes, because these can be complex, costly and even frightening.

We enjoy indoor plumbing and bring pipes and drains into our buildings. When these pipes age, get clogged or become damaged, water can leak out and cause damage. My advice is to learn how to turn off water in your kitchen, your laundry room and your bathroom in an emergency. An inexpensive alarm installed under your sink or next to your washing machine can alert you to a burst pipe and flooding while you are sleeping.

If your home is threatened by water during working hours (M-F, 8:30-

5:00), please call our mutual assistant, Alexa Cuque, at (301) 598-1316 immediately. If your home is threatened by water outside Leisure World working hours, call the main gate (301) 598-1044, give them your name, address and

telephone number, and describe

the emergency. As soon as you are able, notify both your own insurance company and our mutual assistant.

As we have learned from experience, dealing with water troubles in a multi-story residence, and dealing with insurance adjusters who work for different owners and different private companies, can be a lengthy process that requires patience and attention over time.

I enjoyed seeing so many of you at our recent holiday gathering. Maureen McCleary and her team organized dozens of us. Congratulations to the winners of the trivia contest and the centerpiece poinsettias.

Stay Warm Stay Safe Stay Well



The arrival of falling temperatures and freezing precipitation can be hazardous for seniors. Take time this winter to make sure you are prepared to deal with January chills and February shivers.

Avoid hypothermia — a dangerous condition that occurs if your body temperature drops below a certain level. Seniors are at increased risk for hypothermia due to changes in our bodies that are part of the aging process.

Dress smart — Protect your lungs from cold air by wearing several layers, including thermal underwear if the temperature drops well below freezing.

Stay dry — Wet clothing chills your body quickly. Remove wet garments, including socks and shoes, promptly. Wear water proof coats and boots as necessary.

Cover up — All parts of your body should be covered when you go out in the cold. Make sure you have hats, gloves or mittens, boots, a heavy coat and a warm scarf

Avoid Falls — Be sure steps and walkways are clear before you go out. Use an ice melting preparation if you must walk on a surface that has not been treated or cleared. Your boots should have non-skid soles. If you use a cane, make sure the rubber tip is in good condition.

Driving — Winterize your car before the snow starts falling. Check antifreeze, tires and windshield wipers. Remember to take your cell phone with you when you drive in bad weather. Be aware of bridges and overpasses that may be icy.

Beware of Genetic Testing Scams

The Aetna Insurance Company has recently warned its customers about a malicious genetic testing scheme that can transmit your personal information, especially your Medicare and insurance numbers, to scammers.

In most cases, the scammers offer to collect saliva, perform a cheek swab or mail a kit so you can perform the test at home. Then, they ask for your personal information in order to steal your identity or commit billing fraud.

Some scammers peddle their phony tests online or by phone. They may even appear at health fairs, churches or

senior centers. Sometimes, they just come to your door and may try scare tactics to get you to take the test.

Aetna suggests taking these steps to protect yourself:

- Don't agree to genetic testing unless your doctor orders it.
- Be suspicious of anyone offering free tests or asking for your member ID or Medicare number
- If someone sends you a genetic testing kit, don't accept it unless you know your doctor or someone you trust has ordered it.

