

he Mutual 19 BEE

May — June 2020

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 do digital. 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.



Repaving Begins This Month

Here's What to Expect

The repaving of our Mutual 19B parking lots is under way. Designated spaces will be available on Leisure World Blvd, near the entrances to Beaverbrook Court and Elkridge Way, for temporary parking to handle deliveries, pickups and drop offs.

You will receive a call on the night before or early in the morning the day the paving starts in your court. You must move your cars from the parking lot to Leisure World Boulevard before 7:00 am on the morning that work is scheduled to begin. During the paving, use the temporary parking zones for drop-offs and deliveries. Don't park in the affected lot until new lines are painted and the surface is dry and hard.

We appreciate your cooperation as we complete this important project. If you have questions, please call our mutual assistant, Alexa Cuque, or speak with your building representative.

A schedule of the paving work is provided on the reverse side of this newsletter. The schedule may change if weather conditions are not favorable. You will be notified if the time line changes.

Adjusting to Life With Covid-19

We hope you are all coping with the restraints associated with the Covid-19 outbreak. The social distancing requirements have affected our normal governance routine, and we ask for your patience and understanding as we deal with the challenges posed by our current situation.

While your board is prohibited from meeting in person, we continue to take care of our mutual's business, pay the bills and supervise projects including landscaping and the paving work described here.

Meanwhile, we urge you to take precautions to protect your own health, enjoy a daily walk as the weather improves and to support one another in this extraordinary and difficult time.

As always, we are here if you need us.

A Message From Our President

On behalf of the Board of directors, I hope you are all bearing up during this difficult time. We thank you for cooperating with the social distancing guidelines.

Our bylaws require that we hold our annual meeting in May, and traditionally we hold it on the first Wednesday.

The main business of the meeting is to elect directors and officers. Given Gov. Hogan's order to shelter in place, the board will postpone the annual meeting until the governor lifts this order. The current board of directors and officers will continue until we can safely hold our annual meeting. You will receive notification and ballots when the meeting is scheduled.

We also ask you to vote on five proposed amendments to our bylaws:



Jack Dunn

- Change the quorum for a members' meeting from 51 percent to 25 percent.
- Allow only one co-owner of a unit to be on the board.
- Prohibit leasing of units for the first two years of ownership.

- Increase owner insurance responsibility for damage caused in their units.
- Reduce the percentage of unit owners required to approve changes to the bylaws from 66 2/3 percent to 51 percent.

We will proceed with repaving the parking lot as planned. More information on this project may be found on the reverse side of this newsletter. Your cooperation with the schedule will help us complete this project on time.

Repaving Schedule May 4 — May 10

The paving schedule, weather permitting, is as follows:

Monday, May 4, 2020

Mill and patch existing surface of Beaverbrook Court. Cars must be removed by 7:00 am.

No work on Elkridge Way.

Tuesday, May 5, 2020

Mill, patch and pave Beaverbrook Court. No cars allowed on the court.

No work on Elkridge Way.

Wednesday, May 6, 2020

Pave Beaverbrook Court. All cars must be removed until paving is complete.

Mill and patch existing surface at far end of Elkridge Way.

Thursday, May 7, 2020

Beaverbrook Court dries and sets. No parking during this time.

Mill, patch and pave Elkridge Way; no cars allowed on court during paving work. Vehicles must be removed by 7:00 am.

Friday, May 8, 2020

Vehicles may return to Beaverbrook Court.

Pave Elkridge Way. No parking on court during this time.

Saturday, May 9, 2020

Elkridge Way dries and sets. No parking on court during this time.

Sunday, May 10, 2020

Cars may return to Elkridge Way.

Make Those Calories Count



We need fewer calories as we age, so the quality of your diet is even more important at this time of life. Make every calorie count by including nutrient-rich foods: whole grains, lean protein, low-fat or non-fat dairy, healthy fats and plenty of fruits and vegetables.

Choose fiber rich foods such as whole grain breads and cereals, beans, fruits and vegetables to help control weight, keep you regular and lower your risk of heart disease and diabetes.

Aim for three servings of low-fat or non-fat milk or yogurt each day for bone strengthening calcium and vitamin D.

Put Down That Fork

Prevent overeating by keeping hunger in check. Eat well balanced meals or snacks every four hours.

Balance your plate by filling half of it with vegetables and the other half with moderate portions of starch (potatoes, pasta, rice) and lean protein, (fish, skinless chicken, or lean cuts of pork or beef).

Eat slowly to give your stomach time to let you know it's full. Pace your meal over 20 to 30 minutes by taking small bites, paying attention to the taste and texture of the foods, setting down your fork or spoon and sipping water between bites.

Think Before You Drink

Rethink your drinking choices. Drinking beverages like sugar-laden juice drinks, gourmet coffee and soft drinks piles on calories. Control your sugar intake by choosing water, diet or low calorie beverages instead. ~ Source: US Veterans Administration.