
THE GRAPEVINE



Published by and for Mutual 14 of Leisure World

Issued Monthly – No.375 , April/May, 2009

Mark Your



Calendar

Next Board Of Directors'
Meeting Thursday,
May 21, 2009



JOIN US!!!

in the Administration Building at 1:30 p.m. All unit owners and residents are encouraged to attend all Board meetings.

- **Property Maintenance Committee** – Thursday, May 7. 1:30 P in the Sullivan Rm. Administration Bldg.
- **Shred Day** 4/24 – Administration Parking Lot
9 A – 12:00 P
- **LWCC Executive Committee** Friday, May 15, 9:30 A - the Sullivan Rm. Administration Bldg.
- **LWCC BOD** – Tuesday, May 21, 9:30 A– Clubhouse I Montgomery Room.

Hear Ye - Hear Ye - Hear Ye !!!!!

ANNUAL MEETING – THURSDAY,

APRIL 23, 2009

Social – 2 PM – Meeting 3 PM

You All Come!

Daffodils

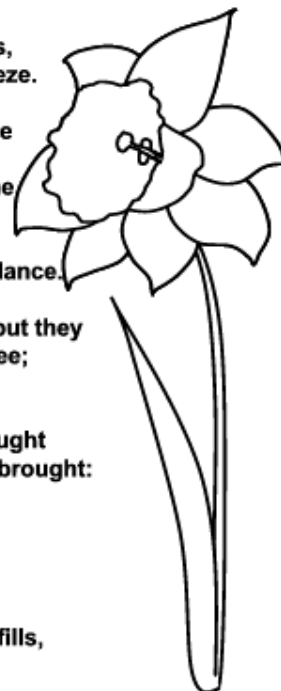
by William Wordsworth

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in neverending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced, but they
Out-did the sparkling leaves in glee;
A poet could not be but gay,
In such a jocund company!
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.



The Grapevine Staff - Editor:

Associate Editor: Jackie Rabinow (301-598-3672) js.rabinow@verizon.net



ELECTRICITY UPDATE

We all know that Mutual 14's single most costly expense is **electricity**. Because we are on the Master Meter Plan and do not have individual bills, it is difficult to get a handle on our usage...but, altogether we used \$465,756 worth of electricity in 2008. Divide that by 193 units and the result is \$2,413 for the year or \$202 per month. These are rough figures as our expenses are apportioned by a per unit formula. Any small individual conservation measures you make help all of us.

Paulina Garner,
Treasurer



**Long lasting florescent light bulbs save energy.
HAVE YOU SWITCHED YET?**

Provided by the United States Energy Department

	27-Watt compact Fluorescent	100-Watt Incandescen
Cost of Lamps	\$14.00	\$0.50
Lamp Life	1642.5 days (4.5 yrs)	167 days
Annual Energy Cost	\$5.91	\$21.90
Lamps Replaced in 4..5yrs	0	10
Total Cost	\$40.60	\$103.55
Savings Over Lamp Life	\$62.95	0



Social Committee

Our Social Committee plans for the coming year are as follows:

- Annual Meeting 4/23/09 @ 2:00 p.m.
- Fried Chicken Dinner 6/02/09 @ 6:00 p.m.
- Ice Cream Social 7/22/09 @ 7:00 p.m.
- Pot Luck Dinner 9/22/09 @ 6:00 p.m.
- Holiday Party 12/9/09 @ 6:p.m.
- (Casino Night/Appetizers)

Be sure to mark your calendars.

Physical Properties Showroom

Are you planning to do any remodeling of your unit? Check out the PPD Showroom. More information is on a flyer later in this newsletter.



Personals...



Many Happy Returns to:

- 5/3 Linda Peters 17-3G
- 5/5 Lina McCarthy 12-1F
- 5/7 Sara Sutton 10-2F
- 5/14 Lorene McCord 14-3E
- 5/28 Viola Johnson 12-2E
- 5/29 Gerry Windham 11-2F

WELCOME to our new residents:



Glenna Jackson 11-3C
William Herral 14-2A

Reminders & Vital Info



▪ **4th of July Parade**

It's that time of year again. Is there anyone who would be willing to chair our entry into the L.W. July Fourth Parade? In the past, several golf carts were decorated with Red, White, and Blue bunting and were driven in the parade. Please consider helping us 'wave the flag' by chairing this event. Call our Mutual Assistant at 598-1338 before May 15th, so that we may send in our entry.

• **Summer Energy Conservation**

When you go away for any length of time in the **summer** (not winter), avoid wasting energy by taking these steps before leaving:

- Turn off your Air Conditioning
- Turn off circuit breaker to the Water Heater



- Unplug the TV set, Stereo, Radio, Toaster, or other unnecessary appliances.

You can conserve energy, even while you are at home.

- Close the front door, behind the storm doors.

• **Foundation Plantings**

Over the years, a great deal of money has been spent by the Leisure World Community, Mutual 14 and its residents to landscape and beautify the grounds surrounding our homes and apartment buildings. It is the responsibility of the Landscape Committee of Mutual 14 to maintain the trees, shrubs and other plants in the common areas of the Mutual. Planting by residents in the common areas is restricted .

Residents of the Plaza Homes and the first floors of the apartment buildings are permitted to plant in an area of four feet around their homes. The maintenance of such plantings in the area of four feet by past or present residents is the responsibility of the current residents of the units. This area should be mulched and kept weed-free. If it becomes necessary for the Board to employ a landscaper to remove unsightly weeds, the bill for this will be sent to the resident. You will be called about this in advance. Shrubs should be clipped so as not to scratch your aluminum siding. Keep them about a foot clear of the wall.

Your cooperation in abiding by the rules will help maintain the beauty of Mutual 14.

• **Kitchen Drain Test - Check It Out!!!**

In the past, the 1st floor residents were reminded to check the drainage in their kitchen. Recently it has been learned that stoppages and overflows can occur in 2nd and even 3rd floor kitchen drains. Therefore, we ask that the following drain test be performed **monthly** in order to prevent water damage:

Please perform the following ‘test’ of your kitchen sink drainage in order to avert a flood:

- 1) Fill the sink with water up to 1-1/2 “from the top.
- 2) Remove the stopper and let it drain.
- 3) If the water flows out quickly, all is well; your drain has ‘passed’ the test.

4) **BUT**, if the water drains sluggishly, your drain may be clogging up and could cause a flood in your apartment. **REPORT this at once** to our Mutual Assistant at 598-1338 so that the drain can be checked and cleaned out by the plumber.



IN MEMORIAM

We send our sincere condolences to the family of Barbara Potocek (10-1G) who passed

BOARD OF DIRECTORS

President:	Jacqueline S. Rabinow
Vice President:	Frank Lozupone
Secretary:	Agnes Glass
Treasurer:	Paulina Garner
Director:	Herbert Fine
Director:	Ralph Romano
Director:	Richard Bambach

COMMITTEE CHAIRS

Advisory:	Agnes Glass & Aleen Phillips
Budget & Finance:	Paulina Garner
Landscape:	Sharon Moores
Property Maintenance:	Frank Lozupone & Charles Glass
Social:	Sharon Moores & Mary West

Web Site: <http://www.professionalusa.net/m14/>

Mutual Assistant: Gloria Robar - 301-598-1338

- Building Problems? - **Call** Gloria at 301-598-1338
- Emergencies, when Gloria is not available - **Call** Physical Properties –301-598-1500
- After hours & weekends – **Call** Main Gate – 301-598-1044

Comcast Issues - contact 301-920-9941



Safety in the Home - Part One – Preventing Falls

By Roma Enid Sohn - Emergency Preparedness Committee

Falls are one of the most common ways seniors are injured in the home. Many fractures, which lead to lack of mobility, disability and loss of independence, can be avoided by adhering to a few adaptations and common sense changes. The following are fall prevention suggestions for the home: Check each item and see if you have done everything you can to prevent a fall in your home.

- To prevent slipping, clean up spills as soon as they happen.
- Avoid using floor polish or wax on hard surfaced floors.
- Remove throw, scatter or runner rugs, unless they are tacked down.
- Remove electrical or telephone cords from traffic areas.
- Remove footstools or ottomans from traffic areas.
- Install grab bars in both the tub and shower areas.
- Use a shower chair in the tub or shower, if you cannot stand for long periods of time.
- Consider installing a hand held showerhead with an extra long cord.
- Put a non-skid surface (a mat, decals or abrasive strips) in your tub and shower.
- If you have difficulty getting off and on the toilet, install a raised seat and a grab bar on the wall next to the toilet.
- Store heavier objects at waist level.
- Close cabinets and drawers when not in use.
- Store frequently used items at a convenient height to avoid climbing or reaching for high shelves.
- Don't stand on stepladders or chairs- use a sturdy low step stool if needed.
- Avoid getting up quickly from a lying or sitting position.
- Increase lighting and replace burned out bulbs immediately (aging changes eyes ability to accommodate to light).
- Keep the path from your bed to your bathroom clear of clutter to prevent nighttime falls
- If you have steps in your unit, clearly mark them with brightly colored strips and avoid deep pile rugs on stairs.

Keep stair rugs in good repair, make certain you have light switches on the top and bottom, Have handrails on both sides of the steps and make certain they are secured. Keep stairs free of clutter and in good condition. Do not store items on

items on steps, even temporarily.

- Wear supportive rubber soled, low heeled shoes and well fitting slippers with backs and traction soles.
- Avoid walking in socks or slippers on stairs, wood or waxed floors.
- Avoid rushing to answer the door or phone Use a portable phone or answering machine.
- Make certain you can you turn on lights before going into dark rooms.
- Your chairs and tables should be strong enough to support your weight, if you lean on them.
- Keep your hallways and traffic areas clear of clutter.
- Keep a light or flashlight within easy reach of your bed.
- Have a night-light that illuminates your path to the bathroom.
- Have a phone within easy reach of your bed.
- Have lights in your closets.
- Keep sleeping pets out of pathways.
- Your bed should be the proper height to get in and out of easily.
- Have your eyes checked yearly and get new eyeglasses when needed.
- Have your hearing checked regularly and get hearing aides if necessary.
- If your doctor recommends a walker or cane, learn how to use it properly and use it.
- Keep your medications within easy reach and take them only as directed.
- See a podiatrist if you experience foot problems.
- Avoid alcohol.
- Notify your doctor if you fall, whether or not you are injured
- Should you fall and sustain an injury call 911, or if you have one, notify your lifeline.