
THE GRAPEVINE



Published by and for Mutual 14 of Leisure World

Issued Monthly – No. 381, Oct/Nov, 2009

The President's Corner

Mark Your



Calendar

**Next Board Of Directors
Meeting, Thursday,
November 19, 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, Nov. 5, 2009 @ 1:30 P, Administration Building
- ▶ LWCC Executive Committee, Friday, November 13, 2009 @ 9:30A, Administration Building
- ▶ LWCC BOD, Tuesday, November 24, 2009 @ 9:30 A, Montgomery Rm. Clubhouse I

This column is blank as our President is on vacation.

Be sure to tune in next month for his message.



• VERY IMPORTANT!!!

Please be sure to return your **RIGHT OF FIRST REFUSAL** ballot to **Gloria Robar** in the **Administrative Building** as soon as possible.

H1N1 Flu – Basic Information

The following is a short list of the possible H1N1 flu symptoms and its initial treatment. (This information was taken from the Oct. 6, 2009 Leisure World News page 31 by Denice fits, R.N.)

- **Cautions & Prevention:**
 - Wash Hands Often or use Alcohol-based hand cleaners
 - Cover Nose & Mouth when coughing or sneezing
 - Avoid rubbing your eyes, nose and mouth
 - Stay Home if ill and for 24 hours after normal temperature returns
- **Symptoms:**
 - Fever over 100° F
 - Cough, Sore Throat, Runny or Stuffy Nose
 - Body Aches and Fatigue
 - Nausea, Vomiting, or Diarrhea - maybe
- **Treatment:**
 - Take Tylenol or Advil
 - Drink plenty of liquids
- **Seek Urgent Care:**
 - Breathing difficulties
 - Pain or pressure in chest or abdomen
 - Dizziness or persistent vomiting

Experts believe that most people over 64 years of age have some immunity to this virus. The H1N1 vaccine is expected to be offered to 65 and older in December and January. **KEEP YOURSELF INFORMED OF ANY CHANGES.**

(Additional information about H1N1 appears later in this newsletter.)

November 1 is the end of Daylight Savings Time
Set Clocks **BACK** 1 hour

 **Personals...**

Congratulations to **Margaret Cross** of Bldg. 13 – Amy, her youngest grand-daughter gave birth to a 7 lb. 13 oz. boy, making her a Great-Grandmother. She is so proud.



11/13 – Joanne Riggles – 14-2D

REMEMBER November 3rd
 **Day**



U. S. CENSUS 2010

Need to know info as the Census begins

WARNING: 2010 Census Cautions from the Better Business Bureau.

Be Cautious About Giving Info to Census Workers

by Susan Johnson - August 3, 2009

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

**** If a U.S. Census worker knocks on your door, they will have e a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice.** Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

**** Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.**

While the Census Bureau might ask for basic financial information, such as a salary range, the Census Bureau will not ask for Social Security, bank account, or credit card numbers nor will employees solicit donations.

Eventually, Census workers may contact you by telephone, mail, or in person at home. However, the Census Bureau will not contact you by Email, so be on the lookout for Email scams impersonating the Census. Never click o n a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau.

For more advice on avoiding identity theft and fraud, visit www.bbb.org.



Social Committee

We need help! Our committee is small and we are trying to do a big job so everyone can have some fun. If you have ideas, suggestions, can get us some donations, could work (at our next affair) on some casino games for a short time, please call Sharon Moores at 301-438-0048.

Wanted!!!

Editorial assistance is sought for publishing *The Grapevine*

Articles are provided by members of the Board, chairpersons of the standing committees and interested residents. The editor's task is to edit these articles and prepare this material for copying by our Mutual Assistant.

Primary Requirement:

A typewriter or a computer.

Please contact Jackie Rabinow at 301-598-3672 for details.



Reminders & Vital Info



IMPORTANT:

This **First Reminder** is for residents in the Plaza Homes **AND** those on the First Floor of the apartment buildings

► Exterior Water Valves

Exterior Water valves can be turned **OFF** now. At the interior access panel, close the valve by turning the faucet handle to the **Right, or clockwise**.

Now is a good time to check all of your other water valves. Make certain you know where they are and if they can be easily turned. It is especially important for you to locate and be able turn off the main water faucet in your residence. The **main valve** is usually located near the hot water heater. To turn any valve **OFF**. Turn the handle to the **Right, or clockwise**.

► Lobby Doors

It is imperative that all **lobby doors be kept CLOSED** during cold weather. **DO NOT chain these doors open**. The heat is on in these lobby rooms and we must conserve electricity.

► Vacation Communiqué

Are you planning to be away for more than a few days? Before you leave, use this REMINDER as a guide to prepare your residence for your absence

1. Turn your Air Conditioner up to 85° **OR** Turn your Heaters to 55°.
2. Turn off the switch (circuit breaker) to the Water Heater
3. Turn off the Water
4. Unplug your TV set, Stereo, Radio, Toaster, or other unnecessary appliances.
5. Leave your name, address, dates you will be gone, and destination on a 3x5 card with the Main Gate, **and** the name, address and phone number of the person who has your key.
6. Leave similar information, plus key(s), with a neighbor.

THIS IS VERY IMPORTANT. It protects you and your neighbors from emergencies such as a water leak or fire.

NOVEMBER 26, 2009



**HAPPY
THANKSGIVING DAY**

Parking Lot Safety

There will be a press conference in front of the Giant in the Leisure World Shopping Center on Oct. 29th at 10:30 A.M. The topic is "Pedestrian Safety in Parking Lots". Mr. Isaiah Leggett, Montgomery County Executive will be one of the speakers.



Swine Flu and You

Adapted from an article by Kaiser Permanente written in June, 2009

What is swine flu? Swine influenza (swine flu) is a respiratory disease of pigs caused by Type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and did not extend beyond three people.

How widespread is swine flu in the U.S.? In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in California and Texas. Since then of the states have reported cases of swine flu infection in humans, and cases have been reported internationally as well. As of June 6, Maryland had 139 reported cases of varying severity. For the latest information on Swine Flu, go to www.cdc.gov/swineflu.

Is this swine flu virus contagious? Yes. The CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to hu-



man. However, at this time, we do not know how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people? They are similar to those of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread? Spread of this swine influenza (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person when infected people cough or sneeze. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else? Infected people may be able to infect others, beginning one day before symptoms develop and up to seven or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu? First and most important: wash your hands. Stay healthy, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not to touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat swine flu? Yes. Your physician will consult with a local infectious disease expert to determine when these medicines are needed for treatment or prevention of swine flu.

How long can an infected person spread swine flu to others? People with swine influenza virus infection should be considered potentially contagious as long as they have symptoms and possibly for up to 7 days after they become ill. Children, especially younger children, might potentially be contagious for longer periods.

What surfaces are most likely to be sources of contamination? Surfaces that other people touch or that may receive air-borne droplets from a sneeze or cough can be contaminated. Germs can be spread when a person touches something contaminated with germs and then touches his or her eyes, nose, or mouth. Germs can be spread when a person touches respiratory droplets from another person on a surface like a door knob or

desk and then touches their own mouth or nose before washing their hands.

How long can viruses live outside the body? We know that some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, door-knobs, and desks. Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.

What can I do to protect myself from getting sick? There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- *Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.*
- *Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective.*
- *Avoid touching your eyes, nose, or mouth. Germs spread this way.*
- *Try to avoid close contact with sick people.*
- *If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.*

What is the best way to keep from spreading the virus through coughing or sneezing? Cover your mouth and nose with a tissue when coughing or sneezing, and put your used tissue in a waste basket. If you have no tissue, cover your cough or sneeze with your elbow, not your hand. This is for unnecessarily putting germs on your hands, which will inevitably touch other surfaces. Nevertheless, clean your hands often.

What is the best way to wash my hands to avoid getting the flu? Do it often to protect yourself from germs. Wash with soap and water for 15-20 seconds, or use an alcohol-based hand cleaner. Alcohol-based disposable hand wipes or gel sanitizers are available at most drugstores or supermarkets. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work: the alcohol in it kills the germs on your hands.

What should I do if I get sick? If you become ill with flu-like symptoms - including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea - you may want to contact your doctor, particularly if you are worried about your symptoms. Your doctor will determine whether flu testing or treatment is needed. If you are sick, stay home and avoid contact with other people as much as possible to keep from spreading your illness to others. In adults, emergency warning signs that need urgent medical attention include:



- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Can I get swine influenza from eating or preparing pork? No. Swine flu viruses are not spread by food, so you can't get flu from eating pork or pork products. Eating properly handled and cooked pork products is safe.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. IF you have persistent health problems, or if you have additional questions, please consult with your doctor.

Oxymorons

1. Is it good if a vacuum really sucks?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "overlook" and "oversee" mean opposite things?
15. Why is "phonics" not spelled the way it sounds?
16. If work is so terrific, why do they have to pay you to do it?
17. If all the world is a stage, where is the audience sitting?
18. If love is blind, why is lingerie so popular?
19. If you are cross-eyed and have dyslexia, can you read all right?

20. Why is bra singular and panties plural?
21. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
22. Why do we put suits in garment bags and garments in a suitcase?
23. How come abbreviated is such a long word?
24. Why do we wash bath towels? Aren't we clean when we use them?
25. Why doesn't glue stick to the inside of the bottle?
26. Why do they call it a TV set when you only have one?
27. Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks?
28. Why do we drive on a parkway and park on a driveway?
29. Why are toilet paper tiny squares and tissues big squares?

BOARD OF DIRECTORS

President:	Richard Bambach
Vice President:	Frank Lozupone
Secretary:	Agnes Glass
Treasurer:	Paulina Garner
Director:	James Moores
Director:	Jackie Rabinow
Director:	Ralph Romano

COMMITTEE CHAIRS

Advisory:	Agnes Glass & Aleen Phillips
Budget & Finance:	Paulina Garner
Landscape:	Sharon Moores
Property Maintenance:	Frank Lozupone & Bill Buck
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