



## President's Message

Welcome to the March 2020 edition of *Knolls News*!

There is an important change ahead that you'll want to tune into in this edition. At the January meeting the Board passed a new mandatory HVAC inspection program. There'll be more coming to you on that but a preview is on page 2. Also maintenance related: Have you cleaned your dryer vent in the past year? If not, you could be at risk of a dryer fire; see page 6 for more on that. And, finally, there are project updates on the roof replacement and the C/D deck project on page 2. The updates are minor but please get in the habit of checking in on these projects.

## Board Meeting Highlights

### Reported Financials

	<u>January</u>	<u>December</u>
Total Cash and Investment	\$1,709,455	\$1,657,520
Year-to-Date Income	\$178,822	\$1,995,289
Year-to-Date Expenses	\$167,883	\$1,909,815
Year-to-Date Net Income	\$10,939	\$85,474
Delinquencies \$	\$60,496	\$51,145
Delinquencies %	3.05%	2.68%
YTD Reserve Expenditures	\$0	\$180,368



### Board Actions

- \$5,990 to Freestate for replacement lighting at the front (West side) of the building.
- \$5,545 to Best Technical Services for annual maintenance contract and upkeep of gym equipment.
- \$6,265.16 to Mr. Handyman to replace the Trash Room door.
- \$13,387.50 to Atlantic Duct Cleaning for cleaning of the common element dryer vents.
- \$4,500 to VGS to snake the sewer lines while the feasibility of hydrojetting is being researched.
- \$31,500 to Simpson Gumpertz & Heger's (SGH) to provide management oversight of the roof replacement project.
- \$16,368 to Densel for one-year renewal of their preventive maintenance service agreement.



## **Major Project Update: C/D Garage**

*Project Background: The C/D garage is in need of major, structural repair. This includes concrete, rebar, and tension repair and, in some cases, concrete replacement. The project is estimated by our Reserve Study firm to cost nearly a half million dollars. Because of the cost, size and scope of this project, the Association is hiring an engineering firm to oversee the bidding process and the work.*

**Update:** The contract for engineering oversight of this critical project was approved by the Board at its December meeting. Given the high-dollar amount of the project and its criticality, the Board's approval was contingent upon Association legal counsel's review. That review has been complete and the Board has e-voted a small contractual provision related to liability insurance. The contract has been signed and scheduling work will begin the first week in March.

## **Major Project Update: Roof Installation**

*Project Background: The roof needs to be replaced. The roof is being replaced at the cost of the previous installing vendor and through our warranty of the existing roof. In order to protect the Association's interests and to ensure that the coming installation is completed correctly, to code and in alignment with best industry practices, the Association will select an engineering firm to oversee the work. The engineering firm will report out regularly to the Association.*

**Update:** At its February meeting the Board approved a contract for oversight of the installation of the replacement roof, which is scheduled to begin in a few weeks. The approval was contingent on a review from Association's legal counsel. We expect that review to be completed the first weekend of March and project team meetings to commence shortly thereafter.

## **New HVAC Inspection Policy**

After many months of deliberation and debate, in January the Board passed an HVAC inspection policy. Since then the Association has been working with legal counsel and internally to roll out the policy in as clear and easy a manner as possible. The inspection program is one of the results of emergency inspections undertaken last summer in relation to the HVAC condensation/moisture issue.



You will soon receive guidance on what is expected so that you can engage with your HVAC contractor to certify that your HVAC is not causing damage to adjacent apartments or to the common element. The purpose of this inspection program is not meant to force you to get a new HVAC unnecessarily or to force you to make repairs. Some of our neighbors have the old HVAC and although it may not provide A/C, for example, if our neighbor is happy, and the HVAC isn't leaking or otherwise causing damage, there's no issue for the building.

This inspection program is only about protecting against neighbors who have HVACs that are leaking or otherwise causing damage. We will provide a checklist and guidance for you to provide your contractor so that you can obtain your contractor's certification by the 31st of May.

A lot more to come in the form of a building-wide communication but this heads-up hopefully will give you a little advance notice.



Tuesday, March 31<sup>st</sup>, 7 pm in the Community Room

Because Volunteering often leads to sharing with others, your Editor, who *does* volunteer with **Capital Caring Health**, has arranged to have this organization make a presentation to fellow Residents. Covering our District-Maryland-Virginia area, **CCH is our regional Hospice**. Let us tell you about what we are and what we do, how we serve the Patient *and* the Family toward the end of life. The most simple explanation is ---

**Hospice is NOT a place to go to die.** Hospice can be at home, in the hospital, in group, retirement or nursing homes, or our own medical facility like the Halquist Center in Arlington.

**Hospice is NOT a person or group that assists in death.** Hospice *IS* the organization that *supports* the Patient and Family at the end of life, from the youngest to the most elderly.

**Perhaps even more relevant:** Most of us will become Caregivers. Perhaps many of us have already been Caregivers. It may be that most of us will become Patients. This event is a time to get the facts about Hospice and what's available when the situation arises.

When Wendy offered this event possibility to the Board and assembled Residents at the January meeting, the response was overwhelmingly positive. Too many people misunderstand Hospice, as above. The best outcome for all concerned is to realize that the sooner the patient is enrolled, the sooner all good things happen for the patient and family.

This is a "public service" event, without obligation and without cost. ***Please mark this date on your calendar, and come with all of your questions!***

### ***Courtesy in a Shared Community***

One of the nice things (other than the Thank Goodness elevators!) about living in a hi-rise like ours is that we have lots of **grocery carts** available for toting everything from groceries to furniture to pets/children in carriers from the curb to "home." One of the lousy things about (all those things) is that some folks have difficulty returning them to the trash or storage room so others can use them!



We have only 15 of the new (labeled with our name), and a few of the larger carts left from previous iterations. This means we *don't* have enough that you can keep one in your unit. We need them to be returned to the Trash Room "asap."

Have you seen a cart all by itself next to the elevator? Or just left in the middle of the hallway? Some folks think this is okay. ***It isn't!*** If you use it, it's your responsibility to return it to the Trash Room. Same thing with the **hand truck** (dolly) or **luggage cart** – those are supposed to be *signed out* and then returned to the storage area.

These items are for everyone's use on a short-term basis. Please make sure you return them after use, not keeping them overnight. Thanks!

**Groceries to Go**, from **Senior Services of Alexandria**



In partnership with Giant and Harris Teeter, SSA provides a much-needed grocery delivery program to Seniors 60-plus living in the City of Alexandria (*that's where we are!*). Screened volunteers deliver groceries year 'round every other Thursday. Groceries are based on your own personal shopping list. There's no minimum order and no delivery fee.

Volunteers deliver groceries between 10:30 and noon to client's home, and if requested to do so will put those groceries away and loosen tight-fitting lids! Through this program, SSA volunteers provide a vital link to the community and outside world for seniors who otherwise have limited mobility. This program is an important addition to SSA's larger Senior Nutrition Program, with the intent of increasing senior safety, health and nutrition.

Contact Sandy Freedman at 703-836-4414 x 119, or [groceries@seniorservicesalex.org](mailto:groceries@seniorservicesalex.org). If you are able to become a Volunteer with this program, Sandy will be pleased to get you started.

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**Senior Academy Spring Session**

*Starts Wednesday April 1 and continues every Wednesday through April 22, 10am-12:30pm*

The Spring session of the Senior Academy begins soon and applications are now being accepted through March 20. This FREE four-week class is open to Alexandria's residents 60 and older who want to learn how the City's government works, what programs and services are available to older adults, and how to get involved and engaged in the community. To find out more (and where these classes will be held), call **703-836-4414, ext. 110**.

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**Speaker Series: Technology - What Makes Sense for Older Adults**

*Thursday, March 19, 10 am - 12 Noon, Beatley Central Library, 5005 Duke Street*

The March Speaker Series will focus on how technology can make older adults lives easier and more interesting. Participants will hear about gadgets to make everyday life easier, accessing audio books, Talking Books and e-Books and online classes from the library, affordable internet services and technologies for aging in place. Speakers include Virginia Assistive Technology, Comcast, Leading Age and the Beatley Library. It is a free program with light refreshments. RSVP [online](#) or call 703-836-4414, ext. 110.



The **City of Alexandria Fire Department's "Community Paramedic Program"** has as its mission to improve the health outcomes of city residents through education and collaboration with community resources. A Paramedic will visit your home for:

- \*fall risk assessment
- \*home safety check
- \*health education
- \*medication review and inventory
- \*transportation assistance
- \*clinical monitoring/assessment
- \*referral to relevant City Services

*No fee or insurance required for your in-home visit.*

**Contact:** Capt. Jeff Woolsey, 703-746-5234.





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## Financial Spring Cleaning Tips

(Abridged, but many thanks to Terri Hansen)

1. Review your credit report. By law you're entitled to order one a year from the three credit bureaus, at no cost from [www.annualcreditreport.com](http://www.annualcreditreport.com). Anything inaccurate? Be in touch with the 'store' and the credit bureau to make corrections.
2. Organize and/or Shred old financial documents. Sort through bank and pay statements, bills and other financial records and keep only those absolutely necessary, keeping anything related to the IRS for 6 years. Don't just toss in the trash; information on these documents will leave you open to identity theft!
3. Record your financial passwords and store records in a safe place. Make sure you're not using the same passwords and log-in information on all your accounts. Even if you're on a secure site, there's always the possibility of being hacked. Storing records can be those encrypted and on a thumb-drive. Store in a safe-deposit box at your bank, especially for stock or bond certificates, for instance, or on an online secure vault.
4. Review your Budget. Is your budget up to date? Noted any increases or decreases in your income? Make sure you're reporting expenses accurately and make some room for savings account contributions. Use a Personal Budget Worksheet to help organize your finances.
5. Set up Automatic Bill Pay. "Spring cleaning" isn't only about de-cluttering, it's also about making things more efficient. Set up auto bill pay linked to your primary checking account. This will eliminate the chances of missing a payment and paying those pesky late fees!
6. Pay off Holiday Debt once and for all! What does your current debt load look like? Spring is a good time to look at your total outstanding debts and see which loans or credit cards could be paid off quickly (and that means saving on the interest charges on those debts!). Cleaning up this debt can put you in a much better financial position for the rest of the year!



The City of Alexandria has joined the nationwide "Smart911" service which lets residents, businesses and visitors provide information to 9-1-1 dispatchers in advance of emergencies. This FREE service allows individuals and businesses to create profiles with home, work and mobile numbers and attach information that would be valuable to dispatchers and First Responders to include medical issues, emergency contacts, pet ownership, vehicle details and more, and can help Police, Fire and EMS to assist you. This is a FREE service from the City. It's private and secure, as you control your information, available only to trained 9-1-1 dispatchers in participating communities nationwide. [More details](#) and FAQs available on City's site.

[Sign up](#) here or call **703-746-HELP (4357)**.

## Keeping us on time

On **Saturday, March 7<sup>th</sup>**, before you go to bed, reset your clocks for **one hour ahead**. That's the "spring forward" that we hear, for the beginning of the seasonal Spring. "Daylight Savings Time" (DST) is *not* observed in Arizona, Hawaii, or Puerto Rico and the US Virgin Islands. DST this year lasts until Sunday, November 1<sup>st</sup> (and we'll remind you then to 'fall back'!)

And be sure to check your smoke detector batteries. The time changes are a good reminder to attend to this small, but critical detail!



## Dryer, Dryer, Pants on Fire



Consumer Reports states that there are nearly [15,000 dryer fires nationwide](#) every year, about a third of them attributable to owners' failure to regularly clear lint from the dryer exhaust. Although the building covers the common dryer vents that all of our individual dryers hook into, it is owners' responsibility to make sure the vent from the dryer all the way to the common-element vent is maintained.

Many condo associations require that owners present annual certifications to prove that owners are undertaking this important maintenance. AKW does not require such proof but owners are nevertheless responsible for all upkeep and preventative maintenance within their units, such as regular cleaning of the dryer vent.

In the past owners have used a variety of vendors to perform this cleaning, including [AirDuct Master](#) and [SV Professional Cleaning](#) charging between \$120 and \$150. [Atlantic Duct Cleaning](#) (cleans the community common ducts) also offers these services. Of course, the Association does not endorse any particular vendor and there are certainly many others to choose from, but if you haven't had yours cleaned in the past twelve months, it's time. According to Consumer Reports, have your vents cleaned every year and clean the lint trap in the machine after every single load, without exception.



### **MARK YOUR CALENDARS**

March 3	Presidential primary
June 9	Virginia State primary
November 3	General Election

### 2020 Board Meeting Dates

March 24	April 28
May 19	June 23
July 28	August 25
September 22	October 27
November 17	December 15

## **Pet Registration**

The City of Alexandria requires dogs and cats to be registered and licensed, meaning that all vaccines must be up-to-date. AKW requires this, too, asking that you report your pet(s) (maximum of two, remember!) residing in the building. Check the [AKW Handbook](#) (p. 20) for those and other details/requirements. Please stop by the Office and have the proper notations made. *Thank you!*





The City of Alexandria has launched a new customer service initiative called [Alex311](#), to connect customers to more than 175 City services in a variety of convenient ways. The service includes new web, mobile app, social media and phone options to submit requests for service or information:

- Website:** Visit [alexandriava.gov/Alex311](http://alexandriava.gov/Alex311)
- Mobile App:** Use the Alex311 mobile app for [iOS](#) or [Android](#) devices
- Social Media:** Contact @AlexandriaVA311 on [Twitter](#) or [Facebook](#)
- Phone:** Call 311 or 703-746-4311, weekdays from 7 AM to 7 PM and Saturdays 8 AM to noon (except City holidays)
- In Person:** Submit requests in person at any City government location.

Alex311 lets each customer choose the applicable type of service needed so the request can be quickly routed to the appropriate City staff. With each interaction, City staff are committed to providing professional, accountable, responsive and courteous service. Alex311 replaces the City's previous "Call.Click.Connect" service.

**For immediate police, fire or emergency medical assistance, call or text 911.**

For non-emergency requests requiring police response (such as animal control, motor vehicle crashes without injuries, parking and noise complaints, lost or found property, or crimes that occurred in the past), call 703-746-4444.

## THINGS TO DO

Sat, March 7 at 12:30 PM, [St. Patrick's Day](#) — Celebration starts at King and Alfred St and ends at Lee and Cameron St. Dog lovers may be interested in the 10:30 AM Fun Dog Show on Market Square, which benefits the Alexandria [Animal Welfare League](#). More than 30 dogs will be judged on costumes, talent and St. Paddy's spirit. At 12:15 PM, the dogs will parade to King and Alfred Streets to kick off the festivities. Activities end at 2 PM.

Sat, March 14, 10 AM to 1 PM. [Kidcreate Studio](#) — Grand Opening Open House, 724 Jefferson St (free parking garage). Specializing in children's art classes, camps and art themed birthday parties. Kidcreate Studio is an art studio just for kids! Sounds like just the thing to chase away the winter or indoor blues!

Sun, April 5— Wine Class For Oenophiles. Hosted by [Alexandria Living Magazine](#), Meet [National Wine Review](#) experts Scott Hendley and Richard Stone, who will talk about the senses involved in wine tasting and traits each of these reveal about different wines. They will also talk about how they assess aroma and flavor profiles and offer tasting of several of the wines reviewed for Alexandria Living Magazine. [Register](#) for one of two sessions on the same date, 3 and 5 PM; 25 seats per session. Early bird registration is \$20 per person (prices go up on March 15). 201 N. Union St, Suite 110.

[Doyle's Outpost](#) — Entertainment venue offering full service menu and bar, locally themed two level laser tag arena plus the latest arcade games, redemption prizes and exciting virtual reality attractions. 4620A Kenmore Ave.

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## **Glass: Yes or No?**

We talked about recycling last month, but we want to clarify an item.

You may have noticed in last month's *Knolls News* that on **January 15** the City of Alexandria **halted curbside recycling of glass jars and bottles**, citing breakage, recycling contamination, increasing recycling costs and lack of regional glass-sorting facilities. Our contractor TrashAway updated their guidance on this as well:



- ◆ Glass will now be a regular trash item. You can continue to place those items on the floor inside the Trash Chute closet for pick-up by staff.  
**Remember:** Trash bags containing glass items **CANNOT** be sent down the trash chute. Our staff have been injured by glass shards in the past.

***Glass items left in the Trash Chute closet are now trash.***

- ◆ Glass items can be recycled in the purple receptacle at the end of [S. Whiting Street near Key Towers](#), one of [five locations in Alexandria](#). The purple bins accept only glass bottles and jars (all colors acceptable). Items should be **emptied and rinsed**, and metal lids and labels and caps can be kept on. Remove items from plastic or other bags before disposal in the bin. Items **not accepted** include *bulbs, glass ceramics, porcelain, mirrors, windows, Pyrex and glass sheets*.
- ◆ Glass items deposited in the City's purple bins will be hauled to a processing plant in Fairfax County to be recycled into new glass bottles or crushed into gravel and sand that can be used in local public works projects.

***If you combine glass with other recyclables or use plastic bags, your efforts will be wasted. The combined items will be considered trash.***

**We get it — it can be complicated!  
But, if you choose to forgo recycling, please do not contaminate.**

See page 10 for TrashAway's current disposal costs for bulk items. This information is also posted on the lobby bulletin board.



## **Looking for Help?**

*Terri Hansen*

Come join us in the Party Room (April 18<sup>th</sup> from 2pm - 4pm and/or April 22<sup>nd</sup> from 6pm - 8pm) if you're in need of services, i.e., HVAC, windows, repairs, or renovations. I'll have vendors on hand that you can speak with to answer your questions. Light refreshments will be served.





# TRASH AWAY

## BULK TRASH PICK-UP FEES

Please call 703-339-4560 or email [bulktrash@trashaway.com](mailto:bulktrash@trashaway.com) to schedule an appointment

These fees apply to the collection and disposal of single items. If the collection involves multiple items, the total fee maybe less than the sum of individual items. These charges are based on pick up at curbside or central location (i.e. loading dock or trash rooms). For pick up inside the unit/home an additional charge may apply.

### CONSTRUCTION / YARD DEBRIS:

CEILING TILE	\$150.00 and up
CERAMIC FLOOR TILE	\$150.00 and up
DRY WALL	\$250.00 and up
TOILET	\$40.00
USED CARPET and PAD	\$225.00 and up
HOT WATER TANK	\$100.00
KITCHEN CABINETS	\$125.00 and up
SINK	\$100.00
DOORS	\$40.00 and up
YARD DEBRIS	\$100.00 and up
(Tree stumps and brushes larger than 4 feet long in height and 6 inches in diameter)	

### OTHER HOUSEHOLD ITEMS:

CHAIR	\$25.00
DESK/COFFEE TABLE	\$50.00
ENTERTAINMENT CENTER	\$75.00 and up
FILING CABINETS	\$125.00 and up
KITCHEN TABLE & CHAIRS	\$100.00
DINING TABLE & CHAIRS	\$175.00
SOFA	\$75.00
LOVE SEAT	\$60.00
SOFA BED	\$100.00
TWIN MATTRESS	\$35.00
TWIN MATTRESS & BOXSPRING	\$65.00
QUEEN MATTRESS	\$45.00
QUEEN MATTRESS & BOXSPRING	\$85.00
KING MATTRESS	\$55.00
KING MATTRESS & BOXSPRING	\$95.00
REFRIGERATOR	\$175 and up
STEREO EQUIPMENT	\$55.00 and up
COMPUTER EQUIPMENT	\$50.00 and up
CLOTHES DRYER	\$75.00
CLOTHES WASHER	\$75.00
STOVE	\$75.00
TELEVISION	\$50.00 and up
DISHWASHER	\$75.00

