



## President's Message

I'd like to be writing a more upbeat President's Message that looks forward to warmer days, the opening of the swimming pool, and things like that—the boring and mundane hold so much appeal these days! But the current situation obviously does not permit that. Everyone is settling into a new reality that all of us, to a person, hopes will lift very soon so we can return to life. I appreciate everyone's patience as we've had to implement temporary cancellations and policies meant to distance us from each other. I share your sense of aggravation, but when we hear the phrase "vulnerable groups" in the context of these times, the names and faces of our neighbors flash through our minds. The thought of losing even one of our neighbors to this disease is just too much to bear. So we must do our part, individually and as a community.

On a brighter note, spring is coming and with it warmer days. As you are able, be sure to get outside to enjoy a walk around the neighborhood—not sharing the elevator with those not in your household, of course! If you are sheltering in place, AKW has the best balconies of any residential building I've been to and whiling away some time on yours is a great idea.

As the saying goes "if you're going through hell, keep on going," and that's what we'll do, get to the other side of this thing. We'll get through this together ... six feet apart!

## Board Meeting Highlights

### Reported Financials (provided subsequent to the meeting)

	<u>February</u>	<u>January</u>
Total Cash and	\$2,077,031	\$1,709,455
Year-to-Date Income	\$350,923	\$178,822
Year-to-Date Expenses	\$310,903	\$167,883
Year-to-Date Net Income	\$40,021	\$10,939
Delinquencies \$	\$19,370	\$60,496
Delinquencies %	.98%	3.05%
YTD Reserve	\$11,775	\$0

### Board Actions

- \$5,000 to add professional liability insurance to both ETC and SGH contracts (roof and C/D garage)
- \$1,000 for 2-year FHA qualifying recertification for AKW
- \$106,358.24 for the 2020-2021 insurance policy renewal
- \$2,280 to VGS to raise the pavers at the West side front door
- \$4,400 to Professional Abatement Services to remove and replace damaged piping insulation inside the mechanical room





With everything else going on these days, the parking deck and roof projects are likely not the first thing AKWers are thinking about. But the show must go on and these two projects cannot be paused.

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

Update: On Friday the 27th the kick-off meeting for the roof was held via teleconference. Participating were the roof installer, the roof warranty provider, AKW's oversight engineering firm, CMC, and Board representation. The tentative start date is set for Monday the 4th of May. There will be two onsite meetings between now and the commencement of the work. The work is expected to last about three weeks. There will be a crane onsite so there will be disruptions that you'll want to be aware of. Look for additional updates.

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

Update: The meeting with the coordinating engineering vendor for the parking deck is scheduled to take place the week of the 30th, also virtually, with a follow-up site visit to be scheduled at that time.

### **Virtually There: AKW's First Distanced Board Meeting**

In deference to the advice of health experts worldwide, and in consultation with legal counsel to ensure the Association is meeting its obligations under Virginia law, the AKW Board of Directors held its March meeting virtually. The feedback from those who attended has been universally positive and we've gotten suggestions from a couple of participants on ways to make any future such meetings run better. One request we've received is to continue to make calling into future meetings an ongoing offering. We will definitely try to do that once we return to in-person meetings back in the Party Room. Let's face it, it's a lot easier and more comfortable to throw in your earbuds and listen in while doing laundry and cleaning the kitchen than to sit downstairs for an hour and a half. And, the Directors take no offense in the reality that a lot of people are interested in the outcome of the meetings but don't find them compelling enough to sit through in person.



### **Helping Hands**

A note of thanks to our neighbors, the **AKW Angels**, who have stepped up and offered to help those at AKW who are in high-risk groups and are sheltering in place. A lot of AKWers have informal support networks on which they rely at a time like this, but it is comforting to know that we are surrounded by people who care enough to make offers of help. And remember, help isn't just running grocery or food errands; help also comes in the form of a text message, a call, or an email. Folks need the interaction to help keep up their spirits and to keep a connection with friends, neighbors, and community. (See more next page)





## Announcing the **AKW Angels**

Brian Block

With the COVID-19 chaos causing people to quarantine and stay home, many AKW residents may be unable and/or fearful of going about their daily life, including going to the grocery store, to pick up prescriptions, and the inability to go to restaurants, etc. At Alexandria Knolls, we certainly have some older, more vulnerable residents as well as families with children now home 24/7 that are having a hard time. Many are currently stocked up with the things they need for now, but as this difficult period extends, so may their needs.

My wife, Deborah and I have volunteered to coordinate the **AKW Angels**. So far five other residents have contacted us offering to volunteer for any residents who may need supplies, groceries, prescription pick-up, or even just a friendly phone call during this isolating time. The Angels are looking for more volunteers, but are now ready to field requests from AKW neighbors needing some help. **Please contact me at 703-626-0715 or at [brian@brianblock.com](mailto:brian@brianblock.com) to volunteer or make a specific request for assistance.**



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## COVID-19 Updates: Keeping AKW In-the-Know

Updates on the COVID-19 Coronavirus have been heading out to the community in real-time, as information is available. Hopefully you've noticed that we have tried to consolidate as many updates on the topic as we can so that you're not slammed throughout the day with multiple messages. We are also trying to keep the information confined to how changes are impacting AKW, versus reiterating the same information you're getting from the [CDC](#), the [Commonwealth of Virginia](#), and the [City of Alexandria](#). Finally, we've changed the layout of the messaging so that you get important, need-to-know info at the top of the message, with less-urgent information pushed further down in the message. If you have feedback on the Association's communication plan please let us know so we can consider that and always make our communications timely and useful. You can keep up-to-date on the Association's response to the virus at our alerts page and you can follow our newsfeed on the main AKW webpage or through the Association's Twitter feed.

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## Event Cancellation *In case you missed the earlier announcement*

We regret cancellation of the March 31st presentation planned for **Capital Caring Health** due to further restrictions caused by the COVID-19 pandemic. We had thought to postpone only until May 5th, but now it seems prudent to not try to reschedule anything at this time. We will of course let you know when circumstances allow us to schedule this event again.

If you need further information in the meantime about **CCH**, please contact Wendy ([w-shelley@comcast.net](mailto:w-shelley@comcast.net)).



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## SSA Continues to Provide Nutrition and Transportation



[Senior Services of Alexandria](#) (SSA) is continuing uninterrupted its mission of providing nutrition to homebound seniors residing in the City of Alexandria, as well as coordinating reservations for the DOT Paratransit Program during the current health crisis. Meals are being delivered to homebound, isolated older adults with extra preventive measures instituted to keep both volunteers and seniors safe. The Groceries to Go program will be providing groceries to clients who must remain in their homes and rely on this service for nutrition. SSA staff continues to make taxi reservations for disabled individuals who participate in the DOT Paratransit program that allows them to keep critical appointments.

“Senior Services of Alexandria is committed to the health and well-being of Alexandria’s older adult population, said Mary Lee Anderson, SSA’s Executive Director. We will continue to administer our nutrition and transportation programs to Alexandria’s older adult population in a safe manner for our volunteers and clients.”

SSA appreciates the community’s ongoing support of their programs, and if you would like to help, please call 703-836-4414 or visiting SSA ([www.seniorservicesalex.org](http://www.seniorservicesalex.org)).



### And More Resources

The “[Directory of Resources for Older Adults and Persons With Disabilities](#)” is a 62-page booklet of all that’s available through [Senior Services](#) or from the City of Alexandria’s [Aging resources](#). The directory covers subjects such as day care centers, adult protective services, assisted living placement, caregiver resources, pension rights center and more! Everything is categorized, alpha-listed with brief explanations of each, plus phone numbers. We now have some in our Library, in the rack on top of the first shelves. They’re **free**, so please take one if you need it. (If you take the last copy, or they’re missing when you look, tell Justin and we can get more.)

**In addition**, the Retirement Guide’s **Source Book** is also in that rack, and tells you more than you probably ever wanted to know about everything “retirement” and “senior living.” These are published four times a year; we have extras if they’re needed!

**Capital Caring Thrift Store & Boutique** is joyfully accepting items from our own spring cleaning! All proceeds go to Capital Caring’s mission to improve care for families regardless of their ability to pay. Once we are again able to visit, the store provides a wonderful way to engage in helping the community and families in their time of need by donating, volunteering, and/or shopping. We welcome all donations and are in need of volunteers to help support our mission of improving care in the community. Please call 571-730-4311 to get involved!





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## Outsmart Scammers and Other Fraud



Doug Shadel, in the “MoneySaver” column in a recent [AARP Magazine](#), wrote about “The Fear Equation,” how phone scammers are increasingly turning to threats and scare tactics to separate you from your money *and* your identity! Those tactics identified are:

- The Social Security imposter: Your social security number has been used in crimes, and you’re going to be arrested unless .....
- The dreaded computer virus: You’re about to lose all your information, documents, photos, and (they’ll often say they’re calling from Microsoft headquarters!) only they can fix the problem. [A time limit and Google *Play* cards are involved.]
- DNA cancer screening: “People like you have died because they didn’t take the DNA test we’re offering!”
- Missed jury duty: There’s a warrant for your arrest because you didn’t show up for your jury duty assignment.
- The IRS warrant: You made criminal mistakes in your past tax filings and will be arrested shortly unless .....
- The fake utility company: You’re behind in your bill and you’ll lose power if you don’t provide cash now! (*And one I can add from personal experience ...*)
- Changes to your Medicare coverage: We can make sure you’re covered for the pain you’re experiencing that until now always meant cash payments by you.

Don’t give in to what seems like a frightening situation that you have to solve right this minute. The caller will attempt to create anxiety, anger or embarrassment that will lead to your own judgment mistakes. Don’t let the scammer’s high-energy negative emotions lead you to take foolish chances! Pay attention to the downside risks. “What could go wrong?” That thought can quickly bring you to your senses!

## Ways to Save Money on Homeowner Insurance

Kevin Brasler, executive editor of *Washington Consumers’ Checkbook*, had an article in a recent “Real Estate” section of the [Washington Post](#), with some interesting tidbits, saying that they looked at major insurers for seven local [various Zip codes] and “found that each could save more than \$1,000 per year by choosing a low-price company over a high-priced one.” Here are some tips on minimizing premiums:



- **Take a high deductible.** You’ll get a big discount and make it less likely to file small claims that may generate future premium increases.
- **Maintain a good credit record in Virginia.** With many companies, your credit score will influence the rates you’re offered more than anything else.
- **Consider buying your homeowner and auto policies from the same company.** Many companies offer dual-policy discounts; however such discounts are small and won’t make a high-cost company a good deal.
- **When shopping for insurance, speak with several companies and agents** – and question price quotes that seem excessive or include unrequested coverage.

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## Keying You In: Key Audit Underway

The office is currently undergoing a key audit. One audit is meant to take stock of which owners have not provided keys to the office, which is a requirement in the Master Deed and By-laws (our governing documents).

A second audit, done in conjunction with the Alexandria Fire Department, is of the Knox Box, to which only the FD has the master key. Owners are not required to have their key in the Knox Box but having it there will help fire and ambulance crews more quickly gain access to your apartment in the event of an emergency. A key can prevent them having to break the door down if they require access. The cost of a new, fire-rated door is not insignificant.

In the event of a leak or other emergency where the Association requires immediate access, and a current, functioning key is not on-file, the Association will have to either engage a locksmith or break the door down, costs the unit owner would have to absorb. Keep in mind that with the KeyLink system owners receive emails when their keys are pulled and when they are returned, so there is a security protocol in place.

If your key is not on file in the office and/or in the Knox Box, the Office will be reaching out to you soon.

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## Hints, Advice & Friendly Reminders

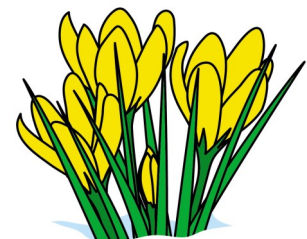
- Batteries can be thrown in the trash, except for the small button batteries. More information about this and all kinds of City rules, regulations, hints and directives can be found at [www.alexandriava.gov](http://www.alexandriava.gov).
- Do you have a smoke alarm? You are strongly urged to get one. The ceiling sensor in your unit is a *horn*, not an alarm or smoke detector. It sounds only when someone pulls the alarm switch in the hallways. Our security system calls the fire department, *but the alarm continues until the fire department turns it off!*
- *See Something, Say Something* doesn't apply to just Safety & Security. We can't fix it if we don't know it's "broke." Comments, questions, problems should be put in writing (it's easy to forget when it's spoken!) to the Office or email at [office@akwcondo.com](mailto:office@akwcondo.com), or report it through BuildingLink.



**NOTE:** Due to the COVID-19 situation, all requests for service (*except in case of water leaks!!*) have been suspended for the current time. We look forward to returning the Resident Services Program to residents in the near future.

### 2020 Board Meeting Dates

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



## A Thousand Cuts



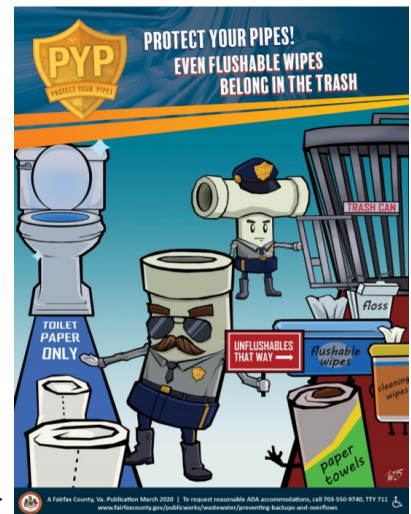
We have ordered, demanded, begged, and pleaded with residents to please, **please, please** stop putting glass or sharp items down the trash chute. Our employees continue to find glass in the compactor, sometimes by the realization that they've been cut. And we've had employees rush to the hospital after cuts from glass that one of us put down the chute. Do not be **that** person who carelessly disregards the wellbeing of our employees! No one is expected to run every jar and bottle down to the ground floor when disposing of them. All you have to do is set glass items aside and **leave them on the floor of the trash room** on your floor and they will be picked up and disposed of. When you dispose of your glass items—even the smallest jar or bottle because all glass shatters when it hits the bottom of the chute—think of our employees and don't throw them down the chute. And remind your neighbors when you see a bag of trash being spirited down the hall to the chute.

## Clorox, Wet Ones, Flushable Wipes Are NOT Flushable

With all of us using more of these types of wipes these days, it's good for you to be aware of one thing: they are **NOT** flushable. Quade touched on this in one of his virus updates but it's good to reiterate. When you use these wipes, dispose of them in the trash and **not** by flushing them down the toilet. The one item you can flush— toilet paper. No wipes, paper towels, tissues, floss or hair. We all have a part to play in protecting our building's pipes.

## Close Your Trash Bags

Apparently a reminder is needed that owners must knot, twist-tie or secure the drawstring of any bag disposed in the trash chute. The contents of an open bag can be ejected when it lands on the first floor, meaning staff must manually extract the trash compactor. In the current environment, we should do all we can to avoid spreading germs and bacteria.



## From Visit Alexandria

See the linked sites for vendors providing meal and food source options.

- Vendors taking orders for pick-up of pre-ordered food only at the weekly [Farmers Market](#).
- Restaurants offering [curb-side pickup](#) and some delivery for orders.

## Welcome Serena Richardson!

We welcome our new weekend and on-call Assistant Manager. Serena started in mid-March after her recent relocation from Dallas, TX where she worked in administrative roles in the medical field. Please say hello — from a 6' distance — when you see her.

Welcome, Serena!



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## Keeping Busy

Hope something on this list of options catches your eye, keeps you occupied or entertained, even for a short while! Thanks to our contributing neighbors for offering their suggestions and solutions. Enjoy!

- **Channel Your Inner Bartender** – Try some new recipes or create your own, within moderation, of course.
- **Cooking or Baking** – Try a new recipe, plan a themed family dinner to make it fun and ask everyone to contribute something to the table. Or shop from your pantry and work with ingredients you already have
- **Browse Auction Sites** – If you don't want to over-spend but miss finding inspiration while window shopping or antiquing, do it virtually. [eBay](#) is now more than an auction site, but was one of the originals. [Etsy](#) has great custom creative crafts.
- **Beading/Jewelry** – Focus on detail-oriented creativity is soothing and long-lasting. Use excess beads to accent other crafts.
- **Sewing** – Create a new look, or simply catch up on the projects/hemming or mending that've been waiting for you.
- **Needlepointing or Knitting** – Both are said to be good stress relievers.
- **DIY** – Paint a door frame or an accent wall, install shelves, reorganize pantry.
- **Green Thumb** – It's not too early to start on your balcony garden. Order plants online or visit the garden department of hardware store (which are allowed to stay open for business).
- **Meditate** – Sometimes you just need to breathe.... In and out; in and out.
- **Exercise** – Yoga or Pilates; research at-home apps to try. There are many guided classes or videos to do at your own pace. Lots of new options for streaming exercise classes are popping up.
- **Binge-Watch** – This is a perfect time to binge-watch series and movies you'd love to catch up on. One neighbor has tuned in to Match Game with Gene Rayburn and Charles Nelson Reilly (yup, the one that began airing in 1973). You can also check out complete [TV series to buy](#).
- **Opera** – For fans and novices, streaming audio/video options: [Metropolitan Opera](#), [Vienna Staatsoper](#), [Bavarian State Opera](#), [Parma Opera](#).
- **Online Tours and Exhibits** – Get your arts and culture fix from home. Many US and international museums have online exhibits. And [Google Arts and Culture](#) is your doorway to so much more than can be listed here.

[Metropolitan Museum – New York](#)

[National Gallery of Art – Washington DC](#)

[British Museum – London, UK](#)

[The Louvre – Paris, France](#)

[Rijksmuseum – Amsterdam, Netherlands](#)

[Uffizi Gallery – Florence, Italy](#)

[Guggenheim Museum – New York](#)

[The J. Paul Getty Museum – Los Angeles](#)

[Musée D'Orsay – Paris, France](#)

[Pergamon Museum – Berlin, Germany](#)

[Van Gogh Museum – Amsterdam, Netherlands](#)

[Vatican Museum – Vatican City, Italy](#)

[National Museum of Modern and Contemporary Art – Seoul, South Korea](#)

[Museu de Arte de São Paulo – São Paulo, Brazil](#)

[National Museum of Anthropology – Mexico City, Mexico](#)

[The Hermitage Museum – St. Petersburg, Russia](#). A one-take guided tour available on YouTube.

[Watch Trailer](#) or [5 Hour Tour](#)

See More —>



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## More Keeping Busy

- [Alexandria at Home](#) – Offers Bloom Cam to keep you current on the Cherry Blossoms, Lamb Cam (the lambs at Mt. Vernon) and Puppy Love, a daily dose of puppy and dog pictures.
- **Conduct your own Research** – Curious about a specific period in history, a public figure or verifying a rumor or fact? You know where to go!
- **Learn a New Language** – If you want to learn or brush up on prior language skills, check out language apps, [Memrise](#) or [duolingo](#) (free). See below options from Alexandria Library.
- **Pet Tricks** – Furry friend by your side? It's a great time to try your hand at training. Roll over? High five? Shake hands? Why not?
- **Art** – So many options to explore and discover: drawing, painting, sketching, photography, graphic design. Or coloring books; kids love them, and for adults, it's an easy, relaxing way to pass time, try an [Adult Coloring Book](#).
- **Calligraphy** – While not for everyone, if you've wanted to learn, now is a great time. Just pen, paper and free YouTube tutorials.
- **Games** – Have an all-out game day: Board games, card games, video games, jigsaw puzzles, and more.
- **Writing** – Have a good idea for a novel, or turning your diary into a memoir? No time like the present! Or start your own blog.
- **Virtual Book Club** – Use Skype and FaceTime, or other free or low-cost conferencing services to meet with friends for book discussions.
- **Reading** – The AKW Library is only a few steps away (with many thanks to our Library Committee!). Or search the many available sites for free books and those to purchase.
- And last, the [Alexandria Library](#). Still posting a closure until March 31 and likely to be extended. If you are a member, you can utilize the library's resources from home:
  - ◇ Checkout an eBook or eAudiobook
  - ◇ [Read a magazine](#)
  - ◇ [Search databases](#)
  - ◇ Access [Heritage Quest](#) for a genealogy project
  - ◇ Stream films from Kanopy; all [Kanopy Kids](#) selections are free to stream until April 12
  - ◇ Download music from [Freegal](#) or stream up to 3 hours of music
  - ◇ Learn languages with [Mango or Rocket](#)
  - ◇ Get career help with [Career Transitions](#)
  - ◇ Use the [Gardening and Horticulture](#) database to get information for planting your garden.
  - ◇ Explore recipes from the [AtoZ World Food](#)

Questions? Contact Cara Sonnier, Digital Services Librarian at [csonnier@alexlibraryva.org](mailto:csonnier@alexlibraryva.org).  
Find these and more, along with Library virtual events at <https://alexlibraryva.org/virtual>

Wishing respite to all at AKW, whether it's a revelation, a laugh, a new skill, connection with family, a story to share, or a result that adds joy to your life. Echoing Quade's earlier comments: "We'll all get through this together." Here's a wave to you from six feet away!



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## **IMPORTANT DATES IN APRIL**

- ◆ **Knolls Knitters** **Canceled; will reevaluate for May**
- ◆ **Board Meeting** **Tue, 4/28, 7 PM (see below)**
- ◆ **Happy Hour Club** **On hiatus until further notice**

Information on how to access the Board Meeting will be provided on the Agenda.  
The Agenda is the initial page of the Board Book, available the Friday before the meeting, or in the Office.



**Notary services are suspended to protect residents.**

**Questions:** Email [sharon@akwcondo.com](mailto:sharon@akwcondo.com)

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## **IMPORTANT PHONE NUMBERS**

<b>Guard Mobile</b>	<b>571-565-5591</b>
AKW Office	703-751-7541
Email: <a href="mailto:office@akwcondo.com">office@akwcondo.com</a>	
AKW Fax	703-751-2136
A-1 Towing	703-971-2600
CMC Emergency	301-446-2635
Police non-emergency	703-746-4444
Police emergency	911

## **Board of Directors**

Quade Whitmire, President	<a href="mailto:quade@akwcondo.com">quade@akwcondo.com</a>
Bill Munson, Vice President	<a href="mailto:bill@akwcondo.com">bill@akwcondo.com</a>
Pat Quinn, Secretary	<a href="mailto:pat@akwcondo.com">pat@akwcondo.com</a>
Sharon Grant, Treasurer	<a href="mailto:sharon@akwcondo.com">sharon@akwcondo.com</a>
Becky Martin	<a href="mailto:becky@akwcondo.com">becky@akwcondo.com</a>
Joann Wray	<a href="mailto:joann@akwcondo.com">joann@akwcondo.com</a>
Dana Johnson	<a href="mailto:dana@akwcondo.com">dana@akwcondo.com</a>