

## President's Message     *Rick Treviño*

I hope everyone enjoyed the holiday season with friends, family and loved ones.

2024 is a special year for AKW. Fifty years ago — in 1974 — construction of AKW was completed. In this half-century, we have seen many changes and improvements. Scores of individuals have contributed to our history over the years, and we owe these caretakers our appreciation for allowing us to reach this milestone.

I also thank the staff members and volunteers who made the last year a success. Their contributions are greatly appreciated!

We are now recharged and ready to start the next half-century. I look forward to the challenges of the new year.

***Happy New Year!***



## BOARD MEETING HIGHLIGHTS

### Reported Financials

The Association is fully funded. Delinquent residential accounts totaled \$68,471.00 or 3.5 percent

	<i>November</i>	<i>December</i>
<i>Total Cash and Investments</i>	<b>\$1,816,336</b>	<b>\$1,749,104</b>
<i>Year-to-Date (YTD) Income</i>	1,994,328	2,172,927
<i>YTD Expenses</i>	1,857,352	2,088,772
<i>YTD Net Income</i>	116,976	84,155
<i>YTD Reserve Contributions</i>	424,883	467,371
<i>YTD Reserve Expenditures</i>	(230,131)	(325,598)
<b><i>Total Reserves</i></b>	<b>\$996,258</b>	<b>\$943,279</b>

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## **BOARD ACTIONS**

**ACCEPTED** the proposal of **Densel Company** to replace thermostats for the two lobby and one Management Office Trane ceiling hung fan coil units, for a total of \$7,217.07.

**ACCEPTED** the proposal of **AssociaOnCall** to descale drain lines to main sewer drain, for Units 105 and 106, for a total of \$8,010.00.

**ACCEPTED** the proposals of **Falcon Engineering Services** to provide exterior building envelope and interior improvement design services, at a cost not to exceed \$24,680 for **Design and Construction** phases. The **Construction Administration and Observation Services** will be at a not-to-exceed 10% of the total contract value.

**ACCEPTED** the proposal of **BuildingLink** annual subscription renewal for \$5,517.50. This encompasses 190 Units at \$2.42 per month.

**ACCEPTED** the proposal of **CLEAT Design & Build** for Chiller Pipe Replacement, for a total of \$9,335.40. This is a Prime Contract Potential Change Order #001 to the Valve Replacement Project..

**ACCEPTED** the proposal of **PorterPlus** for Porters to augment our Staff at a total initial cost of \$4,750 per month. The contract may be amended to include Supplies and Equipment currently being obtained from other vendors.

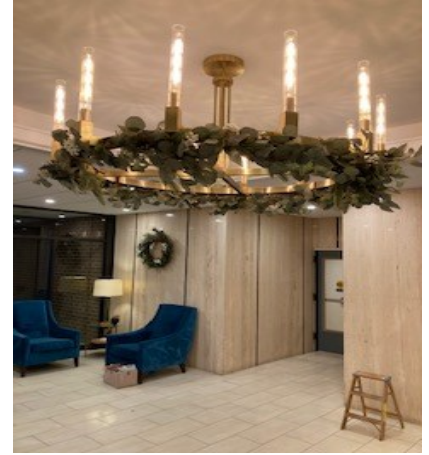
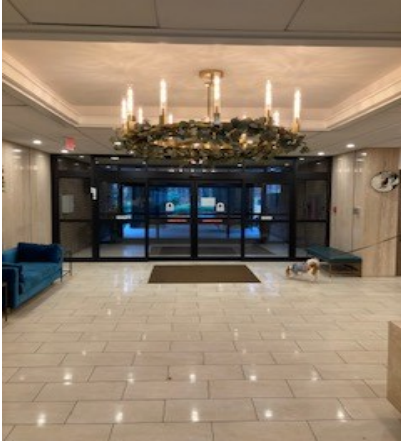


**\*\*\*\*\* FOR THOSE HAVING LIVE CHRISTMAS TREES: \*\*\*\*\***

**TrashAway** will pick up trees on  
**WEDNESDAY JANUARY 10th** and **WEDNESDAY JANUARY 17th.**

***Helpful-to-know .....*** Take your tree (hopefully wrapped in the tree bag!) to the Trash Room either the night before or by 7am on whichever day. There is no charge for these pickups.

***If you discard your tree at any other time, you'll be charged for such pickup.  
(And we hope you've used a bag, to collect all the needles!)***



***Decorating Elves outdid themselves!***

**WOW! When it comes to asking for Outstanding Creativity to make our lobby area shine and sparkle for our Holiday Season, we found ourselves with an abundance of riches! The Elves who Absolutely Outdid Themselves were KC Snyder, Traci Colodner, Larz Pearson, Sheng Bare, Carlton Hunter, Michael Sullivan and Rick Treviño. Give them a standing ovation! And an Attaboy! And a pat on the back!**



*Happy New Year*

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## Learning is Caring *by Terri Hansen*

According to the [University of Cincinnati](#), there are four reasons to become a lifelong learner: It's good for your brain and your mental health; It could lead to beneficial career advancements; It will help you develop practical skills; and When you find your passion, you find your people.

In the *Celebrating Seniors* section of the August and October editions of Knolls News respectively, there were classes sponsored by the [Alzheimer's Association Caregiver Support Group](#) and a Caregiver Support Workshop sponsored by the [Virginia Geriatric Education Center \(VGEC\)](#). While I've been reading *Knolls News* for years, I started looking more closely at the *Celebrating Seniors* sections since my family and friends (even me) are in the age groups where this knowledge is so helpful and IMPORTANT. While I don't know what I don't know, the referenced sessions sounded interesting to me. I was on the right track. I took an afternoon away from my job to attend the August session and learned the differences between and how to recognize natural aging versus the beginning stages of one of the many forms of cognitive impairment.

The October session was a free two-part online discussion on best approaches for caring for someone living with dementia. The discussion was interactive between families and a team of healthcare professionals. I learned so much and realized the more I learn, the more I want to learn and know. Please take advantage of the information provided in *Celebrating Seniors* whether it's *Something For You Or Someone You Know ...*



**Did you know the AKW office accepts more than 1600 packages each month?** That's over 15,600 packages in a year! Just in November and December there were over 4000 accepted. Keeping up with this service takes a lot of staff time, particularly when delivery personnel don't log in the packages like they are supposed to. This takes valuable time from staff that should be spent on other tasks. In addition, when packages aren't picked up on timely basis, they just pile up making them difficult to find. They are also more apt to get lost the longer they sit.

### **There are things you can do to help:**

- If you order from Amazon and concerned about security, consider having packages delivered to one of the many Amazon lockers in the area. This is an option when you confirm the delivery address.
- Postpone ordering items if you plan to be out of town or check whether the delivery date can be set for a specific date when you are available.
- Pick up your packages promptly



Accepting packages is a service provided to residents who have submitted a package acceptance form to the AKW office. Please be aware that we are not responsible for any lost or damaged packages.

### ***Thank you for your patience and assistance.***

Are you going to be away for an extended period and would like your mail held or forwarded by the US Postal Service? USPS can hold your mail at the local post office for up to 30 days. To request this service simply go to: <https://www.usps.com/manage/hold-mail.htm>

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## Space Heater Safety

Mary Lariviere



Below are some safety tips about space heater safety that might be appropriate for this time of year and perhaps some of you didn't already know. If you work for the federal government, you may be aware that they frown on having space heaters in the office; there are reasons for that. When we get cold, all we want is to be warm and sometimes we cut corners or bend the rules in order to do so.

First, when you are shopping for a space heater look for the certification mark such as ETL or UL. These are the marks of companies that test products, including space heaters, to ensure they meet OSHA electrical standards. These companies put the product through multiple safety tests.

You may have heard those pesky safety people telling you not to plug space heaters into an extension cord or surge protector and thought maybe they were just being picky. Not so much. Extension cords and surge protectors are not designed for the load that a space heater puts on them and could cause a fire in a very short period of time. Plug your heater directly into the wall outlet.

A few other things to consider when using a space heater:

- Consider buying a space heater that has a tip-over feature, where the heater turns off if it tips over.
- Another great feature is a timer that you can either *program* to shut off after a period of time or *automatically* shuts off after a certain period.
- Place your heater on a flat surface on the floor, preferably not on a rug, and leave it there. Don't put it on furniture.
- Keep your heater at least 3 feet from the wall, furniture, and any flammable objects.
- Never leave the heater alone in a room while it is on.
- As with any electrical appliance, keep your heater away from a water source.

We are fortunate to live in a concrete building, which prevents spread of fire from condo to condo, but that doesn't mean we can't start a fire in our own units. You may think "stuff is stuff and can be replaced" but fires could also cause you considerable physical and psychological damage as well!

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## Volunteers Wanted at Gadsby's Tavern Museum

**Gadsby's Tavern Museum** is recruiting volunteers to lead guided tours. Training begins January 6 from 9 to 11:30 a.m. and continues with virtual evening classes and wraps up with an in-person workshop in late February or early March. The application is available at

[www.alexandriava.gov/gadsbystavern](http://www.alexandriava.gov/gadsbystavern).

**For You or Someone You Know .....**



**Volunteer Opportunities**

**Medicare Counselors** - The Division of Aging and Adult Services is seeking volunteers for its Virginia Insurance Counseling and Assistance Program (VICAP). Medicare Counselors help people with Medicare Health Insurance and their caregivers understand Medicare and explore options that meet their needs. Volunteers receive extensive training on Medicare and related insurance topics. [Download and print a volunteer application](#) or email [Pamela.Austin@alexandriava.gov](mailto:Pamela.Austin@alexandriava.gov). Questions contact Pamela Austin, Resource Coordinator at

703.746.5999.

**Alexandria Adult Day Services Center** - Provides volunteer opportunities designed for individuals who are interested in donating their time and talents to work with seniors with disabilities. Contact Pamela Austin, Resource Coordinator at 703.746.5999 for more information.

**Friendly Visitor Program** - Senior Services of Alexandria is actively recruiting volunteers to participate in the Friendly Visitor Program. Through planned weekly visits, volunteers bring friendship and community connections to seniors who are often restricted by their living facilities and/or may lack the local support of friends and family. For more information please call 703.836.4414 or email [friendlyvisitor@seniorservicesalex.org](mailto:friendlyvisitor@seniorservicesalex.org).



**Happy New Year!**

**Senior Services of Alexandria’s annual Caregiver event will be on January 17th at 10:30 am at the Beatley Library, 5005 Duke Street, Alexandria.**

Called “Empowering Caregivers—Strategies and Resources for Older Adult Caregivers”, local experts will talk about programs for those caring for loved ones. .

*See following page for more information on this marvelous event.*

***By the way, did you know ...***

“Senior Services of Alexandria” is a 501(C)(3) non-profit charitable organization, and as such is always pleased to accept support from residents or from out-of-town owners or grateful families who have moved from the area. They take checks and credit cards for payment. They are also able to take bequests and can even take donations of stock/mutual funds if you’d prefer that method of giving. They may be reached at **703-836-4414** or at **206 No. Washington St., #301, Alexandria 22314**. For online donations, go to [www.seniorservicesalex.org](http://www.seniorservicesalex.org). *Thank you for your generosity.*



..... Continued from the Celebrating Seniors page ...

## **Senior Services of Alexandria’s “Empowering Caregivers” – Strategies and Resources for Caregivers of Older Adults –**

This annual event features local experts on programs and services for those serving as caregivers and their loved ones. The organizations included: Alexandria Adult Day Service Center; Cherry Blossom PACE; Insight Memory Care Center; Regional Older Adults Facilities Dementia Support Team (RAFT); and Belleview Medical Partners. Please RSVP at [EVENTS@SENIORSERVICESALEX.ORG](mailto:EVENTS@SENIORSERVICESALEX.ORG) or call (703) 836 4414 EXT. 110.

### **Alzheimer’s Association**

The Alzheimer’s Association provides support for those with dementia and other memory issues and their caregivers. To learn more, click on [Alzheimer's Association | Alzheimer's Disease & Dementia Help](#) to learn more. The 24/7 Helpline number is 800.272.3900.

### **Good news from AARP this month – “Helping Caregivers”**

Taking care of a loved one takes its toll – emotionally, physically and financially. A 2021 AARP national report found that nearly 8 in 10 caregivers reported having routine out-of-pocket expenses annually of \$7,242 on caregiving related activities. (And we know it’s a lot more now!)

Nearly half have experienced at least one financial setback, and 53% report having to adjust things at work, such as taking unpaid time off. AARP Virginia wants residents to know there is help available to the more than one million caregivers in the state.

Visit [AARP Virtual Community Center](#) under Upcoming Events to find in-person and virtual sessions. Find more resources at [AARP Family Caregiver Resources for Virginia](#). AARP caregiver hotline is **877-333-5885** (English) and **888-971-2013** (Spanish).

### ***We encourage your participation at Board meetings!***

Our Community has always encouraged Volunteering by any and all of our Residents. One of the easiest ways is to come to a Board meeting --- still on Zoom since the virus prevents us from meeting in person! --- and participate by asking questions and by bringing up comments and concerns during the Open Forum for Residents. *(And remember to let Gabriel know that you’d like to speak so your mic can be opened during the Open Forum.)* Click into the link that will be sent out from the Office **(next one is Tuesday, January 23rd at 7pm)**, and take part in our very own democratic process of running the building! It takes a *lot* more than just the seven directors. Your expertise can add a lot to our discussions. ***Please join us!***

**Goodwin Living At Home** is a continuing care at home program in Northern Virginia that empowers active, healthy adults age 55+ who want security along with the choice to stay in their homes as they age. Their customized plans make it easier to live without the worry of covering care costs or coordinating care should you need it. To learn more click on

[Age in Place in Northern VA | Goodwin Living At Home.](#)

Alexandria's **Healthy Homes Network** is launching a community engagement effort that will focus the City's home condition priorities for the next few years. Too many Alexandrians are living in unsafe and unhealthy homes. The Network is starting with a [quick survey](#) . Please complete if you are able to do so.



### ***YES, we have some great candidates!***

We asked for some Residents to become temporary help (sometimes on pretty-short notice!) when we need Office coverage if an emergency kept Gabriel and/or Naail from coming in. We now have some Resident Receptionists but we're asking **YOU** to keep this position in mind if ever you'd like to get on the list for Wonderful Helpers (*and it's a paid job, too!*). If you're interested, please speak with Gabriel. To best accommodate everyone's schedule, we'd love to get "several more" folks who would like to help out this way.

It's a great way to meet other Residents, and you'd be doing a super service to the Association!

***Thanks for your further consideration!***



# **MONEY SMART**

**NEWS FROM THE FDIC** *Courtesy of Terri Hansen*

[Money Smart for Identity Theft and Scams](#)

[Latest FDIC Consumer News Edition](#)

[Tips and Techniques](#)



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## *Some great information from your Library Committee*

### **What are the most important features of the AKW Library?**

**First and foremost: *appearance!!*** Residents see the library every day when they collect their mail, and prospective owners also get a good look when they are evaluating the building. In order to keep up appearances – that's why, for example, we accept trade paperbacks, but not mass-market paperbacks, which are smaller and cheaply made. It just doesn't look good with many different sizes of books mixed together.

**Second: *content!*** In a building-wide survey, residents indicated their preferences in book content. That helps to guide choices in book selection.

### **Here's a quick review of our library guidelines:**

- fiction is organized alphabetically by author
- nonfiction is in the shelf on the right (and is curated separately)
- not accepted (for reasons of space or appearance): textbooks, cookbooks, classics, “coffee table” books, magazines, audiobooks
- some may be culled for quality – having badly yellowed pages, foreign matter, tiny print, damaged pages (at the discretion of the Library Committee)
- donations and returns go on the shelf marked on the left
- the AKW Library is more of a book exchange – donations are not tracked – feel free to keep anything you take, but return if you can
- at times, the library runs out of space, and we may have to remove books, starting with multiple books by one author or older books

Book lovers should all be grateful to residents who have shared their books with us. They are the only source of books we have. The Library Committee is a small, volunteer group, and our goal is to organize the books that people want to read and to keep up appearances always.

***The Library Committee***     *Barbara Righter, Faye Menacker, Mary McClelland*



## Important Dates in January

Budget & Finance Committee

Tuesday, January 16, (in person)

Board Meeting \*

Tuesday, January 23, 7 pm (virtual)

\*Board Books are available on the Friday before a Board Meeting. The links to ZOOM are sent by the Office prior to the meetings and are an event displayed on the lobby Video screen.

## 2024 Board Meeting Dates

January 23	February 27	March 26
April 23	May 28	June 25
July 23	August 27	September 24
October 22	November 26	December 17

## Important Phone Numbers

Guard Mobile	410-842-3851
AKW Office Phone	703-751-7541
AKW Office 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
City of Alexandria Info	311 or 703-746-4311

When someone calls you from the Security Door downstairs and you need to buzz them in, **press 9** on your phone.



## Board of Directors

Rick Treviño, President/Treasurer	<a href="mailto:rick@akwcondo.com">rick@akwcondo.com</a>
Michael Sullivan, Vice President	<a href="mailto:michael@akwcondo.com">michael@akwcondo.com</a>
Brian Block, Secretary	<a href="mailto:brian@akwcondo.com">brian@akwcondo.com</a>
Shoukoura Aboubakri	<a href="mailto:Shoukoura@akwcondo.com">Shoukoura@akwcondo.com</a>
Marcus Haeseler	<a href="mailto:marcus@akwcondo.com">marcus@akwcondo.com</a>
Wendy Shelley	<a href="mailto:wendy@akwcondo.com">wendy@akwcondo.com</a>
Charles Wilson	<a href="mailto:charles@akwcondo.com">charles@akwcondo.com</a>



Notary services available, at no charge, by appointment.  
[brian@akwcondo.com](mailto:brian@akwcondo.com) and [charles@akwcondo.com](mailto:charles@akwcondo.com)



Editor: [Wendy Shelley](#)

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