



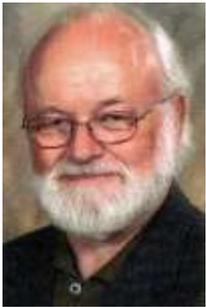
AROUND THE BEND



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July 2018



President's Message July 2018

July is when we celebrate "Independence Day." This year July 4 is on a Wednesday. So, the Lansdowne Resort will do its annual celebration on Sunday, July 1 and as always, there will be spectacular fireworks! So, find yourself a good location to view amazing bursts of colored light in the nighttime sky, and enjoy the chest pounding percussions as they echo off our buildings!

Aren't we all blessed to be living in such a wonderfully kind, generous and welcoming country? Although, I do think we need to do a little soul searching to ask the question. Are we still the country that lives those celebrated attributes?

LWVA's Special 20th Anniversary Celebration

I hope you all took part in some part of LWVA's wonderful ten-day celebration of the founding of our Lansdowne Woods community. It was a huge effort and all of us who participated, enjoyed and appreciated the wonderful programing and the hard work of our LWVA staff and volunteers.

What's Bugging our Community?

All buildings on our campus are getting highly trained and skilled dogs involved in searching for those tiny biting bugs. After a thorough K-9 nose search, involving every unit, the lobby, party room, and our storage rooms, Riverbend has been declared clear of live bed bugs. Let us all take necessary precautions to keep it that way, but also

quickly report to the office if any of those sneaky critters have hitchhiked their way back into our building. They are persistent and easy to encounter as we travel.

Our Corridor HVAC Units

Our Building Facilities Committee has met three times to interview three different mechanical engineering firms. We are underway with our due diligent effort to determine what new HVAC equipment will serve us best, in terms of energy efficiency, controls systems and cost.

Once we have good answers for the above questions we can decide when and how to replace our current aging systems. We have much to learn, but we are underway, and we will keep you informed of our progress.

Garbage Disposals

Bryan, our building engineer, has talked repeatedly about what to put in our garbage disposals, and yet, some of us continue to put cooking and table scraps in the disposal that should not go in. Coarse vegetables, cooking oils, coffee grounds, egg shells, as well as plant debris and soil should never be in the disposal. When you do use the disposal, run the water at full volume and let the disposal run for at least 10 to 15 seconds to make sure that the disposal thoroughly grinds up the debris and that it gets diluted with enough water to be fully flushed down the drain. It is costing our association a lot of unnecessary funds when we get clogged drains. When this happens, we have to bring in our engineering staff and plumbers to clear the clog. This adds the additional expense of the cleanup and repair work needed when water flows through ceilings and down walls. Please, take this to heart and do not push the limits of your disposal's capability.

Campus Wide Projects

Our July LWVA Board of Members meeting has
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been postponed one day. Instead of the first Wednesday of the month it will now be on Thursday, July 5. Here are a couple of important items on the Agenda.

The LWVA Technology Working Group will be recommending to the Board that they approve BuildingLink as our new electronic campus-wide communications system.

The LWVA Clubhouse Renovation Working Group will be recommending to the Board that they approve furniture for the Madison Room and the recommended flooring for the Library, the Art Studio, the Jefferson Room, the Woodworking Shop, the Ceramics Studio and the Rotunda.

Some Closing Thoughts

We live in a special active adult community! With the emphasis on “Active Adult,” let us all continue to do the things that make us active adults. Socialize, attend meetings and events, and take advantage of our fitness facilities and programs.

As always, attend our informative committee meetings. They are all open meetings. We like and need participation from everyone. And remember, firsthand knowledge and experience is always more reliable than a rumor.

--- Bert Schlabach, President
Riverbend Condominium Association



CELEBRATE INDEPENDENCE DAY!!!

July 1: Lansdowne Resort ---Music, Games, Food Trucks; 6 – 10 p.m. Fireworks around 9 p.m. (There is an entrance fee.)

July 3: LWVA Parade starts at Overlook at 11:30 a.m, with Hot Dog Lunch following at clubhouse.

July 4: Downtown Leesburg Parade --- 10 a.m.; Ida Lee Park--- Concert and Fireworks; 6 –10 (Rain date – July 5.)

July 4: Riverbend Annual July 4th BBQ , 5 p.m. in the party room.



From the Engineer Bryan Crosley

Remember to keep items in your storage locker stored below the yellow line. The yellow painted line is 18 inches below the sprinkler line and sprinkler heads (National Fire Code) to give you a visual reference. Also, never store or leave anything outside of your lockers that may obstruct escape as this is also against fire code.



Welcome!

James Badin joined Riverbend staff as our assistant engineer on May 29. You might recognize his surname because he is the son of Charles, our former assistant engineer and brother of Stephen, engineer at Blue Ridge.

James is a native of Northern Virginia, attended Loudoun Valley High School and NOVA College. He currently lives in Sterling with his fiancée. He has two daughters, ages 8 and 11, in 3rd and 5th grades. James enjoys pro sports, namely the Redskins, Capitols and Nationals. He was a Washington Orioles fan until DC got its own baseball team.

Looking for better work-life balance and longevity attracted James to this job. For the past 20 years, James has worked with emergency medical services fire and rescue squads. He will be a real asset to our staff and our community.



Manager's Corner July 2018

In a good way, there's a dizzying amount of activities going on at your Active Adult Riverbend Condominium and your Lansdowne Woods Clubhouse. How can you easily make yourself aware of what and when it is happening?

Exhibit A: Riverbend's monthly newsletter, *Around the Bend* and LWVA's *The Connector* are placed under your door every month by your neighbors. Both newsletters have calendars to reference throughout the month. In addition to the calendars, there are announcements, reviews and explanatory articles galore to help you identify who, what, when, how and why.

Exhibit B: identifies what's happening by the Riverbend Management Office's emails and memos you get slipped under your door. There's a method in determining whether you get an email or memo. If you've given the office your email address, we presume you use it and you will be sent emails instead of memos under your door. We know that 39 out of 229 total Riverbend units have not given the Management Office an email address and so these 39 units get a memo under their door. In other words, you receive either an email or memo, but not both. From time to time, for high priority items, the Management Office will distribute a memo under all 229 unit doors (thanks to your neighbors' volunteer delivery efforts!). The parking lot asphalt rejuvenation project schedule and all-unit K9 inspections for bed bugs schedules are examples of the under-door memos distributed to all 229 units.

The method of distributing information via either an email or memo under your door does create a gap in reaching all Riverbend residents. The gap is when you've given the Management Office an email address (such as when we asked for one) but have gotten out of the routine of using email. So, if using email isn't your cup of tea anymore, tell the Management Office to stop using your email and give you a memo under your door. Because we really, really want to reach

everybody, we'll go through the extra time, expense and effort to get you a memo under your door instead of an email.

Exhibit C: to help keep you aware of what's happening, there are the five bulletin boards strategically placed around the building so it's pretty hard to miss them as you come and go. One bulletin board is on the elevator landing of the garage level that you have to go through to get to either of the two lower garages. Two other bulletin boards are placed by the doors leading to both upper garages on the ground floor. And there are two bulletin boards mounted in the mailroom. All of these bulletin boards include fliers, notices and memos about what's happening in our "Riverbend Rocks" Active Adult community.

Finally, there is word of mouth from your friends and neighbors about what's happening. When you're up and about or attending events, listen for the buzz about our community and then you can verify the information in one of the sources above.

A new source for resident information is the TV monitor currently being pilot-tested in the Riverbend lobby. Right now, the monitor is sitting on Lobby furniture, but the intent would be to mount a monitor on a wall strategically placed where most residents can conveniently see it. The information displayed on the monitor is a feed from Riverbend's BuildingLink system (that all residents can access online). The selection of information, the size of the windows and layout of information is flexible and comes from the Management Office (Debi), who designs the display. Using and displaying the information comes at no extra cost except what Riverbend already pays for BuildingLink, but the TV monitor hardware and a \$150 interface box are added costs. So what do you think of the pilot test? Let the Management Office know and it will factor in about whether a monitor is used at all, where it is placed and what information is displayed.

How do you like the rejuvenated parking lot asphalt and parking space striping throughout campus? The project was managed and paid for by Lansdowne Woods and not each building because Lansdowne Woods owns and manages the upkeep of all of the asphalt on campus, not the individual buildings. Of course the unit owners paid for it out of the Riverbend
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assessments they pay Lansdowne Woods each month. Your Riverbend assessment includes a mandatory monthly \$185.25 Lansdowne Wood assessment. Did you know this is how the Clubhouse, etc. is funded?

Don't let the above conversation happen to you.

Ring, ring: Hello, Riverbend Management Office. "Yes, this is the gatehouse calling and we have a contractor and delivery for Riverbend unit 1313."

Riverbend Management Office response: "Uh oh, we don't have that on our calendar and the loading dock and freight elevator are in use so we can't let them in. Gatehouse, you'll have to send them away without making the delivery or doing the work."

Riverbend Resident response:
**% @#!??) ^!\$.

You have to get in the mindset that a delivery, removal, or contractor visit is a big deal and you must tell the Management Office in advance to reserve the loading dock and freight elevator. The loading dock and freight elevator are a pre-scheduled amenity that are only available to vendors from 9-4, Monday through Friday excluding federal holidays, on a first come, first serve pre-scheduled basis. Using these amenities are not self-service and they take a building engineer's time to manage the comings and goings. Please be sure to contact the Management Office at 703-724-7800 or assistant.riverbend@gmail.com ahead of time to schedule using these amenities. And for goodness' sake, never use the Riverbend front entrance door for deliveries, move-ins, move-outs or contractors, including housekeepers.

What, you haven't logged into BuildingLink lately?! Come down to the Management Office and we'll give you the lowdown and train you on everything you need to know.

--- Craig Magargel

Around The Bend is a publication of the Communications Committee of Riverbend at Leisure World Unit Owners Association and is available on our web site at <http://riverbnd-lwva.org>. The appearance of advertising within this publication is neither a guarantee nor an endorsement by the Committee nor Association of the product, service or company or the claims made for the product in such advertising.

Riverbend News --- July - 1998

The newsletter for June, 1998 featured articles about resident concerns regarding the intersection of Lansdowne Blvd. and Route 7; a new bus schedule; reserving the party room for private parties and renting a garden plot for a mere \$7.50. (There were still a few available.)

A new "Leisure World's Corner", written by the Director of Community Activities offered the following:

As of June 24, there were 130 people living in 87 units in Phase I of Riverbend and settlements had begun on Phase II.

With an increased population, the responsibilities of the Activities Director changed from what activities to provide to one of how to provide what people wanted. In response to requests, plans were made to find instructors for line dancing, ballroom dancing Tai chi, yoga and water exercise classes. A coupon system was also initiated for the popular exercise classes. Remember, all classes, with the obvious exception of water exercises, were held in the Riverbend party room.

The Bible Study had its first meeting.

Two social events--- a Dessert Party and a Wine & Cheese Party --- drew 40 - 50 people who stayed until 10 p.m.!

Theater Trips to "Showboat" and "Ragtime" were scheduled and to the delight of the Director, had enough people signed up to ensure group discounts on ticket prices and a bus to transport the theatergoers.

It sounds like Riverbend was already a fun place to live!

Attention all Riverbend Readers!

I'm really excited about the two books coming up for July and August. Don't forget we've changed our time to 4 p.m. So in July, we meet in the party room at 4 p.m. on Monday, July 2. (sounds like Clue). I know our discussion will be lively! New members are always welcome. See you then.

Relaxing reading,

--- Barb Leone 😊

COMMITTEE REPORTS

ACTIVITIES

Other than final plans for the July 4th Barbecue (have you signed up?!), the Activities Committee relaxed a little in June and enjoyed being feted along with all the MANY other volunteers in Riverbend. THANK YOU, Craig, Debi, Bryan and James! Also, we hoped you enjoyed all the celebratory events at the clubhouse!

Back to the barbeque on the 4th, the food is always DELICIOUS and much of it prepared by some of the best “chefs” in Riverbend!

Among other things in coming months, you can look forward to our annual Ice Cream Social on Sunday, August 19, and the fund raiser for our dedicated Ashburn Volunteer Fire & Rescue Department that will be held on Thursday, September 27, at 5 p.m.

Oh, did I mention the July 4th Barbeque? See you there!

Communications

Volunteers Needed

JoAnn Bloomberg, Chairman of Distribution, needs volunteers to help deliver the newsletters, monthly. If you can help, please contact JoAnn.

Her email is jbloom552@gmail.com and phone number is 571-442-807.

Thanks.

Covenants

Please remember that the unit number must always be visible on your front door . This is especially important in the event that the Fire & Rescue Team needs to come to your unit in case of an emergency.

Wreaths or other door decorations should be displayed in such a way that the unit number is easily seen.

Thanks for your cooperation.

Egg Cartons

Many thanks to the faithful contributors to the ongoing egg carton collection for Loudoun Hunger Relief. On an average, we send them 75 – 90 cartons a month. The food pantry is very appreciative but due to the limited number of eggs they can distribute to each recipient, they express the wish that we only collect cartons for 12 eggs or less. For those new to the collection, you may leave the empty cartons in the kitchen behind the party room. If you have questions, call Jackie Lev Dahl. .703-729-6276.

We thank Jackie for her dedication to this very important service.



Early one Sunday morning, when I opened the blinds of my sun room, I spotted a little fawn in the yard of unit 104 below me, nestled by a small plant inside the fence. It stayed still most of the time, but did move its head, scratch an itch and stand up to stretch. Standing it was about the size of a cocker spaniel. I had to take a picture of it. About an hour later I left and it was still there.

The following Thursday, when I opened the sun room blinds, a little fawn was lying just outside the fence gate of the yard. I had more time that day so I pulled up a chair, had my morning coffee watching my personal “Bambi.” Finally, I had to leave and upon returning around 2:30p.m., it was still there. Amazing. I had to go out again and returned around 5 p.m., looked for the fawn and spotted it much farther away, resting by the wall near unit 106. I have not seen it since, though I check daily. I never saw Mom nearby, although I routinely see female deer in the woods outside my sun room. That is the only time in my life I have ever seen such a tiny deer so close. SO cute!

---Maria Kelly

COMMUNITY SERVICES

Loudoun County Joins Waze Network to Share Traffic Information:

 Loudoun County is taking steps to help reduce traffic congestion by participating in the Waze Connected Citizens Program, one of the first Virginia localities to do so. The Loudoun County Sheriff's Office provides traffic incident data to Waze, the world's largest community-based traffic and navigation app. As a result, residents who use Waze, a free social-mobile app, can receive real-time traffic incident information which may allow them to find alternate routes to circumvent road closures and traffic jams. In addition, Waze provides traffic statistics to the county that can be used for mapping and analysis. Loudoun's participation in the Waze program is made possible through the county's Geographical Information System, a website which gathers, manages, and analyzes geographic data and shares information and web applications with external agencies and organizations such as Waze. Additional information is available at www.loudoun.gov/GeoHub.

Virginia's Comparative Tax Rate:

Virginia's tax rate is higher than about half of the states in the country, according to a recent study by WalletHub, a personal finance website. State and local tax rates in the 50 states were compared against national medians and adjusted to cost of living to determine overall rank. Virginia was ranked 27th among all U.S. states.

Medicare Scams — Update:

The Centers for Medicare & Medicaid Services recently began issuing new Medicare cards to its 58 million beneficiaries. A unique computer-generated sequence of numbers and letters, i.e. a Medicare beneficiary identifier, replaces the Social Security-based identifier. Medicare beneficiaries in Virginia received their new cards between April and June.

There is concern that scams which targeted Medicare beneficiaries prior to the arrival of their new cards will be replaced with scams which now target those who have received their new Medicare

beneficiary identifier. One of the scams expected to be revived is a caller telling you that your new card entitles you to a refund in premium costs and /or drug costs. The caller then requests your bank information in order to process the return of funds supposedly due you.

Medicare beneficiary identifiers should be protected like credit card numbers. According to AARP's recent alert about Medicare fraud, anyone who obtains your new Medicare beneficiary identifier can fraudulently bill your Medicare account for thousands of dollars of treatments and equipment, or can get bogus prescriptions written by unscrupulous physicians. Even worse, if the criminal is caught, Medicare may not know whether or not you were a willing participant unless you had alerted it to discrepancies in your statements. Those fraudulent bills could potentially jeopardize your benefits.

In order to reduce Medicare fraud and avoid being the victim of a scam, the following are recommended: share your new Medicare beneficiary identifier only with your health care providers; don't leave your Medicare beneficiary identifier in emails or on digital files in your computer; check for fraudulent services and billings on every Medicare statement you receive; report any suspected Medicare fraud (for which you may be eligible for a reward of up to \$1,000); and remember that Medicare will never initiate a telephone call to request any personal information.

Call the Medicare hotline at [800-633-4227](tel:800-633-4227) to report fraud and / or if you have questions or concerns about your Medicare statement.

--- Anita Zatz

Management Staff	
Phone: 703-724-7800	FAX: 703-724-4345
Building Manager: Craig Magargel manager.riverbend@gmail.com	
Assistant Manager: Deborah Belote assistsnt.riverbend@gmail.com	
Building Engineer: Bryan Crosley	
Assistant Engineer: James Badin	



The Adventurous Eater

By Judy Kory

Frozen Treats Part 2

If you want to know what a shop is really selling, notice how the counter and menu spaces are being used. For example, at the Dairy Queen of my youth, we'd flock to the outdoor stand for cones filled with soft serve frozen "custard," chocolate dipped, if we were lucky. Now it's DQ, Fort Evans Plaza, selling typical fast food like burgers, chicken strips, fries, etc., and Blizzards (soft serve with various candies



blended in). The Jurassic Crunch Blizzard (mini \$2.89, small 3.69, medium 4.09, large 4.69) blends in chocolate covered peanut butter and fudge and is quite tasty. You can still get soft serve (there is no egg in the mix so it is not custard), but the vanilla has little flavor

since it is used mostly to make Blizzards. Cups and cones are \$1.99 for a small, 2.39 for medium, 2.69 for large. A small Chocolate dipped is \$2.39.

Rita's, located in the Village at Leesburg (Wegman's center) advertises frozen custard, but the real specialty is Italian Ice. There are vanilla, chocolate, and swirl frozen custard and more than a dozen sprinkles/toppings available. However, the case is filled with a dozen flavors of Italian Ice. The kid's size \$3.29 is generous. The Pina Colada with bits of pineapple and coconut was delicious and refreshing. The first few bites of the sugar-free Dragon Fruit taste great; then I wish for a smaller serving.



So what about ice cream? Deli Italiano in Lansdowne Town Center has a nice selection of Blue Bunny ice cream. Strawberry has a very good



flavor, Coffee ice cream is excellent. Mango sorbet is fresh and fruity. Butter pecan has little flavor. A generous single scoop is \$2.99, double is 3.99, and

toppings are 50 cents. Get the family ice cream here

then walk across the street to the park, play in the fountains and rinse off.

Cold Stone Creamery is located in the Battlefield Shopping Center near Starbucks. A small cup of ice cream costs \$4.29, includes one mix-in or topping, and you can choose two flavors in your cup. The focus here is on custom mix-ins, rather than the ice cream. Mango ice cream and coconut ice cream are indistinguishable in both color and flavor. Coffee



ice cream has a very strong, not sweet, flavor of burnt coffee. Sweet Cream flavor, i.e., plain vanilla, helps make it edible. Our pecan mix-ins were the highlight of our visit.

Baskin and Robbins, in shared space with Dunkin' Donuts, is located at the intersection of Route 7 (Market Street) and Plaza. The shop is bright, clean, and inviting. Kid's scoop is \$2.39, single 2.79, double 3.99. There are toppings available, but the focus is ice cream. The Nutty Coconut is terrific with a good coconut flavor and chunks of pecans, walnuts and almonds. Dunkin's coffee is a family favorite, so getting coffee for adults and ice cream, too, is a great idea. Most ice cream shops don't open until 11 or 12 noon, but this shop is open from 4:30 a.m. (5a.m.:30 on Sunday) until 10 p.m., so you can satisfy your ice cream craving almost any time.



So what is the bottom line? Il Dolce Café for gelato, Deli Italiano for ice cream, The Meadows for frozen custard and Italian ice, Lov'nberry for frozen yogurt, and Costco for the cheapest soft serve at \$1.39. When you are on the road, remember Rocky Point Creamery in Tuscarora and Peterson's in Clifton. ENJOY!

Have a safe and happy 4th of July!!!

