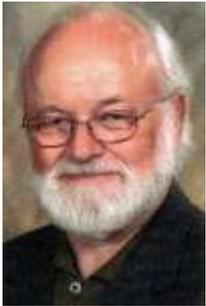




AROUND THE BEND



President's Message November 2017

November! This is the time of the year when all of us in the US of A remember to be thankful and grateful.

We are thankful for our Country, our Community, our Friends and especially our Family. In this country, we have a tradition of celebrating with a little too much fabulous and tasty food.

Of course, when we leave November and our Thanksgiving celebration is over, it is easy to forget just how blessed we are. It is also a good time to pause and remember folks who do not have the blessings that most of us do. Perhaps we can look for ways to share our good fortune with those who are less fortunate.

However, many of us here in Riverbend and our broader Lansdowne Woods community do reach out to care and share with our neighbors and larger community. I am so grateful for the kind and generous spirit in this community.

Here are a few Riverbend project updates:

Our Roof Project

For about five weeks the folks who live in "Phase 1" of our roof project were without air conditioning. Thank you all for being so understanding; you suffered through some very warm days. "Phase 1" was both the first and largest phase in our roof project. I do apologize for all the inconvenience. The good news is that you should all soon have your air-conditioners running again. "Phase 2" is now underway. "Phase 1" included 6

tiers, "Phase 2" will include 4 tiers. While there are fewer tiers, the actual roof area to be worked on is similar to that of "Phase 1." It is anticipated that "Phase 2" will be complete on or about December 5. I will continue to keep you updated on a regular basis using BuildingLink. Currently, I am trying to provide an update twice a week. From time to time I will update the Roof Project Photo Album in the lobby. When there are new images, I will note that in my updates. I hope for continued mild weather which will facilitate a speedy completion of our roof.

Our Building Manager

We are continuing to interview candidates who are qualified and capable of being our new permanent manager. We have received a dozen or so resumes of which several were not qualified. We have interviewed four candidates so far and would like to interview a couple more. In the meantime, we are so very grateful to Barbara Stiles, our temporary/interim manager, for coming to help us during this transition period. Putting it simply, she is wonderful and any or all of you who have met her will agree with me. And personally, she has been a life saver. She has taken the initiative to go to work on numerous office-related projects. Important items were starting to fall through the cracks and she very quickly pulled them from the cracks. Wow, what a relief it is! We are back on track and even making improvements.

Comcast Internet

As you know, starting in January we will pay for internet service as a bulk service amenity. We will pay \$28.95 per month per unit. There have been a number of questions that we were unsure how to answer. Barbara Stiles called our Comcast representative and we have received the following clarifying information:

- Our internet service contract is an addendum to our current 5-year contract for bulk cable service, so it will be renegotiated along with our cable contract when it is time for renegotiation.
- The speed for Performance Tier Internet service is 25/5 Mbps, “Megabits per second.” The normal retail price for this service is \$61.95 if you are also buying other Comcast products. Higher if not. And, our retail price for the internet modem is \$10.00. This is what most of us are currently paying. Our new contract for \$28.95 will include both the internet service and the internet modem.
- If you wish to upgrade from Performance Tier internet, you can get Performance Pro Tier, at 100/5Mbps, for an additional \$10.00 per month or Blast Tier, at 200/10 Mbps, for an additional \$13.00 per month. The faster internet modem may be an additional \$2.00, though there may be no additional charge.

As we learn more details about this new service, we will pass them along to you.

The Riverbend Annual Meeting

Our Annual Meeting went very smoothly; however, because of my inexperience we made an error. After the normal business of the Annual Meeting, approving the 2016 minutes, getting committee reports, getting officer reports and announcing the results of the election, we should have adjourned the meeting. Then we should have immediately called to order a Special Board of Directors meeting, at which time the board should have voted for the officers and then presented the 2017 Budget. So, we fixed this error by voting again for the officers at the regular October Board of Directors Meeting. It didn't really matter when we presented the 2018 Budget as long as it was 75 days before the first of the year. By now you should have received your copy of the 2018 Budget.

If you have not yet received your copy, you may pick it up at the office.

Our Riverbend board members remain the same as last year. Shirley Thorpe is Director; we have appointed Priscilla Sammet as Secretary, Ruth Jacoby as Treasurer, Carol Meals as Vice President and Bert Schlabach as President. You also voted to have Priscilla Sammet serve as our second representative to the Lansdowne Woods of Virginia Board of Members.

Some Closing Thoughts

Before our December newsletter is published, we will have started our annual Holiday Fund Drive for our Managers, Engineers, Cleaning Staff and Security Staff. In the next couple of weeks, we will let you know more details.

Also, I want to acknowledge our Assistant Manager Debi Belote. She was amazing as she did her very best to step into the Manager role as we began our search for a new Manager. I am sure she is happy to step back a bit, now that Barbara is our temporary Manager. Debi has started taking classes in training to become a Manager one day. I believe she will do very well. If you have a chance, tell her how awesome she has been in this transition period.

Come to our many wonderful events and informative meetings. We like and need participation from everyone. Firsthand knowledge and experience is always more reliable than a rumor.

--- Bert Schlabach, President
Riverbend BOD

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Manager's Corner

Riverbend - it's so good to be back! One of the goals of your Board is to have a smooth transition through hiring a permanent manager. I am happy to be a small part of this transition.

I remember, back on March 17, 1998, the day Riverbend opened its doors and welcomed its first residents. We had to schedule two move-ins per day for a while as new purchasers had been waiting for a while and very anxious to move-in to their new homes. Eyse Esiner was the manager and I was her assistant. It was very exciting time! New residents began settling into their units, working through some of the kinks that come with new ownership, meeting new neighbors, and soon looking forward to some fun. There was so much excitement flowing through the halls as we together learned a lot about condominium living and learning about our neighbors. It certainly was a little challenging for some and easy-peasy for others. Riverbend was very fortunate at the time (and maybe even a little spoiled; okay, maybe a lot spoiled,) being the only building in the community; most all of the planned clubhouse activities were held in the Riverbend Community Room. Imagine coming down the elevator and entering the Community Room for all activities! The Community Room was the clubhouse in the very beginning. The Activities Director manned a desk in the Riverbend Lobby, how convenient for Riverbend!

Riverbend residents soon began to see a new building "Blue Ridge" starting ground work. Hence the realization of the LWVA planned community coming alive! I remember when Riverbend bus riders first learned they would be sharing (as they called it) the "Riverbend" bus with their next door neighbors. And can you imagine how Riverbend residents felt when they learned that many of the

activities in the Riverbend Community Room would eventually be moving over to the clubhouse?? The Developer provided a temporary clubhouse on the property for some activities and other activities were shared between the two buildings.

Riverbend has changed from those early days! Yes, we did learn to share the bus and participate in activities over at the clubhouse even though many held out refusing to walk over; sighting the inconvenience. Eventually most of us got over ourselves and realized how powerful the activities were once phase 1 of the clubhouse opened their doors. The clubhouse does a superb job in providing a variety of activities, fitness, health and educational seminars, etc. Basically, there is something for everyone!

Next year on March 17, 2018, Riverbend will turn 20! I've heard some talk of something being planned for this very special occasion! Riverbend has taken good care of the building through the years, regular routine maintenance and this year a new roof and new roof a/c units for the owners who opted; we should be set for another 20 years and possibly beyond on those items!

I am very excited to be a small part of Riverbend once again – as my sister recently said to me "It's kinda cool – you started your career at Riverbend, and now you are ending your career at Riverbend." How fitting! Thank you Riverbend for this awesome opportunity.

--- Barbara Stiles, Interim Building Manager

Now a few reminders from the Management Office:

Please remember to be considerate to your fellow neighbors. I have had a couple issues brought to my attention since arriving.

Smoke/Cooking Odors. If you are smoking in your unit or on the balcony and you open the windows, the smoke travels outside which I'm sure is your intent. But did you know that once the smoke is outside it can be drawn into your neighbor's balcony? How can I help you ask? If you smoke, it is better to turn on your kitchen and bathroom fans and keep all windows closed so the smoke is contained in your unit. When you are finished

smoking, you can then open up the windows once the smoke disseminates. You should do the same when cooking inside the unit. This is particularly important while the HVAC units are disconnected during the roof project.

Noises. If you are an early riser or a late nighter, have company staying late, please be mindful of your neighbors. As most of you know, noise travels throughout the building. When you are vacuuming, washing clothes, having conversations in the hall or using other sound producing devices, these sounds travel and are often heard by your neighbors.

Our documents are written for everyone's benefit. Sometimes we forget we have neighbors whose habits may not match your own. Your neighbors will appreciate your consideration. If you have any questions or concerns, please come talk to me. I'm here to listen and help resolve issues to benefit all of us.

Dates To Remember

- Sunday, November 5 --- Daylight Saving Ends
- Tuesday, November 7 --- Election Day
- Friday, November 10 --- Veterans Day Observed
Office Closed
- Saturday, November 11 --- Veterans Day
Dinner Club --- 5:30 p.m.,
Crossroads Restaurant
- November 13 – 20 --- HVAC Inspection
Please Note: there is no inspection on
Thursday, November 16
- Thursday, November 16 --- BOD Meeting; 2:30
Harvest Dinner --- 6 p.m.
- Tuesday, November 21 --- Deadline for
Around the Bend
- Thursday, November 23 --- Thanksgiving Day
Office Closed
- Friday, November 24 --- Office Closed

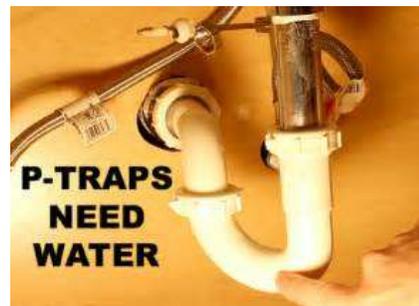
**From the Engineer
Bryan Crosley**



Unpleasant smell coming from your bathroom?

For those of you who don't already know. . .

If you have a bathroom that you never use, plan to run some water in the sinks, tubs or shower to keep the "P" trap full. The "P" trap is part of the drain that holds just enough water so that the sewer gases don't come back through the drain pipe into your unit.



Daylight Saving Time Ends
Sunday, November 5



COMMITTEE REPORTS

Activities

The month of November brings a lot to be thankful for: the much welcomed cooler weather and the ongoing change of the landscape with beautiful fall colors provided by Mother Nature. Here at Riverbend we will be busy as the squirrels with the continued gathering of their food for cold winter months.

Our calendar for November:

November 9, at 7 p.m. will be an informative evening presentation by the Legacy Elder Law. This evening's presentation will provide us with good information and answer questions that all of us have about what we need to do to plan for the future and understand what benefits are available. Your adult family members are welcome to attend. Please sign the attendance list in the mail room that will be there on November 1 . . . light refreshments will be served.

November 16, 6 p.m.--- Don't miss this Harvest Dinner celebration that will be shared with all of our friends and neighbors. The meat entrée will be provided by the Activities committee. The side dishes and dessert will be provided by our dinner guests. When you make your reservation, please select a side dish or dessert that is listed on the sign-up sheet to bring to the harvest table. Each dish or dessert should serve 6 to 8 people. A \$4 fee for each dinner guest must be paid at the time your reservation is made. Make your check payable to Riverbend Activities Committee and put it into the committee's box on the wall outside the manager's office. You must have a paid reservation in order to attend because paid reservations are the committee's guide for shopping and seating arrangements. A poster with all details will be in the lobby several days before the dinner. The sign-up sheet will be on the table in the mail room.

November 24 --- Holiday decorations will be in the party room to begin decorating for the holiday season.

December 3 --- .Riverbend's Christmas party is on Sunday, December 3. Come join us in the party room to Trim the Tree at 2 p.m. and welcome Santa and Mrs. Claus at 3 p.m. All are encouraged to invite family and friends to join in the fun, Santa will have a gift for all children (ages 1 year to 12 years old,) if

their names are on his list that will be on the table in the mail room from November 22 through November 30. The poster with detailed information will be in the lobby several days before this event. You will not want to miss being part of the party.

The Northern Lights presentation on October 19 was the wonders of nature captured by the camera lens of Denise Silva, Riverbend's very own resident professional photographer. Thank you Denise, for sharing your wonderful talent with your neighbors. The presentation was amazing.

Dates to Remember:

November 9, 7 p.m. Legacy Elder Law

November 16, 6 p.m. Harvest Dinner (Pot Luck)

November 24, Holiday decorations in the party room

December 3, 2 p.m. Trim the Tree and Santa's visit

This is a very busy time for the committee members. All of us keep up with our ongoing committee work making time for our own holiday shopping, decorating and visiting with family and friends. I extend my thanks to all of the members for their continued support to Riverbend's activities committee.

We hope to see you at the next event.

--- Cathy Black Co-Chair

HOW TO COOK A TURKEY

Step 1. Buy a turkey

Step 2. Have a glass of wine

Step 3. Stuff turkey

Step 4. Have a glass of wine

Step 5. Put turkey in oven

Step 6. Relax and have a glass of wine

Step 7. Turk the bastey

Step 8. Wine of glass another get

Step 9. Hunt for meat thermometer

Step 10. Glass yourself another pour of wine

Step 11. Bake the wine for 4 hours

Step 12. Take the oven out of the turkey

Step 13. Tet the sable

Step 14. Grab another wottle of bine

Step 15. Turk the carvey!

Package Room/Call for Volunteers

The Package Room needs your help!!
Currently, and especially in the coming holiday seasons we will need all the help we can get. Needless to say, Emil’s passing is a huge loss for us all in many ways.

Please consider donating 1.5 hours a month to helping us keep the packages flowing smoothly from the mail services to you. The duties are not complicated and it is a wonderful opportunity to meet both new and not so new residents of our community. You will also benefit from the gratitude of your neighbors as you help them receive those eagerly awaited parcels.

For more information, contact Ginger Lindsey or Kay Curley. To sign up, please leave your name with Debi Belote in the front office. If you would like to have training before you start, contact Kay 571-291-2346 or Ginger 571 442-8629.

Thank you on behalf of the Riverbend community.

It’s Not Too Late

The 2017 Fitness Challenge began on Saturday October 14, and will end Sunday, December 9. If you will be away during part of the challenge, I encourage you to participate while you are at LWVA.

Riverbend will appreciate your support. This year’s Challenge only collects information on physical exercise. There is not a component for brain fitness. There is no sign-up sheet this year. Just pick up a weekly recording sheet from the mail room table and deposit the preceding week’s forms in the folder marked for that purpose.

If you have any questions, you can call me at 7023-729-6276.

--- Jackie Levdahl, Unit 206
Team Leader



Thanksgiving Food Collection

Once again we will be collecting food for “Loudoun Hunger Relief”, formerly “Loudoun Interfaith Relief”. This year we will commence collection on November 1 and continue through November 21. Let us make this a record breaking year for collection. --- Charlie Nelson



November 11, 2017

COMMUNITY SERVICES**Loudoun County Sheriff's Office Utilizes Drone in its Project Lifesaver Program:**

Project Lifesaver, a national program in which the Loudoun County Sheriff's Office participates, is an electronic-based locating system for people who have medical conditions which cause them to have a tendency to wander from home and become lost. The program allows Loudoun County Deputies to fit clients with a wristband transmitter that emits an automatic tracking signal. If a client has become lost, specially trained deputies use a mobile antenna and hand-held directional device to help locate the client. Since this program's inception in Loudoun County in 2010, it has been 100% successful in locating its missing clients. Project Lifesaver is funded through several local, state and federal grants.

The Sheriff's Office recently acquired a small unmanned aircraft system, commonly known as a drone. It is the first drone in Virginia and the sixth in the United States to be equipped with Project Lifesaver antennae. If a client becomes lost, the specially trained deputies from the Loudoun County Sheriff's Office Search and Rescue Team can now use the Project Lifesaver drone to help locate the person. This new technology will allow the deputies to more efficiently search for missing people. The drone is enabled to carry infrared and high resolution cameras to assist in search and rescue operations. The deputies who operate the drone are licensed pilots.

For additional information about the Project Lifesaver program, go to website www.sheriff.loudoun.gov/projectlifesaver , or call 703-777-0407.

Social Security and Medicare Scams — Update:

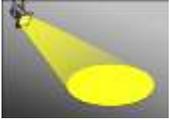
The Social Security Administration has recently reported a number of scams in which individuals posing as Social Security employees call or email people and ask for personal information such as their name, date of birth, Social Security number and bank account information. The caller alleges that this information is needed to issue additional funds, e.g. a cost of living increase, or alleges that

the person's information has been lost because of a computer glitch. However, Social Security Administration representatives will never ask anyone for personal information by telephone or email. They recommend that people never respond to a telephone request or email request for any personal information. Instead, the suspicious activity should be reported to the Office of Inspector General Hotline: [800-269-0271](tel:800-269-0271).

Congress passed an act in 2015 which requires that Social Security numbers be removed from all Medicare cards by April, 2019. Through this initiative, the Centers for Medicare & Medicaid Services (CMS) will help reduce fraud, fight identity theft, and protect the private healthcare and financial information of Medicare beneficiaries. CMS will issue new Medicare cards with a unique computer-generated sequence of numbers and letters, i.e. a Medicare Beneficiary Identifier, to replace the Social Security-based insurance claim number Medicare recipients now have. CMS will start mailing new Medicare cards in April, 2018. All Medicare cards will be replaced by April, 2019.

The Federal Trade Commission (FTC) reports that scammers are now targeting the 58 million Medicare beneficiaries who will be receiving new Medicare cards next year. The scammers are calling people and telling them that their Social Security number and bank information are needed to get their new Medicare card; or they are asking them for payment for the new card; or they are telling them that they will lose their Medicare benefits if they don't give the caller their personal information. The FTC's recommendation is to immediately hang up the phone. Medicare will never call beneficiaries to ask for personal information such as that, and the new card will automatically be sent to every beneficiary at no cost.

--- Anita Zatz



In The Spotlight



Lourae Heller

We recently held a reception for Riverbend residents who are 90 years of age and better. One woman distinguishes herself in that distinguished group. Lourae Heller's 100th birthday will be on November 6.

Looking forward to her centennial, Lourae also looks back over her long life. She sees a young girl of twelve or thirteen sitting at the piano. She had roughly one sharp and two flats at her disposal, but she played. Her mother had recently stopped funding her piano lessons because she didn't practice regularly, but she played. "Technically, I had nothing," she says; yet she played for assemblies in junior-high school. Later, at her Mt. Carmel, PA, high school, she decided not to even try out for that position; she didn't want to compete against classmates who were highly-trained. But her principal recruited her, and there she was, sitting at a grand piano performing for audiences numbering 200 – 300. "It gave me something to do," she says, "since I wasn't much interested in sports."

A charming smile lights her face: "My grandpa sat before the fireplace all the time. He had a head full of bushy hair which he patted all day. And he told me, 'Just remember, you don't play the piano with your fingers but with your heart.'" And she took his advice to heart. Lourae travelled to an Eisteddfod (a music competition that originated in Wales) to be the accompanist for several talented musicians. She learned to play the organ well enough to give an organ recital in her church and she sang with the church choirs. Much later, when she had children of her own,

she formed a children's choir, ages 8 – 12; one of the members went on to join The Metropolitan Opera.

Lourae met her late husband Barney at a campsite near a lake where he was a lifeguard. She was sixteen years old; he was nineteen. The minute she saw him, "A thrill went down my spine and I said, 'He's mine.'" For the next seven years, she rented a cabin there every summer. They danced; they went for walks, but "It killed me that, as part of his job, he was teaching first aid to those cute little girls." Finally, they married. "He had no car, no money, all he had was himself; but that was all I wanted."

When they were expecting their first child, Barney said, "I hope we have a child we can name after Rick," his dear friend. They did. Later, with the second pregnancy, Barney chose the name again: "It would be nice to have a Ginger." And then, "How about a Sweet Sue?" Lourae proudly explains that he got all three of his wishes.

For many years, Lourae has participated in Bible Study groups. She remembers Dick Baker's mastery of history, Fred Kory's knowledge of locations, and Ruth Jacoby's ability to "dig in and find things." She adds, "I've been through the Bible at least twice, but what I'm really interested in is learning how to live a good life. I've been blessed beyond measure."

Dick Baker often referred fondly to Lourae as a "computer geek." And compared to her peers in the 90+ group here at Riverbend, she certainly is. Not only does she use email like a pro, "It's the easiest thing," she also creates her own personalized greeting cards and uses her two iPads to do puzzles and to read. "I think technology is fine when it works, but sometimes it doesn't do what you want it to do," she says with a mischievous smile.

Lourae has countless stories to tell. There were the war years when her husband had a deferment to do critical civilian work as a machinist; the twenty-two years she worked for Metropolitan Life Insurance Company, where she was once threatened at gun point by Mafia-type, would-be robbers; the family move from Mt. Carmel to Philadelphia; and much more. But family is everything to Lourae Heller. Her eyes sparkle when she talks about Barney and their sixty-six-year marriage and about their children and grandchildren and greats. There's Chase whom she nicknamed Puddin' Pie when he was an infant but now calls her Joy Boy; another great-

grandson recently asked her, "Are you going to be worth more when you turn 100?"

She'll celebrate her 100 years in our party room with twenty family members from near and far and with her many Riverbend friends. With her customary humor, she announced the plans at the 90+ reception but cautioned us not to all show up! "As soon as that was out of my mouth, I knew it was terrible," she says.

Not to worry. Whether we attend the party or not, we all wish Lourae Heller a glorious birthday and many more.

--- Bernie Nakamura
 Photo courtesy of Bob Nakamura



assortment of fresh sushi fish and pickled vegetables artistically arranged. It's a new favorite. Bento Box lunches \$13, teriyaki (5 choices)



) or curry (3 choices) come complete with miso soup and salad. Hot tea is complimentary.

Happy Hour is Monday to Saturday from 4:30 to 7, and all day Sunday: wines \$6, beer \$4, peach sparkling sake \$6, specialty drinks \$7. Thankfully we didn't have to sit at the bar since those prices are also available at the table. Watch for specials. Currently on Hibachi Days (Wednesday and Thursday), all hibachi entrees are 25% off, a significant savings.

Get a group together and enjoy hibachi. Great for late night dining Sunday-Thursday until 10, weekends until 11, phone [571-510-3693](tel:571-510-3693), or order online at www.ironstoneusa.com.



The Adventurous Eater

By Judy Kory

Iron Stone

In the Belmont Chase (Whole Foods) shopping center behind Coopers Hawk (reviewed last year) is the new one-of-a-kind Iron Stone: Hibachi Sushi Lounge. The beautifully decorated restaurant is quite large. One side is hibachi with lots of seats around multiple grills. Your food is cooked in front of you with a bit of a show as your personal chef does his best to entertain. Each dinner includes miso soup, salad, two shrimp, fried rice, and one, two, or three proteins. We tried the Chilean Sea Bass and Steak dinners. Both were excellent.



The other side of Iron Stone includes a full bar and lounge, the sushi chef counter, a room full of booths and tables, and a covered outdoor patio. The menu is extensive with five soups, six salads, 16 non-sushi appetizers, teriyaki, tempura, Thai noodle dishes and Chinese chicken dinners. The sushi choices seem endless; too many options to list. Chirashi lunch \$14 - also available for dinner \$22 - is new for me. The word means "scattered" and is deconstructed sushi. A bowl of wonderfully flavored rice is topped with an

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