



The Inwood Post

Inwood House ~ 10921 Inwood Avenue ~ Silver Spring, MD 20902 ~ 301-649-6595

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Spruce Up for Spring

You may have noticed a few changes around Inwood House in the last few weeks. Property Management and some of our contractors have been busy cleaning up the grounds and remodeling the Laundry Room. Lots of dead limbs and other winter-killed vegetation have been removed. The landscape beds have been edged and fresh mulch put down. The dead boxwoods along the sidewalk to the rear parking lot were taken out and new, healthy bushes planted. And all just in time for the cherry trees and other flowering plantings to pop out their spring finery.

We would like to thank all the residents and their aides for their patience during the remodeling work in the Laundry Room. We know you endured many closures and schedule changes while the work was being completed. Everyone has been very positive about the experience!

At this point, a majority of the work has been completed. In the future plastic wall protectors will be added to help keep the walls in good shape. Also, a few of the floor tiles will need to be replaced. This work may require that the Laundry Room be closed for a day or two. However, the work will not take place for a few more weeks.

Now, to answer the question that everyone has been asking...Will we be getting new laundry machines? We will not be getting new laundry machines at this time. We have found that as long as the machines are used properly, overall they work very well.

Is there a “sprucing up” project you want to do now that spring is here? Donate some clothes you don’t wear any more? Sort that pile of mail that’s piling up on your kitchen counter? Recycle that bin full of soda cans? Get your hair cut or your nails done? No time like the present!



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Property Management News

Laundry Room Reminders

1. Laundry Room hours are 6:00 a.m. to 10:00 p.m. All clothes must be removed from the machines by 10:00 p.m.
2. The laundry machines are available on a first come, first served basis.
3. Do not overload the washers and dryers. Your clothes will not get as clean in an overloaded washer and it will take longer for your clothes to dry in an overloaded dryer.
4. Do not leave your clothes unattended
5. The management does not assume any responsibility for damaged, lost or stolen clothing.
6. Please remove your clothes promptly at the end of the wash or dry cycle.
7. Please clean out the dryer lint filter when you finish using the dryer.
8. Please dispose of all lint, dryer sheets and trash in the trash can.
9. Please follow the directions on the machines
10. If a laundry machine is not working properly, report it to the Front Desk Attendant immediately.

A Few Things that You May Not Know about the Machines

1. The washers are designed to use only laundry detergent. Dish detergent works differently than laundry detergent. Also, dish detergent creates a lot more suds than laundry detergent which makes it difficult to rinse the soap out of your clothes and can harm the washers.
2. Front loading washers only need ¼ cup of soap. When too much soap is used, the machine may shut off because too many suds form. So, please save your soap for future washes instead of putting extra soap in the machines.
3. Powdered laundry detergent does not work well in the front loading washers. Most powdered laundry detergent ends up getting stuck in the dispenser and never makes it into your wash. Please use only liquid laundry detergent in the front loading washers.
4. Please do not force the door open on the front loading washers – it damages the doors. Only open the door when the “Door Locked” light is not lit.
5. Please let the washers completely finish the rinse cycle before stopping the machine. When you do not let your clothes completely run through the spin cycle, extra water is held in the clothes and it will take longer for the clothes to dry.
6. When the “Unbalanced Load” light is lit on the top loading washers, please open the washer lid, let the washer come to a stop, then move the clothes around the washer to distribute them evenly, then close the lid and allow the spin cycle to complete.

New Heat Pumps for Some Apartments

You may have heard around the building that some apartments are receiving a new heating and air conditioning system. A few months ago, Inwood House received a grant from the State of Maryland to upgrade some building systems so they are more energy efficient. With the grant, we are able to replace 65 of the apartment air conditioners with new, energy efficient units. Unfortunately, we did not receive enough funds to replace the air conditioners in all of the apartments. The apartments that receive the most sun in the summer are the ones that were selected to receive the new units. Most of the units have already been installed, except on the fourth floor. The installation of all the units will be completed in the next few weeks. If a unit will be installed in your apartment, you will be notified in advance when the work will be done.



Saving energy
with Maryland's
assistance.

Dance Class is Back

No Barriers Dance Class begins this coming Tuesday, April 5th, at 7:00 pm. in the Rec Room, sponsored by the Montgomery County Rec Department. The class meets 7-7:45 p.m. for the next seven Tuesdays. This class is accessible for everyone, whether or not you use a mobility aid. You can participate standing or seated. You do not need to pay a fee or pre-register. Come on time, because the class is popular and size is limited.



Just dance,
in a chair or
on your feet.

Tenants Association Activities

The Tenants Association has two events coming up this month. On Wednesday, March 13 at noon a movie will be shown on the big-screen TV in the Dining Room. Come down for lunch and stay for the show, or have your meal at home and then join friends and neighbors for the "screening" of a recent film. No title has been announced; if you have a suggestion, see a TA representative.

The Tenants Association will be holding an ice cream sale in the lobby on Friday, March 15, starting at 2:00 p.m. A variety of ice cream will be for sale to raise funds for future activities.



It's show time!

Resident Services News

Social Security Benefits Go Electronic in May

Starting May 1, all individuals applying for Social Security, veterans benefits or other non-tax federal payments such as pensions will receive their payments electronically. Paper checks by mail will no longer be offered by the U.S. Treasury Department. Current Social Security recipients who receive their monthly checks by mail will have to switch to electronic payment by March 1, 2013.

Treasury officials say the switch to electronic deposits is safer, faster and more reliable for recipients. In 2010 more than 540,000 Social Security checks were reported lost or stolen and had to be reissued.

In most cases, the money is direct-deposited electronically into bank accounts. For people who don't have accounts, the government is offering a MasterCard debit program in which benefits can be deposited to a debit card which can be used for purchases at any place that accepts MasterCard. Many services will be free with this card, including one cash withdrawal per month, balance inquiries at ATMs, by phone or online, and toll-free customer service 24 hours a day, 7 days a week. Additional services are available for a fee.

See your Resident Services Coordinator or visit www.ssa.gov for more information.



Social Security is moving into the 21st century.

Tip of the Month

Did you know you can use transportation costs to the hospital, doctors, dentist or other health professional to help lower your rent during your rent recertification? Bring receipts for cab fare, driving and public transportation along with documentation that the trip was necessary for a medical need. To prove that you traveled to and from a medical appointment on a particular date, bring a printed statement from the doctor, dentist, etc., even if you didn't have to pay for the visit.



Save money two ways.

Make a Donation, Get a Free Ride-On Trip

Ride-On buses will accept donations of non-perishable food or children's items such as disposable diapers Sunday, April 10 - Saturday, April 16. Donation bags will be placed near the bus fare boxes. The donations will be used to help families in need in Montgomery County during the annual "Give and Ride" campaign.

April 2011 Resident Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Bus to Kemp Mill 9:30 am	2 Bingo 6-8:30 pm Rec Room
3	4 Knockouts 6 pm Rec Room Boutique Open 6:30-8:30pm	5 Betty Toy 4:30-8pm Dance Class 7 pm Rec Room	6 Boutique Open 6:30-8:30pm	7 Roz - Social Worker 9:30am-5pm Taste of Thursday 6pm Rec Rm Rent Collection 6:30 pm	8 Bus to Westfield 9:30 am Coffee House Doors Open 7:30 pm	9 Bingo 6-8:30 pm Rec Room
10	11 Knockouts 6pm Rec Room Boutique Open 6:30-8:30pm	12 Dance Class 7 pm Rec Room	13 TA Movie Noon DR Mobile Post 2:45-3:30 pm Boutique Open 6:30-8:30pm	14 Roz - Social Worker 9:30am-5pm TV Rm Taste of Thursday 6pm Rec Rm	15 Bus to Kemp Mill 9:30 am TA Ice Cream Sale 2 pm Lobby Boutique Open 6:30-8:30pm	16 Bingo 6-8:30 pm Rec Room
17	18 Knockouts 6pm Rec Rm Boutique Open 6:30-8:30pm	19 Dance Class 7 pm Rec Room	20 Boutique Open 6:30-8:30pm	21 Roz - Social Worker 9:30am-5pm TV Rm Taste of Thursday 6pm Rec Rm	22 Bus to Westfield 9:30 am Boutique Open 6:30-8:30pm	23 Bingo 6-8:30 pm Rec Room
24	25 Knockouts 6 pm Rec Room Boutique Open 6:30-8:30pm	26 Dance Class 7 pm Rec Room	27 Mobile Post 2:45-3:30 pm Boutique Open 6:30-8:30pm	28 Roz - Social Worker 9:30am-5pm TV Rm Taste of Thursday	29 Bus to Kemp Mill 9:30 am Boutique Open 6:30-8:30pm	30 Bingo 6-8:30 pm Rec Room