



REGENCY RECORD



NEWSLETTER OF THE
REGENCY ESTATES CITIZENS ASSOCIATION

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2016 #2 – December

PRESIDENT'S MESSAGE



As 2016 draws to a close, it's a good time for me to reflect on Regency Estates Citizens Association's report card for this year.

The year started off with the region's worst snowfall for a long time. During that time, we had several requests for help with snow clearance, a few even involving life threatening situations. Unfortunately, we had very few residents who were willing or able to help with these situations.

Weather affected us again in May when we had to cancel the community picnic due to rainy conditions. Even our rain date was rained out! Despite having a couple of very interesting speakers at our annual meeting in May, unfortunately relatively few residents were there to hear them. Also on the debit side, the plans to repaint street numbers did not happen due to the difficulties that our Eagle Scout candidate had with trying secure volunteers. This is a priority project for next year.

There were some positives. After a prolonged absence, our community yard sale took place this fall. In addition, we have seen use of the Nextdoor app take off as a way for residents to interact with one another for all sorts of needs.

Your Board does its best to represent the interests of our residents and tries promote a sense of community. However, all the members of the RECA Board (including me!) have our day jobs, and can only devote a limited amount of our time to these activities.

The life blood of your Association is volunteerism and we need more volunteers and greater participation in our community to make Regency Estates a vibrant and fun place to live. Please make one of your new year's resolutions to get more involved in your community. We need you!

May I take this opportunity to wish you a happy holiday season and a wonderful new year!

Kind Regards,

David Freeman

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-
- 8:00 a.m. Worship Service: Holy Communion
 - 9:15 a.m. Education for Adults; activities for children in pre-school-Grade 5; nursery program for infants-toddlers
 - 10:30 a.m. Worship Service: Holy Communion for All; Sunday School and Worship for pre-school-Grade 5; nursery program for infants-toddlers

Christmas Eve services

- 5:00 p.m. Children's Pageant, 7:30 p.m. Festival Service with Brass
- 10:15 p.m. Special pre-service Music, 10:30 p.m. Festival Service with Brass, Bells, and Choir
- Christmas Day service 10:30 a.m.**

Other Programs

-
- 12-step programs
 - Duplicate bridge
 - St. James' Children's School
 - Opportunities for study/community service
 - Facilities available for parties / meetings / other events

AROUND THE NEIGHBORHOOD

NEW TO THE NEIGHBORHOOD?



Have you recently moved into the Regency Estates neighborhood and not yet received a visit (and a little welcome gift) from RECA? If not, please contact us by completing the 'Contact Us' form on our web site,

www.regencyestates.org

We'd be pleased to drop by, welcome you to our neighborhood and collect your information so that we can keep you informed about local news, events and emergency situations.

Communicating with Your 'Nextdoor' Neighbor (update)

By David Freeman, RECA President



In Regency Record 2016 #1, we introduced you to Nextdoor, a modern take on the concept of a listserv – a private social network accessible by invitation only. Nextdoor allows you to get time sensitive notices (for example lost pets, suspicious activity etc.) out to the area without having to wait for RECA emails to go out on such topics. It also provides a forum to canvass the neighborhood to obtain or provide services, receive recommendations, get answers to questions, make announcements etc. Nextdoor is an 'app', available from the Apple Appstore, Google Play, and on the web at www.nextdoor.com.

Signups for Nextdoor have been significant since we made the announcement, but there are plenty of residents who have not yet taken advantage of the service yet. Judging by the volume of threads, Nextdoor is proving to be a very valuable resource to those who have signed up for the service. I must once again emphasize that RECA has no commercial or other relationship or involvement with Nextdoor or in the administration or moderation of Nextdoor neighborhoods. It is simply a tool we are promoting to fill a

need for which RECA has not been able to provide a solution. The more residents that sign up, the more valuable it becomes.

A reminder on how to join, which is by invitation only. In order to receive an invitation, please fill out the form on www.regencyestates.org/nextdoor.html, and you'll receive a link to register.

Welcome Mitangi to the RECA Board

We welcome Mitangi Mehta as the newest member of the RECA Board, having joined in November. Mitangi, her husband and three boys are recent arrivals to Regency Estates. Mitangi is a Cyber Security professional with extensive experience in Cyber and Information Security including enterprise level software security products. Mitangi has started her tenure by helping compile this issue of Regency Record. Please join me in welcoming Mitangi and thanking her for commitment!

RECA Annual Meeting



RECA's annual meeting was held on May 11 at St Andrews Episcopal School. Andrew Kavounis, Bill Wydro, Jerry Garson, Steve Chojna, Glenn Lesak and Jan Peterson were all reelected to the Board.

There were two speakers: Jennifer Herzog, Maryland Grassroots Manager at the Chesapeake Bay Foundation, and State Delegate Aruna Miller. Jennifer provide a very interesting talk about how our property landscapes, our use of water in our homes, and the local infrastructure all have a direct impact on the health of the Chesapeake Bay Watershed. Aruna provided an update on events in Annapolis and also took audience questions on both issues affecting the State and local government.

Street Number Painting Update

Unfortunately, our Eagle Scout candidate who was trying to organize this project has been unable to get volunteers to do so. This project is a high priority for RECA, but we need volunteers to help. Unfortunately, we can't tackle the project until the spring when the temperatures warm up sufficiently.

If you would be willing to help with this project, please get in touch so that we can get underway as soon as the weather permits.

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Regency Estates Yard Sale – October 2016

Sue Belsky of Tifton Drive and Ilene Berkowitz show off their wares during the Regency Estates yard sale, held October 1 and 2, 2016. More than a dozen RECA families took part in the yard sale, which was organized by Stuart Simon.



5K Twilight Run and Festival – July 2016

<https://rockvilletwilghter.org/>



The 5k took place this year in Regency Estates. It was enjoyed by many in the community. Runners and volunteers did a great job.

The 2016 Rockville Rotary Twilight Runfest, known locally as the Twilighter, is made up of a pre-race festival, tot-trots, a 5k (previously an 8K) road race and a post-race festival and party, which this year was held at Cabin John Mall.

Since its inception in 1985, this quality community event has become one of the most popular races of the summer in the National Capital area.

Proceeds from this event benefit the Rockville Rotary Club Foundation, which supports the community programs of worthy Rockville, Montgomery County, and international nonprofit organizations.

To learn more about the Twilighter, visit the race website at www.rockvilletwilighter.org or check out our Facebook page at www.facebook.com/RockvilleTwilighter.

King and Arturo Villalobos winning the kids competition and David & Zach Shein winning the big kids competition.

The weather was beautiful, the kids had a great time, and the food, as usual, was tremendous. Many thanks to the organizers, including Coach Bruce Kelley, Jim "The Grill Master" Hamm, the Dolan Family, as well as, Jacques Bankier and Re/Max for their generous donations, which made this Block Party such a tremendous success.

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The Coker Girls enjoy a snack and Face Painting artistry



Some of Churchill's Best and Brightest were in attendance!

6th Annual Buckhannon & Harker Block Party

On September 9, the residents living on the Buckhannon & Harker Loop held their 6th Annual Buckhannon/Harker Block Party. With attendance nearing 100 people for the day, there was fun to be had for young and the young at heart. This year's party featured face-painting, a moon bounce for the youngest of the kids, as well as volleyball and badminton. There was the yearly egg toss competition, with Cameron



Party Planner Extraordinaire Helene Dolan gets the Egg Toss going



Some of the Egg Toss Finalists



Kids Egg Toss Winners Cameron and Arturo



Egg Toss Champions David and Zach Shein Sport their Prizes

AROUND THE COUNTY AND STATE

Office of Consumer Protection – Holiday Tips, a Consumer’s Guide

As the holiday shopping season begins, the Office of Consumer Protection (OCP) would like to [warn](#) consumers about common scams and give [tips](#) on how to come through it safely. The holiday season is prime time for thieves, scammers and identity thieves who prey on people preoccupied with gift-buying, festivities and travel.


- Set a budget and [stick to it](#). Consumer can spiral into debt over this season. The OCP website has additional advice on [financial literacy](#). If you find yourself in debt troubles, the OCP provides education and advice on [debt collection](#) practices
- If your purchases are being **shipped**, make sure they are being delivered to a secure location like an office or make sure items are delivered when you are home. Online tracking notifications can also help you track your packages.
- To limit identity theft and data breaches be careful of unsolicited links disguised as holiday promotions, unexpected delivery notifications, or greeting cards.

- When buying, make sure you understand the **return and refund policies**. Also avoid unusual forms of payment like wire transfers as they are not easily traceable. Use credits cards over debit cards as credit cards have more protections in place in the event of fraud
- **Prize scams** are prevalent during this time of the year. Remember you don't have to pay for a prize and money is never free. Emails promoting such prizes are likely phishing scams.
- **Charity scams** are a particular concern as consumers are in a holiday and giving mood. Before donating money, **verify the charity** with organizations like Charity Navigator, Guide Star or the **Secretary of State**.
- **Gift card** are convenient but may have **fees or other limitations**. And **Market Watch** advises consumers to buy gift cards from behind counters as opposed to out in the shopping aisles. Finally, Amazon and Walmart have already been **targeted** for holiday phishing scams involving their gift cards and **iTunes** expects "free" gift card phishing scams this season.
-

Beware of **travel** websites and emails which offer unbelievable deals on flights or holiday packages, have low resolution logos, or otherwise have consumer complaints online. Also beware of offers that come by phone for trips you have won or offers for vacations that are too good to be true.

- Seniors should be cautious about **grandparent scams** where someone claiming to be a grandchild, or calling on behalf of a grandchild, who is in need of money due to an accident, foreign travel, or even jail.
- The **BBB** is warning of **holiday hiring scams** where "**work from home**" or "mystery shopper" job offers appear in your inbox.

As always, with the right planning and foresight, the consumer can navigate this season successfully. The OCP is at all times here to assist you should you have any questions or concerns. If you have been a victim of these scams, or if you have any questions about a merchant's activities, please contact the Office of Consumer Protection, 100 Maryland Avenue, Suite 330, Rockville, MD 20850. Main: 240.777.3636 Tip Line: 240.777.368 Fax: 240.777.3768. You can also file a complaint online by clicking [HERE](#).



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Ride On provides service to the now open Clarksburg Premium Outlets



Clarksburg Premium Outlets opened in late October. The Outlet center features more than 90 stores and is accessible from Exit 18 on I270.

The regular Outlet hours are: Monday to Saturday 10am – 9pm & Sunday 10am – 7pm. There are special hours for the holiday season. More information is available on the [web site](#). Traffic around the Outlets has reportedly been very heavy since the opening, so taking Ride On, which has begun providing bus service to the Outlets, may be a good option if you want to avoid the congestion. The service has been added to the existing Route 75, which is available in Germantown. Two new Ride On bus stops (one for northbound travel and one for southbound travel) have been established on Gosnell Farm Drive, which is located just outside of the Clarksburg Premium Outlets property. A map showing the location of the bus stops is [here](#). Please note that the Route 75 only operates Monday through Friday from approximately 5:15 a.m. until 8:30 p.m. There is no late night or weekend service.

ReStore - Unusable Household Items

ReStore is the retail outlet of nonprofit Habitat for Humanity. It resells new or gently used donated furniture, appliances, building-construction supplies (e.g. tile, wood, bricks, doors, cabinets, tools, etc.). Drop off donations on Mon.-Sat. 10am-4pm. Call 301-990-0014x31 or email for pick up.

Business hours for shopping are Mon-Sat 9-6, Sun 10-4.

ReStore is at 1029 E. Gude Dr, Rockville, 301-947-3304, email restore@habitatMM.org.

For more information, visit www.restoreMetroMD.org.

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- 400 hours of experience working with school age children in a licensed child care center, public or private school; or caring for children as a registered family child care provider.

MCCA offers great training opportunities for continuing education.

If you are enthusiastic, caring and a great team player – we want to talk with you about a rewarding career in child care with MCCA!

Resumes should be emailed to resumes@mccaedu.org

Please include the job requisition #16-077 on your cover letter/resume.

MCCA is an equal opportunity employer.

Montgomery County Resolution Reaffirms “The Montgomery Way”

On Tuesday, November 15th, the Montgomery County Council passed a very important resolution reaffirming Montgomery County's commitment to the Montgomery Way of valuing diversity and ensuring that all our residents are treated with respect and dignity. We have pasted a copy below. Please take a few minutes to read it.

SUBJECT: Reaffirming Community Safety and Trust and Denouncing Anti-Immigrant Activity, Racial Bias and Discrimination, Anti-Semitism, Hate Speech, Hate Crimes, and Harassment in Montgomery County

Background

1. Montgomery County's strength is its diversity. People from every corner of the globe come to our County seeking peace, stability, and a better quality of life for their families, and their contributions greatly enrich our community.
2. Montgomery County has the largest population of foreign born residents in the State of Maryland with nearly one-third of our residents coming from other countries.
3. More than 70 percent of students in Montgomery County Public Schools are Hispanic/Latino, African American, Asian American, or multi-racial.
4. The County Council affirms the dignity of all County residents and recognizes the importance of their contributions to social, religious, cultural, and economic life.
5. County officials and employees and our entire community have worked diligently to build trust among people of all races, ethnicities, and religions. These efforts make our County a thriving, welcoming community.
6. Montgomery County has a long history of protecting all individual freedoms, and we will continue to protect and defend our people and our progress.
7. All our residents should be free to go about their daily life without fear of hate speech, hate crimes, harassment, or deportation.
8. The Council strongly opposes any federal action that may undermine the trust created in our community and threaten public safety.

9. The Council is committed to ensuring that activity at the federal level will not impact our democratic values or the progress made in our community to protect individual freedoms. Federal authorities must proceed with great caution and respect for the values of our County and the requirements of the Constitution.

Action

The County Council for Montgomery County, Maryland approves the following resolution:

Montgomery County will continue to be a citadel of justice and provide unlimited opportunities for people from all walks of life. The County will continue to be an inclusive and pluralistic community where all people are treated with respect.

Montgomery County believes that no deportations should take place without ensuring that the person to be deported received adequate representation and due process of law under the Constitution. The Montgomery County Police Department will play no role in enforcing federal immigration law. County residents should never be afraid to seek help from our public safety officers.

The Council rejects bigotry, misogyny, homophobia, racism, anti-Semitism, and xenophobia in any form.

The Council denounces hate speech, hate crimes, and harassment and condemns the recent hate crimes that have occurred in our County.

The Council calls on the County's MC311 system to provide operators and staff with special instructions to assist anyone on how to report and deal with hate crimes and harassment, including information about legal resources and support services. When appropriate, MC311 operators should also transfer calls to the Montgomery County Police Department's non-emergency number and provide information about the Office of Human Rights.

The New Science of Thriving

By Marjorie Bender, Board Member

(Taken from an article by Christina Bethell, professor of The Johns Hopkins Bloomberg School of Public Health).

In the 1990's when Christina Bethell was earning a Phd, she began to amass evidence that led her to two conclusions. Firstly, that we could not medicate our way of health and well-being; and second, public health, medicine, and public policy needed to examine social and emotional determinants of health.

Out of these studies came more evidence that our relationships, hearts, and minds matter most to health and the achievement of wholeness.

In 1996 a large study was conducted by Kaiser Permanente and the CDC. This study further illuminated the consequence of adverse childhood experiences. Such experiences can impact on the brain making for trauma and stress that can be relieved by awareness and healing. "Ours is a social brain, and neurons that fire together, wire together"¹.

The good news is that a new science is emerging that suggests that well-being and resiliencies can be learned. In this mindfulness plays an important role. Mindfulness is a mental state achieved by focusing ones' awareness on the present.

Since this state is not easily achieved, it is called "a practice". But, practicing mindfulness helps unlock, heal and integrate, embedded stress, opens possibilities for rewiring the brain and beings to heal heart and mind. Over short terms, mindfulness practice has shown benefits both neurological and physical.

Elizabeth Blackburn, a Nobel Laureate in 2011, found that mindfulness meditation may slow the rate of cellular aging and extend life. We humans can flourish despite adversity. In thinking about a families' cycles of stress and trauma keep in mind "your being, there well-being"¹.

If you are interested in learning more about mindfulness, there is a great deal of literature in libraries, on the Internet, and bookstores. Topic stress seems to be the norm right now. Mindful meditation is one alternative to help ourselves and our families.

Christina Bethell, "The New Science of Thriving"; Johns Hopkins Health Review, 2016



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Dollars and Sense: Life Planning in The Digital Age

This article is courtesy of Fifa Northrop, Realtor



As society becomes more mobile and paperless, it's increasingly difficult to organize essential personal, financial and medical information and keep it in one place.

In the past, a power of attorney or executor could probably find paper copies of all bank and investment statements filed away, along with contact details for any institutions handling someone's accounts. Now such statements may never reach an owner's mailbox. Instead, they're stored online, out of physical sight and potentially away from an executor's knowledge. Financial statements, however, are just the tip of the iceberg. In today's digital age, many other types of assets can be difficult to find, much less access and control.

NEIGHBORHOOD NOTES

The Trials of Making my House Smarter (Part 2)

By David Freeman, President

In part 1 of my article in Regency Record 2016 #1, I described the benefits of my smart thermostat which, per the data it has collected since installation, has resulted in significant savings on heating and air conditioning costs.

As promised in part 1, here's my report on what it took to install the smart thermostat. If you thought this was just a matter of following the instructions, read on!

I will say that at first glance the instructions seemed straightforward enough. At a high level, they were to: unwire and unscrew the existing thermostat, screw the new one to the wall, wire it up, configure it (including Wi-Fi connection), register and set up the online account, place the sensors around the house and program the temperature settings to my heart's content.

My major challenge was the wiring of course. Since the wires are all color coded per a universal scheme, it should be a matter of connecting the yellow wire to the 'y' terminal etc. – simple enough. Not in my house – the colors of the wires weren't as they should be. To make matters worse, my old thermostat has one wire fewer than the smart thermostat needed. While there were some loose wires in the wall, I didn't know which, or indeed if any were useful. I wasn't about to start playing Russian Roulette to try and figure it out either. Since the other end of the cable containing the individual wires was in my furnace, I was faced with the reality that to be successful, I was going to have to give myself a crash course in furnace wiring, something I must admit found scary. After all, there's real gas and hot flames in my furnace! I was faced with two options: give up and call my HVAC firm to save me, or soldier on. The humiliation of having to admit defeat and tell my family that I was out of my depth was too much to bear. So I decided to show a veneer of confidence and keep going.

So, the first step in my education was to find the furnace manual. The good news was that I knew where it was (thank goodness I'm somewhat organized) and found it quickly. The bad news was that when I started looking at the wiring

diagram in the manual, I realized that I would be able to make more sense of a plate of spaghetti!

It was at this point that I decided that I needed some additional help – but not from my HVAC firm. In my desperation, I started searching YouTube and was fortunate enough to come across a video that provided some insight as to how the wiring worked. After watching the video several times, taking notes and cross checking with the wiring diagram in the manual, I convinced myself that I had enough confidence to perform surgery on my furnace. So armed with my notes, my smartphone (to take a picture of the wiring before I messed it up) and a set of screwdrivers, I made my way to the basement.

After turning off the electricity to the furnace, I dutifully removed the main furnace cover and then unscrewed the plate where all the wires and circuitry were located. On seeing the number of wires that emerged, I began to have second thoughts. The immediate picture that came to mind was diffusing a time bomb! Staring at the wires, it dawned on me that it wasn't just the furnace that I was going to have to rewire, but the humidifier too!



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There were relatively few wires involved with the humidifier, so how hard could that be to deal with? I thought that doing that first would also be the quick win I needed to boost my confidence. After taking a couple of photographs with my phone, I located the cable coming from the thermostat. By referring to my poorly drawn diagram of the thermostat wiring and other notes, I figured out the actual color scheme that was being used, connected a couple of the spare wires and moved a couple of other wires around.

There was a manual thermostat connected to the humidifier and screwed to some ducting that I needed to disconnect. If all went well, the smart thermostat would take that role. After doodling on a piece of paper, I finally figured out how I needed to amputate the humidifier's thermostat, which I dutifully did. I then moved onto the main wiring challenge at hand and carefully followed my notes.

Once I'd checked and double checked all the wiring changes I had made (almost to the point of showing OCD tendencies), making sure that the wires were secure and not touching, I powered up the furnace and started the configuration process on the thermostat. To my amazement, the thermostat was working and successfully controlling the furnace.

I was feeling really good until I realized that the humidifier wasn't working! Back at the furnace I checked and rechecked my humidifier wiring. It simply would not work.

Eventually I called the thermostat company's technical support line. I was on with an engineer for about 45 minutes and despite his advice, nothing seemed to work. It was at this point intuition took over. What if the spare wire I used to connect the humidifier to the thermostat via the furnace was bad? Since I had a few extra spare wires between the thermostat and the furnace, I connected a different wire. When I saw the spray of water coming from the humidifier valve like from a shaken bottle of Champagne, I knew that much hunch about the bad wire had paid off.

I tidied up the mess of wire ends and set about initial programming of the thermostat, which produced its own problem, albeit not technical. My old thermostat was set to hold at 68F, so given the late hour (it was 11pm by the time I had everything working) I decided to temporarily set the smart thermostat to the same setting and just use it as the active sensor.

Are You Thinking of Selling Your Home?

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- Recitals, Competitions, Exams
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Contact Sofia Vulfson, 301-299-3349

Revekka52@yahoo.com



Let's just say that my wife was not happy with me in the morning, complaining about how cold she was all night. Despite explaining that I had set the new thermostat to exactly the same temperature as the old one and there should not be any difference as a result, I could not win the argument. To prove my point, I put the old thermostat control (which had a battery backup) near the new thermostat – and it turned out that the old thermostat registered 64F. So unbeknownst to me, after all these years, our old thermostat was always 4 degrees off! So when it was showing 68F, it was actually 72F. Having addressed this issue, the following day I started to tweak which sensors were set to which temperatures at which times. It took a few days to get this right, but fast forward to today, and it all seems to work very well and I'm saving money on electricity too. Now onto my next smart device!!!! Stay tuned ☺.

Internet Safety Tip – Email Addresses

By Mitangi Mehta, RECA Board Member

How many email addresses do you have? One, two, or more. When it comes to email addresses, more is okay. You are not paying for it.

- One should be your personal email. As the name suggests “personal” meaning only use it for personal use

or social use. Give it to friends, family, school, etc. No couponing or deal sign ups allowed on this “personal” email address.

- One should be your “junk” email address. This is the one where you sign up for deals, coupons (Groupon, Living Social, grocery stores, etc.).
- One should be your “business” email address if you have a home or consulting business. Use this email address for your blog or twitter.

There are multiple reasons to keep more than one email address. Internet safety is number one reason.

Remember we all put our home and cell phone numbers in the “Do Not Call Registry” few years ago. Well, there is no opt-out at the FTC (Federal Trade Commission) level for email. So whatever you do online is tracked by marketing companies and thus more junk emails.

The email addresses are shared and many times sold by retailers to marketing companies. So the more you keep things separate, the better privacy you will have and a lot less junk email.

If you have everything in one bucket and if your email password is compromised, much of your personal information is out in the open.

Are you giving out your home address to random people? Most likely no so then why would you give your personal email address!

If you want to learn, discuss more on this topic on how to separate and keep track of multiple emails, feel free to contact me (mitangi.mehta@regencystates.org)

ARE YOU A GOOD NEIGHBOR?



Watch out, there's a thief about

We continue to receive reports of thefts from vehicles and yards in Regency Estates. Below are some safety tips that can be used to make homes and vehicles as secure as possible.

Home Safety

- Always keep doors and windows locked when away from your house.
- Close the garage door when working in the back yard.
- Make sure the garage door is closed overnight.

- Your house should be well lit. It is a good idea to use automatic timers for the outdoor and indoor lights; motion sensors can be used also.
- Never leave easily removed items such as bicycles in your yard.

Vehicle Safety

- Doors to vehicles should be locked at all times.
- Make sure all valuables are out of sight i.e. cameras, laptop computers, loose change and GPS systems.
- Garage door openers and keys should not be left in vehicles.

Neighborhood Safety

- Report **any and all** suspicious activities to the Montgomery County Police, (non-emergency number 301-279-8000/ emergency number 911).

Montgomery County Offers Cold Weather Safety Reminders for People and Animals; Community Members Strongly Advised to Heed Precautions for Extreme Cold

With the upcoming winter, we thought we'd reprint an article from a prior edition to act as a reference for any severe cold that we may experience this winter.

There is always particular concern for the safety of children, senior citizens, and homeless individuals during periods of extreme cold. Children engaged in outside activities should be carefully monitored by a responsible adult. Neighbors, friends or family members should check on senior citizens who live alone. Montgomery County provides a variety of sheltering locations for the homeless.

All Montgomery County facilities, such as libraries, recreation centers and senior centers are open during their regular hours for use by anyone needing an escape from the cold. Public shopping centers are also available as warm locations during their hours of operation. Outreach program providers have attempted to encourage individuals who are homeless to seek shelter. All emergency and transitional shelters will allow homeless individuals to stay inside until temperatures increase, and/or return to a shelter early from daytime activity programs. For additional information on County services contact MC311 by calling 3-1-1 or 240-777-0311 between 7 a.m. and 7 p.m. weekdays, or through the www.MC311.com website address available 24/7.

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Alert Montgomery:

For timely severe weather and emergency notifications, go to <https://alert.montgomerycountymd.gov> and sign up for Alert Montgomery. Warnings and emergency updates will be sent directly to your cell phone (text), land-line phone, computer (Twitter & Facebook) and/or email address. The service is free, but text charges may apply, so check with your cell phone carrier before selecting text alerts.

Hypothermia:

Extreme cold is a dangerous situation that can bring on health emergencies in susceptible people, such as the very young, seniors, those without shelter or who are stranded, or who live in a home that is poorly insulated and/or without heat. Hypothermia can result from prolonged exposure to the cold. When exposed to cold temperatures, the body begins to lose heat faster than it can be produced. When the body's store of energy is used up, the result is hypothermia. Because hypothermia can affect the brain, a person may not be aware that it is happening, and not take appropriate steps to prevent damage.

Warning Signs:

- Shivering, exhaustion
- Confusion, fumbling hands
- Memory loss, slurred speech
- Drowsiness
- For infants – bright red, cold skin, very low energy

What to do:

- If you notice any of these signs, take the person's temperature. If it is below 95 degrees, the situation is an emergency – get medical attention immediately.
- If the person is unconscious and does not seem to have a pulse or to be breathing, call 9-1-1.

Prior to medical care:

- Get victim into a warm room or shelter.
- Remove any wet clothing.
- Warm the center of the body first – chest, neck, head, and groin – using electric blanket if available, or use skin-to-skin- contact under loose, dry layers of blankets, clothing, towels, or sheets.

- Warm, non-alcoholic, beverages can help increase body temperatures if the victim is conscious.

Frostbite:

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas, typically the nose, ears, cheeks, chin fingers, or toes. Signs of frostbite include redness or pain in any skin area, a white or grayish-yellow skin area, skin that feels unusually firm or waxy and numbness.

What to do:

- Get into a warm area as soon as possible.
- Immerse the affected area in warm, but not hot, water.
- Warm the affected area using body heat.
- Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming.
- Do not walk on frostbitten feet or toes if at all possible.
- Do not rub the frostbitten area with snow or massage it in any fashion.



ELEANOR SCHMETTERLING

I'M IN *THE* BOOK!

(Your Neighborhood Directory)

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Outdoor Safety:

Try to stay indoors, and make trips outside as brief as possible. Limit outdoor recreational activity. Outdoor cold weather exertion puts extra strain on the heart.

- Wear hat, scarf, or mask to cover face and mouth.
- Sleeves should be snug at the wrist.
- Mittens are warmer than gloves.
- Several layers of loose-fitting clothing should be worn under a heavy coat.
- Never go out on frozen ponds, lakes or creeks. It is impossible to judge the thickness and strength of ice by its appearance. Children cannot be reminded enough not to go out on a frozen surface.

Indoor Safety:

If you plan to use a wood stove, fireplace or space heater, be extremely careful. Never use generators, grills, camp stoves, or similar devices indoors, inside a garage, or near the air intake of your house because of the risk of carbon monoxide poisoning.

- Only use combustion heaters if they are properly vented to the outside and do not leak flue gas into the indoor air space.
- Do not place a space heater within three feet of anything that may catch fire, such as drapes, furniture or bedding.
- Do not use ovens or stoves to heat a home.

Vehicle Safety:

During cold winter weather, keep the gas tank near full to help avoid ice in the tank and fuel lines. Make sure there is adequate antifreeze. Never leave a person of any age alone in a vehicle. Have extra blankets and supplies in case of a breakdown. Do not start your car (even if it is parked in your driveway) to warm it up and then leave it unattended. Vehicles left unattended and running with keys in the ignition are frequent targets for car thieves.

Animal Care:

Due to the extremely cold temperatures and strong winds, the Montgomery County Police Animal Services Division is enforcing Executive Regulation 10-10AM, Anti-Cruelty Conditions for Dogs. A portion of the regulation states: “a person must not tether a dog under circumstances that endanger its health, safety, or well-being including: unattended tethering of the dog during a weather emergency.”

The regulation is enforced during periods of high heat and humidity, and during conditions of extreme cold, wind, and heavy snow which can all be damaging to dogs and other animals. Dogs spending a period of time outdoors must have access to shelter to properly protect them from the elements. The penalty for this violation is a \$500 fine.

Montgomery County Police Animal Services officers want to remind citizens to be particularly careful with all pets during this time period of record cold. The best advice during periods of extreme weather conditions is to bring your pets indoors. Even animals that are accustomed to living outdoors can be susceptible to the dangers of cold weather. Livestock animals should have a place to get out of the wind; dry bedding should be provided to protect them from frostbite.

ASD Officers will be on-call, patrolling neighborhoods and responding to any animal-related emergencies. If you see an animal left outside that appears to be in danger, please call the Animal Services Division immediately at 301-279-8000.

Tips from veterinarians for cold weather care of a dog include:

- Provide a heated bed and shelter for dogs which cannot come indoors.
- Avoid letting your dog eat snow – keep fresh room temperature water available at all times.
- Keep food and water in a place where it will not freeze – preferably inside.
- A dog’s ears and tail are susceptible to frostbite; check them after a dog has been outside for a long period of time.
- Like coolant, antifreeze is a lethal poison for dogs and cats. Be sure to thoroughly clean up any spills from your vehicle, and consider using products that contain propylene glycol rather than ethylene glycol.
- A dog licking the salt off the bottom of his paws can make him sick, so wipe his paws after he walks through a salted area.
- Never leave your dog or cat alone in a car during cold weather because a car can act as a refrigerator in the winter, holding in the cold and causing the animal to freeze to death.