

THE FLASH

Fountain Lakes Newsletter

DECEMBER 2019

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Our Police Officer

The presence of a stranger in Fountain Lakes, who had been seen around the neighbourhood knocking on doors for more than a week, prompted a discussion with the police.

I was very impressed meeting Deputy Staff Officer Frank Pisano, who is responsible for Fountain Lakes. He will be providing information for us in our newsletters. He is very intent on us having a safe community and is at our disposal, so we should never hesitate to call the police for any criminal action or safety concern that may occur. Suspicious strangers are considered to be a safety concern.

One thing that Deputy Pisano said is that we need to first **call the police directly** if anything suspicious is occurring. Never be afraid that we might be wasting their time. Their job is to take care of us and if an incident turns out to be nothing, they are happy at that result. (Notifying your Property Management Company or your Fountain Lakes office after calling the police is a good idea if you think it is something they may need to know about.) The Sheriff's Office would never feel bothered at having come to investigate something that concerns you. Happy endings please them as well as working closely with Property Management to ensure the safety of all residents. The Lee County Sheriff's Office always tries to maintain a great relationship with all local Property Management companies.

No one at Fountain Lakes should approach someone who is suspicious. Leave that to the police. If you interfere, you can be wasting time that the police need to get here immediately and check the situation out. You could also be putting yourself at peril. When police arrive they may recognize the suspicious person as someone they have dealt with before. There may also be a medical reason why someone is wandering around, or you

could be destroying evidence needed to track someone by K9, just by walking in the area. Don't investigate or ask questions yourself, call the police if it looks suspicious.

Deputies have a legal right to approach and question suspicious people when they are called into dispatch as a 'Suspicious Person'.

Soliciting is not permitted here in Fountain Lakes, so the police should be involved. We have a great police force so help them to work effectively for our behalf. We will never get rid of solicitors unless we involve the police.

This month's reminders from Deputy Pisano:

Keep car doors locked day and night

Keep house doors locked if you are not in the house

Keep garage doors down

Remember that leaving garage doors open for extended periods advertises what may be of value in there. A common Burglary of something in your garage only takes ten seconds to pull off by a trained or untrained bad person. Deputy Pisano reminded me that snakes are common in Florida and necessary to our ecosystem; however not all snakes are friendly, (Especially when close to a body of water or wooded area) so be careful if leaving your garage open or cluttered, because you don't want one in your garage. Do not approach snakes in your areas because chances are they may be a common Black Racer, but Florida does host many types of poisonous snakes that include Rattle snakes and Cotton Mouth snakes. That is why communities have rules about garage doors being closed. Lastly open doors also make the community look untidy.

Multi-Level Yoga

- A user-friendly class taught from the base move with optional progressions available
- Wednesdays at 9 – 9:50 AM Fountain Lakes Activity Room Taught by Stacey Lima
- 4 week sessions or \$48 Drop Ins \$15 per class pre-registration required – 5 person minimum)
- Must be able to get up and down off the floor
- Contact Janet Hildebrand at ForestRidgeShores@gmail.com with question
- Check the Fountain Lakes Activity Calendar for specific date

Hiring in Fountain Lakes

Hiring Monitors for Fountain Lakes. Stop by the office for an application and to get any questions answered..... light housekeeping, office work. Call 239-495-3555, Ask for Patricia.

Light Up Estero

Sat December 7th free admission at 4:30 in Estero Park to "Light Up Estero". There will be tree lighting, caroling and a food drive. Bring a gift of non-perishable foods.

Estero Taxes

Have you paid your Estero taxes for 2020? The longer you wait the more you pay! Take advantage of the tax break offered and remember to put the last day of November on your calendar for 2020 to pay the lowest possible amount of 2021 taxes in Estero.

Ft. Lakes Master Board Meeting

Join us for the Master Board Meeting Wednesday December 18, 2019 6:00 Pm Ft. Lakes Community Center. Prior to the board meeting from 4:30 – 6 PM we will have a cookie exchange if you would like to participate. Bring 3-4 dozen of your favorite cookies and take 3-4 dozen of someone else's cookies home. I suggest dividing your cookies onto small paper plates, sandwich bags, or containers with 4 cookies each. Then people can take the number of containers compared to the number they brought to Share. RSVP Janet at 239 877-2038

The Fountain Lakes Boutique

The Fountain Lakes Boutique is seeking vendors for the upcoming show on February 29th. Your art should be handmade and designed by you. The show will be held at the community center between the hours of 10-4. If you are interested, please contact Judy Ladd at email Studio266@aol.com

You Need to Slow Down

Please watch your speed when driving through our neighborhood. There are parents pushing strollers with other active children and dogs in tow, and older adults getting their exercise. Please watch your speed and move far over when passing people on the street.

Please wear items that are reflective or that have a light on the back as well as the front. With the sun setting earlier, dusk is a dangerous time. Right now there are a lot of walkers between 6:15 and 7:15pm and depending on the glare of the sun, on-coming traffic and curves in the road, the visibility is very different for walking vs. driving. Light coloured clothes or a flashlight is not always enough.

This month in Fountain Lakes a bicyclist ran into a pedestrian on the cart path and knocked the person down. The person was bruised and hit their head so had to be taken to the

emergency room to be checked over to ensure there were no major injuries.

The safety of our residents is a Priority for the well-being of our residents but also for the Master Association's financial responsibilities.

Obey the simple traffic laws such as the 25 MPH speed limit on our community streets and coming to a complete STOP at a stop sign.

We also must be aware when riding a bicycle or driving a golf cart to follow the rules of the roads and give the right away to pedestrians.

We have residents of all ages walking in our neighborhoods. They may be on the cart path, sidewalk or in the street – use safe practices and give them adequate room when passing.

Fountain Lakes Social Dates

Dec. 7 Santa Breakfast-
Sign kids up by Dec 1 2019
Dec. 7 Christmas Potluck
5:30pm Community Centre. Bring a dish to share. BYOB
Want to exchange a gift? Then bring a \$5.00 gift

Hold These Dates for the 2020 Dinner Dances

Saturday, January 18th , 5:30pm
Saturday, February 22nd, 5:30pm
Saturday, March 14th, 5:30pm
Saturday, April 4th, 5:30pm

Art Classes

Attention all those interested in art! An art class for beginners and seasoned artists will be offered beginning in January. You may select the area you wish to work and you will be given instruction in that media. If you are interested, please contact Judy Ladd at 574-276-2942 and more information will be provided.

Our Community is Looking Good!

Many Residents, as well as Deputy Frank Pisano, mentioned to me how much more attractive our community is looking. Thanks to the Master Board for all they have done. I know that Ashley from Pegasus is also doing regular home inspections in the communities she is responsible for to make sure lawns are weed-free, garden beds are topped up with mulch and are nicely edged, driveways and mailboxes are cleaned, and houses have the rust washed off or have paint touched up. Thanks to everyone who is keeping their home well maintained. I know the management companies will be going after those few home owners who are not meeting the standard with reminders and then possible fines or liens.

Rule Change Regarding Contractors:

Contractors are NOT allowed to complete EXTERIOR work on Sundays and Holidays in Fountain Lakes Neighborhoods. This excludes emergency repairs. This includes painting, any type of landscape, power washing or other activities that would disrupt the peace and quiet of the community. Resident were formally notified of this action on August 27, 2019 and the Master Board approved rule at the September 18, 2019 Master Board Meeting.

Rewrite of the Fountain Lakes Governing Documents:

The Fountain Lakes Master Association is in the process of rewriting the Association Governing Documents. The main purpose of the document rewrite is to remove statements regarding the development company and to bring the Covenants in compliance with Florida Statutes. These documents are over 30 years old and contain references to the development company which legally needs to be removed. There also have been changes to the Florida Statutes during the past 30 years which contradict our Covenants, and therefore our documents must be updated to

reflect the law in Florida.

The Association will be sending residents a copy of the revised documents. They will ask residents to vote "yes" to the new Covenants. It is important that every household vote and sign the Proxy to assist us to get a quorum. Please remind your neighbours to read the new documents and vote. **This is an expensive legal process and would have to be repeated,** at your expense, if we do not get sufficient votes returned. So please attend carefully to the instructions to register your vote in order to preserve our community funds.

Blue Zones - Research on what makes people live a long and healthy life

A short version of what research has learned from the Blue Zones studies is that a wellness prescription includes these 5 fundamentals: **Eat, Sleep, Move, Bond, and Chill**. Our facilities and resources at and around Fountain Lakes facilitates living a healthy life, promoting longevity.

1. EAT: Food isn't just fuel; it is information for our cellular processing. When it comes to food, eat as close to the ground as possible- minimize boxed and prepared food and aim to consume food resembling its natural state, by shopping around the periphery of a grocery store, as that's where the produce, grain, dairy and protein is kept. Avoid the middle aisles. The central location of Fountain Lakes puts us close to farmer's markets, low priced sources of fresh produce like Costco and Walmart, and programs to teach us how to eat in the most healthy way, at the Wellness Centre across from the mall.

While what we eat is critically important to preventing disease, how much we eat is just as vital. As Americans, our portions are too large....stop eating when you're 80% full. It's a good gauge to stop yourself from eating when you're no longer hungry, rather than when you're stuffed

2. SLEEP: Sleep is restorative for nearly every organ in the body and therapeutic, especially for our immune system. Most adults need 7-9 hours of sleep per night. Aim for a minimum of 8 consecutive hours. For sleep hygiene, get lots of exercise during the day and focus on what you do 2 hours before bedtime, limiting activity. Reading a book before bed proves to increase good sleep. This simple fix could considerably help our chronic state of sleep deprivation in North America.

3. MOVE: If we could bottle up the benefits of exercise, it would be one of the most potent drugs on the market, having benefits for heart disease, brain health, immunity, insomnia, depression, and has even been linked to longevity. Lack motivation? Exercise is like brushing your teeth. Do you ask yourself if you feel like brushing your teeth? No, you just do it. If you don't have time for exercise for health now.... you will have to make time for illness

later. Do at least 150 minutes a week. In Fountain Lakes we have people walking the main boulevard every day, a handy exercise room, a golf course, tennis courts, bocce courts, pickle ball courts, shuffleboard courts, yoga classes, and water fitness classes in the main swimming pool. There are many community activities across Estero. Join a group or start a group. Call me if you need people to exercise with.

4. BOND: Social connectedness isn't something that's often discussed in a medical context, but increasingly, we're learning that a sense of belonging can have a profound impact on your health and well-being, and it is a central tenet of Blue Zones research. In one recent study, social connectedness was found to be as vital for health as a good diet and adequate exercise. The lack of social connectedness has been named a loneliness epidemic in North America and elsewhere. Social ties are vital, non-negotiable components to our health and well-being. Fountain Lakes has many volunteers organizing all kinds of activities at which you can meet your neighbours and enjoy recreational activities together. Be sure to join in! The monthly calendar lets you know the schedules. Watch for any neighbours or elderly residents who may need help to stay connected and let us know so we can help.

5. CHILL: While spending time with others can be a huge boon for your health, so can time spent in quiet reflection. Mind-body activities like meditation, yoga, and tai chi reduce stress; improve our emotional regulation, and our sense of resiliency and optimism. And recent research has found that meditation, in particular, can alter our brain structure, and even our genes. The lakes at Fountain Lakes provide the additional benefit of places to rest and gaze at water, which is very healing, as is forest bathing, by walking through our parks under our giant trees.

These five fundamentals- Eat, Sleep, Move, Bond and Chill- are the essence of good health in a nutshell.

(Taken from an article by Aditi Nerurkar)

Healthy Life Centre 23450 via Coconut Way – 239-468-0050

Take advantage of the fabulous healthy life centre that is located so close to Fountain Lakes. Call to get on their email list for monthly free workshops and events

EVERY MONDAY AND WEDNESDAY Walking Club Meet Up 8 a.m.

EVERY MONDAY SHINE Counseling 9 a.m.-3 p.m. Call 866-413-5337 to request an appointment

EVERY TUESDAY Free Blood Pressure Screenings 9 a.m.-1 p.m.

EVERY OTHER THURSDAY (10/3, 10/17, 10/31) Fourth Trimester Club 12-1:30 p.m. Moms & children under 1 year

EVERY FRIDAY SWFL Produce Box Pickup 4-5:30 p.m. To place an order visit swflproduce.com

Fountain Lakes Sports

Decembers Golf In Fountain Lakes

12/5 Guys and Gals
12/12 Linksters
12/19 Guys and Gals

Tennis

Anyone who wants to participate in Tennis should meet at the tennis courts on Monday, Wednesday & Friday at 8am

Pickle Ball

Pickleball is M,W,F,Sunday at 9:00am

How to Find Information or Contact Us

All of the newsletters, the monthly calendar, and much more information is on the website at www.fountainlakesestero.com You can get the names and addresses of all board members by calling the Fountain Lakes Office at 239-495-3555. Mailing address of the office is 22201 Fountain Lakes Blvd Suite #1, Estero, Florida 33928.

Any issues or concerns regarding Fountain Lakes Master Board please contact:

Ashley Stevenson, CAM | 239-454-8568 | Amstevenson@Pegasuscam.com

December Calendar

ftlakesmonitor@gmail.com

Dec 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9 am - Pickleball	2 9 am - Pickleball 9 am - Sewing Club 1 pm - Canasta @ 6 pm - BOD Meeting 6 pm - Poker @	3 1 pm - Mahjong @	4 9 am - Pickleball 9 am - Yoga @ 1 pm - Bridge @ 6 pm - Cards Rummy	5 9 am - Guys & Gals 7 pm - Bingo @	6 9 am - Pickleball 3 pm - Chill & Chat @	7 8 am - Breakfast w 5 pm - Community
8 9 am - Pickleball	9 9 am - Pickleball 9 am - Sewing Club 1 pm - Canasta @ 2 pm - Social 6 pm - Poker @ 7 pm - Architectural	10 1 pm - Mahjong @	11 9 am - Pickleball 9 am - Yoga @ 1 pm - Bridge @ 6 pm - Cards Rummy	12 9 am - Linksters Golf 7 pm - Bingo @	13 9 am - Pickleball 3 pm - Chill & Chat @	14
15 9 am - Pickleball	16 9 am - Pickleball 9 am - Sewing Club 1 pm - Canasta @ 6 pm - Poker @	17 1 pm - Mahjong @	18 9 am - Pickleball 1 pm - Bridge @ 6 pm - BOG Master	19 9 am - Guys & Gals 7 pm - Bingo @	20 9 am - Pickleball 3 pm - Chill & Chat @	21
22 9 am - Pickleball	23 9 am - Pickleball 9 am - Sewing Club 1 pm - Canasta @ 6 pm - Poker @	24 1 pm - Mahjong @	25 9 am - Pickleball 1 pm - Bridge @ 6 pm - Cards Rummy	26 7 pm - Bingo @	27 9 am - Pickleball 3 pm - Chill & Chat @	28
29 9 am - Pickleball	30 9 am - Pickleball 9 am - Sewing Club 1 pm - Canasta @ 6 pm - Poker @	31 1 pm - Mahjong @	1 9 am - Pickleball 1 pm - Bridge @ 6 pm - Cards Rummy	2 7 pm - Bingo @	3 9 am - Pickleball 3 pm - Chill & Chat @	4

What's Cooking at Lee Health?



Positive habits, complete nutrition, and lifestyle changes.

Eating right is essential to good health, but sometimes you need a little help. What should you cook? How should you cook it? And what does a healthy diet look - and taste - like?

Take part in the upcoming fun and informative classes

Get answers to these questions and more at Lee Health's Teaching Kitchens! Our experts will teach you to prepare delicious, beneficial meals at two locations in Lee County: Culinary Solutions at Lee Sar and Lee Health Coconut Point.

December

Cooking Demo: Eat Your Way to Glowing Skin

Thursday, December 5
3 – 4 p.m.
1 Session, large group

Cooking Demo: Luscious Lycopene

Friday, December 6
11 a.m. -12 p.m.
1 Session, large group

Culinary Workshop: Plant-Based Cooking

Tuesday, December 10
11 a.m.-1 p.m.
1 Session, Small group

Culinary Workshop: Pasta Making

Thursday, December 13
11 a.m.-1 p.m.
1 Session, Small group

Cooking Demo: Healthy Appetizers for the Holiday Season

Monday, December 16
1-2 p.m. RSVP
1 Session, Large group

January

FARMacy RX Cooking Series

Tuesdays, January 14, 21, 28, & February 4, 11
10 a.m. – 1 p.m.
\$100
5 Weeks, hands-on program

Plant-Based Cooking Series

Wednesdays, January 8, 15, 22
10 a.m. – 1 p.m.
\$75
3 Weeks, hands-on program

**January demos and workshops to come!

Additional classes available in Fort Myers, call for details.

To register for an upcoming class, call 239-468-0050

Lee Health Coconut Point
Healthy Life Center
23450 Via Coconut Point
Estero, FL 34135

Culinary Solutions at Lee Sar
2727 Winkler Ave.
Fort Myers, FL 33901

