

THE FLASH

Fountain Lakes Newsletter

February 2019



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Beautiful Fountain Lakes



We thank Patty Sullivan and Chuck Toney for the large expenditure they made to have that row of gorgeous mature Foxtail Palms put on their property along West Tree Drive. They said they felt a great responsibility to make that area attractive, as it is the entry to Fountain Lakes off Williams and so it creates a positive impression when people arrive at Fountain Lakes. The trees have established well and are growing fast. I enjoy the sight of them every time I come in that gate. Thanks to people like Patty and Chuck for improving the appearance of our community by making that investment and taking the care to keep their property beautiful. We see people all around our community making improvements to their homes, thus preserving the investment we all have here.

Chill and Chat

Every Friday (unless we have a storm) from 3 to 5 pm a lively group of residents meet in the screened room beside the community center/pool right after Bocce finishes. Everyone is welcome, so bring whatever you want to drink. This gathering is lots of fun and a great way to meet new people. Hope to see more of you on Fridays... bring your neighbours!

There is a Super Bowl 2019 gathering on Sunday, February 3 at the community Clubhouse at 5:30 PM. (Check Google or TV Guide for kick off time.) Bring your own beverage, a dish to pass, and your own plate & silverware. It is always better to watch the game with a group, so come out and enjoy the fun!

Tips to Deep Clean Your Car

It is very expensive to have your car detailed so here are some hints to do it yourself.

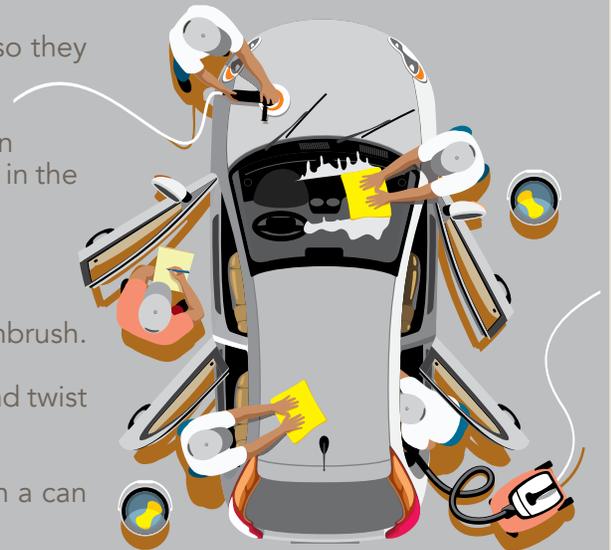
Coffee filters are made of a lint-free paper that is perfect for dusting, so they are great for wiping down the interior of your car.

Keep a pack of baby wipes in your glove compartment, especially on long road trips! Not only will they help clean up messes, but the alcohol in the wipes will keep your car windows clean and free of streaks.

Use wooden skewers or a flathead screwdriver with a cloth over it to remove dirt from small crevices in your car and your car seats, or you can brush dirt and grime out of the seams of your car seats with a toothbrush.

Put an old sock over the bottom of a travel cup, spray it with Windex, and twist it around several times to remove dirt and grime in cup holders.

Dust your A/C vents with a foam paint brush, or blow the dust out with a can of compressed air.



Remember How to Boil Eggs so They Peel Easily?

Carefully place room temperature eggs in boiling water containing a tbsp. of vinegar. Boil them for 15 minutes, then remove the eggs and place them in an ice bath. The shells will come off easily when the eggs are cool enough to touch.

If you are still on New Year's reducing plan, try making egg salad with grainy mustard, rather than Mayo, for a tasty sandwich. Eating eggs reduces your waist size and your grocery costs.

Worth Updating

Have you had the latest Pneumonia vaccine? There is a new updated version and since Pneumonia is so dangerous, it could be worth speaking to your doctor about getting the new version.

There is also a new shingles vaccine that comes in two shots, two months apart. A friend said she had a small reaction to these shots, but that it was nothing compared to how difficult it would be to get shingles. Speak with your doctor about whether this could benefit you.

Apparently there is a superior flu vaccine that you can purchase, that is better than the free kind. Again... perhaps it is worth speaking to your doctor about?

Is your tetanus shot up to date? You need one every 10 years. Have you got records of the last one you had?

Without these vaccines you could end up in the hospital, where you can catch more viruses. Best to stay clear of the hospital, and healthy if you can, with preventative measures.

Multi-level Yoga

A user friendly class taught from the base move with optional progressions available.

Winter session #2: Wednesdays Feb 6, 13, 20 and 27 9am-9:50 Fountain Lakes Activity Room

Taught by Stacey Lima 4 week session \$48 pre-registration (5 person minimum) Drop-ins \$15 per class

Winter session #3: Wednesdays March 6, 13, 20 and 27 To register please email: Janet Hildebrand forestridgeshores@gmail.com

Please bring a yoga mat, towel, water and any props that you might use. While there is plenty of time between transitions you must be able to get up and down off the floor

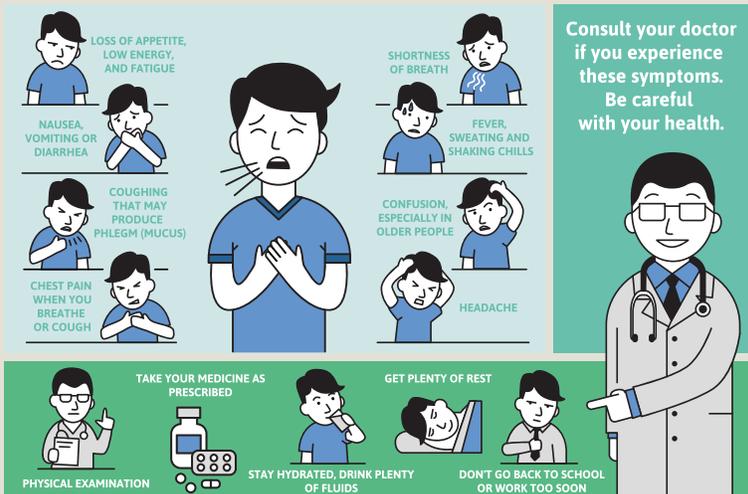


Fountain Lake Garage Sale



Save Saturday March 2nd 2019 for the Fountain Lakes Garage Sale. Contact the office to participate.

PNEUMONIA



Staying in Touch with the World

Ipads, iPhones and other smart devices are wonderful tools to keep you connected to family and friends and they are very user friendly.

If you would like to have an iPad or an iPhone, but have no one to help you decide which to purchase, set it up, and learn to use it, let us know. A good community helps one another, and there are lots of people in this community who would volunteer to help you to get started.

Contact the office or Thelma Jarvis at 239-676-5225 and we will find people to assist you.



Boutique

It has become necessary to cancel the boutique since the date was changed and therefore it has not been sufficiently publicized. Please delete the boutique information from your calendars.



Thank you

Thanks to the Social Committee who does so much work to provide dances and other enjoyable activities for Fountain Lakes. Thanks also to the many Fountain Lakes residents who organize sports, art activities, cards and other engaging pursuits for us all.

Turn Back Time

Cher sings "If I could turn back time, if I could find a way.....well there is a way!

Moderate exercise may help turn back the clock for older adults who are losing their mental sharpness, a new clinical trial finds. Combined with proper eating, exercise can also provide protection against most chronic diseases.

The study focused on older adults who had milder problems with memory and thinking skills. The researchers found that six months of moderate exercise -- walking daily or pedaling a stationary bike -- reversed some memory loss and thinking skills. Specifically, exercisers saw improvements in their executive function -- the brain's ability to pay attention, regulate behavior, get organized and achieve goals. And those who also made some healthy diet changes, including eating more fruits and vegetables, showed somewhat bigger gains. The effect was equivalent to shaving about nine years from their brain age, said lead researcher James Blumenthal, a professor at Duke University School of Medicine, in Durham, N.C. In contrast, those same mental abilities kept declining among study participants who received health education only.

Physical activity is widely recognized as a means for the primary prevention of chronic diseases as well as in patients' treatment and rehabilitation. Moreover, activity has beneficial effects on an individual's health and well-being. Despite the benefits of regular physical activity, the percentage of physically inactive adults in the world is high. Approaches aimed to increase physical activity require continual stress of the evidence from studies investigating disease mechanisms, as well as controlled clinical trials in order to get more individuals committed to regular exercise.

Fountain Lakes is fortunate to have a fabulous walking lane on the road, organized exercise activities, a wonderful gym, and outdoor sports courts, so everyone should here should be able to get moving and remove several years from their age.

Scoop it Up

A friendly reminder from some Fountain Lakes residents to please remember to take your plastic bags with you when you walk your dogs, so that you are not leaving unwanted 'gifts' on other people's lawns

Realize Your Creative Side

Art classes will be held every Monday from 2-4 in the Villa screened room. All levels of artists are invited to attend. Beginners are especially encouraged to try this adventure. We can all learn to create art, we just might not have been taught to believe this. Not having the confidence to try is the first stumbling block to attaining a new skill, so come out and be supportively guided through this highly satisfying activity.

For more information, call 574-276-2942 or email Studio266@aol.com

Are Your Friends and Neighbours Getting their Newsletters?

Check and see if the people you know in Fountain Lakes are getting the newsletters. We need everyone's email to send them out, and there are 100 paper copies between the office and the library. Last week I discovered that there are still huge numbers of Fountain Lakes residents not getting the newsletters. The Presidents are supposed to be sending them out, but if you are not getting yours, please contact the office or Thelma Jarvis 239-676-5225.

Loneliness and Social Isolation is as Dangerous to Your Health as Smoking

Loneliness and social isolation are important topics negatively affecting many older adults. Studies suggest strong social ties can help ward off both Dementia and Alzheimers disease in individuals.

Feelings of loneliness can persist when declining physical and cognitive capacities prevent seniors from seizing opportunities to socialize. Unfortunately, loneliness can be as strong a risk factor for dying prematurely as smoking, obesity, or lack of physical activity.

Healthcare and social care professionals, friends, family members and neighbours can help to reduce social isolation by first identifying isolated individuals. For individuals who are isolated, joining groups in the community and volunteering may help broaden their environment and provide opportunities for social engagement, but they may need encouragement and assistance to get started to join in. A knock on the door to invite neighbours to come to the dances or other community activities could go a long way. A weekly phone call could make a lonely community member feel cared about.

What things can we do in our community to help people to feel included and to provide social relationships for community members who are older, single, or new to the community? If you know people in Fountain Lakes who are lonely or isolated, please let us know so we can see what we can do to try to provide some support to them. A small amount of effort could make a huge difference in a life.

Carmine Marceno
Sheriff



State of Florida
County of Lee

"Proud to Serve"

Residential Safety 2018 – How to Deter Thieves

Your Home:

- ~ Take a walk around your home (LCSO offers residential security surveys)
- ~ Illuminate dark areas with motion-activated lights
- ~ Keep shrubs and trees trimmed
- ~ Close garage door
- ~ Secure sliding doors with auxiliary locks or pins
- ~ Lock your doors and windows - always
- ~ Use deadbolt locks, solid doors, sturdy hinges and peepholes
- ~ Reinforce strike plates on doors with 3-inch screws
- ~ Use film on glass doors or windows near doors (consider floor locks)
- ~ Install and use alarms and/or cameras – advertise security
- ~ Keep blinds/drapes closed at night and open during the day
- ~ Keep a light on inside at night (use timers while away) (tvs on timers)
- ~ Never open your door to strangers or allow strangers inside
- ~ Be cautious of salespeople and service people
- ~ Never hide keys outside
- ~ Do not mention travel plans on social media (kids too)

Your Valuables:

- ~ Store in (safe) place, other than the master bedroom (guns and jewelry)
- ~ Keep a record - inventory, list and photograph
- ~ Shred important documents

Your Car:

- ~ Always lock your car (even in the driveway)
- ~ Remove valuables, garage door opener

Your Neighborhood:

- ~ Greet people with eye contact
- ~ Check on your neighbors – form a Neighborhood Watch
- ~ Let neighbors know when you go on vacation
- ~ Report suspicious people, behavior, and vehicles (239) 477-1000
- ~ Witness a crime-in-progress, call 911

Thieves:

- ~ Hate light and noise – do not want to risk being caught
- ~ Dislike dogs and nosy neighbors and look like your "average Joe"



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