

THE FLASH

Fountain Lakes Newsletter

February 2019

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Need a Walk-In Clinic?

There is a walk in clinic right across 41 off Coconut Road on Health Way. If you call them and answer a few questions, they will email you to let you know when it is your time to come in, which means you don't have to wait around in a waiting room anymore. You can wait in the comfort of your own home

Lee County Healthy Life Center

239-468-0050

23450 Via Coconut Point · Estero, FL 34135

The Lee County Healthy Life Centre is right across Coconut Point Road from the mall.

Is it a cold or flu?

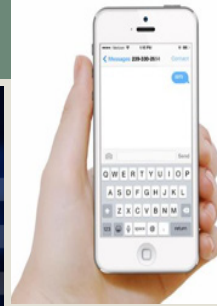


Signs and Symptoms

Influenza

Cold

Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare



Now offering Check-in Express

Check in... and *wait where you want!*

1. For Estero: Text "2273" to 239-330-2654
For Cape Coral: Text "3333" to 239-330-2654
2. Respond to all 5 of our automated questions.
3. We will text you when we are ready for you to come into the clinic.

Have you used the Programs at this new Healthy Life Centre?

Here is a sample of what is available:

- »Walking Club Meet Up (Monday and Wednesday) 8:00 AM
- »Free Blood Pressure Screening (Tuesdays) 9:00 AM - 1:00 PM
- »Lunch & Learn:

What is Vein Disease - Causes, Symptoms and Treatments

Exercises for Parkinsons

How to Have a Healthy Heart

- »Cooking Demo: Greek Cuisine

Call 239-468-0050 to get on their email list so you can see all the different healthy program that are available to you every month, or pick up a schedule of their offerings at the center.

SPORTS BANQUET

Tuesday, March 26, 2019

Doors open at 5:30PM

10oz PRIME RIB, salad, mashed potatoes, broccoli, rolls & butter, dessert, coffee, tea, or lemonade BYOB

Tickets (\$20 each) are on sale in the office March 1 to March 21 ONLY

Join us for a delicious dinner, sports awards, fun and laughs!!!

Warning

The Lee County Sheriff says "Beware of service people" This means do not talk to, or make deals with, roofers, or gardeners, or any other service people who are strangers and knock on your door. Although they may be legitimate, there is a good chance they are trying to scam you. Get references from your friends or neighbours for reputable service people. You should be the one making the contact, not the service provider contacting you. Don't take a chance with people who knock on your door offering a deal. When service people are in your home, stay alert and watch that none of your personal papers are out, so that personal information could be copied or stolen. Never give any of your personal information to service people.

Save Money with Your Kids or Grandkids

If your children and grandchildren will be coming to visit at Spring Break, put the McDonald's app on your phone or iPad to get alerts about sales, to show you the current menu, and most importantly it gives you all the current coupons that can be scanned right from your phone.

Here are some examples of deals we've seen come and go on the app (Note: these may not be currently on the app!):

Buy one, get one free Happy Meals every Wednesday

Free medium fries with any purchase

Free medium fries and soft drink with purchase of a signature crafted sandwich

Buy one, get one free, sandwiches

Activities While your Kids and Grandkids are Here on March Break

At Lover's Key you can join a park naturalist to learn about tackle and bait rigs for fishing. They will explain the best places to drop a line and about the rules and regulations that pertain to game fishing here.

Reservations required 223-463-4588

If you have not yet been there, you might want to explore the IMAG Centre at 2000 Cranford St in Fort Myers. This is a history and science centre in which there are many interesting programs. 239-243-0043

Costco Savings at Many Locations

You don't need to have a Costco card to get Costco prices. These 10 retailers will price match Costco, and all you need to do is show proof of price — the Costco flyer from the mail or the website works.

- Kohl's
- Best Buy
- Fry's Electronics
- Lowe's
- Staples
- PetSmart
- Petco
- Sears
- Target
- JC Penney



Save Money on Good Generics

Here are 10 Store-Brand Items That Are Made by Name Brands. You can save 20-50% by buying generic over name brand without coupons, but is the quality worth the cheaper price? It is if you buy the se generics!

The packaging may be different, but each of these off-brands is made by name-brand manufacturers:

- Trader Joe's Pita Chips = Stacey's Pita Chips
- Trader Joe's Mac and Cheese = Annie's Mac and Cheese
- Trader Joe's Creamy Tomato soup = Pacific Creamy Tomato soup
- Kirkland Signature batteries = Duracell batteries
- Kirkland Signature tuna = Bumblebee tuna
- Great Value spices = McCormick spices
- Great Value canned vegetables = Green Giant
- Great Value frozen whipped cream = Cool Whip
- Kroger American cheese = Kraft American cheese

Airscape Glass Food Containers

Airscape Canisters are ideal for extending the life of your coffee, tea, flour, sugar, cereal, cookies, seeds, herbs, nuts, pet food or any perishable good. These simple storage containers, made of super-durable borosilicate glass, come with an inner lid that forces air out of the canister (and away from your food) for ultimate freshness. They can keep your food fresh longer and are environmentally friendly. Available through Amazon.

Email Addresses Still Needed

If your friends and neighbors in Fountain Lakes are not getting notices by email, encourage them to give their email address to the President of their association. They could be missing a lot of timely information.

If you receive this newsletter by email, you will have the March calendar and 66 Positive Things to Say to Your Children and Grandchildren attached to it. These will not be with the hard copy in the library and office.

Important Notice About

» Reserve funding for certain common element items is required for community associations under Florida law. Specifically, associations fund reserves for roof replacement of common owned buildings, building painting, pavement resurfacing, pool resurfacing, gates and any other item that has a maintenance expense or replacement cost exceeding \$10,000.

» Florida law allows for two types of reserve funding, one of which is the pooled method (also referred to as the "cash flow" method) and the other is the component method (also referred to as the "straight-line" method).

» The biggest advantage to a pooled account is the flexibility that comes with how the reserve funds are spent. Funds can be drawn from the pooled account to cover expenses for any of the reserve assets at any time. Thus, the pooling method provides significantly more flexibility than component reserve accounts and allows for projects to be completed, in order of need, at the time the need arises, possibly eliminating the need for a Special Assessment when funds in one category may be short at the time of the unexpected expenditure. Member approval is required to use the pooled funds to pay for any item not included within the reserve pool.

» Because there is a current shortfall in some categories, if the owners in Fountain Lakes do NOT vote to move to Pooled Reserves, by law the board should do a Special Assessment of the owners for that shortfall.

» The Board of Directors is asking owners to please vote IN FAVOR of Pooled Reserves for Fountain Lakes Community Association.

Always Improving

A big thank you to all the residents who continue to keep their homes freshly painted, tidy and updated. It is important for our real estate value and for the pride in our community that our homes and landscapes always look well maintained. So many of you have been out making improvements over the past months, and things are looking better all the time. Thanks also to our Master Board for their ongoing efforts to make improvements in Fountain Lakes. This is a good place to own a home.

Committees

Residents of Fountain Lakes would like more Fountain Lakes news, so I need to hear from committee chairs to update me each month.

Garage Sale

Don't forget the Fountain Lakes Garage Sale is on March 2nd 2019. This is a popular event in the larger community and our residents are able to declutter their homes and garages for a profit.

Inexpensive Easy Scanner

Scanning is so useful these days because scanning and emailing, or scanning and saving, saves you money as you are not printing, which uses printer ink and paper. Scanning produces a clear image of text rather than using the camera on your phone which does not create images that are very clear of text.

There is a fabulous scanner you can get on the App Store for use with your iphones or ipads, and any other smart phone that can use apps from the App Store. For one low price, you can share this scanner with everyone you share your itunes account with. I use this scanner to scan recipes from magazines and articles that I wish to keep.

The price can vary a bit from one day to the next, but it usually costs between \$3.00- \$7.00, or it is in a suite of three apps for about \$12-\$17.00 . Look on the App Store for Scanner Pro and it is sold by Readdle.

We use ScannerPro for all our scanning now and never use our big scanner anymore, because this scanner is so easy and convenient.

Don't mistake the difference between taking a picture with your phone which produces a JPEG or using a scanner with your phone, which produces a PDF. If you are making a copy of a document with printed words a JPEG is not very effective, and a PDF is a better choice. The correct usage of a picture with your phone is for another picture. For printed documents it is best to use a scanner, so you get a clear copy of the print.

Using just my iphone I can scan full sized documents, over 20 pages long, and email them directly as one PDF to anyone I want, or save them to my documents on my computer. It is so easy and handy to scan and save documents or scan and email documents to your accountant or lawyer or anyone who needs to receive a document from you

If you do buy ScannerPro and would like a quick lesson, I could provide that for you. It would take you about 2 minutes to learn to use it. It takes only two steps.



66

POSITIVE THINGS

TO SAY TO YOUR CHILD

1. I'm grateful for you.
2. You make me proud.
3. Your words are meaningful.
4. You have great ideas.
5. I love being your parent.
6. You don't have to be perfect to be great.
7. Your opinions matter.
8. You are important.
9. You are loved.
10. I believe you.
11. I believe in you.
12. This family wouldn't be the same without you.
13. You are valuable.
14. You can say no.
15. You can say yes.
16. I know you did your best.
17. You were right.
18. I accept who you are.
19. We can try your way.
20. You are helpful.
21. You are worth it.
22. You make me happy.
23. I love your creativity.
24. Being around you is fun.
25. I can't wait to hear about it.
26. Don't be afraid to be you.
27. You're making a difference.
28. I'm excited to spend time with you.
29. You are interesting.
30. I love seeing the world your way.
31. It's good to be curious.
32. I love the way you tell stories.
33. What you did was awesome.
34. I admire you.
35. That's a great question.
36. Your friends are lucky to have you.
37. I trust you.
38. That was a really good choice.
39. Seeing you happy makes me happy.
40. Being your parent is my favorite job.
41. I learn new things from you every day.
42. You make me better.
43. You are a good boy/girl.
44. Thank you for being you.
45. I'm so glad you're here.
46. You look great.
47. I understand you.
48. Watching you grow up is the best.
49. That was really brave.
50. I forgive you.
51. I appreciate you.
52. We all make mistakes.
53. Yes, me too.
54. You are very good at that!
55. You can try again tomorrow.
56. Nobody is perfect.
57. I love how you said that.
58. Not everyone will like you, and that's OK.
59. You did that so well.
60. I'm listening.
61. That's a very fair point.
62. You are beautiful inside and out.
63. I love you.
64. I could never stop loving you.
65. You are enough.
66. You make my heart full.

March Calendar

March

2019

For more information, please visit our website at www.fountainlakesestero.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<p>FEBRUARY 2019</p> <table border="1"> <tr><td>Sun</td><td>Mon</td><td>Tue</td><td>Wed</td><td>Thu</td><td>Fri</td><td>Sat</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td></tr> </table>	Sun	Mon	Tue	Wed	Thu	Fri	Sat						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28			<p>APRIL 2019</p> <table border="1"> <tr><td>Sun</td><td>Mon</td><td>Tue</td><td>Wed</td><td>Thu</td><td>Fri</td><td>Sat</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>	Sun	Mon	Tue	Wed	Thu	Fri	Sat		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								<p>1</p> <p>Bocce 12:15pm Chill and Chat 3-5pm Pickleball 10am Tennis 8am</p>	<p>2</p> <p>Community Garage Sale 8am-noon</p> 
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