

# THE FLASH

*Fountain Lakes Newsletter*

January 2019

## IN THIS ISSUE

- Message from the President
- Your Home is a Major Investment
- A Warranty that is Worthwhile
- Are You on Blood Thinners?
- Walk to Better Health
- Multi-level Yoga
- Fountain Lakes Activities
- Looking Out For You
- Get Involved
- Presidents

## Message from the President



Happy New Year 2019 to everyone in Fountain Lakes!

We anticipate a productive and prosperous year. Our Board has worked hard to get many physical and financial issues solved last year and we are proud to begin the New Year in much better shape than last year. The Capital Contribution Fees are going up as of 2019. Please also be aware that you must fill out a rental application form if you are the owner of a house that is being rented in Fountain Lakes. You can call the office for more information and to get the proper forms.

Sincerely,

*Ryan Willoughby*

President, Fountain Lakes Community Association

## Your Home is a Major Investment

As a Canadian snowbird, I am always eager to understand the health of the Florida real estate market and to know how my home's value in Fountain Lakes has changed over the year. This report is the result of my latest investigation when I asked Sean Lorch to provide me with statistics. Remember that we have a number of excellent Realtors who live right in Fountain Lakes and are therefore possibly the best positioned to effectively sell your home in this community.

"2018 was a great year to be a property owner in Fountain Lakes," says Fountain Lakes resident and Real Estate Broker, Sean Lorch of Downing Frye Realty. "Neighborhood demand spiked in 2018 by approximately 40%, as there were 63 sales in Fountain Lakes in 2018 (as of December 5th) compared to 46 in 2017 and 44 in 2016. This led to an increase of the median sale price by 5% in 2018 over 2017 with detached single family homes leading the way with an increase of 6.5%. The 2018 median days on market (days from list date to accepted contract date) was pushed down by this demand from 74 days in 2017 to just 37 in 2018." When asked why some homes took longer to sell than others Sean indicated, "Homes that are priced right relative to their condition and location within the neighborhood almost always take less time to sell, while the others tend to take more time as they usually require a price reduction before attracting their buyer." Sean offers free market evaluations to Fountain Lakes residents who are either interested in selling or are just curious about their home's value. He can be reached at 239-298-6760 or by submitting an inquiry at [www.fountainlakesrealestate.com](http://www.fountainlakesrealestate.com). Sean was a real estate appraiser for 9 years and has been selling real estate for 14 years. He and his wife Lindsay are big advocates of Fountain Lakes and became full time Fountain Lakes residents in 2015. They absolutely love the low fees, golf course, walking path, pool and superior location within SWFL. \*All stats above are from MLS listed sales and do not include off-market or private party sales.

## A Warranty that is Worthwhile

The general wisdom is that extended warranties are rarely worthwhile to purchase, however you may want to rethink that with washers and dryers. Unlike the older models which lasted for a very long time, the new laundry appliances frequently tend to have problems in as short a time as 2 years, so an extended warranty could save you a lot of money. A friend who makes repairs told me he ensures that everyone in his family takes the extended warranties on laundry appliances.

## Are You on Blood Thinners?

If you are on blood thinners, and you take a fall or hit your head, the walk in clinics will not see you, as you require a brain scan immediately at a hospital to make sure your brain is not bleeding internally. Go directly to Emergency at the hospital. You should also be wearing a "Blood Thinner" warning bracelet, which you can get at drug stores or on Amazon. They have them in many color choices to match your fashion. This alert bracelet enables anyone trying to help you after an accident to know better how to keep you safe and to know that they need to check you for internal bleeding.

## Walk to Better Health

Long ago, walking was one of the only forms of transportation available to many people but modern times have brought new ways of getting around, leading many people to be much less active than our ancestors were. Older adults are the most likely, than any other age group, to live a sedentary lifestyle with nearly 70% of people aged 65 to 74 getting around by car or transit most of the time, and not participating in a regular exercise program.

Despite its waning popularity among older adults, walking has so many positives. Walking can lower the risk of heart disease, benefit those with chronic conditions, improve physical ability/function, and reduce pain.

1. Walking improves heart health. In older adults who were previously inactive, walking for 20-60 minutes per day, 2-7 days per week can reduce some risk factors for heart disease – including body fat, blood pressure, body mass index, and body weight

2. Walking benefits people with existing chronic conditions. For older people with chronic conditions like arthritis, dementia, depression, and Parkinson's disease, walking can improve blood pressure, heart rate, body fat, fitness, walking speed, and reduce symptoms of depression. Walking is now known to be one of the most effect ways to help people with Parkinsons

3. Walking groups can also provide great opportunities to socialize and increase motivation to be more physically active, which also reduces loneliness or isolation.

3. Walking helps with stroke recovery.

4. Walking reduces pain and improves physical function. For people with chronic musculoskeletal pain, walking can improve pain. Walking can also improve overall physical function in chronic pain sufferers.

Incorporate walking into your everyday life! If you want to stay healthy and mobile well into old age, lace up those shoes and put one foot in front of the other. Walking is a great way to boost your health and Fountain Lakes is a very safe place to walk!

You might even want to try Nordic Walking Poles. If you want to try out poles before buying them, come and borrow ours. My husband John, who has Parkinson's, walks with his Nordic poles to give him stability and extra speed. Walking has helped him stay very active 13 years into his Parkinson's. Walking is a very powerful medicine for people. I use my Nordic Walking Poles to add upper body conditioning to my walking.

If you are interested in being in a walking group, call me, Thelma Jarvis 239-676-5225, and we will try to arrange Fountain Lakes walking groups.

## Multi-level Yoga

There will be a user-friendly yoga class, taught from the base moves, with optional progressions available in Fountain Lakes.

Wednesdays Jan 9, 16, 23 & 30 9 am-9:50 am  
Fountain Lakes Activity Room  
Taught by Stacey Lima 4 week session \$48 Drop-ins \$15 per class



## Fountain Lakes Activities

You can refer to the November Newsletter or the Fountain Lakes website to see all the activities available for you at Fountain Lakes.

Golf, Tennis, Pickleball, Yoga, Swimming, Bocce, Shuffleboard, Sewing, Cards...the list is extensive. Get involved and be part of the social and recreational activities offered.

## Looking Out For You

David Bradley, from the Fountain Lakes Board of Governors, wants to remind residents to keep their car doors locked at all times, both when at home and when shopping. He is in the early stages of starting a Neighborhood Watch program for Fountain Lakes. Being a retired police officer he knows that through education of the residents, crime can be prevented from happening in this community, but we need to be proactive and not reactive to crime. Through Neighbourhood Watch we actively work to protect one another.

## Get Involved and Be a Part of the Solution

A community is most vibrant when its residents are involved with each other and with the workings of the organization. Please consider standing for a position on your Board this year. It doesn't involve a lot of time or work, but it will improve your local community. If more people take a turn, for a year or two, then each community will have an energetic board working on their behalf. Check with your President to find out when the elections are.

## Presidents

ASSOCIATION	UNITS	PRESIDENT	MANAGEMENT COMPANY
Estero Woods	147	n/a	Jill Corya 239-992-1141
Forest Ridge Shores	64	Janet Hildebrand Forestridgeshores@gmail.com	Pegasus Property Mgmt 239-948-4020 Ashley 239-454-8568
Lakeside	51	Lori Smith 941-216-5152 fountainlakeslakeside@gmail.com	Self-Managed
Seabreeze	36	Ryan Willoughby 239-253-1272 Seabreezeneighborhood@gmail.com	Self-Managed
Southshore	28	Gene Stence 239-390-1661 sage130000@aol.com	Towne Property Mgmt Clement Ross 239-596-1031
Sunrise	128	Betty Zimbardo 239-947-6942	Towne Property Mgmt Clement Ross 239-596-1031
Forest Ridge	136	Tim Shepard 239-398-0916 Brothertims@gmail.com	Towne Property Mgmt Clement Ross 239-596-1031
Sungate Villas	23	Michael Conley 239-287-7213 mike@edwardsyachtsales.com	Towne Property Mgmt Clement Ross 239-596-1031
The Manors	32	Barbara Cavallaro 401-286-9107 bcavallaro51@yahoo.com	Guardian Property Mgmt Bill Torre 239-514-7432
The Greens	144	Michael Carter 586-914-0361 Mcarter134@yahoo.com	Property Mgmt Professional Thomas Large 239-353-1992
Villas of Fountain Lakes	49	Pam Dionise 925-584-1387 pdionise@comcast.net	Pegasus Property Mgmt Cathy 239-454-8568
Villas of Timber Lakes	62	Carolyn Lindow 239-287-4426 lind3671@gmail.com	Towne Property Mgmt Mike Town 239-596-1031
Fountain Lakes CM	900	Ryan Willoughby 239-253-1272	Pegasus Property Mgmt Ashley 239-454-8568