



**Contact Us:** 

Customer Service (352) 753-4508

**Administration** (352) 751-3939

Budget (352) 674-1920

Community Standards (352) 751-3912

Community Watch (352) 753-0550

Property Management (352) 753-4022

Finance Customer Service (352) 750-0000

Human Resources (352) 674-1905

Public Safety (352) 205-8280

Purchasing (352) 751-6700

Recreation Administration (352) 674-1800

**Risk Management** (352) 674-1828

Utility Operations (352) 751-3939

### District Weekly Bulletin



### **CDD Orientation**

This valuable program is held on the **second** and **fourth** Thursday of the month at 10:00 AM in the District office located at 984 Old Mill Run in Lake Sumter Landing. For additional information, please contact the District Customer Service Center at 352-753-4508.

DistrictGov.org



# District 4 Q&A Meeting Monday, February 7, 2022

This month's Question & Answer meeting will be hosted by Mark Hayes, District 4 Supervisor & Liaison to the Villages Public Safety Department (VPSD) and the Marion County Sheriff's Office (MCSO).

**NOTE:** For HEALTH reasons, the following precautions will be taken at the meeting:

- Attendance will be limited
- Chairs will be spaced apart for social distancing
- Masks will be encouraged, but not required

The purpose of these informal meetings is to provide ALL residents with the opportunity to get together, make friends, ask questions, get answers, share concerns, offer suggestions, seek solutions, and address rumors.

In order to improve communications, each month residents have an opportunity to "chat" with one of the five Supervisors of District 4. Residents are able to sit down together to discuss any topics they would like pertaining to District 4.

These "Q&A Meetings" provide an informal setting with no agenda, no scheduled speakers, no topic limits, no time limits and no microphones.

- All meetings are held at Mulberry Grove Recreation Center.
- Meetings begin at 7:00 PM and end at 9:00 PM.
- Residents are invited to attend the entire meeting to listen to other residents' questions, but each resident may arrive and depart on their own schedule.
- Because residents choose the topics, each meeting will be different.

Why attend a Q&A? District 4 offers informal, evening-time opportunities for YOU to meet and discuss whatever is on your mind regarding the day-to-day operations of The Villages. Q&A's offer an opportunity that very few Villagers get to enjoy. Come join us this month . . . and become more involved in your ever-changing local community!

**TOPICS** discussed at previous District 4 Question & Answer Meetings have included:

- Amenity Authority Committee (AAC)
- Architectural Review Committee (ARC)
- Budget, Finance & Fees (District 4 & AAC)
- Community Watch & Gates
- Deed Restrictions, Violations, Compliance
- Dog Parks
- Executive Golf & Trail Fees
- Fire & Ambulance Services
- First Responders Recreation Center

- Postal Facilities
- Landscaping, Fences, Walls
- Law Enforcement
- Multi-Modal Paths (MMP)
- Recreation, Parks & Clubs
- Road Maintenance
- Water, Sewer & Trash Utilities
- Weather Issues
- YOUR CHOICE OF OTHER TOPICS?

For more information: Call District 4 Supervisor Don Deakin at (352) 750-5395;

or send an Email to: DRDeakin@aol.com or Don.Deakin@DistrictGov.org

### What's Happening in Your District



### **Public Hearing**

District 2 will be holding a Public Hearing to discuss Amending and Restating the Rule to Bring about Deed Compliance; specifically pertaining to exterior pressure washing of homes, driveways, walkways, fences and/or walls; and trimming of hedges and/or shrubbery to a height of four (4) feet. The Public Hearing will be held at the Savannah Recreation Complex on February 11, 2022, at 9:30 AM.

### **Information Provided By...**



### **Amenity Fee Adjustment**

Per your individual Declaration of Restrictions, amenity fees are subject to an adjustment based on the fluctuation of the National Consumer Price Index for all Urban Consumers. The timing of this adjustment can vary based on the Declaration of Restrictions in your unit. For information specific to your home, please refer to your Declaration of Restrictions. For assistance in obtaining them, please contact Community Standards at 352-751-3912.

Each month, the percentage of adjustment will be provided in What's Happening for your reference. If you have any questions or need additional information, please contact Finance Utility Billing at (352) 750-0000.

The Consumer Price Index for All Urban Consumers changed by 7.036% from December 2020 to December 2021. This change will be used to adjust Amenity Fees for properties with original land sale dates in the month of February.

For more information, please visit our website at **DistrictGov.org**.

### **Sumter County Sheriff's Office**

### **Vial Of Life for Sumter County Residents**

The "Vial Of Life" program is designed to provide needed information to emergency personnel in situations where you are unable to do so. The information in the vial should include medical history, medications and dosage, doctor's name, emergency contact numbers, hospital preference, and other information.

The container is located in your refrigerator within your house. This location is used as it is a common appliance in all homes and the contents of a refrigerator remain undamaged during a fire. Law enforcement, Fire Departments and Emergency Personnel are trained to look for the "Vial Of Life" in your refrigerator.

### If you would like to participate in this program, please contact:

Theresa Cooper at The Villages Annex District Office (352) 689-4600 or Beth Hunt at SCSO Headquarters in Wildwood at (352) 569-1600.

To view the Vial of Life form, please click the following link — Vial of Life form. Complete one form for each member in your household. Try to provide as much detailed information as possible on the medical history and medications. **Use the back of the form if extra space is needed.** Place the forms in the Vial and place it on the **TOP SHELF** of your refrigerator. Remember to update the information on your forms when your medications or health changes.

For more information on the Vial of Life program, please click the following link — Vialoflife.com.



### **Did You Know??**

# The Villages Community Development Districts Office of Management and Budget

Did you know the Fiscal Year 2022-23 Budget Calendar is now available on the District website?

During the January Board meetings, the Board of Supervisors for each District approved their meeting dates as listed in the District-wide Fiscal Year 2022-23 Budget Calendar. The Budget Calendar provides the date, time and location for the various budget workshops and board meetings when the Board of Supervisors will be reviewing, discussing and approving the Fiscal Year 2022-23 Budget. To view the Fiscal Year 2022-23 Budget Calendar, please click on the following link — Fiscal Year 2022-23 Budget Calendar.

### **Did You Know??**



### What is the Neighborhood AED Program?

By training volunteers, purchasing an Automated External Defibrillator (AED) and tying into the 911 system, neighbors can become first responders to rescue fellow neighbors. Each responder would have ReadyAlert paging service. When a cardiac arrest occurs, a call is made to 911. Once the 911 operator determines the nature of the emergency to be a cardiac arrest, the system would dispatch the AED group (in addition to medical personnel) via ReadyAlert. While one or more responders would go immediately to the home, others would go to the AED unit and take it where needed. The AED is stored in a locked cabinet located in the neighborhood and all responders have keys. Currently, there are over 195 AED groups in The Villages community.

### What do I do if my neighborhood wants to participate in the Neighborhood AED Program?

Contact Lieutenant/Emergency Resource Specialist Lt. John Longacre by phone at 352-205-8280 or by email at john.longacre@districtgov.org.





#### When should I call 911?

When you have a medical, fire, or police emergency. If the situation seems urgent or has the potential to become dangerous, call 911. Call-takers or dispatchers will determine whether your call should be handled by 911 or can be transferred to another person or agency. When in doubt, call 911!

### When I dial 911, which fire station answers my telephone call?

Your 911 phone call isn't answered at any of The Villages Fire Stations. It is answered at a Public Safety Answering Point for 911, or PSAP for short. The call-taker will ask a few, simple questions about your emergency and, if it is either fire or medical in nature, the call is immediately transferred to the dispatch center for The Villages Public Safety Department.

### Doesn't the 911 operator know my address when I call? Why does he/she have to ask?

If you call 911 from your hard-wired (house) phone, the location of that telephone appears on the call-taker's computer screen. It also gives your phone number as well as information about your primary police service, fire service, EMS service and ambulance service. If you call from your cell phone, none of that information may be available. The call taker will always ask for the location of the emergency either to confirm what he/she already sees on the screen or to learn the location from the cell phone caller. As a result, if you're calling from a cell phone, you need to know the COUNTY, YOUR ADDRESS, or CLOSEST CROSS STREETS to your location.

### How long does the 911 call take?

The average 911 call only takes about 30 seconds until help is dispatched. Of course, that time is dependent upon you – the caller – knowing where the emergency is.



### **Bond Payoffs**

A property owner can prepay their Bond principal balance in full by check or money order at any time of the year. If a resident pays off their Bond anytime from now until 5pm on March 16, 2022, the payoff amount will be adjusted to reflect a credit for half of the year's interest amount paid on the November 2021 tax bill. If the resident chooses to pay off the Bond in full during this time, they will also eliminate the annual assessment on the November 2022 tax bill and avoid future interest payments.

To obtain a Bond payoff amount or for questions, please contact the Bond Office at 352-751-3900. Please call to schedule an appointment prior to visiting the office. Payments can also be placed in the District Drop Boxes located at each Postal Station and outside the main office.

Please remember that even when the Bond is paid in full, there will continue to be an annual maintenance assessment on your County's property tax bill which pays for ongoing costs to maintain the infrastructure of your District.

Residents are not required to pay off their Bond in advance. If not paid in full, the Bond will continue to be annually assessed on the County's property tax bill.

To view the details of your Bond, all Bond amortization schedules are available on the District's website: <u>Districtgov.org</u>. For instructions on how to view your Bond Amortization Schedules, see the following pages of this Bulletin.



### **DistrictGov.org**

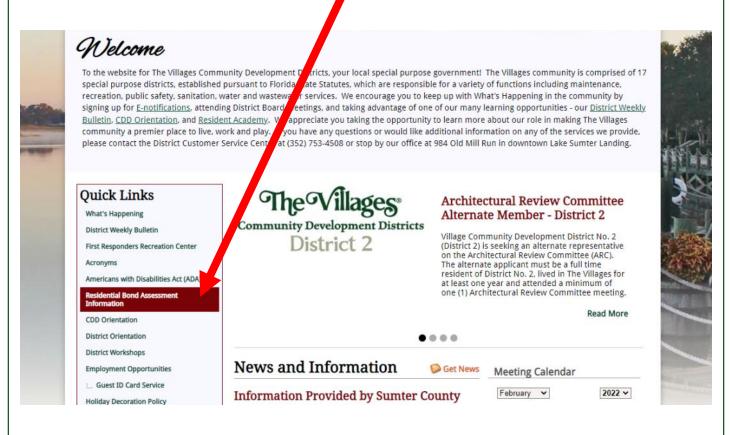


### Where can I find my bond amortization schedule online?

1. To find your bond amortization schedule, visit <u>DistrictGov.org.</u>



2. Select 'Residential Bond Assessment Information' from the Quick Links menu on the left-hand side of the page.

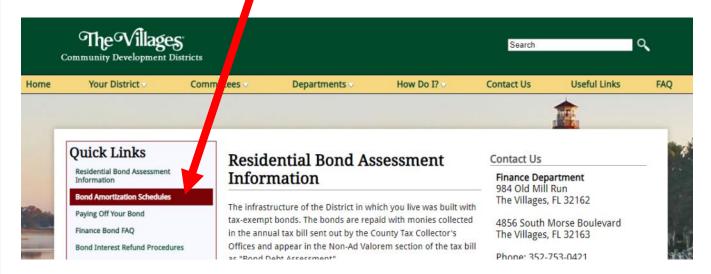


### **DistrictGov.org**



### Where can I find my bond amortization schedule online?

**3.** Select 'Bond Amortization Schedules' from the Quick Links menu on the left-hand side of the page.



**4.** Select the county you live in. From there, you may view your Bond Amortization Schedule under the District you live in.





### **Frost Delays in The Villages**

Frost occurs when the dew point is below 32 degrees and air temperature is getting close to the same. This can happen, some mornings, even when the air temperature is around 38 degrees. One thing to remember is that the coldest time in the mornings is at sunrise. Thus, on really cold mornings, delays are easier to predict. But when the air temperature is in the 38-40 degree range, frost may not form until sunrise. With sunrise at 7:22 AM on January 1st, frost could form right when your scheduled tee time is. This is why it is difficult to predict frost delays, so we wait until just before 7:00 AM to make the call.

Here in The Villages, there are four different ways to find out if there is a frost at the golf course you're scheduled to play.

- 1. Call the golf course after 7:00 AM.
- 2. Listen to WVLG after 7:00 AM.
- 3. Check the ticker on <a href="www.golfthevillages.com">www.golfthevillages.com</a> after 7:15 AM.
- 4. Check the ticker on VNN after 7:15 AM.

### **Understanding Frost Delays**

Presented by the Golf Course Superintendents Association of America

As winter starts it signals a change in golf course management activities that can affect one's game and the conditions found on the course.

In many regions of the country, golfers occasionally face frost delays, thus losing starting tee times. When frost is present golf course superintendents delay play until the frost has melted. This is done to prevent damage that affects the quality of the playing surface and could potentially be very expensive to repair.

Frost is basically frozen dew that has crystallized on the grass, making it hard and brittle. A grass blade is actually 90 percent water, therefore it also freezes. Because of the short mowing height (sometimes as low as 1/8 inch) and fragile nature of the turf, putting greens are most affected by frost. Walking on frost covered greens causes the plant to break and cell walls to rupture, thereby losing its ability to function normally. When the membrane is broken, much like an egg, it cannot be put back together.



Golfers who ignore frost delays will not see immediate damage. The proof generally comes 48-72 hours later as the plant leaves turn brown and die. The result is a thinning of the putting surface and a weakening of the plant. The greens in turn become more susceptible to disease and weeds. While it may not appear to be much of an issue if a foursome begins play early on frost covered greens, consider the number of footprints that may occur on any given hole by one person is approximately 60.

As golf enthusiasts Superintendents do not like to delay play, but they are more concerned about turf damage and the quality if conditions for the golfer. Frost also creates a hardship on a golf facility's staff as all course preparations are put to a halt until thawing occurs. Golf carts can cause considerable damage, therefore personnel cannot maneuver around the course to mow, change cup positions, collect range balls, etc.

### **Key points:**

- Frost is basically frozen dew that has crystallized on the grass, making it hard and brittle. A grass blade is actually 90 percent water, therefore it also freezes.
- Walking on frost-covered greens causes the plant to break and cell walls to rupture, thereby losing its ability to function normally.
- When damaged, the putting surface weakens and becomes more susceptible to disease and weeds.
- One foursome can leave several hundred footprints on each green, causing extensive damage.
- A short delay while the frost melts can preserve the quality of the greens and prevent needless repairs.



### **Did You Know??**



### Wildlife in The Villages

Community Watch Dispatch has been taking multiple calls lately about a variety of wildlife being spotted in and around The Villages. The main calls are for the spotting of coyotes, bobcats and bears. There have even been a couple of reports about panthers, but none that have been confirmed through the Florida Fish and Wildlife Conservation Commission.

Just a few short years ago, the area where The Villages sits now was farm land and wooded area. As the Villages has grown, the farm land and wooded area has disappeared. Today, the wildlife we see has had to adapt to new surroundings and new neighbors, those neighbors being us.

For some, spotting wildlife is very exciting and adventurous. For others, it can be a frightening experience. Although the wildlife that you encounter in The Villages can be dangerous, they seldom attack humans. There are no recorded attacks on humans by panthers in Florida according to the Florida Fish and Wildlife Conservation Commission records. That does not mean you won't be subject to a panther attack if you taunt or provoke them though. The same goes for bobcats and bears — rarely do they charge or attack a human, but when provoked or threatened they will defend themselves and their young. Now that winter is coming to an end here in Florida and spring is arriving, mating season will begin. All the more reason to steer clear when you spot local wildlife. Wildlife will see you much more than you see them — if you spot them, it was a mistake on their part. They are very good at staying hidden.

For more information or sightings, please contact the Florida Fish and Wildlife Conservation Commission at 888-404-3922 or 352-732-1225.



**Community Development Districts** 

# GOLF CAR RULES OF THE ROAD AND SAFETY TIPS

When traveling the community in a golf car on a roadway or multi-modal path, we urge you to follow these rules of the road and safety tips to ensure a safe and enjoyable experience for everyone.

The multi-modal paths are designated for use by non-automotive, non-vehicular traffic such as bicycles, golf cars and pedestrians.

Slow Down and Enjoy The Ride!



www.DistrictGov.org

### RULES OF THE ROAD

- 1. Be 14 years or older to drive a golf car
- Drive on neighborhood streets, marked roadside lanes, and multi-modal paths
- Obey all traffic laws, signs and signals
- 4. Golf cars are subject to Florida's open alcoholic container laws

- 5. Speed not to exceed 20mph
- 6. Use hand and turn signals
- 7. Yield to automobiles
- 8. Come to a full stop at stop signs
- 9. Never enter a roundabout in a golf car
- Golf cars are prohibited from roadways with posted speeds of 35mph or more

### SAFETY TIPS

- 1. Provide a seat for each person/pet
- 2. Secure children and pets
- 3. Keep passengers seated in golf car
- 4. Keep arms and legs inside golf car
- Enter traffic lane safely before turning left
- 6. Be aware of vehicles turning right (across the golf car lane)
- Maintain golf car according to manufacturer's recommendations
- 8. Do not text/phone while driving
- 9. Limit passing slower golf cars
- 10. Pull off the path when you need to stop

### BEFORE YOU DRIVE

Make sure the horn, brakes and lights work.

Check back-up alarm, tire pressure and applicable gauges.

Before backing up, look behind and see that all is clear.

If you have any landscaping or property management concerns while traveling throughout The Villages community, please call the District Customer Service Center at (352) 753-4508.



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### **Lifestyle Program & Activities**

Participation in recreational activities always involves some degree of risk. Participants assume full responsibility for and risk of bodily injury arising out of or in any way connected with participation or involvement in or presence at the activity or program. Be sure to fill out the required activity release.

A new activity release needs to be completed at the beginning of each calendar year. Additional waivers may be required depending on the type and nature of the activity.

Activity Releases are available at all recreation centers or by clicking on the following link — <u>Activity Release</u>. Once completed, please return to your nearest recreation center.

### **Homestead Village Recreation Center**

Take a drive down south and check out the newest Village Recreation center in the Village of Citrus Grove. In addition to all the normal amenities check out the first ever astronomy pads!





### **Outdoor Fitness Equipment**

Many individuals seek outdoor activity as a healthy way to get out of the house. One way to do this is to utilize the outdoor fitness equipment located at many of the Recreation & Parks facilities.

The outdoor fitness equipment employs the body's mass for resistance and can be enjoyed by all ages, regardless of the user's fitness level. Equipment can be found at the Mulberry Grove, Paradise, Lake Miona, Rohan, Spanish Moss, Sugar Cane, Riverbend, Everglades, Water Lily, Laurel Manor and Eisenhower outdoor recreation areas. As with all activities consult your physician prior to starting any physical training program and at these facilities perform exercises according to the instructions posted at each piece of equipment.



### First Responders Recreation Center Memorabilia

Due to the overwhelming receipt of numerous applications and photos for memorabilia contributions to enhance the décor of the First Responders Village Recreation Center, we are unable to take any more. Thank you for your interest!



25,000 crashes/year caused by litter or debris

80+ fatalities annually caused by litter or debris





# KEEP OUR ROADS CLEAN KEEP OUR ROADS SAFE



Source: AAA Foundation for Traffic Safety





Did you know that each lot in The Villages is assigned two specific days of the week to irrigate? It is important to follow this schedule to prevent over watering the common areas between homes and to ensure that there is adequate pressure on the system available for everyone who is scheduled that day.

A 'flood' of information on irrigating is available online at <a href="thevillageswaterwisdom.com">thevillageswaterwisdom.com</a>. Information including details on Florida Friendly Landscaping, how much water you really need to use and when your lot is scheduled for watering are all at your fingertips.

Residents in the **Lake County portion of The Villages** (with the exception of District 11) must comply with the restrictions of the St. John's River Water Management District.

Lake County	Addresses ending in 0, 2, 4, 6, 8	Sunday	12 am to 10 am and 4 pm to 12 am
Lake County	Addresses ending in 1, 3, 5, 7, 9	Saturday	12 am to 10 am and 4 pm to 12 am
Daylight Saving	) Time		
Daylight Saving	Time Addresses ending in 0, 2, 4, 6, 8	Thursday and Sunday	12 am to 10 am and 4 pm to 12 a

The following is a summary of the restrictions:

- Lawn watering depends on whether you have an odd or even numbered address, and the time of year.
  - ⇒ **Daylight Saving Time:** Second Sunday in March until the first Sunday in November.
  - ⇒ **Eastern Standard Time:** First Sunday in November until the second Sunday in March.
- Watering may only occur before 10 AM or after 4 PM on the scheduled days.
- Water for no more than one hour per zone.
- Certain exemptions are available, such as allowances for new plant material.
- There are no restrictions on fountains, car washing and pressure washing. However, it is important to be as efficient as possible, such as using a shut-off nozzle on the hose, so water isn't wasted.





Residents in the Sumter, Marion and Fruitland Park portions of The Villages must comply with the SWFWMD's year-round conservation measures.

The year round conservation measures allow for twice-per-week watering, which gives residents additional flexibility for determining when to water. Residents are encouraged to water only if their lawn and landscape needs it and turn off their irrigation system if it has rained or if rain is predicted in the next 24 hours. Some of the signs that a lawn needs water include: blades folded in half lengthwise, footprints remaining on the lawn for several minutes after walking on it, and the top few inches of soil being dry.

CDD	Home Address	Watering Days	Watering Hours				
1	Even Addresses (ending in 0, 2, 4, 6, 8)	Tuesday / Friday	12 am to 10 am and 4 pm to 12 am				
1	Odd Addresses (ending in 1, 3, 5, 7, 9)	Monday / Thursday	12 am to 10 am and 4 pm to 12 am				
2	Even Addresses (ending in 0, 2, 4, 6, 8)	Tuesday / Friday	12 am to 10 am and 4 pm to 12 am				
2	Odd Addresses (ending in 1, 3, 5, 7, 9)	Monday / Thursday	12 am to 10 am and 4 pm to 12 am				
3	Even Addresses (ending in 0, 2, 4, 6, 8)	Tuesday / Saturday	12 am to 10 am and 4 pm to 12 am				
3	Odd Addresses (ending in 1, 3, 5, 7, 9)	Wednesday / Sunday	12 am to 10 am and 4 pm to 12 am				
4	Even Addresses (ending in 0, 2, 4, 6, 8)	Thursday / Sunday	12 am to 10 am and 4 pm to 12 am				
4	Odd Addresses (ending in 1, 3, 5, 7, 9)	Wednesday / Saturday	12 am to 10 am and 4 pm to 12 am				
5 - 12	Even Addresses (ending in 0, 2, 4, 6, 8)	=	on the irrigation controller,				
5 - 12	Odd Addresses (ending in 1, 3, 5, 7, 9)	visit thevillageswaterwisdom.com or use the chart on the following page for the irrigation schedule.					





Community Development Districts
Utilities

#### Irrigation Schedules for VCDD 5-13

Irrigation Schedules are determined by your lot number.

#### YOUR LOT NUMBER CAN BE FOUND ON YOUR ID CARD



Example: Lot 4 Irrigation Day: Wednesday & Saturday Start Time: 4 a.m.



Example: Lot 194 Irrigation Day: Thursday & Sunday Start Time: 1 a.m.

IRRIGATION DAY	START TIMES											1	LOT N	UMBI	ERS											
Monday & Thursday	4 PM	1	19	37	55	73	91	109	127	145	163	181	199	217	235	253	271	289	307	325	343	361	379	397	415	433
Wednesday & Saturday	1 AM	2	20	38	56	74	92	110	128	146	164	182	200	218	236	254	272	290	308	326	344	362	380	398	416	434
Monday & Thursday	7 PM	3	21	39	57	75	93	111	129	147	165	183	201	219	237	255	273	291	309	327	345	363	381	399	417	435
Wednesday & Saturday	4 AM	4	22	40	58	76	94	112	130	148	166	184	202	220	238	256	274	292	310	328	346	364	382	400	418	436
Monday & Thursday	10 PM	5	23	41	59	77	95	113	131	149	167	185	203	221	239	257	275	293	311	329	347	365	383	401	419	437
Wednesday & Saturday	7 AM	6	24	42	60	78	96	114	132	150	168	186	204	222	240	258	276	294	312	330	348	366	384	402	420	438
Tuesday & Friday	1 AM	7	25	43	61	79	97	115	133	151	169	187	205	223	241	259	277	295	313	331	349	367	385	403	421	439
Wednesday & Saturday	4 PM	8	26	44	62	80	98	116	134	152	170	188	206	224	242	260	278	296	314	332	350	368	386	404	422	440
Tuesday & Friday	4 AM	9	27	45	63	81	99	117	135	153	171	189	207	225	243	261	279	297	315	333	351	369	387	405	423	441
Wednesday & Saturday	7 PM	10	28	46	64	82	100	118	136	154	172	190	208	226	244	262	280	298	316	334	352	370	388	406	424	442
Tuesday & Friday	7 AM	11	29	47	65	83	101	119	137	155	173	191	209	227	245	263	281	299	317	335	353	371	389	407	425	443
Wednesday & Saturday	10 PM	12	30	48	66	84	102	120	138	156	174	192	210	228	246	264	282	300	318	336	354	372	390	408	426	444
Tuesday & Friday	4 PM	13	31	49	67	85	103	121	139	157	175	193	211	229	247	265	283	301	319	337	355	373	391	409	427	445
Thursday & Sunday	1 AM	14	32	50	68	86	104	122	140	158	176	194	212	230	248	266	284	302	320	338	356	374	392	410	428	446
Tuesday & Friday	7 PM	15	33	51	69	87	105	123	141	159	177	195	213	231	249	267	285	303	321	339	357	375	393	411	429	447
Thursday & Sunday	4 AM	16	34	52	70	88	106	124	142	160	178	196	214	232	250	268	286	304	322	340	358	376	394	412	430	448
Tuesday & Friday	10 PM	17	35	53	71	89	107	125	143	161	179	197	215	233	251	269	287	305	323	341	359	377	395	413	431	449
Thursday & Sunday	7 AM	18	36	54	72	90	108	126	144	162	180	198	216	234	252	270	288	306	324	342	360	378	396	414	432	450

Irrigation after 10 a.m. and before 4 p.m. is prohibited by the Southwest Florida Water Management District.







### How do I purchase a Veterans Memorial Brick?

Bricks are placed at the Veterans Memorial Park located near Spanish Springs Town Square, each Veterans Day — November 11th. All bricks must be purchased by **March 31st** each year to be included in that year's ceremony. All bricks purchased after March 31st will be included in the following year's ceremony. You can purchase a brick by completing the form on the next page and mailing the form with a check to 984 Old Mill Run, The Villages, FL 32162 or drop it in your amenity box with a check at the postal station. Bricks cost \$55.00. For a copy of the order form, see the following page or visit the Veterans Memorial Park page on our website at <u>DistrictGov.org</u>.



<b>Brick</b>	No.	

### Veterans' Memorial Park Dedicated to Veterans - Past and Present

In 1998 a beautiful park was designed to pay tribute to the many men and women who have served their country and provided us with the most precious gift of all – freedom.

Bricks are designed to pay tribute to our loved ones who have served in one of the branches of the United States Armed Services. What better way to pay tribute than by furthering an endeavor that will have an impact today and in the lives of future generations?

### March 31, 2022 is the Deadline for the Dedication Ceremony on Veteran's Day November 11, 2022

First Name \_\_\_\_\_ Last Name \_\_\_\_

VETERANS' MEMORIAL PARK ORDER FORM

ORDER PLACED BY (Please print):

Address			
City	State	Zi <sub>I</sub>	)
Phone	Date of C	Order	3
I certify that the information below is to	appear on the brick a	as printed and is c	orrect. Please initio
Choose One (M) or (H) (M) In	Memory	(H) In Hon	or
Print Name to be Engraved on Brick			
	First Name	Middle Initial	Last Name
RANK WI	LL NOT BE INCL	U <b>DED</b>	
<u>Inf</u>	ormation for Book		
Rank:	Bran	ich:	
Years of Service (example	1940-1948):	*	
Amount: \$55.00 (circle one) Cash Cred	lit Card() Check()	<b>)</b> Make checks pay	vable to: <u>VCCDL</u>

For additional information or order forms, please call District Customer Service at (352) 753-4508 or visit www.DistrictGov.org.

Forward order form and payment to: Village Community Development District 984 Old Mill Run The Villages, FL 32162



# **Self-Care**Tips for Heart Health



Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.



#### What does "self-care" mean?

Researchers define self-care as what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's <u>heart-healthy living</u>.

### What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- Get a daily dose of <u>physical activity</u>, such as a brisk, 30-minute walk.
- Cook meals that are low in sodium and unhealthy fats.
- Take your medications as prescribed and keep your medical appointments.
- ✓ Sleep 7-8 hours a night.
- Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

### How can you make self-care for your heart easier?

The trick is to plan ahead. Build heart-healthy activities into your daily self-care routine. Schedule things that are both good for you and important to you. You might want to set aside time to:

- Cook delicious, heart-healthy recipes. Choose some from the National Heart, Lung, and Blood Institute's delicious heart-healthy eating website.
- Go for a bike ride, take an online exercise class, or have a family dance party.
- Make that doctor's appointment you've been putting off. Many providers now offer telehealth appointments to make accessing care easier.
- ✓ Organize your medications.

### What's your health status?

Part of self-care is knowing your health status. Even during uncertain and busy times, get your blood pressure, blood sugar, and cholesterol levels checked. Talk to your health care provider about your heart health.











### How can technology help with caring for your heart?

Your phone or favorite show can make getting off the couch difficult. But technology can be your heart's best friend! Tools that help with self-care for your heart include:

- Wearable devices that measure steps, heart rate, and sleep
- At-home blood pressure, blood sugar, and heart rate monitors
- Online activity and healthy eating planners, like these from health.gov and MyPlate.gov

### How does support from others help you care for your heart?

Many studies show that having positive, close relationships and feeling connected to others helps our blood pressure, weight, overall health, and more. Even if it's virtual, that support makes self-care easier and even more effective.

Research also shows that text messages can improve self-care. Connect with friends or family for support. Ask them to text you reminders or encouragement to help you meet your goals. Make new friends who share your goals. Join an online exercise class or a weight-management group to connect with other like-minded people and stay motivated.

### How does self-care play a role if you or your partner is pregnant or considering pregnancy?

Self-care for your heart health is particularly important if you're pregnant or thinking of becoming pregnant. Regular physical activity reduces your risk of gestational diabetes, extra pregnancy pounds, and postpartum depression. Talk to your health care provider about what physical activities are safe during pregnancy and soon after delivery. Discuss how to avoid and watch for a type of high blood pressure called preeclampsia.

### What are the obstacles to self-care?

Research shows that the three main obstacles to self-care are:

- · Lack of confidence in one's ability to make a change
- Depression
- · Having more than one health concern

If you want to boost your confidence, or if you struggle with a mental health disorder, seek support of family and friends, or talk to a qualified mental health provider. Ask your health care provider for help handling the demands of multiple medical conditions.

### What does it take to give your heart the care—and patience—it deserves?

Self-care includes being patient with your body. You may not see or feel the results of your efforts right away. But small steps can lead to big progress. When we take care of #OurHearts as part of our self-care, we set an example for others to do the same. Visit <a href="https://example.com/hearts-resources">hearttruth.gov</a> for resources and tools to help you and your loved ones make heart-healthy lifestyle changes.











#### **UPCOMING ROADWORK**

District Property Management has scheduled asphalt rejuvenation. If you live in a villa where work is scheduled, signs will be posted at both your villa entry and local postal stations approximately 1 week before work begins. There will also be door knocker notices hung at your residence 24 hours prior. The first roads are scheduled to start Friday 4th in February. We will update the schedule ASAP if there are changes. Delays may occur at any point due to equipment issues, rain delays, or resident/realtors forgetting to turn off irrigation.

EXTREMELY IMPORTANT: DO NOT RUN IRRIGATION OR CAR WASH THE DAY BEFORE, THE DAY OF, AND THE DAY AFTER. ROADS MUST BE <u>COMPLETELY DRY</u> FOR THE PRODUCT APPLICATION TO BE SUCCESSFUL. AVOID DRIVING ON THE ROAD FOR 30-45 MINUTES AFTERWARD.

Roadwork normally causes temporary inconveniences. We always strive to minimize difficulties. Thank you so much for your patience and cooperation! We <u>strongly recommend</u> you follow all instructions provided here (below) and any directions given by workers in your villa. We rely on your cooperation for this project to be completed quickly and smoothly.

#### **PLEASE TAKE NOTE:**

Remove parked cars from the roadway between the hours of 7:30 AM to 5 PM.

- You will have access to your driveway at all times during the short application period.
- Drive SLOWLY if you accidentally enter a freshly treated area (i.e. drive 5 MPH).
- Sand cover will be swept up within 2 days. Use CAUTION when driving on loose sand.
- Keep children and pets out of treated areas to avoid tracking into houses.
- Product tracked onto driveways will disappear in 3 weeks or less, leaving no stain.

- Product is not meant to noticeably change the roadway's color.
- Remember, any work crew member can assist you during the application!

### Why is this process necessary?

We shouldn't buy a new car and never perform an oil change on it. Those oil changes are considered part of preventative maintenance to help keep your car in good condition for many years. Asphalt roads are not much different! Without timely preventative maintenance, an asphalt road will deteriorate faster than necessary. The asphalt rejuvenation product is replacing vital binding ingredients that have been lost over time due to exposure to the sun's UV rays and wet weather. When applied to brand new pavements, the product protects asphalt from future damage, protecting one of our most important assets. Extending the life of your roadways helps ensure a smooth ride for years to come and reduces overall maintenance costs. If you have any questions or concerns, you may contact District Property Management at 352-753-4022.

### Tentative schedule: Last updated 1/27/2022.

Delays may occur due to inclement weather or unforeseen events.

### **Lady Lake**

2/10/22 – Bichara Blvd.

2/10/22 – La Grande Blvd.

### **District 1**

2/10/22 – De Laguna West

2/11/22 – De La Mesa (North & South)

2/11/22 – Villa Valdez

### **District 3**

2/9/22 – Villa St. Simons

# The Villages Community Development Districts

### Property Management

#### **District 4**

2/4/22 – Phillips Villas

2/7/22 – Cameron Villas

2/8/22 – Greenbriar Villas

2/9/22 – Fairlawn Villas

#### **District 7**

2/22/22 – Adriana Villas

2/22/22 – Anita Villas

2/22/22 – Bonita Villas

2/23/22 - Grovewood Villas

2/23/22 – Hillcrest Villas

#### **District 8**

2/16/22 - Creekside Landing

2/17/22 – Azalea Villas

2/17/22 – Mangrove Villas

2/17/22 – Cedar Key Villas

2/18/22 – Jacaranda Villas

2/18/22 – Boxwood Villas

2/21/22 – Hallandale Villas

2/21/22 – Hortensia Villas

2/21/22 – Hydrangea Villas

2/21/22 - Oviedo Villas

### **District 9**

2/14/22 & 2/15/22 – Mission Hills

2/23/22 - Clifford Villas

2/24/22 – Amber Villas

2/24/22 – Lindsey Villas

#### **District 9 Continued**

2/24/22 – Megan Villas

2/25/22 – Lauren Villas

2/25/22 – Paige Villas

2/25/22 – Devon Villas

3/1/22 – Placida Villas

3/1/22 – Bokeelia Villas

3/1/22 – Barrineau Villas

3/2/22 – Atmore Villas

3/2/22 – Eleanor Villas

3/2/22 – Sharon Villas

3/3/22 – Perdido Villas

3/3/22 – Bartow Villas

#### **District 10**

2/24/22 – Harlow Villas

2/25/22 – Beauclair Villas

2/28/22 – Kelsea Villas

2/28/22 – Whitney Villas

2/28/22 – Pensacola Villas

3/1/22 – Leyton Villas

3/4/22 – Alden Bungalows

3/7/22 – Marianna Villas

3/7/22 – Warianna vina 3/7/22 – Perry Villas

3/7/22 – Carrabelle Villas

3/8/22 – Antrim Dells

3/9/22 – Ventura Villas

3/9/22 – Pineland Villas

3/9/22 – Melbourne Villas

3/9/22 – New Haven Villas

If you have any questions or need more information, please contact District Property Management at 352-753-4022.





### The following facilities will be temporarily closed or have scheduled maintenance:

### ⇒ Paradise Regional Recreation Complex Basketball Court

The Paradise Regional Recreation Complex Basketball Court will be closed for maintenance January 27th through February 4th.

### **⇒ Paradise Regional Recreation Complex Bocce Courts**

The Paradise Regional Recreation Complex Bocce Courts will be closed for maintenance until further notice.

### ⇒ Chula Vista Village Recreation Center Bocce Courts

The Chula Vista Village Recreation Center Bocce Courts will be closed for maintenance until further notice.

### ⇒ El Santiago Village Recreation Center Bocce Courts

The El Santiago Village Recreation Center Bocce Courts will be closed for maintenance January 31st through February 5th.

### ⇒ Laurel Manor Regional Recreation Complex Indoor Facilities, Outdoor Facilities and Sports Pool

The Laurel Manor Regional Recreation Complex Indoor Facilities, Outdoor Facilities and Sports Pool will be closed for quarterly cleaning and pressure washing on February 4th.

### ⇒ Bridgeport Village Recreation Center Indoor Facilities, Outdoor Facilities and Family Pool

The Bridgeport Village Recreation Center Indoor Facilities, Outdoor Facilities and Family Pool will be closed for quarterly cleaning and pressure washing on February 2nd.

### ⇒ Lake Miona Regional Recreation Complex Pickleball Courts

The Lake Miona Regional Recreation Complex Pickleball Courts will be closed for maintenance January 31st through February 16th.

### ⇒ Largo Neighborhood Recreation Area and Adult Pool

The Largo Neighborhood Recreation Area and Adult Pool will be closed for pool refurbishing January 19th through February 10th.





The following facilities will be temporarily closed or have scheduled maintenance:

⇒ Canal Street Village Recreation Center Indoor Facilities, Outdoor Facilities and Family Pool

The Canal Street Village Recreation Center Indoor Facilities, Outdoor Facilities and Family Pool will be closed for maintenance February 7th through February 28th.

⇒ SeaBreeze Regional Recreation Complex Pickleball Courts

The SeaBreeze Regional Recreation Complex Pickleball Courts will be closed for resurfacing February 14th through March 2nd.

⇒ Bradenton Village Recreation Center Indoor Facilities, Outdoor Facilities and Family Pool

The Bradenton Village Recreation Center Indoor Facilities, Outdoor Facilities and Family Pool will be closed for quarterly cleaning on February 7th.

⇒ Charlotte Neighborhood Recreation Area Adult Pool

The Charlotte Neighborhood Recreation Area Adult Pool will be closed for maintenance February 4th through February 27th.

⇒ Big Cypress Village Recreation Center Shuffleboard Courts

The Big Cypress Village Recreation Center Shuffleboard Courts will be closed for resurfacing January 31st through February 15th.

⇒ Moyer Village Recreation Center Indoor Facilities, Outdoor Facilities and Family Pool

The Moyer Village Recreation Center Indoor Facilities, Outdoor Facilities and Family Pool will be closed for maintenance on February 2nd.



#### ARCHITECTURAL REVIEW COMMITTEE

Village Community Development District No. 2 (District 2), No. 7 (District 7) and Village Center Community Development District for the Lady Lake / Lake County portion of The Villages north of County Road 466 are seeking alternate members to serve on the Architectural Review Committee.

The alternate applicant must be a full time resident of the District they are applying for and have lived in The Villages for at least one year. Candidates are recommended to have education and/or experience in any of the following areas: architecture, ability to read site plans, residential/commercial construction, building management, deed restricted communities, landscaping, county code enforcement, etc.; however, this is not required. The Committee meets weekly, on Wednesdays at 8:00 AM for approximately 2-4 hours.

The required attendance for the alternate member is to attend an Architectural Review Committee meeting each week for four (4) weeks and then monthly thereafter.

If you are interested in becoming an alternate member on the Architectural Review Committee, complete the application by clicking one of the following links: <u>District 2 Application</u>, <u>District 7 Application</u>, <u>Lady Lake /Lake County Application</u> and returning it to the Community Standards Department, 984 Old Mill Run, The Villages, Florida.

Section 112.3145(7)(g), Florida Statutes requires that Architectural Review Committee members must complete and submit a Statement of Financial Interests (Form 1) at the time they are appointed to the Architectural Review Committee.



### COMMUNITY STANDARDS DEPARTMENT ARCHITECTURAL REVIEW COMMITTEE VOLUNTEER MEMBER FOR VILLAGE COMMUNITY DEVELOPMENT DISTRICT NO. 7

#### APPLICATION FOR MEMBERSHIP

This application <u>must</u> be returned to the Community Standards Laborate ent, 984 Old Mill Run, The Villages, Florida no later than 5:00 p.m. on April 16, 2021.

I understand that being a member of the Archae aral Leview Committee (ARC) is a volunteer position with a four year commitment when I will bend a proximately two hours every week as a committee member. The applicant must be a full time levide of Village Community Development District No. 7 and the lives of The Villages for at least one year. Committee members are recommended to have ducation and/or experience in any of the following areas: architecture, ability to reach the plans, asidential ammercial construction, building management, deed restricted communities, addscapled, county code enforcement, etc.

1. Please briefly scribe your past business	s or career paths.	
	ication, -	_
2. Which special skills or education do you has special skills, experience or training such as condo/building management, working with the special skills.  3. Are you familiar with your deed restriction.	ave that would benefit the ARC? (Please architect, ability or read site plans, builde and restricts (Porimunities, etc.)	include r,
For eathe prev		-
Are you familiar with your deed restriction	s and/or covenants? Y N`	
Signature	Phone	_
Print Name	Village of	
Address  Village Community Development Districts 984 Old Mill Run, The Villages, Florida 32162 Business Phone: 352-751-3912 Business Fax: 352-751-6707	Date	