

**Property Owners Association of The Villages
General Membership Meeting
May 16, 2023**

Called to order: by Cliff Wiener, President, at 7:00 pm.

- Board members present: All, except: Jerry Ferlisi, Tita Dumagsa, John Kastura, Ken Knodel, Gilbert Windsor and Steve Lapp, excused.
- Members present: Approximately 65, with over 100 watching via live-streaming.
- Organizations present: Hospital Auxiliary, Realty Executives, Sun Kool and Seniors vs. Crime.
- March and April membership meeting minutes read by Reb Benson and unanimously approved.
- Treasurer Report by Ash Marwah: April, Income: \$12,893; Expenses: \$19,060; Net Loss: \$6,167; Operating Funds: \$130,725.
- Membership Report by Cliff. Close to 475 new members since the beginning of the year, most due to the recent member shredding event and our new member program where all new members receive the Bonus card (discounts at establishments).
- Raffle: Three winners of \$30 each announced.

Announcements:

- Representatives. Cliff introduced Mark Hayes, Sal Torname and himself as District Supervisors; Reb Benson as Amenity Authority Committee (AAC) member; and, Dan Warren as North Sumter County Utility Dependent District (NSCUDD) member.
- Live Streaming. Cliff said the POA has had capability for almost 2 years now with about 450-500 folks viewing the meeting online each month and up to 1,700 viewing for a popular topic.
- House Insurance Rates. Cliff said he is working with Representative John Temple to possibly get someone from Tallahassee to talk about insurance at a future membership meeting. He asked residents to provide input to the POA if their rates have gone up significantly. He added that if you shop with insurance agents outside The Villages you might get a better rate.
- Water Meter Spikes. Cliff said hopefully this issue will be resolved soon. He has received close to 1,000 emails of folks with a meter spike.
- Multi-Modal Path (MMP) Committee. Cliff mentioned the first meeting of the revived committee (District 1, 2 & 4 representatives) went well with 65 residents attending. District 3 is now onboard and hopefully others will follow suit; he plans to let other supervisors know about the committee at their upcoming District meetings. Next meeting is on July 17th at 2:30pm at Savannah.
- Vial for Life and CHIRP Program. Cliff went over what the Vial for Life and CHIRP by Community Watch are about and the fact he has firsthand experience they both work. He mentioned the POA have the vials and whistles available for folks to take home.
- Other Items. Cliff mentioned there is a District 5 Town Hall Meeting on May 17th at 6pm at Laurel Manor, a good event for residents to attend. He also mentioned that Realty Executives is sponsoring a walk to end Alzheimer's on October 7th, a good event for folks to contribute to.
- Member Meetings. Cliff mentioned Len Hathaway on Lightning in June (and raffling, in conjunction with A-1 Lightning, a lightning system); Bradley Arnold & Craig Estep on Sumter County Budget in July; no August meeting; Joey Hooten, Sumter County Property Appraiser, in September; and, Capt. Siemer and Pat Reed from Sumter County Sheriff's Department, in October.

Questions:

- Is there a map that shows all of the MMPs? **Ans:** Cliff said there is an app you can purchase.
- Who do you call when you see a pothole? **Ans:** If in Sumter County, call the county engineer.

Speaker: Cliff introduced Dr. Joe Kasper, an Exercise Physiologist, who discussed ways to improve mobility and reduce falling.

- Dr. Kasper said you are what you think...got to believe in yourself...and do what is best for you regarding your health, physical ability, self-esteem, etc. If someone (such as a doctor) is not helping you in what you believe, then go to someone else.

- He provided an example of his dad who had a massive heart attack and given only a couple days to live with his brother telling his dad it was okay to let go and Joe telling him to fight. His dad lived another 4 years.
- Dr. Kasper said the key to exercise is resistance training with slower movements and ensuring no pain while exercising. Do what you like and make it fun, otherwise you will quit. He mentioned his 22-minute total body workout that is in his book. His book and other products were available to purchase.
- Dr. Kasper said walking might not be good for some people. If knee or hip issues, overweight or bad posture then don't walk, water aerobics would be better. Go to aquajogger.com for products to help with exercising in water.
- Dr. Kasper, with the help from the audience, went over some strength and balance exercises; and provided sheets for folks to fill out if interested in the program and having him call.
 - Use of a foam board and catching drills.
 - Use of a roll board and catching drills.
 - Use of a large exercise ball.
- Pertinent questions:
 - What about "no pain-no gain"? **Ans:** He said this is not the best philosophy...he believes in intensity, but not if it hurts.
 - How about using a gym trainer? **Ans:** Depends on the qualifications of the trainer.
 - Where do you accomplish the training? **Ans:** Go to people's homes or at a pool.
 - What are your costs? **Ans:** Evaluation is \$195 and each session (1 hour long) is \$125.
 - Do you work with neuropathy and cancer patients? **Ans:** Yes, for neuropathy, in fact using a deep massage gun helps; but cancer treatment induced neuropathy and cancer itself are more difficult to treat, he would probably recommend a specialist in these situations.

There was a Motion to adjourn the meeting at 8:22pm that was seconded and unanimously approved.

Submitted by: Reb Benson, Secretary