

Town & River Cruise Club November Luncheon

By Mike and Liz DiBenedetto

The Town & River Cruise Club held its first luncheon of the cruising year at The Lighthouse Restaurant in Fort Myers on Nov. 16. There were 22 members and guests that attended. As this was the first gathering of Cruise Club members since the devastation of Hurricane Ian, it was a good opportunity for everyone to gather and enjoy camaraderie. A good time was had by all, as stories of

Ian's wrath were rehashed and future plans were discussed. Unfortunately, everyone had to attend by car, due to the restaurant docks being damaged ... in addition to many Cruise Club members' boats having been damaged as well.



Liz and Mike DiBenedetto hosted the event.

The Town & River Cruise Club members met for lunch at The Lighthouse.



We are so happy to be together once more.



Choices, choices, so many choices



Club members discussed many issues during the business meeting segment of the luncheon.



Members study the menus as they enjoy delicious cocktails.



Club members chatted before, during and after eating delicious entrees.

2023 Town & River Annual Meeting

Thursday, Jan. 19, 2023
Registration, 6:30 p.m.
Call to Order, 7 p.m.
Cypress Lake United Methodist Church
8570 Cypress Lake Drive
Fort Myers, FL 33919
(239) 482-1250

Are Our Waters Safe After Ian?

This is a question I am asked daily. I operate The Landings Marina just north of Town & River. Our fuel docks are one of two that are open again, and I see boaters starting to venture out as if nothing ever happened. The common statement is "the water looks great; all of the navigation markers are back." The problem is the water is not great. There is sewage and a strain of bacteria that has claimed lives and limbs from people who have had open cuts or scrapes that water was able to penetrate.

Fishing is another area of concern. Even 20 miles out, there is still brown water and a tremendous amount of red tide. Not only is it hard to breathe, it is mixed with the remains of the tainted water that I previously discussed.

Another big concern, or at least it should be, is all the debris that is in our waterways. They have been using sonar through our channels to locate this debris. Contractors are out in the water with large cranes on barges loading everything they find up and hauling it away. On Monroe canal – there are cranes set up stacking large vessels on the lot and hauling all of the smaller vessels to an open field. Even though the water looks calm, it contains boats, docks, roofs, lumber, refrigerators, pilings, trees, and cars. One of my boaters who went out yesterday hit a Cadillac Escalade in the main channel and did a pretty good job of damaging his vessel. Talking with tow boat Captains – there are cars from the causeway to Estero that are still in the water.

And finally – after a storm like we endured, and the tremendous storm surge we encountered, you can be sure that the depths and entrances to channels has changed. What used to be a deep entrance is now a sand bar that you can't see. With all of the issues that we are facing, the bottom line is, our waters are not very safe for recreational boating. I do not know how long before all of the debris is cleaned up, but it is going to be a significant period of time for sure. If you feel the need to have to go boating, please use extreme caution and keep an eye of the water's surface for any strange looking ripples, there are a lot of pilings that are broken off under the surface. Do not go into the water for any reason. And if you do venture out – stop in the marina and say hi. I'm always available to answer any questions or assist you in any way I can. Merry Christmas to all of our wonderful residents in T&R.

Capt. Craig O'Donnell,
dir8@townandriverfl.com

Town & River Cruise Club Membership Application

Name: _____

Spouse: _____

Address: _____

Phone: _____

Email: _____

BOAT INFORMATION

Boat Name: _____

Boat Type and Size: _____

Boat example – Name: Only in America
Boat Type and Size: Power 30', Beam 10' 6"

MEMBERSHIP DUES

Dues \$45 / household
Initiation Fee \$50 / household (included burgee and name tags)

New Members Prorated Dues

Joining between	
April 1 to September 30	\$45
October to December 31	\$30
January 1 to March 30	\$20

Send Application, Dues and Initiation Fee to: Cecilia Bourdon
1026 Clarendon Drive
Fort Myers, FL 33919

Make checks payable to: Cecilia Bourdon

Town & River News

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**All are encouraged to attend
our next Board meeting on Jan. 12!**

The Board meets on the second Thursday of each month at 6:30 p.m.

**South Pointe South Clubhouse
9734 Foxglove Circle, Fort Myers.**

Check out our new website
www.townandriverfl.com

Montage Women's Club



The Montage Women's Club is a social and philanthropic club open to all women residing in Lee County.

We meet on the fourth Thursday of each month at The Landings Yacht, Golf, and Tennis Club (community entry off McGregor Boulevard between Cypress Lake Drive and College Parkway). Meetings begin at 11:30 a.m. with a short social period followed by lunch at noon and normally an informative speaker program. Within the organization are various interest groups for members' participation. Membership is open to both year-round and seasonal residents. We welcome you to visit Montage for a luncheon.

Our next meeting will be held on Thursday, Jan. 26, and our guest speaker will be Tiffany Wood, crime prevention practitioner, Lee County's Sheriff's Office. Officer Wood will educate us with a personal safety presentation. Luncheon fee is \$28, and the planned regular menu will be Italian chicken cutlets with fresh lemon mist, harvest rice, and both chef's choice of vegetable and dessert. The plant-based/vegan option entree will be carrot Osso Bucco over parsnip puree with sautéed mushrooms, blistered tomatoes and wilted spinach with a lentil relish and fresh fruit for dessert.

If you would like to attend a Montage meeting, need further information, or would like to make a reservation, please call Rita Artwohl at (239) 703-7787. Reservations cutoff to attend this meeting is noon, Thursday, Jan. 19.

Sudoku Puzzle

6	1							9	
							6	8	4
		3	4		7				
4					5	8			
	5		7		4				
				1		3			
		6	3					9	
		5							
1	2								

Sudoku Puzzle Solution on page 6

Word Scramble

States

By Ellie Neal

Abalaam	Hooi	Giswathnon
Eesnetnes	Gicmhina	Ozraian
Nonatma	Avdena	Lnisoili
Gronoe	Lfrocaiaian	

Word Scramble Solution on page 7

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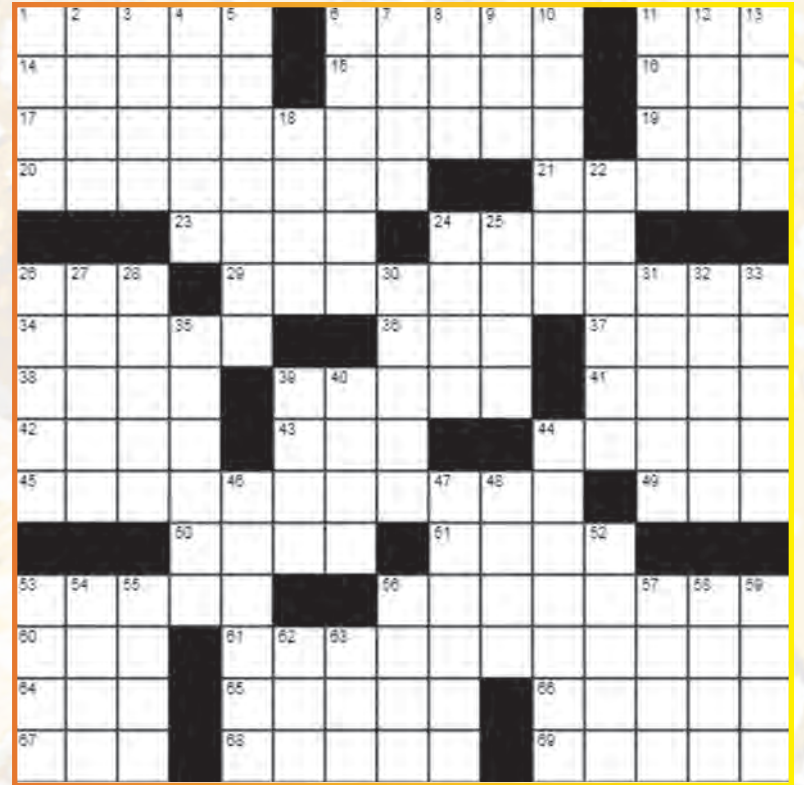
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Crossword Puzzle



Across

1. City named horse capital of the world
6. Far from friendly
11. Grille protector
14. Constellation visible throughout the world
15. *Star Wars* character ___ Calrissian
16. Tease
17. Title character who's a student
19. Ecclesiastical vestment
20. On the sugary side
21. Play by Euripides
23. Much overused adjective
24. Pickling need
26. Not med. or lg.
29. Title character in a Disney film
34. Spanish accent
36. Key preposition
37. "Terrible" ruler
38. Dramatic opening
39. Quick reversal
41. Took the stage
42. Deliberately kill one's superior officer, in army slang
43. Bled
44. Weird
45. Title character who served in Vietnam
49. Easy to handle, as a sailboat
50. You love: Latin
51. Diamond or Young
53. Bikini test
56. Cellmate
60. Crash site
61. Title character from a 19th century novel
64. Words from a wit
65. They're often found on old cars
66. "Festina ___": Latin for "Make haste slowly"
67. Rock music genre
68. Brewer's need
69. Suffixes for lions and giants, e.g.

Down

1. Expressions of delight
2. Bird's crop
3. End for the wealthy?
4. Naturalist Eiseley
5. It doesn't matter when
6. "I'm ___" by The Beatles
7. Slat
8. Toronto's prov.
9. Lyric poem
10. Participate in an orderly arrangement
11. Country music singer Paisley
12. Irk
13. Palindromic quartet
18. Type size

22. Roman or British, e.g.
24. Little was one
25. Forsaken
26. Workforce
27. Far from large
28. Church part
30. Alan who talked with Mr. Ed
31. Brand of soap
32. First name in gold medal gymnasts
33. Elvis trademark
35. Two successive letters representing a single sound
39. Bear on high
40. Makes lace
44. Letter
46. Personify
47. Turmoil
48. Israel's fourth prime minister
52. Hardware chain
53. High point
54. Report
55. Gridiron great Graham
56. Low-ranking soldiers: abbr.
57. Famed diarist and family
58. German tributary of the Elbe
59. Hwys.
62. Grant's foe
63. Start of a very long Iron Butterfly song

Crossword Solution on page 7



Night Glare Getting Worse? Might be cataracts.

If you are over age 60 and experiencing changes in your vision, you might have cataracts. Visit Elmquist Eye Group to learn more about how we can help you see like you did 30 years ago.

Call 239-350-4181 or visit elmquist.com to schedule your appointment.



Catch The Action

January On The Water

By Capt. Bill Russell

With 2022 behind us, let's look ahead to a new year of fishing and what the first month offers. January offers a variety of fishing opportunities across our coastal waters.

With the cooler days and water temperature of winter, shrimp is the top or preferred bait for most species. If you prefer throwing artificial baits, soft plastics in shrimp patterns is your best bet.

Sea trout are the most popular inshore game fish in Florida and hungry through the winter months. Fish for them in 4- to 8-foot depths across grass flats, around the edges of sand holes and bar edges. On the cooler days they often relocate to deeper protected areas where the water is not as cold. These could be residential canals and waterways, bays, and oyster bars.

Favorite trout baits include live shrimp freelined or suspended under a popping or rattling float. Scented DOA shrimp and a wide variety and color of soft plastic baits allow you to cast and retrieve to cover a lot of area, and they catch fish. If it's cold, fish baits near bottom and slow down your retrieve.

Winter and cold weather means it's time for sheepsheds. You will find sheepsheds hanging around some type of structure as they feast on barnacles, oysters, worms, small crabs, and other critters that live around these areas. Structures

may include dock, pier, and bridge pilings, rock piles or jetties, oyster bars or any submerged structure that has life on it. Nearshore, in gulf waters, large sheepsheds are caught around the many artificial reefs well within sight of land and over ledges and hard coral bottom. Shrimp is the top bait for sheepsheds, they have a small mouth full of big crusher teeth, so a large bait isn't necessary. Fish baits on bottom with just enough weight to keep it there and use a small sharp hook or jig head. Sheepsheds often bite best on the coldest days.

If fishing nearshore in gulf waters expect to catch snapper, tasty grunts, and possibly permit or grouper along with sheepsheds.

Chances are good at hooking redfish and pompano over the month. Around inshore waters they are often caught while targeting sheepsheds or sea trout. Pompano are generally on the move along bar drop-offs, shorelines, off oyster bars, and like sheepsheds they only eat mollusks and crustaceans, fish is not in their diet. Shrimp is a top bait for pompano along



with a small colorful jig most anglers call a silly jig. When slowly bounced across a sandy bottom it mimics a shrimp or small crab escaping.

Redfish range in a wide area. They might show up on the flats and bar edges while trout fishing, around oyster bars, mangrove shorelines, and the same structure mentioned for sheepsheds. Redfish are scent feeders; their eyesight isn't the best, so they rely on their nose. Shrimp is a great bait and often rigged with the tail pinched off on a jig head. This allows shrimp scent in the water. Many anglers prefer to find a likely area to hold reds such as a shoreline or structure and fish cut baitfish like pinfish, sardines, mullet, or ladyfish.

I hope everyone had a great new year and takes some time to spend on the water.

For charter information, please contact us at Gulf Coast Guide Service and "Catch the Action" with Capt. Bill Russell, call or text (239) 410-8576, website: www.fishpineisland.com, email: gcl2fish@live.com.



Capt. Bill Russell is a native and lifelong resident of Pine Island who has spent his entire life fishing the waters surrounding Pine Island and Southwest Florida. For the past 26 years Bill has been a professional fishing guide who takes pride in customizing each trip to ensure everyone on board has a great time and will return again. Come join us and "Catch the Action."

From The Desk Of Sheriff Carmine Marceno

Stay At The Scene Of An Accident

At times, I believe that people forget that driving a motor vehicle is a privilege ... not a right granted by the Constitution.



As a privilege granted to those who demonstrate the skills and abilities necessary to operate a multiton piece of machinery, this privilege comes with a significant amount of responsibility.

Drivers are required to be licensed, insured and unimpaired when driving. Additionally, drivers involved in vehicular collisions are mandated to remain at the scene.

Statewide, there were over 105,000 reported hit-and-run incidents in 2019. Between 2015 and 2020, 1,298 of these

hit-and-run incidents resulted in death. This is unacceptable.

Accidents happen. Stay at the scene. In the event of a "fender bender" involving an unattended vehicle, you are required to leave your contact information at the scene.

Leaving the scene of an accident can result in serious consequences to include jail/prison time and fines.

While some believe that they can simply leave the scene and remain unidentified, the abundance of surveillance cameras and the plenitude of cell phone cameras have helped identify hit-and-run drivers.

I take these crimes seriously. Lee County Sheriff's Office vehicles, both marked and unmarked, will be patrolling the county enforcing all traffic laws. The safety of our residents and guests is, and always will be, a priority.

Once again ... stay at the scene. The consequences of leaving can be overwhelming and devastating.

Should you witness a hit-and-run incident, please immediately contact the Lee County Sheriff's Office at (239) 477-1000.

Sidney & Berne Davis Art Center

Art Exhibitions

Each month Sidney & Berne Davis Art Center (SBDAC) features new art exhibitions from local to world-renowned artists.



Exhibits open 6 to 10 p.m. during Art Walk, first Friday of every month. Gallery hours are Monday through Friday, 10 a.m. to 4 p.m. Please call ahead for gallery hours. \$1 donation entry fee.

Paint Slinger – Artist: Lynn Davidson
Opens: Jan. 6, 6 p.m. Closes: Jan. 25, 10 p.m.

Statement from the artist Lynn Davidson:

"I strive for visual tension expressed through the reaching, groping, and agonizing of angular anatomy – knees, knuckles, and wrists. The human figure has always been the major focus of my painting. For me, only rarely are other subjects able to impart the power and energy of the nude figure."



"My work is enigmatic, without apology. I believe that meaning is constructed at the point where art and the viewer interact. Both the artist and the viewer bring something to this artistic interaction, and the experience is different for each of us, every time. I am content with this ambiguity. I like that it challenges the viewer."

"I anticipate that the viewer will be challenged and even disturbed by my work. In turn, my challenge is to portray those qualities the viewer will grasp and understand as universally human, that we are exposed, disconnected and vulnerable."

Shhh... Quiet – Artist: Ran Adler
Opens: Jan. 6, 6 p.m. Closes: Jan. 25, 10 p.m.

This art show is based on thoughtful meditation while incorporating 108 words stitched on linen.



There will be an assortment of other suggestions within the gallery that will invite viewers to be quiet and suggest a contemplative state of mind.

Sidney & Berne Davis Art Center (SBDAC), 2301 First St., Fort Myers, FL 33901, (239) 333-1933, www.sbdac.com.

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Creating Beautiful, Healthy Smiles

Board Of Directors Meeting Minutes [Modified–Approved]

South Pointe South Clubhouse Thursday, November 10, 2022

Call To Order – Secretary Renee
Notes called the meeting to order at 6:30 pm

Officers, Directors, & Residents Present

A quorum was established. Present: Directors, Tom Aeschliman, Kay Gloris, Gary Hudson, John Kristobak, Craig O'Donnell, & Martha Smith. Treasurer Ann Marie Aeschliman, Treasurer Marge Byrne & Executive Secretary Sally Stigler were also in attendance. No residents were present.

Absent: President Mark Generales, Director Myriam Lentz
Approval Of Minutes – September 8, 2022 minutes were approved by motion.

Treasurer's Report – Gary Hudson

October financial statements & supporting documents were emailed to Board Members prior to this meeting.

Gary has chosen to resign as Board Treasurer & the responsibility will be assumed by Marge Byrne & Ann Marie Aeschliman. It passed by motion unanimously to authorize Marge Byrne & Ann Marie Aeschliman check signing privileges, along with Renee Notes. They will complete & sign the necessary forms required by First Citizens Bank.

A lien/foreclosure action was initiated against an owner who, despite multiple requests, did not pay \$120 mandatory 2022 dues. Given legal collection costs and accrued interest the amount owed by the owner is \$1,227.29 and growing daily. Although a lien has been placed on the property, foreclosure

action has not yet been instituted. With no questions presented, the Treasurer's Report was approved by motion.

Deeds Of Restriction/Architectural Review Committee – John Krisobak

John reported no difficulties or problems arising from the latest County Permits issued.

Committee Reports

Lake Status – Renee reported 1 air station, 3 compressors, 2 exhaust fans were replaced at a cost of \$4,221.21. Some parts were damaged and due for replacement prior to Ian, the remaining damages were caused by Ian.

Newsletter – Renee noted the newsletter content seems to decrease in volume each month due to less & less resident participation. Craig O'Donnell offered to write an article for the next issue.

New Business

Board vacancy – There is one board vacancy and board members were asked to recruit candidates.

Craig reported after Nov. 30th FEMA will not pick up hurricane debris & it will be a Lee County responsibility & they will be charged. John will contact Lee County & discuss the issue.

Annual Meeting

To be held at Cypress Lake United Methodist Church, 8570 Cypress Lake Dr., Thursday, January 19, 2023.

Adjournment

With no further business, the meeting was adjourned by motion at 7:45 pm. The next regularly scheduled meeting is December 8, 2022.

*Respectfully submitted,
Sally Stigler,
Executive Secretary*



Town & River Civic Association Inc. Balance Sheet As of November 30, 2022

	Nov 30, 22
Assets	
Current Assets	
Checking/Savings	
First Citizens Bank 2580	1,987.99
First Citizens Bank - MMS	82,431.53
PayPal Account	6,953.49
Total Checking/Savings	91,373.01
Other Current Assets	
Prepaid, Lake Expense	5,256.38
Prepaid, Insurance	1,661.44
Prepaid, Other Expense	250.00
Total Other Current Assets	7,167.82
Total Current Assets	98,540.83
Total Assets	<u>98,540.83</u>
Liabilities & Equity	
Equity	
Prior Year Fund Balance	56,180.89
Retained Earnings	28,083.14
Net Income	14,276.80
Total Equity	98,540.83
Total Liabilities & Equity	<u>98,540.83</u>

Town & River Civic Association Inc. Profit And Loss November 2022

	Nov 22	Jan - Nov 22
Ordinary Income/Expense		
Income		
Income		
Income - Mandatory	0.00	10,920.00
Income - Voluntary	0.00	26,040.00
Total Income	0.00	36,960.00
Estoppel Preparation Income	250.00	1,500.00
Interest Income	6.89	54.71
PayPal Cash Bank Bonus	0.00	8.13
Miscellaneous Income	0.00	2,702.07
Total Income	256.89	41,224.91
Expense		
Accounting Fees	315.00	4,035.00
Bank Fees	35.00	385.00
Corp Insurance	415.38	4,393.98
Email Service	243.00	972.00
Legal Expense	746.09	10,811.19
Meeting Rooms	0.00	225.00
Monument Sign Expense	0.00	119.48
Newspaper Postage	152.59	1,627.26
Office Expense	0.00	74.97
PayPal Fees	0.00	273.24
Postage & Delivery	0.00	683.21
Printing & Reproduction	0.00	737.72
State Fee	0.00	61.25
Secretary Expense	0.00	637.50
Storage Expense	119.79	1,317.69
Utilities	0.00	243.62
Website Maintenance	50.00	350.00
Total Expense	2,076.85	26,948.11
Net Ordinary Income	-1,819.96	14,276.80
Net Income	<u>-1,819.96</u>	<u>14,276.80</u>

Lakes Park Bird Patrol Walk

Saturday, Jan. 7 – 8 To 9:30 a.m.

Lee County Bird Patrol volunteers invite you to join them as they lead monthly birding tours at Lakes Park, 7330 Gladiolus Drive, Fort Myers. A variety of birds including ibis, egrets, herons, cormorants and

anhinga offer good bird watching and photographic opportunities. Bring your binoculars and learn with the people who know them best. Tours meet at Shelter A7.



JOIN US THIS SUNDAY!

**10am Worship Service
In Person or Online**



Faith United Methodist Church
15690 McGregor Blvd.
Fort Myers, FL 33908

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info@STKRealEstate.com



YourSWFloridaRealEstate.com



TOWN & RIVER CIVIC ASSOCIATION, INC.
 OFFICERS & BOARD OF DIRECTORS – as of June 16, 2022
 www.townandriverfl.com

President	Mark Generales	239-676-5676	pres@townandriverfl.com
Vice President	Vacant		vp@townandriverfl.com
Secretary	Renee Notes	239-209-2072	secy@townandriverfl.com
Treasurer	Marge Byrne Ann Marie Aeschliman	239-482-8923 239-270-0000	treas@townandriverfl.com

STREET ASSIGNMENTS	DIRECTOR	EMAIL PHONE NUMBER
Bal Isle Dr E Town & River Rd	Tom Aeschliman	dir1@townandriverfl.com 239-822-3275
Brevity Ln N Waterway Dr	Gary Hudson	dir2@townandriverfl.com 239-671-9961
Cal Cove Dr Cape View Dr Hatchee Vista Ln Jennifer Ln	John Kristobak	dir3@townandriverfl.com 724-272-6818
Clarellen Dr Cypress Lake Dr	Marge Byrne	dir4@townandriverfl.com 239-482-8923
Cypress Lake Cr Joanna Cr Sand Spur Ln	Myriam Lentz	dir5@townandriverfl.com 239-225-8533
Deep Lagoon Ln Julie Ann Ct	Ann Marie Aeschliman	dir6@townandriverfl.com 239-270-0000
Erin Marie Ct S. Town & River Dr	Martha Smith	dir7@townandriverfl.com 239-671-6347
McGregor Blvd Wittman Dr	Capt. Craig O'Donnell	dir8@townandriverfl.com 239-872-3313
N. Town & River Dr	Kay Gloris	dir9@townandriverfl.com 239-470-6400
Lake Committee	Renee Notes	secy@townandriverfl.com 239-209-2072
Deeds of Restriction Committee	John Kristobak	archreview@townandriverfl.com 724-272-6818
Architectural Review Committee	John Kristobak	archreview@townandriverfl.com 724-272-6818

Please contact the Director responsible for your street regarding any issues related to Town & River.

NEW OWNER CONTACT INFORMATION REQUEST

Town & River Civic Association Inc.
 P.O. Box 07073
 Fort Myers, FL 33919

For improved communications,

Please update your contact information and go on-line to add to T&R Directory

Name(s): _____

Town & River Address: _____

Telephone Number(s): _____

Email Address: _____

Mailing or other address, including zip: _____

Attention members in good standing, who have submitted their contact information, and have agreed to have their contact information published in the online directory, please go to our Town & River website @ www.townandriverfl.com and "sign up for members only directory".

Otherwise, the information submitted is for board use only.

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- Pool & Hot Tub
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- Social Activities & Events
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*Plus a new member capital contribution of \$40,000
 Pricing subject to current conditions

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GULF HARBOUR YACHT & COUNTRY CLUB IS A FINANCIALLY SOLID EQUITY MEMBER OWNED & OPERATED CLUB

Alliance For The Arts

Faceless By Selina Fillinger And Directed By Miguel Cintron

Performances are Jan. 19 to 21 and 26 to 28 at 7:30 p.m., and Jan. 29 at 2 p.m., enthralling, thought-provoking and inspired by real court cases. On her way to Syria, Susie Glenn, a Caucasian 18-year-old from the Chicago suburbs, is arrested and charged with terrorism. Susie had been



radicalized online resulting in her conversion to Islam. How does that even happen? That's exactly what prosecuting attorney Claire Fathi, a Harvard-educated Muslim, would like to know. This courtroom drama delves into the many facets involved in this true story as it examines how Susie found herself engaged to an ISIS fighter through social media and believing wholeheartedly in radical Islam. It also examines the complex feelings of Claire, who wonders what right Susie has to profess herself as a true Muslim, along with knowing she herself is being used as a token in the prosecution of this case.

This play will undoubtedly be an intense experience not to be missed.

Help us better the impact of arts in our community by getting involved with the Arts & Economic Prosperity Study 6 (AEP6). The information you provide will help to measure the economic impact of the arts in Lee County.

We are excited to partner with Americans for the Arts to announce the launch of AEP6, the sixth national study of the economic impact of the nonprofit arts and culture industry! Economic impact studies such as these expand

the conversation about how many people view the arts. While most appreciate the cultural benefit provided to our community, few realize that our local arts industry supports jobs, generates government revenue, and is a cornerstone of tourism.

We need your help to collect this data. While attending any performance, activity, event or program on our campus, please take a few moments to participate in the audience and attendee survey. All answers are anonymous and help to measure the economic and social impact of arts and culture in our community!

Audience and attendee surveys will be available at the front desk in multiple formats, including hard copy, accessible by QR code or at our laptop station.

Let's change the conversation. The arts mean business. Learn more about the AEP6 study: AmericansForTheArts.org/AEP6.

**Alliance For The Arts, 10091
McGregor Blvd., Fort Myers, FL
33919, (239) 939-2787, artinlee.org.**



Here's To Being Safe In The New Year

Start The New Year By Practicing Safety Rules

We know the rules for being safe, but do we follow them? We all do dumb things, but here is a listing of safe practices for 2023:

- When using a ladder, make sure it's on solid ground. Have a second person nearby in case you fall.
- Be aware of scams of all kinds. No, you don't have a grandson in jail in a foreign country who needs money! And, don't fall for the money requests or free gifts.
- Make sure the baby (or young child) is fastened correctly in the child seat in the car.
- Create a method for you to follow so you don't leave a child (or pet) in a hot car.
- Practice safe driving: no drowsy, distracted, or drunk driving. Be a defensive driver.
- If there is an elderly or handicapped person in your home, eliminate the scatter rugs!
- If you tend to lose your balance, take a physical therapy course.
- If you do anything on "wheels" (bicycle, skateboard, etc.) make sure you are wearing a properly-fitted helmet. And it must go directly on the head – not over a ballcap!
- If you're riding a bicycle, you should ride "with" traffic. If you're walking, you should walk "facing" traffic!
- If you need to cross a street, walk "with" a light at an intersection; there are too many deadly accidents where a person walks where there is no crosswalk light.
- Place night lights throughout the house so you're not stumbling around in the dark.
- If you want to use candles, make sure they're not where a curtain or other nearby item could catch fire.
- Keep your car in good running condition – tires, battery, windows clean, and other features that need to be checked regularly.
- Train your children on what to do in a "stranger danger" situation.
- Store guns in a safe place, preferably with a lock on them.

- Children should tell a teacher, counselor, or friend if they observe something that could prevent a disaster.
- Don't overload electric capacity; make sure cords won't be where someone can trip.
- Anchor large pieces of furniture to the wall; children like to climb on drawers, pulling the furniture over on them.
- Keep sharp objects out of reach. In the kitchen, make sure knives are where children can't get to them.
- Locks on all drawers and doors isn't a bad idea when children are around.
- Make sure you supervise children in the kitchen.
- Keep alcoholic beverages out of children's reach!
- If you're a driver, get your eyes and ears checked to make sure you can be a safe driver.
- We don't have to shovel snow, but we need to be aware of the sun's rays and getting sunburns. Plus, we need to be

cognizant of dehydration and heat stroke symptoms.

- If you're sick, stay at home.

There have been entirely too many "road deaths" in Lee County. Many of these could have been prevented by following safe practices. How many of the above safe procedures have you followed in the past year? Remember, "if it sounds too good to be true, it likely is."

The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate partners' work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability, and death through advocacy, education, legislation, and partnerships.

For additional information about the Injury Prevention Coalition or any of the above safe practices contact Brian Raimondo at ipcleeconomy@gmail.com or (239) 330-2240.

Sudoku Puzzle Solution from page 2

6	4	1	5	8	2	7	9	3
5	7	2	1	9	3	6	8	4
8	9	3	4	6	7	2	5	1
4	1	9	6	3	5	8	7	2
3	5	8	7	2	4	9	1	6
2	6	7	8	1	9	3	4	5
7	8	6	3	5	1	4	2	9
9	3	5	2	4	8	1	6	7
1	2	4	9	7	6	5	3	8



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Three Ways A Medicare Advantage Fitness Plan Could Help Reduce Your Health Risks

Have you heard the saying, “Movement is medicine?” Countless studies have shown that physical activity can help reduce the risks of serious health conditions, such as heart disease, diabetes, back and neck pain, some types of cancer, and even falls. That’s why the Centers for Disease Control and Prevention recommends that adults aged 65 and older participate in 150 minutes of physical activity a week. This includes aerobic, strength, and balance activities.

If you’re already engaging in a vigorous walk each day, or playing golf or pickleball, good for you! But what else could you do to enhance your strength, balance, and cardiovascular health? Many health plans, including Medicare Advantage plans, offer exceptional fitness programs that provide low-cost or no-cost benefits to

help you meet these physical activity recommendations and stay healthy. Here are three benefits that Medicare Advantage fitness programs may offer to help improve your fitness:

Low-Cost Or No-Cost Gym Memberships

Many Medicare Advantage plans offer fitness programs that give members access to gyms, YMCAs, recreation centers, and boutique studios for no cost or a very low cost. These fitness centers offer a variety of workout opportunities, such as free weights, weight machines, workout classes, swimming pools, and other amenities to help members achieve their fitness goals. Besides offering a variety of options for getting fit, a fitness center can provide a social outlet for members who want to connect to others in their community.

Access To On-Demand Video Workout Classes

Going to the gym can be a daunting task if there’s no gym close by, if the weather is bad, or you don’t have transportation. Fortunately, some Medicare Advantage fitness programs include access to on-demand workout videos you can do



Healthy aging and exercise programs can be great ways to keep fit and have fun.

right from home! It’s easy to start, maintain, or increase your workout regimen when you have a library of cardio, strength, dance, yoga, Pilates, meditation, and cycling classes to choose from. It’s not unusual for such programs to offer thousands of video class options and even offer free online classes via social media.

Health And Fitness Coaching

Setting and maintaining your health goals is one way to avoid becoming a couch potato. Stay engaged in your well-being journey by connecting with a personal health coach through a Medicare Advantage fitness program. Whether you’d like to increase your activity level, reduce stress, improve your eating habits, enhance your sleep quality, or just feel better every day, a health coach can give you the boost you need via phone, video, or chat sessions.

A recent 2022 poll showed that nearly half of all eligible Medicare beneficiaries enrolled in Medicare Advantage plans. It’s no wonder when you consider the many well-being benefits offered to members. The fitness programs and resources described above can help you create a personalized fitness routine so you can reduce your health risks and continue to live your best life.

Always remember to consult with your doctor before starting a new exercise routine and to discuss what types of exercises are safest for you.



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Word Scramble Solution from page 2

Alabama	Michigan
Tennessee	Nevada
Montana	California
Colorado	Washington
Oregon	Arizona
Ohio	Illinois

Crossword Solution from page 2

1	O	C	A	L	A	6	A	L	O	O	F	11	B	R	A				
14	O	R	I	O	N	15	L	A	N	D	O	16	R	I	B				
17	H	A	R	R	Y	18	P	O	T	T	E	R	19	A	L	B			
20	S	W	E	E	T	21	I	S	H	22	M	E	D	E	A				
23	N	I	C	E	24	A	L	U	M										
26	S	M	A	27	M	A	R	28	Y	P	O	29	P	O	P	P	I	N	S
34	T	I	L	D	E	35	O	E	R	36	I	V	A	N					
38	A	C	T	I	39	U	T	40	R	N	41	R	O	D	E				
42	F	R	A	G	43	R	A	N	44	E	E	R	I	E					
45	F	O	R	R	E	46	S	T	47	G	48	U	M	P	49	Y	A	R	
50	A	M	A	S	51	N	E	I	L										
53	A	B	O	M	B	54	P	R	I	S	O	N	E	R					
60	C	O	T	61	O	L	I	V	E	R	T	62	W	I	S	T			
64	M	O	T	65	D	E	N	T	S	66	L	E	N	T	E				
67	E	M	O	68	Y	E	A	S	T	69	E	S	S	E	S				

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6150 LAKE FRONT DR
9830 CYPRESS LAKE DR

9312 TRIESTE DR
15203 HARBOUR ISLE DR
3336 WEST RIVERSIDE DR
11943 SEABREEZE COVE LN
15010 TAMARIND CAY CT 207

14250 FARRAGUT CT
11150 HARBOUR ESTATES CIR
11480 LONGWATER CHASE CT
11600 COURT OF PALMS 104
11600 COURT OF PALMS 206

GULF HARBOUR BOAT DOCK A5
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