



April 2017

Website: www.hammockscapehaze.net

HAMMOCKS UPDATE

2017 “SEASON” DRAWS TO A CLOSE

The 2017 winter season was an extremely busy one for The Hammocks with an abundance of guests and renters. They could be seen vying for the chaise lounges at the pool many days. The tennis/pickle ball court was busy; boaters, anglers and golfers were out and about; and the aquatic and yoga sessions kept participants active. We welcome all our guests and renters here at The Hammocks and enjoy meeting you at our socials. As the season draws to a close and owners are leaving, we offer a few tips to help you prepare your home for the hurricane season:

-) Notify the Hammocks office of any trade work to be done in your unit while you're gone.
-) Leave any special instructions with the Hammocks office. These will be placed in your file.
-) Shut off the refrigerator's icemaker. Remove all ice from the ice collector in the refrigerator.
-) Remove all food from the freezer and refrigerator. Do not shut off the refrigerator/freezer but set on the lowest setting.
-) Turn off water heater power.
-) Turn off water main shutoff to the unit.
-) Close shades and drapes.
-) Set thermostat at 78 degrees or cooler and set humidistat to 55 or below. Leave all ceiling fans running on the lowest setting to circulate air in condo.
-) Remove ALL furniture, plants and hanging items from terraces. This is a must for Hurricane Season, June 1st through November 30th
-) Please make sure the Hammocks office has your alarm code and entry key in case we need to access your unit
-) If you leave a car parked, please leave a set of keys for emergency purposes.
-) It is a good idea to unplug all electrical appliances in case of an electrical storm; Computers, TV, VCR or DVD, stereo, toaster, can openers, curling irons, hair dryers, lamps, alarm clocks, etc. Remove the batteries from all remotes.
-) Spray a little WD-40 in the waste disposal to prevent it from locking up. For a complete list see: <http://www.hammockscapehaze.net/owners-only>



BYE BYE GATOR : A 9 ft. 8 inch alligator was taken out of one of our ponds recently. He was in the throes of mating season bellowing and wandering around places he shouldn't be. Please be on the watch for wandering gators, they can be dangerous.

HERE PIGGY PIGGY

You may have heard a gunshot from the Preserve area behind the Amberjack Circle buildings. Our pig hunter nailed a 150 pound sow that, along with other little darlings, was tearing up our lawn. Killing this one pig may keep the others away for up to six months, but time will tell. Pigs are an invasive species in Florida and interfering with the hunter/trapper is against the law.

SPEAKING OF ANIMALS

A friendly reminder to dog owners, that you are responsible for keeping your dog on a leash and under control at all times. Animals are unpredictable, even if your pet is typically the sweetest little dog, it can be territorial and snap at another dog and/or person. So play it safe and keep control. And please pick up after your dog! There have also been reports of doggy do-do left on sidewalks. Please be considerate and follow the rules. Help keep The Hammocks clean and neat for our residents.

[Click here for a summary of rules and regulations.](#)

[Click here for a complete list of rules and regulations and fines for violations.](#)

REMINDER TO OWNERS:

Register your Guests/Family and Friends: This is a gentle reminder to please remember to notify the office when you will be having guests (including family or friends) staying in your unit. Cristina, our office manager will give them a parking pass and register them and their vehicle(s). We take safety and security seriously and one way we do that is by knowing who is here at The Hammocks daily.

Leasing Documents: During this current “season” as renters arrived at The Hammocks, we experienced a number of issues with regard to following the rental/leasing process. Our office manager spent in excess of 10 hours a week dealing with leasing issues for a small number of owners; thus leaving her unavailable to assist owners and/or board members. Owners are ultimately responsible for ensuring that the leasing process is followed, whether they lease their unit on their own OR they use an agent to lease their property. This process is well defined in our documents and must be followed. In an effort to eliminate issues in the future, we are including a link to the leasing documents and rules and regulations which are available on our website <http://www.hammockscap haze.net/leasing>

OWNERS' FORUM ON *IDEAS AND ISSUES*: SPRING 2017

By Carolyn Maddy-Bernstein

During a February 25, 2017 *Owners' Forum on Ideas and Issues*, people shared ways they believed the Hammocks could be improved and issues of interest to them. Stu Walesh, with the help of Frank Stenglein, led a "mind mapping" group exercise for the 70+ owners in attendance in order to gather the information in a coherent way. As participants called out 62 *Ideas and Issues* of interest to them, Stu and Frank grouped them into the seven categories: 1) Clubhouse/Pool/Fitness Center, 2) Special Events/Communication, 3) Grounds, 4) Landscaping, 5) Infrastructure/Facilities, 6) Safety/Security, and 7) Financial Issues.

During the March 11 follow-up *Owners' Forum*, the 64 owners in attendance formed seven study groups based on the categories listed above. Each study group had a facilitator who led the participants in determining "Pros and Cons," "Immediate Costs," "Long Term Costs," and "Recommendations" for each of the 62 items. Some groups had extra meetings to continue their work and others investigated a number of the items in order to prepare a comprehensive report for all owners. Group leaders highlighted the findings of the study groups during an April 8 final *Owners' Forum* for the 55 people in attendance.

Basically, study groups identified three types of items: First, they were pleasantly surprised to find that many of the ideas were already being considered or had been considered previously such as increasing the number of recycling bins during season, eliminating unsightly ground pipes/tubes on the empty parcels, or creating a shuffle board court. They also learned that there is a policy on gift giving so owners may give personal donations for landscaping or other items as long as they fit into the current plans.

Next, the groups decided some items might best be submitted for consideration by the Master Board and/or the Villas and Preserve Boards such as using *One Call Now* to announce meetings of the three Boards, the Architectural Review Committee, and the Landscape Committee and include the meeting agenda in the announcement; hold town hall type owners' meetings during the season with topics such as Budget Preparation; or adding lighting at the Hammocks' entrance.

Finally, the groups decided some of the items should be included in an owners' survey to gauge the interest and priorities of all the owners. Some items for the survey include building another swimming pool, creating a bocce ball court, and adding a dog park. Survey items will include details about the item, including estimated costs to inform owners when deciding their preferences. The survey information would also include a means to gauge owner willingness for future assessments. The survey results will enable Boards to consider the collective wishes of owners for future planning.

The complete list of the seven categories and the 62 items are on the Hammocks website. The owners' survey will be distributed within the next couple of months.

A special thanks to Mike Russcol, Marty Atkins, Geri Steele, Karen Atkinson, Debbie Maysack, Frank Stenglein and Jim Atkinson for serving as group leaders and Carolyn Maddy-Bernstein and Jim Kerr for coordinating the three meetings. In addition, there were over 55 owners who worked in study groups! The members of the three Hammocks Boards answered many, many questions to keep the study groups informed. The *Ideas and Issues Report* can be found on our website at <http://www.hammockscap haze.net/owners-forum>

BOARD HIGHLIGHTS:

Joint Board Meeting: March 28, 2017 The three board presidents, Sam Desiderio, Master Association; Debbie Maysack, Preserve Association and Don Shaurette, Villa Association met numerous times over the last year to identify a clear understanding of the roles and responsibilities of each stakeholder at The Hammocks. Don Shaurette, led the group in a process called “RACI Analysis”, which was used to identify the desired outcomes.

Although, the community is ten years old, it is only recently that the owners have taken responsibility of running the organization. At the joint Board Meeting, Mr. Shaurette presented “The Hammocks RACI Analysis” to the audience. RACI analysis is a matrix of all the tasks, activities or decision making authorities undertaken in an organization set against all the people or roles. At each intersection of activity and role it is possible to assign somebody responsible, accountable, consulted or informed for that task, activity or decision

- **R(esponsible):** Those who do the work to achieve the task. There is at least one role with a participation type of responsible, although others can be delegated to assist in the work required
- **A(ccountable):** The one ultimately answerable for the correct and thorough completion of the deliverable or task, and the one who delegates the work to those responsible. In other words, an accountable must sign off (approve) work that responsible provides.
- **C(onsulted):** Those whose opinions are sought, typically subject matter experts; and with whom there is two-way communication
- **I(nformed):** Those who are kept up-to-date on progress, often only on completion of the task or deliverable; and with whom there is just one-way communication.

It was noted that viewing the metric both vertically and horizontally provided analysis of how burdened one party may be and the possible need to delegate duties elsewhere. This analysis will help provide balance to the organization. The next steps will be a hand off to the individual Boards to flush out the document with adjustments and changes as necessary. Each Boards will identify 3-5 priorities. Next, job descriptions, policies and procedures will be developed as appropriate. The complete document can be found at <http://www.hammockscapehaze.net/raci-matrix>

Master Board:

- J **Automatic External Defibrillator (AED)** ~ As some of you know, we have purchased and installed an AED in the fitness center. It's not that we have an aging population at the Hammocks, but...we have an aging population at the Hammocks. Hopefully the AED will never have to be used, but better safe than sorry. The unit is fully automatic. As soon as it's opened and activated, a voice will lead the operator through the steps of placing the pads and that's it. Nothing further has to be done, as the AED senses if it's appropriate to administer a shock. REMEMBER, the **first** thing you do in an emergency is DIAL 911 to get emergency services rolling. Then start chest compressions....then run for the AED.
- J **Emergency Preparedness** ~ Thankfully, we made it through last year's hurricane season without any major problems. The web site has been updated to include a **Disaster Planning** tab that will provide you with much information in time for the next season. Check it out!
- J **Security** ~ In an effort to maintain our gate security, please do not give out your 4-digit code to vendors who may be coming to do work in your condo. Each condo unit has been assigned a random, computer generated 3digit code to be used for this purpose. Our system allows for all owners to have their condo phone number or cell phone number entered into the system. When the 3-digit code is entered at the gate, the system will dial the number entered. When your phone rings, you will have 2-way communication with the person at the gate and you can confirm it is the person or company you are expecting. At that point, pushing the number "9" on your phone will open the guest gate. Your 3-digit code can be obtained from Cristina Olsen, Property Manager.
- J If you are arranging for workers to be in your condo when you are not here, please call Cristina Olsen, Property Manager, for a vendor code. Your vendor **must** check in with the office upon arrival.
- J **Mailbox Keys** ~ Each unit is assigned a mailbox and the key to that mailbox is the owner's responsibility. You lose it, **you** pay for a locksmith to pick the lock and replace it. It's a good idea to leave a copy of your key with the front office, as you do your unit key, so it's no big deal to replace it if you lose it.
- J When mail is delivered that doesn't fit in the box, it gets placed in one of the larger boxes and the key is place in your box. Some individuals have been taking their packages out of the bigger boxes and walking off with the keys. In order to continue to provide this service, it was necessary to have those locks replaced. Please insert the key back in the oversized boxes once you have retrieved your mail.
- J We have created a new **fillable work order form**. You can fill it in on your computer, save it and email it to propertymanager@hammockscapehaze.net or print it and deliver it to the office. It can be found on the web site under "Forms:"
<http://www.hammockscapehaze.net/forms>

Villas Board:

- J Work was completed on cleaning the driveways in the Villas as well as adding sand between the pavers.
- J The Board is planning to have a Reserve Study done to ensure that we are funding our accounts at the appropriate level.

Preserve Board:

- J **Leak Issues:** Water heaters in the preserve buildings have reached their limits. We have seen numerous leaks and lots of damage recently. We urge all of the preserve owners to have your water heaters replaced immediately and if you have not yet replaced your water turn off and water heater valves, please have them replaced. If you are an absentee owner and need assistance, please call the office manager.
- J **Prevention:** The Preserve Board met with our insurance agent and at his urging, we are now in the process of creating a Water Leak Action Plan for your use. Watch the web site for the finished document.
- J **Standards:** Owners are beginning to remodel their units, however, before embarking on that journey, we encourage you to check with the office or website for architectural standards. A request form must be submitted. You can also find information on the web site about soundproofing floors, and dryer booster fans and bathroom vent fans.
- J **Due Diligence:** The Preserve Board is in the process of securing new bids for the fire safety and elevator systems in an effort to make sure we are doing due diligence.

Architectural Review Committee (ARC) ~

Because of the multitude of standards yet to be established, the Master Board expanded the ARC from three to five members at its November meeting. At an early December meeting, they appointed Carolyn Bernstein, Gary Boehler, and Ed Tatro as new members to join Jeff Dreher and Charlie Hamilton. They have already finished standards for entry doors, garage doors, lanai enclosures, retractable screen doors, and lanai screen and screen frame colors. They are researching and creating standards for replacement windows, lanai shades, etc. The ARC process and newest standards can be found on the website. **REMEMBER** ~ if you plan to make any changes or repairs to an outside, visible component of your unit, please submit an Architectural Review Committee Request Form, available from the web site (click on the Architectural Review tab) or at the front office.

Landscape Committee:

- J The Master Board passed a Resolution to clarify the role and responsibilities of the Landscaping Committee
- J Reminder to fill out a work order and submit to the office manager regarding landscaping issues.

Food Drive: The annual *US Postal Carriers' Food Drive* will be held Saturday May 13, 2017. Food collected in Rotunda and Cape Haze will be donated to the St. Francis of Assisi Outreach Ministry Food Pantry. Last year, this food drive collected 22,000 pounds of food for distribution to the needy in our community. Boxes have been placed in the Ibis Clubhouse lobby for the collection. Please make a contribution to this worthy cause. **Please make your contributions by May 12th. Items to donate:** Non-perishable food items; Canned goods (fruit, soup, vegetables, beans, tuna, pasta sauce, etc.); Paper products (toilet paper, facial tissue, paper towels), Toiletries (toothpaste, shampoo, toothbrushes, bar soap), Laundry Detergent, and Dish Detergent. **Please do not donate open containers or expired "Best Used By..." dates.**
Questions: Call Julie or Sam Desiderio 941-460-8770

REMINDER: SPEED LIMIT IS 15 MPH

By Mike Russcol

In the protected environment within The Hammocks, it's tempting to ignore our 15 miles-per-hour speed limit, which is posted on our incoming gate. After all, it's unlikely that there will be any enforcement to be concerned about. However, there are good reasons to keep the speed down.

Our streets all have curves, and there are often delivery trucks and outside work trucks parked on them, sometimes along a curve. In addition, we have many people walking. In some places there are no sidewalks, or the sidewalks are too narrow for a couple to walk side by side, so they may be in the street as well. If you add bikes and golf carts, and the occasional strolling sandhill crane, there are many possibilities for a car to encounter slow-moving traffic in random places. There are also times of day when the low sun makes visibility problematic.

If a fast-moving car must swerve to avoid a parked vehicle on a curve, opposing traffic may be hidden, and the results could be disastrous. One of our residents recently timed a trip from the furthest point in The Hammocks – the far side of the circle at the end of Amberjack Way – to the gate, while attempting to maintain 15 m.p.h., and stopping at the stop sign at Amberjack Circle. The total elapsed time was just over 90 seconds. Even going 30, which is pushing it on some of our curves, would save only about 45 seconds. Isn't it worth 45 seconds to help ensure safety for your fellow residents, and avoid a possible tragedy? Even if you are late for an appointment, 45 seconds is unlikely to make a significant difference...but it could conceivably prevent a calamity.

Please be aware of your own speed, and if you see a friend or neighbor obviously exceeding the limit, please remind them - gently. We're trying to raise awareness of the limit, and why it's important, not cause problems between residents.

Tips on Preventing Falls

By Dean M. Laux

Falls are the enemy of the elderly and frail. Every year about one-third of all people over the age of 65 suffer a fall. Studies show that three out of four victims of a fall never fully recover. Hip fractures and head injuries are the most common outcomes, resulting in loss of mobility, decreased activities of living and impaired cognition. Overall health deteriorates, leading to incapacity and even death.

What physical factors increase your risk of a fall? If you have balance problems—vertigo, postural hypotension (dizziness or lightheadedness upon getting up), visual problems (especially macular degeneration or glaucoma, which cause loss of peripheral vision), hearing problems or a combination of these conditions—your fall risk rises markedly.

Clearly, we all want to avoid falls if possible, and there are some things we can do to help ourselves. Here are a few tips that may work for you.

- J **Look before you step.** Be constantly aware that you might fall. Look for potential problems as you make your way about the setting you're in. Are there railings to grasp when you go up or down stairs? If there are, use them—no matter how confident you are that you can walk up or down without their help. Going through a doorway, is there a door jamb to step over? Are there floor mats or throw rugs that might trip you up when you're inside? Are there light cords along the floor that could tangle with your feet? If there are children or pets around, be sure they're out of your way before you move, because they often have a way of winding up right under your feet. Use whatever help you come across—like a grab bar or a column or a table edge to hang onto when you want to bend over, get up or sit down.
- J **Take a walk.** Walking is the basis of mobility, and it is vital that you maintain your mobility as you age. Speed is not important. Walk at a comfortable pace for as long as you feel well. In this, as in all activities, **listen to your body.** If your heart is racing or you become short of breath, stop your activity at once. When you walk, bring a companion, just in case you need help at some point. A cane is a very helpful tool, and you can also use it to keep the paparazzi away.
- J **Strengthen your legs.** Your legs are your greatest ally in preventing falls, so exercise them as much as your overall fitness will allow. Sitting and rising from a hassock or chair is very good exercise for the legs. Try doing a set of three or four standups a few times a day, and gradually increasing to more standups and more sets over time. **Caution: Do not do this exercise alone.** You should have someone in attendance who can support you or catch you if you start to fall.
- J **Check your shoes.** Wear flat shoes or low heels whenever possible. Rubber soles provide good friction, and cross-ribbing helps the shoe to grip the floor. Sneakers are good, too, but because some sneakers have a rubber toe, some people find that they catch their toes when walking, making them susceptible to tripping. If you are one of those people, forgo sneakers in favor of deck shoes or moccasins.
- J **Try Tai chi.** Programs to improve your balance are often offered at the YMCA or other facilities. A recent study reported a 47 percent reduction in falls for persons who had completed a Tai chi class, so it's worth a try.
- J **Don't forget your arms.** Strengthening them will help you to withstand a fall. Doing pushups against the wall or by lying in the prone position and keeping your knees on the floor when you push up is a useful exercise. Again, do as many reps as your condition will allow, gradually increasing the count over an extended period of time.

Web Site ~ www.hammockscapehaze.net ~ Our web site keeps changing. Visit it often for current Hammocks events, archival items such as meeting minutes, governing documents, budgets, financial statements, helpful insurance information, rules (and fines for violating them!), units for lease or sale, local service, restaurants ~ lots of stuff!

ONGOING ACTIVITIES: Next Social: Friday, April 21, 2017 5:00- 7:00 p.m.

Check the mailbox bulletin board times; dates of monthly Socials;

SAVE THE DATE

Kentucky Derby Party Saturday, May 6, 2017

Hammocks Clubhouse 4:00 – 7:00 p.m.

Mint Juleps, Betting Games and Hat contest

Board Contact Information

We welcome your feedback and encourage your participation. This is YOUR community. Please direct any comments or concerns to our office manager, Cristina Olsen, or any Board member.

Master Association: Sam Desiderio, President; Don Shaurette, Vice President and Craig Conlon, Treasurer

Preserves Association: Debbie Maysack, President; Marty Atkins, Vice President, Jim Ackinson, Treasurer, Jim Fainter, Secretary and Francis Stenglein, At Large

Villas Association: Don Shaurette, President; Geri Steele

Appointed Committee Members:

Landscape Committe:

Merry Shaurette, Steve Bernstein, Marty Atkins, Jean Hamilton

Architectural Review Committee (ARC): Charles Hamilton, Carolyn Maddy-Bernstein, Jeff Dreher

Office Manager – Cristina Olsen (propertymanager@hammockscapehaze.net) 941-698-2989