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VOLUME 14, ISSUE 2
February 2023

L A K E P A D G E T T E S T A T E S E A S T
Community Connection

MANAGER'S REPORT

Hello Lake Padgett Estates East,

January has come to an end and now February begins. Then next month is the Annual Meeting and the election to the Board of Directors. As it is an odd year, the 2023 election will be for 3 seats. The meeting will be held on March 27th, at 6:30 pm in Clubhouse's multi-purpose room. So, if you have interest in serving the Community and taking a more active role in the direction the Association is headed, please stop in the office by 6:00 pm, Monday, February 13th, to fill out an intent to run form. After 6:00pm February 13th, forms cannot be accepted because of the time needed to print and mail out the Annual Meeting and Election Notice to the homeowners.

If you want to start being more involved in the community, but not ready for a seat on the Board of Directors, there are other Committees that you can join. There is the Architectural Board which we are looking for volunteers, as well as the Finance Committee, and the Social Committee. Every volunteer is a valuable piece of keeping the Association operating as well as organizing events for all the residents to enjoy. Just stop by the office and ask for more information. Have a great February.

Robert Stone, CAM

Property Manager
manager@lpeepoa.com

Lake Padgett Estates East POA
P.O. Box 489
Land O Lakes, FL 34639
(813)996-4441 Office
(813)996-3842 Fax

FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13 Board Meeting 6:30PM	14	15 Disciplinary 6:30PM	16 Finance 6:00PM	17	18
19	20	21	22	23	24	25
26	27 Board Meeting 6:30PM	28	1	2	3	4

BOARD OF DIRECTORS 2022

President..... Danny Ficetola
Vice President..... Mike Place
Treasurer.....Kimberly Walsh
Secretary.....Anthony DiChristopher
Members at Large..... Mary Zipp
Lisa Kovach
Richard Ellis

OFFICE STAFF

Executive Director.....Robert Stone
manager@lpeepoa.com
Bookkeeper..... Kori Brown
bookkeeper@lpeepoa.com
Architectural Administrator..... Kayla Reyes
arcadmin@lpeepoa.com

To contact the Board of Directors please email:
general@lpeepoa.com

MOST WANTED TELEPHONE DIRECTORY

LPEEPOA OFFICE..... 813-996-4441
LPEE Office Fax..... 813-996-3842
Lounge..... 813-996-3884
Shay's Place..... 813-388-6166

Local Utilities

Frontier, cable
frontier.com..... 800-921-8101
Spectrum, cable
brighthouse.com..... 833-267-6094
Waste Connections, trash
progressivewaste.com..... 727-847-9100
Pasco Utilities, water
pascocountyfl.net..... 813 235-6012
Withlacoochee Electric
wrec.net..... 813-979-9732
Pasco County Dump
pascocountyfl.net..... 727-861-3006

County Departments

All Department links: pascocountyfl.net
Animal Control.....813-929-1212
Sheriff, non-emergency..... 727-847-8102
Pot Hole complaints..... 727 847-2411
Road and Bridge..... 727-847-8143
Code Enforcement..... 727-847-8171
Mosquito Control..... 727-376-4568

Schools and Facilities

Pineview Elementary
pves.pasco.k12.fl.us..... 813-794-0600
Pineview Middle
pvms.pasco.k12.fl.us..... 813-794-4800
Land O'Lakes High School
lolhs.pasco.fl.us..... 813-794-9400
School Board
pasco.k12.us.fl..... 813-794-2000
School Bus Information
trans.pasco.k12.fl.us..... 813-794-0400
Imagine School
imaginelol.org..... 813-428-7444
Land O'Lakes Library
pascolibraries.org..... 813-929-1214
Recreation Center
pascocountyfl.net..... 813-929-1220

Myrtle Lake Baptist Church

Main Office..... 813-949-5516
Ext. 100

***LPEEPOA does not endorse
the individuals volunteering
in The Community
Connection.***

What would you like to see in the Community Connection?

Do you have any ideas for the newsletter? Are there any articles or content you would like to see in the next issue? Would you like to write an article of your own?

All suggestions are welcome! Just shoot an email over to general@lpeepoa.com. I'd love to discuss your ideas!

- Kendyl Coplon, your newsletter editor

POOL HOURS

Monday: 12pm
Tuesday: 9am
Wednesday: 9am
Thursday: 9am
Friday: 12pm
Saturday: 9am
Sunday: 9am

pool closes 30 minutes
before sunset

Lounge Hours

Mon - Thur: 4pm - 11pm
Last call: 10:40pm
Friday: 4pm - 2am
Last call: 1:15am
Saturday: 12pm - 2am
Last call: 1:15am
Sunday: 1pm - 10pm
Last call: 9:40pm

Shay's Place



Mon-Tue: CLOSED

Wed-Thu: 4:30pm - 9:30pm

Fri: 4:30-10pm

Sat: 12pm - 10pm

Sun: 12-9pm

813-388-6166

Neighborhood Corner...

LOCAL SERVICES & CONTACTS

GCS Towing & Transport
813-713-4233

If you are interested in listing your services (such as babysitting, lawn mowing, etc.) within the community, please contact us via general@lpeepoa.com or call (813) 996-4441 and let someone in the office know so we can publish your details here in the newsletter.



MONDAY - THURSDAY: 4 p.m. - 11 p.m.
FRIDAY: 4 p.m. - 2 a.m.
SATURDAY: 12 p.m. - 2 a.m.
SUNDAY: 1 p.m. - 10 p.m.



TRIVIA NIGHTS

Tuesdays at 6PM-8PM at the Hideout
(gift card prizes go to winners!)



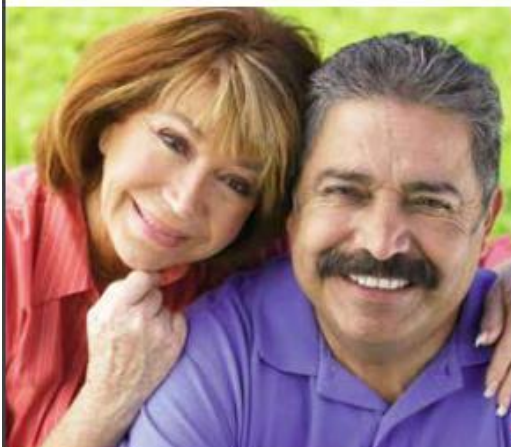
THIS COULD BE YOUR AD!

If you are interested in advertising with the Community Connection please contact general@lpeepoa.com!



ABCS of Heart Health

To reduce the risk of heart attack or stroke



Every year, Americans suffer more than **1.5 million heart attacks and strokes**. But following the ABCS can help reduce your risk and improve your heart health.

A: Take **aspirin** as directed by your health care professional.

B: Control your **blood pressure**.

C: Manage your **cholesterol**.

S: Don't **smoke**.

A Take aspirin as directed by your health care professional.

Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke, and mention your own medical history.

B Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure (also called hypertension). High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health care professional to lower it.

C Manage your cholesterol.

Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.

S Don't smoke.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit smoking. Call 1-800-QUIT-NOW today.

Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017. It is led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services, two agencies of the Department of Health and Human Services.

The Million Hearts® word and logo marks and associated trade dress are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS.

Heart disease and stroke are the first and fourth leading causes of death in the United States. Together, these diseases cause 1 in 3 deaths.

The good news is that you can reduce your risk by following the ABCS!

Rosa was caring for her granddaughter when she felt a sharp pain in her chest that didn't go away. At the hospital, the health care professional told her that she had high blood pressure and that it had caused a heart attack. Rosa was surprised—she didn't feel bad most of the time and didn't know she had high blood pressure. The health care professional gave Rosa medicine to help control her blood pressure and prevent another heart attack. Rosa takes her medicine every day so she can keep her blood pressure under control. It's important to Rosa to stay healthy. She wants to see her granddaughter grow up and get married one day.



What do I need to know about high blood pressure?

High blood pressure is the leading cause of heart attack and stroke in the United States. It can also damage your eyes and kidneys. **One in three American adults has high blood pressure, and only about half of them have it under control.**

How is blood pressure measured? Two numbers (for example, 140/90) help determine blood pressure. The first number measures systolic pressure, which is the pressure in the blood vessels when the heart beats. The second number measures diastolic pressure, which is the pressure in the blood vessels when the heart rests between beats.

When and how should I take my blood pressure?

Take your blood pressure regularly, even if you feel fine. Generally, people with high blood pressure have no symptoms. You can take your blood pressure at home, at many pharmacies, and at your doctor's office.

The doctor is not the only health care professional who can help you follow the ABCS. Nurses, pharmacists, community health workers, health coaches, and other professionals can work with you and your doctor to help you achieve your health goals.

Need confidential health information? Call the Su Familia Helpline at 1-866-783-2645 today.

Su Familia: The National Hispanic Family Health Helpline offers free, reliable information on a wide range of health issues in Spanish and English. The health promotion advisors can help Hispanic clients find affordable health care services in their community.

How can I control my blood pressure? Work with your health care professional to make a plan for controlling your blood pressure. Be sure to follow these guidelines:

- **Eat a healthy diet.** Choose foods low in trans fat and sodium (salt). Most people in the United States consume more sodium than recommended. Everyone age 2 and up should consume less than 2,300 milligrams (mg) of sodium per day. Adults age 51 and older; African Americans of all ages; and people with high blood pressure, diabetes, or chronic kidney disease should consume even less than that: only 1,500 mg of sodium per day.
- **Get moving.** Staying physically active will help you control your weight and strengthen your heart. Try walking for 10 minutes, 3 times a day, 5 days a week.
- **Take your medications.** If you have high blood pressure, your health care professional may give you medicine to help control it. It's important to follow your health care professional's instructions when taking the medication and to keep taking it even if you feel well. Tell your health care professional if the medicine makes you feel bad. Your health care team can suggest different ways to reduce side effects or recommend another medicine that may have fewer side effects.

Stay Connected



facebook.com/MillionHearts



twitter.com/@MillionHeartsUS



Visit millionhearts.hhs.gov and pledge to live a longer, healthier life today.



LAKE PADGETT ESTATES EAST PROPERTY OWNERS' ASSOCIATION, INC.

PO BOX 489 • LAND O' LAKES, FL 34639 • PHONE (813) 996-4441 • FAX (813) 996-3842

2023 Intent to Serve Form

Any property owners interested in running as a candidate for one of the Three (3) Board of Director seats up for election, must **submit their Intent to serve form, in writing, to the office on or before 6:00 p.m., Monday, February 13th, 2023.** After this date, no other names can be accepted. In addition, **please be advised**, that a provision in the Florida Statutes requires **a certified statement stating the newly elected Board Member has read all the governing documents of the Association and they will uphold such documents responsibly and faithfully to the best of their ability OR a certificate of attendance to a New Board Member Certification Course from a authorized instructor. Either Certificate must be completed and submitted within 90 days of being elected.** If you wish to be considered a candidate for election, please fill in the blanks below and return it to the office by 6 p.m., Monday, February 13th, 2023, with a brief description of yourself, your experience or education and why you are running for the Board of Directors. All information must be received on time to be mailed out to the residents in time for the election.

Please enter my name as a candidate for the Board of Directors for election at the **Annual Meeting scheduled for **6:30 p.m. Monday, March 27th, 2023.****

Name _____

Lot Number _____ Phone Number _____

Address of Home _____

Mailing Address _____

(if different than the address of your house here in Lake Padgett Estates East)

Signature _____ Date _____

AGAIN, YOUR INTENT TO SERVE MUST BE RECEIVED

by 6:00PM on Monday, February 13th, 2023

You can hand deliver to the Clubhouse at: 4553 Savannah Way, Land O'Lakes, FL 34639

Mail via USPS to: PO Box 489 Land O'Lakes, FL 34639

or e-mail to: manager@lpeepoa.com



The Community Connection is designed and printed by LPEEPOA staff for our residents and home owners. If you would like to submit articles, please email to:

newsletter@lpeepoa.com

LPEEPOA does not endorse the companies or individuals advertising in *The Community Connection*.

Monthly Advertising Rates & Sizes

Business Card	\$12.00
1/4 Page	\$25.00
1/2 Page	\$50.00
Full Page	\$75.00

Discounts may apply for prepaid commitments of 3 months or more.

All ads and articles are due on the 15th of each month.