



POA Bulletin

POA4US.org

OCTOBER 2022

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**POA GENERAL MEMBERSHIP
MEETINGS ARE NOW LIVE
STREAMED ON FACEBOOK
AND ALSO AVAILABLE
ON YOUTUBE**

**UPCOMING POA GENERAL
MEMBERSHIP MEETINGS**
October 18, 2022 • 7 pm
LAUREL MANOR RECREATION CENTER
Speaker: Patrick Walsh
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General Membership
Meetings



POA Says “Not Now” to Special Fire District

After careful consideration of all of the information presented about the proposed Special Independent Fire District for The Villages portion of Sumter County, the POA Board of Directors concluded that it could not support the new District at this time.



There are three primary reasons the POA does not believe the Special District is needed at this time.

- 1** The initial issue to be solved was poor ambulance service being provided by American Medical Rescue (AMR). That issue has been resolved with the termination of the contract between Sumter County and AMR. **The Villages Public Safety Division (VPSD) will begin providing ambulance transport services on October 1, 2022.** The Special Fire District has nothing to do with ambulance services.
- 2** There is no discernable benefit to residents with the proposed new Fire District. **The services provided by VPSD will remain the same**, regardless of whether the voters approve the District. Nothing new will be added and nothing will be lost so why would residents choose to pay more?
- 3** While the District has provided cost estimates to residents to help them determine their individual cost of implementing the fire district, the estimates are only initial costs and do not consider any increases the Governor-appointed board may make. The estimated costs provided by the District use .1 mil as a calculation, yet there is nothing to prevent the new board from starting anywhere up to the full 1 mil, which would drive the costs up further. Even if they start at .1 mil, under what circumstances might the board raise that initial rate upwards to the cap of 1 mil? The formula also does not give a number for the “identified administrative costs, collection costs, and statutory discounts” provided for in the ballot question. **These are all decisions that will be made by the new board.** (See page 2.)

Fire District continued on page 2

Mission Statement

The Property Owners’ Association, Inc. (POA) is the original property owners’ group in The Villages. Established in 1975, the POA operates with complete independence from the Developer of The Villages. Membership is open to all property owners and residents of The Villages. The POA is committed to acting as a watchdog to ensure that the Developer and local government are responsive to the needs, interests, and rights of residents.

Vision The Property Owners’ Association, Inc. (POA) is a champion for the rights of residents of The Villages. Guided by member input, investigation and determination, the POA brings attention to and acts on issues that may impact property values and quality of life.

Goals The POA provides 1) a forum for discussion of issues; 2) research and analysis; 3) programs of interest; and, 4) is a conduit for objective and accurate information. Specific attention is given to resolving housing, community and local government issues.

Values

Independence	Honesty	Fairness
Objectivity	Respect	

The POA Declaration of Independence

The POA is free of any outside influence. This is the only way we can assure our members of absolute autonomy to act on their behalf. From the very beginning in 1975, we recognized this need for independence, and we’ve cherished and nurtured it ever since.

The POA Bulletin is published monthly by the Property Owners’ Association of The Villages, Inc. Articles represent the opinion of the POA or the writer, and Letters to the POA postings represent the opinions of the writers. Care is taken to ensure that facts reported herein are true and accurate to the best knowledge of the POA and are taken from reliable sources. The POA assumes no liability for any information published, opinions expressed, or delivery to any person or location. The POA does not endorse or recommend the products or services of any advertiser or discount partner. All publication rights are reserved. Publication or reprinting of any material contained herein is by written permission only. The POA reserves the right to remove and/or discontinue any advertisement or advertiser from its POA Bulletin at any time at its sole discretion.

Fire District continued from page 1

The proposal to create an Independent Special Fire District came as a surprise when presented by VPSD Fire Chief Edmund Cain during the public meetings being held to address the ambulance issue in the Summer 2021. Special legislation was quickly created and passed by the Florida State Legislature and ultimately signed by Governor Ron DeSantis that allows a referendum question on the November Sumter County election ballot.

The Sumter County Ballot question will appear as follows:

Funding The Villages Independent Fire Control and Rescue District Services, Administration, and Capital with a mix of Ad Valorem and Non-Ad Valorem Property Assessments.

Shall the district cap any ad valorem taxes at 1 mil, and levy annual non-ad valorem assessments beginning with the 2023-2024 fiscal year to fund fire protection, rescue, emergency medical services, administration, governance, and associated capital not exceeding \$124 per parcel plus \$0.75 per \$1,000 of value of improvements thereon, together with identified administrative costs, collection costs, and statutory discounts, with increases limited by growth in Florida personal income over the previous 5 years?

The last part of the question limits increases by growth in Florida personal income over the previous 5 years. Is this for all categories of charges? Will the Ad Valorem mil rate only go up by that rate on a rolling 5-year average or is it just the administrative costs?

The Florida Legislative Office of Economic and Demographic Research issued a report in December 2021 that included projections for growth in personal income, stating that Florida grew 5.3 percent in personal income during Fiscal Year 2018-19 and was expected to grow 5.1 percent in Fiscal Year 2019-20. It also expected “a projected growth rate for the 2020-21 fiscal year of around 8.5 percent” and thereafter, **“the annual growth rates are expected to remain solidly above 4.0 percent.”**

Just as amenity fees are adjusted annually based on the CPI, does this become another annual adjustment/increase?

A recent housing market study shows that housing values in Florida have risen 81% in the last five years and predicts that trend will continue. Remember, the variable mil rate is tied to “improved” (market) value. Anyone who has sold or purchased a home in the last year

Fire District continued on page 4

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Fire District continued from page 2

in The Villages knows how housing values have skyrocketed. The rates will be set on this year's values NEXT year.

District Manager Kenny Blocker and Chief Cain have made a case that the primary benefit of independence is increased local control and accountability. While that may be true, the POA does not believe the added costs justify this level of local control. Funding for The Villages Public Safety has been provided as a part of the Sumter County budget for years without issue.

The County collects the \$124 fire assessment fee and currently approximately .71 of the County mil rate is directed to VPSD. If the Special District is implemented it is unknown if the County will reduce that portion of the tax or will redirect it to other services, which would create another increase for taxpayers.

Some confusion and general questions remain. Two phrases are used in applying the mil rates.

"Assessed value" is used to apply the additional ad-valorem up-to-1 mil rate. While "improved value" (market value less land value) is used to apply the 0.75 mil rate. Only the market and assessed values appear on your annual TRIM Notice (Notice of Proposed Property Taxes and Proposed Non-As- Valorem Assessments of Property Taxes and Non-Ad Valorem assessments).

Under the current County system, the county fire funding portion is part of the Ad valorem tax which is tax deductible for some people. Will the special fire district scenario be treated the same or will it be considered a Non-Ad valorem tax which would not be tax deductible?

There has not been much discussion about current and future fire stations and equipment. How were current stations funded and who owns them? How will any new stations be funded? Under an independent fire district, after the next fire station has been built and necessary equipment and trucks acquired, will residents

have paid more or less than the current county funding method? Will the new board consider growth impact fees to fund new stations and equipment?

There has also not been much discussion about VPSD providing services to Villages residents that live in Lake and Marian counties. Each of those areas is covered by an interlocal agreement. Under an independent district, those agreements would still apply, and residents of those areas would not pay for services based on the formula. In other words, they would receive the same services while paying substantially less than Sumter County Villages residents.

Finally, there is the Governor-appointed governing board. Any Sumter County resident can seek appointment by applying online. Those applications would not be vetted in public. The initial terms will be staggered. Three of the five seats will serve for three years, and two will serve for two years. That means the Governor-

Fire District continued on page 5



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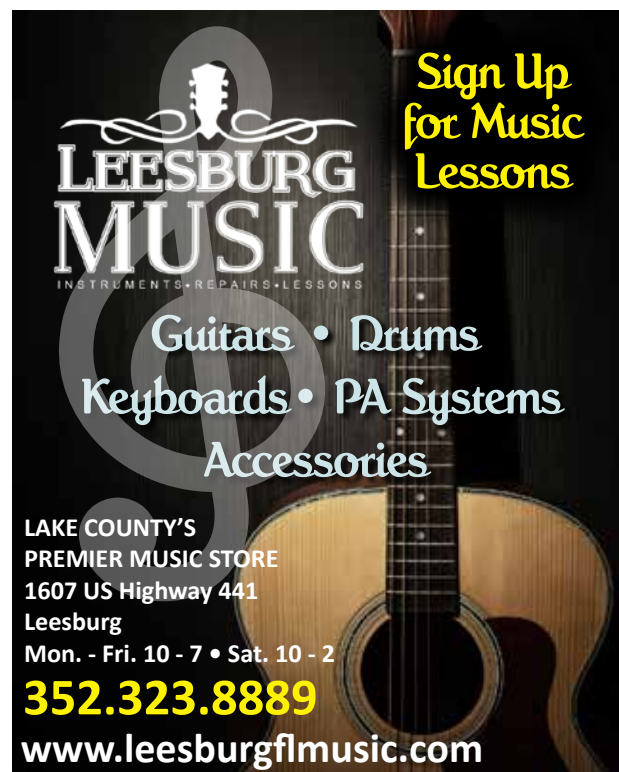
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Fire District continued from page 4

appointed board will be in control, setting important policies and rates for the first four years.

The debate about ambulance services and the proposed fire district has been lively and residents have been interested and engaged. The POA applauds Sumter County officials for resolving the issue of ambulance service and looks forward to VPSD taking over on October 1.

The bottom line is the ambulance issue has been resolved and was the only issue on the table. Nothing further needs to be done at this time. ■



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In Case You Missed It...Highlights from September Meetings

PWAC Approves Low Ball Bid for Water Tower & Windmill

Without addressing the questions that had surfaced about the definitions of “replacement” versus “repair and maintenance” of assets on Exhibit A of the Project Wide Fund Agreement, the Project Wide Advisory Committee (PWAC) approved a surprisingly low bid for the replacement of the controversial water tower and windmill at Brownwood Square. Mark Cook Builders submitted the only bid, coming in nearly \$100,000 lower than the original estimate of \$225,000. The builder has worked on a number of projects in The Villages.

The two structures were removed prior to the current hurricane season due to rotting wood and a determination that they were unsafe to hold up to high winds. PWAC members balked not only at the cost to replace them, but also did not agree that they were obligated under the

Project Wide Agreement to do so. The Villages' attorney for the Sumter Landing Community Development District, issued a lengthy opinion as to what it considered PWAC's obligation. The independent attorney for CDD 7 had an opposing view.

Residents have been in an uproar over any expenditures to replace the structures, which serve no function other than ornamental. PWAC members have vowed to keep an eye on the costs to ensure they stay in line with the quote.

AAC Reconsidering Cap on Amenity Fees

At its September meeting, the Amenity Authority Committee (AAC) discussed reimplementing a cap on Amenity Fees in response to current inflation that is hitting Villagers' pocketbooks. Because the Consumer Price Index (CPI) has been so high – topping 9% in recent months,

AAC Chair Don Deakin said now is the time for the Committee to provide some relief.

The Amenity Fee had been capped at \$155 for many years. Known as the Amenity Deferral Rate, once a homeowner reached \$155 the rate froze there. Both the AAC and Project Wide Advisory Committee (PWAC) removed the cap in 2019, causing the Amenity Fee to be adjusted by the CPI automatically on the anniversary date of the purchase of the home. The current Prevalent Rate is \$179 and is used as a starting point for all sales of new and existing homes effective January 1, 2022. That rate is now being adjusted annually by the Developer.

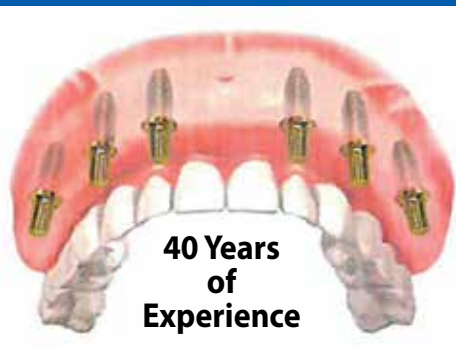
The AAC directed staff to provide revenue projections based on a \$195 deferral rate for consideration at the October meeting. Members agreed it is important that the AAC maintain a strong financial position.

Highlights continued on page 7



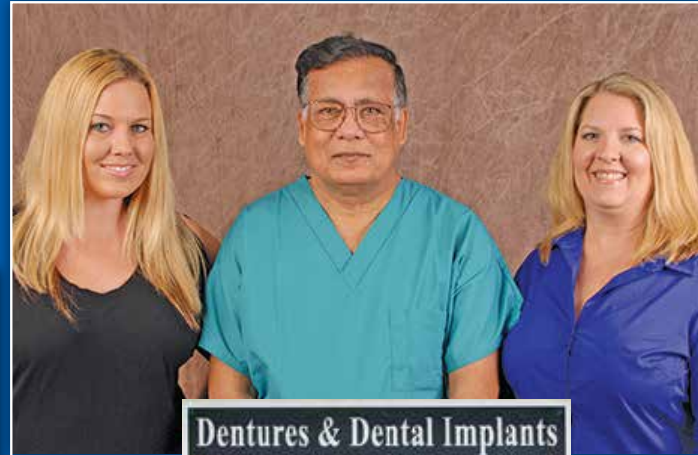
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Highlights continued from page 6

Developer Announces Changes at Spanish Springs

In the Developer-owned Villages Daily Sun a “Big Evolution” was announced last month for Spanish Springs. New retail, entertainment and lifestyle options are just around the corner, according to the article.

Changes include:

- The Rialto Theater is permanently closing as a theater. The long-sSpeculated closure calls for a “luxury fitness experience” that will be provided by Genesis Health Clubs which acquired the fitness center business in Spanish Springs.

Residents have been complaining about the availability of movies only at the Old Mill Playhouse at Lake Sumter Landing. The Barnstorm Theater in Brownwood has also remained closed since the COVID pandemic. The Developer has cited the declining attendance at movie theaters as the reasons for the closures, believing only one theater is needed. Residents, however, think that the lines are too long, and another theater needs to be open. As a private business, there is really nothing that can be done to force another location to re-open.

- The Reina Building will provide first floor retail and restaurants, with upper levels being developed into apartments.
- The Hacienda Hills Golf Club will soon be under construction with 25 new homes, a resort-style pool, pickleball courts and additional amenities.

Two years ago, the Developer floated the idea of second floor apartments in both Spanish Springs and Lake Sumter Landing. The AAC approved a change in the designation of 300 Amenity Units from senior assisted living to general residential after the Developer closed the La Hacienda Country Club restaurant and pool. Residents were outraged when plans were announced to build apartments at that site.

- The Villages Christmas Parade will return in December. ■



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Election Information

Election Day is November 8. See page 9 for information on Early Voting and Election Day Voting Locations.

Amenity Authority Committee (AAC)

The AAC is a committee of the Village Center Community Development District (VCCDD). The AAC is responsible for amenity services north of C.R. 466 which involves recommending budgets, developing policy and the operation of amenity facilities and services. The facilities under their purview include recreation centers, executive golf courses, gate houses and postal facilities.

Election for AAC seats is a landowner election and is held on a separate ballot and in a separate room from the general election. Only one person per address can vote in this election. The election is managed by District staff.

The POA has endorsed:

Richard E. (Reb) Benson, Seat 2

Ed Reagan, AAC Representative for Lady Lake-Lake County

Election Day continued on page 9



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Medicare Open Enrollment Period October 15 - December 7

See Page 19

Election Day continued from page 8

North Sumter County Utility Dependent District (NSCUDD)

NSCUDD is the water, wastewater, and non-potable irrigation water service providers to properties within District's 5 – 11 and are also the provider of the solid waste sanitation services for the Marion, Sumter, and Fruitland Park portions of The Villages. In addition, the services are provided to Sumter Landing and Brownwood.

NSCUDD consists of a seven-member Board of Directors representing Districts 5-10 and one at-large seat. The members are elected by registered voters residing in Districts 5-10.

The POA has endorsed:

Ellen Decker – NSCUDD – Seat 3

Daniel Warren – NSCUDD – 5

Village Community Development District (VCDD) 6

The numbered residential CDDs Boards of Supervisors are responsible for setting and managing the annual maintenance assessment for their respective district. The maintenance budgets include items such as villa road repairs, landscape improvements, fence and wall painting, and the allocations to the Project Wide Fund (CDDs 5-13) for shared maintenance and improvements.

The POA has endorsed:

Linda Grzesik, VCDD 6 - Board of Supervisors, Seat 4

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The POA has endorsed:

Ash Marwah



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10 AM - 6 PM

LakeVotes.com

MARION COUNTY EARLY VOTING

Oct. 27 - Nov. 5, 2022

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ELECTION DAY November 8, 2022 7 AM - 7 PM

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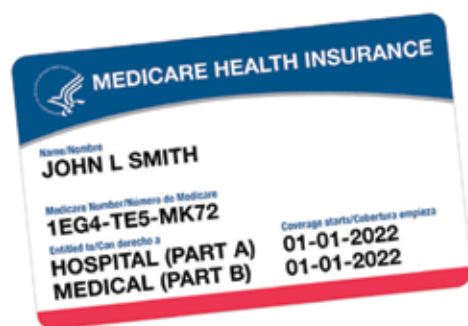
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Saturday, November 12, 6-9 pm
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Vial Of Life

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:

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Presentations will start at 6:00pm.

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Space is limited. Call to reserve your spot and get more info today!
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No small children please.

FL Lic # W218552. #P132999. Free dinner with no obligation to enroll. This event is for educational purposes only, there will be no plan benefit information shared. For accommodations of persons with special needs at meetings, please call. 352-436-1523, TTY 711, M-F 12pm-8pm EST. By calling the number above, you will be directed to a licensed insurance agent. 55823_051622_MK

Important POA Membership Dues Announcement

Since 1975, The Property Owners' Association, Inc. (POA) has been a champion for the rights of residents of The Villages. The POA brings attention to and acts on issues that may impact property values and quality of life.

Every month, the POA publishes a 20-24 page Bulletin, delivering to nearly every driveway and more than 4,000 electronically.

We are all feeling the impact of inflation and rising costs. The POA is no different. Since 1975, annual dues for membership have been \$10 per household.

After sustaining many increases in our costs to produce the *Bulletin* over the last several years, we have just been notified of a 20% increase in our printing costs, negotiated down from a proposed 38% hike!

In order to continue delivery of our important *POA Bulletin*, the Board has made the difficult decision to raise the membership dues to \$15 per household, starting January 1, 2023. The extra \$5 will help us supplement this staggering print cost increase and allow us to continue to keep Villages residents informed of issues that may affect their property values and quality of life.

If you renew your dues before the end of the year, you will only pay \$10 for the year – pay for one year or 10!

We are grateful for all the residents who have and will continue to support the mission of the POA. ■





November 8-10, 2022
Savannah Center





Tickets available at all Villages Box Offices

A portion of proceeds benefit The Villages Shrine Club

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AARP®

Driver Safety

AARP Driver Safety now offers a 6 hour “Smart Driver” course for seniors; it is designed for those 50 and older.

All available courses are listed at [AARP.org/findacourse](https://www.aarp.org/findacourse) or call 877-846-3299.

AARP now offers a 90 minute Smart Driver Technology (SDTEK) program for mature drivers. For more information: [AARP.org/findaworkshop10](https://www.aarp.org/findaworkshop10) or 352-430-1833.



In The Villages, there are at least 4 classes each month. The classes are either two days, 9 AM to Noon or one day* 9 AM - 4 PM. Fee is \$20 for AARP members, \$25 for non-members. Select your class and call the instructor to register. Instructor will give instructions and time to arrive to complete registration.

Paul Scannell	352-399-6414	9:00 - Noon	10/4/22	Tue	10/5/22	Wed	Colony Cottage
Jack Haughn	352-603-1420	9:00 - Noon	10/11/22	Tue	10/14/22	Fri	Laurel Manor
Jack Haughn	352-603-1420	9:00 - Noon	10/15/22	Sat	10/22/22	Sat	Paradise
Don Walker	352-430-0610	9:00 - Noon	10/17/22	Mon	10/20/22	Thur	Savannah
Jack Haughn	352-603-1420	9:00 - Noon	10/25/22	Tue	10/26/22	Wed	Rohan

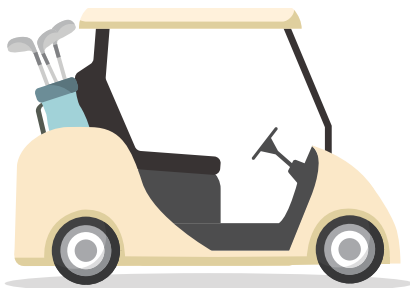


Welcome New POA Board Member!

Steve Lapp

Steve has served as the District 7 supervisor, seat 3 (representing The Villages of Hemingway, Duval, Hadley & Bonita), vice-chair, and alternate representative to the Project Wide Advisory Committee (PWAC). During his time in this position, he was able to add a penalty clause to all contracts (previously a vendor could just walk away without penalty), reduce the issues caused by the trolls, negotiate with the Sumter Landing Community Development District to get better control of the funds that we are required to give them for our maintenance (currently over 50%). Perhaps one of the major accomplishments has been to keep District 7’s maintenance fees at the current level, including NO increase in the coming year.

Before moving to The Villages, Steve designed a lithotripter and trained physicians around the world in its use, performed digital forensics for the Department of Justice/ Drug Enforcement Agency (DOJ/DEA), and served in the United States Naval submarine force. He was the president of the Firnshire Farms Homeowners Association. ■



Golf Cart Rules Of The Road and Safety Tips

With the holidays and winter season coming, it is a good time for reminders about using golf carts safely in The Villages. The multi-modal paths are designated for use by non-automotive, non-vehicular traffic such as bicycles, golf cars and pedestrians.

RULES OF THE ROAD

- Must be 14 years or older to drive a golf car per Florida State Law, check with your local government jurisdiction for rules
- Drive on neighborhood streets, marked roadside lanes, and multi-modal paths
- Obey all traffic laws, signs and signals
- Golf cars are subject to Florida's open alcoholic container laws
- Speed not to exceed 20mp
- Use hand and turn signals
- Yield to automobiles
- Come to a full stop at stop signs
- Never enter a roundabout in a golf car
- Golf cars are prohibited from roadways with posted speeds of 35mph or more

SAFETY TIPS

- Provide a seat for each person/pet
- Secure all children and pets
- Keep passengers seated in golf car at all times
- Keep arms and legs inside golf car at all times
- Enter traffic lane safely before turning left
- Be aware of vehicles turning right (across the golf car lane)
- Maintain golf car according to manufacturer's recommendations
- Do not text/phone while driving
- Limit passing slower golf cars
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For more reviews and information please visit my website: Kimberly-Volean.Remax.com



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SHINE Offers Medicare Help

SHINE (Serving Health Insurance Needs of Elders) is increasing it's counseling sites considerably during the **Medicare Open Enrollment Period, October 15 - December 7** so that enrollees can be assisted with this once a year opportunity to make changes to their advantage or prescription drug programs. In addition, volunteers will be available to assist clients with Medicare related questions including Medicaid, Medicare, and Medigap plans, financial assistance, and scams. The service is free and unbiased, and reservations are not taken.

Counselors will be at the following locations to assist area residents for one-on-one counseling on the indicated days.

- Lake Miona Recreation Center**
9 am – 11:30 am, every Tuesday
Oct 11 through Dec 13 *including Nov 22*
- Eisenhower Recreation Center**
9 am - 11:30 am, every Wednesday
Oct 5 through Dec 14 *except Nov 23*
- Chula Vista Recreation Center**
3:00 pm - 5:30 pm, every Friday
Oct 7 through Dec 16 *except Nov 25*
- Lady Lake Library**
2:00 pm - 3:30 pm, Wednesdays
Oct 12, 19, 26, Nov 2, 9, 16, 30 and Dec 1

.....

“Understanding Medicare,” a group presentation geared toward those turning 65, will be made 1:00 –3:00 pm at the Aviary Recreation Center on:

Wednesday, October 12

Wednesday, November 9

Wednesday, December 14

For more information, sign onto floridashine.org or call 800-963-5337.

.....



The Desert Rose

THE FANATICAL GARDENER

by Anne Lambrecht Fanatical Gardener

When a fan of mine asked me to write about Desert Roses, I was thrilled but I discovered that what I didn’t know was a lot!

Adenium obesum is a poisonous species of flowering plant belonging to the dogbane family. It is native to tropical and subtropical eastern and southern Africa and also the Arabian Peninsula.

Desert rose looks like a bonsai; it has a thick, swollen trunk (that holds water and nutrients during times of drought) and glossy, dark green leaves. But the real appeal comes from its showy, trumpet-shaped flowers that grow in clusters on the ends of crooked branches. The flowers (not real roses) come in festive shades of pink, white, purple, and red. You can often find bicolor varieties, types with double flowers, or those with variegated foliage.

Desert rose is a sun-loving warm-temperature plant, so grow it in the brightest spot you have, 5-6 hours of sun a day. It is not recommended to plant in the ground here: it gets too cold. But the desert rose does well in containers and planters on decks, patios, and other outdoor spaces. And, it’s a treasure inside as a houseplant. Use sandy or cactus soil. One nurseryman told me that the desert rose should be contained in the same pot until the pot bursts but this is not true. If you want the bulbous trunk to be more bulbous and the flowers to bloom, then transplant it every two or three years. This is not a problem because it is slow growing. But remember that repotting can cause brief dormancy (plant is in shock).

The second botanical name of the desert rose, *obesum*, means obese or swollen, referring to the trunk. The flower means “wealth or good luck.”

Because desert rose is from tropical Africa and the Arabian peninsula, it is also called Moroccan oleander, Algerian iris, Egyptian jasmine and Arabian tulip. It is named “desert rose” because it grows in dry regions and is considered a succulent. Speaking of Moroccan oleander, I have noticed that my desert rose can be attacked by the oleander caterpillar, those stinging orange caterpillars with black hairs, who, after they eat up your oleanders and desert roses, turn into harmless Uncle Sam Wasp moths or Polka Dot moths. Spray your plant all over with an oily-soap solution to kill the pests. Then spray/shower the oil-soap off.

Water desert rose regularly for best results. The plant tolerates low-water conditions, but if it dries out too much, it will lose some or all of its leaves. (Don’t worry if this happens; your desert rose will grow new leaves when it starts to get enough water again. Keep the soil moist, not wet (no standing water as in a saucer) and let it dry out before watering again.

Fertilize desert rose in spring and summer with a general-purpose fertilizer and follow the directions on the fertilizer packaging. Ease off on the fertilizer and water in the fall and winter.

Because desert rose is a slow-growing plant, pruning is not necessary.

Reasons for your desert rose not blooming or dropping leaves: too much water, soggy soil, root bound plant, root rot, unsterilized cutting tools. It will die if it is exposed to prolonged temps cooler than 50 degrees. Best 65-90 degrees.



Adenium obesum

The sap and all parts of this plant is extremely poisonous to both people and pets. But it has been used in non-traditional medicine to treat skin diseases. It has the power to kill parasites on livestock. Some tribes in Africa put it on the tips of their arrows to hunt.

Desert rose is sold internationally. The flower has been featured on postage stamps for the Bahamas, the Venda tribe, and the countries Barbuda and Antigua.

A cool species of desert rose, *Adenium obesum*, subspecies *socotranum*-which is an island in the Indian Ocean-is the largest desert rose on earth! It is 15’ feet tall with an 8’ diameter trunk. In spring the flowers are 5” wide. I’d like to see it, but the trip would kill me.

A gift of desert rose is to wish good luck and abundance. Good luck and abundance to you, all my wonderful fans! ■



POA of The Villages FL

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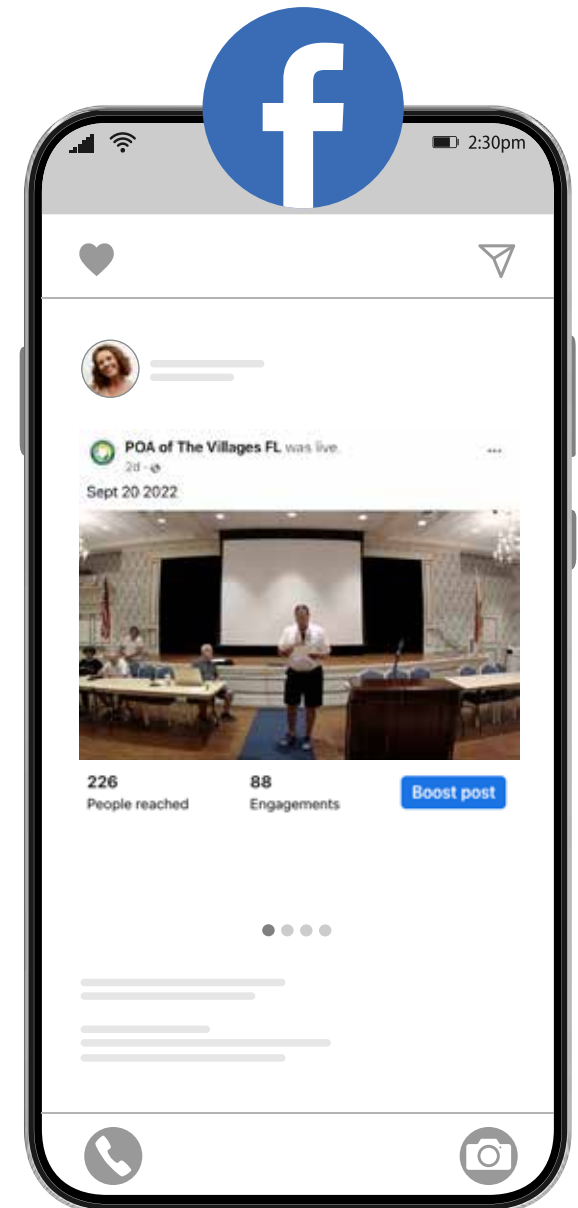
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Stay Connected for the latest Announcements and to watch Membership meetings livestreamed!

We have 1,432 total page likes and 1,625 total page followers!

The POA now live streams its meetings so residents can either attend in person, watch live from home or at a time more convenient. You will hear all parts of the meeting – announcements, open forum Q & A, and the program. **You will always be connected to your POA!**

Type **POA of the Villages FL** in the search on Facebook and you will find our page. Click **LIKE** and or **FOLLOW**, and then, suggest our page to all of your friends and neighbors that live in **The Villages!** Meetings and relevant information will be posted on a timely basis. *Please continue to send questions or comments via email or call the POA at (352) 418-7372.* ALL content will be monitored by the Administrator and posts containing opinion or debate will be removed. ■



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Tech Support Scams

SENIORS VS CRIME

Tech support scams often begin with fraudulent pop-up ads claiming a computer is infected with a virus or malware that can be eliminated by calling the tech support number on the ad. The ad may cause fear that the computer’s data will be lost or stolen if the virus remains. The number listed on the pop-up will connect the caller to a scammer who attempts to take remote control of the computer. The scammer will, often fraudulently, show the caller a number of “viruses” and “malware” that must be removed. They then offer to remove the virus or malware for a fee and offer costly software updates and anti-virus services. These scammers often target seniors, and victims will often follow the instructions, pay the fees and never realize they were swindled.

In other iterations, a consumer will receive a call from someone claiming to be tech support for Microsoft or Apple. The scammer will then attempt to do the same, taking remote access and charging a fee to rid the consumer’s computer of non-existent viruses or malware.

Beware of anyone seeking remote access to your computer.

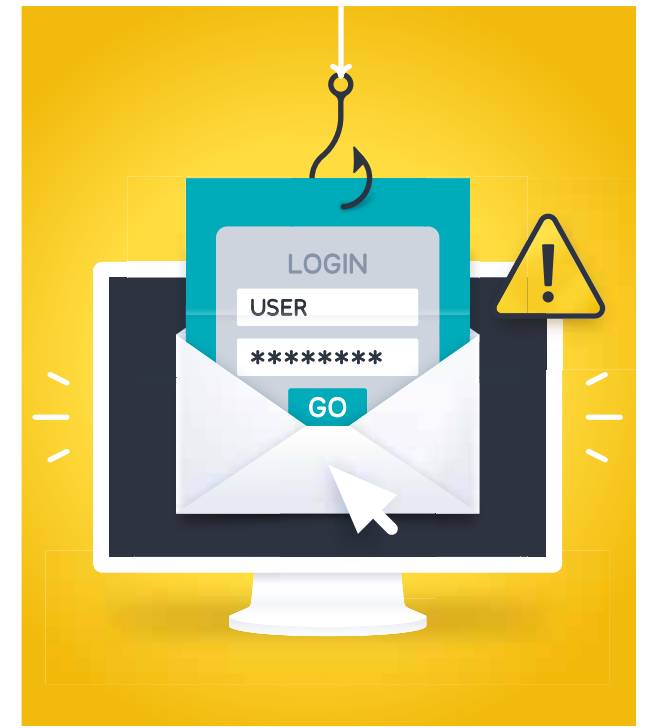
Remote access allows an individual full access to everything on your computer. While remote access is a tool that legitimate technical support providers use, be cautious of anyone seeking remote access, particularly via an unsolicited phone call or in response to an online pop-up.

Do not click the ‘X’ to close a pop-up.

If you are browsing on the internet and get a pop-up window, warning you that your computer is infected or there is an “error,” do not click on the “X” to close out the Pop-Up. Press Control Alt Delete simultaneously and use the Task Manager to close out the pop-up window. Or, just press the power button and shut your computer off without touching any keys. This is a hard reset and will close the pop-up so you won’t have any problems with it.

Seek out a legitimate tech support business.

If you have concerns about your computer’s effectiveness or safety, reach out to a legitimate technical support company. Consider seeking out a brick-and-mortar computer repair business in your area or seeking recommendations from an electronics store in your area. Know that online search results might not be the best way to find technical support or get a company’s contact information. Scammers sometimes pay to boost their ranking in search results so their websites and phone numbers appear above those of legitimate companies.



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Most vendors will ask you for your current POA Membership card to receive the offered discount. If you have a favorite business who is currently not offering a POA Discount, tell them about our program. Please say "thanks" to our Discount Partners for their participation.

You can always see the most up-to-date list of Discount Partners on **POA4US.org**.



Happy Fall Y'all!



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Covid...

Ever-changing variants, but an unchanging recommendation.

Please review my prior POA monthly article starting in the spring of 2021 for background.

As the last two years have unfolded, so have the variants of this virus. Although symptoms of infection lessened, their occurrence (and reoccurrence) have increased. We have grown tired of the tell-tale indentations within our face and neck that masking leaves, as well as the unavoidable changes in recommendations: this is an evolving process. Further, the “long-haul Covid syndrome” is a kick in the pants, making initial symptoms an introduction for its long term effect.

Alpha lipoic acid (ALA) has been medically researched for four decades, as a tour of the NIH’s “PUBMED” website will document. Because the aging process is one of inflammation, each organ of our body demonstrates its own unique symptoms. The goal of treatment seeks to diminish, if not stop, inflammation. And that is exactly what ALA does!

The production of L-glutathione, a protein originating in the liver, is stimulated by ALA. Amazingly, L-glutathione is key to regulating a healthy immune response. An ALA supplement drives the production of this natural protein for pennies a day, restoring balance most haven’t enjoyed since our early 20s. Thus we minimize the harmful “cytokine storm” this virus is known to produce.

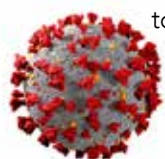
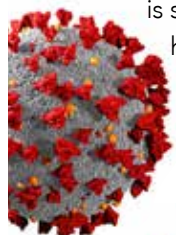
ALA can irritate the bowels in a small number of people. In order to avoid adverse reaction, take with food or utilize R-alpha lipoic acid as a substitute. The normal total daily dose

is 600 mg, divided into two or three separate doses. And for those on thyroid replacement, monitor your blood tests that may indicate a need for thyroid dose adjustment. You are encouraged to consult with your primary care provider for their professional advice.

Why would cancer physicians be advising you about viruses. We are doctors first, and we treat you as a total person: not a part of the body. Walk into our office: you will sense the difference.

I look forward to seeing everyone at the September POA meeting, detailed in next month’s bulletin.

Norman H. Anderson, MD
CEO, Robert Boissoneault Oncology Institute



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