The Villages®

March 2023

Community Development Districts

Hospitality ~ Stewardship ~ Creativity & Innovation ~ Hard Work

Meeting the needs of The Villages community Residents is our primary objective.

PURPOSE To provide and preserve the lifestyle of Florida's Friendliest Hometown.

VISION To be respected as the most responsive and responsible Community Development District.

MISSION To provide responsible and accountable public service that enhances and sustains our community.

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Budget Planning

It's hard to believe that we have started the new Fiscal Year 2023-24 Budget process seeing as we just adopted the Fiscal Year 2022-23 Budget!

The Board of Supervisors for the 20 District Boards and the two committees have approved their Budget Review meeting dates for the Fiscal Year 2023-24 Budget process. The approved District Budget Calendar with Budget Workshop/Review meeting dates can be found on the District's website under the Budget Department at www.DistrictGov.org.

There are three Preliminary Budget Workshops scheduled for the month of March; the North Sumter County Utility Dependent District (NSCUDD), Project Wide Advisory Committee (PWAC), and the Amenity Authority Committee (AAC). These workshops provide an opportunity to discuss requested topics/general issues, gather input from the public, and provide direction to staff before the requested/recommended Budget is finalized.

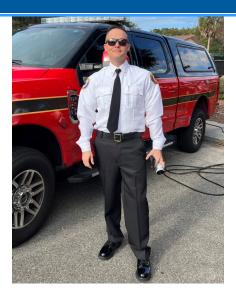
In May, we will hold additional Budget Workshops. This is the opportunity for the staff to present the requested Budgets to the District Boards. Also, staff will review the Capital Improvement Plans, available fund balances, and funding for the ensuing fiscal year. Each department is responsible for preparation and submittal of their department requested Budget Packet during the month of March to the Office of Management and Budget who prepare each of the District's Budgets.

The Budget process is a key component in the success and sustainability of the District. It requires the participation and hard work of many team members, including the District's Board of Supervisors for each District, two committees, District staff, and residents. We encourage you, as a stakeholder, to engage in the process by providing input, ideas, and process improvements to your Department Leadership. Always remember the Budget is a very critical and key component of the planning process. A plan without a vision is mediocrity!



spotlight

Corey McCaulley Public Safety Battalion Chief



Where were you born & raised and went to school?

I was born and raised in Maitland, FL. I went to local public schools in Maitland/Winter Park and then attended University of Central Florida for my Bachelor's and Master's.

What was special about where you are from?

I moved back to the neighborhood I grew up in after I had children because it is an incredible residential community. All the neighborhood kids run around playing at different houses all day and can easily walk to school and parks.

Tell us about your family, people in your life (including pets!)

I have been with my wife Erin for 22 years since we started dating at UCF. We have two daughters, Caroline (7) & Ansley (10) and one lazy dog. My brother, parents, and in-laws still live close by so there is plenty of family around

Hobbies? Favorite activities?

My favorite hobbies are skiing, CrossFit, and playing outside with my children. We enjoy biking and swimming and hitting the theme parks on our days off.

Who has been the most influential person in your life and why?

My wife has been the most influential person because of her drive and personality. She juggles a demanding career with being a great mother and wife and I am constantly impressed. She has always been supportive of my education and career and still joins me for workouts and pretends to laugh at my jokes.

What's the best advice you have ever received?

Find a great mentor and follow them closely (Thanks Pete).

What is the career & training path that led you to the District?

I started in the fire service in 2005 in Brevard County. After recovering from an injury, I briefly worked for Lake/Sumter EMS where I was first introduced to The Villages. I became friendly with many of the firefighters and was able to receive some recommendations for the next hiring process.

Can you tell us about your day-to-day responsibilities?

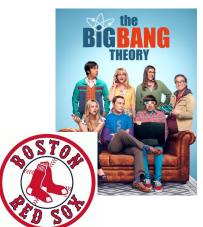
I supervise four fire stations in the northern part of The Villages and respond to major incidents such as fires and traffic accidents. I also handle ongoing activities such as payroll, scheduling, special events, and logistics.

What is your favorite aspect of working for the District?

I have really enjoyed many of the people that I work with here. I drive over an hour each shift past many other fire departments because my coworkers make it fun and enjoyable to come to work.

What is the most interesting thing you have ever seen?

Watching a hot air balloon barely clear 441 traffic before crashing into a tree on the golf course behind the station.



Movie Spies Like Us

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Vacation Spot
Deer Valley

Restaurant Hillstone





Current Job Openings

Are you looking for a career change, or know someone who is seeking employment? Our current job openings include:

Community Standards

Administrative Coordinator

\$39,464.80 / Annual

Community Watch

Gate Attendants

\$12.00 / Hour

- Regular & Substitutes
- Seasonal/Sunset Pointe, Blue & Red 1200-1800
- Hadley, Red, 0600-1200
- Hillsborough, Red, 1800-2400
- Bonnybrook, Blue, 1800-2400
- Glenbrook, Red, 1200-2400
- DeLuna, Red, 0600-1200
- DeLuna, Red, 1200-1800

Gate Operations Attendant & Substitutes Patrol Drivers

\$12.00 / Hour \$12.34 / Hour

- Regular & Substitutes
- Region 6, Red, 0000-0800
- Region 5, Red, 0000-0800
- Region 5, Blue, 0000-0800
- Region 5, Red, 0000-0800
- Region 7, Red, 1600-2400
- Region 4, Red, 0000-0800
- Region 7, Red, 1600-2400

Dispatcher

• Regular & Substitute 13.74 / Hour

Customer Service

Customer & Administrative Support Rep \$15.30 / Hour

Finance

Billing & Collection Technician
Staff Accountant-General Ledger
Senior Accountant
Senior Accountant
Senior Accountant
Senior Accountant
Staff Accountant
Staff Accountant
Staff Accountant
Staff Accountant
Staff Accountant

Property Management

Director \$102,820.00 / Annual

Public Safety

Firefighter EMT \$15.00 / Hour Firefighter Paramedic \$19.29 / Hour Public Education Technician \$12.00 / Hour Deputy Chief of Administration \$88,217.53 / Annual

Recreation & Parks

Recreation Assistant \$12.00 / Hour Fitness Assistant \$12.00 / Hour Recreation Leader \$15.30 / Hour Recreation Supervisor \$39,464.80 / Annual Recreation Facilities Manager \$46,346.46 / Annual

Keep an eye out for emails from Gina Carlin, HR Administrator/ Recruiting, for future openings within the District.

Or use our internal link to apply for internal positions: https://www2.appone.com/Search/Search.aspx?

Internal=ves&ServerVar=villagescentercommunitydevelopment

.appone.com

If you have questions on job openings or how to apply, please call Gina at 352-674-1905

or email Gina. Carlin@DistrictGov.org

Employees On The



Community Watch

- *Michael Hunter* transferred from Gate Operations Attendant Substitute to Gate Attendant.
- *Matthew Bedtelyon* transferred from Patrol driver Substitute to Patrol Driver.
- Michael Davey was promoted from Gate Operations Attendant to Dispatcher.
- James Skaare and Bryan Landerman transferred from Gate Operations Attendant Substitute to Gate Attendant.
- *Constance Hulka* transferred from Patrol Driver to Gate Attendant.

Finance

 Susan Serafini transferred from Accounting Technician-Revenue Specialist to Accounting Technician-General Ledger.

Recreation & Parks

 Daniel Lehman transferred from Gate Attendant to Recreation Assistant.



Recreation & Parks Michael Barsanti

Jerome Brandmueller John Britton MaryAnn Britton

Timothy Caruso Sharon Cox

Mary Lynn Golota Lois Jepson

William Jepson Mark Johnson Elizabeth Joynt

Maryann Mahoney Antoinette Martino

Dwayne Merrick Ann Mossman Charles Murphy

Michael Nodi Julisa Northrup

Robert Oidtman German Shanchez William Sergent

Michele Shadish Mindi Valancy Sharon Williams Community Watch Angel Cruz

John Obrien Todd Smith

Finance

Louis Cummings Melanie Briggs Zachary Freeman Christine Hoop

Public Safety

Scott Casta
Justin Clemente
Ronald Daugherty
Joseph Grantham
Nina Holland
Roan Patterson

Human Resources
Lydia Justice



There are approximately 10,000 three-leaf clovers for every "lucky" four-leaf clover.





Community Watch

Roseanna Boyer	1
Charles Corrao	2
Richard Rest	3
Vincent Colburn	3
Thomas McDonnell	5
Keith Gordon	7
Donald Arney	7
Robert Montalbano	9
Ronald Moore	10
John Mabus	10
Joseph Scaperotta	10
Paula Di Julio	12
Paul Brake	12
William Grady	12
Paula Smith	14
Robert Rexroth	16
Michael Bronersky	16
Dick Huffman	16
Gilbert Regan	17
Stephan Romanchak	17
Michael Coyne	17
Hugh Calvert	18
David Morrow	18
Bruce Greenberger	18
Charles Sterbis	19
Michael Woomer	19
William Bruno	19
Stephen Orazine	20
Joseph Cordero	21
Martha Dennis	22
Perry Sumner	23
Karen Haley	23
John Hackney	24
John Tew	24
Eugene Whitaker	25
Daniel DiSanto	25
Ernest Casalini	26
Philip Hollister	27
Daniel Lehman	27
William Simmons	27
Gregory West	29
Linda Gazzetta	30
Pennock Valentine	31
Frances Hershey	31

Public Safety

Jeffrey Loder	1
Shirley Sirkis	2
Jonathan Harrison	4
Christian Greene	6
Chelsea Illeck	9
Matthew McCarthy	9
Taylor Atherton	10
Devin Lawrence	13
Tyler Szewczyk	15
Jose Finol	19
Brian Draper	20
David Gomez	23
Nicholas DeVogel	24
Alexander Battaglia	25
Michael Birch	27
Kevin Cunliffe	29
David Rutter	31

Finance

Brandi Ricker	2
Cindy Neff	9
Ayako Terao	11
Ricardo Torres	11
Linda Wren	12
Jaime Cooper-Rodriguez	13
Celeste Peloquin	17
Cathy Bretz	26
Zachary Freeman	31

Customer Service

David Tossman	10
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Human Resources

Angel Steffani	15
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Property Management

4
8
10
11
14
27

Recreation & Parks

recreation a r	uiko
Charles Deitrick	2
Ramon Rosado	2
Newton Shannon	2
Thaddeus Cassiday	3
Deborah Davis	3
Darlene Irvine	4
Michael Hess	5
Charles Adams	5
Jeffrey Lutley	6
Denise Naasz	7
Thomas Phillips	7
Nancy Gibson	7
Daniel O'Moore	7
Edward Porreca	9
Martin David	10
Stephanie Jamros	11
Peggy Lamb	11
Mary Britton	11
Andrea Vyskocil	11
Christopher Arrowood	12
Molly Whiting	12
Janet Westover	12
Robert Carreiro	14
William Clark	14
Laura Hamilton	15
David Montante	15
James Lovenduski	15
Jeffrey Meier	17
Thomas Adams	17
Thomas Christian	18
Douglas Connelly	18
Terrance Elsmore	19
Walter McFarlane	19
Raymond Lammes	20
Sean Murray	21
Nancy Konz	22
Kevin Flynn	23
Randall Phillips	23
John Hoover	24
Terry Kennedy	24
David Herriott	24
Genevieve Tetrault	24
Kathleen Daley	25
Antoinette Martino	25
Andrew Esposito	28
Julisa Northrup	28
Doreen Seddon	29
Scott Grimes	29
George Ann Roberts	29
Frederick Santa	31
Paul Dreher	31
Michael Poynor	31





Public Safety

William Miller	03/23/2005	18
Justin Boudreaux	03/17/2014	9
Keith Norris	03/17/2014	9
Jose Finol	03/08/2021	2
Armani Floran	03/08/2021	2
Christian Moreno	03/08/2021	2
Jose Santiago Ayala	03/08/2021	2

Property Management

William Thompson	03/20/2006	17
Diane Edwards	03/09/2020	3
Ryan Plute	03/08/2021	2
Heather Evans	03/22/2021	2

Community Standards

Shelli Farnsworth 03/02/2015 8

Administration

Candice Harris 03/05/2012 11

Human Resources

Angel Steffani	03/12/2018	5
Pamela Webb	03/19/2019	4

Finance

Jody Restor 03/22/2021 2

Community Watch

Richard Grunert	03/07/2007	16
Kevin Kane	03/17/2010	13
Gregory Luginbill	03/05/2012	11
Patsy Anderson	03/03/2014	9
James Basile	03/03/2014	9
Robert Culbertson	03/03/2014	9
Robert McCants	03/03/2014	9
Ronald Smith	03/03/2014	9
Joseph Beddia	03/02/2015	8
Bruce Brinkerhoff	03/02/2015	8
Joseph Bynum	03/02/2015	8
Donald Fitzpatrick	03/02/2015	8
William Elliott	03/16/2015	8
Barbara Denza	03/14/2016	7
Lawrence Greenstein	03/14/2016	7
Harold Shelton	03/14/2016	7
Douglas Pratt	03/13/2017	6
Thomas Carlyon	03/27/2017	6
Sandra Borieo	03/26/2018	5
Clifford Williams	03/04/2019	4
William Clark	03/11/2019	4
Thomas Frigo	03/11/2019	4
David Gipp	03/11/2019	4
Cheryl Hoffman	03/11/2019	4
Terry Pyle	03/11/2019	4
Rembert Rivenbark	03/11/2019	4
Marguerite Wolanin	03/11/2019	4
Thomas DeBortoli	03/25/2019	4
John Villyard	03/25/2019	4
Clarence Hunter	12/02/2019	4
Paul Brake	03/08/2021	2
David Churches	03/08/2021	2
Charles Corrao	03/08/2021	2
Kolette Delimat	03/08/2021	2
Jack Laurie	03/22/2021	2
Raymond Schulz	03/07/2022	1

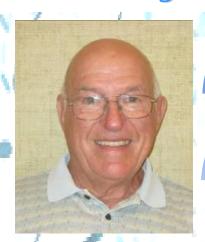
Recreation & Parks

Recreation	I & I UIN	.0
Lynda Feustel	03/28/1989	34
Eugene Graney	03/03/2003	20
James Neilsen	03/14/2007	16
Rebecca Manserra	03/26/2008	15
Ronald Miller	03/04/2009	14
Lisa Parkyn	03/18/2009	14
Terry Gibbons	03/17/2010	13
Jo Bugala	03/31/2010	13
Quenton Jones	03/19/2012	11
Nancy Schaffer	03/19/2012	11
Kathleen Foltz	03/04/2013	10
Andrew Malinosky	03/04/2013	10
Debra LoMonaco	03/02/2015	8
Kurtis Mancauskas	03/02/2015	8
Bryant Rooney	03/02/2015	8
Julie Ferwerda	03/14/2016	7
Joseph Yarborough	03/18/2016	7
Robert Huebsch	03/28/2016	7
Terrone Carpenter	03/27/2017	6
Thomas Bradley	03/26/2018	5
Claire Fusco	03/25/2019	4
Martin Golden	03/25/2019	4
Daniel Wood	03/25/2019	4
Thomas Baker	11/22/2019	4
Vincent De Robertis	03/09/2020	3
John Hartley	07/27/2020	3
Edward Daly	03/12/2021	2
Virginia Scott	03/22/2021	2
Jack Snyder	03/25/2021	2
Ethan Peterson	03/05/2022	1
David Keller	03/07/2022	1
James Lovenduski	03/07/2022	1
Mark Perencevic	03/07/2022	1
Martin Roman	03/21/2022	1



CONGRATULATIONS

Thank you for your years of service!



Eugene Graney Recreation Assistant



Rebecca Manserra Recreation Facilities Manager



Kathleen Foltz Fitness Assistant



Andrew Malinosky Recreation Assistant



Sandra Borieo Gate Attendant Substitute



Thomas Bradley Recreation Assistant



Angel Steffani Human Resources Technician

Recognizing Our Core Values In Action!

Community Watch

Gilbert Regan Gate Attendant

"I was wondering if you folks were aware of the fine representative you have working the Shay gate each morning from 12-6am. His name is Gil and he is always professional, helpful and pleasant at that time of the morning. A should out for Gil."

Steve Stein Gate Attendant

"Steve at the Fenney gate house is the friendliest worker. He's always smiling and always makes us feel welcome to come home with his pleasant words."



Joan Mayo Gate Operations Attendant

"I find Joan very professional, sincere and pleasant when she does her two hour safety calls to the gate house. Just a pleasure to hear her voice. Thank you!"

Public Safety

Michael Grubb, Firefighter Paramedic Jarod Falck, Lieutenant Ellis Secola, Firefighter Paramedic-Driver Engineer Cody Meuse, Firefighter EMT Christopher Parco, Firefighter EMT

A resident called to commend Jarod, Ellis, Cody, Michael and Christopher on their quick arrival, professionalism, and compassion demonstrated at a call. The resident could barely express his gratitude for their life-saving intervention and how much comfort they brought him on that day.

Community Standards

Community Standards Team

A resident passed along a compliment to the Community Standards team. The resident said that he has visited the office multiple times to have an ARC application processed or called the office to ask questions. He said the team has always been professional and easy to work with. He thanked the department for what they do for the community.

Recreation & Parks

Bill Black, Recreation Assistant Madison Taylor Recreation Area Supervisor Karl Waller, Recreation Assistant

"Good day Mr. Rohan. Recently, I had the opportunity to try the new kayak program at Lake Okahumpka Recreation Center. I am emailing to share how lucky you are to have Madison Taylor as your supervisor

at this site. Ms. Taylor was extremely professional, extremely knowledgeable and went the extra mile to assist. I was impressed by the way she led this activity and left no safety issue unturned. Her assistants, as well, were very helpful. It seems rare these days to find someone who does their best at their job. Ms. Taylor is one of those rare people who has the skills and expertise to perform this position which requires great responsibility. Thanks to the Recreation department for making this opportunity at Lake Okahumpka Recreation Center."



Administration

Maddie Guinn Communications Coordinator

"Just a quick note of thanks. I like the new format of the Weekly District Bulletin. Its new format is easier to read. Good improvement."

Property Management

Kevin Shaw, Water Resource Supervisor Lindsey Gonzalez, Staff Assistant

A resident thanked Property Management for hiring such competent staff. The resident had such a pleasant experience talking with Lindsey and Kevin. Her concern with the conditions of the pond near her home were addressed quickly. "It's so nice to speak to such friendly staff."

Anthony Valadez Infrastructure Supervisor

"Thank you Anthony for your super quick reply! The guys were out this morning doing the repairs. Superior service! Hopefully, this fix will do it."

Kevin Shaw Water Resource Supervisor

"The purpose of this email is to express my appreciation for one of your employees, Kevin. I first met Kevin four or five months ago when he was observing the condition of the pond behind our home. I asked what his role was. He explained in understandable terms his role in pond management. He struck me as a polite, helpful, dedicated young man. In the course of that conversation, I explained that the pond aeration system had been out for several weeks and I thought that was the reason for his observing the pond. While I had Kevin's attention I also asked about the severe erosion that is taking place in two areas around the pond. Kevin explained that the aeration issue and the erosion issue were not in his area but that he would inform the right people about the issues. Kevin is a man of his word. Over the past months since our initial conversation, Kevin has kept me informed of the aeration compressor issue and I have been contacted by another young man, Greg, I believe also from your office, who discussed the erosion issue with me. Although I have not seen any activity yet regarding the erosion, I am confident that I will soon. Several days ago, Kevin contacted me to say the compressor was now in stock and the replacement should now be scheduled. Yesterday, my front door camera identified Kevin at the front door. I was out losing golf balls on the golf course. I then got a text from Kevin with a picture of the pond with the bubbler working! Kevin had gone above and beyond his specific capacity in pond maintenance!! Kevin deserves recognition for his customer service and tenacity in getting the bubbler back in service. In my view he deserves not only a raise in pay but additional responsibility as he is clearly a conscientious, organized, personable, eager young man and a fine example to others. If there are other ways I can bring attention to Kevin's outstanding job performance, I would like to do so.'

Recreation & Parks

Jason Leavitt Recreation Assistant

"We are platform tennis instructors who frequently teach at Everglades and other platform tennis venues. We wanted to let you know that your employee, Jason, is exceptional. He is well-organized, always on time, and prepared to help us in any way. We appreciate you, Jason, and all your staff at Everglades!



Recreation & Parks

Tom Watkins RA Karen Horn RL Daria Lotocky

"I have reserved the pickleball courts at Everglades recreation for roughly three years and always have had a great experience with the recreation center, especially Daria. However, this Monday was an exception. One of our players had a heart attack on the court. Immediately some players started chest compression, and others



called the center to get the AED. Within minutes, I saw the staff from Everglades running as fast as they could to get us the device. Once Tom and Karen arrived, they quickly took over, and we had to use the AED three times. The difference was a few players with medical experience and your professional staff. You might like to hear how great your staff is at Everglades, and we both know it starts with outstanding leadership. We thank you!" Pictured L to R: Carrie Duckett, Deputy District Manager, Karen Horn, Recreation Leader, Daria Lotocky Recreation Facilities Manager, Tom Watkins Recreation Assistant and Kenny Blocker, District Manager. All involved were presented with a District Golden Coin.



HAPPY RETIREMENT

Robert Wilkerson Recreation Assistant, Savannah Recreation Center
Bob Wilkerson has been a wonderful
member of the Savannah staff since
2006. We are so lucky to have had Bob
as part of the Savannah family for the
past seventeen years! He has gotten to
know all our groups so well and will be
genuinely missed by customers and staff
alike. Everyone wishes Bob all the best
in retirement.

Chili Cook Off

On the first Saturday in February, several thousand people attended the annual Rotary Club's annual Chili Cook-Off event at Lake Sumter Landing Market Square. And, drum roll, please; the Recreation Team, representing Lake Sumter Children's Advocacy Center, took home "First Place" with their secret recipe! A beautiful day for a great cause, definitely a win-win for all!





Jennifer Mohaghegh Recreation Area Manager Recreation Administration

Jennifer recently received her Masters of Business Administration (MBA) degree from Purdue University Global. Congratulations! Pictured with her husband Mike.



10 Year Anniversaries

Recently, Recreation & Parks, Human Resources, and District Leadership recognized staff who achieved their ten-year anniversary with recreation; Recreation Assistants Hardy Forkapa, Barbara Alajoki, Recreation Assistant, Chuck Adams, Brad Koozman, Lois Cannon and Virginia Michaels, Boat Captain Hervey Forward and Recreation Service Representative Dahlann Disher. The award presentation took place at the Lake Miona Recreation Center.





50th Anniversary
Celebration
Savannah Recreation Center
The Recreation & Parks
Department has been hosting
the 50th Wedding
Anniversary celebration for
the last 15 years. It originally
started at La Hacienda
Recreation as a ballroom
dance and, over time,

expanded to a formal dinner dance, which now takes place at Savannah Recreation. More than 3000 residents have enjoyed this event, annually celebrated on the last Tuesday in January. L to R: David Rice Recreation Assistant, Kathleen Daley Recreation Assistant, Debbie Hurtt Recreation Facilities Manager, & Brad Koozman, Recreation Assistant.

Field Experience Program; 2nd Rotation

Recreation & Parks recently completed the 2nd rotation of the Field Experience Program with students from The Villages Charter School. The students enjoyed the four-week program and grew and learned through their selected activities. Pickleball was their number one activity, followed by Line Dance and Bocce. All participants wished they could extend their rotation with Recreation & Parks. The 3rd rotation of students begins soon. Pictured: Julia, Blake, Grant & Adaiah.

District

Career Fair

On February 16th, Human Resources, Public Safety and Recreation & Parks represented the District at a career fair at The Villages Charter High School. There was a great turnout with over 600 students in attendance. A lot of great information was provided and fun was had. Participants from the District included: Terianne Carroll, HR Manager, Angel Steffani, HR Technician, Jennifer Mohaghegh, Recreation Area Manager, Conner Jamros, Recreation Supervisor, Richard Glover, Division Chief/Fire Training, Kimble Billingsley, Professional Standards Officer, Dalton Zink, Lieutenant, Armani Floran, Firefighter EMT, & James Schnitker, Firefighter Paramedic.



Recreation & Parks

Event On The Square - Aerobic Fever

The Monthly Square Event for February was Aerobic Fever. Residents participated in a fun aerobic workout filled with dance moves to get the body moving and a mixture of eclectic music to enjoy. The event had a great turnout of 138 participants.



Finance

Wear Red Day Members of the Finance department showed their support, by wearing red, for the awareness of heart disease on February 3rd.





Public Safety

Visit from Southeastern Guide Dogs

On February 3rd, Southeastern Guide Dogs paid a visit to Station 44. This was a great opportunity for both the guide dogs in training and our Firefighters, as it allows the guide dogs to become familiar with our Firefighters and fire apparatus. Firefighter pictured: *Jose Finol, Firefighter EMT*.







Rísk Management



March is National Nutrition Month

National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs.

How does Nutrition affect your overall health?

Adults who eat a healthy diet live longer and have a lower risk of obesity, heart disease, type 2 diabetes, and certain cancers. Healthy eating can help people with chronic diseases manage these conditions and avoid complications.

What can you do?

- 1. Eat Breakfast! Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.
- 2. Make Half Your Plate Fruits and Vegetables. Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
- 3. Watch Portion Sizes . Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
- 4. Be Active! Regular physical activity has many health benefits. Start by doing what exercise you can. Adults should have at least two hours and 30 minutes per week of physical activity. Start by going for a walk after dinner.
- 5. Get to Know Food Labels. Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.
- 6. Fix Healthy Snacks. Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.
- 7. Consult a Registered Dietitian Nutritionist "RDN". Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! RDNs can help you by providing sound, easy-to-follow personalized nutrition advice.
- 8. Drink More Water. Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions
- 9. Get Cooking! Preparing foods at home can be healthy, rewarding, and cost- effective.
- 10. Reduce Added Sugars. Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.
- 11.Eat Seafood Twice a Week. Seafood fish and shellfish contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury
- 12. Slow Down at Mealtime. Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.
- It is never too late to change your eating habits. Small lifestyle changes can create long term, healthy rewards. We have all heard "you are what you eat" and eating better and getting regular physical activity is proven to reduce the risk of illness such as heart disease, diabetes, and high blood pressure. It also helps you overall because you will feel better mentally, emotionally, and physically. **Nurture yourself with your Nutrition.**

Source: https://www.eatright.org/national-nutrition-month-2023/resources





Education





Use your tuition assistance benefit.

Expand your possibilities.

Your tuition assistance benefit is a powerful and cost-effective way to learn new things and build new skills. Workforce Edge is the all-in-one online platform that makes it easy and more affordable.



Education is the most powerful weapon which you can use to change the world.

Information

TL:DR - Public Service Loan Forgiveness (PSLF)

Don't have time to read the full guide just yet? No problem!

In the handy graphic below, you'll find all the key points about Public Service Loan Forgiveness, including eligibility requirements, qualifying loans, employers, payment plans, and the PSLF application process.



What is Public Service Loan Forgiveness (PSLF)?

A program designed to forgive the student loans of graduates who work for government or non-profit organizations.



What Are the Eligibility Requirements for PSLF?

To be eligible, you must:



Qualifying Federal Student Loans

Direct Subsidized and/or Unsubsidized Loans Direct Graduate PLUS Loans

Qualifying Repayment Plans

Pay as You Earn (PAYE) Revised Pay as You Earn (REPAYE) Income-Based Repayment (IBR) Income-Contingent Repayment (ICR)

Qualifying Employers

Government Organizations (local, state, federal, or tribal) Some non-profit organizations—especially 501(c)(3) organizations

Qualifying Payments

On-time [no more than 15 days past due date] Made while in repayment status Full monthly amount due Do not need to be consecutive

How to Apply for PSLF





Training ~ March 2023

All professional development training workshops are open to all District Staff members.

New Hire Orientation

Instructor: Varied District Staff *For:* All New Team Members

Class Info: Welcome to the team! This class provides new team members with a wide range of topics to help you navigate your first 60 days as a member of the team. Topics covered include District Core Values, Mission

Statement, policy & procedures, diversity & inclusion, and safety practices.

Dates: March 6 & 20 **Time:** 8am-12:30pm

Location: Colony Cottage Recreation Center, 510 Colony Blvd.

Public Records & Ethics

Instructor: Computer Based Learning

For: All District Staff

Class Info: Each of us, as members of the District, are responsible in our positions to be aware of and fully understand what information is protected under Public Records Law, how long to retain certain records, how to handle public records requests and

Government Sunshine Laws.

Dates: Attendees will be assigned via the training department

Time: Will be assigned via the training department

Location: Online

Community Watch Contact: Contact Sharon Gwin (352-750-8203)

Finance Contact: Linda Sojourn (352-753-0421) Recreation Contact: Jennifer Schuler (352-674-1800)

Remaining District Staff Contact: Angela Pattillo (Angela.Pattillo@DistrictGov.org)



Has a co-worker helped you out?

Did someone do something extra special for you that meant a lot?

Do you really like your work team?

Does your co-worker/supervisor/director have a positive attitude all the time?

Do you really like working at The District?

The District wants to hear about it!
Send your kudos, praise, and positive comments to
Terianne Carroll (<u>Terianne.Carroll@DistrictGov.org</u>)
for the next newsletter.

Lets celebrate one another and the hard work we do every day!



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VCCDD

NEED HELP? EMAIL US: CUSTOMERSERVICE@TICKETSATWORK.COM