

The Central Point

Hidden Grove & Green Valley
February 2021

"Our mission is to provide for the safety of our residents, maintain the common property and protect our home values."



POINT ON ASSOCIATION AND BUSINESS

HOA Meets for Annual Meeting on January 20th

The Association's annual meeting was held on Wednesday, January 20th at 6:00PM in the clubhouse. Mike House was again elected to continue serving as Board Secretary. The HOA certainly appreciates Mike's willingness to continue serving on the Board of Directors. His expertise and willingness to help has been a gift to the HOA and all our residents. Kay Harrison was also elected to serve on the board. She was appointed to the position of Board Treasurer. Kay is one of the original residents of HGGV, and she brings with her a great deal of knowledge about city planning and how our HOA works. The board appreciates everyone's service and looks forward to another productive year.

Accomplishments of 2020

2020 was a challenging year for HGGV HOA. COVID-19 and the accompanying regulations made operating the HOA and its amenities difficult (in the case of the pool) or impossible (in the case of renting the clubhouse). We did have some achievements this year. We managed to deposit \$21,000.00 into our reserve account. A massive amount of maintenance was done on HOA amenities or common area in 2020. The clubhouse siding was replaced; the clubhouse interior and exterior was painted; we replaced the clubhouse carpet; we installed a swing set on the playground; and the roads were repaired and sealed. To comply with the state guidance for pools during the COVID-19 pandemic, the HOA hired employees to monitor the pool. The board was eager to open the pool in 2020, and we could not have done it without these employees.

Challenges for 2021

As always, one of the main challenges will be funding the reserve account so the board can pay for scheduled repairs and maintenance along with emergency or unforeseen repairs. The board strives to control monthly operating costs and stick to the approved budget. As we continue to follow and adhere to a budget, the board is more able to accurately predict income and expenses. The HOA will always aggressively seek payment of homeowner dues and limit losses to every extent possible.

Enforcement of the CC&Rs is also always a challenge since we continuously have residents moving in and out of the subdivision. The main goal is to make our neighborhood a safer and

nicer place to live.

Several scheduled repairs will occur in 2021. These include gutters, paint, etc. at storage building and upgrades needed to improve the function and life of the pool filters/sanitation system. The board is also excited to be installing a salt sanitation system for the pool. They feel this will save the HOA money in the long run and will be much better for our residents who use the pool.

The board anticipates that COVID-19 will also pose a challenge to the HOA in 2021. State recommended/required shutdowns may keep the clubhouse closed to rentals resulting in a loss of income to the HOA and an inconvenience for our residents who would like to use the clubhouse. Many of our collection accounts have been put on hold. Foreclosures are also on hold, resulting in another "zombie" home in our association.

Accomplishments throughout the years

It is beneficial to look at the positive trends for the HOA over the past several years.

Reserves savings: In 2012, the Board of Directors moved that the HOA should aggressively put money into reserves to avoid any special assessments for repair or replacement of the HOA amenities or common area. From 2003-2011, approximately \$127,500.00 was placed into reserves. In the 9 years since, over \$312,500.00 has been put into reserves by the HOA.

Turning responsibilities over to the City: The water system, storm drain system, street sweeping responsibility, and fire lane maintenance have all been turned over to City. No longer bearing responsibility for the maintenance and repair of these items has resulted in a large savings for the HOA.

Reserve study: In 2015 the board completed a Reserve Study, and they review it annually. This

helps the Board of Directors more accurately predict and plan for large expenses.

Maintenance of major HOA assets: The board has created a schedule for the maintenance of our common elements. If the HOA sticks to the schedule, we will extend the life of our common elements. This helps stave off major expenses or special assessments.

Board of Directors Meets for January Meeting

Following the Annual Meeting, the board met for their January Meeting.

The Board of Directors approved HOA financial reports and reviewed the 2021 budget. Anyone wanting a copy of the financial reports or the budget is welcome to request one from the HOA office.

The board also discussed the 2021 reserve study and discussed common elements whose replacement and repair may need to be included on the reserve study. One such item is a wall along Gebhard Road. The city will eventually require that HGGV build a wall along Gebhard Road, and the board would like that expense added to the reserve study so the HOA will have money set aside for such a project.

In February 2020, several residents with deteriorating sidewalks were given a year to have the repairs completed. The deadline is March 31, 2021. The board agreed that the deadline for repairs should be maintained.

COVID-19 Update: If Jackson County is in the Extreme Risk category or until the guidance from the state changes, the office will be closed to the public, and the clubhouse will be unavailable to rent for parties.

Board Meeting Schedule for 2021

The board will meet on March 17, May 19, July 21, September 15, and November 17 at 6:00pm in the clubhouse.

Governing Documents Corner – Parking Near Intersections

Did you know that the board has addressed parking near intersections in our subdivision? In 2016, the board resolved: No resident or guest shall stop or park a vehicle so as to obstruct clear vision areas for vehicular or pedestrian traffic or with the front or rear of such vehicle, as the case may be, within less than twenty-five feet from the center of the intersection. **Please keep this in mind when parking near an intersection on our subdivision streets. We want to keep them safe for all drivers and pedestrians.**



POINT ON GOOD HEALTH

Celebrate American Heart Month Together: Join the #OurHearts Movement

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health.

[Heart disease](#) is a leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these [heart-healthy lifestyle tips](#) to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed. You don't have to make big changes all at once. Small steps will get you where you want to go.

Move more

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more [physically active](#):

- Ask a colleague to walk "with you" on a regular basis, put the date on both your calendars, and text or call to make sure you both get out for a walk.
- Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date!
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance in your living room or yard.

How much is enough? Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 10 or 15 minutes a few times a day. NHLBI's [Move More fact sheet](#) has ideas to get and keep you moving.

Aim for a healthy weight

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you're overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can't be together. Share low-calorie, low-sodium recipes. Check out [NHLBI's Aim for a Healthy Weight](#) web page.

Eat heart-healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Together, try NHLBI's free [Dietary Approaches to Stop Hypertension \(DASH\)](#) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels. Find delicious recipes at [NHLBI's Heart-Healthy Eating](#) web page.

Quit smoking

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. All states have quit lines with trained counselors—call 1-800-QUIT-NOW (1-800-784-8669). You'll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at [BeTobaccoFree.hhs.gov](#) and [Smokefree.gov](#).

If you need extra motivation to quit, consider those around you: Breathing other people's smoke, called secondhand smoke, is dangerous. Many adult *nonsmokers* die of stroke, heart disease, and lung cancer caused by secondhand smoke.

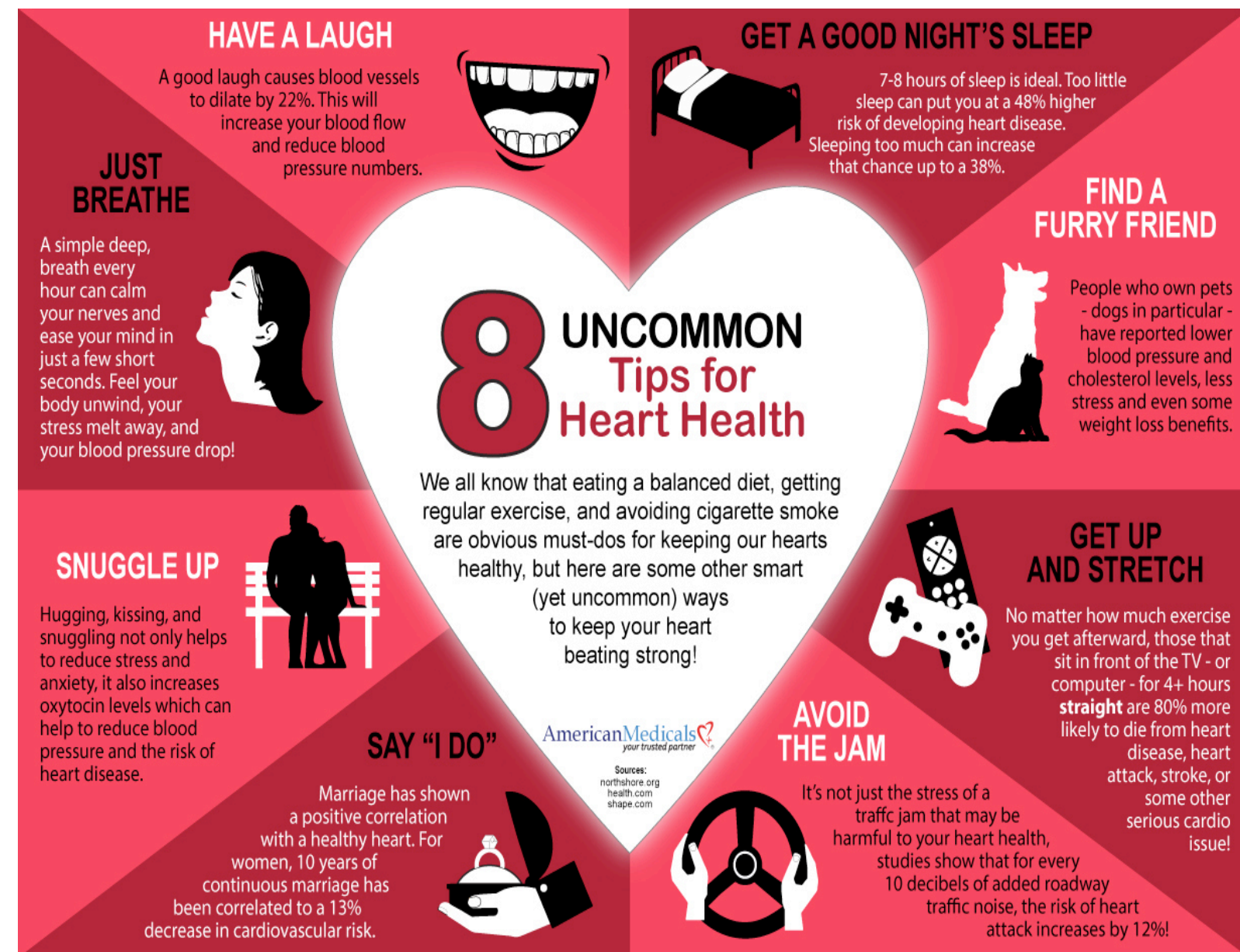
Manage stress

Reducing stress helps your heart health. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Improve sleep

Sleeping 7–8 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

Visit #OurHearts for inspiration on what others around the country are doing together for their heart health. Then join the #OurHearts movement and let NHLBI know what you're doing to have a healthy heart. Tag #OurHearts to share how you and your family and friends are being heart healthy.



HIDDEN GROVE & GREEN VALLEY COMMUNITY AND NEIGHBORHOOD BULLETIN BOARD

February Calendar of Events

02/01 – National Freedom Day
02/02 – Groundhog Day
02/07 – Superbowl 55 (Buccaneers vs Chiefs)
02/12 – Chinese New Year – Year of the Ox
02/14 – Valentine's Day
02/15 – Presidents' Day (Office Closed)
02/16 – Mardi Gras
02/17 – Ash Wednesday



Do you Have Anything to Share in the Newsletter?

Putting together the HGGV newsletter, The Central Point, is quite challenging considering there is so much more to include in it than we do. Many residents have interesting news to share about upcoming events, personal milestones, issues of community interest, etc., but we never hear from you.

Between our manager and the Board of Directors, we try to include items in our newsletter that not only inform owners and residents of important business matters before the Association, but we also attempt to help educate our

members on some of the ongoing challenges that our Association faces. Issues such as the budgeting process and CC&Rs enforcement are included throughout the year to help readers understand some of the complexities of running our Association.

These educational articles are important, but don't forget that our newsletter is one of the best communication tools available in our community. To help our newsletter become more *community-specific* we need to hear from YOU. If you would like to contribute, please do not hesitate to contact our manager or email ideas to hggv.office@gmail.com.



To Do in February

(from Todayshomeowner.com)

Regardless of if the groundhog says we have 6 weeks of winter left or if spring is right around the corner, February is still considered a winter month. Throughout the month, watch forecasts closely to protect new plants from surprise late frosts – February is known for unpredictable weather and seasonal indecision. February remains a winter month, with most plants either still dormant or just beginning to stir. Many of the chores from the January To-Do List can be continued along with the following items.

Maintenance

Till your garden soil and work in amendments. Use post-emergence herbicide on growing weeds and apply pre-emergent crabgrass control when soil temperatures reach 55° F for four or five days. February is also a good month to apply pre-emergent weed control in areas you would like to keep free of weeds for the rest of the year.

Trees and Shrubs

Prune your roses as buds begin to swell and leave winterized roses covered until all danger of a hard frost has passed. February is also a good month to plant bare-root roses. Prune any trees or shrubs damaged by winter storms.

Perennials and Bulbs

Look for early bulb sprouts as a sign of spring! Prune or mow ornamental grasses if desired. Ornamental grasses can also be planted this month.

“Turn your face to the sun and the shadows fall behind you.” -Maori Proverb