



Dear Johns Creek Residents,

The Brandy Creek Community Development District Staff continues to monitor local, state, and federal communications, guidelines, recommendations, and advisories regarding COVID-19.

As you are likely aware, St. Johns County has closed all government facilities and programs. Since the Governors (stay at home) orders were issued yesterday, the CDD has found it necessary to close all playgrounds, basketball and tennis courts effective immediately in addition to the pools and fitness center which were already closed. These areas are posted as closed. Please respect these closures. The park areas are still open to no more than ten people, and please adhere to social distancing guidelines and keep a distance of at least 6 feet apart.

The health and safety of Johns Creek residents is our primary focus. Thank you for your patience and cooperation as we work together in this unprecedented time.

We cannot stress the importance of following the Social Distancing recommended guidelines of 6 feet. By following these recommended guidelines, you will help reduce the spread of COVID-19.

For additional questions, please contact our Operations Manager, Jim Masters, at jmasters@vestapropertyservices.com.



the Johns Creek Connection

YOUR COMMUNITY NEWSLETTER

APRIL 2020

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Celebrate our Graduates



*Check out our daily game at
10:00 am sent right to your email.*

Prizes soon!

*Also, look for our
“Boredom Busters”*



COMMUNITY CONTACTS

Need assistance or have a question

Johns Creek Amenity Office
Located at Phase 1
904.230.4208
brandycreekmanager@yahoo.com

Field Operations Manager
Jim Masters
jmasters@vestapropertyservices.com

Admin Assistant
Carol Novak
CNovak@vestapropertyservices.com

Special Events
Kathy Sargent
KSargent@vestapropertyservices.com

CDD District Manager
Governmental Management Services
Jim Oliver
joliver@gmsnf.com
904.940.5850
475 W. Town Place
Suite 114
St. Augustine, Florida 32092

HOA Property Manager
Interlaced Property Solutions
CAM Patty Bennett
clientservices@interlacedjax.net
904.619.9190
5991 Chester Ave
Suite 203,
Jacksonville, FL 32217



MEETINGS

CDD Board Meeting
Wednesday, May 13th
6:30 pm
Phase 2

Phase 1 POA Board Meeting
TBD



AMENITY HOURS

Office Hours
904.230.4208
Monday, Wednesday & Friday: 9:00am - 2:00pm
Saturday: 10:00am - 3:00pm

Pool
The Pool opens 30 minutes after sunrise and closes 30 minutes prior to sunset.
Phase 1 Pool is CLOSED each Monday
Phase 2 Pool is CLOSED each Tuesday

Fitness Center
Daily: 4:00am -Midnight

The Amenity Centers are closed until further notice according to state and local guidelines for the COVID-19 Virus crisis. We will keep you updated as news and information becomes available.



Affordable advertising for local businesses to connect with Johns Creek residents!

Newsletter Advertisement Prices

- \$90 for a full page advertisement for 3 months
\$45 for a 1/2 page advertisement for 3 months
\$35 for a 1/4 page advertisement for 3 months

Requirements:

- We must receive your ad by the 20th of each month in order to be included in the following month's newsletter.
Advertisers are responsible for supplying all digital content in an open format that will allow us to reformat when necessary.
Ads must be in high resolution jpeg or PNG format as an attachment. Not embedded in an email.
Space is limited and available on a first come, first serve basis.
Send advertisements to ksargent@vestapropertyservices.com

Please register and pay at the amenity center or

CLICK HERE TO PAY ONLINE



BRANDY CREEK COMMUNITY DEVELOPMENT DISTRICT ("DISTRICT")

POLICIES FOR USE OF LAKES AND OTHER STORMWATER MANAGEMENT FACILITIES

1. Wading and swimming in District lakes and other District stormwater management facilities are prohibited.
2. Watercraft of any kind in District lakes or other District stormwater management facilities is prohibited.
3. The District lakes and other District stormwater management facilities primarily function as detention ponds to facilitate the District's system for treatment and attenuation of stormwater runoff and overflow. As a result, contaminants may be present in the water. Fishing in the District lakes and other District stormwater management facilities is prohibited.
4. Users of District lakes and other District stormwater management facilities shall not engage in any conduct or omission that violates any ordinance, resolution, law, permit requirement, or regulation of any governmental entity relating to the District lakes and other District stormwater management facilities.
5. Pets are not allowed in the District lakes and other District stormwater management facilities. Wildlife (including but not limited to birds and reptiles) may neither be removed from nor released into the District lakes or other District stormwater management facilities.
6. No docks or other structures, whether permanent or temporary, shall be constructed and placed in or around the District lakes and their maintenance easements or other District stormwater management facilities unless properly permitted and approved by the District and other applicable governmental agencies.
7. No foreign materials may be disposed of in the District lakes or other District stormwater management facilities, including, but not limited to: tree branches, paint, cement, oils, soap suds, building materials, chemicals, fertilizers, or any other material that is not naturally occurring or which may be detrimental to the lake environment.
8. Any hazardous condition concerning the District lakes or other District stormwater management facilities must immediately be reported to the District Manager and the proper authorities.
9. Property owners and residents are responsible for their tenants', guests', and invitees' adherence to these policies.

The Brandy Creek Community Development District is not responsible for injury or damage to persons or property, including accidental death, resulting from the use of District lakes and/or other District stormwater management facilities.



Please Leash Your Pets

Under section 9.15 of our POA Covenants and Restrictions for Johns Creek, it states:

“Dogs shall be kept under control by each Owner at all times and leashed when outside the boundaries of the Owner’s Lot. The Board reserves the right to limit those parts of the Common Areas where pets may be walked.” Please make sure to leash, fence and properly care for your pets. All pets should remain on leash when on walks. And of course, if your pet relieves themselves on a neighbor’s property, please clean it up.



Food Trucks

Food Trucks will be available at Phase 1 from 4:00-8:00pm daily until further notice.

Please watch for updates on food truck schedules as they become available.

Please remember to practice safe social distancing while in line.

Spring Soccer Cancellation



Unfortunately, due to health and safety concerns, Amenity Athletics Spring Soccer has been canceled. If you signed up for Spring Soccer, you will be issued a full refund.

We regret any inconvenience.



Common Sense Health and Fitness During COVID-19

BY JAMIE DUCHARME

Most health advice can be boiled down to simple behaviors, like eating a balanced diet, exercising and getting good sleep.

During a pandemic like COVID-19, these actions are especially crucial for maintaining your physical and mental well-being. But social distancing complicates things. How are you supposed to eat right when you're living on non-perishables? How can you work out when you're cooped up at home? How can you sleep when you're anxious about, well, everything?

This expert-backed guide is a good place to start. Here's how to stay healthy (and calm) while social distancing during the COVID-19 outbreak.

Nutrition

Carmen Byker Shanks, an associate professor of food, nutrition and sustainable food systems at Montana State University, says it's key to have a plan before you stock up on groceries — both to ensure you pick up the right things, and to avoid panic-buying and wiping out community supplies. (Remember: it's good to have a robust supply at home, but stores are still open.) Take inventory of what's already in your pantry, and then plan around these items to create meals consisting of a starch, a protein and produce.

While most people are going straight for grains and canned goods right now, Byker Shanks says it's actually a good time to buy fresh produce. “Buy those fruits and vegetables, cut them up and put them in your freezer, because they can be used for months to come,” she recommends. Sturdy veggies and starches — like broccoli, Brussels sprouts and sweet potatoes — also keep for a long time outside the freezer.

If you do buy canned, dried or frozen goods, choose those low in saturated fat, salt and added sugars. Look for foods with less than five grams of added sugar per serving, less than 200 milligrams of salt per serving and less than 1.5 grams of saturated fat per serving, Byker Shanks recommends.

Byker Shanks adds that boredom and stress eating is a common reaction right now. Your best defense against it, she says, is to admit that it's happening, and try to productively channel those feelings elsewhere, whether by venting to a good friend, writing down your feelings or diving into a good book.

Fitness

You may not be able to go to the gym, but it's okay to walk, run or bike outside, so long as you keep a safe distance — ideally about six feet — from other people, says Dr. Jennifer Lee, a clinical assistant professor of family medicine and community health at Penn Medicine. Many gyms and fitness instructors are also offering virtual classes right now, she adds.

If you're working out at home, Boston-based personal trainer and fitness instructor Amanda Brabec suggests getting creative with things you already own. Use wine bottles for weights, dish towels for sliders (for exercises like lunges and mountain climbers) or a sturdy chair for step-ups. There are also plenty of no-equipment-required exercises — like squats, burpees, sit-ups, planks, push-ups and mountain climbers — you can do in even a small space. Brabec recommends choosing five exercises, doing each for a minute, then repeating the circuit three to five times.

And take comfort in the fact that physical activity doesn't have to mean a gym-style workout. Plenty of research shows that everyday activities like walking, gardening and cleaning slash your risk of premature death and improve your overall health—so any amount of movement you can squeeze in counts.



Common Sense Health and Fitness During COVID-19
(continued)

Stress and Sleep

Managing stress and anxiety is crucial for getting enough sleep—and getting enough sleep is crucial for just about every other aspect of your health.

Yoga and meditation are great tools for managing stress, and they can be done in a small space; check to see if your local studio is streaming guided classes. You can also turn to apps like Headspace and Talkspace for virtual mindfulness training and therapy, respectively.

Jamie Gold, a wellness design consultant and author of the upcoming book *Wellness by Design*, also suggests setting aside a specific area in your home that's free of technology, except maybe a speaker for music. She recommends stocking this area with things that calm you, like your favorite blankets and pillows, a scented candle and house plants. (The research isn't conclusive, but some studies suggest plants can help purify indoor air—if nothing else, they can help boost your mood, Gold says.)

"Over-exposure to news, over-exposure to chaos, creates a lot of anxiety," Gold says. "If you can create a quiet space to reflect, to journal, it helps to calm you." She also recommends, to the extent possible, designating specific areas for work and fitness, to mentally separate the parts of your day.

Balance that quiet time with responsible social interaction, Lee says, since loneliness can compound mental and physical health issues. "Using FaceTime and the phone and video chats ... [can help you] feel not quite so alone when you're at home," Lee says.

Cleaning

Research suggests SARS-CoV-2, the virus that causes COVID-19, can live on plastic and stainless-steel surfaces for 72 hours, cardboard for 24 hours and copper for four hours. While the U.S. Centers for Disease Control and Prevention has said surface contamination doesn't seem to be the primary way the virus spreads (instead, it's through respiratory droplets expelled by a sick person), it can't hurt to wipe down high-touch objects like door knobs, railings and faucets, in addition to regular household upkeep. Most household cleaners haven't been specifically tested against SARS-CoV-2, but they work against other coronaviruses and are presumed to be effective against this one, experts say.

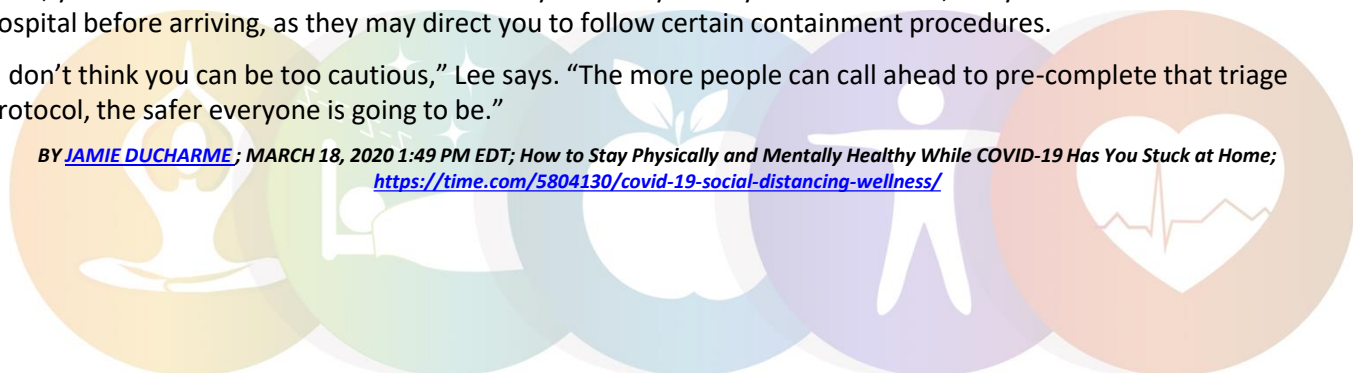
Lee also recommends washing your hand towels frequently and removing your shoes and coats as soon as you return from any trips outside. But unless somebody in your household is actively sick, she says, there's no need to clean obsessively—especially if you're practicing social distancing and washing your hands regularly.

Health care

Lee recommends postponing non-essential medical appointments, such as annual physicals and dental cleanings, and using telemedicine for pre-scheduled appointments that need to happen now. If you have a pressing medical need, you can and should still seek care. But if you think you may have COVID-19, call your doctor's office or hospital before arriving, as they may direct you to follow certain containment procedures.

"I don't think you can be too cautious," Lee says. "The more people can call ahead to pre-complete that triage protocol, the safer everyone is going to be."

BY [JAMIE DUCHARME](#); MARCH 18, 2020 1:49 PM EDT; *How to Stay Physically and Mentally Healthy While COVID-19 Has You Stuck at Home*; <https://time.com/5804130/covid-19-social-distancing-wellness/>





Daily Work Out at Home

Fitness Director, Kim Harless

This great full-body strength workout uses just your body weight or a few household items. You can even do many of these moves with your kids, depending your child's age -- just make sure to choose an age or size appropriate weight and make sure their form is correct, so they don't injure themselves. Perform each exercise 10-12 times before moving on to the next one, and complete one to three rounds of all the moves with 30 seconds of high knees, jumping jacks or marching in place in between each round.

**Prior to beginning any new exercise program, please consult your physician.*

Squats: Stand with your head facing forward and your chest held up and out. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. Hinge your hips back as if you're about to sit in a chair. Keep your head facing forward as your upper body bends forward a bit. Lower down so your thighs are as parallel to the floor as possible (if not, that's okay), with your knees over your ankles. Press your weight back into your heels. Keep your body tight and push through your heels to bring yourself back to the starting position.

Reverse lunges: Stand with feet shoulder-width apart, hands at your sides or on your hips. With your right foot, take a large step back, landing with the ball of that foot on the ground and your heel up. Lower the back leg straight down until it gently grazes the ground or close to it, creating a 90-degree angle in the front leg. Push through the heel and midfoot of the front leg to return to standing, bringing your right foot back in line with your left. Repeat on the left side. That's one rep. (Note: If you have knee issues, or are a beginner, lower your knee only one-fourth of the way down, working within your pain-free range. You can also start with a shorter stride length and increase the distance as you become stronger.)

Kneeling push-ups: Begin in a hands-and-knees position on the ground with your eyes on the floor beneath you and your hands placed slightly wider than shoulder-width apart. Your knees should be at a comfortable distance apart. Inhale as you slowly lower your elbows to bring your stomach to the ground. Be sure to keep your core muscles contracted! Pause for a second and then exhale as you push up from the ground to your starting position. As you get stronger, perform the pushup from your toes.

One-arm rows: If you don't have a set of dumbbells, try using a laundry detergent bottle, canned goods, a water bottle or even a milk carton. Leaning over the arm of a couch or chair, you want about a 45-degree bend of your upper body. Keep your back neutral and keep your core engaged. Pull the dumbbell (or makeshift one) up to your side. Keeping your arm close to your body as you pull your elbow back, squeeze the shoulder blade before fully extending your arm back to the starting position. Repeat.

Bicep curls: Stand tall with your feet hip-width apart. Hold a makeshift weight or dumbbell in each hand with arms at your sides and palms facing forward. Keeping your abs tight and elbows tucked close to your sides, bend your elbows (not your wrists!) to curl the weights up to your shoulders. Pause, then slowly return to starting position.

Triceps dips: From a chair or countertop, place palms with fingers forward on the edge of the countertop or edge of a kitchen chair and walk your feet out to a 45-degree angle. Keeping your knees soft and your core engaged, slowly bend knees, while bending elbows backward. Return to starting position. To make this more challenging, try lifting one foot slightly off the floor.

Plank: Plant hands directly under shoulders, slightly wider than shoulder-width apart, like you're about to do a push-up. Ground toes into the floor and squeeze your glutes. To help neutralize your neck, find a spot on the floor about a foot beyond your hands; you want your head to be in line with your back. Hold the position for 30 seconds. As you get more comfortable with the move, hold your plank for as long as possible without compromising your form or breath.

Use these tips and simple exercises to help you and your family get and stay fit!



CONGRATULATIONS

Class of 2020



Salute Your Graduate

We want to highlight our Graduates in our May 2020 Newsletter. We are asking for families to submit a picture and your encouraging words to your child. Each graduate will receive a ½ page in the newsletter to show your graduate some love, celebrate their accomplishments and your pride!



Submission deadline: Wednesday, April 20th in order to have them included into the newsletter. We are so proud of all they have accomplished, and they deserve to be celebrated by all! Submissions can be sent to BrandyCreekManager@yahoo.com Subject: Graduation 2020



**Keep Johns Creek Beautiful
Take pride in your community!**

There has been a significant increase in roadside litter.

PLEASE DO NOT LITTER!

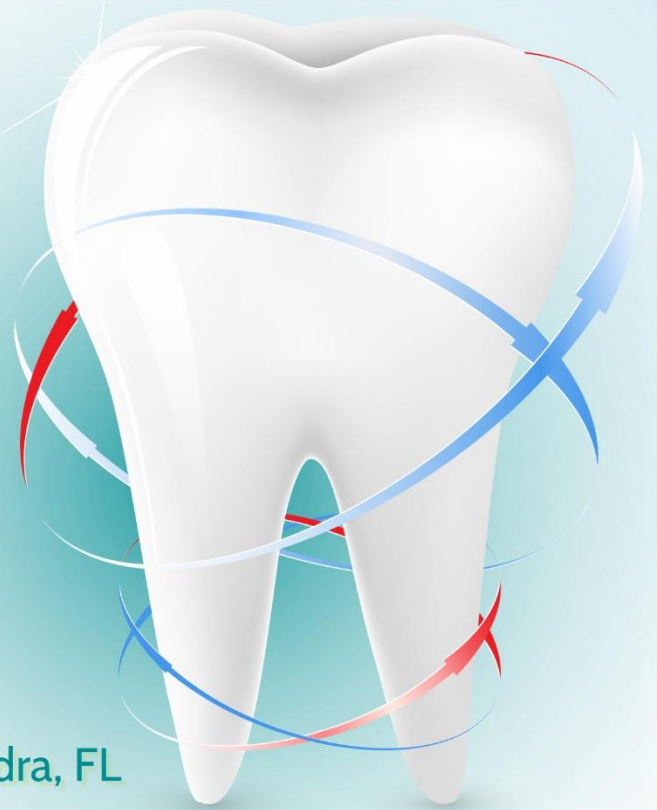
What you toss from your car has a way of making it into the woods and waterways, or worse your backyard pond! Thank you!

Setzer, Cochran, Soares & Hubbard Pediatric Dentistry



CALL:
BAYBERRY ROAD
(904) 733-7254

PONTE VEDRA
(904) 473-0600



A Warm Welcome and a Beautiful Smile
Pediatric Dentistry in Jacksonville & Ponte Vedra, FL

There is nothing as precious as the smile of a child. This is why it is so important to keep that smile healthy, and your child happy. We specialize in pediatric dental care. With decades of combined experience and a team of board certified, highly qualified dentists and oral specialists, you can trust your child's teeth in our hands.

Our comprehensive dental services focus on preventative dental health. We understand the stress that comes with visiting a dentist—especially for children. By making regular trips to the dentist and putting an emphasis on regular cleanings and daily oral care, you can help set your child up for a lifetime of dental hygiene and optimal oral health.

Don't trust your child's teeth to just anyone. We have the experience, the knowledge and the care your child needs for a successful dental experience.

Our clients are our priority, we offer quality dental services with a team of specialists.