

# BLUE ZONES

“Your body holds deep wisdom. Trust in it. Learn from it. Nourish it.  
Watch your life transform and be healthy.” – Bella Bleue



Southwest Florida HOA's and their community members are helping others during times of need. GETTY IMAGES

## Community serving community

**Sebastien Saitta**  
Blue Zones Project-Southwest Florida

If you have lived long enough in Southwest Florida, you will know there are a number of subcommunities making up a large segment of the population. Many are run by Homeowners Associations or HOA's that commonly oversee the common assets of a property/area, manage its finances, run business affairs, enforce and set rules, and oversee the maintenance and upkeep of the area.

What many do not know is that HOA's also play a much larger role that involves helping to create a sense of community and well-being that directly impacts the lifestyle of its residents.

“These past four months have proven just how impactful Southwest Florida HOA's and their community members are in helping others during times of need,” said Chante Pemberton, HOA and Organization Lead at Blue Zones Project Southwest Florida.

“It is so encouraging to see the creative ways our Blue Zones Recognized HOA's and their residents have stepped up to not only help maintain their overall well-being within their community but also in reaching reach out to support those in need throughout all of Southwest Florida.”

Here are some heart-warming examples of Blue Zones Project communities going above and beyond for the greater good of its residents and Southwest Florida community throughout the pandemic.

### Delasol

Community resident Suzanne Croce McGonigal made 600 masks that were delivered to healthcare facilities and organizations that needed them most when the crisis hit. Two leaders, Amanda Goodwin and Jill Schmieg, galvanized the community in a food drive for St. Matthew's House. To ensure St. Matthew's drivers could prioritize their runs by going directly to families in need, Delasol volunteers stepped up and delivered the food to St. Matthew's House locations as well as masks for their workers. The Delasol community also set up regular activities to keep kids busy and

safe while social distancing.

### Vanderbilt Country Club

Connection remains a big priority for the residents. Although their weekly bridge and mah-jong games could no longer be done face-to-face, they managed to improvise using online sites that allow players to see and talk to each other as they play on their iPads or computers in the comfort of their home. They also organized a curbside-pick up service for lunch and dinner at their restaurant, with at least one Blue Zone healthy choice available. This amenity was well received and has benefited many of their members who need to avoid going to stores.

### Marbella Isles

At the height of the pandemic, over 30 Marbella Isles community members worked diligently for weeks to help create over 2,000 blue medical masks for local healthcare facilities. They also organized a canned good drive for St. Matthews House gathering over 100 items for families in need, and donated 77 sandwiches to the NCH north and downtown hospital for staff to enjoy.

### The Preserve at Corkscrew

Residents did not let social distancing get in the way of celebrating others. They regularly set up community birthday/anniversary vehicle caravans, and on many nights there were 30-plus vehicles and golf carts driving through their streets. Spirits were also lifted by a community friendship rock garden where residents decorated small rocks and placed them in a designated garden area for others to see and enjoy the creativity. Residents also engaged in a Southwest Florida community outreach with a food drive for Harry Chapin Food Bank and Inter-Faith Charities where they collected and delivered over 930 pounds of food.

### Wildcat Run Golf and Country Club

The community's charity, Wildcat Charitable Foundation which supports

children's lives in Southwest Florida has remained very active. Their annual golf outing to raise funds was cancelled due to Coronavirus but donations kept pouring in benefiting The Gabriel's

House and Wings of Shelter. They too had their own food drive with numerous items delivered to Interfaith Charities.

Sebastien Saitta is director of marketing and public relations.

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