

VOICE OF THE VILLAS

June 21, 2024



From Chestnut Creek Management Association (CCMA)

Hello, Chestnut Creek! At the last Masters Board meeting, we learned that only about 100 or so residents have registered on the Keys Caldwell website. It is really important that we have as many residents as possible register.

Keys Caldwell will send out information important to you as residents, using the email addresses that you provide. If we are facing a hurricane, this contact may be vital. In addition, by providing your contact information, you will be able to vote on Chestnut Creek resident issues online. In the past, we needed a quorum of residents to come to the Annual Meeting each year to cast their votes. By voting online, we will be able to meet our quorum requirement, and residents may vote from their own homes, or from anywhere they may be when that vote is solicited.

Without online voting, our community must print out every copy of the documents, and pay to mail them to 676 households, which is quite a significant expense- an expense that will come from the pockets of all residents. Sending documents via email is free. Please help us to keep HOA dues as low as possible by submitting your registration.

Please register at [Keys-Caldwell.com](https://keys-caldwell.com), or download the app to your phone or iPad. Make sure that you are able to receive the latest information. The old website, "chestnut creekvenice.com" is no longer being updated or used by the Board.

If you or a neighbor, has any problem with registering, please contact any employee at Keys Caldwell, 941-408-8293, stop in to their office at 1162 Indian Hills Blvd. (just a few blocks down Venice East Blvd.), or contact any committee or Board member.



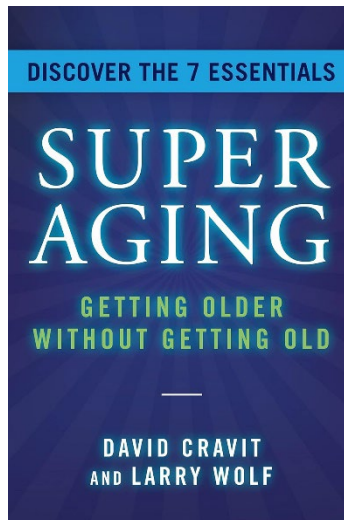
From the Villa's ARB Chair **RICH HUHN**

Please note that during the months of July and August all ARB requests should be submitted (NOT EMAILED) to ARB Committee Member **ART BACON**, 426 Pendleton Drive.

The deadline for all ARB requests must be received no less than ten (10) days prior to each board meeting which is held on the 3rd Thursday of each month. ARB forms are available on the Villa website ([www.myvocc.com/VOCC HOA/Forms](http://www.myvocc.com/VOCC%20HOA/Forms)).



Also, kindly check your contact information on the Villa website under RESIDENTS...the Password is VillasCCI.
Any updates, please email directly to
Board Member **JOHN GERBER** (jeg80@comcast.net).



Book Review: "SuperAging" by David Cravit and Larry Wolf

Subtitled "Getting Older Without Getting Old" this new book starts with the premise "...imagine bringing a whole lifetime of knowledge, experience, skills, talent, relationships, wisdom (and, let's face it, money) to two or three more decades ahead of you in which to leverage all those assets into an ongoing wonderful experience." With the Baby Boomer generation far outliving and "outhealthening" any prior generation, we are in the era of the "superager", founded upon seven pillars.

Attitude: Believing in exciting new possibilities, optimism is a major life extender. Purposes and goals are a result of an active curiosity about the potential for the gift of these years. Practice a positive thinking booster program every day. Search for "positivity apps" and get daily positive quotes. They work!

Awareness: Whereas older adults previously accepted the advice of professionals as gospel, today's superagers are avid consumers of information. The challenge today is the approach to information gathering and the curating of the "informational torrent". Tips and techniques for searching and filing your information are provided.

Activity: Keeping fit, mentally and physically delves into the nine components, arising out of the Blue Zones Project, for extending longevity -- move naturally, have a purpose (worth an extra 7 years!), downshift, the 80%

rule for eating, plant-based diet, moderate alcohol, faith-based community family, social networks.

Accomplishments: Viewing post-65 as a continued opportunity to grow and achieve goals, this section outlines myriad ways to continue personal growth. As the authors point out, "Accomplishment, promoted by longevity, produces even further longevity."

Attachment: The health risks of loneliness are well documented. Superagers reach for more connection, often digitally. New adult communities are arising right on college campuses, creating exciting new intergenerational possibilities.

Avoidance: Avoiding ageism, especially against oneself, means challenging your own and society's outdated views on aging -- stereotypes as to what older adults look and act like.

Autonomy: The dazzling new array of living options, and various means for affording them are explored, including using the home as an asset.

To learn more, and subscribe to the authors' excellent free newsletter, please visit superagingnews.com.

Courtesy of Michael Ettinger, Esq.



P.S. If you meet any new Villa neighbors on your block, kindly welcome them to our community, ask if they would like to receive the Voice of Villas e-news, secure their contact information and forward to me so I can include them on distribution list.

happyvillas@yahoo.com

Thank you and enjoy a safe and relaxing summer season.
Marie Palagonia