

Property Owners Association of The Villages
General Membership Meeting
June 17, 2025

Called to order: by Cliff Wiener, President, at 7:00 pm.

- Board members present: Reb Benson, Dan Warren and Gary Search; excused: Jerry Ferlisi, Ken Knodel and Tita Dumagsa. Others present: Deb Butterfield, POA Editor.
- Members present: Approximately 50.
- Organizations present: Sun Kool, Seniors vs Crime, Rate Reverse and Realty Executives.
- Membership meeting minutes for 4/3, 4/15 & 5/20 read by Reb and unanimously approved.
- Treasurer report. Cliff stated [for April], Revenue: \$5,941; Expenses: \$18,861; Net Deficit: \$12,920; adding this is not unusual given printing costs and most ad revenue is near the end of the year.
- Raffled off two Rate Reverse prizes at the end of the meeting.

Announcements:

- Cliff introduced various representatives: Deb Butterfield as Sumter County Commissioner, Mark Hayes and himself as District Supervisors, Dan Warren as North Sumter County Utility Dependent District Supervisor and Reb Benson as Amenity Authority Committee member.
- Cliff mentioned POA meetings are live streamed and available the next day on the POA website and Facebook page.
- Deb discussed POA electronic changes and pertinent information, to include:
 - New POA website (villagespoa.org), went live this month.
 - Electronic-only magazine starts in October – no more paper Bulletin.
 - Register your email on the new website – so you will be notified when the next magazine edition is available (first of each month) to open and read.
 - Shortly it will be setup that if you go to the old website (poa4us.org) it will redirect you to the new website.
 - Key website “how to accomplish” steps were reviewed: Check Member Status, register as a member and register as a guest (if not paying the minimal \$15 annual dues).
 - Instructions on getting into the new website will continue to be printed in the Bulletin.
 - POA 50th anniversary and Advertisers Expo will be happening in October.
 - Cliff added, make sure folks fill out all items with an asterisk when they re-register or register at the new website.
- Cliff recommended that if you have not signed up for e-notifications at DistrictGov.Org, that you should, especially with hurricane season starting. Can chose from many topics that would be of interest to you to stay informed.
- Member Meetings at Laurel Manor. Cliff mentioned Bradley Arnold on the Sumter County budget in July; No meeting in August; and, Dr. Anderson in September.
- Member Meetings at Everglades. Cliff mentioned Dr. Young in July and Sheriff Breedon in October.

Questions: None

Speaker: Dr. Craig Curtis mentioned he is from Ohio, six years in the Navy, came to Florida in 1996, moved to The Villages in 2008, and mainly does Alzheimer's research. He then discussed:

- See your doctor and ask for a memory test each year. Recent Wall Street Journal article (on results of a 25-year study) showed that 5,000 patients (out of 20,000) lost about \$31,000 due to significant memory loss issues and that 80% of the patients denied they even had a memory problem.
- FDA approved this month the first blood test to diagnose Alzheimer's. Diagnose started by an autopsy, then a spinal tap method, and recently a PETScan method; blood test is a big break thru.
- First bio-marker (spinal fluid) test for Parkinson's identified in 2024.
- First FDA approved medicine in 2023 that slows (by 20% - not stop) progression of Alzheimer's (i.e., Amyloid plaque (outside brain cells) and TAU tangles (inside brain cells)).
- There are 30 to 40 causes of dementia. Prominent brain diseases:
 - Alzheimer's (60-80% of cases)...attacks the brain's memory area: short-term memory loss.
 - Vascular (10-20% of cases)...blood flow to the brain is blocked: trouble planning/organizing.
 - Frontotemporal (5-10% of cases)...attacks the brain's emotion/speech area: personality changes.
 - Lewy Bodies (5-10% of cases)...protein deposits on the brain: trouble thinking clearly and hallucinating.
 - Others (5-10% of cases): Parkinson's...attacks the brain stem: loss of motor skills; and, Lou Gehrig...attacks the spinal cord: muscle loss.
- Alzheimer's history: Research started in 1850's along with Dr Alzheimer's research in 1906; then discovery in 1984 that Amyloid in the brain clumps into plaque was a game changer.
- Risk factors: #1...Age (60 million are over 65-years-old and we will reach 90 million in 25 years); #2...Genetics (70% of cases are hereditary).
- Having some "senior moments" is not alarming. The brain starts shrinking after 50 years old, so everyone experiences slight cognitive changes. Amyloid starts building up about 2 decades before memory loss starts.
- Prevention: Exercise (moderate at 25 minutes/week – heart rate at 220 – age x 60-75%); Socially engaged (groups, etc.); Sleep (feel rested-about 8 hours); and, Diet (Mediterranean or US version MIND) – 1 ¼ teaspoon of olive oil/day lowers dementia chances by 30%.
- AHEAD Trial ongoing to look at preventing Alzheimer's. 2,000 patients (some from The Villages) with some Amyloid on the brain are part of this 4-year study that looks to see if the medicines that remove Amyloid might result in preventing Amyloid plaque and hence Alzheimer's from happening.
- Questions, some pertinent ones:
 - Does everyone over 50 have Amyloid? **Ans:** Yes, in some part of your body but not necessarily the type that will cause plaque buildup in the brain.
 - Are there any good brain supplements? **Ans:** Research has shown that supplements do not necessarily improve brain performance, but that being said, if folks want to take them (like Choline and Resveratrol) that is fine, but better yet would be to have a balance diet (fruits, beans, etc.) that supports brain health.
 - What kind of olive oil should you get? **Ans:** Ensure it is Extra Virgin Olive Oil, preferably in a glass versus plastic container, and ones from California or European countries are fine. And, if not olive oil, then eating a cup of olives a day is good.
 - Who do you call if you have questions? **Ans:** Contact Dr Curtis's office at 352.500.5252 or the website (craigcurtismd.com).

There was a Motion to adjourn the meeting at 8:15pm that was seconded and unanimously approved. Submitted by: Reb Benson, Secretary