

General Membership Meeting Summary September 2026

September 15, 2026 7:00 p.m. Location: Laurel Manor Rec Center Members/Guests Present: ~ 96	BOD Present: Wiener, O'Farrell. Board Members Present: Search.	Organizations Present: Realty Executives; Seniors vs Crime; Safe & Sound Construction & Roofing	Presenter: <i>Dr. Craig Curtis</i> <i>Topic: Is Aging Optional? The New Science & Rewriting the Rules of Growing Old</i>
Business Portion: • Cliff Wiener opened the meeting with welcoming remarks. • Introduction of POA Board members and those involved in local gov't. • The October Magazine will provide information on candidates for local contested positions on the November ballot to let residents be informed and make their own determination. • Members were reminded to update their contact information with The Villages and to sign up for e-Notifications. • Upcoming POA meeting dates and speakers were announced. • October 1 Bingo event and the April 3 Shredding event info announced. • Attendees were encouraged to contact a Board member if they have an interest in or would like more information on how to assist the POA. • Open forum for questions and answers unrelated to the speaker's topic.		Presentation Highlights: (Q&A following the presentation with Dr. Curtis) • The projected increase in the 65+ population is being referred to as the Silver Tsunami. The 85+ group, by percentage, is the fastest growing age group. Why? • Deaths from heart attacks, stroke, cancer, and other diseases are lower. • Factors within our control for a healthy and best life: be active (sit less); eat 5 servings of veggies/fruit daily; drink plenty of water; get 7-8 hrs. of sleep; reduce stress; engage with your community; get regular health checkups. He encouraged taking a teaspoon of extra virgin olive oil daily to increase polyphenol intake. • Good news about aging is that no one single thing slows aging. It is multifactorial, giving us more control over how we age. It is important to know that you can have a disease or medical condition (i.e., high BP) and live a long time by managing it. • Studies are showing that the immune system plays a large role in fighting cancer. • Take home message: All of us have the potential to live to 100, and most of the factors to do so are within our control.	