

VOICE OF THE VILLAS

May 5, 2023



Today is Cinco de Mayo

Significance

Celebration of the Mexican victory over French forces at the [Battle of Puebla](#), on May 5, 1862

Celebrations

Parades, food, music, folkloric dancing, battle reenactments



Message from ARB Chair **RICH HUHN**

Please remember when you plan to have work done on your home, an ARB form (see Villa website www.myvocc.com) must be submitted to Rich **no later than ten (10) days prior to monthly board meeting which is held the 3rd Thursday of each month.**

Next Villa monthly board meeting

THURSDAY, MAY 18th

Jacaranda Library

Please arrive by 10:15 am.



REMINDERS

No overnight parking, for residents or guests, is permitted on the street. Kindly use available neighbor driveways or parking areas near the pool. Thank you for your cooperation.



Also, a reminder to kindly lock the pool gate, and rotate the lock, if you, or your guests, are last to leave the pool.



A Message of Gratitude to....

Villa neighbor **JULIE MATE** who has graciously volunteered with Pool Chair **LINDA FOGARTY** to regularly maintain ladies' and men's bathrooms, and pool side chairs and table. Much appreciation from your grateful neighbors.



*Yesterday is History
Tomorrow is Mystery
Today is a Gift and
That's why we call it
The Present.*



*Those who love Deeply
Never grow old.
They may die of old age,
but they die young*



**Book Review:
“Successful Aging”
by Daniel J. Levitin**

In his best-selling book, “Successful Aging”, Daniel J. Levitin, Professor Emeritus of Psychology and Neuroscience at McGill University (your writer’s alma mater), shows how the brain is formed and how it changes, in surprisingly positive ways, as we age.

The author notes that Freud said that the two most important things in life are healthy relationships and meaningful work.

Socialization is crucial to maintaining our mental acuity. “Navigating the complex mores and potential pitfalls of dealing with another human being, someone who has their own needs, opinions, and sensitivities, is about the most complex thing we humans can do. It exercises vast neural networks, keeping them tuned up, in shape, and ready to fire. In a good conversation, we listen, we empathize. And empathy is healthful, activating networks throughout the brain.”

If working is not a viable option then volunteering reduces mental decline. “Volunteering at a local organization, community center, or hospital can have all the benefits of continuing to work: a sense of self-worth and accomplishment, and the daily interaction with others that causes the brain to light up. The data reveal that volunteering is associated with reduced symptoms of depression, better self-reported health, fewer functional limitations, and lower mortality.”

The author concludes “Gratitude is an important and often overlooked emotion and state of mind. Gratitude causes us to focus on what’s good about our lives rather than what’s bad shifting our outlook to the positive...psychology’s focus on disorders and problems of adjustment was ignoring much of what makes life worth living. Positive psychology has found that people who practice gratitude feel happier.”

