

**Property Owners Association of The Villages  
General Membership Meeting  
May 18, 2021**

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

- Board members present: All except Tita Dumagsa, excused.
- Members present: Approximately 50 (COVID protocols in place).
- Organizations present: Seniors vs Crime, Village Shrine Club and UF Health Auxiliary Foundation.
- March membership meeting minutes read and approved unanimously by members present.
- Treasurer Report (Donna Kempa): Year to Date...income: \$85,519; expenses: \$68,363; net gain: \$17,156; operating funds: \$148,285; total funds: \$409,087.
- Raffle: Three winners of \$30 each.

**Announcements:**

- Cliff mentioned the Vials for Life Program, hoping all will participate. Also mentioned that the Sumter County Sheriffs have a Dream Program for caregivers of folks with Alzheimer's/dementia.
- Cliff mentioned if anyone would like a POA presentation to let him know. Sal Torname added if anyone wanted an AED presentation to let him know and mentioned the AED program went down for about two weeks mainly due to software issues.
- Cliff mentioned the success of the shredding event on April 10<sup>th</sup> at the Wildwood Community Center and we will be running this again for members only on April 9, 2022 at the same location.
- Cliff mentioned the Sumter County Commissioners Emergency (ambulance) Services workshop on May 18<sup>th</sup> on improving services and response times.
- Cliff mentioned that UF Health recently hired a Chief Medical Officer for The Villages Regional Hospital and to let him know via email if people are experiencing emergency room issues.
- Cliff introduced Jim Rietz and Paul Hannan, Lady Lake Town Hall Commissioners; Jim mentioned needing folks help, via the survey on the POA website, etc., in determining the best way forward for Lady Lake and apartments at Spanish Springs Town Center.
- Cliff mentioned Len Hathaway on lightning at the June membership meeting at the Everglades Recreation Center and will also be giving away a lightning suppression system from A-1 Lightning. He mentioned Bradley Arnold, Sumter County Administrator and a Commissioner in July and Patrick Carr in August to discuss potential Florida Legislature limits on roof insurance; and, looking at Caring Neighbors in September, Support Our Soldiers organization in October and John Rohan or Richard Baier in November.

**Questions:**

- A resident wondered what folks thought about a PWAC-2. **Ans:** Cliff said he would get with the person after the meeting.
- What can we do to correct the Daily Sun's attack on the new Sumter County Commissioners? **Ans:** The POA will continue to put out only the facts on the various issues the Commissioners are addressing and refute any bad information stated by the Daily Sun or other sources.
- Any resolution between the Sumter County impact fee increase and the new state legislation? **Ans:** Legislation was retroactive so the increase is rolled back. Believe the Commissioners are looking at next steps and that a couple cities might even be suing the state on this.

**Speaker:** Dr. Norman Anderson, Robert Boissoneault Oncology Institute (RBOI), discussed the COVID virus (i.e., a respiratory infection).

- Comparison: 1918 infection...500 million cases; 50 million died (675,000 in the U.S.); started in the U.S. and spread to Europe (during WWI); had two waves. COVID...164 million cases; 3,400,000 deaths (600,000 in the U.S.); started in China; waves continuing.
- Antibiotics don't work for viral infections, but can lead to bacterial infection.

- Virus doesn't kill...our internal response does. Immune system creates a "cytokine storm" where it destroys good lung tissue cells along with the bad ones.
- The vaccine is intended to stimulate enough of the virus to stimulate antibodies without side effects. You cannot shed the virus if vaccinated, but if exposed can be a carrier.
- Basis of aging is inflammation. If you control this then you control many issues/diseases.
- Alpha Lipoic Acid (ALA), a strong antioxidant, is the most important over-the-counter supplement you can take. Do your own research (pubmed.com) and you will see the effects of ALA.
- The L-Glutathione protein (produced by the liver) diminishes as we get older. ALA regenerates the liver and has many other benefits; some key ones are:
  - Reduces inflammation and slows aging process
  - Opposes insulin resistance and improves lung function
  - Reduces neuropathic pain and promotes bone growth (in spite of steroid use)
  - Assists in wound healing
  - Destroys certain types of cancer
- A possible ALA side effect is gastrointestinal irritation. If so, then recommend R-ALA.
- If ALA, recommend 200mg bottle and taking 3 pills a day. If R-ALA, recommend 150mg bottle and taking 2 or 3 pills a day. Either case, spread the dosage out during the day for the best effect.
- Questions, some pertinent ones:
  - What about this supplement for one of your cancer patients? **Ans:** In most all cases yes.
  - What about immune deficiency? **Ans:** Talk to your physician and do your research, believe taking ALA would be beneficial.
  - Where is it available? **Ans:** Most health food stores or online, like Puritan Pride.
  - If no symptoms, should you take this supplement? **Ans:** Yes.
  - Shouldn't you have a medication evaluation before taking ALA? **Ans:** Yes, but ALA stimulates a natural response in your system which in most all cases will not cause an issue with other meds.

There was a Motion to adjourn the meeting at 8:18pm that was seconded and unanimously approved.

Submitted by: Reb Benson, Secretary