



UNDER THE ACACIA TREE

GREETINGS FROM ACACIA VILLAGE

FEBRUARY 2019

WHAT'S HAPPENING AT ACACIA VILLAGE? BY CINDY COPPERWHEAT

A graphic for a Valentine's Day event featuring three red hearts hanging from red ribbons against a background of soft, out-of-focus white and pink bokeh lights. The hearts contain text about the event.

YOU'RE INVITED:

Thursday,
February 14th
5 - 7 p.m.

BE
OUR
VALENTINE

Happy
Valentine's
Day

*Enjoy a delicious dinner
with choice of entrée
and entertainment by
Anthony LaBarbera
for only \$15/pp*

A graphic for a Mardi Gras party with a light green central box containing text, surrounded by a decorative border of purple and green Mardi Gras masks. The masks have green feathers and purple outlines.

Acacia Village Mardi Gras Party

Tuesday - March 5, 2019

5:00 p.m. - 7:00 p.m.

Acacia Village Dining Room

*For \$15/pp you can enjoy delicious food
& entertainment by The Monk Rowe Trio*

Please R.S.V.P for either event. (315) 798-4775

LETTER FROM LINDA AVOLIO

“The most important thing is to enjoy your life, to be happy. It’s all that matters.”

Audrey Hepburn

Have you looked at our Facebook page lately? If so, you’ve seen a lot of happy faces. It’s been a fun filled winter so far, with some delightful entertainers coming in at least once a week. Outings are on the increase as the newest addition to our staff; Taylor Bouse is very comfortable driving our 14 passenger van. Recent trips have included “Lights on the Lake” in Syracuse, lunches at Symeon’s and Sumo, “Mary Poppins Returns” at the Marquee Cinema, and dinner at Texas Roadhouse.

I took a happiness quiz on the AARP website recently and uncovered a few surprises. Did you know that the magical age when people seem to be the happiest is 65 plus? Happy people also watch the least TV, listen to music, laugh more and exercise regularly. More evidence that living in a community like ours, where there are many activities and musical performances with the ability to hang out with friends, can make all the difference.

We’ve been showing some good movies in our theater lately; “Book Club”, “The Leisure Seeker,” “Wonder”, “We Bought a Zoo”, “I Tonya” and “Won’t You Be My Neighbor?” with showings on Friday and Monday afternoons. We strive for variety with our Book Club selections too. We just finished “Killers of the Flower Moon”, by David Gann, a nonfiction book about the murder of the Osage Indians and are just starting “Before We Were Yours” from Lisa Wingate, a story of a family of children taken from a Mississippi River Boat in the late 1930’s.

We are still waiting to hear more about our planned expansion. In our next newsletter, slated for early May, we should have additional information. We hope that our community center is also going to be renovated. We don’t know what that project will entail but it will all be very exciting.

How many days until spring? It will be here before you know it. Daylight saving time begins on March 10, and spring arrives on the 20. We are counting down the days and having fun while we’re at it. Join us for an upcoming event or for lunch in our cute little café. Until you visit us in person again, like us on Facebook or visit our website at www.acaciavillageny.org. Remember the pursuit of happiness is a right for all of us!

Warmly, Linda Rae Avolio

LONELINESS —BY CINDY COPPERWHEAT

I recently read an article by Ruben Castaneda, staff writer for US News about loneliness and your health. The title *Loneliness is good for songwriters but bad for your health*, caught my eye initially because of the humor but kept my interest because of the seriousness of the topic. It is very serious especially at this time of year.

According to a research survey by AARP, 35 percent of survey respondents age 45 and up were found to be lonely. And additional research has shown that sometimes this can be caused by a medical or physical reason as well. Here are some tips for combating loneliness.

Understand what loneliness is - There's a difference between solitude and loneliness. It is ok to want solitude and enjoy your own company. You enjoy spending time with other people but don't feel that you need it.

Start with small steps - If you start to feel that you are isolating yourself from other people, make an honest attempt to go someplace to be around people. You don't have to actually engage with them in the beginning. Go to the mall or grocery store or think about volunteering. Eventually you may feel up to engaging in conversations.

Meet people in real life - The over use of social media may actually increase feelings of loneliness. Don't spend so much time on the internet and stay isolated from everyone. Spend more time with people you know in real life.

Smile and say nice things - Try smiling and complimenting the people that you come in contact with. It really makes you feel good to make someone else's day. You will also benefit from the positive connection with someone.

Walk interactively - Don't just walk to your destination without being aware of your surroundings. Admire your neighbor's flowers. Say good morning to the person passing you in the hallway or grocery aisle. You will feel more connected with other people.

Talk to strangers - Contrary to what your mother taught you, it is ok to talk to strangers. That is how you meet new friends. Besides that new person that you are engaging may also be feeling lonely. Strike up a conversation with the person sitting next to you at the coffee shop. Chances are, especially in Utica, NY, you already have friends or relatives in common.

Pick up the phone - Call that friend that you haven't seen in years. Video chat or face time with your grandkids in another state. If you feel that you are bothering or disturbing them, schedule the call at a predetermined time that is best for both of you. Keep your conversations short so they are looking forward to the next call.

Sign up for a class - One way to meet people that you have something in common with is to sign up for a class that interests you. Check out MVILR at SUNY Polytechnic Institute <https://sunypoly.edu/mvilr.html>. They have courses that are planned and led on a volunteer basis by their own members and invited guest speakers, and vary in length from a day to eight weeks. You are sure to find something that interests you.

Reach out to someone who may be lonely - Seek out someone that you think might be feeling lonely or isolated as well. You can invite them out for coffee or even just a walk around the block. It always feels good to help someone else and in turn will help with your own loneliness.

Seek professional help if you need it - As always, talk to your physician about what you are feeling. Make sure that you don't have a medical condition causing your loneliness. If you do need additional help, seek out a professional therapist or join a therapy group.

Move to a Retirement Facility - Consider moving to a place where you are only alone if you want to be. Check out a place like Acacia Village where you can easily visit a neighbor, have some lunch, get a haircut and never have to go outside. Give us a call, schedule a tour and stay for lunch!

ACACIA DIDN'T KNOW -

THANKS FOR YOUR SERVICE—BY LINDA RAE AVOLIO



We'd like to say a big thank you to one of our residents. Dick Thomas has been volunteering here at Acacia Village for the past six years. With the help of his wife Linda, he takes all of the deposit cans and bottles to the redemption center to benefit the Acacia Village Residents Association. He's up early most mornings delivering the Observer Dispatch newspaper that is dropped off in the lobby to his neighbors who are subscribers. But his biggest volunteer effort is delivering packages. He picks up the Postal deliveries late morning and the Fed-Ex and UPS packages in the afternoon. He decided to count how many he delivered this year between Thanksgiving and Christmas. The number was a staggering 479! Thanks, Dick!

(800) 593-3353 or (315) 798-4775.

Good Neighbors. Great Value. Exceptional Living.



ACACIA VILLAGE
2160 Blecker Street
Utica, New York, 13501