

THE NEIGHBORHOODS AT


Acacia Village

FEBRUARY 2023

UNDER THE ACACIA TREE

*Come Celebrate
The Luck of the Irish on
St. Patrick's Day !*

Friday, March 17, 2023

1:30 –Quick Tour

*2:00 Trivia and Prizes followed by a
Question and Answer session with Members
of the Acacia Village Resident's Association*

Light refreshments will be served

R.S.V.P. required by Friday, March 10th

(315) 798-4775

*For easiest access, please use the Welsh Bush Road
entrance.*

LINDA'S LETTER - LINDA RAE AVOLIO

"There isn't time, so brief is life, for bickerings, apologies, heartburnings, callings to account. There is only time for loving, and but an instant, so to speak, for that." Mark Twain

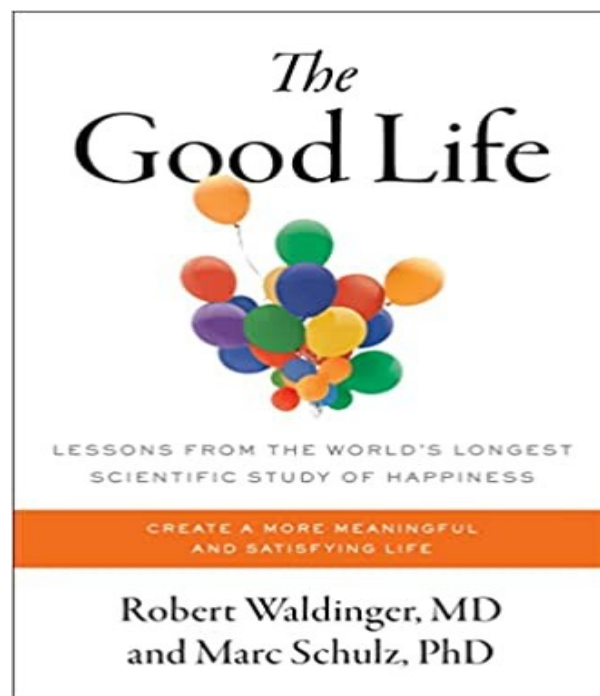
That quote is included in the fascinating new book *The Good Life: Lessons from the world's longest scientific study of happiness*. Several news outlets have been all abuzz about the book and its remarkable findings. In the book, authors Dr. Robert Waldinger and Marc Schultz ask what makes for a happy life. Dr. Waldinger is one of the directors of the Harvard Study of Adult Development.

The study has been ongoing for 75 years, since 1938.

So what makes a life fulfilling and meaningful?

The simple but surprising answer is **relationships**.

The stronger our relationships, the more likely we are to live happy, satisfying, and overall healthier lives. In fact, the Harvard Study of Adult Development reveals that the strength of our connections with others can predict the health of both our bodies and our brains as we go through life.



The invaluable insights in this book emerge from the revealing personal stories of hundreds of participants in the Harvard Study as they were followed year after year for their entire adult lives, and this wisdom is bolstered by research findings from this and many other studies. Relationships in all their forms—friendships, romantic partnerships, families, coworkers, tennis partners, book club members, Bible study groups—all contribute to a happier, healthier life. In addition, as *The Good Life* shows us, it is never too late to strengthen the relationships you have, and never too late to build new ones.

Here, we see residents developing new and wonderful relationships every day. We have a men's group that meets on Tuesday afternoons. The guys that attend, equate it to the kind of discussions they used to have at the bar in their younger years. The knit and chat women do the same on Thursdays. There are many occasions to get together with neighbors, be it at a social function over coffee, at a Happy Hour or one of the many lunch outings. Relationships also form at the pool, where you are likely to see people walking, talking and laughing more than actually swimming. There is trivia, bible study, and book club. Suffice it to say there are many opportunities to engage in fun pursuits and cultivate meaningful relationships along the way.

I received a call from a woman the other day, who was a former resident. She decided a little over a year ago to move in with her daughter. At the time she didn't realize just how much she was going to miss her friends here. She told me that even though she has a great rapport with her daughter, she feels lonely and isolated and cannot wait to move back to Acacia Village and be among her peers.

It is a scientific fact that humans are happier when they are connected. So, if you are looking for the good life, look no further. We have limited availability right now, but it is never too early to join our Priority Waiting list for the future. Call me directly, at 315 -798-4704.

P.S. If you are familiar with YouTube, you might want to search and watch Dr. Waldingers TED Talk on Happiness. It's been viewed more than 44 million times.

You can also search and see videos on YouTube about The Neighborhoods at Acacia Village.

Warmly,

Linda Rae Avolio

ACACIA DIDN'T KNOW SINGING MAKES YOU HAPPIER

According to the book, *Imperfect Harmony: Finding Happiness While Singing with Others*, author Stacy Horn, shows that singing at an amateur level is beneficial to people's emotional, physical, and cognitive well being. Doctors are now finding that singers have more circuit connections between the right and left sides of the brain helping to keep those nerve cells and synapses in excellent working order. A highlight from our Acacia Village December concert featured our singers raising handmade signs during the 12 days of Christmas. Frank Dubeck, who leads the chorus joked that it proved to be a fun aerobic and memory exercise! So go ahead and sing a song!



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

NOW THIS IS LIVING!

Acacia Village

THE NEIGHBORHOODS AT



ACACIA VILLAGE

2160 Bleeker Street

Utica, New York, 13501