

Inside  
**Honor Flight** gearing  
up for fundraisers, C12

# localnews



**HEARD ON THE BEAT**

A daily compendium of news topics from our community — Today's topic: Senior Living, C3



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|             |      |
|-------------|------|
| Weather     | C2   |
| On the Beat | C3   |
| Obituaries  | C4-5 |
| Rec Roundup | C6-7 |
| Local News  | C12  |

**Yesterday**  
Religion Report

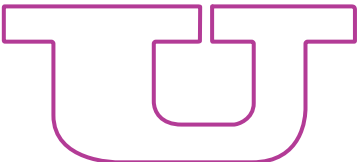
**VILLAGES IN-DEPTH**  
HOW OUR COMMUNITY WORKS

**Tomorrow**  
Amenities Report

## Care Close To Home

Health care is always at the top of the priority list in The Villages. A health care network consisting of primary care, specialty care, emergency services and hospital care, provides first-class services to residents all in their own community. And there's more on the horizon. — Keith Pearlman, Daily Sun

**\$100M**  
The estimated cost of the wellness village that is expected to break ground this year.



UF Health is developing a 400-acre health care hub anchored by a new University of Florida Hospital — joining the network that includes the existing UF Health The Villages Hospital, UF Health The Villages Freestanding Emergency Room and UF Health Leesburg Hospital.

The Villages Health operates seven primary care centers, based on a model that prioritizes close relationships between doctor and patient.

Please See **CARE, C10**

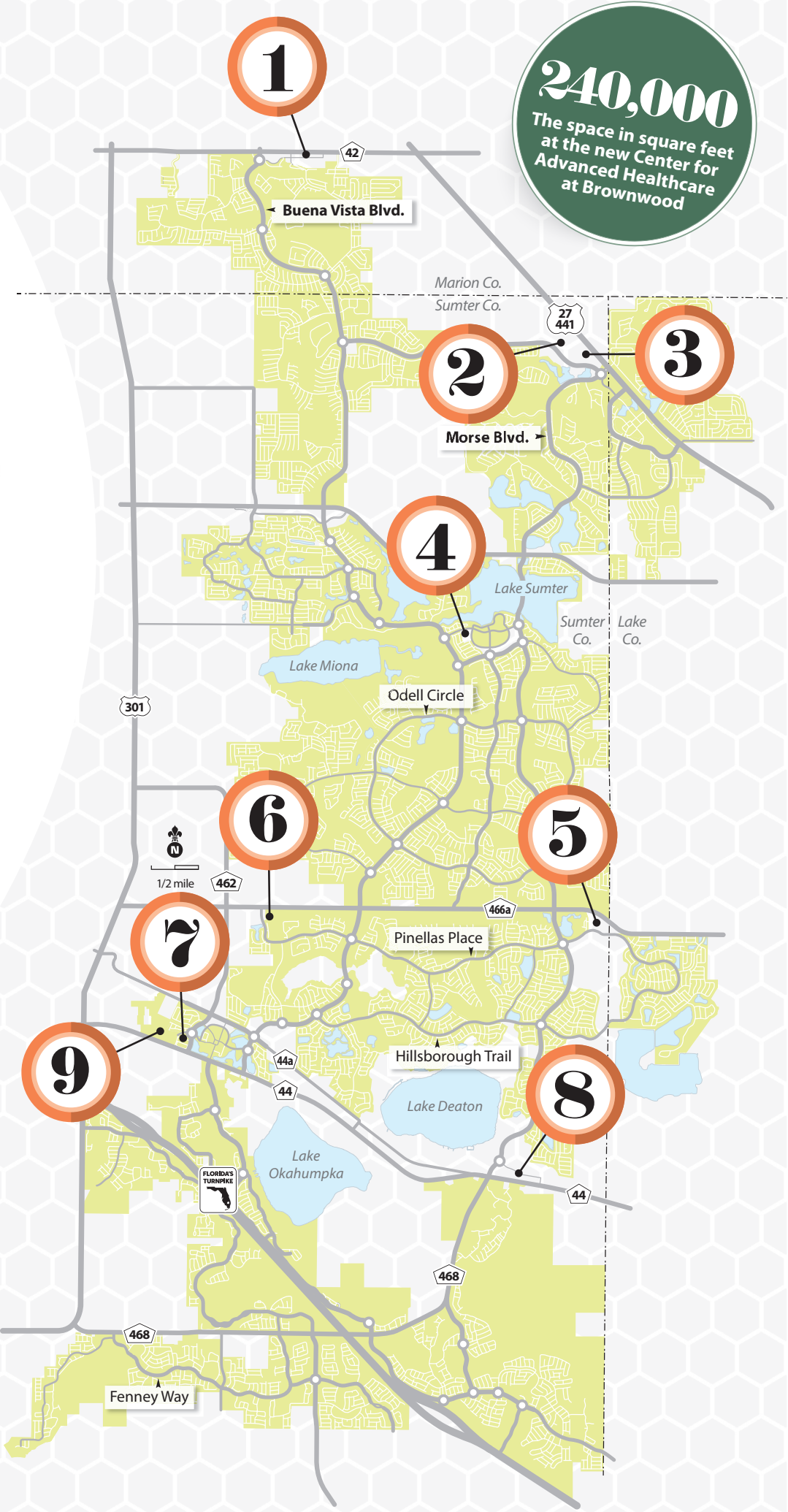
**60,000**  
The estimated number of patients who are now enrolled in The Villages Health

**FIND A VILLAGES HEALTH CARE CENTER**



The Villages Health operates seven primary and two specialty care centers in The Villages. To contact a care center call 844-884-9355.

- 1 The Villages Health Mulberry Grove Care Center**  
8877 SE 165th Mulberry Lane
- 2 The Villages Health Santa Barbara Care Center**  
1575 Santa Barbara Blvd.
- 3 The Villages Health Specialty Care Center at Spanish Springs**  
1400 N. U.S. Highway 27/441, Bldg. 810
- 4 The Villages Health Creekside Care Center Lake Sumter Landing**  
1050 Old Camp Road, Building 100
- 5 The Villages Health Colony Care Center**  
280 Farmer Place
- 6 The Villages Health Pinellas Care Center**  
2485 Pinellas Place
- 7 The Villages Health Brownwood Care Center**  
2910 Brownwood Blvd.
- 8 The Villages Health Lake Deaton Care Center**  
779 Kristine Way
- 9 Specialty Care at the Center for Advanced Healthcare at Brownwood**  
2955 Brownwood Blvd.



### THEN & NOW

A TIMELINE OF HEALTH CARE

#### Building The Villages Health Network

**2011**  
Villages residents received a survey about health beliefs and needs. The responses shaped The Villages Health's development.

**2012**  
The Villages Health opened Colony Care Center, its first Villages office.



**2013**  
Two new care centers open open in The Villages Health's network: Santa Barbara and Pinellas.

**2014**  
The Villages Health opened Creekside and Mulberry Grove care centers, and takes over the Specialty Care Center from the University of South Florida.



**2020**  
Following the opening of Brownwood Care center in 2017, The Center for Advanced Healthcare at Brownwood, a multispecialty clinic, opened. The Villages Health is among tenants sharing space in the endeavor to provide coordinated care.



**2021**  
Lake Deaton Care Center opens, the seventh and largest primary care office in the community.

Compiled by Daily Sun staff



## villages in-depth

### FIVE THINGS TO KNOW ABOUT HEALTHY AGING

#### 1 MORE OLDER ADULTS

America is bracing for a surge of older adults. By 2060, the number of people 65 or older is expected to rise from 15% to nearly 25% of the overall population, according to the Centers for Disease Control and Prevention.

#### 2 LIFE EXPECTANCY

Though life expectancy has dropped recently, most older adults are living longer. With that good news comes a higher risk of chronic diseases, such as heart disease, Type 2 diabetes, arthritis and cancer, which can drive up health care costs nationwide.

#### 3 PREVENTIVE CARE

To support a healthy aging population, the CDC recommends increased focus on preventive services such as cancer screenings and flu vaccination. Only 25% of adults aged 50 to 64 and less than 50% of those 65 or older are up to date on this, the CDC stated.

#### 4 HEALTH RISKS

Two of the biggest health risks for older adults are arthritis and falls. The CDC recommends regular exercise to combat this. At least 150 minutes of moderate-intensity physical activity each week is recommended, but any physical activity is better than none.

#### 5 DEMENTIA CARE

Helping those with dementia remain active also is important for healthy aging, the CDC said. That includes providing resources for the 40.4 million Americans providing unpaid elder care, according to the Bureau of Labor Statistics.

## CARE

Continued from C1

Providers are still moving into the Center for Advanced Healthcare at Brownwood, bringing together medical experts from 25 specialties under one roof.

It's all part of working toward a goal established about a decade ago, said Dr. Elliot Sussman, chairman of The Villages Health.

"We knew early on the vision was to transform The Villages into America's Healthiest Hometown," Sussman said.

#### UF Health Partnership Bringing New Hospital

UF Health and The Villages officials have announced plans to collaborate on a wellness village that includes an acute care hospital, medical school and more. That complex will be constructed between Florida's Turnpike and County Road 470 in The Villages.

"UF Health is excited to continue discussions with The Villages to collaborate to create a comprehensive state-of-the-art medical campus," said David R. Nelson, M.D., University of Florida senior vice president

for health affairs and president of UF Health. "Extending UF Health's premier clinical, educational and research resources to the country's largest older adult community is an exceptional opportunity."

Nelson said the relationship between UF Health and The Villages will benefit all residents.

In July, the Lake County Commission approved economic incentives to lure a new mixed-use development featuring a medical city. The 200-bed academic medical center will include 850,000 square feet of building space, according to a filing with the Florida Administrative Register. The \$100-million plus project is expected to break ground early 2022.

UF Health announced in October a new medical residency program coming to The Villages hometown hospital. The move signals "a dramatic inflection point in quality of care" for residents here, said Dr. Kevin Behrns, chief medical officer for UF Health The Villages Hospital. The new program will welcome its first 15 new doctors to a three-year residency in internal medicine starting in July 2024. Another 15 will follow each year.

A critical care helicopter is now positioned at the hospital.

ShandsCair 2 will transport critically ill patients to UF Health Shands Gainesville or transport critical injury patients from the injury site to the nearest trauma center. "It's about caring for the patients and having the tools and resources when seconds and minutes matter," said Heather Long, UF Health Central Florida's chief operating officer.

In January 2020, UF Health acquired Central Florida Health, meaning a name change to UF Health The Villages Hospital, located at 1451 El Camino Real.

The 307-bed acute care hospital also can tap into the UF Health hospital system and its nationally ranked resources, which includes the flagship facility — UF Health Shands in Gainesville. Four of its specialties — cardiology and heart surgery, gynecology, pulmonology and lung surgery, and urology — are ranked by U.S. News & World Report as the best in Florida.

Emergency care was bolstered in 2020 by the opening of UF Health The Villages Freestanding ER. Located across State Road 44 from Brownwood Paddock Square, the freestanding ER is a full-service emergency room with 16 beds.

#### The Villages Health Provides Model for Primary Care

The Villages Health provides primary care based on a medical concept similar to "Marcus Welby, M.D.," a fictional TV character who solved medical problems with a patient-centric approach.

The Villages Health now has

seven primary care centers throughout the community and offers 13 specialties at two specialty care centers.

In October 2021, it debuted its largest facility with the opening of Lake Deaton Care Center.

More than 60,000 patients are enrolled in The Villages Health's system.

The Villages Health now

has nearly 150 primary- and specialty-care providers with a staff of about 700 employees.

While The Villages Health is not affiliated with UF Health The Villages Hospital, they do work together as community partners in health care.

In 2011, Villages residents were asked to complete a

Please See **NEXT PAGE**

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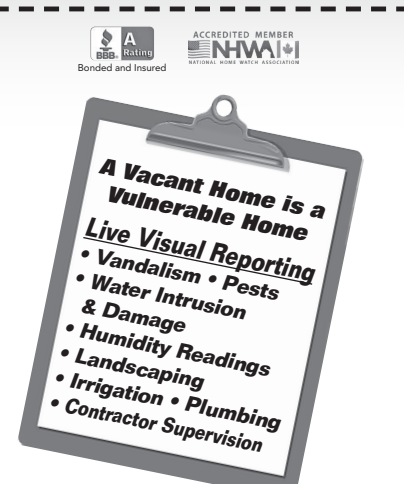
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## villages in-depth

### FIVE THINGS TO KNOW ABOUT PRIMARY CARE

- 1

**SERVICES GIVEN**  
Primary care providers work with patients to diagnose and treat acute illnesses and to manage chronic diseases over time. They also provide preventive care through routine checkups, health risk assessments, screenings and assessing immunization needs.
- 2

**RESEARCH SUPPORT**  
A Northwestern Medicine study published last year found Americans with primary care received more high-value health care — such as cancer screenings and flu shots — and reported better patient experience and overall health care access.
- 3

**NATIONAL DECLINE**  
Despite known benefits, research shows decreasing primary care use; visits to primary care physicians declined 24.2% from 2008 to 2016. Nearly half of commercially insured adults had no primary care doctor visits in a year by 2016.
- 4

**LOCAL USE**  
With an estimated 90.4%, Sumter County ranked among the highest in the state for residents who have a personal doctor, according to the Florida Behavioral Risk Factor Surveillance System survey. The statewide average is estimated at 72%.
- 5

**SUPPLY NEEDED**  
The U.S. faces a physician shortage as demand continues to grow. There will be a shortage of between 21,100 and 55,200 primary care physicians by 2032, according to a report published by the Association of American Medical Colleges.

Continued from PREVIOUS PAGE

survey about their health care needs.

Those responses shaped The Villages Health's creation.

Its early team set out to form a primary-care driven, patient-centered and community-based care model with the survey responses in mind, Sussman said.

To ensure providers are accessible to their patients if a need arises, they are cut off at 1,250 patients — significantly less than most health care organizations in the U.S. That allows providers to spend more time with their patients and have same-day access for those with more urgent needs.

All physicians are salaried, Sussman said, so they don't benefit from performing unnecessary tests and procedures.

"Whenever you build a system that rewards providers for when the patients do better, as opposed to rewarding them for having a high volume of tests and procedures, patients do better," said Dr. Jeffrey Lowenkron, chief medical officer.

Those practices have helped The Villages Health rank highly in quality measures, said CEO Bob Trinh.

UnitedHealthcare ranks The Villages Health in the top 1% of the nation's health systems, based on measuring performance with the Healthcare Effectiveness Data

and Information Set, a tool developed by the National Committee for Quality Assurance that's used by more than 90% of America's health plans to measure the level of care and service.

In addition to primary care, The Villages Health offers audiology, behavioral health, cardiology, diabetes education, dietetics, endocrinology, gastroenterology, gynecology, interventional pain, neurology, podiatry, rheumatology and urology services.

The Villages Health also works to help the community through its programs offering free, educational seminars to the public, said Amy Wixted, population health manager.

"Wellness and education services always have been open to all individuals, not just The Villages Health patients," Wixted said. "We are truly committed to making sure that up-to-date, accurate and actionable information is available to help everyone live their best life."

#### CAHB Creates Health Care Destination

The Center for Advanced Healthcare at Brownwood brings specialty medical providers together in one location, creating a destination to serve a variety of needs.

It's a 240,000-square-foot outpatient medical facility located at 2910 Brownwood Blvd.

The Villages Health Specialty Care Center is one of the building's occupants.

It's joined by an array of providers offering imaging, oncology, ophthalmology, rehabilitation and pharmacy, among other medical services.

"It's described as a health ecosystem where we can begin to promote better coordination of care, timelier access to care and convenience for patients so

they don't have to travel all over The Villages for specialty care," said Braulio Vicente, executive director of specialty care for The Villages Health. "Our goal, ultimately, is to create a coordinated facility where these professionals interact with each other."

The center's tenants include Lake Medical Imaging, Florida Cancer Specialists, St. Luke's Cataract & Laser

Institute, Lake Centre for Rehab, Specs Appeal, Hearing and Balance Center of The Villages Health and Health Insurance Resource Center. National chains LabCorp and Walgreens are also tenants.

There's also Aviv Clinic, an Israeli company focused on improving the aging process using hyperbaric oxygen therapy that made its U.S. debut at the center.

"We aspire more than ever to enhance and extend our health span — the period of life where one feels healthy, active and vital in both body and mind," David Globig, CEO of Aviv Clinic, said at the time of opening.

Vicente said future plans include the additions of a dermatology practice and an ambulatory surgery center at the facility.



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