

Weather	C2
On the Beat	C3
Obituaries	C4
Backstory	C5
Consumers	C8
Investments	C9

Inside
Students Compete for Scholarships, C11

localnews



CONSUMER NEWS & INVESTING

From how the markets fared to insights into the local economy, your daily business report, **C8-9**



LOCAL NEWS ALERTS

Get caught up with a livestream of WVLG Radio news online at thevillagesdailysun.com



HOW TO REACH US

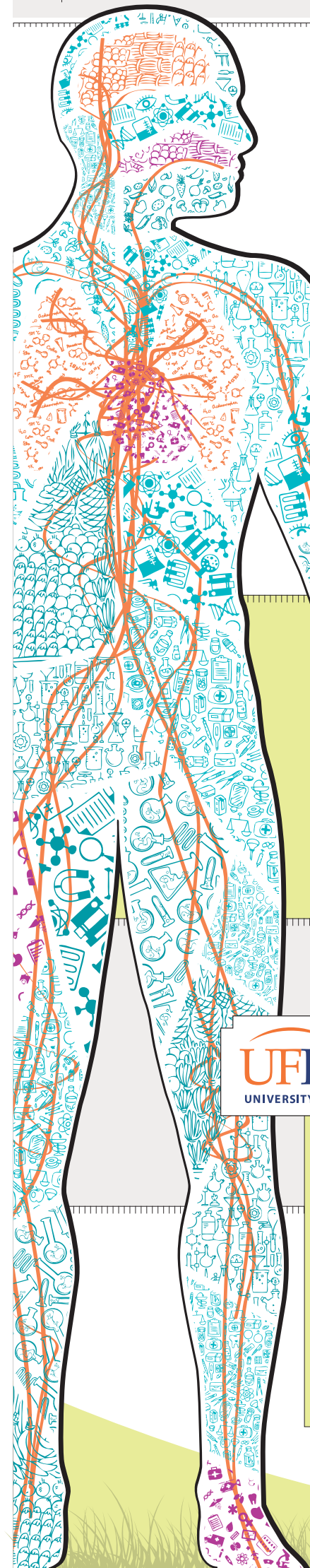
Have a news tip or an idea for a story? Contact Holly Lawler at **352-753-1119, ext. 5303**

Yesterday
Economic Report

HEALTH CARE REPORT

A FRIDAY ROUNDUP OF THE MEDICAL LANDSCAPE

Tomorrow
Religion Report



America's Healthiest Hometown

Our community medical partners are committed to making The Villages a preeminent home to quality health care, longevity and enhanced quality of life for seniors. It's a mission crafted through innovative primary care practices, cutting edge technology, a nationally renowned hospital system and research university.

From UF Health Doctors

Dr. John Harwick, board-certified otolaryngologist at the UF Health Allergy, Sinus and Nasal Center, offers tips for spring allergy season such as: minimize number of house plants that can release spores and pollen, wash bedding frequently in hot water, remove outdoor clothing as soon as you get inside, keep windows closed, use vehicle air conditioning, avoid early mornings outside when pollen often is the highest, and know sunglasses and hats can keep pollen out of your eyes and hair. Managing allergy symptoms can prevent other health issues, including hospital visits.

From UF Health Researchers

Study teams at 14 research sites across the country, including UF Health are researching how gaps in health care affect the health and well-being of adults with congenital heart disease. They will leverage the health records for 66 million patients to gather data on adults ages 18 and older with a CHD diagnosis. The researchers will analyze the data to determine which adult patients are still receiving the recommended care by a cardiologist and which ones are not. They'll also use the data to determine rates of complications and related illnesses for these patients.

At UF Health Hospitals

Prescribing to "It Takes a Village" thinking, the hospitals are asking residents to share the news of the many job opportunities and are offering a referral bonus gift following a hire. UF Health invites the public to connect extended family members, friends or former colleagues seeking medical careers. To learn more or view open positions, visit <https://jobs.centralfloridahealth.org/> today. UF Health offers a generous compensation and benefits package, including employer-matched 401K plans, tuition reimbursement, paid time off and sign-on bonuses for eligible positions.



UF Health includes a hospital network, six colleges, nationally renowned physicians and professors, all deeply connected to its community hospitals in The Villages and Leesburg.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

The Villages Health

1

The Villages Health offers "Just What are the Good Carbs" seminar 9:30 a.m. Wednesday at Aviv Clinic that aims to clear up carbohydrate confusion, allowing you to make informed decisions. Register at thevillageshealth.com/learning-center. Space limited.

2

Regular exercise of 150 to 300 minutes of moderate to vigorous activity per week can reduce your risk of developing Type 2 diabetes by 25 to 35%, as well as improve your overall health. That health benefit could take as little as 21 to 42 minutes each day.

3

If you're Medicare eligible, did you know you can schedule a tour to check out a The Villages Health Care Center? Call or visit a New Patient Specialist 8:30 a.m. to 5 p.m., Monday through Friday. Walk-ins are welcome, but appointments encouraged by calling 352-205-4032.

Join a Clinical Study: Opportunities to participate in health care research in The Villages include Charter Research (charterresearch.com/open-studies) and the UF Health Precision Research Center (ufhealth.org/research-studies-clinical-trials).

THIS & THAT

CURT HILLS

TLC Program Helps Residents Tackle Issues With Weight



How to Contact Curt Hills
352-753-1119, ext. 5287
curt.hills@thevillagesmedia.com

Transition Life Consultants starts a free six-week group, "Weigh to Go" on Zoom, Mondays from 1-3 p.m. beginning March 14. It's geared for those serious and committed to losing weight. It is an alternative approach that uses cognitive restructuring along with hypnosis to provide an in-depth and innovative way to think yourself thin. Elaine Stipetich, LCSW and Jo Conard, LMHC will facilitate the group. Registration required at tlc-services.org. Events page/Join a Group.

SENIOR VOLUNTEERS NEEDED FOR STUDY

The Bio-Hermes research study hopes to identify tests that could help predict the presence of amyloid plaques in the brain, a culprit to triggering Alzheimer's disease. Charter Research (352-775-1000) seeks people 60-85, with or without memory loss, to participate.

WORKSHOPS COMING TO LADY LAKE LIBRARY

The free ABC of Dementia workshop will be offered from 10 a.m. to noon on March 18 in room 204 at the Lady Lake Library, 225 W. Guava St. It presents simplistic information. Make reservation by calling 352-422-3663 or e-mail deb@coping.today.



SCENE IN THE VILLAGES

Improve coordination, balance, build endurance and burn calories by playing basketball like Villages residents Julie Bradley and Carol Waters.

Michael Johnson, Daily Sun