

Inside
Ukrainian churches in
Florida seek donations, C3



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

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

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 renown hospital system and research university.

From UF Health Doctors

Self-compassion is the key to returning to pre-pandemic weight loss goals, says Dr. Kathryn Ross, associate professor at UF College of Public Health and Health Professions. "It is important not to be overly hard on yourself for not keeping up with healthy meal prep or exercise routines you may have had pre-pandemic," she said. Ross recommends setting short-term, achievable goals, such as an inactive person should start with a goal to add a brisk, 10-minute walk for five days each week. "If you are successful in meeting your goal, ramp up from there," she said.

From UF Health Researchers

Imagine something like Apple's Siri or Amazon's Alexa to run medical questions past. The idea is not far-fetched, according to Dr. Yonghui Wu, director of natural language processing at the University of Florida Clinical and Translational Science Institute, who says the next generation of computers and smartphones may come equipped with medical chatbots, using artificial intelligence. "It will be like having your own personal medical avatar," Wu said. UF has developed The GatorTron model, which is expected to accelerate research and medical decision-making.

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 401(k) plans, tuition reimbursement, paid time off and sign-on bonuses for eligible positions.

UFHealth
UNIVERSITY OF FLORIDA HEALTH

UF Health includes a hospital network, six colleges, nationally renown 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

New patient and annual wellness visits can offer up to an hour of dedicated time with your primary care physician at The Villages Health. And follow-up visits are scheduled for up to 30 minutes. Visit thevillageshealth.com for more information on services provided.

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 UF Health Precision Research Center (ufhealth.org/research-studies-clinical-trials).

THIS & THAT

CURT HILLS

COVID-19 Pills Available at Two Winn-Dixie Stores



How to Contact
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Two Winn-Dixie stores in The Villages are among 24 stores across Florida to offer pill treatment options for COVID-19. Pfizer's Paxlovid and Merck's Molnupiravir oral antiviral medications are available by prescription at the 820 Old Camp Road and 2500 Burnsed Boulevard Winn-Dixie locations, according to company representatives. The pills are for those at high risk of progression to severe COVID-19. Patients must see their health provider first for a prescription.

FLORIDA BLUE MAKES HOUSE CALL VISITS

Lake County Florida Blue Medicare members can take advantage of a 24/7 in-home primary care service, with hour appointments from Emcara Health. The program expands to Sumter and Marion counties later this year. Payment equal to in-office doctor visit.

BLOOD CENTER SLATED FOR LA PLAZA GRANDE

LifeSouth Community Blood Center recently signed a lease with The Villages to open a blood donation center at La Plaza Grande shopping plaza. Based out of Gainesville, it's new branch is expected to open sometime in the second quarter of the year.



SCENE IN THE VILLAGES

Those who play beach tennis, like Villager Gerry Goodwin, get reduced stress and lowered blood pressure benefits, along with the fun.

George Horsford,
Daily Sun