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Oxford Church Plans to
Expand Preschool, C3

localnews



CONSUMER NEWS & INVESTING
From how the markets fared to insights into the local economy, your daily business report, **C10-11**



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**

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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

The UF Health Urology department has its first all-female intern class. Drs. Jordan Smith, Trisha Nguyen and Miranda Eubank are the Postgraduate Year 1 resident class in the UF College of Medicine's nationally ranked program. For the next four years, they'll take on the rigorous residency program — together. "Teamwork is one of my favorite aspects of working and learning in health care, and I know the health care teams at UF are some of the best," Smith said. "I fully anticipate that the relationships I form during my five-year-long residency will be lasting and

From UF Health Researchers

Toss out the notion that eating less can help you lose weight. Forget the mentality that eating too much and too little exercise is to blame for your weight gain. UF Health researchers point to updated studies that show it's what you eat, or don't, that makes a bigger difference in weight control. The key is to restrict processed foods and dodging those simple carbohydrate eats like french fries and pizza. The study says those who gravitate toward fruits, nuts, vegetables and whole grains get energy that can reinvigorate the body and help is slim down.

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.

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

Did you know Tinnitus (ringing of the ears) can have serious effects on a person's life long-term? Evidence-based strategies exist to help. The Villages Health offers "Coping with Tinnitus." For schedule, visit: <https://thevillageshealth.com/wellness-programs-available-for-you/>

2

Your illness or injury may not require a trip to emergency room, urgent care or minute clinic, you can call your primary care physician to see if they can help. At The Villages Health, dial call 844-TVH-WELL (884-9355) for non-emergency care from your primary team.

3

Did you know The Villages Health offers a Saturday EZ-Care Clinic, with appointments for urgent needs? The Saturday clinic is offered at the Creekside Care Center from 9 a.m. to 5 p.m. Scheduling starts at 8 a.m., call 844-TVH-WELL (884-9355) for an appoint

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

SHINE Offers Free Medicare Counseling For Community



How to Contact Curt Hills

352-753-1119, ext. 5287
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SHINE, or Serving Health Insurance Needs of Elders, continues its free, unbiased, walk-in counseling for Medicare, Medicaid, Medigap and financial assistance questions. Help is available at Eisenhower Regional Recreation Complex from 9-11:30 a.m. on first and third Wednesdays; Chula Vista Recreation Center, 3-5:30 p.m. first and third Fridays; Lake Miona Regional Recreation Complex, 9-11:30 a.m. second and fourth Tuesdays; and Lake Lake Public Library 2-3:30 p.m. second and fourth Wednesdays.

ASK TLC SESSION TALKS COPING WITH PANDEMIC

Transition Life Consultants will hold ASK TLC: "Overcoming the Season of COVID" from 10-11 a.m. Thursday on Zoom. The free session will be about what people have been experiencing, and how to continue to cope. To register, go to tlc-services.org and click on events and information.

COVID SITE AT BARNSTORM THEATER IS OPEN

Monoclonal antibody treatment for those who've tested positive within 10 days and at-risk of severe symptoms can go to the Barnstorm Theater in Brownwood. Walk-in patients welcome, Tuesday-Saturday from 9 a.m. to 5 p.m., provided by Garner Health.



SCENE IN THE VILLAGES

Pool aerobics is fun activity for those like Michael Noonan, of the Village of Palo Alto. It's also a great low-impact exercise.

Michael Johnson, Daily Sun