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# localnews

**Inside KWVA Chapter 169 Seeks Korean War Veterans, C3**



**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 WVVG Radio news online at [thevillagesdailysun.com](http://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 renown hospital system and research university.

**From UF Health Doctors**

An established UF Health Throwing Clinic was developed to help reduce and prevent throwing-related injuries, for all athletes ranging from Little League to recreational ballplayers to professionals. A team of clinicians, sports performance specialists, physical therapists and others look at the entire athlete, using evidence-based medicine, data and proven techniques to prevent overuse injuries and enhance throwing performance. To see if you're eligible for a clinical visit or a full comprehensive service, call 352-627-7671.

**From UF Health Researchers**

As the nation faces a diabetes epidemic, University of Florida Health researchers developed a model that will help patients see how many years can be added to their life span with lifestyle changes. Researchers hope it might motivate patients to follow a healthier lifestyle and help clinicians prioritize interventions. For instance, a severely obese person who drops their body mass index from 41.4 to 24.3 can extend their life by nearly four years. Improving A1c from 9.9% to 5.9% can increase life expectancy 3.8 years. An estimated 37 million Americans have diabetes, 95% with Type 2.

**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

**LOCAL EVENTS**

**BOOST YOUR HEALTH I.Q.**

The Villages Health

1

Emotional eating can contribute to weight gain and thwart attempts to lose weight, according to Dr. Lucy Rathier, a population health specialist at The Villages Health. Her team helps build a more flexible and effective response to negative and stress-inducing situations.

2

Rathier says difficulty maintaining weight loss in the long run may stem from an inability to exert behavioral self-control in the face of biological responses to cravings and unpleasant emotions, as well as environmental triggers like foods high in sugar and fat.

3

TVH periodically offers a 12-week program to manage emotional eating, including strategies to deal with urges to eat and dealing with those self-sabotaging thoughts. You can view a recorded overview [thevillageshealth.com/emotional-eating](http://thevillageshealth.com/emotional-eating) or call 352-604-5868 to register.

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

THIS & THAT

**CURT HILLS**

**Remember F.A.S.T When it Comes to Stroke's Warning Signs**



**How to Contact Curt Hills**

352-753-1119, ext. 5287  
curt.hills@thevillagesmedia.com

Stroke awareness month reminds us to spell out "FAST" to detect if someone might be having a stroke. Facial drooping: Is it only a one-side smile? Arm drift: Is there arm weakness or inability to hold both arms straight out? Speech: Is it slurred? Time: If someone is showing these signs, it's time to call 911. The faster help is called, the better the outcome can be. "Every stroke should be taken seriously," The Villages Public Safety Department's Kara Watts says.

**HOW TO COUNTER OLD DOGS CAN'T LEARN NEW TRICKS**

The ASK TLC show on Thursday from 10-11 a.m. on Zoom discusses how we can learn new things later in life. Panel discussion with Lu Karatzas LCSW and DeVera Gilden LCSW. Register at <https://tlc-services.org/usefulinformation.html>.

**PARKINSON'S GROUP SHARES INFORMATION**

A Parkinson's support group that debuted in January meets the first and third Thursdays at 3:30 p.m. at Bradenton Recreation Center. They estimate there are 2,000 diagnosed locally. The group focuses on socialization and education for care partners and those with Parkinson's.



**SCENE IN THE VILLAGES**

Taking the workout outdoors is increasingly popular in The Villages. It reduces stress and encourages healthy behaviors.

India Pantin, Daily Sun