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Friendly Cafe, C12

local&state



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
Florida 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 pre-eminent 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

The UF Health Orthopaedics and Sports Medicine clinic continues to see patients at its new location in The Villages at 1501 U.S. Highway 441, Bldg. 1800, Suite 1832, which makes it golf cart accessible to Villages residents. Currently, 12 staff members use the clinic, with a spine surgical specialist joining the team this fall. "(The new office) allows us as UF Health to be able to provide to the patients a high quality of orthopedic care that's very comprehensive and personalized," said Dr. Cedric Tankson, a general orthopedic surgeon. To learn more, visit tinyurl.com/3t2564ud.

From UF Health Researchers

In the battle with COVID-19, researchers admit they're a step behind and chasing the coronavirus' ever-changing variants. In an attempt to keep up, University of Florida will use a \$3.7 million research grant to employ artificial intelligence, or AI, to build an algorithm to spot new variants of concern. In theory, the work could help produce a tool that would raise a red flag when a potential new variant of concern is uploaded to public databases. Scientists could then test the variant in a lab to see whether it attacks cells quickly or can resist antibodies.

At UF Health Hospitals

Both hospitals in The Villages and Leesburg are designated primary care stroke centers, accredited and honored for their programs. The facilities can treat hemorrhagic stroke and the more common ischemic stroke, which occurs when blood vessels to the brain become blocked, cutting off the oxygen supply to the brain. The hospitals are noted for rapid intervention, including getting patients to a CT scan rapidly and have the ability to administer the clot-busting drug, TPA, in under 60 minutes in 85% of cases its prescribed. The drug only has a three-hour window for effectiveness.

UFHealth
UNIVERSITY OF FLORIDA HEALTH

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

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

The Villages Health

1

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.

2

Cognitive Behavior Therapy for Insomnia is offered periodically by TVH, in four weekly, hour-long sessions for \$40. Visit <https://thevillageshealth.com/wellness-programs-available-for-you/> to check upcoming sessions and a questionnaire to see if the program is right for you.

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 appointment.

Join a Clinical Study: Opportunities to participate in healthcare research in The Villages include Charter Research (charterresearch.com/open-studies) and the UF Health Precision Research Center (tinyurl.com/UFVillagesResearch).

THIS & THAT

CURT HILLS

Rapid COVID Tests Offer Quick, Usually Reliable Results



How to Contact Curt Hills

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A recent study by Cochrane finds store-bought rapid antigen tests, the standard way to now test for COVID-19, correctly identified infection in 73% of people with COVID symptoms, compared to 55% of people without symptoms. Tests were most accurate when used in the first week after symptoms began, when virus levels are the highest, researchers said. The CDC recommends isolating for five days after a positive test result, followed by five days of mask wearing.

SPECIALIST TO ADDRESS VISUALLY IMPAIRED GROUP

Hilda Tavarez, a rehabilitation specialist with the Division of Blind Services in Orlando, is the guest speaker for the Visually Impaired Persons meeting Thursday at 1 p.m. at Bridgeport Recreation Center. Tavarez has 23 years of working with the vision-impaired and blind.

SHINE PROGRAM TARGETS THOSE TURNING 65

On the cusp of becoming Medicare-eligible at age 65? Serving Health Insurance Needs of Elders hosts its understanding Medicare program at 1 p.m. on the second Wednesday of each month at Aviary Recreation Center. For more information, call 800-963-5337.



FUNDS FOR FOOD

DONATION
UPDATE

\$12,436 **14,131**
DONATED POUNDS



Donations can be made at Citizens First Bank locations or online at thevillagesdailysun.com. The donation drive ends Sept. 1.