



JEAN RACINE ON FOOTBALL | B1
The Jets haven't made the playoffs since 2010 and Aaron Rodgers may help change that.

6 a.m. 9 a.m. 12 p.m. 3 p.m. 6 p.m. 9 p.m.

57° 60° 76° 83° 82° 74



GARRET SHIFLET ON SCHOOLS | C1
The Sumter County School District is hosting at a pre-K screening event Monday.

TOP WORLD AND NATION NEWS

UKRAINIANS FACE END OF U.S. SANCTUARY, A9

Around the World: Russian jet dumps fuel on U.S. drone on video. **A3**

Across the Nation: Texas announces takeover of Houston schools. **A2**

In Florida: The Friends of SoZo are collecting sneakers for kids. **C12**

SPORTS NEWS

BUFFALO SET TO MAKE UPSL DEBUT SUNDAY

The Villages SC will make its debut on Sunday in the United Premier Soccer League, a semi-professional organization. **B4**

LOCAL NEWS

EXPLORE CLASSES AT THE LEARN AND GROW EXPO

More than 50 instructors will be at Rohan Recreation to talk about their respective classes at the Enrichment Academy. **C3**

LOCAL NEWS

RESIDENT CELTIC BAND SPREADS IRISH CHEER

The Celtic Village Show Band has been staying busy this month with St. Patrick's Day events, including a concert at La Hacienda Recreation. **C7**



Caitlyn Jordan | Daily Sun

The Villages High School's Karlee Dasher shows her steer in the 2023 Sumter County Fair Market Steer Show. Students and their agriculture organizations came away with a record-breaking \$1.3 million in auction sales at this year's fair.

County Fair Animal Sales Break Record

By GARRETT SHIFLET | Daily Sun Staff Writer

The Sumter County Fair broke records in more ways than one this year. The annual event features livestock showings from local students who raise steer, swine and lambs through 4-H clubs or Future Farmers of America chapters at Sumter schools. Local businesses had the chance to bid on these animals on the last day of the fair Saturday. In addition to making more in fair ticket sales than ever before at \$125,588, fair board association president Erin Munz said students and their agriculture organizations came away with a record-breaking \$1.3 million in auction sales. "I am proud of all of the Sumter County Fair livestock exhibitors and all of the work they have put into their projects this year," said Scott Woythaler,

Please See SALES, A5

Villages Health Uses Surveys to Keep Patient Care Strong

IMPROVING HEALTH CARE

The questions take their lead from Centers for Medicare & Medicaid Services' findings on common issues.

By LEAH SCHWARTING | Daily Sun Specialty Editor

The Villages Health is trying to prevent common health risks, and to look at patients' experiences, through patient-doctor discussion and surveys.



About seven months ago, The Villages Health began an effort to help patients with three issues: fall prevention/balance, urinary incontinence and improving exercise. The hope is their work will help patients stay healthy in areas singled out by the Centers for Medicare & Medicaid Services (CMS) as particular problems.

TVH's effort aims to help with common health risks, such as balance and urinary tract issues.

CMS is eager to ensure patients get care for things that don't typically come up during doctors' visits, said Dr. Jeff Lowenkron,

Please See SURVEYS, A6

ONLY IN THE VILLAGES

By J.T. Wilcox

A poll asking Villagers what brought them to Florida's Friendliest Hometown would yield a wide catalog of answers: Golf, the weather, the overall vibe within the still-expanding oasis. For Robert Koptis, though, the move was to save his life.

Almost four years ago, Koptis suffered two heart attacks on the same day. As he recovered, doctors told him he needed to begin living a more active and healthier lifestyle.

There was only one place he could think of — a return to

Please See KOPTIS, A6

EXPLORE & EXPERIENCE

OUT & ABOUT IN THE VILLAGES

Try This Today: Swim a Few Laps at One of The Villages' Sports Pools

Some swimmers enjoy the simple rhythms of propelling themselves from one end of the pool back to the other. The Villages' sports pools make that possible with both lap swimming sessions and dedicated lap lanes during other sessions. Lap swimming is open to any villager like Karen Early, of the Village of Bridgeport at Mission Hills. If lap lanes are full, any open swim area with space available may be used for lap swimming. There are no program leaders; simply swim at your own pace. Check the weekly Recreation & Parks guide for sports pool schedules. — Greg Hughes, Daily Sun



India Pantin | Daily Sun

IN ENTERTAINMENT

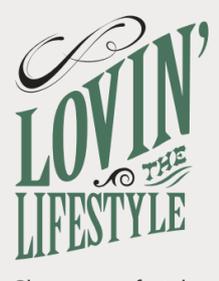
Cruise-In at Spanish Spring Town Square

Find out more, D1

Plus: Find the lineup of entertainment at the town squares, theaters and beyond, D3

AT RECREATION CENTERS

Happening near you: From aqua aerobics to Zumba and everything in between, there's fun for everyone, C8-9



Plan your perfect day in The Villages, D1

Recipes	D1
Poetry	D4
Advice	D5
Comics	D6
Puzzles	D7
Horoscope	D9



from the front page

KOPTIS

Continued from A1

The Villages, where he'd lived before but maybe hadn't fully embraced the "Villager Lifestyle."

This time, Koptis has turned into an avid pickleballer, golfer and socialite — prompting him to lose nearly 40 pounds because he no longer was "just sitting around."

It also earned him a new moniker: Good Shot Bob.

"Two years ago, I was playing beach tennis and I started hitting some shots and the people I was playing with would say 'Good shot, Bob,'" the Village of Monarch Grove resident recalled.

"Then I'd be playing pickleball and I hit some shots, and they'd be saying it again — 'Good shot, Bob.' And they'd be saying it over and over, and it kind of just stuck and just took off."

Not all nicknames are created equal, but the best ones are so good that they become so synonymous that not many outside family members know their birth name — Tiger Woods, Magic Johnson, Bo Jackson.

And Koptis is fully invested in his nickname — getting "Good Shot Bob" emblazoned on shirts, his pickleball paddle, even his golf cart.

"I have a shirt with nine different things I say when I'm on the pickleball court. And of course, Good Shot Bob is on there as well," he said. "I had Good Shot Bob put on my golf cart, but I sold that one. I'm going to get it put on the next one we're buying."

"It started by accident, I guess. But now if anyone knows Good Shot Bob, they know me."

Koptis plays pickleball for at least two hours every day. He also hits the golf course three



Arianna Bennett | Daily Sun

Bob Koptis aka "Good Shot Bob," of the Village of Monarch Grove, plays pickleball at Riverbend Recreation.

times a week and stays active at home by doing woodwork projects, gardening and hosting friends.

It's a far cry from his previous routine.

"I had about a 90% blockage, so they put a stint in my heart," recalled Koptis. "My doctors said, 'Get up and start doing something.'"

"Where we lived, there were some things to do, but it wasn't really an atmosphere that promoted activity, and it just wasn't the right fit for what the doctors said I needed. The only place that I knew had activities that would get me up and out was The Villages."

After considerable discussion with his wife of 53 years, Janet, they sold their home in Spruce Creek South and

returned to The Villages.

"The first six months I was here, I lost weight just being active — playing different sports, riding my bicycle around town," he said.

"It's exactly what I needed. This is the place to get up and do something."

Good Shot Bob has become an unofficial pickleball teacher at Riverbend Recreation, giving pointers to his group of friends and even creating an "I Beat Bob" plaque that gets updated with a star and the name of each person in the group that gets the best of Good Shot Bob.

"The people we hang around are wonderful," he continued. "The garage or front door will be open, and they'll just come right in. It's more than a

friendship, it's like a family. We all help each other and have great times together."

Helping others has been a part of Koptis' life plan for a while.

For nearly a decade, Bob and Janet lived and traveled around the country in a motor home, doing missions work with the United Methodist Church.

The couple, who have known each other since the second grade and were childhood neighbors in Ohio, helped rebuild or repair damaged homes in Louisiana after Hurricane Katrina; in Iowa after the 2008 floods, and in Texas after Hurricane Ike.

"We did all kinds of things — hanging sheet rock, flooring, some brick masonry, painting, you name it," Koptis said.

"It was amazing to be a blessing and some help to people in need. We knew the Lord was sending us these places. ... It was helping turn other people's lives around, but it was turning our lives around also."

Now, healthy and active, Good Shot Bob says he can't imagine himself being anywhere else besides The Villages.

"I'm a little handy, so I'll do different projects around the house," Koptis said. "This past Christmas, I made some wooden trees with recessed lights in them for all my pickleball friends as gifts. I do all my own yardwork. But the most important thing is, being around all the great people we've met."

"I'm having so much fun. I'm able to live better and have fun doing it. You won't find that too many other places."

Senior writer J.T. Wilcox can be reached at 352-753-1119, ext. 5332 or jt.wilcox@thevillagesmedia.com

SURVEYS

Continued from A1

Villages Health chief medical officer. They're particularly interested in fall prevention and urinary incontinence because they see a lot of claims related to the two. But, because these topics can be embarrassing for patients, patients often won't report it themselves.

CMS believes patients will do better if the issues are treated earlier, Lowenkron said, and the easiest way to treat the condition is to make sure doctors are asking and talking about it.

So, CMS has insurance companies send out nationwide surveys to patients asking, not if patients have these issues, but if their clinicians are asking about them.

They also ask about the care experience, how easy it was to get in and get referrals and so on.

And since CMS, with its millions of Medicare patients and nationwide experience, sees this as a big issue for patients, The Villages Health took their lead from them.

"We're working to try and help people and to help them do better," Lowenkron said.

For the past months, Villages Health has embedded questions about the topics in patient visits. During a visit, doctors will survey Medicare Advantage patients about if they're exercising, which can help with balance issues. They'll also ask if they're experiencing urinary and fall issues, even if patients haven't raised these topics.

"We ask it because we're concerned that you may have the problem and may not have raised the issue on your own," Lowenkron said.

Immediately after their visit, Medicare Advantage patients will get a survey asking them questions about their experience, including how easy it was to get the appointment. That way, The Villages Health will know internally if patients are getting the care they need.

Patients who aren't experiencing any of the health issues may not understand why they're getting the questions, but these are common issues within The Villages community.

"We want to ask the questions, track to see if it is helping with outcomes like preventing falls and hip fractures, urinary tract infections with sepsis and improving overall mobility," said Sophie Ferenz, The Villages Health manager of sales and marketing.

The issues are also serious ones if left untreated. Patients who fall and break their hips are at an increased risk of blood clots and pneumonia, and those with urinary tract infections run the risk of developing sepsis.

About a month to two months after the visit, Medicare Advantage patients may get that survey from their health insurance company asking about these issues, and about their experience, as well.

The Villages Health asks that, if patients do receive a survey from an insurance company, they complete it because it benefits the medical clinic.

"The way it helps is it allows us to understand what people are remembering about what we're doing, and if people are remembering what we're doing then it's good because it means we're probably able to address it," Lowenkron said. "And if people are not remembering, then we need to figure out how to adjust our message so it becomes more memorable for patients."



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