



BEFORE THEY WERE VILLAGERS | D5
Pamela Pierceall was a veterinarian for about 40 years and owned her own practice.

6 a.m. 9 a.m. 12 p.m. 3 p.m. 6 p.m. 9 p.m.
70° 76° 80° 85° 80° 74°

MICHAEL FORTUNA ON LEARNING | D1
Dive into the world of snorkeling with a class through the Enrichment Academy.



TOP WORLD AND NATION NEWS

U.S. PINS BORDER HOPES ON MOBILE PHONE APP, A5

Around the World:
Leaders to hold meeting on debt ceiling. **A2**

Across the Nation:
Schenectady Symphony announces new name. **A4**

Around the World:
Europe OKs plan to tally cost of Moscow's war. **A10**

SPORTS NEWS

WILDCATS REMAIN COMPETITIVE, GAIN CONFIDENCE

Based on last week's trip to Hernando, the Wildcats remain competitive despite a huge exodus of talent after last year's campaign. **B5**

HEALTH NEWS

UF HEALTH TALKS ROBOTIC SURGERIES

Residents recently got an inside look at robotic knee replacements during an Ask the Experts seminar with Dr. Jon Radnothy. **C3**

LOCAL NEWS

CLASS TEACHES THE BASICS OF DULCIMER MUSIC

Jolie Fischer teaches residents the basics on the mountain dulcimer as part of an Enrichment Academy class at Everglades Recreation. **D3**

OUR TOWN | ONE-YEAR ANNIVERSARY



Matthew Hodge, center, serves lunch to June and Sam Campagna, of the Village of Osceola Hills, at McGrady's Pub at Sawgrass Grove. The restaurant opened last June and is planning an anniversary celebration.

Rachel Stuart | Daily Sun

McGrady's Wraps Up Big Year at Sawgrass Grove

By SUMMER JARRO | Daily Sun Senior Writer

Almost a year after opening, McGrady's Pub still is a big hit in the community. The restaurant and bar that offers authentic Scottish fare opened its doors June 1 last year next to The Market at Sawgrass Grove. Staff at the restaurant plan to host a celebration next month in honor of the first year of business. The restaurant has garnered a following during

its first year and new customers continue to check it out as well. "It's been well received for all the residents, especially the neighborhood it's around," said Spencer Novak, executive director of hospitality at The Villages. Next door, The Market at Sawgrass Grove

Please See **McGRADY'S, A6**

National Alzheimer's Association Provides Assist for Caregivers

FINDING SUPPORT

National Mental Health Awareness month emphasizes resources for those who struggle to care for loved ones.

By TAYLOR STRICKLAND | Daily Sun Senior Writer

Nettie Lamay is one of more than 11 million Americans who provide unpaid care for people with Alzheimer's disease or dementia, like her late husband, Bruce, who began to show signs of dementia in early 2021. "It takes a community to help people like me," said Lamay, of the Village of Linden. "It's heart-breaking watching a smart man go from a history buff who knew everything to not knowing what a refrigerator was."

May is National Mental Health Awareness month and the National Alzheimer's Association reports that there are more

28.6%

The percentage of caregivers statewide who report struggling with depression.

Please See **CAREGIVERS, A7**

ONLY IN THE VILLAGES

By Leah Shewmaker

Seniors are in demand in the entertainment industry, as seen last week when Martha Stewart was featured on the cover of Sports Illustrated's swimsuit issue.

Now local seniors have a chance to audition and learn more about the possibilities at an upcoming event hosted by Bailey's Entertainment Group. "Seniors are a huge demographic that is needed in the industry," said Doug Bailey, founder and owner of the talent agency. "Advertising companies are looking for relatable people, and the senior community is a huge demographic of

Please See **AUDITIONS, A6**

EXPLORE & EXPERIENCE

OUT & ABOUT IN THE VILLAGES

Try This Today: Pick Up a Bow and Take Aim With The Villages Archery Club

The Villages Archery Club is among the oldest clubs in Florida's Friendliest Hometown, with three decades of firing arrows at targets. Two ranges are built for archery, with the Paradise Archery Range in the north and Dudley Archery Range near Fenney Recreation in the south. The club welcomes members of all levels, such as Joan Quinzani, of the Village of Virginia Trace, a gold medalist at the Florida Senior Games last December. Club meetings take place the second Monday of every month at Rohan Recreation. For details, see villagesarcheryclub.com.

— Greg Hughes, Daily Sun



India Pantin | Daily Sun

IN ENTERTAINMENT

Church Hosting AWESTRUCK — A Night of Worship
Find out more, **E1**

Plus: Find the lineup of entertainment at the town squares, theaters and beyond, **E3**

AT RECREATION CENTERS

Happening near you: From aqua aerobics to Zumba and everything in between, there's fun for everyone, **D8-9**

LOVIN' THE LIFESTYLE

Plan your perfect day in The Villages, **E1**

Recipes	E1
Comics	E4
Puzzles	E5
Today in History	E7
Horoscope	E7
TV Guide	E8

CAREGIVERS

Continued from A1

than 827,000 caregivers in Florida, with 28.6% reporting that they are depressed. Alzheimer’s caregivers also report higher rates of chronic conditions including stroke, heart disease, diabetes and cancer compared to non-caregivers. “I was very drained, and I didn’t know what to do,” Lamay said. “I had to be strong for Bruce.”

Like many Alzheimer’s and dementia patients, Bruce suffered from paranoid delusions. One night he attacked Nettie after mistaking her for an assailant and was arrested while she was rushed to the hospital. He was held for two weeks.

“It tore me up,” Nettie said. “They even prosecuted him like he was a bad guy.”

For Nettie, the most challenging aspect of caring for Bruce was lack of support. She went through three separate care options before finding a place that would take Bruce after the attack.

She said she would have been lost without her neighbors and guidance from specialists at The Villages Health.

“Dr. Burgess and Melissa Denham were a godsend,” Nettie said.

Denham, a licensed nurse practitioner and dementia care specialist with The Villages Health, said a common challenge caregivers face is not knowing what resources are available or how to utilize them.

“Being a caregiver requires so much of a person, and

generally, as their loved one’s disease progresses, it takes more and more,” Denham said. “If the caregiver doesn’t utilize their local resources, they will experience burnout at some point.”

Caregivers can be at risk for caregiver stress syndrome, a condition characterized by mental, physical and emotional exhaustion.

“This can happen when the caregiver neglects their own health to focus on their loved one’s health and needs,” Denham said.

In 2011, the National Study of Caregiving reported greater caregiver satisfaction was associated with more emotional support from family and friends.

“A lot of times caregivers keep the struggles to themselves as they feel they don’t want to burden anyone,” Denham said. “It’s overwhelming and many times their family and friends want to help, they just don’t know how.”

The Villages Health has many resources for caregivers, including counseling for primary care patients and the Behavioral Health department’s Tandem Care Program, a collaborative approach to mental health in which patients are assigned a team to oversee care and check in every other week.

Another resource The Villages Health offers is the Dementia Care Coordination Program, an 11-week program providing resources and support to families dealing with dementia.

To schedule an appointment, call 352-205-4032. For more information on the Dementia Care Coordination



India Pantin | Daily Sun

Cynthia Russell, of Summerfield, plays a game with her husband, Roy, who has Alzheimer’s disease. Cynthia recently started a caregiver support group.

Program, contact Denham directly at 352-674-8949 or melissa.denham@thevillageshealth.com.

Cynthia Russell, a caregiver working with the Dementia Care Coordination Program, recently started an Alzheimer’s caregiver support group at Del Webb Spruce Creek. Her husband, Roy, was diagnosed with moderate Alzheimer’s shortly after moving to The Villages in September 2021.

“I was devastated, and I felt a little bit helpless,” Cynthia said. “Here we thought we were going to retire.”

To cope with the

uncertainty, Cynthia threw herself into learning as much about Alzheimer’s as she could. She took the virtual dementia tour offered by The Villages Health three times and began seeing a grief counselor.

“It’s a grieving process seeing your loved one in decline,” she said.

Cynthia also started training her dog, Teddy, to be a therapy dog to prepare for when Roy needs to transition into memory care.

“He loves that dog more than me,” Cynthia said.

Eventually, Cynthia felt gathering resources for just

her own use wasn’t enough.

“If The Villages Health is helping me, I feel like I have to give back,” she said. “There’s a lot of people who have dementia and Alzheimer’s who haven’t dealt with it.”

With a little push from Denham and her counselor, Cynthia started a support group exclusively for members of the Del Webb community.

“Everyone gets a chance to share what they’re going through,” Cynthia said. “We give advice, share resources and offer support.”

Since Bruce’s death on August 29, 2022, Nettie joined a local widows’ group. Most of her life before was dedicated to caring for Bruce, so meeting with her new friends gives her the opportunity to get out and explore The Villages more. They play golf together and go to breakfast at Fenney Grill every Thursday.

“I started to laugh again,” she said.

Nettie said she still feels guilty about her inability to help take care of Bruce at home, regardless of his decline. However, time and the levity of the widows’ group have allowed her to begin healing.

She encourages other caregivers who have experienced something similar to join a support group around them.


“I don’t want to see anyone go through what I went through,” Nettie said. “Give yourself time, but get out there.”

For more information on statistics or caregiver resources, go to the Alzheimer’s Associations Caregiver Support page at alz.org.

Senior writer Taylor Strickland can be reached at 352-753-1119, ext. 5334, or taylor.strickland@thevillagesmedia.com.

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