



Health story tips
and questions: Call
352-753-1119 ext. 5374

Healthextra

UF Health Hospitals Receive Quality Award, C2

Fitness: Strength training boosts seniors in The Villages in more ways than just one. **C4**

Medicine: A new pill for postpartum depression has been approved by U.S. health officials. **C7**

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 renowned hospital system and research university. Here is a roundup of health and medical happenings this week, compiled by Daily Sun Senior Writer Taylor Strickland.

From The Villages Health Doctors

Some people don't feel thirsty even when they're dehydrated, said Kristen Hubbard, population health supervisor and registered dietitian for The Villages Health. Regardless, she recommends that people keep water with them at all times. "Carrying an insulated water bottle while on the go, in the golf cart, on the pickleball court or wherever is helpful," she said. Even at home, placing bottles or glasses of water throughout the house can be a good reminder to take a drink. There also are time-marked water bottles or bottles with encouraging words to remind people to hydrate.

From Local Health Researchers

UF Health researchers tested gene editing on mice to successfully treat cone-rod dystrophy 6, a disorder characterized by vision loss and light sensitivity. Researchers used a technique called "ablate and replace," which involves cutting the malfunctioning gene out and delivering a healthy version to replace it. The results in mice proves the technique could work for humans, said Shannon E. Boye, associate division chief for cellular and molecular therapy in the College of Medicine's department of pediatrics. However, more funding is needed before future research can be done.

At The Villages Health Learning Center

"Hearing loss isn't just about hearing," said Dr. Al Turri, audiology director at The Villages Health. "Tons of studies show hearing loss has an impact on cognitive decline. It's the number one modifiable risk factor for dementia." Turri will host a seminar about the connection between hearing and brain health from 9:30-11 a.m. on Aug. 24 at Lake Deaton Care Center. His next seminar will feature the latest research from The Lancet and the Alzheimer's Association, which shows hearing aids can reduce risk of cognitive decline by half. To register, go to tinyurl.com/yc7y2ybe.

The Villages
Health

The Villages Health opened its doors in 2012 with the goal of putting the focus back on patients. It includes seven primary, and two specialty, care centers in the community.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

1

In addition to individual counseling sessions, SHINE (Serving Health Insurance Needs of Elders) hosts a monthly group presentation called "Understanding Medicare." The next presentation is 1 p.m. Wednesday at Aviary Recreation. No registration necessary. All are welcome to attend.

2

Aviv Clinics invites guests to learn tips and strategies to stay physically, mentally and emotionally fit in "Fighting Aging from Every Angle," a lively panel discussion held 10-11:30 a.m. Aug. 15 at Palmer Legends Country Club at 1635 Palmer Way. Register at tinyurl.com/38kycwrx.

3

Sixty-six percent of dementia caregivers report a chronic health condition, according to the Alzheimer's Association's annual report, and 29% report depression. Caregivers can call the 24/7 helpline at 800-272-3900 for support or go to alzprogramsanytime.org for on-demand resources.

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 (tinyurl.com/UFVillagesResearch).

DAY TRIPS - See website for a full list + details & booking!

John's Pass & Mazzaro's Italian Market | \$47... *Villager Favorite* Aug. 24, Oct. 12, Nov. 9
Tarpon Springs Dolphin Adventure Island Cruise | \$71... *Villager Favorite* Sept. 7 & Oct. 27
Polynesian Luau & Fire Dinner Show - Daytona Beach, FL | \$89... *Villager Favorite* Sept. 16 & Oct. 14
Florida Holocaust Museum & St. Pete Pier | \$67 Thurs. Sept. 21
Sew Magical Expo - Orlando, FL | \$39 Fri. Sept. 22
Titanic First Class Dinner Gala Experience | \$115 Sat. Sept. 23
St. Armand's Circle Art Fest & Craft Market - Sarasota, FL | \$45 Sat. Sept. 30
Oktoberfest at World Equestrian Center - Ocala, FL | \$88 Sat. Sept. 30
"Tootsie" Show & Buffet Lunch | \$110 Sun. Oct. 8
EPCOT Food & Wine Festival | \$44 Fri. Oct. 13
Cirque + Walt Disney "Drawn to Life" at Disney Springs | \$174 Thurs. Oct. 26
"BEETLEJUICE" - The Straz Tampa | \$149 Sun. Oct. 29
Dali Alive 360° - Salvador Dali Museum & The St. Pete Pier | \$86 Thurs. Nov. 2

DAY TRIPS - See website for a full list + details & booking!

HOLIDAY TRIPS AVAILABLE FOR BOOKING! (more on workmantravel.com)

Ocala Holiday Craft Show - World Equestrian Center | \$49 Sat. Nov. 18
Cirque Dreams Holidaze - St. Petersburg, FL | \$101 Tues. Nov. 21
Thanksgiving Dinner Aboard Yacht Starship - Tampa Bay | \$189 Thurs. Nov. 23
ICE! at Gaylord Palms "Charlie Brown Christmas + Cirque Show | \$86... Wed. Dec. 6
Bok Tower Gardens "Home for the Holidays" (lunch included) | \$72 Fri. Dec. 15

MULTI-DAY TRIPS

- **SPLENDID SIGHTS OF SAVANNAH, GEORGIA**
OCTOBER 17-19, 2023
- **NEW! NASHVILLE-MUSIC CITY, TENNESSEE**
OCTOBER 30-NOVEMBER 3, 2023
- **FORT MYERS MURDER MYSTERY DINNER TRAIN OVERNIGHT - Merry Little Murder**
NOV. 30-DEC. 1, 2023



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