



Health story tips
and questions: Call
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Healthextra

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FEATURING
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Local Groups Offer Support to Amputees, C2

COVID-19: National and local institutions are researching lasting COVID symptoms. **C3**

Skin Cancer: Get your skin checked and protect yourself against sun exposure this summer. **C4**

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

Both the acts of cooking and following recipes can improve cognitive function while creating delicious food to enjoy, said Kristen Hubbard, population health supervisor and registered dietitian for The Villages Health. Registered dietitians conduct basic cooking demonstrations within several of The Villages Health care centers. Go to thevillageshealth.com. There are additional resources available in the community, including The Villages Show Kitchen inside The Market at Sawgrass Grove. To sign up for a cooking demonstration, go to tinyurl.com/mrfkure5.

From Local Health Researchers

Researchers from the University of Florida are applying the power of artificial intelligence to study Florida's high HIV transmission rate. According to the Florida Department of Health, more than 4,000 people each year were diagnosed with HIV in the past decade, and more than 120,000 Floridians have HIV. Backed by a \$3.7 million National Institutes of Health grant, the study will use UF's HiPerGator 3.0 to comb through medical records in an effort to shed light on health care barriers that leave many Floridians without access to effective HIV treatment.

At The Villages Health Learning Center

Staying connected and participating in social activities helps to maintain brain health, said Kari Walker, population health specialist for The Villages Health. To encourage more social connections, The Villages Health Learning Center is inviting local residents to a fun Bingo class from 2 to 3 p.m. Aug. 21 at Brownwood Care Center. Register at tinyurl.com/2whetuaf. Another opportunity for connection includes a cooking class from 9 to 10 a.m. Aug. 30 at Creekside Care Center. To register for the interactive, small group session that "combines fun with food" go to tinyurl.com/46fxav9u.

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

The Sumter County Health Department urges residents to take precautions in extreme heat. Do not leave children, vulnerable individuals or pets unattended in vehicles. Temperatures inside parked cars can rise rapidly, even with the windows slightly open, and can be life threatening.

2

Need visual impairment services? The Visually Impaired Persons support group in The Villages meets at 1 p.m. the first Thursday at Bridgeport Recreation. Call 352-391-4586. The Visually Impaired Games club meets at 1 p.m. the second Thursday at Laurel Manor Recreation. Call 386-867-0284.

3

Neurosurgeon, eight-time Ironman Triathlete and Villager Dr. Joseph Maroon will share his tips for "How to Die Young as Late as Possible" in a seminar scheduled for 1 p.m. Aug. 22 at New Covenant United Methodist Church on 3470 Woodridge Drive. Register at tinyurl.com/yyfu4wu4.

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).



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Complimentary Seminars Held In Or Near The Villages® Community

Things You Need to Know About Estate Planning 3rd Wednesday of the month, 4pm

The Villages Sumter County Service Center - Pinellas Plaza Library
7375 Powell Road, Room 102, Wildwood, FL 34785

Learn About:

- VA Benefits
- Probate Avoidance
- Trusts
- Guardianships
- Nursing Home Benefits
- Changes to Florida Law
- Wills
- and much more!

Questions and Consultations are ALWAYS Complimentary

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