



Health story tips  
and questions: Call  
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# Healthextra

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## When Temperatures Rise, So do Medical Risks, C3

**Skin Cancer:** Florida dermatologists warn how to spot the cancer that killed Jimmy Buffett. **C4**

**Vaccines:** Updated COVID shots are coming as part of a trio of vaccines to block fall viruses. **C8**

## 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

There is good news when it comes to brain health, said Kari Walker, population health specialist for The Villages Health. "Exercise increases neuroplasticity in the brain," Walker said. "If the overall health of our brain is largely dependent on the health of the blood vessels, that means we have a lot of control through diet and exercise." Research is starting to show that certain brain exercises stimulate different parts of the brain. For instance, the temporal lobe plays a major role in memory and can be stimulated by learning new skills, aerobic exercise, word games or listening to music.

### From Local Health Researchers

UF researchers have created a chemical compound, known as YX968, to help cells dispose of proteins that cause cancer cells to grow. "We found that YX968 was quite potent, meaning only a small amount was needed to achieve the desired effect of degrading proteins, and highly selective, meaning it was very specific in targeting two enzymes," said Daiqing Liao, associate professor in the department of anatomy and cell biology in the UF College of Medicine. Researchers will test the compound on animals next, followed by human trials in hopes of developing new treatment.

### 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." Hearing aids were found to reduce the rate of cognitive decline by almost 50% over three years, according to a 2023 Lancet study. To help patients make the best decision before buying their next pair of hearing aids, Turri is hosting a free Hearing Aids 101 seminar from 9:30-11 a.m. Thursday at Lake Deaton Care Center. Go to [tinyurl.com/yck52y9w](https://tinyurl.com/yck52y9w) to register.

The Villages  
Health

The Villages Health opened its doors in 2022 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 Villages Health Patient Support Center can assist patients with tasks such as appointment scheduling, communicating with the clinical team, medication refills, handling referral requests and assisting with the patient portal. It can be reached at 1-844-TVH-WELL (884-9355).

2

The local Serving Health Insurance Needs of Elders group has a free monthly "Understanding Medicare" presentation, during which representatives from SHINE explain the details of Medicare coverage to the newly enrolled. This month's presentation is 1 p.m. Wednesday at Aviary Recreation.

3

Join TLC for a virtual presentation called "Ask TLC: Living a Balanced Life" from 10-11 a.m. on Thursday, when licensed mental health professionals discuss ways to identify strength and opportunities for growth. Register at [tlc-services.org](https://tlc-services.org) by going to the events page.

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

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

#### DAY TRIPS

Sew Magical Expo - Orlando, FL   \$39	Fri. Sept. 22
Solomon's Castle - Tour & Dinner   \$94	Tues. Oct. 10
EPCOT Food & Wine Festival   \$44	Fri. Oct. 13
Ghost Tour - St. Augustine, FL   \$68	Fri. Oct. 20
Dine & Shop - Downtown Winter Garden + Lakeridge Winery   \$45	Wed. Oct. 25
Dali Alive 360° - Dali Museum & St. Pete Pier   \$86	Thurs. Nov. 2
Kennedy Space Center   \$114	Wed. Nov. 8

#### BOAT TOURS

Dolphin Discovery Boat Tour & New Smyrna Beach   \$68	Thurs. Oct. 19
The Best of Tampa - Boat Tour & Armature Works   \$91	Tues. Oct. 24
Space Coast River Tour & Lunch at Dixie Crossroads   \$84	Sun. Nov. 5

#### FALL FESTIVALS

St. Armand's Circle Art Fest & Craft Market - Sarasota, FL   \$45	Sat. Sept. 30
Winter Park Autumn Art Festival   \$36	Sat. Oct. 7
Cedar Key Seafood Festival   \$47	Sat. Oct. 21
Mount Dora Annual Craft Fair   \$26	Sat. Oct. 28

#### SHOWS you don't want to miss!

Winter Park Lunch & Play "Ruthless!"   \$73	Thurs. Oct. 5
"Tootsie" Show & Buffet Lunch   \$110	Sun. Oct. 8
Cirque + Walt Disney "Drawn to Life" at Disney Springs   \$174	Thurs. Oct. 26

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

#### SHOWS you don't want to miss! Continued

Mannheim Steamroller Christmas at Van Wezel - Sarasota, FL   \$124	Sun. Nov. 19
"Funny Girl" - The Straz Tampa   \$150	Sun. Dec. 3
Mount Dora Lunch & Play "Grumpy Old Men"   \$64	Sat. Dec. 9

#### HOLIDAY TRIPS AVAILABLE FOR BOOKING:

(more on <a href="https://workmantravel.com">workmantravel.com</a> )	
Grandview Clydesdale Tour & Dinner   \$147	Nov. 17 & Dec. 8
Ocala Holiday Craft Show - World Equestrian Center   \$49	Sat. Nov. 18
Thanksgiving Dinner Aboard Yacht Starship- Tampa Bay   \$189	Thurs. Nov. 23
ICE! at Gaylord Palms "Charlie Brown Christmas" + Cirque Show   \$86	Wed. Dec. 6
Evening at Disney Springs (Christmas Tree Trail)   \$42	Thurs. Dec. 7

### MULTI-DAY TRIPS

• **TAKE \$75 OFF, USE CODE: NASHFALL,**  
NASHVILLE MUSIC CITY, TN  
OCT 30-NOV 3, 2023

• **FORT MYERS**  
MURDER MYSTERY DINNER  
TRAIN OVERNIGHT...  
"Merry Little Murder"  
NOV. 30-DEC. 1, 2023

• **NEW ORLEANS & THE EMERALD COAST**  
FEB 26 - MAR 1, 2024



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