



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

HealthExtra

Diagnosing, Treating and Living With COPD, C9

Vitamins: When taken with a balanced diet, supplements can play a vital role in health. **C4**

Atopic dermatitis: Adult eczema often occurs on areas of the body prone to friction or sweat. **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 Summer Jarro.

From The Villages Health Doctors

The Villages Health is hosting a hiring event from 9:30 a.m. to 1:30 p.m. Friday at Lake Deaton Care Center, 779 Kristine Way, to find more people to be a part of its patient-centered mission. People will have the opportunity to meet the hiring managers and learn more about The Villages Health. Roles it looks to fill include medical assistant, licensed practical nurse, patient support operator, new patient advisor and more. People are encouraged to bring their resumes. For more information on The Villages Health, go to its website at thevillageshealth.com.

From Local Health Researchers

Dr. Craig Curtis, chief medical officer at K2 Medical Research at the Sharon L. Morse Medical Center, hosts weekly seminars about Alzheimer's disease. Seminars typically are at 1 p.m. Tuesdays and Thursdays at Curtis' office at the center, and he discusses during the hour-long event what Alzheimer's disease and dementia is, different forms of dementia, current treatments available and more. "It brings me great joy to help people," Curtis said about the seminars. "The people are very interested." Those interested can call 352-500-5252 to register for a seminar.

At The Villages Health Learning Center

The Villages Health Learning Center offers a variety of events and resources to help residents stay on top of their health, including memory screenings. The memory screenings detect changes in someone's memory and cognition to see if they are related to aging or the start of a more serious memory problem. The 30-minute screening will not diagnose a patient but will help them see how each part of the brain is working. For more information on future screenings, visit thevillageshealth.com/learning-center/. Residents can fill out an interest form to learn more.

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 Villages Homeowners Advocates is hosting the Health & Wellness Expo from 3 to 7 p.m. today at Colony Cottage Recreation. There will be a speaker series on multiple topics including the science of dementia, staying mobile while aging, proper nutrition and more.

2

The Villages Health is hosting a body composition analysis screening class from 11:30 a.m. to 12:30 p.m. Dec. 4 at the Pinellas Care Center. The screening assesses a person's weight, body mass index, body fat percentage, basal metabolic rate, fat mass, fat free mass and more.

3

UF Health Central Florida recently completed its 100th procedure using the WATCHMAN FLX left atrial appendage closure device, which was done at UF Health Leesburg Hospital. The hospital was the first in Lake County to offer the device that helps patients with atrial fibrillation.

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).

Have peace of mind with your Medicare Enrollment for 2024.



Come and stop by our office to review plans in your area!

OPEN HOUSE
November 15 & 21
10am-2pm

Guided Solutions - Freedom Plaza
3990 E SR 44, Suite 205
Wildwood, FL 34785
9:00 am - 5:00 pm

(352) 260-0151 (TTY: 711)

guidedolutions.com/medicare GUIDED SOLUTIONS

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