

Resolutions	C3
Obesity	C4
Mindfulness	C5
Blindness	C6
Amputees	C7
Lead Poisoning	C8



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

HealthExtra

Cooking Fats For Healthy Cholesterol Levels, C4

Christmas Dinner: An expert says gaining weight needn't be a Christmas tradition. **C2**

Amputees: Cat and owner share amputee journey, work with therapy animal non-profit. **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 Health Workers and Associations

The Alzheimer's Association has several resources available for caregivers during the holiday season. The holiday season tends to be a stressful time especially for dementia caregivers. In Florida, about 29% of caregivers feel depressed and 66% have a chronic health condition, according to the Alzheimer's Association's 2023 Facts and Figures report. The holidays can make these situations worse. The Alzheimer's Association Central and North Florida has resources available to help caregivers online at alz.org/cnfl or through the association's 24/7 Helpline at 800-272-3900.

From Local Health Researchers

Researchers with the University of Florida Health Cancer Center connected cancer patients at UF Health with telehealth financial counseling as part of a pilot clinical trial. The trial is a way to address the financial issues patients may have when dealing with medical costs, according to UF Health News. More than 120 patients were randomly placed in individual telehealth financial counseling, group telehealth financial counseling or usual care with educational materials for the trial. A majority of the participants felt counseling was beneficial, according to UF Health News.

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 Marion County Library System and Coping with Dementia LLC have announced another series of free "ABC of Dementia" workshops. The workshops start on Jan. 18 and go until May. For more information or to reserve seats for a workshop, call 352-422-3663 or e-mail deb@coping.today.

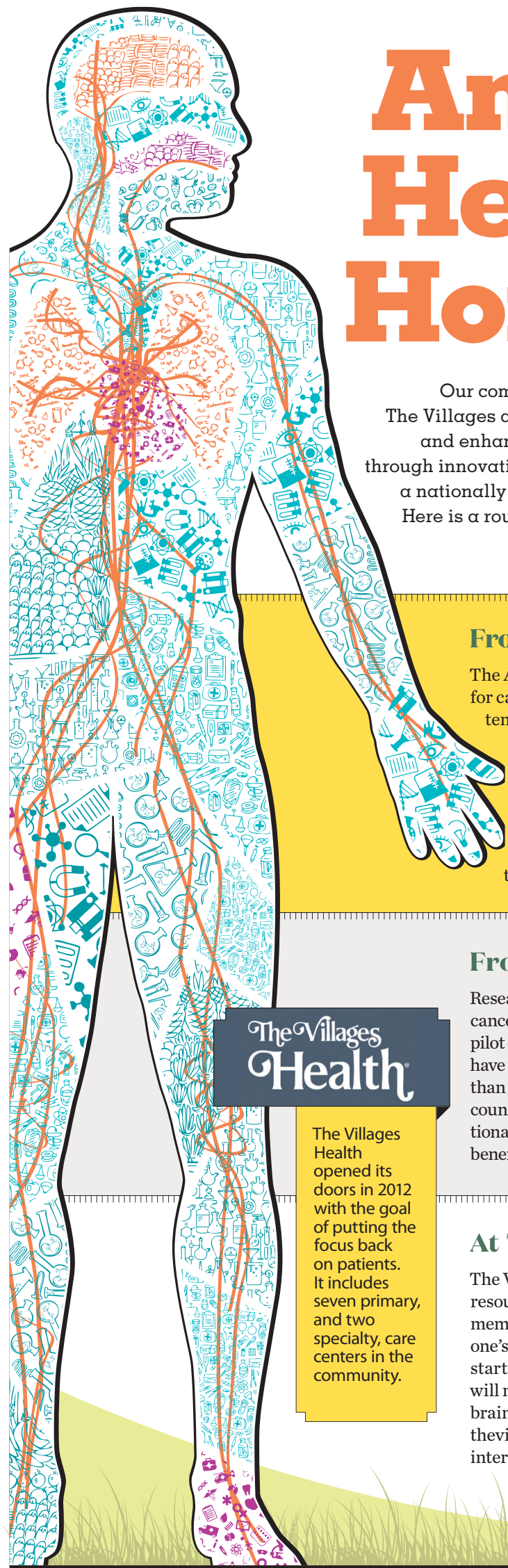
2

Dr. Michael Greger is hosting a ticketed event where he will discuss his book "How Not to Age" at 11 a.m. Jan. 4 at Old Mill Playhouse. At 1 p.m. there will be a book signing at Barnes and Noble in Lake Sumter Landing. For more information, call 352-638-0955.

3

Transition Life Consultants is hosting a four-week in-person educational group that will be held in person from 10 to 11 a.m. Tuesdays starting Jan. 2. The topic is on making friends. Registration is required at tlc-services.org. Go to the events page and click "Join a group."

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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Enjoy Complimentary Lunch & Refreshments!

January 6, 2024
Weight Loss For You!
 Solutions to Lose 20+ lbs Safely!

January 13, 2024
Stem Cell Therapy in The Villages® Community
 for Healing and Recovery Without Use of Drugs or Surgery!

Noon to 2 p.m. @ The Oak Room

Use Code IMI20

Call 248-231-7671 to reserve your spot