



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

# HealthExtra

## Research Supports Idea of Long Cold and Flu, C7

**Fall Colors:** EnChroma is making glasses that enrich color vision for the colorblind. **C3**

**Male Menopause:** Most men have normal testosterone levels, but decreases can occur. **C6**

# 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 Villages Health Staff

The Villages Health has many resources available for the community, including a Medicare Simplified class. In the class, which is free, attendees will get important information to help them better understand Medicare options. The class also gives information on the difference between original Medicare and Medicare Advantage and more. Community members can join the waiting list for the class slated for 10 a.m. Wednesday at The Villages Health Brownwood Care Center. Another class is available at 10 a.m. Jan. 18 at the center. For more information or to register, visit [thevillageshealth.com](http://thevillageshealth.com).

### From Local Health Researchers

The University of Florida College of Dentistry and the East Carolina University School of Dental Medicine are offering a new grant to help young dentists incorporate research into their practices, according to a UF Health press release. The grant is a five-year, \$3.7 million National Institute of Dental and Craniofacial Research grant to support more research between schools. Both universities will work together on the Development of Opportunities for Research project through 2028 in which development and testing will be done on a program that features training in clinical research skills and more.

### At The Villages Health Learning Center

The Villages Health Learning Center is focused on keeping people healthy and has a variety of classes and screenings to help the community get the best information. The Villages Health Learning Center has several featured sessions available this month, including "How to Create Good Habits That Stick" at 3 p.m. Jan. 22 at The Villages Health Pinellas Care Center. Attendees will learn how to develop healthier lifestyle habits. Other session topics include brain health, body composition, reduction of risk of falls and more. For more information, visit [thevillageshealth.com/learning-center](http://thevillageshealth.com/learning-center).

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

UF Health welcomed the first baby of 2024 at 1:44 a.m. Jan. 1 at UF Health Shands Children's Hospital. The baby, named Martinezz, was born at 6 pounds, 13 ounces and 20 inches long. His mother, Maria, and father, Martinezz Sr., were happy to welcome their first child together.

2

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

3

Transition Life Consultants is hosting the presentation "Continuing Your Life's Journey" from 10 to 11 a.m. Thursday. The presentation will go over how to create steps for a fulfilling future. Registration is required at [tlc-services.org](http://tlc-services.org). Go to the events page and click "Attend a presentation."

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

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