

Support	C2
Social Security	C4
Plant-Based	C7
Hobbies	C8
Mammogram	C9
Good Carbs	C10



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

HealthExtra

New Local Senior Facility Prepares for Opening, C6

Trinity Springs: The facility will celebrate 5 years of business with a party open to all. **C5**

Hobbies: A study revealed that people who engage in hobbies have greater satisfaction. **C8**

America's Healthiest Hometown

Our community medical partners are committed to making The Villages a pre-eminent home to quality health care, longevity and enhanced quality of life for seniors. It is a mission crafted through innovative primary care practices, cutting-edge technology, and 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 Local Health Staff

Caregiver stress syndrome, characterized by physical, mental and emotional exhaustion, is a condition Melissa Denham sees often as a dementia care specialist at The Villages Health. Caregivers who neglect their own health and solely focus on their loved one's needs are particularly at risk. "Being a caregiver requires so much of a person, and generally, as their loved one's disease progresses, it takes more and more," Denham said. Solutions include using local resources, like respite care or The Villages Health Dementia Care Coordination Program.

From Local Health Researchers

Charter Research in The Villages is currently conducting trials for Eli Lilly's LY3841136, a weight-management injection medicine. Led by medical director and principal investigator Jeffrey Norton, this Phase 2, double-blind study will test the safety and efficacy of LY3841136 for obese or overweight patients by comparing results between those who receive the medication and those who receive placebo doses. The study is projected to last 64 weeks and may include up to 13 visits to the research center. To sign up or learn more, email ClinicalTrials.gov@lilly.com or call 1-317-615-4559.

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 thevillageshealth.com to register.

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

Dr. Craig Curtis, from K2 Medical Research, is giving a presentation about dementia to the COPD Airheads at 11 a.m. today at SeaBreeze Recreation. It's the group's last meeting before its summer hiatus, which lasts until Sept. 3. All are welcome to attend the presentation.

2

TLC will be hosting a clinical social worker for a free talk called "Concerns with Medication and Alcohol Use" at 10 a.m. May 16 on Zoom. The talk is about the mental health impact of medication and alcohol use. Register at tlc-services.org, Events page, click "Attend a Presentation."

3

In addition to individual counseling sessions, SHINE (Serving Health Insurance Needs of Elders) hosts a monthly group presentation called "Understanding Medicare." The next presentation is 1 p.m. Wednesday at Aviary Recreation. No registration necessary. All are welcome to attend.

Join a Clinical Study: Opportunities to participate in health care research in The Villages include Charter Research (charterresearch.com/open-studies), the UF Health Precision Research Center (tinyurl.com/UFVillagesResearch), and K2 Medical Research (craigcurtismd.com).

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