

Support	C2
Social Security	C4
Diet	C5
Vaccinations	C6
Kidney Disease	C7
Olive Oil	C8



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

HealthExtra

Anti-Inflammatory Diets May Fight Dementia, C5

Vaccine Technology: The DNA sequencing used in the COVID vaccine may help treat cancer. **C6**

Habit Stacking: Pairing a new habit with an established one can help maintain it. **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 Staff Writer Cynthia Farruggia.

From Local Health Staff

On Oct. 5, the green plot of land where polo ponies and players compete will be flooded with pinwheel flowers and purple T-shirts. For the fifth consecutive year, The Villages Health will sponsor the Walk to End Alzheimer's, the world's largest fundraiser for Alzheimer's care and research, at The Villages Polo Club. Held annually nationwide in more than 600 communities, the walk brings people together to help change the future for Alzheimer's patients and their families. If you are interested in donating or joining the team, visit tinyurl.com/bdhhm8c8.

From Local Health Researchers

K2 Medical Research, a privately owned clinical research facility with a location in The Villages, is conducting a study for individuals who may have certain liver conditions. K2 invites you for a free, non-invasive test on your liver. The research facility is looking for participants with certain criteria, including being overweight, having high cholesterol and having diabetes. Participants must be 18 years of age or older. Participation is completely free. Call 352-500-5252 or visit k2med.com/k2thevillages today to learn more about the study and schedule an appointment.

At The Villages Health Learning Center

The Villages Health offers a variety of classes, wellness programs and courses to help keep you healthy. Topics include brain health, cancer prevention, cardiovascular disease and diabetes to name a few. The Learning Center programs are open to patients and non-patients. All visitors have to do to attend is register at thevillageshealth.com/learning-center. If you have any issues registering or need to cancel a reservation, call the Population Health Team at 352-674-1779. On-demand video presentations of many of the same topics also are available at thevillageshealth.com.

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 SHINE (Serving Health Insurance Needs of Elders) "Understanding Medicare" group talk, which is aimed at those turning 65, will be presented at 1 p.m. Wednesday at Aviary Recreation, 5748 Morse Blvd. For more information, visit floridashine.org or call 800-963-5337.

2

Have questions about hearing aids? Join Dr. Al Turri, director of audiology at The Villages Health, for his upcoming seminar on the subject. The event is from 9:30 to 11 a.m. Thursday at The Villages Health Lake Deaton Care Center. Register at thevillageshealth.com/learning-center.

3

The CDC recommends everyone ages 6 months and older receive an updated 2024-25 COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 this fall and winter. The vaccine is recommended whether or not a person has been previously vaccinated for COVID-19.

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).

THE 2024 GENESIS GV80 2.5T AWD

\$619

per month for 24 months + tax \$5,999 due at signing



Jenkins Genesis of Leesburg
10234 US-441, Leesburg, FL
352-360-7070
JenkinsGenesisofLeesburg.com

Lease a 2024 GV80 2.5T AWD 2.5L 4-CYL AUTOMATIC TRANSMISSION (V0422A45) for \$619 per month for 24 months with \$5,999 due at lease signing. Excludes registration, tax, title and license. Closed end lease for 2024 GV80 2.5T AWD 2.5L 4-CYL AUTOMATIC TRANSMISSION (V0422A45) available from 9/4/2024 and 9/30/2024, to well-qualified lessees approved by Genesis Motor Finance. Not all lessees will qualify. Higher lease rates apply for lessees with lower credit ratings. Offer shown based on \$5,999 due at lease signing (includes \$619 first payment and \$5,380 capitalized cost reduction). No security deposit required. MSRP \$59,050 (includes destination, excludes tax, license, title, registration, documentation fees, options, insurance and the like). Offer includes application of \$5,250 in Lease Cash resulting in a net capitalized cost of \$48,978. Net capitalized cost includes \$750 acquisition fee. Dealer contribution may vary and could affect actual lease payment. Total monthly payments \$14,854. Option to purchase at lease end \$39,564. Lessee is responsible for third-party fees. Third-party fees vary by state or locality. Lessee is also responsible for insurance, maintenance, repairs, \$25 per mile over 12,000 miles/year, excess wear, and a \$400 disposition fee. Disposition fee of \$400 applies in all states except in CO, IN, IA, KS, ME, OK, SC, WI, WV, and WY, where disposition fee is subject to state law limitations. CO, IA, KS, ME, OK, WV, and WY: The amount of 2 times the base monthly lease payment or \$400, whichever is less. IN and SC: The amount of 3 times the base monthly lease payment or \$400, whichever is less. WI: The amount of the base monthly lease payment or \$400, whichever is less. Must take new retail delivery on vehicle from dealer stock by 9/30/2024. Special Retail Balloon offer also available in the states of AL, AR, LA, MS, NM, OK, TN, TX. See your local Genesis dealer for details.