

Support	C2
Social Security	C4
Positive Aging	C5
Coffee	C6
Muscles	C7
Heart Health	C8



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

# HealthExtra

## In Moderation, Coffee Can Be Good for You, C6

**'Dead Butt Syndrome':** The preventable disorder weakens gluteal muscles, leading to pain. **C7**

**Heart Health:** A study found that increased well-being can reduce cardiovascular risks. **C8**

# 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

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

Walk For A Cure is the American Cancer Society's newest cancer awareness walk and fundraiser. The event merged past fundraising events into one community 5K cancer walk. This year's walk will be from 8 to 11 a.m. Saturday at The Villages Polo Club. It will feature vendors, a kids' zone, opportunities to honor those who have lost their battle or are battling cancer, several photo opportunities and live entertainment. Proceeds go toward funding cancer research and the American Cancer Society's support services. Register at [tinyurl.com/ymwyc42](http://tinyurl.com/ymwyc42) or call 1-800-227-2345.

### At The Villages Health Learning Center

The Villages Health is offering the Virtual Dementia Tour from 8 to 8:30 a.m. Oct. 25 at the The Villages Health Brownwood Care Center. This is an interactive experience that allows participants to simulate 10 minutes in the life of someone with dementia to foster better understanding of life with dementia. The Virtual Dementia Tour is a scientifically proven method of building a greater understanding of dementia through the use of patented sensory tools and instruction. The Virtual Dementia Tour is free. Register at [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

Prostate Cancer Education and Support Group in The Villages will meet at 7 p.m. Oct. 2 at Laurel Manor Recreation. A pre-recorded video of Dr. Mark Scholz will be presented with small group discussion to follow. Meetings are free and open to all. See [villagespcg.weebly.com](http://villagespcg.weebly.com).

2

SHINE (Serving Health Insurance Needs of Elders) is increasing its counseling sites during the Medicare Open Enrollment period, Oct. 15 through Dec. 7, so enrollees can be assisted with this annual opportunity to make changes. See [floridashine.org](http://floridashine.org) or call 800-968-5337.

3

The Alzheimer's Association offers support programs for all people affected by Alzheimer's and dementia. They have a 24/7 Helpline by calling 800-272-3900, which is staffed by experts providing information and advice. For more on this and other programs visit [alzprogramsanytime.org](http://alzprogramsanytime.org).

**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)), the UF Health Precision Research Center ([tinyurl.com/UFVillagesResearch](http://tinyurl.com/UFVillagesResearch)), and K2 Medical Research ([craigcurtismd.com](http://craigcurtismd.com)).

## Find out why people say this is the BEST Annuity Workshop they have attended!

You must attend this Workshop BEFORE investing in Annuities or if you have one that is not performing. In layman's terms we will address:

- Annuities that sound "too good to be true"
- Your rightful concerns about Annuity Companies offering huge parties & gifts... those parties & gifts are NOT free!
- Learn the good and "not-so-good" about Annuities BEFORE investing

At Securenet Financial LLC, we're committed to education and fostering trusted growth. We're here for YOU. Come learn and have some fun!

*This is a complimentary educational Workshop, no products will be presented or sold.*

### Annuity Educational Workshop

Thursday, October 3 @ 11:00 AM  
at PRIMA STEAKHOUSE

**Complimentary Lunch will be Served!**

**RSVP  
REQUIRED**

Seating is Limited  
-- REGISTER NOW,  
this event fills up  
FAST!

Call  
(352)  
244-9138



SCAN TO REGISTER ONLINE  
[securenetfinancial.com/events](http://securenetfinancial.com/events)



Annuities are some of the most misunderstood investment options for Retirees. Come find out why!

**Securenet**  
Financial, LLC.

Speaker:  
Steve Schneider, CEO, MBA  
Securenet Financial, LLC

