

Social Security	C2
Senior Services	C2
Support	C3
Positive Aging	C4
Meditation	C6
Brain Health	C8



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

HealthExtra

How Can Diet Decisions Impact Brain Health, C8

Consumer safety: We may be absorbing toxic chemicals from food packaging. **C5**

New Study: Having high cholesterol levels doesn't always lead to heart disease. **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 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 Staff Writer Garrett Shiflet.

From Local Health Staff

Some people don't feel thirsty even when they're dehydrated, said Kristen Hubbard, population health manager and registered dietitian for The Villages Health. Regardless, she recommends people keep water with them at all times. "Carrying an insulated water bottle while on the go, in the golf cart, on the pickleball court or wherever is helpful," she said. Even at home, placing bottles or glasses of water throughout the house can be a good reminder to drink. There are also time-marked water bottles or bottles with encouraging words to remind people to hydrate.

From Local Health Researchers

The Alzheimer's Association is hosting its annual End Alzheimer's Walk in The Villages at 8 a.m. Saturday at The Villages Polo Club. The event has set a fundraising goal of \$234,000. The event's site shows nearly 700 participants have registered. Proceeds from the walk go to help fund Alzheimer's disease research and support efforts of the association. The event is being sponsored by multiple groups in the community such as Realty Executives in The Villages, Home Instead, Charter Research Rotary Club of The Villages. To register or donation, visit tinyurl.com/2pkayrbm.

At The Villages Health Learning Center

The Villages Health is offering a class titled "Understanding Alzheimer's and Dementia" at 2 p.m. Oct. 15 at The Villages Health Mulberry Grove Care Center. The Villages Health staff will present facts and resources about Alzheimer's disease and the difference between it and dementia. According to the Centers for Disease Control and Prevention website, Alzheimer's disease is a Top 10 leading cause of death in the United States and is the sixth-leading cause of death in ages 65 years and up. For more information visit 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

The American Foundation for Suicide Prevention is hosting its Out of the Darkness Walk at 10 a.m. Oct. 19 at Lake Okahumpka Park in Wildwood. The walk has a fundraising goal of \$15,000 with funds going towards suicide prevention efforts. The public can donate or register for the walk at tinyurl.com/4wr66tpt.

2

The Centers for Disease Control and Prevention is urging the public to obtain seasonal flu vaccines. The CDC has an online explains benefits of vaccination, clears away misconceptions and flu risks for people 65 years or older. For more information visit cdc.gov/flu/prevent/.

3

Transition Life Consultants (TLC) Services is hosting an online show through Zoom from 10 to 11 a.m. Oct. 10 called "Navigating Relationships with Adult Children". The registration is required to receive a Zoom link. Registration is online at tlc-services.org under the Events and Information page.

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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