

Support	C2
Social Security	C4
Mental Health	C5
Glucose	C6
Stretching	C8
Balance	C10



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

HealthExtra

New Glucose Monitors Are Not Just for Diabetics, C6

Hearing and Vision Loss: A study found these factors can impact cardiovascular health. **C7**

Food Recalls: Better regulation, tech and allergin awareness are affecting the increase. **C11**

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 Garrett Shiflet.

From Local Health Staff

Transition Life Consultants Services is offering a live Zoom seminar from 10 to 11 a.m. Nov. 14 titled "Coping with Grief During the Holidays: Strategies for Healing and Hope." TLC Services is a local 501(c)(3) organization made up of retired social workers, therapists and psychologists that offers services to the community such as free education and one-one-one counseling. Registration is required to acquire a link to seminar. To register or learn more, visit tlc-services.org. Questions regarding registration or the event can be made to groups@tlc-services.org.

From Local Health Researchers

The UF Health has announced that its researchers have been awarded about \$11.8 million in grants from the National Institutes of Health to study antibiotic resistant bacteria. According to the announcement, UF will be leading the investigative study alongside six other hospitals and universities including St. Jude's Children's Research Hospital in Memphis, Tennessee, and the University of Central Florida. The study is meant to assess how antibiotics and the bacteria interact in order to understand "superbug" bacteria that have formed resistance.

At The Villages Health Learning Center

The Villages Health Learning Center hosts a variety of courses, seminars and programs, both in-person and online, to help a wide variety of ailments. Registration is currently available for the online webinar "Creating Dementia Friendly Holidays" from 10 to 11 a.m. Nov. 13. The webinar is meant to help caregivers with tips and resources regarding the high-stress of the holiday season and dealing with negative emotions as a caregiver. To sign up for the webinar and to see other opportunities with The Villages Health Learning Center, visit 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 Centers for Disease and Control and Prevention has put out a Food Safety Alert about E. coli infections that have been linked to McDonald's Quarter Pounders, infecting 49 people in 10 Western states. The situation is under investigation. More information is available at cdc.gov.

2

Dr. Sujata Balulad from Cardiac Rhythm Specialists is hosting an informational seminar titled "Atrial Fibrillation & Watchman" from 10 a.m. to 2 p.m. Nov. 9 at the Panera Bread in Lake Sumter Landing. Residents can RSVP by emailing chandicam@thehrs-care.com.

3

The Conference for Prostate Cancer Patients & Caregivers from Jan Manarite & YourPC.help is scheduled to take place from 8:30 a.m. to 4:30 p.m. Nov. 9 at The Brownwood Hotel & Spa. The event is free. More information can be found at tinyurl.com/44aymaby.

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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