



Health story tips
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HealthExtra

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Lifestyle Factors Can Help Keep Your Brain Sharp, C6

Walking: The exercise, especially with minor modifications, is very beneficial to health. **C8**

AI and Meal Plans: If handled with caution, the technology can make finding meals easier. **C9**

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 Managing Editor Lauren Richardson.

From Local Health Staff

Serving Health Insurance Needs of Elders' next "Understanding Medicare" group presentation is from 1 to 3 p.m. Wednesday at Aviary Recreation, 5748 Morse Blvd. The upcoming presentation will help seniors turning 65 learn more about Medicare. SHINE volunteers offer free health insurance counseling and meet with residents in The Villages at Lake Miona, Eisenhower and Chula Vista recreation centers. Find counselors from 9 to 11:30 a.m. the second and fourth Tuesdays at Lake Miona, 9 to 11:30 a.m. the first and third Wednesdays at Eisenhower, and 3 to 5:30 p.m. the first and third Fridays at Chula Vista.

From Local Health Researchers

University of Florida researchers have created a new artificial intelligence tool that can generate a map of the brain like never before seen. The high-resolution, 3D map allows researchers to get a closer look at the molecules that produce energy for brain functions. The MetaVision3D tool helps scientists gain a more comprehensive understanding of the role of metabolism in neurodegenerative disorders, including Alzheimer's disease. According to UF Health, researchers could integrate the tool with MRI imaging and genetic analyses to develop treatments that target specific areas of the brain.

At The Villages Health Learning Center

People can learn more about hearing aids at The Villages Health's upcoming class "Hearing Aids 101: Everything You Wished You Knew Before You Bought Hearing Aids." Dr. Al Turri, The Villages Health's director of audiology, will lead the class. Attendees can ask all of their questions at the seminar before purchasing their next pair of hearing aids. The class is from 9:30 to 11 a.m. Thursday at Lake Deaton Care Center, 779 Kristine Way. To sign up for "Hearing Aids 101" or find other opportunities with The Villages Health Learning Center, visit thevillageshealth.com.

THIS WEEK'S FITNESS GOAL

Endurance: Aim for at least 150 minutes a week of moderate-intensity activities that make you breathe hard, such as brisk walking, dancing or swimming.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

1

Moving Day in The Villages has passed, but donations are still welcome. Moving Day is the Parkinson's Foundation's flagship fundraising event for Parkinson's outreach, education and research. Donations can be made through June 30 at movingdaywalk.org/event/the-villages-fl.

2

Tree pollen levels are high as Central Florida hits the peak of spring allergy season. The top pollen-producing trees, according to the National Allergy Bureau, are oaks, certain pines and bayberry. Visit pollen.aaaai.org/#/ and click on the USF station to check levels in Central Florida.

3

Local residents can take part in The Villages Health's bingo game Wednesday. The game will give participants an opportunity to mingle with a few social breaks. Bingo runs from 11 a.m. to noon at the Eastport Care Center, 1346 Dewey Drive in The Villages. Register at thevillageshealth.com.

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 (craigcurtisemd.com).

WHAT'S IN YOUR WATER?

Is your water safe? Go to EWG's Tap Water Database. www.ewg.org/tapwater
Simply enter your zip code to get your municipal water report.



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