



Health story tips  
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# HealthExtra

SECTION

C

FEATURING  
INSIDE

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## Add Fun to Fitness With Cardio Drumming, C6

**Acoustical Guitar Club:** The group gathers for jam sessions weekly at Paradise Recreation. **C7**

**Vitamin K:** It is needed to properly support bone strength and reduce plaque buildup. **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 Daily Sun staff writer Brea Jones.

### From Local Health Staff

Transition Life Consultants, TLC, is a nonprofit of retired volunteer therapists providing a variety of free counseling to seniors in The Villages and surrounding communities. Join the upcoming Ask TLC, an online presentation meeting, for the "Everything You Wanted to Know About Caring Neighbors" presentation. Anne Bosler, founder and president of Caring Neighbors, will discuss how the community-driven program began during the Zoom meeting, which runs from 10-11 a.m. on July 10. Visit [tlc-services.org](http://tlc-services.org) to register for the upcoming meeting or to find out more about what TLC offers.

### From Local Health Researchers

Over 580,000 of Florida's seniors 65 and up have Alzheimer's disease. Charter Research, a research institute with a location in The Villages, is looking for what contributes to the progression of the disease and ways to slow it with their Alzheimer's Tau Protein Study. Abnormal tau tangles are linked with Alzheimer's disease. The new phase one study will test the first potential tau protein-targeting treatments, which seek to repair the damage done to the protein in the brain. To learn more, or sign up to schedule your assessment for the study, see [charterresearch.com](http://charterresearch.com) or call 352-441-2000.

### At The Villages Health Learning Center

Half of all Americans 65 and up have prediabetes, according to the Centers for Disease Control and Prevention. Risk factors that make an individual more likely to develop prediabetes include being active less than three times a week, having a close relative with diabetes, being overweight or being from a minority background. Local residents can learn about prediabetes and how to prevent Type 2 Diabetes from forming during an educational seminar hosted by The Villages Health. The live online class is 11 a.m. to noon Monday. Go to [thevillageshealth.com](http://thevillageshealth.com) to sign up for the class.

### THIS WEEK'S FITNESS GOAL

**Flexibility:** Exercising and stretching can help you to move more freely. Remember to stretch when your muscles are warmed up and consider incorporating yoga into your daily life.

### LOCAL EVENTS

### BOOST YOUR HEALTH I.Q.

1

Learn more about Medicare with the Serving Health Insurance Needs of Elders (S.H.I.N.E) program. Join Understanding Medicare from 1-3 p.m. July 9 at Aviary Recreation, located at 5748 Morse Blvd., The Villages. For more details, call 800-262-2243 or email [shine@agingresources.org](mailto:shine@agingresources.org).

2

The Villages VIP is a support group for the visually impaired and blind that provides space for community and brings guest experts. The club's next meeting is from 1-2:30 p.m. July 3 at Bridgeport Recreation, located at 1670 Lake Miona Dr., The Villages. See [villagesvip.org](http://villagesvip.org) to learn more.

3

It's important to stay hydrated during the summer. The exact amount of water people should drink depends on multiple factors, but, generally speaking, the U.S. National Academies of Sciences, Engineering and Medicine says women should drink about 2.7 liters a day while men should drink 3.7.

**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)).

## Upgrade your medical care.



Troy Rachael, MD



Teresa Horst, MD



Miguel Mantilla, MD



Phuong Thi Tran, MD



Thumati Jagalur, MD



Obie Ramsay, MD

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PLANS

