



Health story tips  
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# HealthExtra

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## Step Toward Health With Walk Away The Pounds, C6

**Cardio Dancers:** The Cardio Dance Par "T" group meets Tuesdays to stay fit and have fun. **C7**

**Dear Rusty:** Reasons why veterans may want to have both Medicare and VA healthcare. **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 Brea Jones.

### From Local Health Staff

Kimberly Smith is one of the certified diabetes care and education specialists at AdventHealth Waterman who helped care for more than 6,400 patients with diabetes in 2024. The hospital, in Tavares, was one of 36 hospitals across 12 states named a Recognized Leader in Caring for People Living with Diabetes. The award, designated by the American Diabetes Association (ADA) is in partnership with The Leapfrog Group, a nonprofit patient safety organization. AdventHealth Waterman received this award by exceeding standards in comprehensive blood glucose monitoring and more.

### From Local Health Researchers

The University of Florida Health, in The Villages and Gainesville, conducted a study with 800 independent older adults with an average age of 76 to determine how circadian rhythms contribute to health and resilience. The study, funded by the National Institute on Aging, found that older adults with earlier and more consistent daily activity patterns had better heart and lung fitness than those who didn't. While the study, published in Medicine & Science in Sports and Exercise, doesn't prove causation, researchers say the results are promising and more research is needed.

### At The Villages Health Learning Center

Exercise can have many benefits including boosting brain function, memory and balance. Get your balance back or take your balance to the next level when you work out with the Matter of Balance Alumni Exercise Group. Learn stretches that can improve strength, flexibility and balance from 3 to 4 p.m. Thursday at The Villages Health Creekside Care Center, 1050 Old Camp Road, Building 100 in The Villages. The recurring class, which meets every Thursday, is open to all who are interested in learning but designed for graduates of the Matter of Balance program. To sign up for the class or find other courses, visit [thevillageshealth.com](https://thevillageshealth.com).

### THIS WEEK'S FITNESS GOAL

**Balance:** Improving balance can prevent falls. Try activities such as tai chi, getting up from a chair without using your hands or arms, standing on one foot or walking heel-to-toe.

### LOCAL EVENTS

### BOOST YOUR HEALTH I.Q.

1

If you wear hearing aids, remember to prepare for hurricane season by getting four weeks of batteries for your hearing device and waterproof containers to store the batteries and listening devices. Sign up for the local emergency notification systems including AlertSumter, AlertLake and Alert Marion.

2

With car temperatures being able to reach 135 degrees in less than 10 minutes as the summer sun warms up, medicines such as antibiotics, cholesterol-lowering drugs and more should not be left in high temperature reaching areas. To learn more search "The Sun and Your Medicine" at [fda.gov](https://fda.gov).

3

Learn if you are experiencing symptoms of dementia and ways it differs from normal aging during the "Is It Dementia or Normal Aging" class from 2:30 to 3:30 p.m. Wednesday at the Creekside Care Center, 1050 Old Camp Road, Building 100 in The Villages. Sign up for the class at [thevillageshealth.com](https://thevillageshealth.com).

**Join a Clinical Study:** Opportunities to participate in health care research in The Villages include Charter Research ([charterresearch.com/open-studies](https://charterresearch.com/open-studies)), the UF Health Precision Research Center ([tinyurl.com/UFVillagesResearch](https://tinyurl.com/UFVillagesResearch)), and K2 Medical Research ([craigcurtismd.com](https://craigcurtismd.com)).

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