



Health story tips  
and questions: Call  
352-753-1119 ext. 5367

# HealthExtra

SECTION

C

FEATURING  
INSIDE

Support	C2
Volunteer	C4
Nutrition	C5
Social Security	C7
Senior Services	C8
Fitness	C9

## The Willows Celebrates With Roaring '20s Party, C7

**Social Services:** Learn about the differences between home health and home care. **C6**

**Hobbies:** Trying new activities can be an effective way to limit your screen time. **C10**

# 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

Debbie Selsavage, president of Coping with Dementia LLC, will host five free ABC of Dementia Workshops during fall 2025 at locations in the Sumter County Library System. Participants will understand how dementia affects behaviors and communication, as Selsavage teaches to show compassion and proper communication approaches to result in more effective and less stressful caregiving. The first workshop will be from 2 to 4 p.m. Oct. 2 at the Panasoffkee Community Library, 1500 County Road 459, Lake Panasoffkee. Make reservations for the workshops, as space is limited, by calling 352-422-3663 or emailing deb@coping.today.

### From Local Health Researchers

Cells can protect themselves from viral attacks. The Wertheim UF Scripps Institute released a study on June 30 that explains how that self-defense process works. James Burke, an associate professor of molecular medicine at The Herbert Wertheim UF Scripps Institute for Biomedical Innovation & Technology, said the study revealed there is a process that allows cells to use enzyme RNase L. "One of the questions we wanted to address in this study was, 'How do cells make the decision to degrade all of their own RNA?'" Burke said. "Understanding this complexity is key to developing next-generation antiviral therapeutics."

### At The Villages Health Learning Center

More than 580,000 Florida seniors age 65 and older live with Alzheimer's disease, according to the Alzheimer's Association. The Villages Health is hosting an interactive experience simulating 10 minutes of what life is like for a person with dementia. The Virtual Dementia Tour takes place from 8:30 to 9:30 a.m. Sept. 30 at Lake Deaton Care Center, 779 Kristine Way. Participants are required to wear close-toed shoes and bring socks for the free tour. The event is scheduled to last one hour, including a 10-minute tour and a debrief. Late participants or walk-ins will not be accommodated. Register at 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

Those who have lost a loved one can find support during the Rediscovering Yourself After Losing a Spouse or Partner meeting. The five-week TLC support group begins Sept. 29 and will explore ways to reconnect with contentment, independence and a renewed sense of purpose. Visit [tlc-services.org](http://tlc-services.org).

2

More than 795,000 people in the U.S. have a stroke each year, according to the Florida Department of Health. Lifestyle changes, such as eating a diet rich in vegetables, fruit and whole grains, can lower the risk of stroke. A health care provider can give specific guidance of ways to maintain your health.

3

Learn if you can benefit from Extra Help, a federal program that reduces the costs of monthly premiums, annual deductibles and prescription drug co-pays during the Medicare Extra Help Program from noon to 1 p.m. Wednesday at the Leesburg Public Library. To register, visit [mylakelibrary.org](http://mylakelibrary.org).

**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)).

HEALTH



WELLNESS

# Stretching: Focus on Flexibility

You can stretch anytime, anywhere. For many people of a certain age, high school gym class began with reaching for their toes. Then, over the years, we were told it was better to stretch after exercise. Stretching guidance has changed over the years. Stretching can help make you more flexible, improve range of motion in your joints — and feel good. Understand why stretching can help and how to stretch correctly with these tips. (AP, Mayo Clinic)

### STRETCHING BENEFITS

Research has shown that stretching can help improve flexibility, and, as a result, the range of motion of your joints. Better flexibility can increase muscle blood flow, decrease your risk of injuries and improve your performance in both your physical and day-to-day activities.

60

The ideal number of seconds you should spend on each stretching exercise for optimal results.

### WARM UP FIRST

It's almost always good to stretch, but it's better if you warm up first. Before stretching, warm up with light activities such as walking, jogging or cycling at low intensity for 5 to 10 minutes. Follow that with some static stretching, the traditional way of reaching and holding a position.

### STRIVE FOR SYMMETRY

Everyone's genetics for flexibility are a bit different. Rather than striving for the flexibility of a dancer or gymnast, focus on having equal flexibility side to side, especially if you have a history of a previous injury. Flexibility that is not equal on both sides may be a risk factor for injury.

### DON'T AIM FOR PAIN

Light stretching after exercising is OK, as long as you don't reach a point where you're feeling pain. Since your muscles will be warm by that point, overdoing it makes injury more likely. If it hurts, you've pushed too far. Back off to the point where you don't feel any pain, then hold the stretch.

Foam rollers can be an effective tool to add to your warm-up or cooldown, before and after exercise. They have been shown to increase ranges of motion and help relieve muscle tightness, soreness and inflammation.

