



Health story tips
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HealthExtra

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Freedom Pointe At The Villages Offers Disc Golf, C6

Lung Cancer: More nonsmokers are getting the disease due to a variety of risk factors. **C9**

COVID-19: The summer often brings a spike as people travel and new variants emerge. **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 Daily Sun staff writer Brea Jones.

From Local Health Staff

The feelings of grief that accompany loss can be difficult to manage, understand and overcome. Learn how to heal from the hurt with Transition Life Consultants' When Life Changes: Grieving Losses Big and Small group sessions from 9:30 to 11 a.m. Tuesdays starting Sept. 9 through Sept. 23 at Lake Miona Recreation. The sessions, facilitated by Judy Maloney, will include conversations and reflection exercises that will allow participants to explore their emotions and share coping skills to create collective resiliency. Register or learn more at tlc-services.org.

From Local Health Researchers

Second to Alzheimer's disease, Lewy body dementia is the most common form of dementia. There are an estimated 1.4 million Americans living with the disease, according to the Lewy Body Dementia Association. Meet with others who are living with the disease during the Lewy Bodies Support Group meeting at 3 p.m. today at Charter Research, 1025 Lake Sumter Landing, The Villages. Make connections and exchange guidance during the recurring group meeting. To register for the event, which is required, visit charterresearch.com/events.

At The Villages Health Learning Center

There are more than 1 in 7 adults in the U.S. living with chronic kidney disease. Along with affecting how well the kidney's work, the disease can lead to nausea, vomiting and sleep issues. The Villages Health is hosting an expert during a live virtual class to teach ways to prevent or manage kidney disease through lifestyle choices. Ask important questions that will help you understand during the live Kidney Health. The class will be hosted from 3 to 4 p.m. Sept. 5. Registration for the class is required and can be done at thevillageshealth.com.

THIS WEEK'S FITNESS GOAL

Strength: Try to do strength exercises for major muscle groups at least two days per week. Examples of strength exercises include lifting weights, using a resistance band or lifting your body weight.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

1

Becoming single unexpectedly can come with many new challenges. Find ways to redefine life and renew your sense of purpose with the free Rediscovering Yourself After Losing a Spouse or Partner class, hosted by Ask TLC Zoom from 10 to 11 a.m. Sept. 11. To register for the event visit tlc-services.org.

2

False fire alarms can be confusing and disruptive. Cooking vapors or steam from a shower are two ways nuisance alarms can occur. Prevent this by cleaning the alarm, installing a new battery, installing an exhaust fan or moving the alarm location. Visit the National Fire Safety Council Inc. for more.

3

Skin cancer is one of the most common yet avoidable forms of cancer. Avoid the sun when rays are strongest between 10 a.m. and 2 p.m. or seek shade whenever your shadow is shorter than you. If the sun can't be avoided, sunscreen with a sun protection factor (SPF) of at least 30 should be applied in multiple coats.

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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