



Health story tips  
and questions: Call  
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# HealthExtra

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FEATURING  
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## Social Security Program Tips from an Expert, C7

**Support groups:**  
Find help locally for a  
variety of health and  
wellness concerns. **C2**

**Nutrition:** What you eat,  
how much you exercise  
and how much you sleep  
can impact energy. **C4**

# 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 Seasonal Source: Market to Menu" video series aims to help Villagers eat healthy seasonal food. Kristen Hubbard Curtis, a registered dietitian with The Villages Health, gave information about the benefits of pumpkin and how it can be included in one's diet in a YouTube video on The Villages Health page. The fall fruit should be planted in July to ensure it is ready by October or November. From pumpkin pie to pumpkin soup, the fruit can add naturally sweet flavors to your next meal. Along with providing a boost in potassium for heart health, pumpkins give vitamin A for boost in visual benefits and vitamin C for immune boost.

### From Local Health Researchers

Trina Nesselrotte, a board-certified gerontology primary care nurse practitioner and medical aesthetician, was named medical provider of the year by the Catholic Charities of Central Florida. Nesselrotte, who is also an autonomous board-certified nurse practitioner, will now offer adult primary care for women. Nesselrotte's office, which promotes wellness and illness prevention, is located at 551 Fieldcrest Drive, The Villages. To contact her, call 352-303-1103, email [clinskin@aol.com](mailto:clinskin@aol.com), or visit [trinanelsselrotte.wixsite.com/my-site-1](http://trinanelsselrotte.wixsite.com/my-site-1).

### At The Villages Health Learning Center

Florida seniors lost approximately \$90 million to investment scams in 2023, according to the FBI. Learn how to spot the common red flags that can indicate a scam during the Pig Butcher and Other Scams class, hosted by The Villages Health from 1 to 2 p.m. Sept. 29 at Colony Care Center, 280 Farner Padel, The Villages. Learn more or register for the event at [thevillageshealth.com](http://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

To share their thanks to volunteers and bring people together, Caring Neighbors, a nonprofit in The Villages, will host its 2025 Appreciation event at noon Oct. 17. It will feature food, entertainment and prizes. RSVP for the event is requested to be done by Friday at [tvcsnr.vices@gmail.com](mailto:tvcsnr.vices@gmail.com).

2

One in four seniors 65 years and older fall each year. Ways to prevent falls include doing frequent strength and balance exercises, getting vision and hearing checked regularly and standing slowly or using a cane or walker for more stability. For more information, visit [tinyurl.com/2khx25wt](http://tinyurl.com/2khx25wt).

3

During the Medicare Simplified class, you can learn how to save money on prescription medication. Speak with professional from 10 a.m. to 11 a.m. Sept. 30 at The Villages Health Pinellas Care Center, 2485 Pinellas Place, The Villages. Visit [thevillageshealth.com](http://thevillageshealth.com) to register or learn more.

**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)).

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