

All aboard for the Summer Rail Expo

The expo, put on by The Villages Model Railroad Club, features five layouts and several vendors. The expo runs until 3 p.m. today at Savannah Center.

Local C1

Sprow wins Senior Shoot Out finale

After 11 months, Stan Sprow, of Lakeland, won Saturday's Senior Shoot Out Season Championship at Fiesta Bowl in The Villages.

Sports B1

Only in The Villages



Bill Mitchell / Daily Sun

Roy Birklund, of the Village of Alhambra, was a baseball player for the House of David commune in Michigan.

Villager won his baseball dream by a whisker

Baby-faced Roy Birklund leaned in to the mirror, fixated on his barren chin.

"C'mon whiskers, grow!" As if intense concentration would prompt hair to sprout.

"Dang! Nothing but peach fuzz."

Roy needed real whiskers to join the only baseball club in the world where facial hair was esteemed more than fleet feet, good gloves and strong arms.

No beard, no baseball.

That was the policy of the House of David, a Michigan-based religious society that was Roy's childhood home.

"The look was the big thing," recalled the 84-year-old Village of Alhambra resident.

"You'd come into town and everybody's got a beard on them."

Folks unacquainted with the commune figured the beards were a gimmick. Actually, they were a symbol of religious respect the players took seriously.



GARY CORSAIR
DAILY SUN

See CORSAIR, A8

Health care with a HEART

The Villages model
The Villages' patient-centered response to common health care complaints:

Patients have trouble getting medical records.
Here, electronic records are available to view day or night.

Doctor's offices are sterile and impersonal.
Primary care centers are designed for a warm, homelike experience.

Doctors' patient loads are too great.
At primary care centers, each doctor's roster is capped at 1,250 patients.

By LARRY D. CROOM
DAILY SUN OMBUDSMAN

(Part of an ongoing series on The Villages' efforts to become "America's Healthiest Hometown.")

Villages Health doctors are putting the "care" back into health care.

Just ask Bob Beatty, who's celebrating his 61st wedding anniversary today after a too-close call three months ago.

Bob, 79, of the Village of Fernandina, suffered a mini-stroke while driving home from Tampa on Interstate 75.

See HEALTH, A6

Inside:

Villages Health doctors praise Villagers for active lifestyles

Health, A6

PA-C talks about the importance of a family physician

Health, A6

International focus



Hussein Tallal / The Associated Press

Protester-held Egypt mosque stormed by security forces

Clashes continue: Egyptian security forces stormed a Cairo mosque Saturday after a heavy exchange of gunfire with armed men shooting down from a minaret, rounding up hundreds of supporters of the country's ousted president who had sought refuge there overnight after violent clashes killed 173 people.

The cause: The raid on the al-Fath mosque on Ramses Square was prompted by fears that deposed President Mohammed Morsi's group, the Muslim Brotherhood, again planned to set up a sit-in, security officials said, similar to those that were broken up Wednesday in assaults that killed hundreds of people.

—The Associated Press

Florida focus

No shark catch for students

Sharks abound in the waters off Florida. But not on this day at this particular spot off the Keys as some "young scientists" were on watch for them.

Let the tagging begin:
About a dozen high school students — guests of the University of Miami's marine research program — went aboard the vessel Curt-A-Sea. Their mission: to help scientists capture sharks, measure them, take blood and conduct

other tests before tagging them so they can be tracked. The sharks would then be released back into the ocean.

Shark shutout: Students, including 14-year-old Kyle Truesdell, kissed chunks of fish, placed the bait on 10 weighted hooks and waited. And waited. And waited some more. For six hours. But on this day, no sharks were biting.

—The Associated Press



Christine Shepard / The Associated Press

Inside today's Daily Sun

More crews arrive to battle Idaho fire

Fire crews faced another challenging day battling a rapidly growing wildfire burning closer to a posh Idaho resort community.

Nation A3

Navy puts new rules on alcohol sales

The Navy will stop selling liquor at its mini-marts and prohibit the sale of alcohol at any of its stores from 10 p.m. to 6 a.m.

Nation A10

Dozens missing from ferry in Philippines

Divers combed through a sunken ferry Saturday in search of dozens of people missing after a collision with a cargo vessel.

World A15



Today's Charity
Spina Bifida Awareness



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AMERICA’S HEALTHIEST HOMETOWN

A weekly report on The Villages’ efforts to become “America’s Healthiest Hometown” Compiled by Daily Sun Ombudsman **Larry D. Croom**
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Villages Health

For information about The Villages Health, call 352-674-1700 or visit thevillageshealth.com.

Did you know?

Jennifer Jordahl, an advanced registered nurse practitioner at Colony Care Center, is a fan of TV’s “The Big Bang Theory.”

Fixing health care: All about PA-C Susan Bonenclark

Primary care doctors and other medical providers have been recruited as part of an initiative to revamp health care right here in Florida’s Friendliest Hometown. The Villages Health is partnering with USF Health to bring in family doctors, care providers and specialists who will work as a team, all in the best interests of serving patients. This weekly feature will introduce these innovative medical providers who have joined this effort.

What is your favorite thing about being a physician assistant?

I feel like that I contribute, that I’m very much a part of the team. I don’t only do what the physician would like me to do. My ideas, my philosophy can be incorporated into what we do here every day.

What is your personal health care philosophy?

Dr. (Joe) Hildner once said to me, ‘Susan, we treat families, we have families, but we are a family.’ And that’s really the way I go about working. I really do feel like my patients are part of my family. My co-workers are part of my family. We really develop some very close-knit relationships. (Recently) I saw a lady who’s been very ill and is finally feeling better. She could not hug me enough and thank me enough, and that’s when you go home and sleep well and you know that you made a difference in somebody’s life.

Why is a physician extender so important?

We call ourselves physician extenders because we really do want to extend the services of the physician. He cannot be there to hold every patient’s hand through every single



Care Center: Belleview
Age: 45
Certified: PA-C
Undergraduate: James Madison University
Master’s degree: University of Florida

thing. However, through us, he can reach more patients and really still stay hands-on.

Why is it important to come to your primary care doctor first?

You want somebody that’s going to know all the aspects of your health care. Part of being a good primary care provider is knowing when to get a specialist involved. Every little skin lesion does not need the specialty of a dermatologist to look at and have it removed or make that decision.



Bill Mitchell / Daily Sun

Joe Santoro, of The Villages, returns a shot during a pickleball game at Canal Street Recreation Center. The 67-year-old says maintaining health should be the most important thing in people’s life.

Active patient care

Villages Health doctors praise Villagers for healthy lifestyles

By **LARRY D. CROOM**
DAILY SUN OMBUDSMAN

The opportunity to treat active patients who truly care about their health is one of the things that drew many primary care doctors to The Villages Health.

These physicians cite many different reasons for enjoying the solid relationships they’ve formed with their patients. But all agree that patients who exercise, eat right and want to learn more about a healthy lifestyle make it a joy to serve as a family doctor in Florida’s Friendliest Hometown.

“It’s really exciting to be able to take a group of people like the Villagers, who tend to be a little bit healthier, a little more informed and involved in their own health care, and kind of help them be even healthier,” said Dr. Stephen Fischer, who practices at the Belleview Care Center. “It’s rewarding because you can see the fruits of your labor.”

Dr. Daniel Whinnen, also of the Belleview Care Center, said he always takes the opportunity to praise his patients when they’ve made healthy lifestyle improvements.

“I can look at them and say, ‘you did this, I didn’t do this, you did this and keep up the good work,’” he said. “Hopefully that motivates them, and it motivates me, knowing that I played a small role in giving them the right

information so that they could put that into their life.”

Dr. J.D. Steed also finds different ways to encourage his patients. But he said there’s one thing that he strives to make sure each one understands.

“I’ll tell patients, ‘the most important medicine you can take is your exercise. That’s more important than any of these other things I’m putting you on. So you need to stay active and I probably won’t

see you,’” the Belleview Care Center medical director said.

Dr. Michael Clifford, of the Colony Care Center, also encourages his patients to lead an active lifestyle, but he’s quick to make sure they understand their limits.

“There’s a balance you have to draw between doing things that are healthy for yourself but aren’t going to hurt you,” he said. “So a good discussion with the doctor ahead of time is very important to define what their health was in the past, what their goals are in the future and how to mesh that as well as you can for them.”

Dr. Dave Jordahl said he can often relate to his active patients because he is an athlete as well. In fact, the Colony Care Center medical director said that common interest helps him form strong bonds with patients.

“It’s exciting for me to see people so interested in their health,” said Jordahl, who competes in triathlons. “And to take that initiative before we’ve even met them is fantastic.”

Many Villages Health patients do their homework before visiting with their physicians – something Dr. Susan Hawley said is quite refreshing.

“They come in and say, ‘I read this on the website and

I read that, and tell me about this and that,’” the Colony Care Center doctor said. “They’re very well-informed and involved with staying healthy. So we’re equal partners in their health care.”

Like Hawley, Dr. Joe Hildner, chief medical officer of The Villages Health, said he enjoys interacting with patients who want to learn more about the pros and cons and risks and benefits of various treatment plans.

“It’s just fun to be the doctor at that point, because you’re working with the patient and things just come out better when you’re dealing with people who care that much about remaining healthy,” he said. “It’s really an honor to serve patients who care that much about their own health.”

Dr. Karla Noel said she finds that many Villagers are living their dream by staying healthy.

“A lot of them say ‘I’m so content and happy to be here and so active. I never thought I’d see an environment like this,’” she said. “That just shows me how well they’re enmeshed in everything The Villages has to offer. But conversely it also helps me to know we’ve got to make sure that (patients) are staying healthy and active for everything they can do here.”

Next week Find out all about Sylvia Wallace, an advanced registered nurse practitioner who practices at the Sharon Morse Building but will be moving to the Santa Barbara Care Center when it opens in October.

Staying active ranks high on the priority list

“I’ve always told people in my office that the Grim Reaper has a tough time with moving targets. Keep yourself moving and keep active. Health is psychological, emotional, social and physical. To keep yourself active is part of being human and enjoying the experience of life. The culture here promotes it tremendously.”

Dr. Saul Rosenblum,
Santa Barbara Care Center
medical director



HEALTH, from A1

He turned the wheel over to his wife, Ann, who was unsure of the nearest hospital. So she raced to the Colony Care Center and their primary care physician, Dr. Karla Noel.

“The whole place immediately focused on him,” said Ann, 79. “Doctors came in and we were well taken care of.”

While resting in the hospital later that night, Bob learned what being a Villages Health patient is really all about.

“I’m sitting there watching TV about 8 and here comes Dr. Noel,” he said. “She took time out of her life to stop by. It meant a lot.”

That empathetic bedside

manner is a hallmark of the doctors working to revolutionize health care here. The Villages is building its system around 21st century Marcus Welby-style doctors who offer a welcome contrast to the impersonal care experienced elsewhere.

“It’s overwhelming, just overwhelming,” said Joseph Zeh, 69, of the Village of Fernandina.

The taekwondo enthusiast and former bodybuilder suffers from diabetes and Meniere’s disease, a disorder that causes vertigo and seizures. Zeh also lost most of his hearing in an explosive accident 25 years ago.

Dr. Tressie Waldo, an audiologist at the Colony center, started working with Zeh

when he joined The Villages Health last year.

Zeh gets choked up trying to describe the power of the patient-centered focus.

“You know, not to hear, then suddenly you’re starting to hear all over again,” he said. “I don’t have all my hearing back, but this is just helping me.”

Edward Stafford, 72, of the Village of Sanibel, echoes that experience. He and his wife, Norma, signed up at the Colony Care Center as soon as they could after moving to The Villages 14 months ago. Norma sees Dr. Noel, while Edward’s primary care physician is also the center’s medical director, Dr. Dave Jordahl.

“He’s really a very pleasant person and he’s got one attribute that I really admire in

“If you have faith in your doctor, you should stick with him. And believe me, when it takes me 45 minutes instead of 15 to get to his office, I must have a lot of faith in him.”

— **Ethelmae Sloan,**
of Ocala

anybody – a sense of humor,” Stafford said. “He’s also really very thorough in his knowledge and very patient in his understanding. Very seldom do you get in a conversation with him and end it in, ‘what?’”

Stafford, who plays golf, swims and walks to maintain a healthy lifestyle, said that climate of care is common among the entire staff.

Right down to phlebotomists

like Megan Terrell.

“She’s good, she’s a one-stick artist,” he said of Terrell’s ability to draw blood. “To make it as pleasant an experience as possible is really commendable.”

That pleasant experience means the world to patients who appreciate the emphasis placed on the family doctor.

Ethelmae Sloan, 81, of Ocala, had been seeing Dr. Joe

Hildner for more than 20 years in Belleview and had no desire to give him up.

When Hildner became The Villages Health’s chief medical officer and moved to the Colony Care Center, Sloan had the option of switching to a doctor closer to home to avoid the long drive.

For her, the choice was easy.

“If you have faith in your doctor, you should stick with him,” she said. “And believe me, when it takes me 45 minutes instead of 15 to get to his office, I must have a lot of faith in him.”

Email your healthcare questions to Larry.croom@thevillagesmedia.com or send them to the Daily Sun, 1100 Main Street, The Villages, FL 32159, Attn.: Larry Croom.