

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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Did you know?
Dr. Nasseer Masoodi, who practices at Santa Barbara Care Center, is a huge fan of the 1991 movie “City Slickers.”

Fixing health care: All about Dr. Catherine Horner

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.

Why did you decide to become a primary care doctor?

I wanted to do more than I was doing in nursing and I wanted to get more involved with patient care.

How does your background as a nurse help you when treating patients?

I think being a nurse helps as far as patient education. It also helps as far as using regular terms for patients so they understand what you’re talking about. We’ve all seen cases where the doctor blitzed in and said, “Oh, we’re going to do this,” and used the medical term and the patient is freaked out because they don’t know what it is. When you tell them in regular terms, in lay terms, then they’re like, “Oh, well no big deal.” If you can explain things in their terms, you’re going to be more likely to get them to do what you want to do rather than throwing a bunch of medical terms where they just nod their head and smile and they go, “I don’t have a clue what they’re saying.”

What is your health care philosophy?

I feel that health care



Care Center: Sharon Morse Building (moving to Pinellas in December)
Age: 65
Undergraduate: University of Toledo, Flower Hospital School of Nursing (Ohio)
Medical school: Medical College of Ohio
Internship, residency: Akron General Medical Center (family practice)

should not only be reactive as far as treating illnesses but also proactive as far as trying to prevent illnesses. Try to keep people healthy rather than just try to clear up the mess when they do get sick.

Next week Find out all about Dr. Jungsil Cusimano, a primary care physician at Colony Care Center who will be moving to Pinellas Care Center when it opens in December.

The importance of a physician extender How does the use of a nurse practitioner or physician assistant help patients?

“I think we bring something else to the table, especially in primary care. There are so many things that need to be done, not all of it necessarily by a physician. We really do want to extend the services of the physician. He cannot be there to hold every patient’s hand through every single thing. However, through us, he can reach more and more patients and really still stay hands on.”

Susan Bonenclark,
physician assistant,
Bellevue Care Center



Care Centers in The Villages

Primary care

The Villages Health Colony Care Center
280 Farner Place
The Villages Health Santa Barbara Care Center
1575 Santa Barbara Blvd.
The Villages Health Pinellas Care Center
2485 Pinellas Place (Opening in December)
The Villages Health Mulberry Grove Care Center
8877 S.E. 165th Mulberry Lane (Opening spring 2014)

Medicare resources To learn about Medicare, visit a UnitedHealthcare MedicareStore in The Villages.

Lake Sumter Landing
1049 Lake Sumter Landing
391-5262

Spanish Springs
979 Del Mar Drive
674-7160

Brownwood
2617 W. Torch Lake Drive
674-1240

La Plaza Grande
1124 Bichara Blvd.
460-7924

Information is also available at:
■ medicaremadeclear.com
■ medicare.gov
■ 1-800-Medicare
■ SHINE 1-800-963-5337

■ Send an email to information@elderaffairs.org.

Specialty care

USF Health Specialty Care Center
1400 N. U.S. Highway 24/441, Building 810
(Opening in November)

The Villages Health Lake Sumter Creekside Care Center
1050 Old Camp Road, Building 100 (Opening spring 2014)



George Horsford / Daily Sun
The Santa Barbara Care Center, the second The Villages Health primary care facility to open in Florida’s Friendliest Hometown, is open for business and medical providers there say they’re enjoying getting to know patients and providing care for them.

Starting off strong

Santa Barbara Care Center team welcoming patients

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

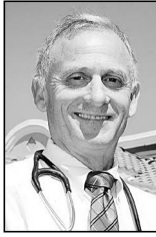
The Santa Barbara Care Center opened its doors earlier this month and there’s no doubt that the facility’s medical staff has hit the ground running.

“What a place to practice medicine,” said a smiling Dr. Saul Rosenblum, medical director of Santa Barbara. “What a set of expectations and values that we are starting out with. This is wonderful.”

The Santa Barbara facility, at 1575 Santa Barbara Blvd., near The Villages Regional Hospital, is the second Villages Health primary care center to open in Florida’s Friendliest Hometown. It followed the lead of Colony Care Center, which opened in December 2012, and Bellevue Care Center, which used to be known as Family Doctors of Bellevue.

Three more centers also are scheduled to open throughout the community over the next several months, with Pinellas next on the list in December.

Rosenblum said one of the beauties of The Villages Health is that providers at his care center will continue to learn from those at the other facilities, and vice versa.



Rosenblum

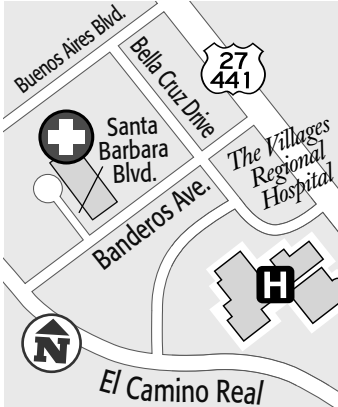
“There’s a lot of communication that we’re promoting between the centers,” he said. “The (medical) directors are meeting on a regular basis. The administrators are meeting on a regular basis. This is a mass learning process, but I think all ears are open and everybody is communicating with each other.”

Nurse Practitioner Sylvia Wallace, a mid-level provider at Santa Barbara Center, agreed. She said she thoroughly enjoys the teamwork that occurs on a daily basis.

“Everybody’s here to help our patients. Everybody’s here to help each other,” she said. “That’s what we want. That’s our atmosphere here.”

Wallace, who has been with The Villages Health about a year and came to Santa Barbara from the Sharon Morse Building, added that being there for patients and providing the best treatment possible is what it’s all about for her. In fact, she said, it’s one of the main reasons she joined The Villages Health team.

“It’s taking time with the patient, doing the best thing



and getting a relationship together,” said Wallace, who has been a nurse practitioner for 13 years. “That’s the whole goal here. And I love being on the ground floor and watching it grow.”

Dr. Lori Wemlinger said she feels the same way. She just completed her first week at Santa Barbara, after electing to join The Villages Health following a successful 27-year career as a family doctor in Bloomington, Ill. Not surprisingly, Wemlinger said one of her biggest joys has been the chance to meet new patients.

“I enjoy speaking to people, and especially here, because they’re from all over the place,” she said. “A lot of them are from the Midwest, so we talk about the Midwest. A lot of them from the Northeast, so it’s kind of neat to talk about where they



Wemlinger

came from and how they ended up here. Everybody’s story is a little bit different.”

Dr. Joe Hildner, chief medical officer of

The Villages Health, said it’s been a joy to watch the Santa Barbara Care Center come together and the staff quickly start to gel under Rosenblum’s leadership.

“I think each center will be a manifestation of our mission and our vision and our dream,” he said. “But (Santa Barbara) will have its own flavor and its own take on how to make those things happen.”

Rosenblum said the opportunity to oversee such a facility and practice medicine in a different way is really a dream come true.

“This whole atmosphere is rejuvenating,” he said. “What we’re trying to accomplish is delivering old values back into medicine again. We’re trying to promote a culture of listening, talking, hearing what people have to say and spending time with them. I think that’s what’s most lacking in the delivery system that has occurred in the last 20 years.”

Study: High-dose flu shot better protects seniors

ATLANTA – A new high-dose flu vaccine for seniors works better than the standard shot in that age group, according to a long-awaited study by the vaccine’s manufacturer.

Experts said regular flu shots tend to be only about 30 to 40 percent effective in people 65 and older, who generally have weaker immune systems. Sanofi Pasteur’s high-dose vaccine boosted that to 50 percent.

“I wouldn’t call it great,” said Dr. Edward Belongia of the Wisconsin-based Marshfield Clinic Research

Foundation, a flu vaccine researcher who was not involved in the Sanofi study.

But any improvement is welcome, and the results could mean fewer illnesses – and, hopefully, hospitalizations – in seniors, he said.

The Food and Drug Administration licensed the higher-dose Sanofi vaccine in late 2009, based on a study that showed it led to higher levels of flu-fighting antibodies in seniors. The study is the first to measure how much protection it provides against the flu.

– The Associated Press