

# 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**. Email [larry.croom@thevillagesmedia.com](mailto:larry.croom@thevillagesmedia.com). Or call him at 753-1119, ext. 9366.

## For information

Contact The Villages Health at 352-674-1700 or visit the website at [thevillageshealth.com](http://thevillageshealth.com).

## Did you know?

Amy Wixted, program director for USF Health in The Villages, got a bachelor's degree from Vanderbilt University and a master's degree from University at Albany.

## Fixing health care: All about Dr. Jungsil Cusimano

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 do you like best about being a physician?

I like forming long-term relationships and I feel that I'm contributing to society. I'm not just covering up the symptoms. I'm doing something right for patients and that we both feel that way when we're together. I focus on prevention, weight, nutrition and all those things. Food these days is energy-rich and nutrition-poor. All those things I can explain that the patient wasn't thinking about, it's very rewarding. I can change their mind.

### What is your health care philosophy?

The reason I came to The Villages is that I really resonate with the mission that we take care of patients, keep people healthy and have more accessibilities. I love spending time and listening to patients. I love getting to know my patients, listening well and taking them seriously.

### What does it feel like to be part of a health care initiative that's being looked at outside the community?

That's fantastic. We are the test case. The nation is going bankrupt because of health



**Care Center:** Colony, moving to Pinellas in December  
**Age:** 55  
**Undergraduate:** Allegheny College in Pennsylvania  
**Master of Business Administration:** Pace University in New York  
**Medical school:** State University of New York Health Science Center  
**Internship, residency:** Wilson Regional Medical Center in Johnson City, N.Y.

care. We are going to try to make a case that not only can we reduce the health spending, but patients will get the best care and they're going to get the best outcome.

**Next week** Find out all about Dr. Uyen Anh Nguyen, a primary care physician at Colony Care Center.

## Creating America's Healthiest Hometown What is the importance of having longer appointments for patients?

*"The patient doesn't have to feel anxiety, like they're not going to get a chance to ask all their questions. And I don't feel like I have to scramble through their chart. We actually can have time to sit down, relax and look over all their medications, their allergies, and everything that pertains to that visit."*

**Jennifer Jordahl**, advanced registered nurse practitioner at Colony Care Center, Jordahl is moving from Colony to Pinellas in December



# Taking the reins

Villages Health promotes Noel to Pinellas medical director

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

**D**r. Karla Noel is about to take one of the most important journeys of her career.

While it's only a 4-mile trip, it ends with a job that the 43-year-old physician has dreamed about—medical director.

"I'm really jazzed and just can't wait for the fun to begin," Noel said of her new assignment as leader of the Pinellas Care Center, which opens in December and is located at 2485 Pinellas Place, near the The Villages Sumter County Service Center, off County Road 466A in Wildwood. "It's a true blessing and honor to be chosen."

It's been almost a year since Noel joined The Villages Health in December, becoming one of the first physicians to sign on and begin practicing at Colony Care Center. She quickly became popular with her patients and immediately started to show the leadership abilities that led to her promotion.

"Dr. Noel is a natural at the bedside, just compassionate and sincere and seems to be able to really form warm and communicative relationships with patients," said Dr. Joe Hildner, chief medical officer of The Villages Health. "But she's also brilliant. She can learn things so easily and she's such a good teacher. She really is ready and a natural at not just rendering care herself, but facilitating everyone working together as a team in that care."

Noel said she believes she was chosen as medical director in part because of several projects and leadership roles she has taken on during the past year. And she said her vision for effective primary care matches that of The Villages Health.

"It's so great to be part of a collaborative, creative vision that allows people who have, maybe what were hidden talents, to be blossoming or expressed," she said. "I always wished and strived and prayed that I would find someplace that would allow me to be the best physician healer I could be, but then also would recognize any other talents or gifts."

Dr. Dave Jordahl, medical director at Colony Cottage and a man Noel refers to as



**George Horsford / Daily Sun**

Dr. Karla Noel will lead the Pinellas Care Center medical staff when it opens in December.

a brother she never had, said there's no doubt in his mind the graduate of Indiana University School of Medicine is more than ready for the new assignment.

"Karla has great leadership skills," he said. "She's personable and she looks at the big picture."

Jordahl, whose wife, Jennifer, is a nurse practitioner and also will be moving from Colony to Pinellas, added that he saw leadership abilities in Noel when he first met her about a year ago.

"Even looking back then, Karla was getting prepped for that kind of a role," he said. "We'll miss having her here on a daily basis, but we'll be seeing quite a bit of each other," he added with a smile, hinting at a friendly rivalry that is sure to develop between the two centers.

Dr. Elliot Sussman, chair of The Villages Health, said he's thrilled that his organization was able to promote from within.

"The fact that people can grow and transform and be successful and don't have to leave an organization to get a new position is really terrific," he said. "It makes physicians feel good and it makes

## Education

**Undergraduate:** Ball State University, Indiana

**Medical school:** Indiana University School of Medicine

**Internship, residency:** Lehigh Valley Hospital, Allentown, Pa.

**Board Certified:** American Board of Family Medicine

## Interests

**Hobbies:** Travel, theater, reading, boating

**Favorite sport:** Watching the NFL — Go Colts!

**Favorite color:** Lilac

**Favorite movies:** "The Sound of Music," "The Philadelphia Story," "Star Wars" saga

**Favorite TV shows:** "The Big Bang Theory," "NCIS"

## When did you decide to become a doctor and why?

I evidently told my mom that I wanted to be a doctor when I was 4. That said, I have always wished to help care for others, as well as educate others. Being a doctor is a perfect blending of these two wishes.

**Health care philosophy:** My role as your physician is to help you to be the healthiest you possible. By getting to know you, together we can get you there.

all the staff feel good."

Noel officially will move to the Pinellas Care Center when it opens for business in December. She said all of her patients are welcome to follow her or they can stay at the Colony Care Center with a different doctor. Either way,

she said, they will be able to count on the same high standard of care that's delivered at all Villages Health facilities.

"We're all of the same mind and vision, with the same outcome," she said. "We're helping Villagers become America's Healthiest Hometown."

## Care Centers in The Villages

### Primary care

**The Villages Health Colony Care Center**

280 Farmer Place, 352-674-1710

**The Villages Health Santa Barbara Care Center**

1575 Santa Barbara Blvd., 352-674-1740

**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

### 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)

**Brownwood**  
2617 W. Torch Lake Drive  
674-1240

**La Plaza Grande**  
1124 Bichara Blvd.  
460-7924

■ Send an email to [information@elderaffairs.org](mailto:information@elderaffairs.org).

### Information is also available at:

■ [medicaremadeclear.com](http://medicaremadeclear.com)  
■ [medicare.gov](http://medicare.gov)

■ 1-800-Medicare  
■ SHINE 1-800-963-5337

## Columbia, Mo.

# University of Missouri studies cancer-fighting red wine compound

## THE ASSOCIATED PRESS

COLUMBIA, Mo. — A University of Missouri medical researcher is working to use the cancer-fighting compounds found in grape skins and red wine in tumor-killing radiation treatments.

Surgical oncologist Michael Nicholl said a recent study shows that resveratrol can make certain melanoma cells more susceptible to radiation. Previous research

found similar hope in the treatment of prostate cancer.

The assistant professor of surgery at the School of Medicine cautioned that scientists have still not found an effective way to deliver the grape ingredient in sufficient amounts to destroy melanoma tumors.

His study was published in the Journal of Surgical Research, a publication of the Association for Academic Surgery.