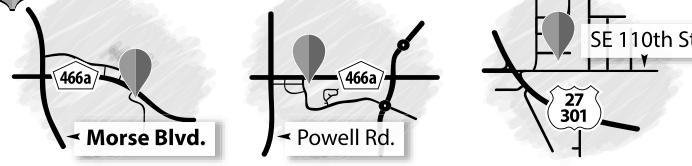


THE VILLAGES HEALTH



Colony Care Center
280 Farmer Place, 674-1710

Pinellas Care Center
2485 Pinellas Place, 674-1720

Bellevue Care Center
5051 SE 110th Street, 674-1730

Santa Barbara Care Center
1575 Santa Barbara Blvd., 674-1740

Mulberry Grove Care Center
8877 SE 165th Mulberry Lane, 674-1750

Lake Sumter Creekside Care Center
1050 Old Camp Road, Building 100, 674-1760

SE 110th St.

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441

27
301

27
42

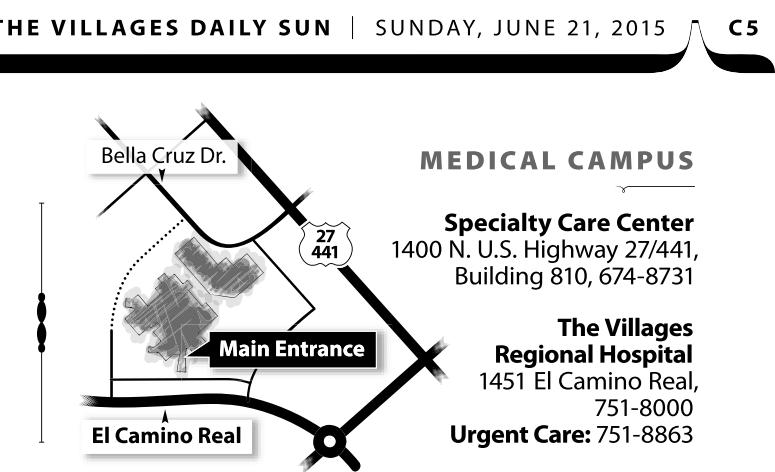
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MEDICAL CAMPUS

Specialty Care Center
1400 N.U.S. Highway 27/441, Building 810, 674-8731

The Villages Regional Hospital
1451 El Camino Real, 751-8000

Urgent Care: 751-8863

america's healthiest hometown



Members of the Morning Class of MVP Athletic Club at Spanish Springs demonstrate a few yoga poses at Lake Sumter Landing's Market Square last week. The group was preparing for Yoga on the Square, a free event that will take place at market square from 7:30 to 8:30 a.m. Wednesday.

George Horsford | Daily Sun

Villagers Invited to Attend Yoga on the Square Event

Wednesday's event at Lake Sumter Landing Market Square is free and open to the public.

By LARRY CROOM
Daily Sun Ombudsman

In anticipation of Wednesday's gathering, Dr. Joe Hildner, director of medical affairs for The Villages Health, offers his thoughts on the many different benefits of yoga.

What can you tell us about the upcoming Yoga on the Square Day at Lake Sumter Landing?

We hope any and everyone — independent of their prior knowledge or familiarity with yoga — will come out! Yoga enthusiasts are likely to enjoy being a part of such an energetic presentation, and for those who may have never had much firsthand experience with yoga, I can't think of a better, more user-friendly way to see what it's all about!

Why is it important for The Villages Health to sponsor this kind of event?

The Villages Health is driven by a vision of The Villages becoming America's Healthiest Hometown. The journey toward wellness has many routes and paths. Yoga provides potential benefits not found in other modalities of self-care, and can be an essential component of a personal wellness program.

Yoga is known to have physical and mental health benefits. Can you give examples of each?

Fitness requires mobility. Mobility requires that muscles and joints be able to

move as freely and comfortably as possible. Yoga can improve all of that, and while doing so, also improve balance, reduce stiffness or pain, and open up avenues of more vigorous, active, aerobic exercise — which may have been impossible without such preliminary work. Also, a key element of yoga involves relaxation. But the relaxation does not stop at relaxation of muscles. Yoga can help folks practice and become newly skilled at relaxation of one's mind and becoming at peace and in touch with one's body in ways that just don't happen otherwise.

Deep breathing is a key component of yoga. What effect does that have on the body?

The nice thing about the skills learned in yoga is that they can be applied outside the context of specific yoga "sessions." Yoga enthusiasts often share that they may employ such breathing patterns throughout the day to help maintain a tranquil state, helping ward off the tension or anxiety that can develop in the course of a typical day. Even waiting in the checkout line at Publix can become an opportunity to spend a few minutes employing skills and habits learned in yoga, which can have a profound effect on everything from muscle tension to blood pressure.

Yoga helps with balance. Why is that important for seniors?

Falls among the senior population are unfortunately a surprisingly common cause of suffering, leading to lacerations, fractures, severe head injuries and worse. Many falls occur as a result of a reduced

YOGA DAY IN THE VILLAGES

What: Yoga demonstration, free and open to the public

When: 7:30 to 8:30 a.m. Wednesday (participants won't be able to enter the square until 7 a.m.)

Where: Lake Sumter Landing Market Square

Why: To introduce the art of yoga to residents who are unfamiliar with the exercise in honor of National Yoga Day

Parking: Participants are encouraged to choose one of the parking lots in the surrounding area near Market Square

Radio: Will be broadcast live on AM-640 WVLG

Sponsors: The Villages Health, MVP Athletic Club and the Village Community Development Districts

COMING JUNE 28
Villagers Charles and Betty Dunn share their reasons for becoming Villages Health patients.

sense of balance. Anything that can improve one's stability and sense of balance can reduce the chances of such common injuries or even the bothersome symptoms of disequilibrium, vertigo or dizziness.

What are some precautions that should be taken to prevent or avoid injury?

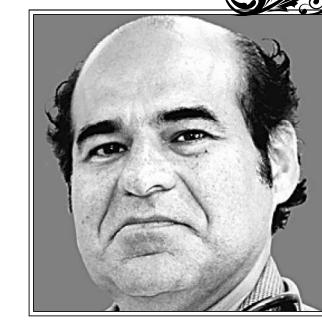
Common sense. Like any bodily activity, one needs to be attuned to prudent limits. If one aspires to taking up jogging, one would not try to run a marathon in the first week. Yoga is gentle. There is very little risk of harm, particularly if early participants explore yoga with the help of someone more experienced. A delightful aspect of yoga is that, unlike many other bodily activities which may be completely out of the question following a stroke or serious injury, almost anyone can participate in some beneficial yoga activities.

Isn't exercise, in general, important for everyone to help them stay healthier?

Our bodies were meant to move. Our ancestors lived vigorous lives. Survival depended on continued ability to find food, produce food, build and maintain shelter and migrate when conditions required. They traveled by foot. They carried things. Only recently in human history has it become the case that survival does not depend on such activity, where food, transportation, shelter, etc., all are available without personal exertion. Many of our most common illnesses or other suffering come as a result of the lack of exercise. The first treatment for many common conditions (obesity, fatigue, insomnia, depression, diabetes, high cholesterol, etc.) is to move more toward the vigorous activities our ancestors observed but which we have somehow moved away from.

MEET A DOCTOR

Dr. Edwin Menor is a general surgeon at the Specialty Care Center. He earned his undergraduate degree from the University of Massachusetts in Boston and his medical school degree from Creighton University in Omaha, Nebraska. Menor completed his residency training at Mount Sinai Medical Center in New York and is certified by the American Board of General Surgery.



1

Why did you decide to become a doctor?

I come from Peru and my father was a hospital administrator. He would take me to the hospital to spend time with him and I used to see a lot of things, especially in Peru. Young people used to die from things that were so simple, like an appendicitis and certain conditions. They didn't have the means to help them. That's one of the reasons I do mission work. I pick a place and I go and do a week of surgeries to people that don't have any money for hernia repairs or gall bladders, etc. It's amazing to see how much we have here. When you go there, you become pretty humble to see how little they have and how happy people are.

2

What is your philosophy of health care?

I think you should treat patients with respect. You have to be approachable. It's more likely that you'll get more information if you just talk to the patient — joke around or find something in common. The patient becomes more willing to tell you things. If you go and you start hitting them with questions, the patient can get intimidated. My philosophy is just to treat everybody with respect and dignity, like it's your family.

3

How will you feel if you are on the ground floor of a health care initiative that's picked up and used in other communities?

That would be fantastic. That's why I moved here. I think that philosophy is great, where you have all the primary care physicians and a specialty center. You communicate with them. I need to know what the patient's medications are and what the problems are. So when you talk to the primary care doctor, they fill you in. Medicine is a team approach. I do what I do best and you do what you're best at.

ASK A DOCTOR

Why is it important for patients to have an entire team taking care of them?

Answer Provided by
DR. ROBERT REILLY
medical director,
Creekside Care Center



The doctor is kind of the captain of the team. But without his or her teammates, it wouldn't be very effective. That's the person who draws the blood, the person who shoots your X-ray, the clinical assistant who puts the patient in the room and goes over their medication list with them. It's the person who answers phone calls and who sends in refills on prescriptions. It's audiology. All of that allows the doctor to do doctoring and the physician extenders (nurse practitioners and physician assistants) to do what they need to do.

What is the importance of an electronic medical record?

Answer Provided by
DR. DENISE KENNEDY
Creekside Care Center



We can look back at patient history much easier and everything's legible. You can't oftentimes read doctor's handwritings. For the patients, it's nice because they can get online and they can look at things. And it's easier to communicate between physicians.

How do you feel about treating patients who are so active and into their health?

Answer Provided by
DR. KIMBERLY GIOVANNELLI
Santa Barbara Care Center



It makes my job easier and it's really helpful. They're so compliant here. Coming from residency, it's a big change. They really want to know and learn. They want to make themselves better. They have the time and the opportunity to do it.

DID YOU KNOW?

Dr. Michael Vogt, a primary care physician at the Bellevue Care Center, is a big fan of the popular television show "The Office," which starred Steve Carell, Rainn Wilson, John Krasinski and Jenna Fischer.

