

# 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.

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

### Did you know?

In addition to serving 24 years in the Air Force, Dr. David Ethier, an orthopedic surgeon at The Villages Health Specialty Care Center, also completed a yearlong fellowship in sports medicine at the University of Kentucky.

### Health Care Q&A

## All About Care Center Manager Stephanie Scarbrough

Primary care doctors, specialists 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 bringing 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 care center manager?

I love managing people, I really do. I have a great team here at Santa Barbara and it makes the day interesting every day. There's a challenge every day between patients and staff, working with them and getting everybody together to deliver the best patient care we can every day. It makes the days exciting and the weeks go by quickly and I really enjoy it.



**Care center:** Santa Barbara  
**Age:** 50  
**Undergraduate degree:** Florida A&M University  
**Master's degree:** University of St. Francis (Joliet, Illinois)  
**Years of health care experience:** 24 years

### What is your personal philosophy on health care?

I believe in the patient-centered model. I think the patient has to be at the center of their own care. They need to be engaged in their own care. I feel with The Villages Health, this model helps patients do that and encourages that. There are other models out there that are very focused on the physician telling you what to do. But I feel like patients need to have an idea of what they want to do, what's important to them and how lifestyle is all a part of that. Patient engagement in their own health is important.

### How will you feel if this initiative is picked up by other communities and you were in on the ground floor of it?

What do they say, 'when somebody imitates you, it's the best form of flattery?' I would hope that if other communities were to copy this model, that they would do it with the intent and the mindset that we had here. Not to try to change it, but to further it because I do feel it's an excellent model for other

communities as well.

### Can this initiative change health care across America?

Yes. I really feel that this focus on patients – patient-centered care coming back to the primary care as the leader alongside the patient, guiding their health care, is transformative.

### Would you agree that any Villages Health provider or employee can make or break the experience for patients along the way?

Most definitely. It's very important when we go through the hiring process, that we hire staff members that are onboard with the experience and they understand that we are here to meet and exceed expectations of all of our patients.

### Creating America's Healthiest Hometown

## How do you feel about your team at the Mulberry Grove Care Center?

*"I have an excellent team of folks that are really patient-centered. I don't say that as just a great adjective to describe them. They're patient-centered and they know they're here for the patient. They understand that it's important to have a smile on your face and to welcome the patient as they arrive at the care center. But they also want to make sure that we're providing great clinical care, that they embody the patient-centered model."*

**Jennifer Pavlik,**  
Mulberry Grove  
Care Center manager



## Primary Care Centers in The Villages

**The Villages Health Colony Care Center**  
280 Farner 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, 352-674-1720  
**The Villages Health Mulberry Grove Care Center**  
8877 S.E. 165th Mulberry Lane, 352-674-1750  
**The Villages Health Lake Sumter Creekside Care Center**  
1050 Old Camp Road, Building 100, 352-674-1760



Photos by Amy J. Correnti / Daily Sun

Villages High School culinary student Sara Tweedle serves an entree to Jane and Van Swanson, of the Village of Buttonwood, during a recent healthy cooking demonstration at The Villages Health's Colony Care Center. About 20 Villagers attended the event, which offered tips for preparing diabetic-friendly foods.

# Healthy alternatives

## VHS culinary students offer diabetic-friendly cooking tips during expo

By **EDDY DURYEA** / DAILY SUN SENIOR WRITER

### THE VILLAGES

Instead of his usual steak and potatoes, Loren Dubois had tuna and mashed cauliflower.

Loren and his wife, Barbara, joined about 20 other Villagers in attending a recent healthy cooking demonstration sponsored by The Villages Health and The Villages High School Culinary Arts Academy at Colony Care Center.

The demonstration's purpose was to educate Villagers on how to maintain a healthy and diabetes-friendly diet.

"Oh, that's not bad," Loren, a type-2 diabetic, said, after taking a crunch into a baked kale chip. "These are better fresh than out of the bag."

The Village of Mallory Square couple enjoyed the healthy alternatives.

"We sure try to eat healthy," Barbara said. "It's a work in progress. We already don't eat a lot of processed foods."

Villagers also ate quinoa salad, grilled tuna steaks with mashed cauliflower and sugar-free peach and raspberry crisp.

The dishes had just as much protein and other nutrients as traditional dishes, but much less sodium and sugar.

Loren and Barbara heard about the clinic through Shira Small-Cangialosi, a physician assistant and certified diabetes educator at The Villages Health's Specialty Care Center. She said learning to eat healthy foods is vitally important to Villagers.

"Many people are under the impression that if it tastes good, it just can't be good for you," Small-Cangialosi said. "We want them to know food can be tasty and healthy, and that's as good as any medicine."

Healthy eating is just a matter of personal initiative, she added.

"Healthy foods are everywhere," Small-Cangialosi said. "It doesn't take hours and hours to cook. Fresh food can be just as fast and tasty, right in your own home."

Chef John Woods and eight VHS culinary students demonstrated the recipes while Villagers ate.

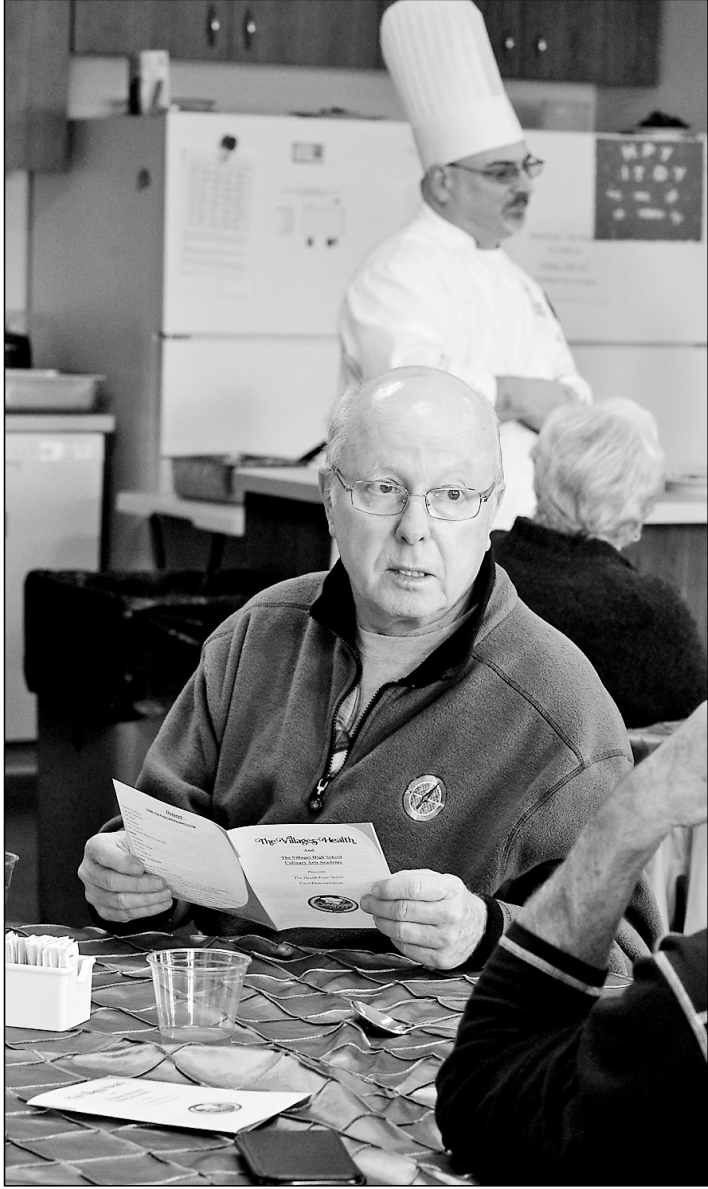
"The focus is on healthy eating," he said. "So, we swapped some traditional ingredients and options without sacrificing taste. The tuna has less fat than steak, and the cauliflower has less calories than mashed potatoes."

It can be difficult to mimic the flavors people enjoy, but it is possible, Woods said.

"Through proper diet and responsible eating, you can avoid adverse health affects," he said.

James Albert, a type-2 diabetic, especially enjoyed the tuna steak.

"I'm a big fish fan," the Village of Hadley resident said. "I



George Drake, of the Village of Charlotte, looks over the menu at a recent healthy cooking demonstration at The Villages Health's Colony Care Center.

grill fish all the time."

Albert said he's glad The Villages Health held the demonstration and he appreciated the menus participants received so they can recreate the dishes they enjoyed at home.

"I wanted to see what they

would serve," he said. "I'm always open to new recipes. I'm happy that they did this."

*Eddy Duryea is a senior writer with The Villages Daily Sun. He can be reached at 753-1119, ext. 9062, or at [eddy.duryea@thevillagesmedia.com](mailto:eddy.duryea@thevillagesmedia.com).*

**Coming Dec. 28:** Villages Health medical providers and staff members share their goals for 2015.