

# 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?

When she’s not working, Linda Wheeling, an advanced registered nurse practitioner at the Colony Care Center, enjoys riding her 2005 Harley-Davidson Low Rider.

## Fixing health care: All about Dr. Glen Morgan

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 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 doctor?

I had the opportunity to work in the ER when I was a teenager and to be an orderly and was able to work side by side with the doctors. After doing that for awhile, I knew that’s definitely what I wanted to do. That was in the early teenage years and I haven’t changed my mind at all since.

### What is your favorite thing about being a doctor?

A job well done. I enjoy fixing a problem – finding a problem and getting the person to the proper specialist that can actually fix something. And also, with things that can’t be fixed, at least ameliorate the situation as much as possible and provide as much quality of life for the patients that we can.

### Do you think this initiative can change health care across America?

I think it does. In places where it’s been done before and in the residency that I came from, we did a lot of that. Most of the care was done in the care center, and I think we saved millions of dollars just in our residency center alone. I know other



**Care Center:** Mulberry Grove  
**Age:** 53  
**Undergraduate:** Wake Forest University  
**Medical school:** University of Florida College of Medicine  
**Internship, residency:** Florida Hospital Orlando  
**Board certified:** American Board of Family Medicine; sports medicine

physicians here that I’ve talked with have had similar residency experiences where they were able to do quite a bit and keep the cost down. Quality up, cost down. That’s what the ideal family practice office is designed for.

**Next week:** Find out all about Karen Price, a registered nurse who serves as the clinical supervisor at the Colony Care Center.

### Creating America’s Healthiest Hometown

## What is it like to be a part of the health care initiative in The Villages?

“It seems like an amazing opportunity. When I was looking at different job opportunities, not that long ago, this one by far stood out from the others. The facility was beautiful and The Villages seemed like an area that was missing in health care in certain departments – especially ones that I could offer. I wanted to provide that so that patients wouldn’t have to leave The Villages. It just seemed like an amazing setup here with The Villages Health system and with this specialty care clinic and I wanted to be a part of it.”

**Dr. Farhaad Golkar,**  
general surgeon,  
USF Health Specialty  
Care Center



## Care Centers in The Villages

### Primary care

**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



George Horsford / Daily Sun

Dr. J. Sanford ‘Sandy’ Schwartz, a Villages Health Scholar, says it’s important for medical providers to know what patients want and to organize services to help them achieve their goals.

# Pathway to change

Leading health care researcher says others can learn from The Villages Health model

*One in a continuing series of stories on Villages Health Scholars – nine experts in a variety of fields, such as health care policy, financing and organization that are visiting the community and offering input about the health care initiative that’s designed to create America’s Healthiest Hometown. The scholars program was made possible through a dedicated gift to USF Health to bring together this panel of experts.*

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

### THE VILLAGES

When it comes to health care, it’s important to stay ahead of the curve.

So says Dr. J. Sanford “Sandy” Schwartz, a professor of medicine and health management economics at the Perelman School of Medicine and the Wharton School at the University of Pennsylvania, after spending time recently in Florida’s Friendliest Hometown.

“Wayne Gretzky, when he was playing hockey, was once asked what made him so great and he said, ‘I always went to where the puck was going, not where the puck was,’” Schwartz said. “In this country, we have, in a lot of ways, an outstanding health care system, but it’s very, very expensive and inefficient and isn’t always oriented toward the individual. What you’re talking about doing here is putting the patient back at the center of health care and a health care system that serves the patient instead of a patient who serves the health care system.”

Schwartz, who was trained as a primary care doctor and is a leading health researcher in how care is organized and provided efficiently and effectively, said the goal here to change the way health care is delivered is going to be challenging, yet very doable.

“If it works out well – and I think it will – it’s going to be a way to get everybody to develop a system that’s very efficient where people are practicing at the heights of their capabilities,” he said. “This is really, really

exciting because we’re talking about developing a system that meets the patients’ needs and provides care that is high quality, timely, accessible and efficient.”

Schwartz said that while there are many great things about the medical system in this country, some things have gotten out of control, such as the use of too much technology and duplication of tests and other procedures. “When I started medical school in 1970, people were old when they were in their 60s,” he said. “Today, we’ve been able to push that back until 80, 85. People are living longer and better. And that’s because of the tremendous innovations and progress that we’ve made in basic science and taking those basic science discoveries and translating them into practice.

“But we’ve also moved a little bit too far away from our roots about the person and we’ve become too technologically based. Technology can empower us and help us, but we have to remember that this is about helping the

patient live a better life and we just have to re-balance.”

While Schwartz no longer sees patients as a primary care doctor, he said his philosophy on providing treatment is really quite simple.

“It’s a matter of treating people the way you’d like to be treated,” he said. “The challenge is to help people achieve what they want to achieve through the way that best works for them. When it works – which it should work most of the time – it’s a terrific thing.”

Schwartz said he’s aware that other communities are taking a hard look at the health care initiative that’s happening here. And, he added, he wouldn’t be surprised to see it lead to changes in the way health care is delivered across America.

“What makes this all so interesting is that it’s being implemented very quickly, throughout the whole community,” he said. “That means we’re going to get information much quicker and we’re going to learn much better. Not all of it’s going to work. There’s going to be some problems, but there’s a strong commitment here to deal with those problems and it is very exciting.”

Dr. Elliot Sussman, chair of The Villages Health, said he’s thrilled to have Schwartz onboard as a trusted adviser, calling him a “classic renaissance man” when it comes to medical research and knowledge.

“He’s worked in

### Coming May 4

Dr. Jordan Cohen, president emeritus of the Association of American Medical Colleges, offers his thoughts on The Villages Health.

### The Dr. J. Sanford Schwartz file

**Age** 65

#### Education

**Doctor of Medicine** (University of Pennsylvania School of Medicine, 1974)  
**Master’s degree** (University of Pennsylvania Wharton Graduate School of Management, 1979)  
**Undergraduate degree** (University of Rochester, 1970)

#### Postgraduate training, fellowship appointments

■ U.S. Public Health Service International Fellow (1972)  
■ Resident in Medicine, Hospital of the University of Pennsylvania (1974-77)  
■ Robert Wood Johnson Clinical Scholar, University of Pennsylvania (1976-79)

#### Certifications

■ National Board of Medical Examiners (1975)  
■ American Board of Internal Medicine (1977)

gastroenterology, cardiology, pulmonary, hematology, and he’s a primary care doctor himself, so he’s worked in that area,” Sussman said. “So what he brings really is the opportunity to both see patients and at the same time participate in a team answering important questions about how care can be delivered better.”