

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. Or call him at 753-1119, ext. 9366.

Contact The Villages Health at 352-674-1700 or visit the website at thevillageshealth.com.

Did you know?

Dr. Farhaad Golkar, a general surgeon at the USF Health Specialty Care Center, enjoys watching a variety of television shows on the Velocity channel.

Fixing health care: All about Dr. David Ethier

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?

My parents were actually the ones who encouraged me to become a physician. And along the long journey, it became obvious to me that it was a wise choice. It’s an arduous process, but because I was motivated by anatomy and the interest in science and anatomy, I decided to become an orthopedic surgeon.

Why did you choose orthopedics?

Mostly because of the ability to fix things. There’s a lot of aspects of medicine where we just manage problems because there’s no cure. There’s no fix. But in orthopedics, a lot of the conditions are actually curable or treatable to where we can actually restore function to people.

What does it feel like to have an opportunity like this with USF Health?

I often thought that I would just be a sole practitioner the rest of my life and then eventually just kind of retire. But I’ve always wanted the opportunity to be part of teaching and research and by joining the University of South Florida, and having an associate’s degree as a professor, I’ll



Care Center: USF Health Specialty Care Center
Specialty: Orthopedic surgery
Age: 57
Undergraduate: University of Massachusetts at Amherst
Medical school: Uniform Services University of the Health Sciences (Bethesda, Maryland)
Residency: Wilford Hall Medical Center
Fellowship: Orthopedic Sports Medicine
Board certified: Orthopedic surgery

have that opportunity to teach medical students, residents and also to learn more myself.

Next week Find out all about Karen Cotman, manager of the Bellevue Care Center.

Creating America’s Healthiest Hometown

Why did you decide to join The Villages Health team?

“I left actually a pretty busy and good practice. But I think what The Villages Health offers, you can’t find anywhere else. They give you the tools and resources to really practice medicine the way we all envisioned it when we were in medical school. It’s more than just the fancy office and the equipment. It’s the staff support. It’s the time that we get with patients. We really can practice good, comprehensive medicine without the pressure that exists in most scenarios.”



Dr. Tomas Perez,
Pinellas 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

Specialty care

USF Health Specialty Care Center

1400 N. U.S. Highway 27/441, Building 810
352-674-8731



Amy J. Correnti / Daily Sun

David Roth, director of the Center on Aging and Health at Johns Hopkins University, says he is quite impressed with the efforts in The Villages to design a health system that meets the needs of residents and is cost-effective.

TRACKING SUCCESS

Researcher ponders ways data can be collected in study of Villages Health

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, who are visiting the community and offering input about the health care initiative that is 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

A longtime researcher and well-known expert in aging said he is quite impressed with the initiative to revamp the way health care is delivered in Florida’s Friendliest Hometown.

In fact, David Roth, director of the Center on Aging and Health at Johns Hopkins University, said the idea of connecting primary care doctors and specialists as a team is really a “common-sense model” that should be implemented in other communities across the country.

“It’s surprisingly rare how often medical care is delivered that way, especially to older adults with traditional Medicare, fee-for-service coverage,” said Roth after a recent visit to The Villages. “So I think they’re doing a wonderful job here of systematically thinking of ways to design a more efficient health care system that meets the needs of the residents in a cost-effective way.”

Roth, who has a doctorate in psychology from the University of Kansas and an internship certificate in clinical neuropsychology from the University of Florida, said a big part of his visit was to help anticipate ways data can be collected and then studied to show whether or not a different way of delivering care is both successful and cost-effective.

“I sometimes explain to doctors, assume that what you’re doing is great and it’s

perfect,” he said. “But then, it’s how can we best measure that, so that we can tell a story using sort of conventional research methods to get the message out and to develop an evidence base for how this works effectively.”

Roth said he is very aware that The Villages is an active community and he is hoping research will show how those who aren’t as active can benefit from those who are.

“I think measuring the variability of what people are doing, and then sort of looking to what extent are the ones who are more active in different kinds of activities – physical versus social versus intellectual – does that have any sort of effect on the long-term diseases that they may develop, or developments in the diseases they already have – in terms of their medication utilization or their needs to use hospitalization services,” he said. “You’ve got to be

Coming June 15

Greg Shea, a longtime management consultant and adjunct professor at the Wharton School at the University of Pennsylvania, offers his thoughts on The Villages Health.

very careful about making sort of cause-and-effect interpretations. But I think we can identify certain types of healthier lifestyles from these kinds of pattern analyses that should be possible if we are able to get the right data together and collected in a systematic way.”

Roth said he was aware of the USF Health study that was completed by more than 33,000 Villagers in 2012 that showed social connectedness is literally off the charts in The Villages.

“There’s something about being socially and intellectually engaged with your neighbors and friends that is correlated on a broad population level with better health overall,” he said, adding that he definitely would like to learn more, especially since residents have moved here from across the country and the world and then built new friendships and connections.

“It’s a different kind of social interaction than that sort of comfortable interaction that you have with family members back home,” he said. “So, to what extent neighbors and friends can take on those kinds of health support services that your adult children might provide, that’s an example of the kind of research question we’d like to see.”

As a researcher, Roth said he often deals with frustrations and fear, largely because grants are continuing to dry up and

The David Roth File

Age: 56

Education:

- Undergraduate degree (University of North Dakota, mathematics and psychology, 1980)
- Master’s degree (University of Kansas, psychology, 1983)
- Doctorate (University of Kansas, psychology, 1986)
- Post-doctoral (University of Florida, internship certificate in neuropsychology, 1986)

there are more and more older people who need care.

“Here, the attitude seems to be very different,” he said. “It’s growing, and there are plans in place, models about how to continue the good care and make it even better in the future. So it’s exciting just to be around that positive energy.”

Dr. Elliot Sussman, chair of The Villages Health, said he is thrilled to have someone working with him who brings such an impressive research background to the team.

“David provided thoughtful suggestions on how to take the next step in terms of researching issues that we would be well-qualified to answer here at The Villages,” Sussman said. “He brought just an enormous enthusiasm for the community and the opportunities here for residents. And he really challenged The Villages Health to make the most use of this opportunity and this health system to be able to answer some of these really important unanswered questions for the aging process.”