

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?

Shira Small-Cangialosi, a physician assistant at the Lake Sumter Creekside Care Center, is a big fan of the popular television sitcom “Seinfeld.”

Fixing health care: All about Dr. Michael Wald

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 wanted to do something that would be challenging, something that had some interest for me. I knew I’d be a terrible businessman – it just wasn’t in the cards for me. So I said, ‘I’m a people person. I like to communicate. We’ll give medicine a try.’ It was the right decision for me. I like what I do. Not everybody who works for a living can say that.

What is your favorite thing about being a doctor?

Developing relationships. People count on me for their medical care. This became apparent to me when I left Pittsburgh. When I told everybody I was going to leave, the emotions of all the patients that I’ve taken care of really was touching to me, that I meant something to them. If you’ve been able to do that, I think that you’ve accomplished something.

What is your personal philosophy on health care?

Find yourself a very capable, well-trained primary care physician – an internist or a family practice doctor. That’s



Care Center: Mulberry Grove
Age: 75
Undergraduate: Washington & Jefferson College (Pa.)
Medical school: University of Chicago Pritzker School of Medicine
Internship/residency: Montefiore Hospital & Medical Center (N.Y.)
Board certified: American Board of Internal Medicine
Military: Navy (2 years)

where it should begin. That’s where everybody’s medical care should begin.

Next week Find out all about Linda Wheeling, an advanced registered nurse practitioner who practices at the Colony Care Center.

Creating America’s Healthiest Hometown

What’s it like to treat patients who are really into their health?

“It makes a whole world of difference because you can only do so much for the patient if they’re not invested in their own health care. They have to want to stay healthy and in order to do that incorporate a healthy lifestyle and they have to understand what their medical problems are. So if you bring them in as an active participant in their care, then oftentimes, outcomes are much better.”

Denise Ollivierre,
Colony Care Center



Care center to host open house

THE VILLAGES – Those wishing to learn more about the new Lake Sumter Creekside Care Center will have that opportunity Wednesday.

That’s because The Villages Health will host an open-house event from 2 to 4 p.m. at the facility, which is located at 1050 Old Camp Road, Building 100, in Lake Sumter Landing.

Physicians and other medical providers will be on-hand to talk about the care center and the health care initiative in The Villages. Tours of the new facility also will be available.

Lake Sumter Creekside is the fifth Villages Health care center to open in Florida’s Friendliest Hometown. It joins Colony, Santa Barbara, Pinellas and Mulberry Grove. In addition, a sixth facility, the Belleview Care Center, became a part of The Villages Health when it merged with Family Doctors of Belleview in December 2012.



John DeClerk / Daily Sun

Dr. Herbert Pardes, a longtime psychiatrist who serves as the executive vice chairman of New York-Presbyterian Hospital’s board of trustees, says social connectedness – something The Villages ranks high in – is an extremely important element for healthy patients.

Focusing on mental health

Psychiatrist/hospital leader offers thoughts, praise for Villages Health initiative

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, Dr. Herbert Pardes will be the first to say that people truly make the difference.

“What’s very important is the personality and the character of people you get your care from,” said the 79-year-old psychiatrist who serves as the executive vice chairman of New York-Presbyterian Hospital’s board of trustees. “If they’re genuine, they’re there to listen, they understand confidentiality and they make you comfortable, you’ll give them the fullest picture.”

Pardes, who also serves as a professor of psychiatry at Columbia and Cornell universities, said he enjoyed talking with doctors about the behavioral aspects of health during a recent visit to The Villages.

“The mental health and behavioral issues in health care are enormous and everybody has them to some extent,” he said. “You need people who are mental health experts, but there’s no way we’re going to solve the needs for behavioral issues by just creating a mammoth number of specialists. So if the general doctor who usually has the closest relationship with the patient can incorporate some of that, then a lot of behavioral care can be done by them. But then when they need an expert, the expert should be available.”

Pardes, who served as president and CEO of New York-Presbyterian Hospital from 2000-2011, said he’s a huge fan of social connectedness – something The Villages

ranked extremely high on in the USF Health survey – the largest-ever single health survey of older Americans – that was conducted in spring 2012 and completed by 33,199 Villagers.

“I walked around the area here and I found people dancing every place I went,” he said. “People are together talking. I think that’s a big deal. A life of loneliness and isolation is terrible and it damages your health. Having a buddy, someone you feel you can talk to, is critical.”

Pardes said he visited several Villages Health primary care centers – all of which carry the prestigious designation of patient-centered medical homes. He said it’s extremely important for patients to feel comfortable in those settings, right down to the character and the personality of the medical providers they’re seeing.

“What do you want if you’re a patient? You want

somebody that knows what they’re doing, who’s going to do the best for you,” Pardes said. “What they’re doing here is trying to understand what patients want and like and need, and then make those needs – those wishes – the centerpiece.”

As a doctor, Pardes said there’s no better feeling than providing help for patients – no matter what it takes. He cited an example that happened at his hospital in New York many years ago during a transportation strike. He said a trauma doctor who was trying to get to the hospital to treat a bicyclist who had been hit by a bus was turned away by police because restrictions mandated that at least four people be in cars that were allowed to come into the area.

“He goes home, his wife is on bed rest with their third pregnancy and he says, ‘Get dressed,’” Pardes said. “He gets his two kids and now there are four in the car. Then he gets to the emergency room and saves the guy’s life. That guy was going to solve that patient’s problem, no matter what. To me, that’s great.”

Pardes said he’s seen countless examples of that kind of dedication from doctors he’s known over the years. If fact, he said, it’s one of the many reasons he’s so thankful to be in medicine.

“I don’t think I’ve ever felt a greater pleasure than when you actually have something to do with helping people feel better or getting them over some problems,” he said. “It’s what we’re trying to do at our place and obviously it’s being

Coming April 20

Patients and medical providers talk about The Villages Health’s newest care center, Lake Sumter Creekside.

The Dr. Herbert Pardes File

Currently: Executive vice chairman of the Board of Trustees, New York-Presbyterian Hospital; professor of psychiatry, departments of psychiatry, Columbia and Cornell universities

Age:

79

Education:

Doctor of Medicine (State University of New York College of Medicine, 1960)
Bachelor of Science degree (Rutgers University, 1956)

Honorary degrees:

Doctor of Science State University of New York, College of Medicine (1990)
Doctor of Humane Letters New York College of Podiatric Medicine (2000)
Doctor of Science Long Island University (2007)
Doctor of Science Toledo (Ohio) University (2010)

done here.”

Dr. Elliot Sussman, chair of The Villages Health, said he’s very happy to have Pardes serving in such an important advisory role.

“Herb is a very wise man who’s had multiple experiences in medicine,” Sussman said. “And he was a wonderful resource in talking about how America’s Healthiest Hometown would address issues that would fall into that big basket of mental health issues – how to do that respectfully, responsibly and effectively for our population in The Villages.”