

THE VILLAGES HEALTH



**Colony
Care Center**
280 Farmer
Place, 674-1710

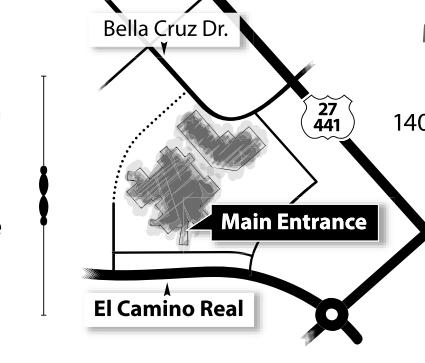
**Pinellas
Care Center**
2485 Pinellas
Place, 674-1720

**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



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



Amy J. Correnti | Daily Sun

Program director Amy Wixted and Donna Hodge, of the Village of Piedmont, demonstrate a body composition analysis recently at The Villages Health USF Health Community Center in Lake Sumter Landing.

Community Center Offers Screenings, Health Classes

Office, programs popular with area residents who are searching for healthy lifestyle.

By LARRY D. CROOM
Daily Sun Ombudsman

Club after they receive training from the University of South Florida's Byrd Alzheimer's Institute.

"Some of our nurses have been with us for over three years now doing those screenings," Wixted said. "And because of demand, we're bringing more on so that they can help and make sure that we get everybody screened that wants to be screened."

Wixted said there are several reasons residents might want to consider a memory screening test, ranging from using it as a preventative tool to finding out if something is wrong.

"In many cases, it may be a urinary tract infection, poor sleep or poor diet that's causing those symptoms, and that can be fixed right away," Wixted said. "If it is something that looks like Alzheimer's or dementia, then they can start them down a treatment path to slow the progression of that. Sometimes that makes the biggest difference in the world."

Wixted said her office also handled 1,879 body composition analysis screenings — a 10 percent increase from 2013. There were also blood pressure screenings, presentations to clubs, community health lectures at Savannah Center and 158 small-group seminars on everything from eating

right to stress management to controlling cholesterol to the importance of exercising, to name a few.

"Usually we'll have anywhere between six and 10 people (in the seminars), which is great because it causes more interaction and discussion," Wixted said. "In a group that size, it's not scary to ask questions."

As for this year, Wixted said her goals are to continue with the screenings, seminars and lectures, as well as outreach efforts with The Villages Charter Schools. She also plans to roll out new programs, such as a Matter of Balance class that started in March and the National Diabetes Prevention Program that begins in May.

"There's no other community that operates like this," Wixted said. "People are engaged. They want to be healthier and they want to participate in these things. So wherever we can provide that support and a little bit of education to help them move on with their goals, it's a perfect fit."

Villager Edith Cave agreed, adding that she discovered all the community center has to offer when she stopped in to get a memory screening.

"It started from there," said the Village of Lynnhaven resident. "I've read all the brochures and so forth. And I'm taking classes on foods — what to eat and what to stay away from, more or less. Really, it's just wonderful and the people who do the seminars are very educated at what they're doing."

AMY WIXTED

program director for
The Villages Health USF
Health Community Center

FOR MORE INFORMATION

The Villages Health USF Health Community Center is located at 1040 Lake Sumter Landing in Lake Sumter Landing. Hours are 8:30 a.m. to 4:30 p.m. Monday through Friday. Contact Amy Wixted at 753-6200 or visit villagesinfo@health.usf.edu.

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MEET A DOCTOR

Dr. David Kelley is a primary care physician at the Pinellas Care Center. He received both his undergraduate and medical degrees from the University of Illinois, where he also completed his residency. Kelley is certified by the American Board of Internal Medicine.



1

Why did you decide to become a doctor?

When I was six years old, I was very, very ill and didn't know whether I was going to make it or not. I told myself that if I survived this, I wanted to be a doctor so I could help other people. I never had a second thought. So since I was six years old in 1959, that's all I ever wanted to be. I never had a plan B.

2

What's your favorite thing about being a doctor?

Patient contact. I love being in the room with the patient. I love the relationships that you develop with the patient and being a partner in the management and maintenance of their health. It's a family type of a thing.

3

What is your philosophy of health care?

You need to listen to your patients. You have to form a partnership with your patients for the benefit of their health. When I go to bed at night, I want to feel comfortable that I did right by my patients that day. I don't like to cut corners. This is a serious business. A lot of times, you don't get a second chance. It's important to pick up things early, particularly cancers, heart disease and so forth. I take that very seriously.

4

Can what's happening here change health care across America?

I think so. You can pick up disease early and treat it and/or prevent it. You can have patients come in and feel comfortable. They can talk with their doctors and they've got the access and you're practicing evidence-based standard-care medicine. It just makes it special.

What is the importance of having primary care doctors and specialists working together under the same Villages Health umbrella?

Answer Provided by DR. DANIEL WHINNEN
Bellevue Care Center



It means that I can pick up my cell-phone and call a specialist directly on his or her cell-phone. I can speak to them while the patient is in my exam room and answer questions right off the bat, with no waiting. Also, the specialists have access to my records. They can, through the computer system, open the patient's chart if they need to and look at what I've written and what tests I've already done. That helps to prevent duplicate tests from being run and provides for more efficient care.

In addition to being costly, can duplicate testing sometimes be dangerous for patients?

Absolutely. If you have too many CAT scans or say, too many tests with dye in the test, that can be harmful to internal organs. So it's important not to over test if we don't need to.

Why is it important to be able to look at trends involving groups of patients on the electronic medical record?

That helps us provide better care. I can look at a hundred patients who, perhaps, I've put on medicine A, and another hundred patients that I've put on medicine B. I can compare those two populations and say, 'Wow, people who are taking Medicine A seem to be overall doing better. So perhaps I need to be using that more often than the other one.'

As a doctor, what does having that kind of information mean to you?

It just helps us get that much better. We describe medicine as being a practice, and the more opportunity we get to look at data and patients, the better we become. So it's just another tool in our tool belt to make us better.

DID YOU KNOW?

Dr. Stephen Fischer, a primary care physician at the Bellevue Care Center, is a big fan of the 1946 movie "It's a Wonderful Life," starring Jimmy Stewart, Donna Reed and Henry Travers.

