



We want to know what 86,000 Villagers think

STUDY STRIVES TO IMPROVE HEALTH ACROSS ENTIRE NATION

By **STEVE KLASKO, MD, MBA**
and **ELLIOT J. SUSSMAN, MD, MBA**

Many of us are alive today because of a little town in Massachusetts named Framingham. Beginning in 1948, the residents of Framingham hosted a group of doctors and scientists interested in what happens to the heart as we age. Three generations later, it turns out the nation learned a great deal from Framingham. You've heard of much of it, even if you don't know it came from that study: framinghamheartstudy.org/about/history.html. We learned at Framingham that when we control blood pressure, we save lives. We learned that exercise keeps us young. And even the famous surgeon general's warnings about cigarette smoking came directly from the Framingham Study. Right here in The Villages, we started thinking about what we could learn about active aging – not just about our hearts, but about everything that

makes us successful as we add years to our lives. If we could take a look at this incredibly unique community, we would learn things both we in Central Florida and the entire nation could use. In fact, we could determine what could make our health better – what could make The Villages the healthiest hometown in America. The result of this desire to learn more has been the partnership between The Villages and the University of South Florida. We've planned it this summer, and now we're beginning. Starting this month, and with greater intensity after the holidays, folks from USF Health are asking questions and starting to take the pulse. The first step is simply that: Asking questions. At first, there are focus groups. A focus group is simply people sitting around a table reacting to thoughts from a moderator. Those ideas help shape the picture of what's happening in this community. More than 150 people have participated in 22 focus groups at USF's Lake Sumter Landing office to date.

Most importantly, the questions that arise from the focus groups shape a bigger survey. That survey will be ready at the beginning of the year. Our goal: To get almost everyone to take the survey. It will be distributed everywhere. It will be easy. And it will give us a great idea of what you think. All research is really a dialogue between the researchers and community. You tell us what you think – we explore it. At the same time, we'll find the basic health indicators for the community. After a while, this dialogue builds a story of how you're succeeding in active retirement. And like the town of Framingham, that story of how you accomplish successful and active retirement will tell the nation how it's done. As this dialogue goes forward, watch this space. Working with the Daily Sun, we'll keep you informed about what we're doing, what we find, and how you can help. Most especially, look forward to the survey early in the year. We want to know what all 86,000 Villagers think.

Chicago connection links all of Cain's accusers

Herman Cain has spent his life living and working all over the country – Indiana, Georgia, Minnesota, Nebraska, Kansas, Washington, D.C. – but never in Chicago. So it's curious that all the sexual harassment allegations against Cain emanate from Chicago: home of the Daley machine and Obama consigliere David Axelrod. Suspicions had already fallen on Sheila O'Grady, who is close with David Axelrod and went straight from being former Chicago mayor Richard M. Daley's chief of staff to president of the Illinois Restaurant Association, as being the person who dug up Herman Cain's personnel records from the National Restaurant Association. The Daley-controlled IRA works hand-in-glove with the NRA. And strangely enough, Cain's short, three-year tenure at the NRA is evidently the only period in his decades-long career during which he's alleged to have been a sexual predator. After O'Grady's name surfaced in connection with the miraculous appearance of Cain's personnel files from the NRA, she issued a Clintonesque denial of any involvement in producing them – by vigorously denying that she knew Cain when he was at the NRA. (Duh.) And now, after a week of conservative eye-rolling over unspecified, anonymous accusations against Cain, we've suddenly got very specific sexual assault allegations from an all-new accuser out of ... Chicago. Herman Cain has never lived in Chicago. But you know who has? David Axelrod! And guess who lived



ANN COULTER
COLUMNIST

in Axelrod's very building? Right again: Cain's latest accuser, Sharon Bialek. Bialek's accusations were certainly specific. But they also demonstrated why anonymous accusations are worthless. Within 24 hours of Bialek's press conference, friends and acquaintances of hers stepped forward to say that she's a "gold-digger," that she was constantly in financial trouble – having filed for personal bankruptcy twice – and, of course, that she had lived in Axelrod's apartment building at 505 North Lake Shore Drive, where, she admits, she knew the man The New York Times calls Obama's "hired muscle." Throw in some federal tax evasion, and she's Obama's next Cabinet pick. The reason all this is relevant is that both Axelrod and Daley have a history of smearing political opponents by digging up claims of sexual misconduct against them. John Brooks, Chicago's former fire commissioner, filed a lawsuit against Daley six months ago claiming Daley threatened to smear him with sexual harassment accusations if Brooks didn't resign. He resigned – and the sexual harassment allegations were later found to be completely false. Meanwhile, as extensively detailed

in my book "Guilty: Liberal 'Victims' and Their Assault on America," the only reason Obama became a U.S. senator – allowing him to run for president – is that David Axelrod pulled sealed divorce records out of a hat, first, against Obama's Democratic primary opponent, and then against Obama's Republican opponent. One month before the 2004 Democratic primary for the U.S. Senate, Obama was way down in the polls, about to lose to Blair Hull, a multimillionaire securities trader. But then The Chicago Tribune – where Axelrod used to work – began publishing claims that Hull's second ex-wife, Brenda Sexton, had sought an order of protection against him during their 1998 divorce proceedings. From then until Election Day, Hull was embroiled in fighting the allegation that he was a "wife beater." He and his ex-wife eventually agreed to release their sealed divorce records. His first ex-wife, daughters and nanny defended him at a press conference, swearing he was never violent. During a Democratic debate, Hull was forced to explain that his wife kicked him and he had merely kicked her back. Hull's substantial lead just a month before the primary collapsed with the nonstop media attention to his divorce records. Obama sailed to the front of the pack and won the primary. Hull finished third with 10 percent of the vote. Luckily for Axelrod, Obama's opponent in the general election had also been divorced. The Republican nominee was Jack

See **COULTER**, C7

Two volunteers get hospital off to good start

The new Promise Hospital of Florida at The Villages may be a new kind of medical facility to the community, but it is like any other hospital in many ways. For one thing, just like any other hospital, Promise Hospital will need a corps of dedicated, well-trained volunteers to perform various duties around the facility. Some of the duties volunteers will be called upon to perform at the long-term acute care hospital may be different than those they would perform in a traditional acute-care setting, but the primary objective is the same: to make their patients' stays as comfortable and productive as possible. They will do that mainly by performing some of the more routine tasks around the hospital so that the paid staff can concentrate more upon treating, and working directly with, patients undergoing rehabilitation for serious illnesses and injuries once their treatment at a short-term acute care facility is complete. They also will have another responsibility as volunteers at Promise Hospital: to project the image of the facility and serve as good will ambassadors in the community, according to Steve Klein, the hospital's chief executive officer. The first two good will ambassadors to blaze the trail for those who will come after them waited patiently for the hospital to open, then offered their services as volunteers at the new medical facility located on Rainey Trail adjacent to the Village of Lynnhaven. Cindy Winegarden and Nancy Luther brought experience as hospital volunteers

with them to their new assignments at Promise Hospital. Winegarden, a resident of the Village of Belvedere, was a volunteer in the Buffalo, N.Y., area, where she previously lived. During a brief ceremony where she and Luther donned the burgundy jackets that identify them as Promise Hospital volunteers, Winegarden, with her husband, Tom, by her side, said, "I felt very welcome today. "I just enjoy being part of something, part of a team," she added. Luther brings three years of experience as a volunteer at The Villages Hospital with her to her new position as a volunteer at Promise Hospital. She said she wants to be of assistance "however I can help." "That can't be understated," Luther added. Both of the new Promise Hospital volunteers have a strong desire to help others, one of the first prerequisites for any volunteer in a health-care setting, and each wants to remain busy and productive in her retirement years. Just minutes after accepting her new assignment, Luther said she already had identified three more potential volunteers who would more than double their ranks. "It's very satisfying to know that these volunteers are already finding it a rewarding experience and want to involve their friends," Klein said. Klein said he was glad to see that the charter volunteers already were eager to go into their community and recruit

See **VOLUNTEERS**, C8

Letters to the Editor

Hospice volunteers appreciate support

To the editor:
The Villagers for Hospice would like to thank all the volunteers who helped with the painting of the Hospice House, Administration Building and Serenity Center on County Road 466 in The Villages. We were overwhelmed with the community's response from our newspaper ad. Thank you again for being a part of Hospice's ongoing mission of care. We appreciate your kindness and value your support.

Arlene Bentz, president
The Villagers for Hospice

Let's turn tables on the regulators

To the editor:
Like government regulations and them telling you

what to eat, drink, how to train your kids, etc.? I don't, but an elitist recently wrote (see Who Needs This Many Regulations?), and he's in love with government and with regulations. Since elitists (politicians, lawyers, judges, academics and show-biz phonies) write the regulations, they sincerely believe that we, the unwashed masses, would submit, no questions asked. I disagree. How about we give the elitists a taste of their own medicine with some of our own regulations? A. Obama gets one 10-minute speech per week, no lies and no TelePrompter. That ensures he won't say much. B. Biden can speak anytime. He makes no sense at all and lies so easily and so often he's always good for a laugh. C. Obama and his pals wear

See **LETTERS**, C6

Letters to the Editor

With the goal in mind of maintaining a civil tone, letters written in response to other letter writers should address the issue at hand and, rather than mentioning the writer by name, should refer to the headline and date the letter was published. Discourse should be civil and people should be referred to in a respectful manner. Letters referring to news stories should also mention the headline and date of publication. Letters for publication should be no longer than 300 words, must include the writer's address and daytime telephone number. Only the writer's name and hometown will be published. For mailed submissions, writers must sign the letter. The Daily Sun reserves the right to edit, accept or reject any letters submitted. Each writer is limited to one published letter in a 30-day period. Due to the volume of submission, we regret we cannot return or acknowledge unpublished letters.

Mail:
Letters To The Editor
Daily Sun
1100 Main St.
The Villages, FL 32159

Email:
letters@thevillagesmedia.com