By CURT HILLS

can help delay the onset of Alzheimer’s symptoms.

After listening to USF Health’s Amanda Smith, residents walked about 25 to 30 minutes and provided a basic assessment of their memory abilities. Smith said the screenings take about 20 to 30 minutes and provide a basic assessment of memory abilities.

By CURT HILLS

residents can ward off Alzheimer’s.

Residents own best weapon to Ward Off Alzheimer’s

by Katie Backman

By DAVID CESPINO

Jill Brogan, of the Village of Alhambra, said she took away a lot of useful knowledge and tips.

THE VILLAGES

A10

For people interested in Alzheimer’s disease and its possible prevention, the Byrd Alzheimer’s Institute presented information about Alzheimer’s disease research and possible prevention.

residents can ward off Alzheimer’s.

By DAVID CESPINO

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WASHING ron holds off Santorum in Michigan, Arizona primaries

Romney holds off Santorum in Michigan, Arizona primaries

THE VILLAGES

A10

Residents have the event Tuesday at SeaBreeze Recreation Center.

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THE VILLAGES — Residents interested in Alzheimer’s disease research and possible prevention. Smith, medical director of the USF Health Byrd Alzheimer’s Institute, presented information about Alzheimer’s disease research and advancements in diagnosing and treating the disease at SeaBreeze Recreation Center.

By DAVID CESPINO

WASHINGTON — Mitt Romney emerged as the first truly viable contender for the Republican presidential nomination, riding a wave of improving perceptions of his moderate, consensus-building image to his first victory of the campaign season.

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ways to keep your mind strong

Research shows the following steps could help delay the onset of Alzheimer's disease in people who may be susceptible:

- Help a brain-healthy diet
- Stay mentally active
- Engage in the lifestyle, they're a great place to practice these steps, given that the community offers plenty of social opportunities for its residents. As long as residents engage in the lifestyle, there's a stop step in helping to ward off Alzheimer's, Smith said.

An active lifestyle may not prevent Alzheimer's disease, but it will likely delay its onset. "Your brain is good … it's even better than a regular brain," she added. "An active lifestyle may not prevent Alzheimer's disease, but it will likely delay its onset."

Given constant medical advances in Alzheimer's research, Smith said it's wise for residents to seek out new tips that could help keep the brain healthy and active. "We're learning more about the brain every day," she said. "I thought her presentation was very good, and there was a lot of good, helpful information and suggestions that could help keep the brain active and healthy," he said. "I can add to my daily routine," Brogan said.

Tom Materazzo, of the Village of Bridgeport at Lake Minneola, said Smith presented a variety of information and examples that people can incorporate into their daily life, such as eating certain foods, incorporating vitamins into their diet and adding physical activity to their lifestyle.

"All of the USF presentations have been very helpful," he said. "Folks to take proven steps to help possibly delay the onset of Alzheimer's, suffering a head injury, low education level, a family history of Alzheimer's, or older, Smith said.

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of healthy seniors forget names, she said. It's when people lose the ability to encode new information, like having to ask how to do something three or four different times within mere hours, or get caught up telling the same story over and over in the same day to the same person, that a little concern is raised, Dr. Amanda Smith said. It's when people lose the ability to do things they're used to doing in a warning sign," she added. The last time Smith shared her "Prevent Alzheimer's, New Beginnings" presentation with the public was during the November’s address during November’s Alzheimer’s free health information series, it attracted 1,400 interested Villagers, according to USF Health officials.

Given that age is the biggest preventable risk factor for Alzheimer’s disease, it’s no wonder the topic draws a crowd committed to sharing it. The Villages USF Health partnership’s goal to make the community “America’s Healthiest Hometown.”

With much interest shown, Smith returned to The Villages to give the same presentation for a few residents, but more important to avoid no-timer taped for later broadcast so the entire community can view it in the future.

Dr. Amanda Smith, medical director of USF Health Byrd Alzheimer’s Institute in Tampa, gave her presentation about Alzheimer’s on Tuesday at Sea breeze Recreation Center.

Above: Residents listen closely and take notes during the presentation.

Residents filled closely and take notes during the presentation.

WAYS TO KEEP YOUR MIND STRONG

Research shows the following steps could help delay the onset of Alzheimer’s disease in people who may be susceptible. 

- Adopt a brain-healthy diet 
- Be socially active 
- Stay mentally active 
- Keep physically active 
- Protect your head 
- Know your family history of Alzheimer’s 

Given constant medical advances in Alzheimer’s research, Smith said it’s wise for residents to seek out information and keep themselves updated so they can arm themselves with the most current tips.

Residents, according to USF Health, are among people who may be susceptible:

- Age 65 or older, Smith said. 
- People with a family history of Alzheimer’s 
- (tasks) you’re used to doing is a warning sign,” she added. 
- Low education level, a 
- Having a family history of 
- Staying physically active, mentally stimulated, 
- Active, mentally stimulated, 
- Nation of staying physically 
- Contributing risk factors include 
- It’s a vital issue for residents, 
- It’s when people lose the 
- Suffering a head 
- Alzheimer’s, 
- Siblings of people with 
- per cent of residents, 
- Per cent of people over 65 
- As long as residents 
- Medicine.

"All of us need to arm ourselves with the latest findings and information and keep some of the tips in our life, too. It's a vital issue for residents, it's an excellent place to practice those steps, given that the community offers plenty of varied physical, mental and social opportunities for its residents. As long as residents engage in the lifestyle, they're a step ahead in helping to ward off Alzheimer's, Smith said.

"An active lifestyle may not prevent Alzheimer's disease, but it will likely delay its onset," Smith said. "And any active brain is good … it's even better if you try something new." Thus, the topic draws a crowd committed to sharing it. The Villages USF Health partnership’s goal to make the community “America’s Healthiest Hometown.”

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