

OCT 1-5 Convention: St. Petersburg Update

Safety is a primary concern attending our PTWW Convention, with Equality Florida and the St. Pete Police stating there is no imminent threat of protest or violence targeted against the LGBTQ+ Community.

There is no boycott of travel to Florida - just a call for support and action. PrimeTimers® presence in Florida makes a strong statement in support of the frontline fight against anti-LGBTQ+ actions. Read our statement:

[2023 Convention and Travel Advisories – PrimeTimers® Worldwide \(theprimetimersww.com\)](#)

REGISTRATION FEES:

\$270 from Jul 1 - Sep 15

\$290 from Sep 16 - at door

PAY ONLINE via TableTop

<https://tabletop.events/conventions/2023-biennial-convention>

MAIL IN / print and send

<https://theprimetimersww.com/2023-mail-in-convention-registration/>

RESERVE YOUR HOTEL ROOM:

\$166/night with tax

<https://www.hilton.com/en/attend-my-event/primetimersoftampabayblock/>

250+ attended 2021 Chattanooga



2023-2025 Elections

PTWW elects our volunteer Board of Directors for two-year terms as part of the General Business Meeting on TUE 3-OCT.

Nominations are open to any qualified chapter member in good standing, who has the communication skills to fulfill that role, is able to attend video meetings, and is endorsed by the local chapter President (or endorsed by the local chapter Board for current local Presidents).

Nominations open 1-JUL, close 31-JUL.

Email us for more info about roles and commitments for time and travel at:

nominations@ptww.org

Positions below are open for 2023-2025:

President

Vice-President

Secretary

Treasurer

Chair, Independent Chapter

Directors at Large
(2 min. 4 max.)

regional chapter care reps

Also in this Issue

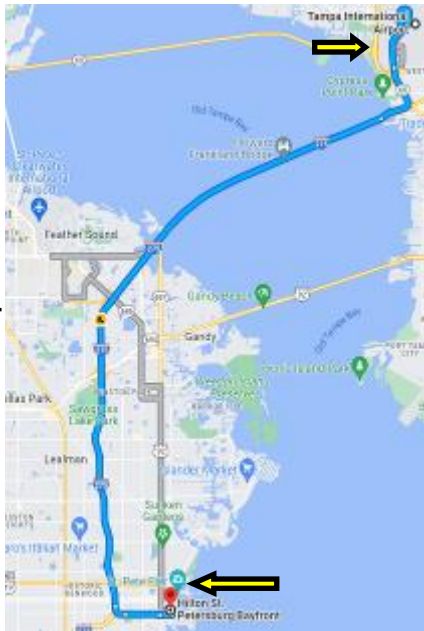
- 1-3 2023 Biennial Convention
- 4-5 Board and 2024 Cruise
- 6-12 From the Chapters
- 12 Calendar & Travel Opportunities

Tentative Schedule of Convention Activities

From / To TPA Airport

The preset rate for a 1-way taxi, Uber, or Lyft ride is **\$32**.

On **SUN 1-OCT**, for those men interested in ride-sharing to the Hilton St. Petersburg Bay-front, we will meet at one of the exit doors at Tampa Airport. All registered attendees will be notified in mid-SEP regarding specific transportation details.



FREE Looper Bus for Downtown St Pete



SUN	SUN	SUN	SUN
1-Oct	3:00 PM	9:00 PM	Registration and check-in
1-Oct	4:00 PM	-	Hotel rooms available for arriving guests
1-Oct	5:00 PM	7:00 PM	dinner break - on your own
1-Oct	7:00 PM	11:00 PM	"No host meet and greet" Speakeasy, dominoes, just sit and visit
1-Oct	8:00 PM	9:00 PM	Facebook meet-and-great
MON	MON	MON	MON
2-Oct	7:00 AM	8:00 AM	Morning Walk-N-Talk
2-Oct	8:00 AM	9:00 PM	Registration and check-in
2-Oct	9:00 AM	10:30 AM	TIME ZONES meet and Greet (drafting Chair volleyball teams)
2-Oct	10:30 AM	12:30 PM	Opening Session with Lunch - Overview STP Excursions
2-Oct	1:00 PM	1:45 PM	Growing Your Chapter - What Works Overview
2-Oct	1:00 PM	1:45 PM	Local Tampa Bay History - PTTB
2-Oct	1:00 PM	1:45 PM	Coming Out Late and Telling Your Children You are Gay
2-Oct	2:00 PM	2:45 PM	Fun and engaging Chapter activities & events (that don't involve food)
2-Oct	2:00 PM	2:45 PM	Diversity & Inclusion Intro - welcoming of diverse potential members
2-Oct	2:00 PM	2:45 PM	How to Fall - "Save Your Bones!"
2-Oct	3:00 PM	3:45 PM	Chapter Financials - Incorporate, tax-exempt, insurance, budgets
2-Oct	3:00 PM	5:00 PM	Chair volleyball - form teams at game time
2-Oct	4:00 PM	4:45 PM	Local Tampa Bay History - PTTB
2-Oct	4:00 PM	-	Hotel rooms available for arriving guests
2-Oct	5:00 PM	7:00 PM	dinner break - on your own
2-Oct	5:30 PM	7:00 PM	Independent Chapter Meeting - members only
2-Oct	7:00 PM	11:00 PM	Speakeasy, dominoes, just sit and visit, chair volleyball
2-Oct	7:00 PM	11:00 PM	Party bridge - casual
TUE	TUE	TUE	TUE
3-Oct	7:00 AM	8:00 AM	Morning Walk-N-Talk
3-Oct	8:00 AM	9:00 PM	Registration and check-in
3-Oct	8:00 AM	11:45 AM	Beach Lunch - GOLD GROUP
3-Oct	9:00 AM	10:30 AM	PTWW Business Meeting, Elections, Presidents' Roundtables
3-Oct	10:00 AM	1:00 PM	* Walk to Dali Museum Tour (10-min walk over, by timed entry fee \$23-27)
3-Oct	11:00 AM	2:45 PM	Beach Lunch - AQUA GROUP
3-Oct	11:00 AM	1:00 PM	2023-2025 Board of Directors and Operations Team Meeting
3-Oct	12:00 PM	1:00 PM	lunch break - on your own or assigned beach group
3-Oct	1:00 PM	1:45 PM	Boosting Your Board and Committees
3-Oct	2:00 PM	6:00 PM	* Dolphin Tour #A1 via Looper Bus to Pier (pre-ticket required)
3-Oct	2:00 PM	2:45 PM	Wills, Trusts, and Guardianships
3-Oct	2:00 PM	2:45 PM	Men's Health
3-Oct	3:00 PM	3:45 PM	Chapter Financials - Incorporate, tax-exempt, insurance
3-Oct	3:00 PM	3:45 PM	Alzheimers' and You
3-Oct	4:00 PM	4:45 PM	Keeping in Prime Contact, Online Change-of-Roles, Logos
3-Oct	4:00 PM	-	Hotel rooms available for arriving guests
3-Oct	5:00 PM	7:00 PM	dinner break - on your own
3-Oct	7:00 PM	11:00 PM	Speakeasy, dominoes, just sit and visit, chair volleyball
3-Oct	7:00 PM	11:00 PM	Party bridge
WED	WED	WED	WED
4-Oct	7:00 AM	8:00 AM	Morning Walk-N-Talk
4-Oct	8:00 AM	9:00 PM	Registration and check-in (as needed)
4-Oct	8:00 AM	11:45 AM	Beach Lunch - GREEN GROUP
4-Oct	9:00 AM	9:45 AM	Living Alone Resources - What assistance is available?
4-Oct	10:00 AM	1:00 PM	* Walk to Dali Museum Tour (10-min walk over, by timed entry fee \$23-27)
4-Oct	11:00 AM	2:45 PM	Beach Lunch - BERRY GROUP
4-Oct	12:00 PM	1:00 PM	lunch break - on your own or assigned beach group
4-Oct	2:00 PM	6:00 PM	* Dolphin Tour #2B via Looper Bus to Pier (pre-ticket required)
4-Oct	2:00 PM	2:45 PM	Fundraising ideas to help meet Chapter financial needs, scholarships
4-Oct	2:00 PM	2:45 PM	?
4-Oct	3:00 PM	3:45 PM	Hands-on Workshop for Local Chapters using the PTWW Website platform
4-Oct	3:00 PM	3:45 PM	Stonewall 1969 Eye Witness
4-Oct	4:00 PM	4:45 PM	E-Newsletters and E-Distribution
4-Oct	5:00 PM	7:00 PM	dinner break - on your own
4-Oct	7:00 PM	11:00 PM	Speakeasy, dominoes, just sit and visit, Chair Volleyball Championships
4-Oct	7:00 PM	11:00 PM	Party bridge
THU	THU	THU	THU
5-Oct	7:00 AM	8:00 AM	Morning Walk-N-Talk
5-Oct	8:00 AM	1:00 PM	* 18-hole Golf at local public course (green fees l.b.a.)
5-Oct	8:00 AM	11:00 AM	PTWW Board Meeting
5-Oct	9:00 AM	9:45 AM	How to Host a Regional Gatherings
5-Oct	9:00 AM	9:45 AM	Wills, Trusts, and Guardianships (reprise)
5-Oct	10:00 AM	10:45 AM	Basic American Sign Language 101
5-Oct	10:00 AM	1:00 PM	* Walk to Dali Museum Tour (10-min walk over, by timed entry fee \$23-27)
5-Oct	10:00 AM	2:00 PM	* Sunken Gardens (car pool \$12 entry, lunch on your own)
5-Oct	11:00 AM	11:45 AM	Living Alone Resources - reprise
5-Oct	12:00 PM	1:00 PM	lunch break - on your own or assigned beach group
5-Oct	1:00 PM	5:00 PM	PTWW 2023 Championships - Dominoes and Bridge
5-Oct	1:00 PM	5:00 PM	* Dolphin Tour #3C via Looper Bus to Pier (pre-ticket required)
5-Oct	1:00 PM	2:45 PM	Diversity & Inclusion DIY Workshop - "Do It Yourself" Charles
5-Oct	2:00 PM	2:45 PM	Communicating - E-blast/Newsletter/Website
5-Oct	2:00 PM	2:45 PM	Alzheimers' and You
5-Oct	5:00 PM	7:00 PM	Farewell Cocktails (on your own, bar in ballroom)
5-Oct	7:00 PM	11:00 PM	Closing Banquet and Omaha 2025 Preview
FRI	FRI	FRI	FRI
6-Oct	9:00 AM	3:00 PM	* AFTER GLOW - Ringling Circus Museum (pre-ticket required)



Photo by carlos aranda on Unsplash

Dolphin Cruise near ★ Hotel

This 2-hour cruise is \$55/man, which includes all non-alcohol beverages onboard. It's an easy 15-minute walk from the Hilton Bayfront hotel. Or ride the Looper Bus and take the St. Pete Pier shuttle to the dock. Sailings are scheduled so you can attend our TUE/WED beach outings.

Online reservations open 1-SEP.

Afterglow: Ringling Bros. Circus Museum



If we have 50+ men interested we will provide a charter bus to/from Sarasota and the Museum Complex on **FRI 6-OCT**. This event includes the Art Museum, Ringling Palace, and Gardens.

Online reservations open 1-SEP.

Special Performance ★ for PTWW! ★



One night only! Limit of 90 seats!

Zubrick Magic Theatre is a 15-minute walk from the host hotel. Gay illusionists and couple Chris & Ryan will be staging a private show just for us!

They will conjure up an exhilarating blend of sleight-of-hand, family-friendly comedy and breathtaking grand-scale extravaganza in a 70-minute performance that will capture your heart and imagination.

PrimeTimers® will also attend a pre-show dinner at nearby LGBT-owned eateries.

Online reservations open 1-SEP.

PrimeTimers® Worldwide Leadership Team

Chapter Care Contacts by Time Zones

Mtn./Pac. - Larry Lamoureux* - Alberta

ptww.atlarge1.org@gmail.com

North/East - Joe Robinson* - Brit. Col.

ptww.atlarge2.org@gmail.com

Central - Glenn Bottomly* - Minnesota

ptww.atlarge3.org@gmail.com

South/East - interim SE Chapter Care

representative **Mark Hatten**

Chair, Independent Chapter 'The I-Guys'

Sam Powell* - South Carolina

ptww-iguys@primetimersww.com

Treasurer

Walt Donges* - Montana

ptww.treasurer.org@gmail.com

Secretary

Jay Tremont* - Nebraska

ptww.secretary.org@gmail.com

Deputy Secretary (Archive & History)

Adrian Liau - Illinois

newsletter.primetimersww@gmail.com

Vice President

Charles Koehler* - Missouri

ptww.vicepresident.org@gmail.com

President

Mark Hatten* - Texas

ptww-info@primetimersww.com

*Board of Directors

DIRECTORS EMERITUS

Michael Stone - Florida

Richard Tobiason - Michigan

Operations Team

Newsletter Editor

Adrian Liau - Illinois

newsletter.primetimersww@gmail.com

Hosted Chapter Websites

Brian Minnette - Texas

ptwwwwebtigers@primetimersww.com

Facebook Administrator

Errol Waits - Nebraska

ptww.facebook@primetimersww.com

Nominations Committee

A.J. Ratliff - Florida

Jack Nimmo - Texas

John Rachau - Arizona

St. Petersburg Host Convention Committee

For more information about the local St. Petersburg area, email them at:

tjpttb@gmail.com



Terry Lauer, Chair

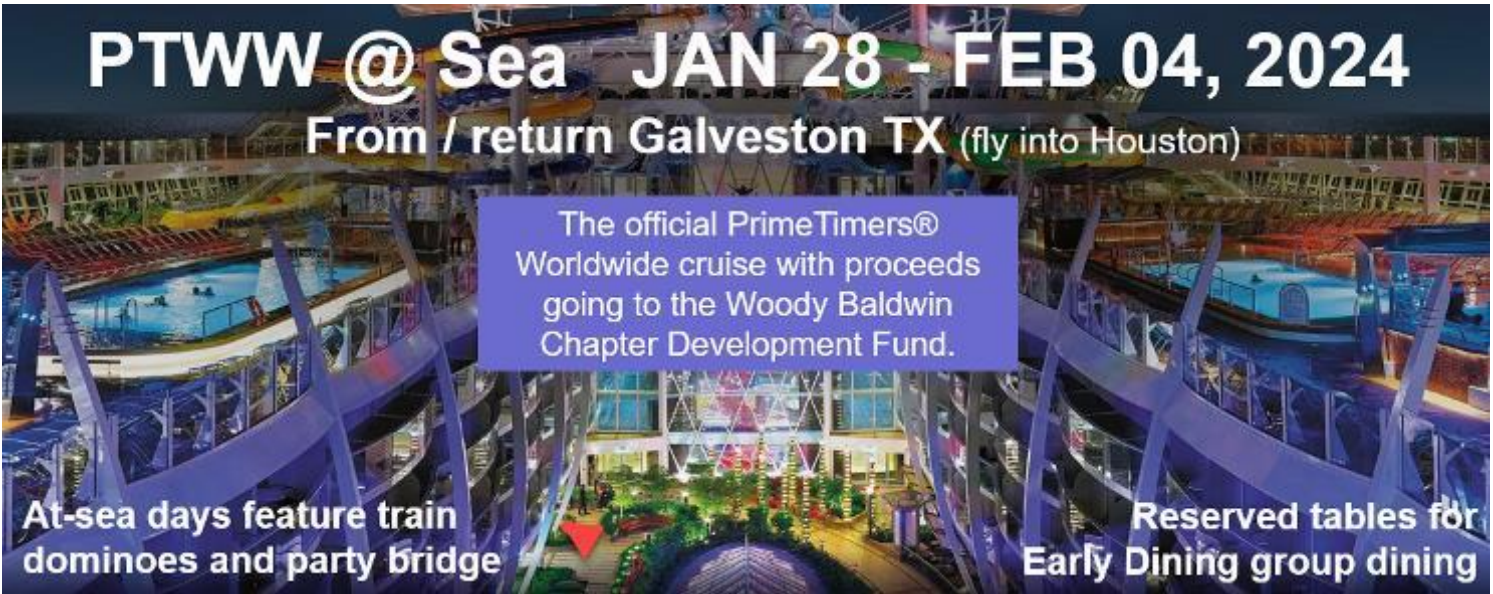
Profidio Rangel, Volunteers

Bill Dial, Administration

Tommy Hornbuck, Logistics

Ron Ankeny, Beach Day Coordinator

Facebook: <https://www.facebook.com/groups/PrimeTimersWW>



PTWW @ Sea JAN 28 - FEB 04, 2024

From / return Galveston TX (fly into Houston)

The official PrimeTimers® Worldwide cruise with proceeds going to the Woody Baldwin Chapter Development Fund.

At-sea days feature train dominoes and party bridge

Reserved tables for Early Dining group dining

7-night WESTERN CARIBBEAN RCCL *Harmony of the Seas*

Roatan, Costa Maya, Cozumel

Royal Caribbean Cruise Lines also has reciprocal frequent cruiser program with Celebrity Cruises.

- Deposit is \$310/person.
- PTWW group dinner is Early Seating.
- Quoted rates booked as Refundable Deposit with a \$60 cancellation fee.
- NOT INCLUDED: Gratuities. At your option pre-paid, cash, or pay on board.
- Beverage packages may be purchased separately onboard.
- Other RCCL posted web rates have a non-fundable deposit may not include port fees and taxes.
- Final payment due by September 1.

Cabin Size (categories)	Per person includes taxes & port fees
Balcony (2d)	\$968
Balcony (4d)	\$876
Oceanview	\$812
Inside	\$731

Single and Suites rates can reserved at time of booking with space availability.

Reservations close 1-SEP

Call: **Michael Sinn 402-988-8880**

Email:

[**msinn@dreamvacations.com**](mailto:msinn@dreamvacations.com)

MORE TRAVEL INFORMATION:

Airports – Houston Hobby for Southwest and Delta Airlines with HOU Intercontinental for America, United, and all other carriers.

Hotels – Galveston Island has several deluxe options, including the exotic.

Transfers from/to airport on day of ship departure/arrival are best included with your RCCL cruise reservation.

Proceeds from excursions booked through Michael Sinn's website will be donated to PTWW :

[**ourdreamcruise.com**](http://ourdreamcruise.com)

Group of Gay Men in their Prime Celebrate their Pride through Community

Reproduced with permission from: <https://www.cbsnews.com/chicago/news/chicago-prime-timers-pride-month/>

As we continue to celebrate Pride Month, we focus on community. Everybody needs one, and Chicago CBS 2's Joe Donlon caught up with a very special one featuring some guys whose community has thrived for decades.

The Chicago PrimeTimers® revealed what pride means to them.

On the second Sunday night of every month at Ann Sather Restaurant in Lakeview, the Chicago PrimeTimers® are doing what they do best: enjoying each other's company and having fun.

"It's a social group for older gay men, but you know any age is welcome, and they do lots and lots of social activities. Like they have a monthly social dinner, they have a monthly social here," said Lewis Pedi.

There are also book readings, lectures, barbecues, sports, and one heck of a Halloween party. Pedi said he felt a little lost when he moved from Boston to Chicago in 2005, until he found the Prime Timers.

"I feel very very comfortable here. You know, I told my partner, I said, 'You dragged me out of my comfort zone in Boston, and now I'm in Chicago, and I've created a whole new comfort zone. You're not dragging me outta here,'" he said.

The Prime Timers have a 47-year history, and a vibrant present.

"It's an international organization; so the PrimeTimers® Worldwide. I think it started in Boston in the 60s, in very much of a time when gay men didn't have place to go," said board president David Zak.

Zak said everyone with Prime Timers has a

story, and no two are the same.

"I was happy to meet people with different interests; a lot of passion, a lot of stories, a lot of heartache," he said. "There are some people, who like I have, have probably been out our whole lives, their professional lives; but for a whole lot of people, you know, they might be 75, but they only came out when they were 61."

Zak also talked about how important groups like the Prime Timers are to the LGBTQ+ movement.

"There's been so much progress, but there's also been a lot of pushback," he said. "There are people who need to know this group exists, and not be afraid to reach out."

This being Pride Month, CBS 2 asked our new friends what that word means to them.

"Being able to be who you are, be yourself, and not have to make excuses," Pedi said.

"Being able to reach your full potential, and knowing other people encourage that," Larry Lesperance said.

"It's important to celebrate wherever you are; if you're by yourself, or if you're with your family, or if you're estranged from your family, that there are ways to make connections to people, and it's important that you do," Zak said.

To learn more about the Chicago Prime-Timers®, check out their website at chicagoprimetimers.com. You'll find schedules for regular activities, from concerts to Dominos.

*Joe Donlon
Co-anchor, CBS 2 News Chicago*

Palm Springs Chapter Nears 1000 Members

As we proceed into the long days and short nights of Summer, most people think of the "old days" when many desert residents would leave for cooler climates, and traffic was greatly reduced. Palm Springs is a destination retirement community for gay men, and in recent



years, Palm Springs and the Coachella Valley has experienced a population that enjoys the desert heat all summer long. With that in mind, our weekly Monday evening Mixers and the 15-or-more activities we offer each month have led to an amazing increase in our membership numbers. Most recent events have brought us over the 950-mark, with weekly increases. We hope to exceed the 1000-member mark sometime this Summer. We also have a remarkable guest program

with many gentlemen stopping by for a drink. Members enjoy access to our weekly breakfasts, monthly lunches and dinners, book club, pool parties, singles mixers, theater events and special events such as museum trips and community support events. Recently we

sponsored a table at the annual Harvey Milk Diversity Breakfast, and participated in the Desert AIDS Program "Dine Out for Life" events. We'd like to formally invite you to make Palm Springs one of your destinations. Stop in and see us.

Gary Dougan

Board Member & Liaison to PTWW

PrimeTimers® of the Desert

Indy's Race Weekend Dinner Party

Prime-Timers® Indianapolis hosted its first inter-chapter event on Saturday, May 27. The Race Weekend Dinner Party was attended by 19 members of the Indianapolis chapter and five visitors from the Tri-State PrimeTimers® chapter. This Memorial Day weekend event included a cookout and great food provided by members of the host chapter. Based on this first year's success and a great time



had by all, Prime-Timers® Indianapolis will likely make this an annual event on the Saturday of "Indy 500 Race Weekend".

Steve Hamilton

*New Member and
Inter-Chapter
Liaison board
member*

PrimeTimers® Indianapolis

Atlanta's Updates

Atlanta PrimeTimers® Received a \$15,000.00 Donation

There was a great turnout for our Gathering of Men in Hawaiian Shirts Playing Games. Our gathering was also a tribute to our dearly departed past President, John Hudson. John's estate executor, Noy Barrera, visited us to present The Atlanta Prime Timers chapter with a check for \$15,000.00.

John was engaged in Prime Timers and appreciated the effect it had on his life. John's wish was to support our organization so that we can continue to provide a rewarding social environment for our members and the community. Thank you, John, for such a generous and much appreciated gift. May you always rest in peace.

Other activities: Recent highlights included: (1) Picnic In The Park; (2) Memorial Day; (3) Monthly Meeting Pickle Ball Demonstration; (4) Dinner at Golden Buddah after Pickle Ball; and (5) Out Front Theatre to see Ruthless The Musical.

Smile, we are having fun!!!!



Everett Mike Murphy

President

Atlanta PrimeTimers®

Both photos courtesy of Brian Hankins,
Jason Calvert, and Mike Murphy

Rhode Island's May Dinner

The Rhode Island PrimeTimers® met for the May dinner at Davenport's Restaurant. We had a good turnout. Many laughs, good company, and conversations.

Steve Kagan

President

Rhode Island PrimeTimers®



Photo courtesy of Steve Kagan

Charlotte's Annual Spring Picnic

Many Saturdays had been rainy and gloomy in Charlotte this spring, but the weather on Saturday, June 17 could not have been any more perfect for the Charlotte PrimeTimers® to have their annual spring picnic at Park Road Park. Members and guests enjoyed hamburgers, brat-wursts, and hot dogs fresh off the grill and delicious side dishes and desserts brought by all. After lunch some of the group took



Photo courtesy of Max Carroll

a walk around the lake, a few others tried their luck at Horseshoes and Cornhole, and everyone enjoyed chatting with each other. Seventy-one members and guests attended, including five guests from the Columbia, Myrtle Beach, and Asheville Chapters.

Max Carroll
Communications
Charlotte PrimeTimers®

Tucson's Going's On

For chronicles of our events and dozens of photos of them – check out our Facebook page > Prime Timers® Tucson (TPT). Our Wednesday lunches are the most popular event with our members with almost 40% of our members attending the weekly festivities. We have had successful picnic in the park, pool party, and garden tour events this spring. The Fall theatre line-ups are being released and we are busily selecting shows for group excursions. A joint LUNDIN event is on tap with our friends at MSN – Men's Social Network. The Executive Board decided to remove all remaining Covid restrictions from our events.

We are instituting a new "We Care" program. Our members are helping one another with rides to doctor's appointments



Photo courtesy of PrimeTimers® Tucson

or meal delivery / visits to our shut-in members.

Our group watched with some jealousy as two of our members kept us posted on Facebook about their cruise around New Zealand, Australia, numerous South Seas islands, Hawaii, and ending in Vancouver.

The big news this spring is that one of our members, Geraldo, is having two of his artworks on display at a local gallery. The gallery is in Tubac, a desert artists' colony, south of the city. There is a special PRIDE exhibit there. One of the pieces received an Award of Excellence.

Stephen Stillwell
Board Member
PrimeTimers® Tucson

It was a Good Idea

The idea started when Mike told me that his niece-in-law finally bought the cafe where she had worked for years. I had been hearing about the cafe in Ralston, Oklahoma, from Mike for a while and I thought it would be a good place to go and eat. Joe, Mike's partner,



suggested that we should visit the Pawnee Bill's Museum which was nearby and would make for a great day trip. I suggested that I would put it out to our guys and see if anyone else in our chapter would like to join us. Then I thought, I should invite the Tulsa and Central Oklahoma chapters since we'll be in their backyard, so to speak. So I sent them an invitation to let their membership know that we were invited as well. I had heard back from Tulsa and they were bringing six, but I didn't know how many were coming from OKC. What a surprise when we opened the door to the cafe and there was this big, long table full of Prime Timers! We had four in our group from Wichita, six from Tulsa and the rest from OKC to make us seventeen! The cafe is small, but also the only eating place in Ralston, so everyone goes there. And boy, were they surprised to see so many gay and bi men from all over! I think we were the first PRIDE event in Ralston. Michele and John, the owners and Mike's nephew and niece-in-law,

treated us like royalty, of course! We were treated to homemade onion rings as appetizers. I think we ate everything listed on the menu. It was a real gabfest, getting to meet new friends and renewing longer friendships. But it got really quiet when the food arrived. After the

wonderful meal, we ventured to Pawnee, to the Pawnee Bill's Museum. Pawnee Bill was a former cowboy, showman and cattleman back in the 1920s and 30s along with the likes of Wild Bill Hickok and Will Rogers. We toured the ranch and the buildings; it was only the mansion that charged a \$5 admission fee. And we took pictures, lots of pictures before we had to leave.

If you want to know more information about the Pawnee Bill Museum, go to <https://www.okhistory.org/sites/pawneebill.php>.



I want to thank both the Tulsa and Central Oklahoma chapters for joining us and making the visit very enjoyable. I have also heard of other suggestions for future joint trips. What a wonderful way to celebrate National Country Cooking month.

Martin Mendoza
Activities Coordinator
Wichita PrimeTimers®

Both photos courtesy of Tulsa and Wichita PrimeTimers®

Causes & Prevention of Falls in Older Adults

A simple accident like tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break (fracture) a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability. Many older adults fear falling, even if they haven't fallen before. This fear may lead them to avoid activities such as walking, shopping, or taking part in social activities. But staying active is important to keeping your body healthy and helping to prevent falls. So, don't let a fear of falling keep you from being active!

What Causes Falls In Older Adults?

- Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.
- Diabetes, heart disease, thyroid problems, nerves, feet, or blood vessels can affect your balance.
- Conditions that cause rushed movement to the bathroom, such as incontinence.
- Older adults with mild cognitive impairment or certain types of dementia are at higher risk of falling.
- Age-related loss of muscle mass (sarcopenia), balance and gait problems, and blood pressure that drops too much when you get up from lying down or sitting (postural hypotension) are risk factors for falling.
- Foot problems that cause pain, and unsafe footwear such as backless shoes.
- Medications that cause side effects such as dizziness or confusion.
- Safety hazards in the home or community environment.

What is Sarcopenia?

Sarcopenia has been connected to muscle weakness; fatigue; lower energy levels; and difficulty standing, walking, and climbing stairs, and is more likely to occur in people with chronic diseases and may increase risk of falls, fractures, other serious injuries, and premature mortality. Poor nutrition and lack of exercise can increase the odds of developing

sarcopenia. If you or a family member is feeling general weakness, talk with a doctor. It could be related to sarcopenia or another medical condition.

Steps To Take To Prevent Falls

If you take care of your overall health, you may have a lower chance of falling. Most of the time, falls and accidents don't just happen for no reason. Here are tips to help lessen your risk.

- **Stay physically active.** Regular exercise improves muscle strength and also helps keep your joints, tendons, and ligaments flexible. Mild weight-bearing activities, such as walking or climbing stairs, may slow bone loss from [osteoporosis](#).
- **Try balance and strength training exercises.** Yoga, Pilates, and tai chi can all improve balance and muscle strength. You can also try lifting weights or using resistance bands to build strength. Learn more about [different types of exercises to improve balance and strength](#).
- **Fall-proof your home.** Check out [these tips](#) to make you avoid falls and ensure your safety.
- **Have your eyes and hearing tested.** When you get new eyeglasses or contact lenses, take time to get used to them. If you have a hearing aid, be sure it fits well and **wear it**.
- **Learn your medication side effects.** If one makes you sleepy or dizzy, tell your doctor or pharmacist.
- **Get enough sleep.**
- **Avoid or limit alcohol.** Too much alcohol can lead to balance problems and falls.
- **Stand up slowly.** Getting up too quickly can cause your blood pressure to drop. That can make you feel wobbly. Get your blood pressure checked when lying and then standing.
- **Use an assistive device** if you need help feeling steady when you walk. Using canes and walkers correctly can help prevent falls. If your doctor tells you to use a

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cane or walker, make sure it's the right size for you. Walker wheels should roll smoothly. If you borrow walking support equipment from a friend, ask your health care provider to make sure the equipment is the correct size and is safe to use. A physical or occupational therapist can help you decide which devices might be helpful and teach you how to use them safely.

- Be careful when walking on wet or icy surfaces. Use an ice melt product or sand to clear icy areas by your doors and walkways.
- Keep your hands free. Use a shoulder bag, fanny pack, or backpack to let you hold on to railings.
- **Choose the right footwear.** Wear non-skid, rubber-soled, low-heeled shoes. Don't walk on stairs or floors in socks or in shoes and slippers with smooth soles.

- **Consider staying inside when the weather is bad.** Some community services provide 24-hour delivery of prescriptions and groceries, and many take orders over the phone.
- Always [tell your doctor](#) if you have fallen since your last check-up, even if you did not feel pain when you fell. A fall can alert your doctor to your medication, a new medical problem or eyesight issues that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.

Source: *Falls in Older Adults: Causes and Prevention*, National Institute on Aging, <https://www.nia.nih.gov/health/falls-and-fractures-older-adults-causes-and-prevention>, February 15, 2023.

Steve Horowitz
President

PrimeTimers® Sarasota

PrimeTimers® Worldwide Calendar

Date/Event

JUL	Central Region Chapter Visits - Chicago
AUG	Regional Zoom Meetings for Chapter Leaders (Central, M/P, NE, SE)
15-SEP	\$20 off General Discount PTWW Convention Registration ends
1-5 OCT-23	PTWW Biennial Convention, St. Petersburg FL
28-JAN-24	Official PTWW Cruise @ Sea, RCCL Harmony of the Seas From Galveston TX (with airports in Houston) <i>see page 5</i> Michael Sinn 402-880-8880

Cruise/Tour Operators

The Original PrimeTimers® Worldwide, Inc. (PTWW) does not receive any compensation nor proceeds from these events or activities listed below and in no way assumes any liability for claims, errors, or omissions nor negligence arising from these below promotions or activities listed.

Beginning January 2023, only activities and events sponsored by an organization or group recognized by the PTWW Board of Directors may be published. Paid advertising may be available upon request and approval by the PTWW Board of Directors. Contact the Newsletter Editor.

Activities of potential interest to members include:

<u>Activity/Event</u>	<u>Organizer</u>	<u>Contact Info</u>
Cruises	Ron Camp	614.581.2700
Cruises	Michael Stone	941.359.8212
Event - A Celebration of Friends	Tom Pence	tomcat9722@aol.com