

# Opti - Topics

Bulletin of the Optimist Club of Huntsville

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Pres. Jim Roe opened the meeting by having Chaplain Sydney Sandridge give the invocation and lead us in the Pledge Of Allegiance. He then had the members introduced their guests. Tom Casteel's guest was our newest Friend of Optimists member; Alicia Lindsey. We had approximately 25 in attendance, including member Chev Kellogg.

In introducing our speaker today Jim Berry testified that his life was saved – not once, but thrice – by Dr. Zaheer Khan. Rather than elaborate, Jim opted to give the speaker, who has over 3,000 patients (age 70 +), as much time as possible.



Dr. Khan's remarks seemed focused on preventing falling, among older adults, however, I couldn't hear very well from where I was sitting. Classes at Senior Centers in many communities are designed to improve moving with better balance

have proven to be effective, he noted. 50% of those entering nursing homes are the result of falls. The speaker said it is essential to exercise regularly to maintain and increase strength and balance. Group exercise is fun, and you'll make new friends. Dr. Khan added that you should have your eyes checked at least once each year, and reduce hazards, especially clutter and poor lighting, in your homes. Ask your pharmacist to review your medicines – both prescription and over-the-counter – to reduce side effects and interactions that may increase the risk of falls. Older adults may get prescriptions from multiple doctors. Fall risks increase directly with the number of medications, which often lead to delirium and depression.



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