

## If the shoe fits...

The recent safety presentation by our Mesa Fire Department got me thinking. What other things out there are waiting to trip us up? A quick internet search identified another sinister threat to our health and wellbeing - SHOES! That's right kids – shoes hiding in plain sight in our very own closets. I can never again look fondly upon my 50-year-old white bucks.



Our very own shoes are letting us old folks down. Gals, you may have given up the stilettos and the platform shoes. Guys, those wing tipped, leather soled shoes are now thankfully gathering dust in the back of your closet. And, for a few of you that 'discoed' the night away, a pair of your own platform shoes may be hiding in the shadows of that very same closet - but it ain't enough. You must now be mindful of those sneakers you wear! That's right, sneakers are dangerous! Not all sneakers mind you, just those that compromise your balance.

Balance is Everything...

You may have the very best Yeezys money can buy but are they providing you with the balance you need? Admit it, you aren't as agile as you once were. In the past, losing one's balance meant a hop, skip and a jump out of most falls. Now a trip leads to a visit from an EMT and weeks of rehab.

Flat is Best...

Many of us still buy running shoes, even though we haven't run in 20 or more years. Running shoes are designed to provide maximum cushion and are not designed for yard work, especially on gravel. Running shoes are also not designed for basketball, tennis or pickleball. If you are involved in any of the aforementioned sports – buy the properly designed shoe. For all other activities please invest in flat soled shoes that have good arch support. I also discovered that those very comfortable memory foam shoes are not recommended by podiatrists. Interestingly, memory foam can take on the memory of a poor gait and can destabilize the foot, ankle, and hip. Hey, I'm just passing on what I read. Please check the web for shoes recommended for seniors.

Many of us wear flip-flops but be careful. They aren't the best for walking in gravel and are not recommended for driving a vehicle or riding a bike.

Be safe out there,

ROSO\*

\*What is the meaning of this acronym? Find out at the August Res Org meeting.