

**PrimeTime Institute / ElderCare of Alachua County**  
**Program Schedule – February, 2024**

**PrimeTime Institute** (PTI) provides a wide variety of educational programs for people age 50+ that foster wellness, encourage personal and intellectual growth, and that provide an environment for developing new interests, making new friends, and becoming involved as volunteers.

**PTI** is a program of ElderCare of Alachua County, a non-profit organization providing various services for seniors such as Meals-on-Wheels, Alz Place, etc. All **PTI** programs and activities are planned and presented entirely by volunteer members and speakers, with expenses supported by optional memberships and donations. Additional information about PTI, including program updates, is available at our website [www.primetimeinstitute.org](http://www.primetimeinstitute.org) or by contacting Susan Williams at 352-214-6219.

We appreciate the speakers who provide free programs for our seniors; however, please understand that **PTI does not endorse any company, product, or service.**

We continue with HYBRID programs – the speaker **in-person at the Senior Recreation Center**, along with attendees willing to gather there, and a **simultaneous online webinar option** through Zoom. We have learned that many people are able to participate online who are unable to come to the Center for a variety of reasons. Watch for Sunday messages each week to learn of any changes in that week's Thursday program.

**To participate in the webinar version of a program**, you can log in on your Internet-connected computer, tablet, or phone as the program gets underway. **Advance registration is required for attending online.** Please send your request to [primetime.inst@gmail.com](mailto:primetime.inst@gmail.com).

If you do register for the webinar version, you will receive a confirmation message and, at an appropriate time, a link to click on so you can join in. No camera or microphone is needed to see and hear the presentations online.

Our programs are also recorded for people who are not available on Thursdays. We share links to those recordings when the Senior Center staff has them available so people can watch at their convenience. Those links are shared in the program reminder messages we send each Sunday to those on PTI's email distribution list.

**TIME:** Unless otherwise noted, programs will be on Thursdays  
from **2:30 p.m. to 4:00 p.m.**

**Thurs., February 1st @ 2:00 \*\*\*Note Time Change\*\*\*** **Field Trip to the Theatre of Memory** Founder Bill Hutchinson will talk to us about his collections as we tour the

museum. A musician, broadcaster and disc jockey, Hutchinson started the museum in 1994 to express his love for history and storytelling. He was motivated to start collecting during his 2-year tour of duty in Vietnam. Shoes, artwork, musical instruments, teapots, Beatles memorabilia, clocks that tick backwards, Philippine seashells, and teapots are a few of things we will see.

Because there is a limit of 20 people allowed, **sign up is required** by calling/emailing Susan Williams at 352 214-6219 or [skbwms1@gmail.com](mailto:skbwms1@gmail.com) by **5:00 p.m. on Wednesday, Jan. 31st**. The museum is located at 1705 NW 6th St. (There is limited paved parking, with overflow parking in a grass lot.) **Admission is free; donations are appreciated.**

***Thurs., February 8th @ 2:30 Saving the Dream: The Impact of the Economic Crisis on Pursuing the American Dream for Families*** Family Promise of Gainesville works with families who are facing or experiencing homelessness. They offer interventions to prevent loss of housing, shelter for families already without housing (with the assistance of local church facilities), case management to aid stabilization, and affordable housing in apartments they own.

Shari Jones, Executive Director, will help us understand some of the factors that lead to families being in crisis. They include inflation, the rising costs of housing and local lack of affordable options, and increasing cost of healthcare. Household debt is stressful to manage and takes a toll on mental health.

Family Promise is a community resource that assists families with not only housing, but with education and training programs to enhance skills for managing money and finding stable employment. As they help rehouse people, they need items to establish new households. We will learn what donations from our downsizing they can use and what they do not want.

***Thurs., February 15<sup>th</sup> @ 2:30 Downsizing 101*** Whether we want to admit it or not, some of us are prisoners to our own belongings. It didn't happen overnight. Rather, a gradual collection of items over the years led us to fill our closets, corners of rooms and entire rooms and garages with items we may or may not need. Often times we even lose track of what's really there. If you are truly serious about living simpler and regaining the time that you spend managing your hoard, come learn where to start and how to make the plan that's best for you.

Liesl O'Dell is a certified Senior Move Manager through the National Association of Senior Move managers ([NASMM.org](http://NASMM.org)). She and her team specialize in downsizing and moving people, as well as creating plans for their belongings (what to keep, what to give

away, what to donate, what to sell, etc.). Their goal is to help people live better and more safely by improving their environments.

***Thurs., February 22<sup>nd</sup> – PrimeTime will not have a program on this date.***

***Thurs., February 29<sup>th</sup> @ 2:30 Early Heart Attack Care*** February is National Heart Month. In honor of that, our speaker, Elizabeth Warren, BSN, RN, RCIS and STEMI\* Coordinator at UF Health, will help us learn how to modify cardiovascular risk factors. She'll explain how to identify early warning signs of heart attack and understand how to assist others experiencing concerning symptoms.

\*A STEMI is the deadliest form of heart attack. The name is an acronym for ST elevation myocardial infarction. In a STEMI, the coronary artery is completely blocked off by a blood clot, and as a result virtually all the heart muscle being supplied by the affected artery starts to die. This severe type of heart attack is usually recognized by the characteristic changes it produces on an electrocardiogram, or ECG. Learn more at <https://news-notes.ufhealth.org/2015/02/03/saving-lives-in-a-heartbeat/>