



Want to

# DANCE LIKE A STAR WITHOUT GOING FAR?

There's a move afoot here in Hidden Meadows to use one of our public facilities for dancing. Two doctors here in the Meadows (one an MD, the other a PhD) are avid ballroom dancers, and are eager to share their expertise to benefit the community.

**You'll...**

- Receive expert instruction in informal and social dancing.**
- Participate in a neighborhood activity that spans generations.**
- Learn at your own level, to whatever extent you want.**
- Quickly gain confidence, impress your friends, and have FUN.**

**No skill required!**

**But...**

We need to know you're interested to make it happen.

**Please contact:**

Dr. Jeffrey Putter, [Jputter@LTSP.com](mailto:Jputter@LTSP.com), 760/749-0052

# Meadows Dance Ballroom Steering Committee Seeks Volunteers

**The Meadows Dance Ballroom Steering Committee is seeking volunteers to assist in an important community project to benefit our seniors. The purpose is to convert the Meadows Pavilion for part-time use as a dance facility. Our seniors and youth would gain valuable medical and social benefits as a result of this worthy endeavor.**

The Committee Chairperson is Dr. Jeffrey S. Putter, a physician, an avid ballroom dancer, and 12-year resident of Hidden Meadows. The Co-Chairperson is Dr. Douglas B. Gwynn, who was a respected researcher for the University of California. His work focused on social issues including aging in America. Dr. Gwynn and his family owned and operated one of the original vintage big band ballrooms in the United States during the 1950s and 60s.

Drs. Putter and Gwynn assert that the conversion of the Pavilion facility for ballroom and social dancing would convey four meaningful benefits to our seniors.

**(1) Independence:** Our seniors would be rejuvenated through dance exercise and social interaction. This would enable them to stay out of nursing homes.

**(2) Mental wellness:** The incidence of social isolation and depression among seniors would be significantly abated by organized dance functions. No activity other than ballroom dancing has ever been demonstrated to be as effective in building new social relationships and partnerships within the community.

**(3) Physical well-being:** Key medical benefits of dancing include improved cardiovascular and musculoskeletal fitness. Dancing would reduce the morbidity and mortality associated with lack of exercise, obesity, osteoporosis, falls, fractures, and head injuries. These significantly impact on seniors but also increasingly on younger populations in our community.

**(4) Socialization of our youth:** Our youth, who are increasingly sedentary and socially isolated, would greatly benefit through learning to dance and going to dances in a safe, friendly, and drug free environment.

In the era preceding television and personal computers, ballroom dancing was a highly valued means of social entertainment and community interaction. The big band ballrooms slowly died out as Americans became more sedentary and socially withdrawn. This can be attributed in part to the diversion attendant to the invention of electronic home entertainment systems. Excessive use of the computer has resulted in low physical activity. This adverse trend is starting to reverse with ballroom dancing becoming more popular for all age groups.

The Ballroom Dance Steering Committee is exploring the feasibility of removing the carpet in the Meadows Pavilion and replacing it with a hardwood dance floor at a modest fixed cost. Not only is it nearly impossible to dance on carpet, but it is dangerous too. A carefully purchased hardwood floor would also be conducive to other types of stretching and aerobic fitness activities in the Pavilion.

The Committee is seeking volunteers who have any of the following interests: **(1)** Social or ballroom dancing participant. **(2)** Providing formal dance instruction. **(3)** Organization of non-alcohol, non-smoking dance parties. **(4)** Organizing competitive dancing activities especially for our youth.

The Hidden Meadows residents and outlying community may demonstrate their committed support for this dance project by directing a letter of interest to the Chairperson Dr. Jeffrey Putter. The contacts are email [Jputter@LTSP.com](mailto:Jputter@LTSP.com), facsimile 760.751.0938, and tel. 760.749.0052. Dr. Putter shall respond to all serious inquiries concerning the Meadows dance project.

Again please show your steadfast support for the Meadows Dance Ballroom by writing the Committee. We need to keep our seniors independent and prosperous through the joys of dance and our youth engaged in safe and healthy activities.

**Jeffrey S. Putter, M.D.**  
**Douglas B. Gwynn, Ph.D.**