

Senior Wellness Fair

FALL 2013

CENTER FOR HEALTHY AGING IN MULTICULTURAL POPULATIONS

Over 600 attendees from very diverse backgrounds filled the Timpany Center on Thursday, October 24th for the 2013 Senior Wellness Fair. The gym was buzzing with activity from students, vendors and seniors, who came together for this three-hour event. The Senior Wellness Fair was co-hosted by the Santa Clara County Department of Aging and Adult Services (DAAS), SJSU's Center for Healthy Aging in Multicultural Populations (CHAMP) and the Timpany Center. Students from San Jose State University and vendors from the community provided screenings, workshops on fall prevention, as well as information on a wide range of topics that were beneficial to the seniors.

Vendors from more than



50 different organizations and companies also came together for the event. Sheri Boles, Outreach Officer from the California Public Utilities Commission noted the value of the vendors' presence for the seniors attending, "my favorite part [of today] was talking to and having a chance to share with the people stopping by the many programs and services we have."

Nancy Megginson, Professor of Kinesiology at SJSU and Project Director at Timpany Center, remarked that students and vendors weren't the only ones participating that day, "I think what was really superb was the fact that there were so many seniors here that participated in the event."

Students from multiple disciplines



at SJSU volunteered in order to educate and help out the seniors in the community. Screenings and education for nutrition, balance, recreation, hearing loss, blood pressure and mood were just a few of the services provided to seniors. Megan Perdue, a student from San Jose State's School of Social Work noted that volunteering at the wellness fair also benefitted the students, "what we're doing in school is just with books, but here we actually get to talk to a population that we're going to be serving."

This was the third year of the partnership between CHAMP and DAAS and the partnership has been beneficial not only for both organizations, but for the community as well. "CHAMP is a really good partner because of the educational component and the student volunteerism is a fantastic aspect

that we can't offer from a county perspective," said James Ramoni, Interim Director of DAAS, "it speaks loudly about the partnership and the commitment that all of us have to get out into the community."

The key words for the day were "seniors" and "wellness" which is just what Sadhna Diwan, Director for CHAMP wanted and hopes that the Senior Wellness Fair and other service learning programs succeed in doing in the future. Diwan notes that, "partnering with DAAS allows us to reach out to seniors in the community in a way that we could not do on our own. Our goal is to engage students from multiple disciplines to learn more about aging, to connect directly with seniors and to provide screenings and health education to seniors in



the community." Given the amount of buzz inside the Timpany gym on Thursday and the growing number of attendees, that shouldn't be a problem for the DAAS and CHAMP partnership, as well as for the senior community. As Ramoni noted, "that's really the goal, that as the population ages we want more and more people to have the ability to empower themselves to do the best they can, to thrive and live as long as they can independently."