

CHAMP

CENTER FOR HEALTHY AGING IN MULTICULTURAL POPULATIONS



SAN JOSÉ STATE
UNIVERSITY

COLLEGE OF APPLIED
SCIENCES AND ARTS

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SJSU's Center For Healthy Aging in Multicultural Populations (CHAMP) Offers San Jose's Seniors Health Screenings and Information



On Thursday, September 29, the 24th Annual Senior Resource & Wellness Fair, presented by the County of Santa Clara Department of Aging and Adult Services (DAAS), in partnership with the City of San Jose Parks & Recreation Department, and

SJSU's [Center for Healthy Aging in Multicultural Populations](#) (CHAMP), took place at the Mexican Heritage Plaza in San Jose.

Approximately 400 people in the community came out to the Wellness Fair to receive information from 85 different programs that provide information and services to the senior population. There were about 70 vendors from community agencies. Participants were able to receive a multitude of health screenings – flu shots, blood pressure, glucose, dental, spine alignment, skin, mood, cognitive function, falls prevention, fitness, biofeedback, and hearing tests which were provided by Walgreens, SJSU students and other agencies. Several workshops and fitness demonstrations were also held throughout the day, including Laughter Yoga, Fair Housing Rights, Cal Medi-Connect, and Nutrition.

More than 40 students, led by faculty from six San Jose State departments, participated in offering screenings or healthy living advice to older adults at the event. Students from the following departments offered information/screenings on the following topics:

- Social work – Mood and wellness screening
- Nursing – Blood pressure screening
- Kinesiology – Information on evidence-based exercise
- Occupational Therapy – Falls and balance
- Recreation Therapy – Biofeedback to improve breathing and managing stress
- Communicative Disorders – Ear inspections & Cognitive wellness screening

“The Wellness fair offers SJSU students a wonderful opportunity to practice their communications skills, learn how to engage seniors in screenings and health education, and learn about the role of multiple disciplines and the array of community services available to promote wellness and healthy aging,” says Sadhna Diwan, Ph.D., Professor, School of Social Work, Director, Center for Healthy Aging in Multicultural Populations.

Photos by Lauren Chun, Megan Dejan and Mickie Lau, students from Dwight Bentel & Hall Student Advertising and Public Relations Agency, School of Journalism and Mass Communications:





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