

REPORT OF SUBCOMMITTEE ON LOS ALTOS SENIOR HEALTH FAIR Part 2: UPDATED April 2, 2025

Prepared by Dolores Gallagher-Thompson, William Buchholz & Jim Basiji - **Top 12 topics** – summarized from discussions with Amanda Hui, Cupertino Senior Health Fair, Bill, Jim & Dolores

Date: Sept. 9, 2025; Time: 12 noon to 3 pm

Working Title: “Optimizing Our Health as We Age”

Location: Los Altos Community Center – several spaces including hallway – Our chairperson suggested we do blood pressure readings there, free, & said she can reach out to get a public health nurse to do so for X specific times (TBD)

Survey attendees to determine what future topics would be of interest. City staff will assist in creating a survey.

NEXT TOPIC: We need to establish **working pairs** to handle the many details involved. This is what we have so far:

VENDORS: Commissioners Dixit & Olson

REFRESHMENTS: Commissioner Dixit

FLYER/ MARKETING? - staff will draft flyer – a lot of outreach & marketing are needed to publicize the event – need to assign a working pair to work with city staff

These 8 topics focus on Healthy Aging/ Optimal Aging:

1. Sleeping Well; Improving our Sleep as We Age
2. Nutrition: Eating Well for Heart and Brain Health
3. Careful: Don't Fall: Farewell to Falls program at Stanford
4. "I Lost My Keys Again" – Is this the first sign of dementia?
5. 10 Ways to Maintain Your Brain as You Age
6. Caring for the Caregiver
7. Staying Connected/ Building Community
8. Activity/ Exercise : INCLUDING DEMOS- chair yoga,
line dancing, Zumba gold (if can find instructors/ Jaime?)

The next 3 focus on Public Safety issues: Practical Information

9. Public Safety: How to Make Your Home Safer (Police Dept)-
What Crimes are Common in Los Altos? How to Protect?
10. Public Safety: Fire Department/ First Responders: When to
call 911; What 1st Responders Do; where to put smoke detectors
11. Public Safety: CERT teams, Neighborhood Watch groups-
Emergency Preparedness- others?

LAST: 12. Evolving Technology: how to navigate? Who to call
if issues (account hacked, personal info stolen, how to use AI)

Summary of Phone meeting with Amanda today; Dolores & Bill

Amanda recommended: keep the content BROAD that the
speakers present. No need to dive deeply- this is an overview.

For schedule she recommends: 5 min Introduction, 30 min to present, 10 min Q&A, 10 min “transition time” to next activity / speakers transition/ set up slides etc./ community moves around.

1. We have 3 meeting rooms in addition to vendor space: can have 3 talks in each room – timing works if we stick to it – so maximum of 9 presentations. Can do fewer if can’t get speakers – Dolores, Bill & Jim are responsible for speakers
2. Vendor space should be open the whole time. Vendors should be ready to give “elevator talk” about the main services they offer, and, have handouts people can take – Commissioners Dixit & Olsen are “working pair” for this
3. Vendors should be mainly non profits and Santa Clara county resources. There may be a policy about including for-profit groups; consult with Jaimie
4. For public safety: she recommends TABLING for sure (in vendor space) and if they feel comfortable & have the personnel they can spare, have them as speakers too – they are always a ‘hit’ and generate a lot of interest & questions
5. Amanda talked about several community-based organizations in Santa Clara county that she said should be invited: Sourcewise which has different divisions focusing on different topics: Housing Support, Caregiving, Nutrition - Another is SALA – Senior Adult Legal Assistance – very

popular, free legal help on anything except criminal matters. She has contacts & is happy to share them.

6. Amanda will send the hour by hour description of the Senior Health Fair that Cupertino hosted last year so we can see more specifically the breakdown. As of 6 pm on Wed I have not received it nor info on any of the specific vendors she recommended. When it comes, will send to Jaime to share.
7. We are all invited to the Cupertino health fair on May 9 – time is 10 – 1:30 pm - 3.5 hours. She suggested we may want to give ourselves that extra half hour since things don't always start & end on time & you need to have some 'wiggle room' so all goes smoothly.

We did not discuss: refreshments/ marketing/ survey of future likes/ program evaluation. Can easily set up another meeting with her to discuss those topics & ask any more questions.