

Chair Dixit
Health Faire Report

A. Objective:

To gather educational and practical information and enable discussions with experts for Health. The Health Faire would allow us to aim this specifically towards Senior Health.

B: Time frame and setup:

A Half-Day event with vendors and expert lectures followed by lunch.
Spring of 2024. Feb end.. March end?

C. Venue:

Los Altos community Center.

D. Target Audience:

Seniors of Los Altos, Los Altos Hills, Mountain View, Sunnyvale, Menlo Park, Palo Alto and Stanford Community.

E. Vendor participants:

- Reach out to Medical or Health Devices like mobility devices, In-home health aids, stairclimber, sitting bathtub etc.
- Also medical devices like Glucose monitors, BP measuring tools for home.
- Senior assisted living, Senior Day Care.
- Medicare consultant?

F. Los Altos Hills involvement:

I spoke with Councilwoman Kavita Tankha who suggested that we could explore getting help from LAH for Food and Bev sponsorship.

G: Educational Component:

- One or two guest lectures on topics related to Seniors.
- I have spoken with a Gastroenterologist who can discuss topics like Acid Reflux, GI issues for elderly.
- I have spoken with a Gerontologist who can discuss important topics.
- I have spoken with a Psychologist who can address insomnia and loneliness.
- I have spoken with an Orthopedic Surgeon who can discuss Knee Replacement.
- I would like to put this out for our commissioners to discuss. They have tremendous resources that we may be able to bring to the forefront.