

## Senior Health Fair Ad Hoc Subcommittee

- Health Fair proposed by the Senior Commission to address the needs of the population we serve
- Audience 60-100yo; Active seniors 60's and 70's have different issues than many 80-100yo whose needs may be different
- If this presentation in the fall is well attended we will continue to provide health education to the community, whether a speakers series or another fair
- We are concentrating on several issues common in all populations
  - Mental health and Dementia prevention;
  - Care giving from both the perspectives of the provider and the recipients;
  - Promoting lifestyle and attitude fostering wellbeing with concentration on nutrition and physical activity

Maintaining wellbeing requires education, ongoing motivation and support, and creating a “community” of persons who practice a healthy lifestyle and can help others overcome the inertia that develops after the initial high of the Fair fades. The Senior Commission recognizes that this Health Fair is only a beginning effort to keep seniors practicing what they learn from the programs we offer.

Main topics could include care giving for both care givers and those receiving care. Information might cover, stress, availability of resources, stages of aging, adult children moving to parents area and vice versa.

Underlying purpose is to create an ongoing series of speakers and emphasis on preparing for the future. Creating community at the event and encouraging people with common interests to continue to meet with each other. Handouts from speakers for visual learners. Audiovisual help to record talks and including a library of the speeches.