

SENIOR COMMISSION AGENDA REPORT

Meeting Date: June 2, 2025

Subject: Senior Health Fair

Prepared by: Jaime Chew, Parks & Recreation Deputy Director

Initiated by: Commission

Staff Recommendation

The staff recommends to receive the staff report, ad hoc subcommittee and working pair reports. Recommended actions are as follows:

1. Finalize event title to facilitate marketing content creation by staff.
2. Select the preferred marketing banner location – San Antonio/El Camino or Lincoln Park.
3. Provide feedback and direction on the give away.
4. Provide feedback on speakers based upon ad hoc subcommittee report.
5. Provide feedback on the refreshments based upon working pair report.

Summary/Project Description:

- The Senior Commission will be hosting a Senior Health Fair on Tuesday, September 9, 2025, from 12pm – 3pm at the Los Altos Community Center.

Fiscal Impact: None

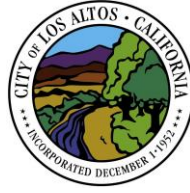
Background

At the September 9, 2024, Senior Commissioner special meeting, the Commission approved hosting a Senior Commission Health Fair event in 2025. On January 6, 2025, the ad hoc subcommittee of Commissioners Basiji, Buchholz, and Gallagher Thompson was formed to manage the overall coordination of the event. City staff has reserved the Grand Oak Room, Sequoia Room, Manzanita Room, and Apricot Room to facilitate the various elements of the event.

The ad hoc subcommittee virtually met with Amanda Hui, Recreation Coordinator for the City of Cupertino to learn best practices to potentially be implemented in the Senior Commission's event. She is coordinating the Health Expo that will be held on Friday, May 9, 2025, from 10am – 1:30pm.

At the April 7, 2025, Senior Commission regular meeting, the Commission made the following determinations for event elements:

- Vendor showcase will be hosted in the Grand Oak Room
- Speakers/Presentations will be hosted in the Sequoia Room, Manzanita Room, Apricot Room



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- Presentations will be broad overviews of prioritized topics, 30 minutes for the presentation, 10 minutes for Q&A, and 10 minutes for transition time
 - Preferred topics are:
 - Overview of preventing/delaying dementia/cognitive decline
 - Importance of nutrition – eating for a healthy brain
 - Importance of movement/activity/exercise
 - Importance of healthy sleep habits
 - Importance of social connectedness
 - Caring for the caregiving
 - Public safety – police and fire
 - Ad hoc subcommittee will finalize the title of the event based upon confirmed speakers

The following working pair were assigned:

- Contacting vendors – Dixit, Olson
- Food/refreshments – Dixit, Gallagher Thompson
- Event layout & flow – Buchholz, Dixit
- Marketing – Olson, Trapnell
- Give Away – Olson, Trapnell

Discussion/Analysis

The Senior Commission should receive and discuss the ad hoc subcommittee and working pair reports, and take action as appropriate to continue planning event logistics for the Senior Health Fair.

Attachments:

1. Ad Hoc Subcommittee Report
2. Working Pair Report – Food/Refreshments
3. Working Pair Report – Vendors