

Celebrating a busy spring at Senior Coastsiders

Jul 5, 2017

Home / Senior Living



Spring was a busy season at Senior Coastsiders. Events included a performance of Shakespeare's "Twelfth Night" and tax preparation. Photos courtesy Senior Coastsiders

People who frequent Senior Coastsiders know it is a bustling center that offers multiple exercise and art classes, various support groups, presentations, and a daily lunch program. It is full of volunteers at any given hour who prepare food, give computer lessons, or deliver Meals on Wheels. However, there is often even more going on than people might realize.

Here are just some of the special classes and events that have taken place over the last six months. We hope you will always keep an eye out for upcoming special classes, events and seminars There is more than meets the eye at Senior Coastsiders!

'Stepping On' classes

A collaborative effort between Village of the Coastside and Senior Coastsiders successfully hosted two "Stepping On" fall prevention classes, each running seven weeks, given by the San Mateo County Fall Prevention Coalition.

Measure A funds made these sessions available to participants free of charge.

Stepping On is an evidence-based fall prevention program that covers the multifaceted issue that commonly cause falls. Topics include home safety, proper footwear, personal and community safety, and communicating with health care providers. In addition, the classes teach balance and strength exercises and cover topics such as how vision affects falls and medication management to reduce the risk of falling. The sessions even include a free home safety assessment by an occupational therapist.

For more information about Stepping On and other evidence-based fall prevention programs, visit the National Council on Aging website at www.NCOA.org. Or visit www.CDC.gov and search "fall prevention" to download the "Stay Independent Fall Risk Self-Assessment" and share with your doctor if you score 4 or higher. If you do not have internet access, call 1-844-NoFalls (1-844-663-2557) and they will mail you a copy.

For information on fall prevention or to request a free fall prevention talk for your senior group, call the San Mateo County Fall Prevention Coalition at 1-844-NOFalls (1-844-663-2557). Find information for older adults, caregivers and clinicians on our website at: www.SMCFallPrevention.org

Plans to return to Half Moon Bay in 2019 are in the works. Meanwhile, several classes are being given on the Peninsula. If you are interested, call 1-844-NoFalls (1-844-663-2557) to register.

Work with library

With the Half Moon Bay Library in a smaller temporary space until summer of 2018, the partnership between the library and Senior Coastsiders has grown. In addition to the two book clubs held at the Senior Center on a monthly basis, library staff also comes to lunch once a month to check out books to patrons and issue library cards. Additionally, in February, the library arranged for a performance of Shakespeare's "Twelfth Night" that turned our lunch room into a theater for about 75 happy spectators. More recently, approximately 25 people learned how to protect themselves from cyber attacks thanks to the "Safe and Secure" online program that the library brought to the Senior Center.

AARP helps with taxes

Between February and April, AARP volunteer tax advisers helped more than 120 people prepare and file their taxes in our Media Room turned tax office. Some were repeat customers while others benefited from the program for the first time.

In August, AARP will send a longtime instructor to lead a Mature Driving Class for seniors that not only will make them safe on the road but might even save them money on their insurance premiums.

Sutter Health help

In addition to the monthly health screenings that are offered, Sutter Health recently did a comprehensive health screening that included a complete cholesterol profile (total, LDL, HDL, triglycerides), blood pressure, blood glucose (sugar), and BMI, followed by a consultation with a nurse. Fifty-five people took advantage of this free and convenient screening.

In October and November, Sutter Health will offer a Diabetes Empowerment Education Program that will run six weeks to help those with diabetes or pre-diabetes manage their lifestyles and make healthy decisions.

Hope Atmore is program manager for Senior Coastsiders.