

# Diverse Populations in Diverse Settings

*with* Dan McClure, MA, ACSM/HFI

**Generations** Community Wellness



# Cultural Diversity



- The Bay Area Reality

- Cultural Sensitivity

The ability to be open to learning about and accepting of different cultural groups.

- Vulnerability

Ethnic Minority = Health Disparity

- Practical Teaching Tips

# Creative Locations for Physical Activity

## Faith-Based Communities

- Buy-in from Church Leadership
- Linking Spirituality to Physical Health

“ Dear friend, I know that your spiritual life is going well. I pray that you also may enjoy good health. And I pray that everything else may go well with you.”

(3 John 1:2)

# continued

- Educational Programs
  - Spiritual, Physical, Psychological, Cognitive, Social, Environmental
- Church environment that promotes health
  - Then God said, "I am giving you every plant on the face of the whole earth that bears its own seeds. I am giving you every tree that has fruit with seeds in it. All of them will be given to you for food." (Gen 1:29)
- Peer counseling that motivates

# Creative Locations for Physical Activity

Home-based opportunities

- Abuelos Sanos (Healthy Grandparents)



March 17 & 24, 2009

# Creative Locations for Physical Activity

Home-based opportunities

- Senior Companion workshop for 85 companions teaching them 4 chair exercises.



# Creative Locations for Physical Activity

## Physical Activity Opportunities in the Community:

- Residential facilities and community centers
  - Wesley Manor (Residential Facility)
  - Las Golondrinas (Residential Facility)
  - Cambrian (Residential Facility)
  - Yu-Ai-Kai
  - Gateway (Residential Facility – Menlo Park)
  - Wheeler Manor (Residential Facility – Gilroy)
  - Northside Community Center
  - Alviso Library
  - Salvation Army San Jose
  - Hank Lopez

# Other Community Locations and Cool Ideas

- Neighborhoods, city parks, trails
  - Fruit and Veggie Fun Walks
- Physical activity trips (Reno?)
- University settings
- Shopping malls
- Intergenerational Opportunities

# H.A.T.S.



## Healthy Aging Training for Students

*Save the dates!*

January 8, 2010

&

January 9, 2010

9:00AM – 3:00PM

### *Practical lessons on:*

- Teaching physical activity
- Managing chronic conditions
- Earning a living working with seniors
- Creating social connections  
and much more...

### Contact

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