

Nursing students bring comedy club to senior citizens

The Senior Health Fair was held on November 7, 2019 at the Lanakila Multi-Purpose Senior Center organized and hosted by the N210 class was well received by all of the seniors who attended. The N210 course is titled Health Promotion Across the Lifespan and this event was an educational health promotion fair provided free to participants at the Lanakila Multi-Purpose Senior Center.



About 50 seniors participated and they were all very impressed by the variety of health topics presented by the students. This year there were new activities that the seniors really appreciated like oral health care and participating in fun games at the "Comedy Club." The students dressed up in funny costumes and brought a lot of smiles and laughter to the Center. The nursing students provided educational activities including: blood pressure clinic, nutrition with bingo, planting vegetables to take home, chair Zumba, Tai Chi, and Yoga for fall prevention.



Riva Torno, Program Specialist for the Lanakila Multi-Purpose Senior Center, thanked the students in a letter ... “We deeply appreciate the work that the faculty and your students do to ensure that the seniors are able to receive important health information, participate in exercise, provide blood pressure screenings, and of course, have fun. The students all did an excellent job! Thank you, again, for coordination another successful event and continuing to provide educational opportunities to promote good health for seniors. We look forward to connecting with you next year.”

For more information about N210 activities, contact course coordinator and instructor Bill Siegman, MSN/ED, RN at siegman@hawaii.edu.