



Health & Wellness Program

Santa Clara Senior Center
1303 Fremont Street, Santa Clara, CA 95050

(408) 615-3170 for appointments and questions

Health & Wellness Program staff partner with Santa Clara residents age 50+ and their families to promote health and independent living. We help you connect to information, activities, and services in our community. Our goal is to help you find ways to make your life easier. Our assistance is free.

Weekly

- **Mindfulness Meditation**
 - **First Tuesday 10am – 10:45am on Zoom**
 - **All other Tuesdays in person, 10am – 11am, Room 231**
 - **Registration required**
- **Walk & Talk – Wednesdays, 10am – 11am, registration required.**
- **Keep Calm & Carry Yarn – Wednesdays, 10am – 11:30am, Drop-in, Room 131**
- **Blood Pressure Clinic – Thursdays, 10am – 11am, Room 131, drop-in**

By Appointment or Registration in an Activity

- **Support Groups, Presentations, Workshops, and Tabling Events**
See the Senior Center monthly newsletter for current offerings. All are free and registration is usually required.
- **Health Education and Coaching by Appointment**
Our RNs teach and facilitate activities about important health-related concerns. They also provide information and referrals to services/resources such as transportation, food assistance, utility discounts, home care, insurance, housing, and more:
 - Elder abuse concerns
 - Chronic disease management
 - Monthly wellness checks via phone
 - Fall prevention and home safety
 - Completing forms and applications
 - Caregiver support for families
 - Advanced Healthcare Directives & POLSTs
 - Navigating your healthcare system
 - Making appointments
- **Care Management by Appointment**

Enrollment as a care management client follows an intake interview. This service is free and for City of Santa Clara residents and their families. We identify health, social, and functional

needs through assessment, then develop a care plan. We help you access services and evaluate outcomes. We provide information to help you connect to community resources.

- Our social worker's role is to facilitate support groups and consult with our RNs on complex client needs. Upon occasion, she is available for meeting with individuals by a referral from our RNs.

What we don't do:

- Caregiving normally prescribed by a physician through a home health agency or nursing care provided in a medical setting such as wound care, medication administration, or assistance with Activities of Daily Living. We do not provide psychotherapy or individual counseling.
- We are unable to provide referrals to self-employed, private caregivers.
- If the situation you are calling about is an emergency, please call 9-1-1. We are usually booked up to a week in advance, so we are unable to respond to situations that are emergencies.

To Access Services

1. Our RNs can answer many questions over the phone. Please call the Senior Center Front Desk to be put through to the person working that day. If you get voicemail, we will call you back as soon as possible.
2. Our services are free. We provide information and referrals to resources to anyone needing help, but you must be a City of Santa Clara resident for care management services.
3. Enrollment in Care Management services by our RN Care Manager provides:
 - in-depth assessment of your needs
 - assistance with identifying strengths, gaps, and goals
 - help connecting to services
 - monthly monitoring as needed
4. We act as "Community Connectors." We partner with you for a service period based on your plan of care. We will re-evaluate at the end of that time.
5. Due to the volume of clients served and the scope of our program, we do not provide intensive care management like that which is provided by a private geriatric care manager. We can help you connect with that type of assistance if needed.

Larisa Polozova, RN, MMS – Wednesday - Friday
Katy Gaty-Delia, LCSW, Social Worker (by referral only)
Mallory von Kugelgen, RN, Health & Wellness Coordinator
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