



Volunteers of America Chesapeake's Harford Senior Center Hosts Health Fair

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On Tuesday June 29, Volunteers of America Chesapeake's Harford Senior Center, located at 4920 Harford Road Baltimore, MD, hosted its second-annual Health Fair sponsored by Harford Gardens Care & Rehabilitation Center.

The fair offered seniors an all-in-one experience where they could have their blood pressure taken; receive heart, stroke, asthma and diabetes education; talk with a nutritionist about healthy eating habits; work with physical and occupational therapists to learn about back safety and fall prevention; have their medications reviewed by representatives from Northern Pharmacy and even have a free foot exam from a local podiatrist.

"The Health Fair is a very fulfilling event," said Volunteers of America Chesapeake's Harford Senior Center Program Director Curleen Davis, "our seniors absolutely love it and I am so grateful our partners provide these free screenings and health information to our members."

Andy Martin, a hospital liaison with Harford Gardens Care & Rehabilitation Center organized the fair. "We just wanted to reach out to the community and provide healthcare services to the seniors here. Information is powerful and I think health education can lead seniors to a better lifestyle through better mental, physical and emotional health."

Nearly 60 seniors took advantage of the free services.

"I love this fair," said Edna Boone, a member of Volunteers of America Chesapeake's Harford Senior Center. "It's helping me stay focused on my health."

Enid Jay agrees. "I found out something new about paying for my medication. I wouldn't have known that information if it wasn't for this fair."

"I think we should have the health fair at least twice a year," said Arlene Freeman, "it's very convenient and helpful for all of us."

In addition to the Health Fair, Volunteers of America Chesapeake's Harford Senior Center offers Baltimore-area seniors a variety of programs including: art classes, BINGO, computer classes, exercise classes, field trips, volunteer opportunities and more. Volunteers of America Chesapeake has been managing the Harford Senior Center since 1998 and in 2009 the center served 895 seniors. The center is a community of active members that promotes physical, emotional and social wellness – enhancing the quality of life for all those involved.

For more information on Volunteers of America Chesapeake's Harford Senior Center call 410-426-4009 or visit www.voaches.org

Thanks to Stephanie Frankel for contributing.



Volunteers of America Chesapeake's Harford Senior Center Member Edna Boone participates in a blood pressure screening with Harford Gardens Physical Therapist Norma Trotter.