



Regeneration + Reconnection = Strong Community

Student Intern

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Philadelphia Senior Center (PSC)



- **Mission:** To advance the well being and personal growth of all persons age 55 and older in Greater Philadelphia by connecting them to services and resources to learn, grow and discover new ways to be actively engaged in living
 - **Values:** All people, no matter their income, age, race, ethnicity, language, educational status, gender, sexual orientation or religious beliefs should be served and engaged equally. The greater the diversity of those we serve and engage, the greater the opportunity for enhancing members' lives as well as the organizational vitality of PSC. Helping each other be successful makes PSC successful
 - **Services:** Classes including yoga, T'ai Chi, poetry, ceramics, photography, ballroom dance, Spanish, French, line dancing, trips, Senior Centers transports, Health and Wellness Senior companion program, free produce vouchers available through 2021 Senior Farmers', Grab and Go meal during the COVID-19 pandemic, home delivered meals, and more!

Description of Activities

Cardiovascular health

- Intern and clients participated in a discussion on how the heart changes with age
 - Intern educated on how to read nutrition labels and how to implement a healthy heart diet
 - Intern demonstrated how to take the resting pulse, the importance of it, and emphasized the of knowing own blood pressure and the meaning of the numbers
 - Clients were educated about different types of heart disease, heart attack, stroke, and hypertension and recognizing signs and symptoms and prevention

Oral Health

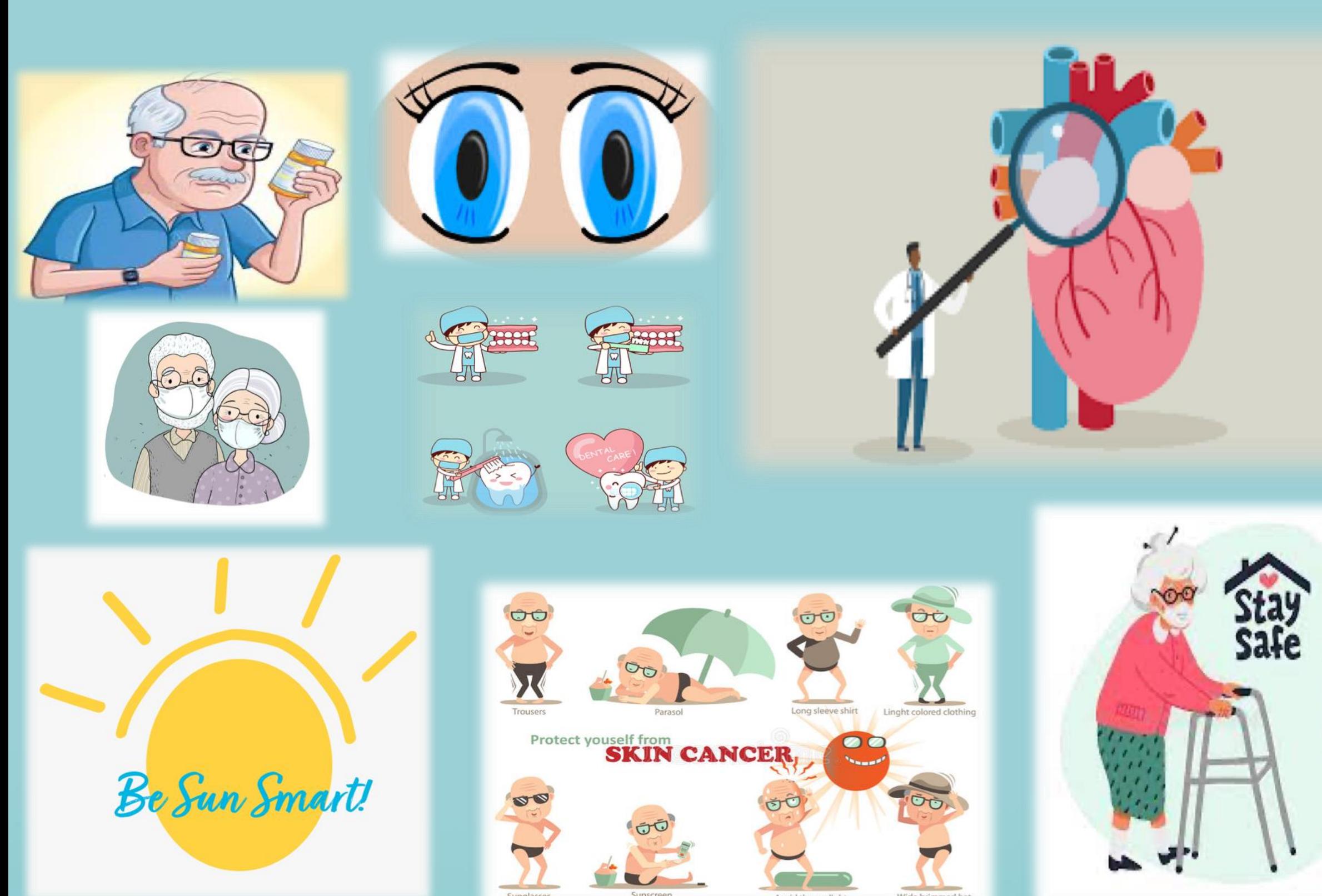
- Clients were educated on oral hygiene and assistive devices
 - Intern demonstrated and educated clients how to perform oral cancer checks at home and what to look for (pictures and instructions were provided as visuals)
 - Intern educated clients on complete and partial denture care and maintenance
 - Intern provided seniors with resources to find low-care cost dental care were provided

Vision

- Clients were educated on common vision changes and age-related eye diseases and conditions
 - Intern discussed and differentiated comprehensive eye exam vs dilated eye exam and importance of it was emphasized
 - Clients were educated on eyesight protection, vision improvement, and exercises for eyes template
 - Proper sitting posture/distance (ergonomic) from the electronic devices was discussed

Skin Cancer Awareness

- ☐ Intern educated client on types of skin cancer and risk factors
 - ☐ Clients brainstormed and discussed causes of skin cancer, and sun safety and skin cancer prevention was discussed
 - ☐ ABC's of skin cancer educational guide was provided as a visual
 - ☐ Intern emphasized the importance of early detection of skin cancer



Community Experience

- Distributed over 500 sets of vouchers for seniors to use at local farmers markets
 - Organized and conducted weekly seminars for seniors via Zoom platform
 - Conducted Wellness Check phone calls daily to seniors
 - Promoted weekly Senior Center's activities via phone
 - Created community resource binder



Reflection

The Philadelphia Senior Center serves as a getaway for many seniors and connects them to vital community services while supporting their health and independence. The center is a great place filled with numerous activities and opportunities to learn more about each other, grow, laugh, and connect. I have encountered so many different backgrounds and cultures, which have helped me understand other people's perspectives on aging and created friendships with other members (and employees!). Getting to know the seniors over the phone and in-person was rewarding and allow me to get out of my comfort zone when looking for additional resources to assist others. The Bridging the Gaps program was a rewarding experience as I learned to understand better what is essential in life and matter the most - time, company, and listening ear. I also realized how powerful my words and actions could be and how they can change someone's perspective on life and well-being.

