

At Resources for Seniors, we strive toward achieving a whole-person approach to wellness that emphasizes the six domains of wellness: emotional, physical, social, spiritual, intellectual, and occupational health. In addition, as change agents, we incorporate intergenerational programming offering various opportunities for community engagement. As the aging population continues to grow, we need to incorporate multicultural, multigenerational, and diverse programs in our senior centers. At both Eastern and Northern Wake Senior Centers, we are working towards creating an environment that is aware of various ethnic backgrounds and offering programs that meet the cultural needs of those populations. We also seek to engage both older adults and youth in different opportunities and activities. For the last several weeks, we have been discussing collaborations with the towns, churches, educational institutions, and public-private partnerships to share the necessity of collaborative engagement to sustain our programs.



We tailored our programming towards black history month and cardiovascular health in February. Named Heart and Soul, the themed programs combated the higher prevalence of obesity, chronic diseases, and physical inactivity among minority populations. We collaborated with local churches because interventions that utilize the churches as a setting have a more significant potential for reaching minority populations and facilitating regular physical activities.



Image Reference: <https://www.arlingtonmagazine.com/an-essential-guide-to-local-resources-for-seniors/>

Currently, we are in the planning stages of connecting and partnering with Hispanic and Latinx populations, churches, and local organizations to bring an innovative model of bilingual English-Spanish programs. We are looking forward to having Tai Chi offered in both languages simultaneously; we have just launched Salsa taught by two instructors, one teaching in English and one in Spanish. Our WakeTech Spanish instructor and Zumba instructor are preparing for our significant Hispanic Heritage Celebration and have been supporting all our programs by creating flyers/resources in Spanish.

In recent months, we have invited our participants and community partners to bring their creativity and gifts to the table. They are volunteering to teach unique one-time programs, such as bottle painting or self-defense, that others may have never experienced before using our new GOGO "give one, get one" model – we invite our members to share their talents, teach or lead a class, and enjoy the programs, events, and classes they want to experience.

As with past generations, numbers are on the rise for multigenerational and multifamily households, grandfamilies, and family caregivers. This growing trend illustrates the relevance of children and grandchildren touring our facilities and becoming more interactive and educated on the aging process. Because of this, we have started several inclusive "ageless" programs and select events and connected local high schools to speak on gerontology and provide internships and volunteer opportunities in various domains regarding senior wellness. Our Zoomers are an example of one such program.



One of our auxiliary board members and current President has been inspired to begin her tap dance program that includes both children and parents or grandparents. We have held a walk as a fundraiser open to all (even pets).

By embracing diversity and incorporating various ideas and beliefs, we can effectively connect with people of different cultures and backgrounds. Please join us in our journey.