

Sequoia Strong™

Your FREE, personal resource guide to healthy living (for ALL ages)!



Cat Bottini, MPH
Program Manager
Cbottini@seqhd.org





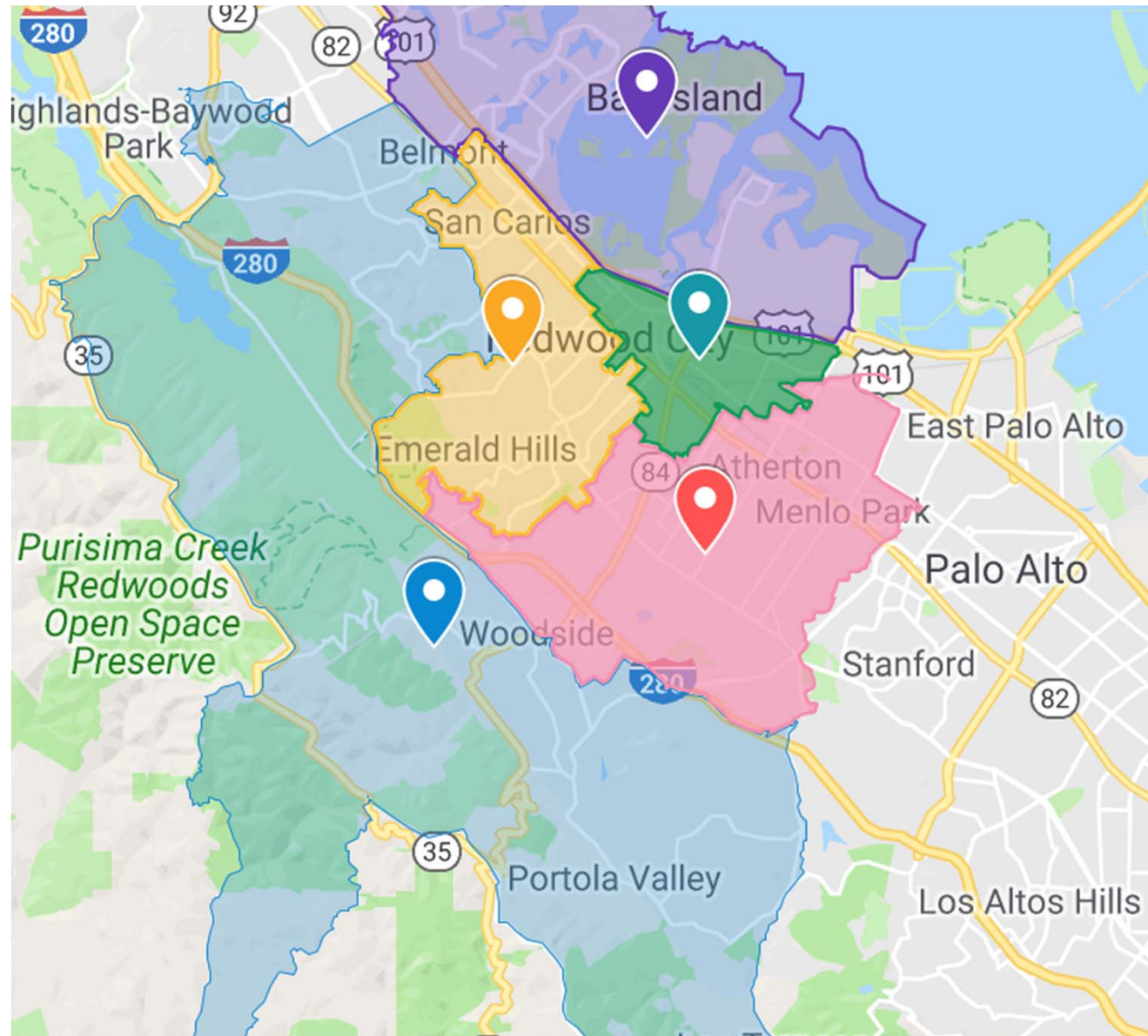
Our **mission** is to improve health of District residents by enhancing access to care and promoting wellness through responsible stewardship of District taxpayer dollars.

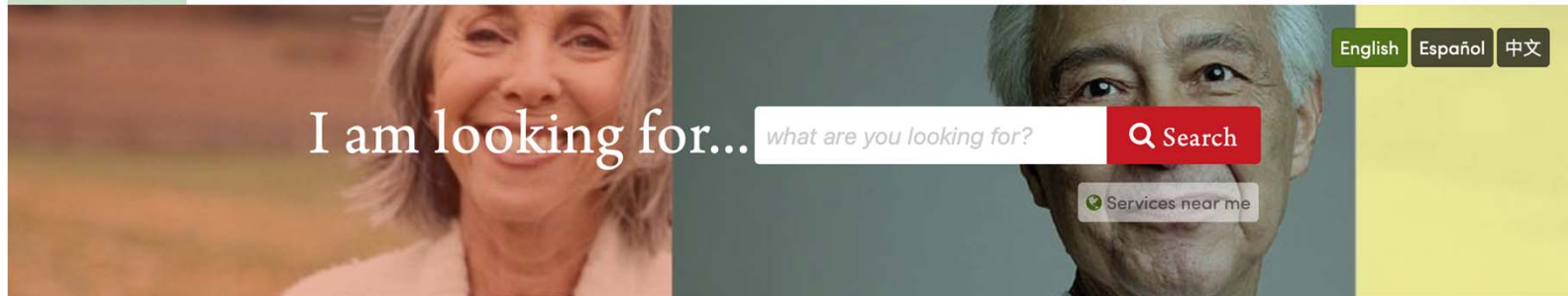
Our **vision** is for all District residents to experience optimal physical and mental health at every stage of life.



The District Includes:

Atherton
Belmont
Portola Valley
Redwood City
Redwood Shores
San Carlos
Woodside
Menlo Park
Parts of Foster City





Health, Wellness and Fitness

- Community Health Clinics
- Fitness
- Health & Wellness Classes
- Health Insurance Counseling
- Health Resources- Behavioral
- Health Resources- General
- Hospice
- Hospitals
- Medic Alert Foundation
- Medicare Find a Provider
- Ombudsman Services
- Support Groups
- Support Services

Community Engagement

- Adult Activity Centers
- Community Education
- Culturally-Specific Services
- Hobbies
- Job and Career Resources
- LGBTQ Community
- Retired Professional Organizations
- Social Groups
- Sports and Clubs
- Volunteer Opportunities

Aging in Place

- Adapting your Home and Home Repairs
- Adult Day Care Services
- Aging Services
- Discounts/Organizations that Help Older Adults in Need
- Food Services
- Home Care and Home Health Care
- Housing Options
- Legal Resources
- Pets
- Transportation Options

- The first local, comprehensive directory of its kind – both enrichment and basic needs
- One-stop-shop for older adults
- Thousands of website hits/month

Most Popular Searches

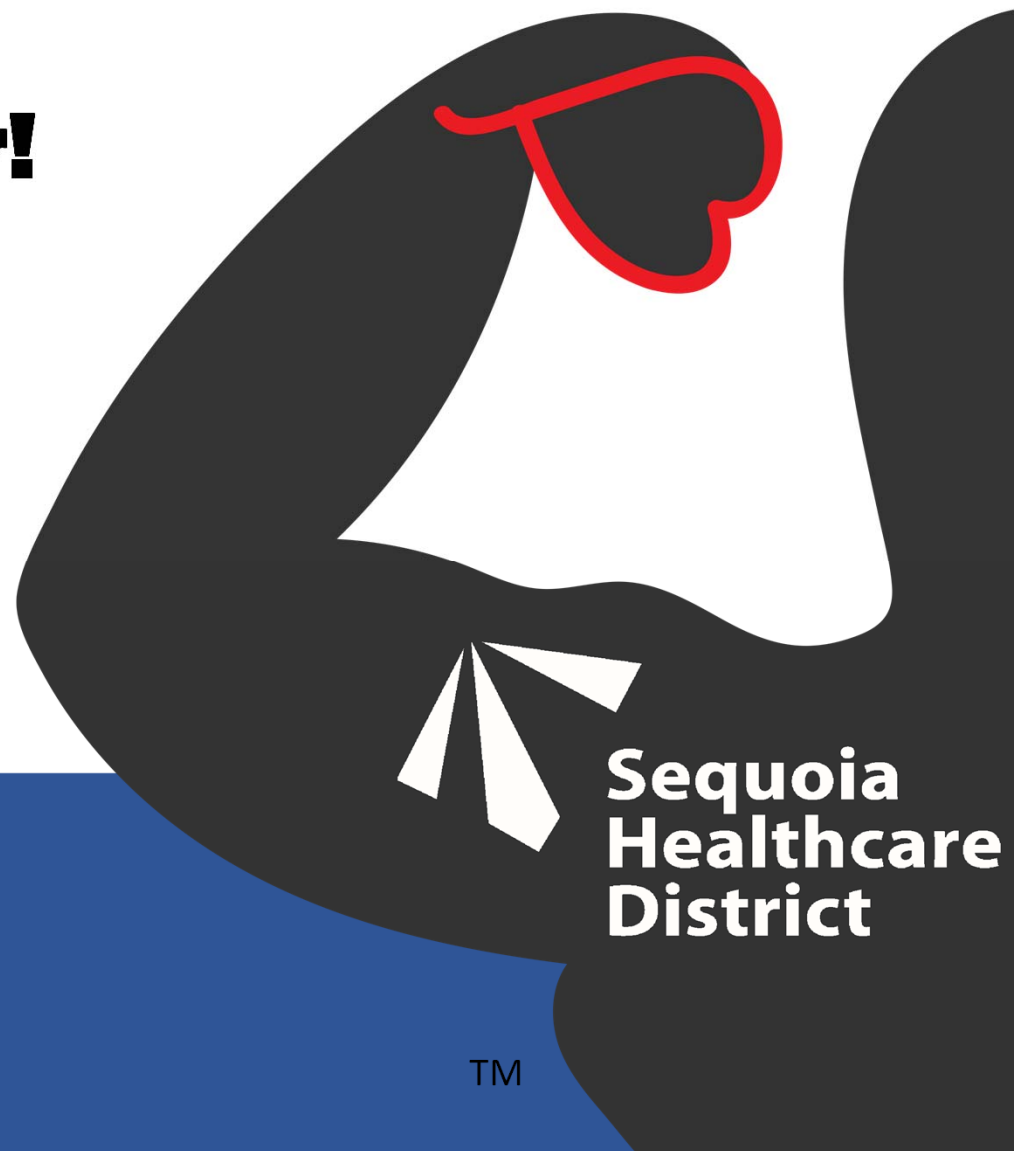
- Volunteer Opportunities
- Social Groups
- Fitness
- Support Groups
- Dementia Resources
- Caregiving
- Housing
- Transportation
- Food



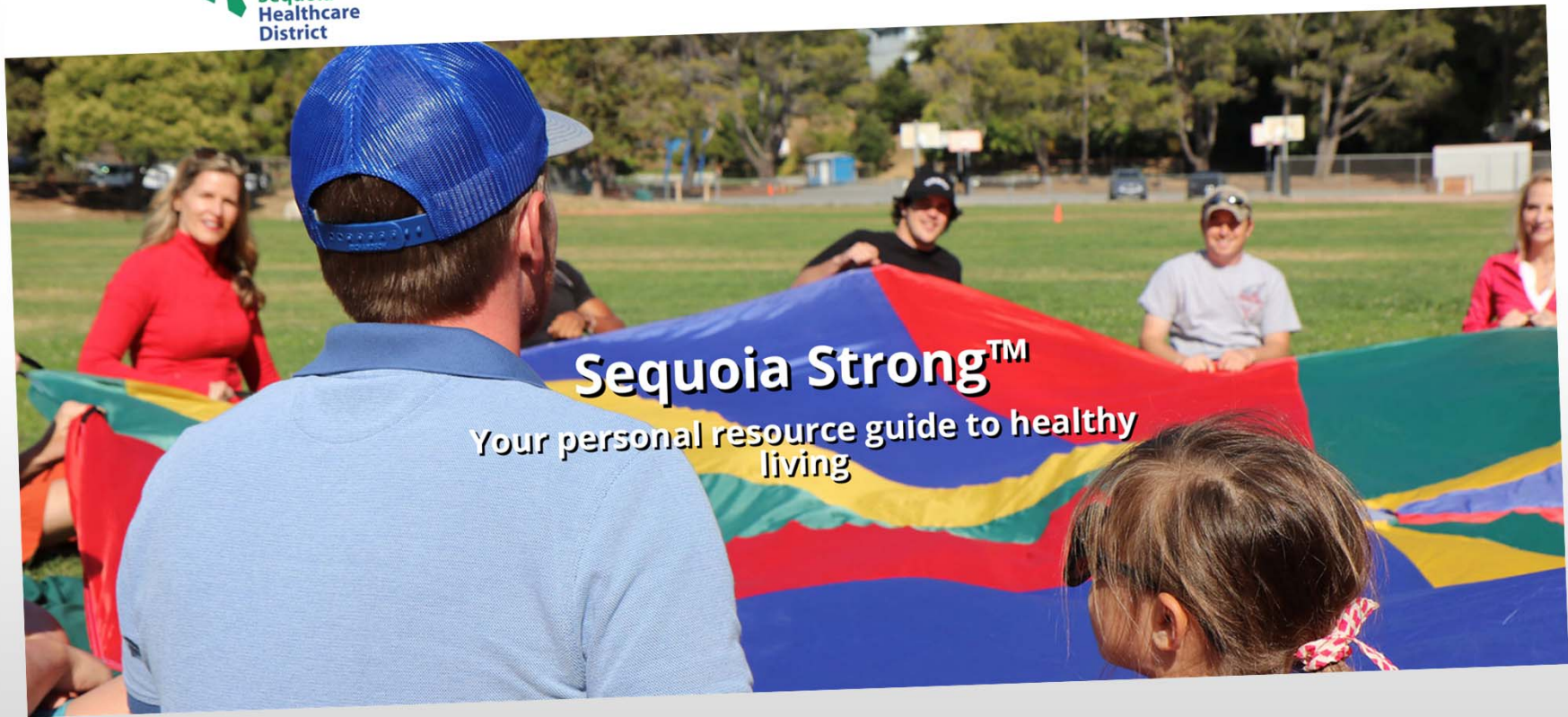
We've grown stronger!

Sequoia Strong™ is now your free personal resource guide to healthy living for ALL ages!

sequoiastrong.org



TM



sequoiastrong.org



**CHILDREN
COMING SOON**



**TEENS
COMING SOON**



**ADULTS
COMING SOON**



ADULTS 50+



Sequoia Strong™: Adults 50+

Your personal resource guide to healthy
living

Search



HEALTH SERVICES



COMMUNITY SUPPORT



FITNESS & SPORTS



SOCIAL ENGAGEMENT



INDEPENDENT LIVING



SOCIAL ENGAGEMENT

Find opportunities to volunteer, join social groups, and attend classes and workshops.

[VIEW ACTIVITIES](#)

Sequoia Strong™ – Adults 50+: Social Engagement

Find opportunities to volunteer, join social groups, and attend classes and workshops. All activities and services are personally recommended by the Sequoia Healthcare District for **District residents**. Most activities and services are free and low-cost. To get started, choose a category below, or type what you are looking for into the search box.



Community Activity
Centers



Classes, Workshops
& Trainings



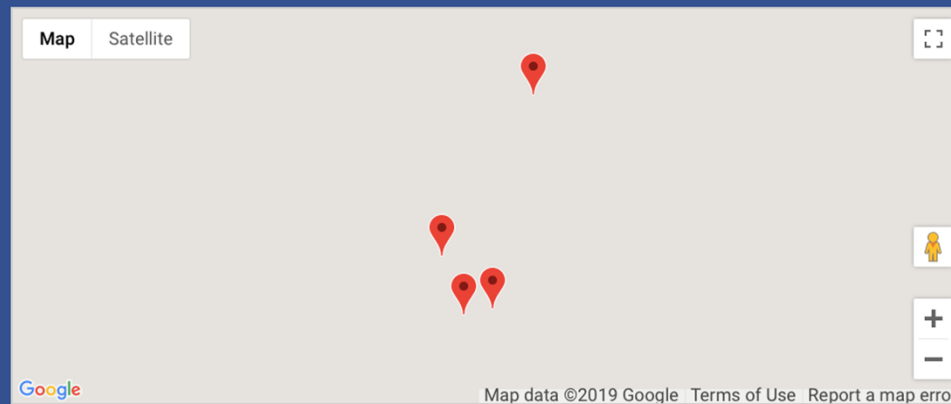
Social Groups and
Clubs



Volunteer
Opportunities

Search Results for *Social Groups and Clubs*

Portola Valley ▾ Search for... [Refine Results](#)



PROVIDER

Woodside/Portola Valley Rotary Club

Join a club of volunteers who create positive, lasting change in our community and around the world.

[Get Provider details](#)

PROGRAM

Covia Well Connected Social Groups, Classes, and Support Groups

Phone-in social groups, classes, and support groups.

[Get Program details](#)

Woodside/Portola Valley Rotary Club

Join a club of volunteers who are active or retired business professionals who live or work in Portola Valley or Woodside and neighboring cities. The Rotary Club works to create positive, lasting change in our community and around the world.

[Provider Website](#)

Location & Phone

3154 Woodside Road
Woodside
(650) 740-1018





"Joining the Woodside Rotary, I was able to give back to the community. This club is wonderful and I think its the best think since sliced bread! People are so welcoming, giving, and supportive."

Becky Rudd, Rotary Member

Teens



EXTRA-CURRICULAR ACTIVITIES



ACADEMIC SUPPORT



HEALTH SERVICES



ALCOHOL, TOBACCO & OTHER DRUGS



PARENTING RESOURCES

Seasonal Highlights



It's flu shot time!

The flu vaccine **prevents millions** of illnesses and flu-related doctor's visits each year. Stop by your pharmacy to protect your child and family from the flu!

Fall Sports Leagues

Check out fall sports leagues for kids!



Highlights



New Parent Support Group

Sequoia Health and Wellness Center provides a **New Parent Support Group**, a drop-in group designed to address early child and parent development issues through discussions, speakers and special events. Parents are able to access information, share experiences, and meet other new parents in this relaxed environment.

Parent Education Series

Since 2006, the **Parent Education Series** has reached over 50,000 attendees on leading-edge issues—mental health, digital media, college planning, and more. Educational programs and events provide resources, a culture of support, and a way for working parents to connect.





Travel Groups

Join Adults 50+ travel groups to enjoy local day-trips, and extended adventures!

- Day Trips and Extended Travel with **Foster City Senior Wing**
- **Active Adult Trips and Tours** with San Carlos Adult Activity Center

Creative Classes

- **Ceramics Classes** at Little House Activity Center, Menlo Park
- **Watercolor Class** at Veterans Memorial Senior Center, Redwood City
- **Drawing Classes** at San Carlos Adult Activity Center



Need Assistance?

For Urgent Assistance with Basic Needs including food, emergency housing/shelter, or utility assistance, contact your nearest **Core Service Agency**.

For Urgent Assistance Regarding Elder Abuse, contact the **TIES Elder Abuse Helpline** at 800-675-8437.

For Urgent Assistance and Advocacy Regarding Abuse in Longterm Care Facilities, contact **Ombudsman Services of San Mateo County** at 650-780-5707.

For Assistance with Finding Resources and Services in the Community, contact **Peninsula Family Service's** Information and Assistance Program at 650-780-7542 or info@peninsulafamilyservice.org.

In the event of a life-threatening situation, call 911.



Blog

The Latest Thinking on Healthy Living



What you need to know about E-Cigarettes and Vaping

by Cat Bottini | Jul 20, 2019 | Teens

E-Cigarette use (also known as “vaping”) is on the rise among middle and high school students locally and nationally. In recent years, new e-cigarette products like Juul, Suorin, and assorted vape pens have been released. These products are small, concealable, and...



Boost your brain power!

by Cat Bottini | Jul 20, 2019 | Adults

1 in 10 people age 65+ (10%) has Alzheimer’s Dementia, and many of us know someone who has been impacted by the disease. Although there is currently no cure for Alzheimer’s, cutting edge research shows that you can prevent and reverse the symptoms of cognitive...



Community Events



Family-Friendly



Adults 50+



Parents & Youth

Family-Friendly Events



October 5, 2019, REDWOOD CITY

10th Annual Port Fest

The Port of Redwood City invites the community to a free waterfront celebration with live music, carnival games & prizes, food, drinks, and retail, boat rides, and more!

[LEARN MORE](#)



October 6, 2019, FOSTER CITY

Water Lantern Festival

Experience the magic at the Water Lantern Festival on the Foster City lagoon where you will enjoy tasty food trucks, fun music, and an incredible sight as thousands of floating lanterns reflect messages of love, hope, and happiness.

[LEARN MORE](#)

Events for Adults 50+

October 7-11 2019, REDWOOD CITY

Active Aging Week

Enjoy a variety of activities and services all week long at the Veterans Memorial Senior Center in Redwood City. Activities and services include exercise classes, celebrations, immunization clinics, free blood pressure screenings, a Pets in Need mobile van, and more! The first 200 sign-ups will receive a complimentary t-shirt!

[LEARN MORE & REGISTER](#)



Events for Parents & Youth



October 17, 2019, REDWOOD CITY

The Good, the Bad, and the OMG of College Admission

Join Maria Furtado, Executive Director of Colleges That Change Lives, for a frank discussion about the college admission process. In this warm, witty, and dynamic presentation, Ms. Furtado offers parents and students a greater understanding of and appreciation for topics related to college choice and student-centered college search.



November 7, 2019, ATHERTON

Know Your Rights, Know the Law: Sex, Bullying, and Social Media

What should you and your teen know about social media and the law? Today's teens must navigate complex issues relating to appropriate physical contact, cyberbullying and distribution of digital content. Join us at Menlo-Atherton High School to be informed of legal and practical information regarding the sharing of sensitive information on social media.

[LEARN MORE & REGISTER](#)

Bringing community services, activities, and events together in one place.

Getting the word out!

Help connect us to:

- *City Communications
- *Parks & Rec



**Sequoia
Healthcare
District**



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Healthcare
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Thank you!



@shealtdistrict

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