



David Rosenfeld

Jasmine Williams administers a grip strength test on Jo Labor at the Redondo Beach Senior Resource Fair Friday May 5, 2017.

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Athena Marano shares information about the Salvation Army at the Redondo Beach Senior Resource Fair Friday May 5.

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Annie Roberson and Susan Tamala with the Cancer Support Community Redondo Beach at the Senior Resource Fair, Friday May 5, 2017.

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Peggie Kramer with the South Bay Workforce Investment Board speaks with Valerie Hallauer at the Redondo Beach Senior Resource Fair Friday May 5, 2017.

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Barbara Skas, Vivian Schwartz, Eileen Salmon at the Redondo Senior Resource Fair Friday May 5, 2017.

Nearly 50 exhibitors took part in the first Senior Resource Fair put on by the City of Redondo Beach at the Aviation Park Gym.

Participants had a chance to take health screenings for things such as grip strength and bone density. They were also greeted by loads of information on everything from housing to employment, cancer support and utility rebates.

"We're trying to disseminate information on resources that a lot of seniors might not be aware of," said Aaron Fishman with the city's department of Community Services. "For a lot of older people, they don't necessarily have access to computers, so this is a good gathering for people to get information."

While the city has held health fairs in the past in collaboration with Beach Cities Health District, this was the first senior fair that included more than just health resources, said Fishman, adding that it will likely be an annual event.

Peggie Kramer was there representing the South Bay Workforce Investment Board, which provides a one-stop center for older people looking for employment. She said that ageism is alive and well in the workplace.

"That doesn't mean you can't find a job. It's just more difficult," she said. "A lot of it is about networking. The more people you meet the more opportunities there are for everything. You just have to take charge."

Along with helping to find employment, the investment board pairs up seniors with roommates, something Valerie Hallauer said she would be passing on to her clients with Redondo Beach Senior Services.

"I'm getting all sorts of good information," Hallauer said. "We get a lot of calls especially for affordable housing for seniors."

Redondo Beach resident Riah Rode came to the fair for a health screening and to peruse the exhibitors.

"They call it a senior resource fair, but really it shouldn't only be for seniors. It should be for everybody," she said. "I've learned a few things, definitely."

Over at the grip tester, nurse Jasmine Williams administered a test on Jo Labor, whose grip turned out to be pretty good.

"Grip strength, as we get older, tends to decline," Williams said. "What you want to do is hand exercises, grip balls. One woman said she does ceramics to strengthen her grip. That works."

Representatives from Southern California Edison and SoCal Gas were in attendance offering rebates on new home appliances.

The Alzheimer's Association had a booth at Friday's resource fair to promote its upcoming Walk to End Alzheimers occurring in Hermosa Beach Sept 30.

Representative Megan Geis said while it's impossible to prevent at this point, resources for research and early detection are still greatly needed.

"We are raising funds and awareness so we can do more research," she said.

For Geis, the resource fair was just another in the myriad ways that her organization reaches the public.

"The event is absolutely wonderful," Geis said. "It's fun walking around here learning so much about everyone and all their businesses."

Alex Osinski said he came to learn about his health care options.

"I'm going to be going on Medicare in the next few months and wanted to see what was available," he said. "The bad news is you're getting older. The good news is you get discounts."

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