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Today in clinical I took several blood pressure measurements, all of which were within normal limits. Each week I spend some time in the crafts room because I enjoy watching how involved the participating clients are. Some of the projects are difficult, but each week I see the same group of people participating, and they never complain. They work together and help one another overcome the difficult parts of the project – an example is placing extremely small beads on a string when making jewelry. This week I was speaking with the teacher about a raffle they were putting together. They were raffling off a witch doll that the crafters had made for Halloween, and they were all very proud of it, as they should have been because it looked as if it were assembled professionally.

For the other half of the day, I observed my fellow classmates Vivian and Michelle give their presentation on bone health. It was a very good presentation. The older adults who were in attendance were very involved and interested in the information being provided. They asked questions and provided examples from their private lives. One thing I noticed was that many of the clients shared how active they were, whether attending a gym or doing home exercises to stay fit. It’s always amazing to hear how aware the elderly population is of the need to exercise and eat healthy. There are many circumstances in which the elderly are way more health conscious than younger populations and are more likely to stick to their regimens. Also, they really love to share their knowledge, which is a great way to get peers involved.