

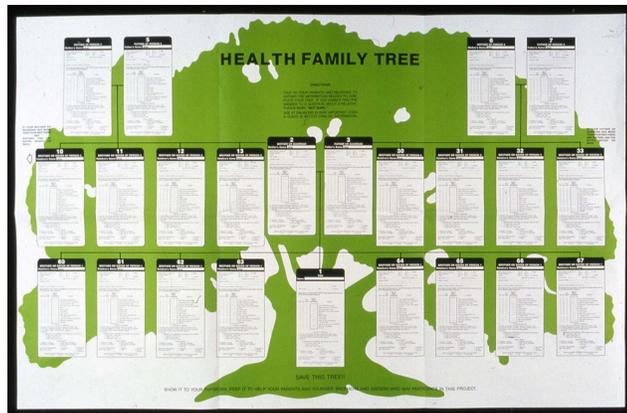
What Your Senior Center Can Do

As the Director or Activities Coordinator of your senior center, you have a wonderful opportunity to get your clients interested in collecting their family health history. Here are some fun ideas to get you started:

- Play *Traits Bingo* (enclosed in your packet). This game will teach your clients about inherited traits that can affect their families' health. Afterward, explain that making healthy lifestyle choices may reduce inherited genetic risk.

- Make copies of the *10 Questions to Ask Your Family* handout (enclosed in your packet) for your clients to take home and share with their family.

- Invite your clients' family members to participate – have your clients work with their family to fill out their own *Health Family Tree* (or make copies of the *Health Family Tree* box enclosed in your packet).

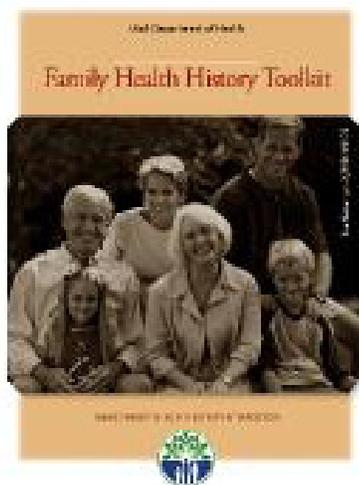


- Hang posters (enclosed in your packet) in your senior center.

- Write an article (enclosed in your packet) on why family health history is important and include it in your senior center's newsletter or local newspaper.

- Hold a contest and encourage clients to share their story about how they collected their family health history or how it has impacted their lives. Give prizes for the most compelling story. You can also use *Marian's Story* and the *Tell Us Your Story* handout (enclosed in your packet) to promote the contest.

- Teach a class on family health history. Use the "*Family Health History: Knowing your past can protect your future*" PowerPoint presentation (enclosed in your packet). You can request a free CD-Rom of the presentation by contacting the Utah Department of Health Chronic Disease Genomics Program at 801-538-9416 or by e-mail at genomics@utah.gov. The presentation can also be downloaded online at www.health.utah.gov/genomics.



- Teach a computer class on how to search for health information in genealogy records. Use the senior-friendly *Family Health History Toolkit* (enclosed in your packet) to help you plan the class.

- Give your clients a copy of the *Fun Ideas* handout and ask them to try one of the ideas at their next family gathering.