

Health Fair attracts entire school district

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Last Wednesday, Oct. 24, the Mendonoma Health Alliance saw over 450 Arena Union School district children filter through the Point Arena High School gym to view various agencies who came to talk to kids on better health alternatives. Included were children from Kashia Elementary School at Stewarts Point and the Point Arena Tribal Preschool.

The MHA, a rural health network, was formed in 2016 through the efforts of Redwood Coast Medical Services, Coast Life Support and Memorial Hospital's St. Joseph's Health. Its goal is to improve local access to wellness education, and provide quality healthcare by working closely with the community.

Outside the gym California Highway Patrol and a Coast Life Support District ambulance crew acquainted children with the workings of their vehicles. Cal Fire was a new addition this year, with a crew member explaining fire safety information inside the fair and the truck and equipment outside.

The Point Arena Co-Op offered vegan food samples for students to try. Redwood Credit Union gave out gifts

and talked to students about financial wellness. Sonoma County Park presented wildlife trail evidence and safety and Anchor Bay Store offered humus and carrots for treats.

MHA displayed the various soft drinks and amount of sugar in each one. Students sampled flavored water as an alternative. The Coast Community Library presented good health-oriented books for browsing.

From 9 a.m. to noon the entire school district arrived and left with new knowledge for a better life.



Mendonoma Health Alliance director Michele Kirby offered local Mendocino County Sheriff Dave Halston a special treat. David Torres photo.



Point Arena High School student Teal Rosch got a taste of flavored water that lacked the sugar content in various sodas that were on display. David Torres photo.



Local California Highway Patrol officer Annabel Sanchez Corral gives some advice to future drivers from Arena Union Elementary School. David Torres photo.



Mendonoma Health Alliance Health Worker Stephanie Chapman gave blood pressure reading for interested fair attendees. David Torres photo.



Coast Community Library Branch Manager Julia Larke entices visitors to her display of health-oriented books. David Torres photo.



Coast Life Support's "Mr. Bones" held a cache of candy for trick-or-treat kids while sitting on a gurney as Arena School district children tour the ambulance amenities at the Mendonoma Health Alliance Health Fair held at Point Arena High School on Wednesday morning. David Torres photo.