

Job Posting. Health & Fitness Educator (Bilingual in Cantonese, or Mandarin/English)

Employer: St. Mary's Center
Salary: 20 hour work week, salary dependent on experience
Reports to: Director of Resources for the Third Age

Background: St. Mary's Center (SMC) has served multi-racial, multi-ethnic poverty-level seniors and young children in West Oakland since 1973. Started as an outreach effort of St. Mary's Church, the Center was separately incorporated as a 501(c)3 in 1992. Our mission is to be a community of hope, justice, and healing that serves at-risk seniors and preschoolers in the heart of Oakland. We strive to improve quality of life through counseling, shelter, nutrition, advocacy and social support. SMC is the primary agency providing outreach and direct support services to homeless, homebound and otherwise isolated seniors in downtown and West Oakland. For more information, please visit www.stmaryscenter.org

Resources for the Third Age Program overview: The goal of Resources for the Third Age (RTA) is to help seniors live independently for as long as possible. RTA team members observe the senior's ability to perform daily living activities, and note strategies that might be necessary to prevent injuries, improve health and mobility. They also note barriers to participation in the community. Seniors can participate in many activities and programs through Resources for the Third Age including a congregate meal program, fall prevention activities, alcohol and drug prevention education, medication monitoring, group physical activities, advance care planning and friendly visits by volunteers. Some of our RTA staff are fluent in Mandarin, Tagalog, and Spanish and help seniors understand official correspondence, navigate doctor's visits, and other activities of daily living.

Summary: The Health & Fitness Educator is responsible for bringing evidence-based fitness and exercise programs to seniors in Northern Alameda County. By facilitating the design, implementation, and evaluation of all required activities; recruiting, involving, and strengthening the membership base; and managing the implementation and execution of the Age of Wellness programming under the Resources for the Third Age department. Evidenced-based programs: Enhance Fitness, Home-Meds, Tai-chi Movement for Better Balance, Take Charge of Your Health.

Duties and Responsibilities:

- Facilitate 12 week evidence based fall prevention groups at 16 senior sites throughout northern Alameda County.
- Conduct pre and post group evaluations.
- Coordinate the implementation of the Age of Wellness team goals, objectives, and activities as defined by the Resources for the Third Age Department.

- Conduct surveys to determine interest in, or satisfaction with, evidence based programming and, events, or services
- Respond to customer, public, or media requests for information about wellness programs or services.
- Encourage community members to adopt healthy lifestyles.
- Document client participation according to project guidelines

Culturally Relevant Services

Provide service to bilingual, Cantonese, and Mandarin speaking seniors

Qualifications:

Skills

- BA in Human Services
- Able to maintain ethical relationships within a multi-cultural team
- Understands diversity issues and multi-cultural sensitivity
- Skilled in verbal and written interpersonal communication
- Effective in conflict resolution and creative problem-solving
- Able to assess and effectively respond to at-risk situations
- Self-motivated, flexible, collaborates, develops abilities
- Experience and interest in working with older adults
- Bilingual/bicultural required (Cantonese or Mandarin and English)

Experience: Strong preference that the experience be in work with homeless and/or formerly homeless seniors. Extensive experience working with diverse client and staff populations, and demonstrated cultural competency. Effective in conflict resolution and creative problem solving. Excellent written and verbal communications skills. Well organized with attention to detail. Highest integrity, dependability and credibility. Strong initiative, excellent judgment and accountability. Healthy work ethic, collaborative work style, high energy, and the confidence and strength to inspire colleagues, staff and volunteers. Manner that models respectful relationships with program participants, staff and members of the broader community. Computer competence, including Microsoft Office Suite and data base experience. Respect for and identity with the mission and values of St. Mary's Center.

Competitive salary offered.

Please send resume, cover letter and salary expectations to HR@stmaryscenter.org