Falling into Place

Senior transforms personal experience into student-led mission

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As students from each grade level rushed to enter the gymnasium for the Fall Festival on Sept. 18, senior Raaha Sellamuthu soaked it all in. Although the event lasted only three hours, the mission behind it took far longer to bring to life.

Sellamuthu is the president and founder of Mindcare Medics, a club centered around "bridging the intergenerational gap" between younger generations and senior citizens.

"After I started feeling disconnected with my own grandparents, I found that spending time in person doing activities familiar to the both of us — such as painting pottery — helped us get closer and connect with one another," Sellamuthu said.

Eventually, Sellamuthu decided to start volunteering at the Health First Memory Disorder Clinic, a care facility that specializes in treating memory loss, cognitive changes and specific diseases such as Alzheimer's.

"I initially started volunteering [at the clinic] to help me feel closer to them when I couldn't be there for them in person," Sellamuthu said. "One thing I saw was a lack of youth involvement, and one [senior citizen] told me that the experience of going to these classes would be really enriching if there was more youth involvement. Eventually, I decided to try to get more young volunteers through creating a program at our school."

While volunteering at the clinic, Sellamuthu was introduced to Rebecca Osgood, the Community Educator. Osgood's role is to educate the community by teaching both brain health and caregiver education classes.

"What Raaha has been able to do, considering her age, is nothing short of phenomenal."

-Kerry Fink, Helping Seniors of Brevard

"When I first met Raaha, I thought that she had such a shining personality and [was] incredibly caring," Osgood said. "She came to us incredibly confident, but I've seen her confidence grow since I first met her as she has put on larger events and expanded her access into the community."

Together, Sellamuthu and Osgood established a "monthly intergenerational program" at the Health First Memory Disorder Clinic, where students from Mindcare Medics worked with senior citizens to create origami and other crafts.

"[The program] has been really meaningful to our caregivers at the clinic, as well as the community," Osgood said.

During the last school year, Sellamuthu hosted schoolwide outreach events for ninth grade and eleventh grade students to help them better understand the impacts of aging. At both events, Osgood presented to students.

"The events mainly focused on differentiating between aging and Alzheimer's, and showed how one could still live a fulfilling life even when being faced with cognitive difficulties," Sellamuthu said. "We did so by having hands-on simulations that mimicked how your eyesight could decline after aging. We also had sensory simulations showing how your sense of touch could be affected as well, and I think this helped build a sense of empathy among the freshman and junior class."

Although Sellamuthu initially had modest expectations for the club, they quickly expanded as she became more involved within the community.

"When I first had the idea, each club meeting was mainly just about getting student volunteers for our classes; we started with around less than 10 members," Sellamuthu said. "However, from the last [school] year to the summer, we were able to not only focus on volunteering, but focus on community events such as one we participated in over the summer: BABA Senior Outreach. At the beginning of this year, we were able to recruit a lot more members and focus more on fundraising as well."

Social studies teacher Chloe Radd has sponsored of this club since its creation during the 2025-2026 school year.



Photo / Daniela Fassman

Speaking into a microphone, senior Raaha Sellamuthu presents to juniors alongside Dr. Vesalakshi Srinivasan (left) and Rebecca Osgood (middle) in the auditorium on Oct. 29, 2025.

Illustration / Lily Vu



Photo / Nikita Sinha

Leading a memorization game, senior Jasper Bartlett volunteers for the Mu Alpha Theta club at the Fall Festival on Sept. 18.

"[The club] started as a dream for her; she had around two or three people interested in it, and from there they kept pulling others in," Radd said. "I thought the club was just going to be a small little group. I did not realize it was going to have such an impact."

Radd said she attributes the growth of the club to Sellamuthu's dedication.

"She is very bright, passionate and driven; she really does come from a genuine place," Radd said. "When we were doing the outreach event with the ninth graders, I thought to myself, 'I wonder how she will do' because she's always so quiet and reserved. Once she was handed that microphone, she became super confident and presented very well."

After the annual Spring Fling was introduced in February 2024, Sellamuthu became inspired to hold her own festival, but with a spin.

"We thought that combining the hands-on activities from the Spring Fling while maintaining the educational aspect of our outreach events would be interesting," Sellamuthu said.

Before work on the Fall Festival began, Radd and Sellamuthu worked together to get the event approved.

"When she first got the idea, I told her to write a proposal for administration," Radd said. "The [administration team] thought it was a great idea. Over the summer, the team really became invested and reached out to lots of people. When we came back from the summer, we started needing more paperwork, so I streamlined that."

To boost engagement for the event, the Mindcare Medics team decided to contact food vendors and businesses that supported senior citizens.

"We contacted around 10 organizations to ask if they wanted to participate in the event, and then we also contacted organizations to ask for prize sponsorships," Sellamuthu said. "As a way of getting students more interested, we started asking student leaders from S.T.E.M. clubs to participate in the event."

The Fall Festival was able to raise approximately $1,000 through ticket sales, club activities and food vendors.

"I thought the festival was highly successful, it definitely exceeded my expectations in terms of the amount of people that showed up, and how involved the clubs were," Sellamuthu said. "The most rewarding part was being able to see students walk around booths and have fun. I was worried that students would walk past the booths from organizations, but many students wanted to volunteer and get involved with helping senior citizens."

Helping Seniors of Brevard, an organization that hosts informational events for seniors and owns a senior help hotline, was present at the festival and was represented by its Executive Director, Kerry Fink.

"We were set up in a corner alongside a number of excellent aging resources, right next to our friends at Health First and Aging Matters," Fink said. "I was intrigued to see other booths; I recall seeing that students were displaying their robotics skills, which was really cool to see."

Fink first met Sellamuthu at an outreach event hosted to help seniors, BABA Senior Outreach. Since then, Sellamuthu and the club have worked with Helping Seniors of Brevard to host information sessions for senior citizens about technology.

"I always hear from the seniors after that they really enjoyed working with the kids," Fink said. "That is what we need to foster more of, this 'we are all in this together' concept. What Raaha has been able to do, considering her age, is nothing short of phenomenal."

Going forward, the club is currently planning to host two outreach events this year, as well as a bake sale. The presale for the bake sale will start on Nov. 16.

"Through our club itself, we've raised around $5,000 through our Fall Festival, GoFundMe, and our bake sale last year," Sellamuthu said. "As the head of intergenerational programs for Volvo Senior Outreach, I've raised approximately $11,000."

Sellamuthu said her experience with leadership has been able to shape her outlook going forward.

"I plan to become a physician in the future, and doing this club has taught me some of the more servant leadership qualities of medicine," Sellamuthu said. "I have learned first hand how it is important to maintain a sense of compassion and help preserve the dignity of older patients, something I will definitely take into consideration as a physician."

Overall, Sellamuthu has been able to connect with various organizations and medical leaders through her work.

"I cannot attribute my success for this club to one person; there have been so many people [who helped]," Sellamuthu said. "Mrs. Osgood has been very helpful along my journey in connecting our team with different organizations. Mrs. Radd, as well as the entire administration team has been very supportive and has helped me get the resources I need. Ultimately, I have to thank my entire leadership team; I would not have been able to accomplish nearly as much by myself."



Photo / Nikita Sinha

Describing previous outreach events, senior Kaynam Nezzamodini-Kachouie recruits students for the Mindcare Medics club at the Fall Festival on Sep. 18.