

Senior Services News

Dementia – Should I Be Worried?

Have you ever gone out to the garage to get something and then can't remember why you went out there? Or can't remember where you put something? Or having trouble remembering someone's name?

Are you worried about your memory? Then join the crowd and maybe worry less. The type of memory problems described above are entirely consistent with normal brain function in someone over 65 (or younger) and are in no way diagnostic of dementia. Many people over 65 consult me about poor memory, concerned that they may be in the early stages of dementia. If *you alone* are concerned about your memory, I tend to be LESS concerned about dementia than if your *spouse or family members* are complaining about it.

True dementia involves short term memory loss (in early dementia there is still memory for what happened years ago) but it's more than just that. In general it can be said that dementia involves memory impairment *plus* some inability to function independently in one's daily routine, social activities, or relationships. These independent functions might include:

- impairment of complex tasks such as balancing a checkbook
- impairment of reasoning, such as difficulty dealing with new and unfamiliar situations
- impaired spatial functions (dementia testing often will involve

asking the subject to draw a clock face with a given time on it, or copy a pattern on paper)

- impaired language, such as using the wrong words to describe things

Of those who have dementia, about 70% have Alzheimer's disease.

Vascular (stroke-related) dementia is seen in 10-20%, and Lewy body dementia (an accelerated form of Alzheimer's) occurs in 10-15%.

Things that can look like dementia (but aren't) include *age-related mild cognitive impairment*, delirium, and depression. People with simple age-related cognitive impairment may have some memory difficulty, and they may think a little more slowly, but the ability to function in daily life remains intact. Patients with *delirium* have a sudden onset of new symptoms of mental impairment, whereas the onset of

dementia is gradual. Delirium is usually reversible with treatment, whereas dementia gradually worsens over time despite our best treatments.

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JOHN MUIR
HEALTH

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Depression can often look like dementia. Depressed patients may perform poorly on standardized dementia tests due to lack of motivation and poor effort. Both prescription and non-prescription drugs can create changes in the brain that simulate dementia. Such drugs include alcohol, antihistamines, psychiatric medications and sedatives.

Getting checked out for dementia first involves talking to your physician about your symptoms. Then a brief brain function screening test can be administered. If the score on the screening test causes concern, then blood testing for reversible causes like vitamin B12 deficiency or thyroid deficiency can be done. The value of brain imaging in the diagnosis of early dementia is controversial since the most common causes, Alzheimer's disease and Lewy Body disease, will show no abnormality on imaging tests. *Neuropsychological testing* is frequently of value in anyone who is having a new problem with brain function. Such testing involves sitting down with a neuropsychologist for a few hours with pen and paper and going through a number of standardized cognitive skills tests.

At best, it can be said that medication treatment for dementia provides a modest benefit. Improvement in symptoms and function is slight, but the medications do slow down the rate at which dementia gets worse which may make them worth it. Dementia is frequently accompanied by depression, so occupational therapy, cognitive rehabilitation, exercise programs and other stimulating activities have been shown to help improve daily function and quality of life. Antidepressant medication in this setting can also be of benefit.

Information and schedule for memory screenings are included under Screenings in this newsletter.

Lawren Hicks, M.D.
Medical Director



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Medical Director
Senior Services

East Bay Walk to End Alzheimer's

October 5 | 8:30 a.m. |
Heather Farms, Walnut Creek

Walk to End Alzheimer's, sponsored by the Alzheimer's Association, is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. Many participants are caring for or remembering a loved one with Alzheimer's disease.

Help make a difference by forming a team or joining the walk. In 2012, more than 1000 participants raised over \$165,000. Information is available at www.alz.org/walk or call Lacey Todd, 650-623-3101. Together, we can end Alzheimer's – the nation's sixth-leading cause of death

Support Group Update

Prostate Cancer Support Group

Fourth Thursday of each month | 1 - 2:30 p.m.
Cancer Support Community
(925) 933-0107

This group is for individuals with localized prostate cancer to learn from each other, share information, and support each other.

NEW! Fibromyalgia Support Group

Second Friday of each month | 11:00 a.m. -
1:00 p.m.

Contra Costa County Library | Concord Branch
2900 Salvio St, Concord

Co-sponsored by Arthritis Foundation
Northern California Chapter

(800) 464-6240

Educational Opportunities

There is no charge to attend our health education events unless otherwise noted. Registration is required. Call the listed number to register or on-line registration is available for most offerings at johnmuirhealth.com

SEPTEMBER

Men's Health Seminar - Keeping You Healthy

September 10 | 6-8 p.m. | 941-7900 | John Muir Medical Center, Concord

Join us for a free community event featuring John Muir Health physicians as they discuss health issues that affect all men. Topics include: erectile dysfunction, prostate health, and low testosterone.

Living Life with Arthritis - Anne Randolph, PT

September 13 | 9:30 - 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Live the best life you can with arthritis! Understand the challenges and changes arthritis brings on, and find practical solutions to make daily activities easier.

Your Metabolism and Weight Loss - Kathy Napoli, RD, MA

September 16 | 6:30 - 8 p.m. | 941-7900 | Women's Health Center

This workshop can help you overcome barriers to losing excess pounds and devise strategies for maintaining a healthy weight.

Dementia, Should I Be Worried? - Lawren Hicks, M.D.

September 17 | 2:30 - 3:30 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

Learn from a physician's perspective when to be concerned about your memory. We will discuss the differences between normal aging brain function and true memory loss as well as how to talk to your doctor or family about your concerns.

Caregiving 101 - Jo McCord, MA, Family Caregiver Alliance

September 20 | 9:30 - 11 a.m. | 947-3300 | Women's Health Center

Learn how to provide the best care for your loved one while also focusing on your own health and well-being. The class will cover care-giving for people with various medical conditions as well as the relationship between the caregiver and care-receiver.

Benefits of Preplanning for End of Life Arrangements - Hospice of the East Bay, Memory Gardens Cemetery, Neptune Society of Northern California

September 26 | 9:30 - 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Preplanning for end of life arrangements is often overlooked. Speakers from a local cemetery, crematorium and hospice will explain the important costs involved, what documents are required and what to consider for the choice that best addresses your wishes.

OCTOBER

Endurance, Strength and Balance - Kaylynn Schreve, BA, LPTA

October 4 | 9:30 - 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Research has shown that as older adults we can improve our strength, balance and flexibility well into our 90's. Improve your confidence and improve vigor in your daily routine. This class will teach safe exercise techniques to improve your flexibility coordination, strengthen your whole body and reduce your risk of falling.

Social Security: What You Need to Know – Diane Woodward, CFP

October 9 | 6:30 – 7:30 p.m. | 947-3300 | John Muir Medical Center, Concord

Social Security is more complex than most people realize. By attending this presentation you will have a better understanding of the Social Security system and what you need to know to maximize your benefits before you apply. Learn about little known strategies to boost income and avoid leaving money on the table.

Age Well / Drive Smart – California Highway Patrol, Cindy Lima

October 11 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Walnut Creek

Learn information to help you tune up your driving skills and make a self-analysis of your driving abilities to help be a better, safer and more alert driver. This free interactive class will demonstrate safety devices applicable to most cars.

Exercise for Daily Living – Anne Randolph, PT

October 18 | 9:30 – 11 a.m. | 947-3300 | Women's Health Center

Exercise can actually boost your mood, increase your energy, and keep you going strong! Anne will demonstrate simple, low-key exercises you can perform anytime, anywhere.

Natural Transitions through Nutrition and Lifestyle – Kathy Napoli, RD, MA

October 21 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Discover nutrition and lifestyle strategies that will help you balance the hormone changes during midlife and beyond. Using these strategies can help tame your cravings while feeling satisfied, avoid hormonal weight gain, and choose the best natural therapies for your symptoms.

Tai Chi for Better Health and Well Being – Robin Malby, Master Trainer

October 24 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Learn how Tai Chi can improve your health, reduce stress and falls. Be ready to learn basic movements, breathing and simple alignment exercises.

NOVEMBER

Get Leaner and Stronger – Kathy Napoli, RD, MA

November 1 | 9:30 – 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Learn how body composition changes with age and the effect on our muscles and metabolism. Hear how to change from fat storing to fat burning and the influence of protein, dairy, fiber and carbohydrates. Key nutrients for longevity as well as the importance of exercise will be discussed. Come away with an understanding of how to become leaner and stronger.

The Mind-Body Connection – Alan Brast, Ph.D., C.C.H.T., CSA

November 5 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Medical studies have proved that emotions and thoughts can impact physical health and the immune system. Learn simple techniques to relax, and how to enlist your mind in developing healthy lifestyle habits for self-care.

Brain Boosting Nutrition – Kathy Napoli, RD, MA

November 15 | 9:30 – 11 a.m. | 947-3300 | Women's Health Center

Learn smart nutrition tips to protect your brain from aging. Find out how nutrition can help you achieve a sharp, focused and happy brain to feel calm and in control.

Successfully Navigating the Required Changes of Life – Alan Brast, Ph.D., C.C.H.T., CSA

November 22 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Does being alone have to be a part of growing older? Often because of death, illness or other circumstances people find themselves alone in the later years of their lives. This presentation will discuss ways to prepare for possible changes, become more self-sufficient, and lead a more fulfilling life as you age, whatever your living arrangement or social situation.

DECEMBER

The Mind-Body Connection – Alan Brast, Ph.D., C.C.H.T., CSA

December 4 | 9:30 – 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Medical studies have proved that emotions and thoughts can impact physical health and the immune system. Learn simple techniques to relax, enlisting your mind in developing healthy lifestyle habits for self-care.

Coping with Holiday Stress and Blues – Birte Beuck, M.A., M.Div & Laura Pooler, LCSW

December 13 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Learn to identify causes of stress during the holiday season and discover what may help you beat the blues. We will discuss how to reconnect with what is meaningful to you and develop a personal resiliency plan.

Banishing the Blues – Alan Brast, Ph.D., C.C.H.T., CSA

December 16 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Learn the causes of depression and methods to help minimize or eradicate it. Hear practical and easy-to-learn techniques and suggestions to improve the lives of those who experience this malady. This class addresses reactive repression not mental illness or clinical depression.

Ongoing Classes

Catch Yourself – Maintain Your Independence

September 6, 13, 20, 27 | 10:30-11:30 a.m. | 370-8770 | Senior Center, Martinez

October 7, 14, 21, 28 | 11 a.m. - 12 p.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

- Raise your awareness and learn how to avoid falls
- Increase your confidence through strength and balance
- Simplify your environment and identify risks

This free four-class series taught by an adult education exercise instructor includes information about home safety, exercises, nutrition and ways to decrease your risk of falling.

Advance Health Care Directives – Suzanne Leib, MFT

September 19 | 9:30 -11:30 a.m. | 947-3300 | John Muir Medical Center, Walnut Creek

October 29 | 9:30 -11:30 a.m. | 947-3300 | John Muir Medical Center, Concord

November 20 | 9:30 – 11:30 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

All adults, regardless of age, need to understand how they can have control over their own life and death decisions. Learn the choices you or your family may face due to an accident or serious illness. This is an opportunity to clarify your choices and make sure they will be carried out should you become unable to make your own health care decisions. Required documents will be provided.

Welcome to Medicare

September 11, October 9, November 20, December 11 | 7 - 9:30 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

September 14, October 12, November 9, December 14 | 2 - 4:30 p.m. | 314-3400 | Danville Senior Center, 115 East Prospect Ave., Danville

September 11, October 9, November 13, December 11 | 2 - 4:30 p.m. | 634-2565 | Liberty Adult Education, 929 Second St., Brentwood

September 10, October 8, November 5, December 5 | 2 - 4:30 p.m. | 228-3276 | Martinez Adult Ed, 600 F St., Martinez

This course is for those new to Medicare, or soon to enroll, who want to understand the many benefits available. Learn about health benefits, drug coverage and how to supplement your coverage. *Medicare & You 2013* booklet and other materials are provided. Presented by the Health Insurance Counseling and Advocacy Program (HICAP) of Contra Costa County. HICAP does not sell or endorse insurance products. Call for reservations.

AARP Driver Safety Training

September 17 & 19 | 2-day, 8 hour | 9 a.m. - 1 p.m. | John Muir Medical Center, Concord

September 21 | 1-day, 8 hour class | 8:30 a.m. - 5 p.m. | John Muir Medical Center, Walnut Creek

October 8 | refresher class | 8:30 a.m. - 1 p.m. | John Muir Medical Center, Concord

October 12 | refresher class | 8:30 a.m. - 1 p.m. | John Muir Medical Center, Walnut Creek

October 19 | 1-day, 8 hour class | 8:30 a.m. - 5 p.m. | John Muir Medical Center, Concord

November 16 | 1-day, 8 hour class | 8:30 a.m. - 5 p.m. | John Muir Medical Center, Walnut Creek

December 14 | refresher class | 8:30 a.m. - 1 p.m. | John Muir Medical Center, Walnut Creek

This eight-hour classroom course, designed for motorists over age 50, helps drivers refine existing skills and develop safe, defensive driving techniques. Also offered is the four-and-a-half hour refresher course for those who have taken the eight-hour course within the last four years; bring your certificate. Cost \$12 for AARP members, \$14 for others. Bring AARP member ID number to class for verification. The refresher course can be repeated every three years. Call 947-3300 to register.

Cardiac Nutrition Classes

September 19 | 5 - 6 p.m. | 947-5313 | John Muir Medical Center, Walnut Creek

October 7 | 5 - 6 p.m. | 947-5313 | John Muir Medical Center, Concord

November 21 | 5 - 6 p.m. | 947-5313 | John Muir Medical Center, Walnut Creek

December 2 | 5 - 6 p.m. | 947-5313 | John Muir Medical Center, Concord

For those diagnosed with heart disease or those looking to improve their diet, come learn the latest on reducing the risk of cardiac disease through proper nutrition. Topics for these drop-in sessions include:

- The difference between cholesterol and various fats
- What happens to your body when you eat different fats
- Nutrition guidelines for reducing the risks for heart disease
- How to read a food label

Taking Back Control

September 24 | 5:30 - 7 p.m. | 941-7900 | Women's Health Center

November 19 | 9 - 10:30 a.m. | 941-7900 | Women's Health Center

This class is designed to help you understand incontinence and take the first steps to regaining control. You will review bladder anatomy and functions and identify your personal plan for successful treatment, a great starting point for women.

Diabetes Education for You Classes

3:30 – 4:30 p.m. | 941-7900 | John Muir Medical Center, Concord

Whether you are newly diagnosed or have been living with diabetes, it is important you take care of yourself now to reduce the chance of complications later. John Muir Health has designed free diabetes classes to support you in your care.

Diabetes and You | September 13, October 11

Medication Management – What You Need to Know | September 20, October 18

Managing Diabetes – Beyond the Basics | September 27, October 25

Preparing for the Holidays | November 8, December 13

Screenings

Memory Screening – What’s Your Memory Fitness?

September 17, October 15, November 12, December 17 | 9 a.m. – 12 p.m. | 947-3300

September 18, October 16, November 13, December 18 | 1 p.m. – 4 p.m. | 947-3300

Senior Services, Pleasant Hill | Outpatient Center, Tice Valley/Rossmoor | Outpatient Center, Brentwood

Many people notice changes in their memory as they grow older. If you are 65 or older Senior Services, in conjunction with John Muir Health Neurosciences Institute, offers a free individual memory screening to help determine if your memory is functioning at a level that is typical for a person your age. This is a screening and not a diagnostic exam. Screenings are offered on all of the dates and times at the three locations listed below. Call for a 30 minute appointment.

Prostate Cancer Screening Event

September 17 & 18 | 5-8 p.m. | John Muir Medical Center, Concord | 674-2404

Reservation lines open September 3 | 9 a.m.

Have you had your prostate checked? If you’re a male, ages 40-75 and qualify, you can – and this one is FREE! No prior authorization from your doctor is needed. An appointment is required. As part of this screening, you may be eligible to participate in clinical trials based on the advice of your physician. No one will be placed in a clinical trial without his knowledge and consent.

Exercise Opportunities

Movement and Exercise Class – Staying Strong

Wednesdays (except holidays) | 9:15 – 10:15 a.m. | 941-7900 | Women’s Health Center | Cost: \$5

Taught by a John Muir Health physical therapist, this drop-in class will teach you exercise techniques, movements and safeguards against falling, including strategies that can be extremely beneficial in building strong bones, developing a healthy exercise routine, and managing osteoporosis and other chronic pains.

Let’s Get Moving! – Lupe Labourett and Kaila Hiatt

September 17- October 24 | Tuesdays and Thursdays | 5 – 6:30 p.m. | Health Center Gym, Concord | Cost \$95

Ease your way into exercise for better health through this six-week exercise class led by a certified instructor. Class takes place twice a week and includes aerobic exercise, light weight training, core strength training, circuit training, pre and post fitness evaluation, and goal setting. Call 941-7900 to register.



Senior Services
 3480 Buskirk Ave., Suite 100
 Pleasant Hill, CA 94523

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Change in information? If you have a change in address or wish to be removed from our mailing list, please notify us at 947-3300 or seniorservices@johnmuirhealth.com

Free Blood Pressure Screenings

Because high blood pressure lacks specific symptoms, people may not know they are at risk. Please take advantage of these free, drop-in opportunities.

*Asterisk on locations below note sites of monthly blood pressure screenings. Call 947-3300 for information.

Program Locations

- | | | |
|---|---|---|
| * Alcosta Senior Center
9300 Alcosta Blvd., San Ramon
(925) 973-3250 | John Muir Health Gym
2710 Grant St., Concord
(925) 674-2900 | John Muir Medical Center, Concord
2720 Grant St., Classroom A
(925) 947-3300 |
| * Ambrose Community Center
3105 Willow Pass Rd., Bay Point
(925) 458-2662 | John Muir Health Outpatient Center
Brentwood
2400 Balfour Rd., Brentwood
(925) 308-8100 | John Muir Medical Center, Walnut Creek
1601 Ygnacio Valley Rd., Walnut Creek
(925) 939-3000 |
| * Antioch Senior Center
415 W. 2nd St., Antioch
(925) 778-1158 | * John Muir Health Outpatient Center
Tice Valley/Rossmoor
1220 Rossmoor Parkway, Walnut Creek
(925) 939-1220 | * Martinez Senior Center
818 Green St., Martinez
(925) 370-8770 |
| * Concord Senior Center
2727 Parkside Circle, Concord
(925) 671-3320 | John Muir Health Senior Services
3480 Buskirk Ave., Suite 100
Pleasant Hill (925) 947-3300 | * Pleasant Hill Senior Center
233 Gregory Lane, Pleasant Hill
(925) 798-8788 |
| * Danville Senior Center
115 E. Prospect Avenue
Danville, 94526
(925) 314-3490 | John Muir Health Women's Health Center
1656 N. California Blvd., Ste. 100
Walnut Creek
(925) 941-7900 | * Pittsburg Senior Center
300 Presidio Lane, Pittsburg
(925) 252-4890 |
| * First Presbyterian Church
1965 Colfax St., Concord
(510) 512-4032 | John Muir Medical Center, Concord
2540 East St., Concord
(925) 682-8200 | * Walnut Creek Senior Center
1375 Civic Dr., Walnut Creek
(925) 943-5851 |