

Senior Services News

Delirium

Mr. Smith was in his 80's and needed to have a hernia repair. He was not very active, smoked a pack of cigarettes a day, and wore hearing aids, but otherwise lived independently at home with his wife. He took aspirin and three blood pressure medications daily as well as a statin medication for cholesterol.

The surgery went well, but postoperatively he was unable to urinate, and so a bladder catheter was inserted. Then later that evening he started to be confused about where he was, complained that policemen and children were making too much noise in his room, and asked if someone could help him catch the rats that

were climbing over the furniture. His wife, who fortunately could see none of these things, alerted the nursing staff.

It often happens that once an elder in the family is admitted to hospital, even for an elective reason, there can be a sudden change in his or her mental status. They may become disoriented, confused, agitated, and even start hallucinating. And this can seem to have nothing to do with the original reason for hospital admission. This sudden change in condition can lead to a cascade of events that could lead to a downward spiral, or at least a lengthening of the hospital stay and a longer convalescence.

This all-too-common change is called delirium, and can affect 20% of those admitted to hospital, and up to 60% of very ill patients in intensive care units. The likelihood of delirium in elders having complex surgery such as coronary bypass or hip fracture repair can exceed 50%. "Patients with delirium have an increase in their risk of inpatient mortality, and this mortality risk can persist in the first year following discharge", says Dr. Deborah Arce,

Hospitalist Medical Director of John Muir Medical Group.

Delirium occurs as a result of a number of converging circumstances including the acute illness itself or major surgery, drugs given for pain, interactions with medications usually taken, impaired vision and hearing and disturbance of sleep. Interestingly, vision and hearing loss, bladder catheters, and preexisting malnutrition are significant predictors of delirium. Any change from a familiar environment can cause an elderly person with cognitive impairment to exhibit signs of delirium.

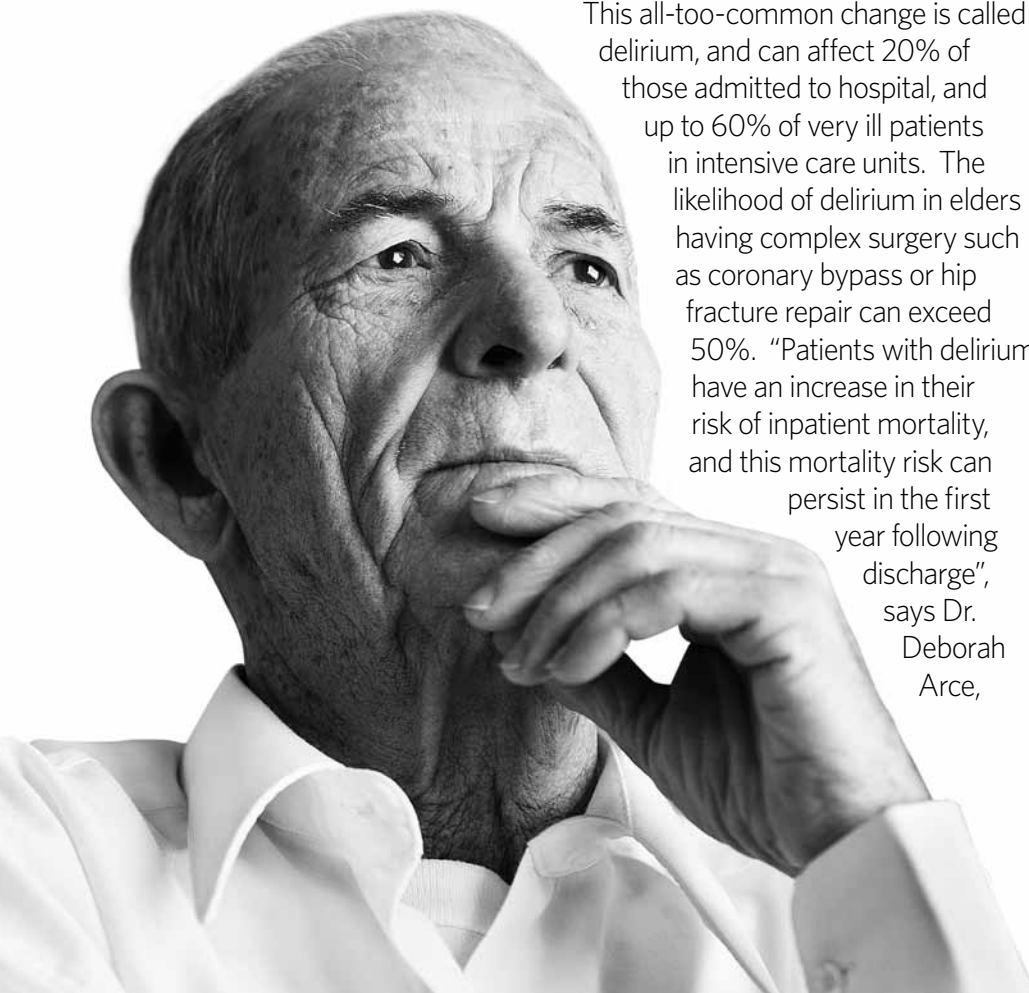
Delirium is different from dementia. Dementia comes on gradually, over years, is usually not reversible, and does not vary much from day to day. Delirium comes on quite suddenly, and is usually reversible within hours to days with proper support and treatment of underlying acute conditions. The severity of the delirium can fluctuate markedly from hour to hour. Hallucinations are much more common in delirium than in dementia. Nonetheless it is true that those seniors with Alzheimer's and other forms of dementia are more prone to suddenly develop delirium if they become acutely ill or have a major physical stress such as surgery.

Delirium is to some extent predictable and preventable, and the hospital

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JOHN MUIR
HEALTH



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staff's early recognition and careful response to an episode of delirium can make a large difference in the ultimate outcome.

Family members can play an important role in preventing or limiting delirium. Make sure the hospital staff has an accurate record of the medications your loved one was taking at home. If there is vision or hearing impairment, insist that glasses are on and hearing aids are in at all practical times. Most importantly, BE THERE! Provide a reassuring familiar voice. Be prepared to give repeated reminders about where your loved one is, what day and time it is, and why they are in the hospital. Encourage him or her to be physically active and out of bed as much as is safely advisable, and encourage social interactions, card games, and whatever will provide them with familiar landmarks and mental stimulation. Make sure the lighting levels are appropriate for the time of day.

If you know that your family member is used to daily heavy alcohol intake, it is VERY important to warn medical and nursing staff, since delirium frequently results from alcohol withdrawal after 48-72 hours.

John Muir Medical Center's medical and nursing staffs have developed policies and protocols for predicting, preventing, recognizing and treating delirium. So if your loved one suddenly starts behaving strangely while in the hospital, don't panic! Just be aware, and notify the staff.

For further information on delirium, you can go online to www.health.harvard.edu and type "delirium" in the search field.

Lawren Hicks, M.D



Lawren Hicks, M.D.
Medical Director
Senior Services

Educational Opportunities

There is no charge to attend our health education seminars unless otherwise noted.

Call the listed number to register or on-line registration is available for most offerings at johnmuirhealth.com.

EAST COUNTY EDUCATION OPPORTUNITIES

Staying Active After 50 – Bradley Crow, M.D.

Aging has an effect on your body so learn how to stay active after 50.

May 4 | 10 – 11 a.m. | 308-8457 | The Commons at Dallas Ranch, Antioch

Colorectal Issues – Ram Kim, M.D.

Hear about new methods of detecting and treating colorectal issues from a John Muir Health specialist.

June 19 | 1:30 – 2:30 p.m. | 308-8457 | The Commons at Dallas Ranch, Antioch

Aging Gracefully – Alan D. Brast, Ph.D. CCHT, CSA

It is possible to age without becoming angry or feeling increasingly less vital and important. This presentation offers a new slant on our status as a mature adult and the benefits life's experiences may provide.

July 25 | 1:30 – 2:30 p.m. | 308-8457 | The Commons at Dallas Ranch, Antioch

Advance Health Care Directives – Suzanne Leib, MFT

This is an opportunity to clarify your health care choices and make sure they will be carried out should you become unable to make your own decisions. Required documents will be provided.

August 16 | 10 a.m. – 12 p.m. | 947-3300 | Outpatient Center, Brentwood

MAY

Eat Well, Be Well – How to Eat for Weight Loss and Weight Management – Allison Negrin, Executive Chef

Join a Registered Dietitian and John Muir Health's own Executive Chef as they educate you on how to eat for weight loss and weight management. Learn how to shop for healthy foods and prepare a quick, easy and delicious meal for you and your family. Bring your entire family to this fun, informative and interactive class.

May 17 | 6 – 8 p.m. | 941-7900 | John Muir Medical Center, Walnut Creek | Cost: \$10

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

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.

May 23 | 7:00 – 8:00 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

JUNE

Managing and Conquering Anger and Frustration – Alan D. Brast, Ph.D., CCHT, CSA

As we age, it is common to become less tolerant of people and lose patience more easily. Learn strategies to reverse these tendencies and to be a much happier person.

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

Healthy Aging with Nutrition – Kathy Napoli, Nutrition Specialist

What is a super food and how do we benefit from them? Learn how choosing the right super foods can lower blood cholesterol, fight heart disease and include antioxidants.

June 11 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

JULY

Seven Steps to Wellness – Kathy Napoli, Nutrition Expert

Research has uncovered natural lifestyle factors have an enormous influence on our ability to build our immune system. Some of these are: getting the essential nutrients from food, clearing our body of toxins, drinking enough water, engaging our bodies in movement, getting sufficient rest and sleep, keeping our stress levels as low as possible. Understanding these tools will improve your ability to stay healthy.

July 6 | 9:30 – 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Understanding Delirium – Lawren Hicks, M.D.

Hear an update on the causes, concerns and treatment of delirium, a condition resulting in a sudden change of the mental status of a hospitalized older adult. Learn how to differentiate this condition from dementia.

July 10 | 2:30 – 3:30 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

Beat the Pack Smoking Cessation – Cynthia Corbett

Are you a smoker or do you know a smoker that is ready to quit? This five week smoking cessation course will provide the tools you need to make that important step to stop smoking and start on the part to a healthier you. Behavior modification and group support can help you reach your goal. After-care support meetings will be available to all participants that complete the class.

July 11 – August 8 | Wednesdays | 6 – 8 p.m. | 941-7900 | John Muir Medical Center, Concord | Cost \$80

JULY Continued

Navigating Life's Changes and Adjustments – Alan D. Brast, Ph.D., CCHT, CSA

Learn ways to prepare for possible change, become more self-sufficient and lead a more fulfilling life as you age, whatever your living arrangements or social situation.

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

Diabetes and What You Can Do To Prevent It – Virginia Smelser, RN

This program will discuss the various risk factors for developing pre-diabetes and Type 2 diabetes and will include prevention strategies that can lead you towards a healthier lifestyle.

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

Understanding Suicide, Part I - Alan D. Brast, Ph.D., CCHT, CSA

The behavior of suicide is one of the most misunderstood subjects, fraught with fables and wives tales. This frank presentation on the issue, which is in epidemic proportions in the United States, will clear up and educate the audience on this difficult to understand phenomenon.

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

AUGUST

Banishing the Blues - Alan D. Brast, Ph.D., CCHT, CSA

Hear a frank discussion about "reactive depression" which often plagues older adults but is not necessarily a sign of mental illness. This condition is caused by a person's reaction to one or more stressors which can range from a single problem to an ongoing life condition. Learn causes of this condition and, most importantly, what can be done to stop or minimize it. There will be practical, easy to learn techniques and suggestions to enrich the lives of those who experience this all too common malady.

August 3 | 9:30 – 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Understanding Dementia Care, Essentials for Your Journey Together – Teepa Snow, M.S.

Learn how to have a positive and meaningful relationship with your loved one with dementia. This session will provide an understanding of dementia, its common symptoms, behaviors and stages. Strategies to reduce conflict, improve interactions and work together with loved ones will be presented by a dementia care and education specialist with over 30 years of experience in geriatrics.

August 13 | 6 – 8 p.m. | 677-2150 | Carr America Building, 4400 Rosewood Dr., Pleasanton, CA

Get Leaner and Stronger – Kathy Napoli, Nutrition Expert

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.

August 17 | 9:30 – 11 a.m. | 947-3300 | Women's Health Center

Understanding Suicide, Part II - Alan D. Brast, Ph.D., CCHT, CSA

This session will continue the July 26 discussion of this misunderstood subject. This is an opportunity to gain a better understanding of this phenomenon which is in epidemic proportions in the United States

August 23 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Ongoing Classes

Catch Yourself - Maintain Your Independence

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

This four-class series includes information about home safety, exercises, nutrition and ways to decrease your risk of falling.

May 1, 8, 15, 22 | 1:30 - 2:30 p.m. | 947-3300 | Behavioral Health Center, Classroom A

June 7, 14, 21, 28 | 12:30 - 1:30 a.m. | 798-8788 | Aegis, 1660 Oak Park Blvd., Pleasant Hill

June 29, July 6, 13, 20 | 1:30 - 2:30 p.m. | 370-8770 | Martinez Senior Center

July 9, 16, 23, 30 | 11 a.m. - 12 p.m. | 947-3300 | Outpatient Center, Brentwood

Advance Health Care Directives - Suzanne Leib, MFT

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.

May 17 | 9:30 - 11:30 a.m. | 947-3300 | John Muir Medical Center, Walnut Creek

June 27 | 6 - 8:00 p.m. | 947-3300 | John Muir Medical Center, Concord

July 27 | 9:30 - 11:30 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

August 16 | 10 a.m. - 12 p.m. | 947-3300 | Outpatient Center, Brentwood

Welcome to Medicare

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 2012 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.

May 2, June 13, July 11, August 8 | 7 - 9:30 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

June 9, July 14, August 11 | 10 a.m. - 12:30 p.m. | 314-3400 | Danville Senior Center, 400 Hartz Ave., Danville

May 16, June 20 | 2 - 4:30 p.m. | 634-2565 | Liberty Adult Education, 929 Second St., Brentwood

May 8, June 12, July 10, August 7 | 2 - 4:30 p.m. | 228-3276 | Martinez Adult Ed, 600 F Street, Martinez

AARP Driver Safety Training

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.

May 15 & 17 | 2 day, 8 hour | 9 a.m. - 1 p.m. | 947-3300 | John Muir Medical Center, Concord

May 19 | refresher class | 8:30 a.m. - 1 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

June 9 | 1-day class | 8:30 a.m. - 5 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

July 14 | refresher class | 8:30 a.m. - 1 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

July 24 | refresher class | 8:30 a.m. - 1 p.m. | 947-3300 | John Muir Medical Center, Concord

August 11 /1-day class | 8:30 a.m. - 5:00 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

Cardiac Nutrition Classes

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 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

May 17 | 5 – 6 p.m. | 947-5313 | John Muir Medical Center, Walnut Creek

June 4 | 5 – 6 p.m. | 947-5313 | John Muir Medical Center, Concord

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

August 6 | 5 – 6 p.m. | 947-5313 | John Muir Medical Center, Concord

Taking Back Control - Linda Adams. L. V. N., Urodynamics Clinical Specialist

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.

May 2 | 6 – 8 p.m. | 941-7900 | Women's Health Center

June 7 | 10 a.m. – 12 p.m. | 941-7900 | Women's Health Center

June 28 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

July 11 | 1:30 – 3 p.m. | 941-7900 | Outpatient Center, Tice Valley/Rossmoor

July 11 | 6 – 8 p.m. | 941-7900 | Women's Health Center

August 2 | 10 a.m. – 12 p.m. | 941-7900 | Women's Health Center

Pelvic Floor Strengthening - Linda Adams. LVN, Urodynamics Clinical Specialist

This lively, on-going series includes breathing techniques and fun exercises for strengthening the pelvis floor and firming the core. The first four sessions are FREE for those who attend the Taking Back Control class.

May 21 | 10 – 11 a.m. | 941-7900 | Women's Health Center | Cost: \$3

June 18 | 5:30 – 6:30 p.m. | 941-7900 | Women's Health Center | Cost: \$3

July 16 | 10 – 11 a.m. | 941-7900 | Women's Health Center | Cost: \$3

August 20 | 5:30 – 6:30 p.m. | 941-7900 | Women's Health Center | Cost: \$3

Stress Reduction and Living with Diabetes – Valerie Keim, M. Ed.

John Muir Health offers monthly interactive diabetes stress management classes. Each session will offer practical tools for managing the unique problems of living with diabetes. 20% off for three or more classes.

Winning the Mind Game of Diabetes | May 18 | 2 - 3 p.m. | 941-7900 | Diabetes Center | Cost: \$12

Learn strategies to gain a positive mindset that can really help during the daily challenges of managing diabetes.

Learning to Relax with Diabetes | June 22 | 2 - 3 p.m. | 941-7900 | Diabetes Center | Cost: \$12

Feel tension melt away during this class that teaches relaxation skills for everyday use.

Communication Skills, Stress Reduction and Diabetes | July 20 | 2 - 3 p.m. | 941-7900 | Diabetes Center | Cost: \$12

Learn effective methods for speaking up about the toughest diabetes topics. Enjoy the ease that comes from being understood and getting more of your needs met.

Diabetes and the Self Care Plan | August 17 | 2 - 3 p.m. | 941-7900 | Diabetes Center | Cost: \$12

Your life plans may often get buried under the relentless demands of managing diabetes. Learn to replenish yourself by reclaiming your core goals and your original vision for living.

Screenings

Memory Screening – What’s Your Memory Fitness?

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. Call for a 30 minute appointment.

May 15, June 19, July 17, August 14 | 9 a.m. – 12 p.m. | 947-3300

May 16, June 20, July 18, August 15 | 1 p.m. – 4 p.m. | 947-3300

Senior Services, Pleasant Hill

Outpatient Center, Tice Valley/Rossmoor

Outpatient Center, Brentwood

Exercise Opportunities

Movement and Exercise Class – Staying Strong

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.

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

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

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.

May 22 – June 28 | Tuesdays and Thursdays | 5 – 6:30 p.m. | Health Center Gym, Concord | Cost \$95

UPCOMING EVENT:

Living Well Beyond Cancer: A Day of Healing, Education and Wellness for Cancer Survivors

A free event with presentations on a variety of topics including: mind-body connection in health and well-being, sexuality, intimacy, hormones and menopause, lifelong fitness, legal aspects of cancer and more.

September 8 / 8 a.m. – 3:30 p.m. | 947-4447 | John Muir Medical Center, Walnut Creek

Virtual Community and Family Centered Health Library – Information to Help Make Informed Decisions

The John Muir Health Virtual Health Library will provide customized medical information for your health-related questions. This service is provided at no charge and trustworthy resources are used to answer your questions. An informational packet will be delivered to the address you provide. This information is not intended as a substitute for medical care, but to assist in better communication with your healthcare professional.

Questions can be emailed, faxed or mailed to:

Helen Doughty, Librarian

John Muir Medical Library

1601 Ygnacio Valley Rd., Walnut Creek, CA 94598

Helen.doughty@johnmuirhealth.com

Fax: (925) 947-3237

The Virtual Community and Family Centered Health Library can also be reached by telephone with your health-related questions. (925) 947-5231



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
- * Ambrose Community Center
3105 Willow Pass Rd., Bay Point
(925) 458-2662
- * Antioch Senior Center
415 W. 2nd St., Antioch
(925) 778-1158
- * Brentwood Senior Center
193 Griffith Lane, Brentwood
(925) 516-5444
- * Concord Senior Center
2727 Parkside Circle, Concord
(925) 671-3320
- * Danville Senior Center
400 Hartz St., Danville
(925) 314-3490
- * First Presbyterian Church
1965 Colfax St., Concord
(925) 682-8000 ext. 3916
- John Muir Health Behavioral Health Center
Classroom A, 2740 Grant St., Concord
(925) 674-4100
- John Muir Health Diabetes Center
175 La Casa Via, Walnut Creek.
(925) 941-5076
- John Muir Health Gym
2710 Grant St., Concord
(925) 674-2900
- John Muir Health Outpatient Center
Brentwood
2400 Balfour Rd., Brentwood
(925) 308-8100
- * John Muir Health Outpatient Center
Tice Valley/Rossmoor
1220 Rossmoor Parkway, Walnut Creek
(925) 939-1220
- John Muir Health Senior Services
3480 Buskirk Ave., Suite 100
Pleasant Hill (925) 947-3300
- John Muir Health Women's Health Center
1656 N. California Blvd., Ste. 100
Walnut Creek
(925) 941-7900
- John Muir Medical Center, Concord
2540 East St., Concord
(925) 682-8200
- John Muir Medical Center, Walnut Creek
1601 Ygnacio Valley Rd., Walnut Creek
(925) 939-3000
- * Martinez Senior Center
818 Green St., Martinez
(925) 370-8770
- * Pleasant Hill Senior Center
"The Little House"
249 Gregory Lane, Pleasant Hill
(925) 798-8788
- * Pittsburg Senior Center
300 Presidio Lane, Pittsburg
(925) 252-4890
- The Commons at Dallas Ranch
4751 Dallas Ranch Road, Antioch
(925) 754-7772
- * Walnut Creek Senior Center
1375 Civic Dr., Walnut Creek
(925) 943-5851