

Senior Services News

Shared Decision Making-How to think about difficult medical decisions.

Louise, age 75, has arthritis in her knees, which is painful and limits some of her activities. Her orthopedic surgeon has told her she is a candidate for knee replacement surgery. Louise is overweight, and has diabetes, and

diabetic-related kidney disease. Her primary care physician thinks she should at least have her heart evaluated with a treadmill test before considering going ahead with surgery. He also suggests that weight loss could have a significant positive effect on her knee symptoms, and suggested swimming pool exercise classes, more physical therapy, and closer adherence to her diabetic diet as an alternative for solving her knee pain problems.

George has just learned that he has advanced brain cancer. He is feeling stronger now that corticosteroid medication has reduced the swelling around the brain tumor, he is not in pain and can carry

out his usual daily routine. He is 87 years old and has chronic lung disease. His cancer specialist has told him that chemotherapy is available for his condition, but it is not curative, and will probably extend his life by only a few months, and there may be some side effects involved. He is also considering hospice care as an alternative. Without any further active treatment, he can expect to live only a few months.

As we age, decisions about our health become more complex. Decisions involve not only the problem at hand, but also other chronic conditions we might have need to be factored in. Treatment approaches need to be "custom tailored" to our individual situation. It's important to ask questions:

If a particular course of action is recommended, are there other alternatives that should be considered? What will happen if I do NOT take the recommended treatment? What are the risks involved? Are the risks greater because of my other medical problems? What is the best result I can expect from the treatment? Am I strong and healthy enough to undergo the treatment? Do I have reliable transportation so that I can keep appointments?

Shared decision-making means that the patient or patient's delegated decision-maker has as much input into the decision as the medical professional. Responsibility for providing information is shared by both sides. It is the professional's responsibility to explain a proposed treatment fully, to discuss the risks of the treatment as well as provide a realistic view of its possible benefits, and to take into account the patient's individual situation and preferences. It is the patient's responsibility to ascertain that the doctor is familiar with the patient's medical and cultural background, and knows what the patient's preferences are with respect to the conduct of the treatment.

To put it another way, we should start the decision-

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making process by assuming that the medical provider is as uninformed about the patient as the patient is about the treatment options, and proceed from there. The patient's role in this is not passive, and the ultimate treatment decision cannot be considered an "informed decision" until each side has been well informed about the other.

The decision for or against a treatment option is ultimately the patient's, or delegated to the patient's durable power of attorney for health care. The conduct and quality of the treatment is the responsibility of the medical provider. However, it is reasonable to assume that the patient's experience of that treatment has a greater chance of being positive the more information patients have shared about themselves, and the more questions they have had answered by the providers.

I often tell my patients and their loved ones who are faced with complex medical decisions that often, "there are no 'right' decisions, just difficult ones". The right decision can be unique for different patients in similar situations. As for doctors, as I have said before, the byword is "don't just do something, sit there!" Sit there and listen to your patient. Do your best to discover what their hopes and fears and preferences are before a course of action is recommended.

Lawren Hicks, M.D.
Medical Director



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Medical Director
Senior Services

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.

JANUARY

Nutrition Prescription to Reduce Stress – Kathy Napoli, M.A, R.D.

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

Do stressful events cause you to crave specific foods? Food cravings can ultimately undermine your weight loss goals. Learn how to calm yourself by fueling your body with stress-busting nutrients that will help reduce your cravings by giving your body what it needs rather than what it craves.

FEBRUARY

Cancer for Two – Alan Brast, Ph.D., C.C.H.T., CSA

February 7 | 9:30 - 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

When cancer strikes, it is never just the patient who is affected. Learn the very necessary techniques required for the family to cope with their loved one's illness.

Catch Yourself – Maintain Your Independence

February 6, 13, 20, 27 | 2 p.m. - 3 p.m. | 947-3300 | Behavioral Health Center, Concord, Classroom A

February 7, 14, 21, 28 | 2 p.m. - 3 p.m. | 798-8788 | Senior Center, Pleasant Hill

- 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.

Osteoporosis - How Strong Are Your Bones? – Anne Randolph, PT**April 4 | 9:30 – 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor**

Come and learn how to maintain or possibly increase your bone mass. What are the risk factors for developing osteoporosis? What are some treatments? Get tips on how you can take control and keep your bones in the best shape possible.

Your Medications: Maximizing Safety and Effectiveness – Teresa Halperin, Pharm.D., FCSHP**April 24 | 9:30 – 11:30 a.m. | 947-3300 | John Muir Medical Center, Concord**

This class is designed to help you take your medications correctly and safely to achieve optimum efficacy in treating your condition. We will discuss proper disposal of medications and how your community pharmacist can help. Individual medication review after the presentation will be offered as time allows. Bring your medications if you are interested in consulting with Ms. Halperin.

Ongoing Classes

Advance Health Care Directives – Suzanne Leib, MFT**January 28 | 9:30 – 11:30 a.m. | 947-3300 | John Muir Medical Center, Walnut Creek****February 20 | 9:30 – 11:30 a.m. | 947-3300 | John Muir Medical Center, Concord****March 11 | 9:30 – 11:30 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor****April 8 | 10 a.m. – 12 p.m. | 947-3300 | Outpatient Center, Brentwood**

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**January 8, February 12 | 7 – 9:30 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek****January 11, February 8, March 8, April 12 | 2 – 4:30 p.m. | 314-3400 | Danville Senior Center, 115 East Prospect Ave., Danville****January 15, February 19, March 19, April 16 | 2 – 4:30 p.m. | 634-2565 | Liberty Adult Education, 929 Second St., Brentwood****January 7, February 4, March 4, April 1 | 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 2014 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 Program

January 18 | 1-day, 8 hour class | 8:30 a.m. – 5 p.m. | John Muir Medical Center, Walnut Creek

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

February 15 | refresher class | 8:30 a.m. – 1 p.m. | John Muir Medical Center, Walnut Creek

March 6 | refresher class | 8:30 a.m. – 1 p.m. | John Muir Medical Center, Concord

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

April 19 | refresher class | 8:30 a.m. – 1 p.m. | John Muir Medical Center, Walnut Creek

This eight-hour Smart Driver 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, or the refresher course, within the last three years. Cost \$15 for AARP members, \$20 for others. Bring AARP ID card or member ID number to class for discount verification. The refresher course can be repeated every three years. Call 947-3300 to register.

Taking Back Control

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

March 25 | 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

January 10, February 14, March 14, April 11

Medication Management – What You Need to Know

January 17, February 21, March 21, April 18

Managing Diabetes – Beyond the Basics

January 24, February 28, March 28, April 25

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.

Screenings

Memory Screening - What's Your Memory Fitness?

January 14, February 18, March 18, April 15 | Morning Appointments | 947-3300

January 15, February 19, March 19, April 16 | Afternoon Appointments | 947-3300

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

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 above. Call for a 30 minute appointment.

Blood Pressure Screenings 2014

Blood pressure screening is provided free of charge at community locations for a one-time check or to assist individuals who monitor their health status. High blood pressure is a silent killer. It is important to know your numbers.

Alcosta Senior Center

9300 Alcosta Boulevard, San Ramon | Jan. 23, Feb. 27, Mar. 27, Apr. 24 | 11:00 a.m. - 12:00 p.m.

Ambrose Community Center

3105 Willow Pass Road, Bay Point | Jan. 27, Feb. 24, Mar. 17, Apr. 21 | 10:45 a.m. - 11:45 a.m.

Antioch Senior Center

415 West 2nd Street, Antioch | Jan. 27, Feb. 24, Mar. 17, Apr. 21 | 10:00 a.m. - 11:00 a.m.

Concord Senior Center

2727 Parkside Circle, Concord | Jan. 17, Feb. 21, Mar. 21, Apr. 18 | 9:30 a.m. - 10:30 a.m.

Danville Senior Center

115 E. Prospect Ave., Danville | Jan. 6 & 27, Feb. 3 & 24, Mar. 3 & 17, Apr. 7 & 21 | 10:00 a.m. - 11:00 a.m.

First Presbyterian Church

1965 Colfax, Concord | Jan. 14, Feb. 11, Mar. 11, Apr. 8 | 10:00 a.m. - 12:00 p.m.

Golden Crane Senior Center

1401 Danville Boulevard, Alamo | Jan. 14, Feb. 11, Mar. 11, Apr. 8 | 10:00 a.m. - 11:00 a.m.

John Muir Health Outpatient Center

1220 Rossmoor Pkwy, Walnut Creek | Jan. 27, Feb. 24, Mar. 17, Apr. 21 | 10:00 a.m. - 11:30 a.m.

Martinez Senior Center

818 Green Street, Martinez | Jan. 13, Feb. 10, Mar. 10, Apr. 14 | 9:00 a.m. - 10:30 a.m.

Pittsburg Senior Center

300 Presidio Lane, Pittsburg | Jan. 22, Feb. 26, Mar. 26, Apr. 23 | 10:30 a.m. - 11:30 a.m.

Pleasant Hill Senior Center

233 Gregory Lane, Pleasant Hill | Jan. 6 & 8, Feb. 3 & 12, Mar. 3 & 12, Apr. 7 & 9 | 9:30 a.m. - 11:00 a.m.

Walnut Creek Senior Center

1375 Civic Drive, Walnut Creek | Jan. 8, Feb. 12, Mar. 12, Apr. 9 | 9:30 a.m. - 11:00 a.m.

Support Groups and Health Resources

ALS (Lou Gehrig's Disease) Support Group

Third Saturday of each month | 1-3:00 pm. | John Muir Medical Center, Walnut Creek | (415) 904-2572 x307

This support group provides education and support for those with ALS and their families and friends.

Grief Awareness Group

Second and Fourth Mondays of each month | 6:30 - 7:45 p.m. | John Muir Medical Center, Concord | (925) 674-2132

This group offers a comforting environment for people to share their grief with others experiencing loss. Group members gain a new support system as they progress through the healing process.

Parkinson Network of Mt. Diablo

Third Saturday of each month | 10-12 p.m. | Grace Presbyterian Church, Walnut Creek | (925) 939-0584

This meeting is geared toward all those with PD as well as those in the early years of Parkinson's.

Stroke Support Group

Second Monday of each month | 7 - 9 p.m. | John Muir Medical Center, Walnut Creek & Concord | (925) 376-6218

The Stroke Support Group provides a supportive environment in which the stroke survivor can begin reintegration into the mainstream of life. The group also provides emotional and social support for stroke patients, their friends and family. They alternate meeting locations between Walnut Creek and Concord, call for schedule.

Prescription Medication Assistance? You May Be Eligible

Many pharmaceutical companies offer free medications to older adults with or without drug coverage who meet the criteria. If approved, processing time can be six to eight weeks or more after the paperwork is submitted. When your medications are ready for pick up, you will be notified by Senior Services. Some medications are dispensed in Concord and others are shipped directly to the patient.

If you have a prescribing physician within John Muir Health, and are on Medicare, contact Linda Slotnick at 947-4466, ext. 39601 or email Linda at Linda.Slotnick@JohnMuirHealth.com for more information.

Navigating the John Muir Health Website

The Senior Services department has resource information available through the John Muir Health website.

To learn about John Muir Health Senior Services, go to www.johnmuirhealth.com, click on the Services tab at the top. The link to Senior Services is listed under Assistance & Support. One of the resources available is the Caregiver Packet a guide filled with helpful information and convenient checklists. The website also has links to upcoming classes, the current Senior Services News as well as resource information on transportation, housing, long term care insurance and other helpful information.

Classes, screenings and support groups are also listed on the John Muir Health home page under Health Education. You can search by the title of the event or, if you do not know the title, you can browse events by selecting from the criteria: event type, subject and location. Registration for events is available on line or by phone.

For those who do not have a home computer, access is available through local senior centers and the public library.

If you have questions about navigating the John Muir Health System, you can call Jane Moore, Patient Navigator, in the Senior Services department, (925) 952-2755.

John Muir Virtual Community Health Library

Provides the following information to help you make informed decisions

Eating Right, a Commitment for a Healthier Lifestyle

Making informed food choices and developing sound eating and physical activity habits are so important. Eating right every day is a commitment for a healthier lifestyle. Here are a few major nutritional resources to help you reach that goal.

American Academy of Nutrition provides a section for the consumer called "Eat Right" includes Nutritional Tip of the Day; good nutrition reading list and an excellent Nutrition Q & A section.

- <http://www.eatright.org/Public/>

Centers for Disease Control and Prevention provides the "Healthy Living" section on food safety and food recalls, reading food labels and healthy lifestyle topics.

- <http://www.cdc.gov/healthyliving/>

MedlinePlus offers a food and nutrition section with more than 100 nutritional related topics; well-known nutrition supplements and tools to calculate your BMI and daily food planning.

- <http://www.nlm.nih.gov/medlineplus/foodandnutrition.html>

U.S. Department of Agriculture "Nutrition for Everyone" has links to dietary guidelines, "ChooseMyPlate" tool, information on the food groups, and "What's in the Food you Eat" link, a great tool for searching the nutritional values of the food we eat.

- <http://www.cdc.gov/nutrition/everyone/resources/index.html>

The John Muir Virtual Community Health Library provides customized medical information for your health-related questions. There is no charge for this service and trustworthy resources are used to answer your questions. An informational packet is provided. This information is not intended as a substitute for medical care, but to assist in better communication with your healthcare professional.

Helen Doughty, MSLS, Librarian, Medical Library

John Muir Health

helen.doughty@johnmuirhealth.com

New Senior Services Office at John Muir Health Outpatient Center, Walnut Creek

The new Outpatient Center opens in January. We are looking forward to opening a new office on the second floor. Senior Services offers a wide range of educational programs, resource information and assessment services. Our focus is on older adults, their families and those caring for them. Our goal is to enable older adults to maintain an independent, optimal quality of life.

John Muir Health Outpatient Center, 1450 Treat Blvd., Walnut Creek | (925) 947-3300



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
- * Concord Senior Center
2727 Parkside Circle, Concord
(925) 671-3320
- * Danville Senior Center
115 E. Prospect Avenue
Danville
(925) 314-3490
- * First Presbyterian Church
1965 Colfax St., Concord
(510) 512-4032
- Golden Crane Senior Center
1401 Danville Blvd, Alamo
(925) 820-0500
- 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, Concord
2720 Grant St., Classroom A
(925) 947-3300
- 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
- * Pittsburg Senior Center
300 Presidio Lane, Pittsburg
(925) 252-4890
- * Pleasant Hill Senior Center
233 Gregory Lane, Pleasant Hill
(925) 798-8788
- * Walnut Creek Senior Center
1375 Civic Dr., Walnut Creek
(925) 943-5851