

# SENIOR SERVICES NEWS

## After the Fall...

My mother, a fairly healthy 81-year-old, had just emerged from lunch at a restaurant and was proceeding out to the car. She and my father were looking forward to attending my son's wedding later that week. My father hung back for a moment to talk to my uncle Ernie. When she realized that my father was not following her, my mother turned to look for him. Simply in the act of pivoting, she lost her balance and fell, fracturing her left wrist, left shoulder, and pelvis. So... no wedding for her and 4 weeks in the hospital. She's home now and recovering nicely.

When all of us were younger, say, under 40, concern about falling rarely entered our consciousness. If we fell, we just got up, usually without consequences, and all we had to deal with was the embarrassment. Over age 65, however, a simple fall from ground level can be life-changing – a fracture, or two, or three, followed by a stay in the hospital, followed by a nursing home stay, and perhaps arriving back home weaker than before the fall and more dependent on others for your daily needs – in short a loss of independence, temporary or permanent.

Falls and their consequences have a \$20 billion annual price tag in medical costs, according to the Centers for Disease Control. People over age 75 who fall are four to five times more likely to be admitted to a long term care facility for a year or longer. Twenty to thirty percent of people who fall

suffer moderate to severe injuries - bruises, hip fractures, head traumas, that cause prolonged loss of mobility that can preclude independent living, and can increase the risk of early death.

Hip fractures, in particular, have ominous consequences. One quarter of those who fracture a hip have to be confined to a nursing home for a year or more. One in five individuals with hip fracture will die within one year of their injury.

Another unfortunate consequence of falling is that many of those who fall will actually lose confidence in their balance, and voluntarily limit their walking. Their muscles weaken, and their lifestyle suffers even as their risk of falls increases.

Your role in prevention encompasses a few simple but critical measures:

**1.) Maintain a daily habit of exercise** to keep your muscles strong. People fall because their muscles are too weak to recover their balance when they start tipping.

**2.) Review your medications with your physician.** For example, sleeping pills taken at bedtime can continue to sedate your brain through the next day and contribute to impaired balance. Blood pressure medications might be a little too strong, causing your pressure to drop too much when you stand up. Other medications such as antihistamines and pills for overactive bladder may have what we call "anticholinergic" side effects which

can slow your muscle movements, make you feel lethargic, and dilate your pupils, impairing your vision. Remember, you may be getting older, but your pills are not!

**3.) Make sure your glasses prescription is up to date.** Check that all the rooms of your home are as bright as possible during the day and that your lighting is sufficient for walking safely at night, particularly if you have to get up after bedtime.

**4.) Wear hard-leather-soled shoes anywhere you walk.** These are actually less risky than running shoes. Avoid open-back shoes, high heels, or sandals.

**5.) Make your home safer.** Make sure the places where you walk are free of clutter. Remove slippery throw rugs, or put a non-skid pad under them. Have grab bars put in next to the tub and shower. Make sure all stairways are well-lit and have handrails.

**6.) Are you well enough nourished?** Do you have a balanced diet? Do you get enough Vitamin D, particularly?

See information on our new Fall Awareness classes on page 2. For more information on fall prevention, contact Senior Services at 947-3300.



**Lawren Hicks, M.D.**  
Medical Director  
John Muir  
Senior Services

## Educational Opportunities *There is no charge to attend our health education seminars unless otherwise noted. Call the listed number to register.*

### Fall Awareness - Maintaining Your Independence

Join us for a four-part series and learn how to stay strong to stay on your feet! Don't be a statistic!

Class 1: Risk Factors for Falling, Individual Health Concerns, Beginning Strength and Balance

Class 2: The Activity Pyramid - a Balanced Exercise Program

Class 3: Home Assessment, Medications, Stretching for Greater Comfort and Flexibility

Class 4: Osteoporosis - Maintaining Strong Bones with Exercise, How to Fall (and get up), Strength Training

<b>September 8, 15, 22, 29</b>	1 – 2 p.m.	Walnut Creek Senior Center	943-5851
<b>October 1, 8, 15, 22</b>	1:30 – 2:30 p.m.	Alcosta Senior Center	973-3250
<b>October 7, 14, 21, 28</b>	10 – 11 a.m.	Martinez Senior Center	370-8770
<b>October 9, 16, 23, 30</b>	1 - 2 p.m.	Antioch Senior Center	778-1158
<b>October 26, November 2, 9, 16</b>	11 a.m. – noon	Pleasant Hill Senior Center	798-8788
<b>November 3, 10, 17, December 1</b>	12:30 – 1:30 p.m.	Concord Senior Center	671-3320

Contact Senior Center to register. Pre-registration required and class size limited.  
\$10 Fee ~ includes all four classes, theratube exerciser and exercise booklet.

### Ongoing Monthly Classes & Training

#### Advance Health Care Directives

All adults, regardless of age, need to understand how they can have control over their own life and death decisions. Suzanne Leib, Geriatric Care Coordinator, provides detailed information regarding the choices you or your family may face due to an accident or serious illness.

This is an opportunity to clarify your own 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.

<b>September 17</b>	6:30 – 8:30 p.m.	John Muir Medical Center - Walnut Creek
<b>October 14</b>	6:30 – 8:30 p.m.	John Muir Medical Center - Concord
<b>November 5</b>	9:30 – 11:30 a.m.	John Muir Outpatient Center, Rossmoor
<b>December 9</b>	10:00 a.m. – 12:00 p.m.	John Muir Outpatient Center, Brentwood

Reservations: 947-3300

#### 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 2009* 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.

<b>September 9, October 14, November 11, December 9</b>	7 – 9:30 p.m.	John Muir Medical Center - Walnut Creek	947-3300
<b>September 15, October 20, November 17, December 8</b>	2 – 4:30 pm	Liberty Adult Education Center, 929 Second St., Brentwood	634-2565

## Educational Opportunities *There is no charge to attend our health education seminars unless otherwise noted. Call the listed number to register.*

### More Ongoing Monthly Classes & Training

#### AARP Driver Safety Training

Senior Services offers the AARP Driver Safety Training program at John Muir's Concord and Walnut Creek Campuses. 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 for verification. The refresher course can be repeated every three years. Classes fill up quickly so please register early!

<b>September 21 &amp; 24</b>	(2-day class)	9 a.m. – 1 p.m.	JMMC - Concord
<b>September 26</b>	(refresher class)	8:30 a.m. – 1 p.m.	JMMC - Walnut Creek
<b>October 24</b>	(1-day class)	8:30 a.m. – 5 p.m.	JMMC - Walnut Creek
<b>November 3 &amp; 10</b>	(2-day class)	9 a.m. – 1 p.m.	JMMC - Concord
<b>November 14</b>	(refresher class)	8:30 a.m. – 1 p.m.	JMMC - Concord
<b>December 12</b>	(1-day class)	8:30 a.m. – 5 p.m.	JMMC - Walnut Creek

Cost is \$12 with AARP membership card, \$14 without. Please bring AARP membership ID number from card or magazine label to class for verification. Includes a book and certificate of completion.

Call 947-3300 to register.

#### HICAP Counseling

HICAP is a volunteer-supported program that provides unbiased information about Medicare, related health care coverage, and long-term care insurance to help Medicare beneficiaries make the best choices for their individual health care needs. Senior Services offers private appointments with HICAP counselors monthly.

Call 947-3300 for an appointment.

### September 2009

#### Super Diet: Healthy Heart, Healthy Cholesterol— *Kathy Napoli*

Get smart about a heart-healthy diet. Learn how certain foods can lower your cholesterol and fight heart disease.

<b>September 10</b>	6:30 – 8 p.m.	941-7900	Women's Health Center
<b>November 4</b>	1 – 2:30 p.m.	941-7900	John Muir Outpatient Center, Tice Valley/Rossmoor

#### Understanding Breast and Ovarian Cancer— *Gigi Chen, M.D., Diablo Valley Oncology/Hematology*

An informative lecture with up-to-date information about new technologies, treatment strategies, and therapies for breast and ovarian cancer. A review of important diagnostic tests for early detection will be included.

<b>September 11</b>	11 a.m.	939-1220	John Muir Outpatient Center, Tice Valley/Rossmoor
---------------------	---------	----------	---

#### Prostate Cancer Treatment: Advanced Technology Impacts Outcome

<b>September 14</b>	6:30 p.m.	674-2190	John Muir Medical Center – Concord
---------------------	-----------	----------	------------------------------------

## **Educational Opportunities** *There is no charge to attend our health education seminars unless otherwise noted. Call the listed number to register.*

### **Care Coordination - Navigating Your Healthcare**— *Laura Benn, R.N., CCRN*

In today's complex healthcare system, patients interface with a variety of practitioners and settings. Navigating this system can be very challenging. An experienced nurse gives you suggestions on how to get through the system smoothly and effectively and addresses the role of care coordination.

**September 18** 9:30 – 11 a.m. 947-3300 John Muir Outpatient Center, Tice Valley/Rossmoor  
**November 19** 9:30 – 11 a.m. 947-3300 John Muir Medical Center - Concord

---

### **Managing and Conquering Anger and Frustration**— *Alan Brast, Ph.D.*

This is an important component in having a happy and comfortable journey through our older adult years. As we age, we typically become less tolerant of people and may lose patience more easily. Learn the necessary techniques to reverse these tendencies and be a generally happier person.

**September 24** 9:30 – 11 a.m. 947-3300 John Muir Medical Center - Concord  
**November 4** 6:30 – 8 p.m. 941-7900 Women's Health Center  
**December 4** 9:30 – 11 a.m. 947-3300 John Muir Outpatient Center, Tice Valley/Rossmoor

---

### **Making the Most of Your Hospital Stay** — *Mary Spear, R.N., M.S.N., GCNS*

Being hospitalized raises a variety of emotions and questions. The Geriatric Clinical Nurse Specialist at John Muir Medical Center - Walnut Creek will discuss how to prepare for a hospital stay, important information for your nurse and physician while you are hospitalized, and the role of the hospitalist. This is an opportunity to get answers to your questions.

**September 25** 9:30 – 11 a.m. 947-3300 John Muir Medical Center - Walnut Creek, Ball Auditorium

---

### **Lung Cancer: How to Prevent and Deal with the Silent Killer**— *Diane Superfin, M.D.*

A discussion of the do's and don'ts of prevention, surveillance, diagnosis and treatment of lung cancer.

**September 28** 2 p.m. 939-1220 John Muir Outpatient Center, Tice Valley/Rossmoor

---

## **October 2009**

### **Department of Motor Vehicles and Senior Driving**— *Julio Lacayo, DMV Ombudsman Program*

A video, "Taking Charge, How Seniors Plan to Get Around" will be shown and questions answered about DMV services. Topics covered include: Driving safer and longer; DMV's reexamination and hearing process; potentially unsafe drivers and referral process; DMV's driving test criteria.

**October 8** 9:30 – 11 a.m. 947-3300 John Muir Outpatient Center, Brentwood

---

### **Recent Advances in Prostate Cancer** — *Matthew Sirott, M.D., Diablo Valley Oncology/Hematology.*

The newest therapeutic modalities including surgical, radiation and medical treatments for prostate cancer will be reviewed. The discussion will cover PSA screening for early detection and possible preventative interventions.

**October 9** 11 a.m. 939-1220 John Muir Outpatient Center, Tice Valley/Rossmoor

## **Educational Opportunities** *There is no charge to attend our health education seminars unless otherwise noted. Call the listed number to register.*

### **The Changing Brain**— *Eric Freitag, Psy.D.*

Our brains are in a constant state of change and adaptation to our environment. Sometimes these changes enhance our functioning, other times changes are a response to a disease or medical condition that causes a decline in function. This presentation includes information on our changing brains, lifestyle choices that support a healthy brain, diseases and medical conditions that affect our brain, and how to identify differences between normal changes in brain function versus abnormal loss of function.

<b>October 22</b>	9:30 – 11 a.m.	947-3300	John Muir Medical Center – Concord
<b>November 13</b>	9:30 – 11 a.m.	947-3300	John Muir Medical Center – Walnut Creek

---

### **Recent Developments in Estate Planning** — *Randall L. Thompson, J.D., Emily Thompson, J. D., CELA*

Do your estate planning documents need to be updated to reflect changes in the increased estate tax exemption amount or due to health care privacy laws? How will changes in the law affect your planning for long term health care needs? Hear updated information from two attorneys with expertise in the area of elder law.

<b>October 23</b>	9:30 – 11 a.m.	947-3300	Women's Health Center
-------------------	----------------	----------	-----------------------

---

### **The Wonders of Guided Imagery and Self-Hypnosis**— *Alan Brast, Ph.D.*

Gain the ability to become supremely relaxed. In this class, you'll learn simple techniques that will allow for less stressful daily living, better sleep, and an overall improvement in your quality of life.

<b>October 26</b>	6:30 – 8 p.m.	941-7900	Women's Health Center
<b>November 12</b>	9:30 – 11 a.m.	947-3300	John Muir Outpatient Center, Brentwood

## **November 2009**

### **Pelvic Health and Bladder Control**— *Mary Russell*

Bladder control problems are treatable and often curable. In this session, you will learn methods for better bladder control and discuss resources for further support.

<b>November 2</b>	10 a.m. – noon	941-7900	Women's Health Center
-------------------	----------------	----------	-----------------------

---

### **Setting Boundaries**— *Valerie Keim, M. Ed.*

In this interactive seminar, practice effective ways to say "no," set boundaries and define comfort zones.

<b>November 16</b>	1 – 2:30 p.m.	941-7900	John Muir Outpatient Center, Tice Valley/Rossmoor
<b>November 16</b>	6:30 – 8 p.m.	941-7900	Women's Health Center

## **December 2009**

### **Care for the Caregiver**— *Valerie Keim, M. Ed.*

Self-care is especially important when you are caring for an aging person. Learn the hidden signs of burnout, ways to ask for help and strategies for saying "no."

<b>December 14</b>	1 – 2:30 p.m.	941-7900	John Muir Outpatient Center, Tice Valley/Rossmoor
<b>December 14</b>	6:30 – 8 p.m.	941-7900	Women's Health Center



# Health Screenings and Exercise Opportunities

## Free Ongoing Screenings

### Memory Screening: What's Your Memory Fitness?

If you're 65 or older and have concerns about your memory, take advantage of a seven-minute screening that provides you with information to discuss with your physician. Screenings are provided in conjunction with John Muir Neurosciences Institute.

#### *Locations:*

Senior Services Office  
John Muir Outpatient Center,  
Brentwood  
John Muir Outpatient Center,  
Tice Valley/Rossmoor

#### *Times and Dates:*

9 a.m. – noon	1 – 4 p.m.
September 15	September 16
October 20	October 21
November 17	November 18
December 15	December 16

Please call 947-3300 for appointment.

### Pulmonary Health Fair

Lectures on various topics dealing with pulmonary health and free pulmonary associated testing will be available. Phone registration begins on October 1.

**October 31** 8 a.m. – 1 p.m. 947-4447  
John Muir Medical Center – Concord Campus

### Free Blood Pressure Screenings

Because high blood pressure lacks specific symptoms, people may not know they are at risk. Senior Services supports the importance of preventative health care. Blood pressure screening is provided free of charge for a one-time check or to assist individuals who monitor their health status regularly. Please take advantage of these drop-in opportunities.

Pleasant Hill Senior Center	1st Monday	9:30 - 11 a.m.
Martinez Senior Center	2nd Monday	10 - 11:30 a.m.
John Muir Outpatient Center, Rossmoor	3rd Monday	10 - 11:30 a.m.
Danville Veteran's Memorial Hall	1st & 3rd Monday	10 - 11 a.m.
Antioch Senior Center	3rd Monday	10 - 11 a.m.
First Presbyterian Church	2nd Tuesday	10 a.m. - noon
Walnut Creek Senior Center	2nd Wednesday	9:30 - 11 a.m.
Brentwood Senior Center	3rd Wednesday	9:30 - 10:15 a.m.
Jewish Community Center	3rd Thursday	10 - 11:30 a.m.
Alcosta (San Ramon) Senior Center	4th Thursday	11 a.m. - noon
Concord Senior Center	3rd Friday	10 a.m. - noon
Pittsburg Senior Center	3rd Friday	10:30 - 11:30 a.m.
Lafayette Senior Center	4th Friday	12:30 - 1:30 p.m.

### Senior Health Focus Day

Receive preventive health screenings and learn about cardiac wellness and fall prevention. These valuable free services are open to the public.

#### *Screenings:*

- Balance • Blood Pressure
- Memory\* • Bone Density
- Cholesterol/glucose\*

\*Reservations required, call Senior Center for details.

**September 30** 9 a.m. – noon  
Alcosta Senior Center

**October 6** 9 a.m. – noon  
Walnut Creek Senior Center

**October 30** 9 a.m. – noon  
Martinez Senior Center

**November 4** 9 a.m. – noon  
Concord Senior Center

### Prostate Cancer Screenings

**Sept. 15 & 16** 5 – 8 p.m.  
John Muir Medical Center -  
Concord Campus

Participants must have an appointment and meet eligibility requirements. Call 674-2190.

### Osteoporosis Movement and Exercise Class

Drop in to learn exercise techniques and safeguards against fall. Bring a mat, wear comfortable clothes.

Women's Health Center  
Wednesdays, 9:15 – 10:15 a.m.  
\$5/class

## John Muir Medical Center - Walnut Creek Campus Named one of "America's Best Hospitals 2009" by U.S. News & World Report

For the third year, John Muir Medical Center-Walnut Creek Campus has earned one of the top spots in *U.S. News & World Report's* "Best Hospitals" issue. This year, the rankings were for Orthopedics and Digestive Disorders.

John Muir Health is the only non-academic health organization in Northern California to be recognized, as well as one of the highest-ranking in California.

*U.S. News's* rankings were developed to determine which hospitals provide the best care for the most serious and complicated medical conditions and procedures.

In orthopedics, John Muir Health

has one of the largest and most comprehensive programs in the Bay Area, and is recognized for providing the latest technology and innovative treatment options. Highlights include:

- Advanced minimally-invasive techniques for total hip and knee replacement, and major orthopedic trauma reconstruction.
- Board-certified, specialty-trained orthopedic surgeons on staff specializing in such areas as total joint, spine, hand, trauma surgery and sports medicine – and committed to delivering both leading-edge and compassionate care.

In gastrointestinal disorders, John Muir Health is also a regional leader in

diagnosing and treating malignant and benign conditions. We offer:

- Technologically advanced treatments such as minimally invasive colorectal surgery, liver resections, small and large bowel procedures, stomach, esophageal, pancreatic, duodenal and other digestive system procedures.
- Highly-trained specialists such as gastroenterologists, surgeons and other healthcare professionals committed to delivering innovative and compassionate care.

For further information on the "Best Hospitals" issue from *U.S. News*, visit [usnews.com](http://usnews.com).

## Hospitals Receive Triple Gold Recognition for Turning Guidelines into Lifelines

John Muir Medical Centers in Concord and Walnut Creek were recognized in April for their achievement in implementing the American Heart Association/American Stroke Association Get With The Guidelines<sup>SM</sup> for coronary artery disease, stroke and heart failure.

Both John Muir Medical Centers received triple gold achievement for having met the Get With The Guidelines Gold Performance Achievement Awards in coronary artery disease, stroke and heart failure. This level of achievement shows John Muir Health's commitment and success in implementing a higher standard of care for heart disease and stroke patients.

Get With The Guidelines helps ensure

that patients treated and discharged receive quality care in accordance with guidelines that will reduce the risk of secondary events. It takes advantage of the "teachable moment," the time soon after a heart attack or stroke, when patients are most likely to listen to their healthcare professionals' treatment recommendations. Studies demonstrate that patients who are taught how to manage their risk factors while still in the hospital reduce their risk of a second heart attack or stroke.

This accomplishment signifies that John Muir Medical Centers have reached an aggressive goal of treating coronary artery disease, stroke and heart failure patients with 85 percent compliance to core standard levels of care outlined by the American Heart Association/American College

of Cardiology secondary prevention guidelines and recommendations.

According to GWTG treatment guidelines, patients are started on aggressive risk reduction therapies such as cholesterol-lowering drugs, beta-blockers, ACE inhibitors, aspirin, diuretics and anticoagulants in the hospital, or in the case of stroke, they may receive tPA, antithrombotics and DVT prophylaxis. They also receive alcohol/drug use and thyroid management counseling as well as referrals for cardiac rehabilitation before being discharged.

John Muir Medical Centers have consistently and successfully implemented these quality measures for 24 consecutive months since they began participating in the program.

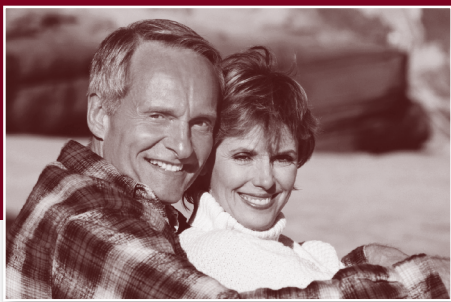
John Muir Senior Services  
3480 Buskirk Ave., Suite 100  
Pleasant Hill, CA 94523

**RETURN SERVICE REQUESTED**

### *CHANGE IN INFORMATION?*

If you have had a change in address or wish to be removed from our mailing list, please notify us by calling 947-3300.

## *John Muir Senior Services: The Resources You Need*



John Muir Senior Services offers a variety of programs focusing on older adults, their families and those caring for them.

- ***Information and Referral***  
Information on health and aging-related issues and community resources.
- ***Geriatric Care Coordination***  
Professional assistance for older adults, their families and caregivers.
- ***Patient Navigator***  
Individualized health resource information and assistance coordinating services.
- ***Prescription Medication Assistance***  
Evaluation of eligibility for prescription medication programs.
- ***Support Groups***  
Information on diabetes, A.L.S., stroke, grief and other support groups.
- ***Educational Programs***  
Monthly seminars on a variety of topics.
- ***Wellness Screenings***  
Blood pressure and memory screenings.

Call (925) 947-3300 for more information.  
Visit our website at [johnmuirhealth.com](http://johnmuirhealth.com)

## **Event Addresses**

- **Alcosta Senior Center**  
9300 Alcosta Blvd.  
(925) 973-3250
- **Antioch Senior Center**  
415 W. 2nd Street  
(925) 778-1158
- **Brentwood Senior Center**  
193 Griffith Lane  
(925) 516-5444
- **Concord Senior Center**  
2727 Parkside Circle  
(925) 671-3320
- **Danville Veteran's Memorial Hall**  
400 Hartz Avenue  
(925) 314-3491
- **First Presbyterian Church**  
1965 Colfax Street, Concord  
(925) 676-7177
- **Jewish Community Center**  
2071 Tice Valley Blvd.  
Walnut Creek  
(925) 938-7800
- **John Muir Outpatient Center, Tice Valley/Rossmoor**  
1220 Rossmoor Parkway  
Walnut Creek  
(925) 939-1220
- **John Muir Outpatient Center, Brentwood**  
2400 Balfour Road  
(925) 308-8100
- **John Muir Medical Center - Concord Campus**  
2540 East Street  
(925) 682-8200
- **John Muir Medical Center - Walnut Creek Campus**  
1601 Ygnacio Valley Road  
(925) 939-3000
- **John Muir Physician Network**  
(925) 952-2888
- **John Muir Physician Referral**  
(925) 941-2244
- **John Muir Senior Services**  
3480 Buskirk Ave.  
Suite 100  
Pleasant Hill, CA  
(925) 947-3300
- **John Muir Women's Health Center**  
1656 N. California Blvd., Suite 100  
Walnut Creek  
(925) 941-7900
- **Lafayette Senior Center**  
500 St. Mary's Road  
(925) 284-5050
- **Martinez Senior Center**  
818 Green Street  
(925) 370-8770
- **Pleasant Hill Senior Center**  
233 Gregory Lane  
(925) 798-8788
- **Pittsburg Senior Center**  
300 Presidio Lane  
(925) 252-4890
- **Walnut Creek Senior Center**  
1375 Civic Drive  
(925) 943-5851