

SENIOR SERVICES NEWS

The Medical Home and the Future of Medicare

Dr. Mike Kern is busy on another project. As Medical Director for Quality at John Muir Physician Network, Dr. Kern is responsible for directing programs aimed at improving the quality of medical care.

One very promising initiative under Dr. Kern's direction is the Care Transitions Program. It used to be that, upon discharge from hospital, a patient with multiple illnesses and complex needs would meet with the doctor and discharge planner and be presented with a list of instructions. The patient and family would be responsible for carrying out this "discharge plan" and making a follow-up appointment with their primary care physician or specialist.

The family would be given all the answers at the time of discharge, but often the patient has been home for a day or so before they realize what the questions are: Should I take medications I have at home that are not on the discharge instruction list? Is it ok if my primary care physician can't see me for a month, when I was told to follow up in one week? When was the home health nurse supposed to show up? My mother is weaker than I thought and I can't help her all by myself!

Discharge planning is not the same as discharge execution. Critical gaps in medical care management can occur when someone transitions from hospital to home, resulting in unwanted and preventable readmissions to hospital. The Care Transitions Program addresses this gap by allocating Care Transitions Nurses (RNs with specialized training)

to make home visits and follow-up calls to recently discharged medically complex patients. The patients receive assistance with managing their medications, arranging follow-up appointments, answering questions, and ensuring that recommended home services arrive on time. After a year, this program documented very significant reductions in hospital readmissions of enrolled patients.

Now Dr. Kern and the John Muir Physician Network have begun a Patient-Centered Medical Home pilot program at a busy primary care practice in Concord. The program provides a Registered Nurse Case Manager at the doctors' office to interview frail elderly patients, reconcile their medication list, assess their unmet needs and what assistance may be provided at home. This should allow more time for their physician to address specific medical conditions. Filling these gaps in care should bolster the stability of the patient's medical condition and home environment, making it less likely chronically ill patients will worsen from avoidable stressors and need hospitalization. This should result in enhanced well-being for the patient, AND reduced Medicare costs!

The essential idea of the Patient-Centered Medical Home pilot is that there is one primary doctor and one office responsible for coordinating all aspects of care, even if the patient has multiple medical conditions and sees multiple specialists. That doctor's office, the Patient-Centered Medical Home, should have access to all

of the patient's medical information, and should be in the best position to ensure the right medical services are delivered in a timely manner, without duplication or gaps. The Center for Medicare Services (CMS) is very interested in the Patient-Centered Medical Home concept because it believes the change will save money while improving care quality.

John Muir Health System has all the functioning parts of an excellent, nationally recognized health care organization. These parts need to connect, to communicate frequently, comprehensively, and efficiently. There must be no more dichotomies between inpatient and outpatient medicine. These dichotomies can lead to miscommunication, gaps and duplications in care, avoidable distress, and needless public and private expense. How healthcare negotiates these new connections will determine the future solvency and vitality of Medicare.

At John Muir Senior Services, we are very optimistic and energized by Dr. Kern's Patient-Centered Medical Home pilot.

I am hopeful that the connections forged in this new approach will improve care, enhance satisfaction for patients and providers alike, and strengthen John Muir



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

Free East County Seminars by John Muir Specialists

General Foot Care – *John Scivally, DPM, Podiatrist*

September 15 1:45 – 3 p.m. Cortona Park Senior Living, 150 Cortona Way, Brentwood

Advances in Hematology – *Elizabeth A. Odumakinde, M.D., Hematologist*

October 8 11:45 a.m. – 1 p.m. City of Brentwood Senior Center, 193 Griffith Lane, Brentwood

Prevention and Treatment of Diabetes – *Debbie Sousa-Hull, R.D., C.D.E.*

November 9 9:45 – 11 a.m. Commons at Dallas Ranch, 4751 Dallas Ranch Road, Antioch

Advances in Treatment of Heart Failure – *John D. Vu, M.D., Cardiologist*

December 16 12:15 – 1:30 p.m. Eskaton Lodge, 450 John Muir Parkway, Brentwood

For more information call Rosanne Bugeja, 308-8050

Fall Awareness - Maintaining Your Independence

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

September 9, 16, 23 & 30 Walnut Creek Senior Center 1:00 – 2:00 p.m.

September 13, 20, 27 & October 4 Martinez Senior Center 10:00 – 11:00 a.m.

September 14, 21, 28 & October 5 Concord Senior Center 12:45 – 1:45 p.m.

Contact Senior Center to register. Pre-registration required and class size limited.

\$10 registration includes all four classes, theratube exerciser & exercise booklet.

Prostate Cancer Awareness Month

September 20 6:30 – 8 p.m. John Muir Medical Center, Concord Campus 674-2190 (*after Sept. 7*)

Free lecture by John Muir Health urologists will address the recent changes in the recommendations for prostate center screening and the most recent advancements in prostate health. Topics will include which over-the-counter, prescription medications and dietary supplements are being used for prostate cancer prevention.

September 21 & 22 5 – 8 p.m. John Muir Medical Center, Concord Campus 674-2190 (*after Sept. 7*)

Free Prostate Specific Antigen (PSA) blood test and digital rectal exam performed by a John Muir urologist. Reservations required for men ages 40 – 75 who qualify.

Pulmonary Health Fair – Celebration the Year of the Lung

October 23 8 a.m. – 1 p.m. John Muir Medical Center, Concord Campus
Specialists will lecture on pertinent topics and provide the most up-to-date information on all aspects of lung health.

Information Booths

John Muir Cancer Institute	Respiratory Department	Asthma Education
Smoking Cessation	American Cancer Society	Pulmonary Rehab
Sleep Apnea Information	John Muir Clinical Research	John Muir Senior Services

Screenings

Blood Pressure	Blood Oxygen Levels	Pulmonary Function	Pharmacist Consultation
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Call after October 1, 674-2190 or 674-2351 to register

Ongoing Monthly Classes

Advance Health Care Directives

All adults, regardless of age, need to understand how they can have control over their own life and death decisions. 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.

September 22	6 – 8 p.m.	John Muir Medical Center - Concord Campus
October 21	10 a.m. – noon	John Muir Outpatient Center, Brentwood
November 3	9:30 – 11:30 a.m.	John Muir Outpatient Center, Tice Valley/Rossmoor
November 30	6 – 8 p.m.	John Muir Medical Center - Walnut Creek Campus
December 9	9:30 – 11:30 a.m.	John Muir Medical Center – Concord Campus

Call 947-3300 to register.

Welcome to Medicare

This course is for those new to Medicare, or soon to enroll. Learn about health benefits, drug coverage and how to supplement your coverage. Medicare & You 2010 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.

September 15, October 13, November 10 & December 15	7 – 9:30 p.m.
John Muir Medical Center - Walnut Creek Campus	Reservations: 947-3300
September 11	10 a.m. - 12:30 p.m.
Danville Meeting Hall - 201 Front Street	Reservations: 314-3400
November 13	10 a.m. - 12:30 p.m.
Danville Community Center - 420 Front Street	Reservations: 314-3400
October 21, November 19 & December 16	2 – 4:30 p.m.
Liberty Adult Education Center, 929 Second Street, Brentwood	Reservations: 634-2565
October 27, November 16 & December 14	2 – 4:30 p.m.
Martinez Adult Ed, 600 F Street	Reservations: 228-3276

More Ongoing Monthly Classes

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. The four-and-a-half hour refresher course is for those who have taken the eight-hour course within the last four years. Bring your certificate for verification.

September 18	(refresher class)	8:30 a.m. – 1 p.m.	JMMC Walnut Creek
September 21 & 23	(2-day class)	9:00 a.m. – 1 p.m.	JMMC Concord
October 16	(1-day class)	8:30 a.m. – 5 p.m.	JMMC Walnut Creek
November 16	(refresher class)	8:30 a.m. – 1 p.m.	JMMC Concord
November 20	(refresher class)	8:30 a.m. – 1 p.m.	JMMC Walnut Creek
December 4	(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.

Incontinence Offerings

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

This free class will 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.

September 1	10 a.m. – noon	941-7900	Women's Health Center
October 1	9:30 – 11 a.m.	947-3300	John Muir Outpatient Center, Tice Valley/Rossmoor
October 21	9:30 – 11 a.m.	947-3300	John Muir Medical Center – Concord Campus
October 25	6:30 – 8:30 p.m.	941-7900	Women's Health Center
November 3	10 a.m. – noon	941-7900	Women's Health Center
December 1	6:30 – 8:30 p.m.	941-7900	Women's Health Center

Pelvic Floor Strengthening – *Linda Adams, L. V. N., Urodynamics Clinical Specialist*

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

Women's Health Center Reservations: 941-7900

September 9	6 – 7 p.m.	November 11	6 – 7 p.m.
September 20	10 – 11 a.m.	November 15	10 – 11 a.m.
October 14	6 – 7 p.m.	December 9	6 – 7 p.m.
October 18	10 – 11 a.m.	December 20	10 – 11 a.m.

Nutrition to Treat Incontinence – *Kathy Napoli, Nutrition Specialist*

Learn about the effects of water (how much is too much?), caffeine and other dietary influences on incontinence.

November 17	6:30 – 8 p.m.	941-7900	Women's Health Center
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Educational Opportunities *There is no charge to attend our health education seminars unless otherwise noted. Call the listed number to register.*

September 2010

The Latest on Ovarian Cancer Treatment – Babak Edraki, M.D., Dmitry Lerner, M.D.

Learn about current and future ovarian cancer treatment from gynecologic oncologists. Updates on clinical trials will also be discussed.

September 16 6:30 – 8 p.m. 973-3307 Women's Health Center

Diabetes Prevention and Management – Alicia Bakkum, FNP-C, BC-ADM, C.D.E.

Learn to identify the signs and symptoms of diabetes and pre-diabetes and what to discuss with your doctor. The importance of diet and exercise in the prevention and treatment of diabetes will be discussed.

September 16 9:30 – 11 a.m. 947-3300 John Muir Medical Center - Concord Campus

Reasons for Decreased Vision with Age – Chi-Hua Maria Fang, M.D.

Information on diagnosis and various treatments available for decreasing vision as we grow older. A question and answer period will follow.

September 20 2 – 3 p.m. 939-1220 John Muir Outpatient Center, Tice Valley /Rossmoor

Brain Boosters: Keeping the Brain Circuits Open for Optimal Living – Pam Whitman

Learn five strategies for balance in our bodies and life. When we are stressed, afraid, angry or frustrated we feel unsafe. These five strategies help create safety that allows access to our memory, thinking and learning, which ultimately slows down aging.

September 24 9:30 – 11 a.m. 947-3300 Women's Health Center

October 2010

Cancer for Two – Alan Brast, Ph.D., CCHT

When cancer strikes, it is never just the patient who is affected. Spouses, partners, and family members are thoroughly immersed in dealing with the disease as well. Learn the very necessary techniques required for the family to cope with their loved one's illness and come out the other side stronger for the experience.

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

Managing Emotional and Compulsive Eating – Trina Swerdlow, CCHT

Learn the signs of emotional eating and why we do it. In this compassionate and supportive environment, discover ways to control your eating habits. Cost: \$40 includes 2 CD set

October 14 6:30 – 8 p.m. 941-7900 Women's Health Center

Age Proof Your Skin – Kathy Napoli, Nutrition Expert

Get younger looking skin from the inside out by choosing the foods and nutrients that benefit your skin while turning back the age clock.

October 19 6:30 – 8 p.m. 941-7900 Women's Health Center

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

October 2010 cont.

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

It is possible to age gracefully without becoming angry and feeling increasingly less vital and important. You can get a whole new slant on your status as an older adult and learn to enjoy some of the benefits life's experiences provide.

October 22 9:30 – 11 a.m. 947-3300 Women's Health Center

Fighting Cancer with Your Fork: Separating Facts from Fiction – Gigi Chen, M.D.

Learn about the role of nutrition and healthy lifestyle in cancer prevention and survivorship from a medical oncologist. Discussion will include phytonutrients, whole grains, soy and healthful fats.

October 29 11 a.m. – noon 939-1220 John Muir Outpatient Center, Tice Valley /Rossmoor

November 2010

The Mind-Body Connection – Alan Brast, Ph.D., CCHT

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.

November 2 6:30 – 8 p.m. 941-7900 Women's Health Center

The Changing Landscape of Prostate Cancer Treatment – Matthew Sirott, M.D.

The latest advances in hormonal, chemotherapy and radiation treatment for prostate cancer, and the importance of screening and early detection will be discussed by a medical oncologist.

November 5 11 a.m. – noon 939-1220 John Muir Outpatient Center, Tice Valley/Rossmoor

Managing Holiday Stress Eating – Kathy Napoli, Nutrition Expert

Learn tools to eliminate holiday stress and weight gain with effective nutrition strategies and stress-reducing techniques during this time of the year.

November 9 6:30 – 8 p.m. 941-7900 Women's Health Center

Colon Cancer: How to Prevent and Treat the Killer – Diana Superfin, M.D.

This presentation will focus on prevention and surveillance for colon cancer. The diagnosis and various treatments for this cancer will also be discussed.

November 15 2 – 3 p.m. 939-1220 John Muir Outpatient Center, Tice Valley/Rossmoor

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

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

November 18 9:30 – 11 a.m. 947-3300 John Muir Medical Center – Concord Campus

The Secrets to Healthy Aging – Kathy Napoli, Nutrition Expert

The key to enjoying life is to maintain your health and vitality no matter how old you are. Healthy foods not only provide life-giving nutrients and fuel for our entire body, but they can also help slow the aging process. Special nutrients and behaviors shown to extend our youthfulness will be discussed.

November 19 9:30 – 11 a.m. 947-3300 Women's Health Center

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

December 2010

Successfully Navigating the Required Changes of Life – Alan Brast, Ph.D., CCHT

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

Banishing the Blues – Alan Brast, Ph.D., CCHT

Depression often plagues busy adults, especially during the holiday season. During this session learn about the causes of depression and methods to help minimize and/or eradicate this condition from your life. There will be practical and easy-to-learn techniques and suggestions to improve the lives of those who experience this all too common malady. This class discusses reactive depression, not mental illness or clinical depression.

December 7 6:30 – 8 p.m. 941-7900 Women’s Health Center

Eat Like a Mediterranean and Add Years to Your Life – Kathy Napoli, Nutrition Expert

New research suggested that a Mediterranean diet reduces the risk of diabetes, certain cancers, obesity and Alzheimer’s disease. It can even help one achieve a longer life, so learn now what it means to eat like a Mediterranean.

December 16 9:30 – 11 a.m. 947-3300 John Muir Medical Center – Concord Campus

Free Ongoing Screenings

Free Blood Pressure Screenings

Because high blood pressure lacks specific symptoms, people may not know they are at risk. John Muir Senior Services provides free blood pressure screening on a drop-in basis at various community locations.

Pleasant Hill Senior Center	1st Monday	9:30 - 11 a.m.
Martinez Senior Center	2nd Monday	9 - 10:30 a.m.
John Muir Outpatient Center, Rossmoor	3rd Monday	10 - 11:30 a.m.
Danville Community Center	1st & 3rd Monday	10 - 11 a.m.
Ambrose Community Center	3rd Monday	10:30 - 11:30 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	9:30 - 11:30 a.m.
Lafayette Senior Center	4th Friday	12:30 - 1:30 p.m.

Lung Cancer Screening

Have you been exposed to second hand smoke? -OR- Are you a current or former smoker?

John Muir Health is conducting clinical trials to screen for lung cancer and other pulmonary diseases as part of the International Early Lung Cancer Action Program and the Flight Attendant Medical Research Institute. Eligible patients will undergo a minimum of one low-dose, non-contrast CT scan. There is a nominal cost associated with these research studies. For additional information contact John Muir Clinical Research Center at (925) 674-2660.

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.

More 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 will provide you with information to discuss with your physician. These screenings are provided in conjunction with John Muir Health Neurosciences Institute.

Three Locations:

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

Times and Dates:

9 a.m. – noon	1 – 4 p.m.
September 14	September 15
October 19	October 20
November 16	November 17
December 14	December 15

Please call 947-3300 to reserve your thirty (30) minute appointment.

Exercise Class

Osteoporosis Movement and Exercise Class

Drop in to learn exercise techniques and safeguards against falling – strategies that can be extremely beneficial in managing osteoporosis. Taught by a physical therapist. Bring a mat and wear comfortable clothes.

Women's Health Center
941-7900
Wednesdays, 9:15 – 10:15 a.m.
\$5/class

Event Addresses

- **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 Street
(925) 778-1158
- **Brentwood Senior Center**
193 Griffith Lane
(925) 516-5444
- **Concord Senior Center**
2727 Parkside Circle
(925) 671-3320
- **Danville Community Center**
420 Front Street
(925) 314-3491
- **First Presbyterian Church**
1965 Colfax Street, Concord
(925) 682-8000 ext. 3916
- **Jewish Community Center**
2071 Tice Valley Blvd.
Walnut Creek
(925) 938-7800
- **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 Outpatient Center, Brentwood**
2400 Balfour Road
(925) 308-8100
- **John Muir Outpatient Center, Tice Valley/Rossmoor**
1220 Rossmoor Parkway
Walnut Creek
(925) 939-1220
- **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