

## John Muir Health Senior Services

Senior Services offers a wide range of services for John Muir Health seniors including resources, information, assessment services, and educational programs. We help older adults, their families, and those who care for them. Our goal is to help older adults keep their independence and enjoy the best possible quality of life.  
(925) 947-3300

- Berkeley Outpatient Center  
3100 San Pablo Avenue, 3rd Floor  
Berkeley
- Brentwood Outpatient Center  
2400 Balfour Road, Suite 201  
Brentwood
- Pleasanton Outpatient Center  
5860 Owens Drive, 2nd Floor  
Pleasanton
- Rossmoor Outpatient Center  
1220 Rossmoor Parkway, Suite 100  
Walnut Creek
- Walnut Creek Outpatient Center  
1450 Treat Boulevard, 2nd Floor  
Walnut Creek

Lawren Hicks, MD  
Medical Director, Senior Services



JANUARY — MARCH 2019

# Senior Services News

## ENGAGEMENT – NEED AND GRATITUDE

I have often wondered how I might feel and act if I suddenly became paralyzed or otherwise permanently disabled, and had to rely on others to perform my personal care. It might be ‘normal’ for someone in that situation to become despondent, even irritable and angry, sometimes even to the point of driving caregivers and loved ones away.

One also tends to feel sorry for those family members confined by the overwhelming and constant care needs of their disabled loved one. But it is also true that if those needs cease at the end of life, the caregiver, far from feeling a sense of relief, often experiences even more loss, as they now feel less useful.

In an article in the New York Times in Late 2016 the Dalai Lama and Arthur C. Brooks pointed out that “In one shocking experiment, researchers found that senior citizens who didn’t feel useful to others were nearly three times as likely to die prematurely as those who did feel useful. This speaks to a broader human truth: we all need to be needed.”

They observe that while we are in the most prosperous economy in history, in the most rich and powerful country on earth, we hear of so many people who are unhappy, suffering from anxiety, depression, and alienation. This is perhaps the most fractious time in our national politics in recent memory, as more of our citizens complain that they are not valued, that they have lost status or have become marginalized.

Feeding all that anxiety has been an overriding concern in the past election about health care coverage and how we should organize our government and society around this need. It is no secret that our population is aging, with a steadily increasing proportion of frail elderly and a steadily decreasing proportion of taxpaying workers.

The positive view of all this is that there is now a richer than ever source of opportunities for individuals to feel needed. We should seek out these opportunities, and they are not hard to find. There should be no shortage of jobs in the health care industry in the foreseeable future. For those with free time on their hands, one can consider volunteering in kitchens during the holidays, serving on volunteer boards, volunteering in hospitals, Meals on Wheels and senior transportation programs. Such activities are beneficial to both the recipient and the giver of these services; and if you have extra cash on hand, remember that charitable giving can be fun!

Even more importantly, if you are someone who is confined by illness or disability, isolated, or feeling lost, you should not hesitate to reach out to others. By gratefully and cheerfully receiving care, you also provide a service; fulfilling a restorative need in the caregiver to be felt useful.

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# EDUCATIONAL OPPORTUNITIES

There is no charge to attend our health education events unless otherwise noted. **REGISTRATION IS REQUIRED.** Register early - class size is limited. Register on-line at [johnmuirhealth.com](http://johnmuirhealth.com) or call (925) 941-7900 option 1.

## JANUARY – MARCH 2019

### **Managing Insomnia** – Alan Brast, Ph.D., C.C.H.T., CSA

**January 18 | 9:30 – 11 a.m. | 941-7900 option 1 | Walnut Creek Outpatient Center**

Discover ways to successfully conquer chronic insomnia and sleep deprivation. This class is designed for those who have trouble getting to sleep or sleeping through the night and do not have a medical sleep disorder.

### **Go Red for Women** – FREE Event

**February 1 | 11:30 – 1:30 p.m. | 941-7900 option 1 | Brentwood Outpatient Center**

American Heart Month is a great time to take steps to a healthier heart. Join our clinical experts to learn about early detection, causes and prevention of heart disease and stroke.

### **Sugar Shock** – Kathy Napoli, MA, RD

**February 7 | 9:30 – 11 a.m. | 941-7900 option 1 | Concord Medical Center**

Americans eat an average of 22 teaspoons of added sugar per person per day. Our high sugar intake is contributing to bigger waistlines, higher rates of heart disease, diabetes, and spikes/drops in energy levels. Learn why sugar may be addictive for some people, and how to free your mind and body from the tyranny of sugar, eliminate food cravings, build energy, and enhance mental focus.

### **Stroke: Spotlight on Speech Pathology** – Giti Froz, MS, CCC-SLP & Megan Kobriger, MS, CCC-SLP

**February 15 | 9:30 – 11 a.m. | 941-7900 option 1 | Walnut Creek Outpatient**

This talk is designed for stroke survivors, caregivers, and anyone who is interested in learning more about the brain and what can happen after a stroke. Speech Therapy plays an important role in stroke care, covering more than just “speech.” It will include helpful tips for communication, thinking and swallowing difficulties following a stroke. We invite you to ask questions and share experiences.

### **Healthy Eating for Prevention & Treatment of Diabetes** – Debbie Sousa Hull, RD, CDE

**February 22 | 9:30 – 11 a.m. | 941-7900 option 1 | Brentwood Outpatient Center**

Learn how to manage diabetes more effectively through healthy eating.

### **What’s On Your Plate** – Sarah Glynn, RD, CSOWM

**February 25 | 9:30 – 11 a.m. | 941-7900 option 1 | Rossmoor Outpatient Center**

Making wise food choices might be easier than you think. Attend this class to learn about nutrition basics, meal planning, and grocery shopping. Bring your food diary from the last 24 hours and gain insights into how you can improve your food choices during this group class (no individual counseling).

### **From Sinus Congestion to Ear Pressure: A Cause and A Cure** – Joshua Au, MD

**March 12 | 12 – 1:30p.m. | 941-7900 option 1 | Pleasanton Outpatient Center**

**March 27 | 12 – 1:30p.m. | 941-7900 option 1 | Concord Medical Center**

Your ears, nose and throat are all connected. Learn how sinus infections and allergies can affect your breathing and balance, and how to get better!

### **Demystify the Eye** – Joey Yen-Cheng Hsia, MD & Melissa Neuwelt, MD

**March 19 | 12 – 1:30 p.m. | 941-7900 option 1 | Berkeley Outpatient Center**

Presented by UCSF Ophthalmologists this class will provide information about cataracts, glaucoma, and macular degeneration.

# ONGOING CLASSES

## **AARP Driver Safety Program**

**January 19 | 1- day, 8 hour class | 8:30 a.m. – 5 p.m. | Walnut Creek Medical Center**

**February 9 | refresher class | 8:30 a.m. – 1:15 p.m. | Walnut Creek Medical Center**

**February 21 | refresher class | 8:30 a.m. – 1:15 p.m. | Brentwood Outpatient Center**

**March 16 | 1-day, 8 hour class | 8:30 a.m. – 5 p.m. | Walnut Creek Medical Center**

This Smart Driver classroom course, designed for motorists over age 50, helps drivers refine existing skills and develop safe, defensive driving techniques. Offered in an eight hour or four-and-a-half hour refresher course for those who meet the criteria for renewal. There is a charge for this class. Register online at [johnmuirhealth.com](http://johnmuirhealth.com) or call 941-7900 option 1.

## **Advance Health Care Directives – Suzanne Leib, LMFT**

**January 29 | 10 a.m. – 12 p.m. | 941-7900 option 1 | Concord Medical Center**

**February 26 | 11 a.m. – 1 p.m. | 941-7900 option 1 | Pleasanton Outpatient Center**

**March 26 | 10 a.m. – 12 p.m. | Berkeley Outpatient Center**

All adults should have an advance health care directive that clarifies their choices for end-of-life care. Individuals who are informed and have an advance health care directive in place are better prepared to help their families manage medical decisions at the end of life. Senior Services hosts monthly classes about advance health care directives across our communities. Required documents will be provided to attendees during the session.

## **Catch Yourself – Fall Prevention to Maintain Your Independence**

**February 1, 4, 8, 11 | 12:30 – 2 p.m. | 941-7900 option 1 | Rossmoor Outpatient Center**

**March 1, 4, 11, 15 | 12:30 – 2 p.m. | 941-7900 option 1 | Brentwood Outpatient Center**

This four-session class series raises awareness about falls by practicing techniques in class. Learn how to improve your strength and balance, simplify your environment, and identify fall risks. Classes will cover home safety strategies, exercise, techniques, medication management, and other ways to decrease your risk of falling. Wear comfortable shoes and clothing. Plan to attend all four classes. If you have taken this class in the past 12 months, and feel you still need fall prevention information, we ask you to follow up with your primary care doctor or call Wellness Services 941-7900 option 1.

## **Welcome to Medicare – Health Insurance Counseling & Advocacy Program**

**January 9, February 13, March 13 | 7 – 9:30 p.m. | 941-7900 option 1 | Walnut Creek Medical Center**

**January 8, March 12 | 7 – 8:30 p.m. | 941-7900 option 1 | Pleasanton Outpatient Center**

**January 10, March 14 | 6:30 – 8 p.m. | 941-7900 option 1 | Berkeley Outpatient Center**

This course is for those new to Medicare, or soon to enroll, who want to understand the many benefits available. Learn about Medicare coverage, the prescription drug benefit, and supplemental plan options. HICAP does not sell or endorse insurance products.

## **Memory Screening – What's Your Memory Fitness?**

**January 15, February 12, March 19 | morning appointments | 947-3300**

**January 16, February 13, March 20 | afternoon appointments | 947-3300**

**Brentwood | Pleasanton | Rossmoor | Walnut Creek Outpatient Centers**

Many people notice changes in their memory as they grow older. If you are 65 or older and have a John Muir Health primary care physician, either ask your doctor to refer you to Senior Services or call for a free individual memory screening. This screening is not a diagnostic exam but it can help to determine if your memory is functioning at a level that is typical for a person of your age. Screenings are offered on the specific dates and times at the four locations listed. Appointments are 30 minutes.



Senior Services  
 1450 Treat Blvd  
 Walnut Creek, CA 94597  
 RETURN SERVICE REQUESTED

**Change in information?** If you have a change in address or wish to be removed from our mailing list, please notify us at (925) 947-3300 or [seniorservices@johnmuirhealth.com](mailto:seniorservices@johnmuirhealth.com)

**PROGRAM LOCATIONS**

Concord Medical Center  
 2540 East St., Concord  
 (925) 682-8200

Walnut Creek Medical Center  
 1601 Ygnacio Valley Rd., Walnut Creek  
 (925) 939-3000

Berkeley Outpatient Center  
 3100 San Pablo Ave., Berkeley  
 (510) 985-5020

Brentwood Outpatient Center  
 2400 Balfour Rd., Brentwood  
 (925) 308-8100

Pleasanton Outpatient Center  
 5860 Owens Dr., Pleasanton  
 (925) 224-0800

Rossmoor Outpatient Center  
 1220 Rossmoor Pkwy., Walnut Creek  
 (925) 939-1220

Walnut Creek Outpatient Center  
 1450 Treat Blvd., Walnut Creek  
 (925) 296-9700

**ENGAGEMENT –  
 NEED AND GRATITUDE:**

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Should I someday require the daily care of others, I hope I will try to be as cheerful, grateful, and gracious as possible, realizing that I too am able to provide a service - that I am responding to a need to be needed.

As the 17th century poet John Milton, contemplating his own blindness, and likely his increasing dependency, wrote, “God doth not need either man’s work or his own gifts: who best bear his mild yoke, they serve him best..... They also serve who only stand and wait.”

My best wishes to you all, for the New Year!

**Lawren Hicks, MD**  
 Medical Director, Senior Services

**THE ADVANCE HEALTH CARE DIRECTIVE**

All adults need an advance health care directive that clarifies your health care decisions and plans ahead for your medical care if you are unable to speak for yourself in the future.

Sometimes we need to be prepared for things in life that we do not want to think about. Imagine that you have suffered a severe accident or illness that has left you unable to care for yourself and possibly not able to speak for yourself. Who will address your health care decisions? Be proactive and take care of these concerns in advance by doing an advance health care directive for medical decisions.

Individuals who are informed and have an advance health care directive in place are better prepared to help their families manage medical decisions during a health crisis or at the end of life.

An advance health care directive has two purposes; to state your medical decisions in the event of health crisis and secondly to appoint an agent who can advocate and consent to your stated health care decisions if you are unable to communicate yourself.

It is not necessary to go to an attorney to arrange for an advance health care directive. An advance health care directive can be legalized either through a notary public or by two witnesses to your signature.

Senior Services hosts monthly classes about advance health care directives. See page 3 of this newsletter for the current class schedule.