

## 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, 4th Floor  
Berkeley
- Brentwood Outpatient Center  
2400 Balfour Road, 2nd Floor  
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 2020

# Senior Services News

## Climate Change: on Blame and Responsibility

I recently attended a presentation, sponsored by the John Muir Hospital Medical Staff leadership, by Ashley McClure MD, a Bay Area internist who has become active in advocacy to combat climate change. After having her daughter in 2018, she became inspired to use her voice as a physician to raise awareness about the public health harms of air pollution and global warming. She realized this is not the legacy we want to leave our children, and that time is short – we have perhaps another decade to turn this around!

July of 2019 was the hottest month on record globally in the 135 years that accurate records of temperature have been kept. The past 5 years were the warmest since we began keeping track. The 20 warmest years have occurred in the past 22 years. Glaciers are melting. Hurricanes are more frequent and more severe because the oceans are warming. Coral reefs are bleaching, and sea levels are rising.

We are told these things every day, and unfortunately politicians have decided to make this a political issue, rather than the public health and national security issue that it truly is. There are not “two sides” to this issue. Some may argue that the earth may have been hotter a long, long time ago, but human life may not have existed then, and if it did, there were a lot less of us, with a lot less energy needs. I’m willing to concede that life will go on in the next century if we do nothing about air pollution and climate change, but it won’t be human life as we know it!

This year the American Medical

Association issued a new policy statement on “educating physicians and medical students on the adverse health effects of climate change”. The policy stressed the critical need that physicians be able to describe the risks that climate change poses to human health, and can counsel patients on how to protect themselves from these risks.

Seniors may see threat of climate change as important, and one to be taken on by Dr McClure’s generation and the next. But the fact is that our climate is critically warmer right now, and puts seniors at increasing risk in terms of emergency room visits, hospitalizations and deaths from dehydration, heat stroke and exacerbations of chronic lung disease. If you have asthma, emphysema, chronic kidney disease or congestive heart failure, the risk to your quality of life – and the length of it – is rising more sharply due to more hot days, more wildfires, and now from “public safety” power outages.

A recent analysis of U.S. Environmental Protection Agency (EPA) data found that our air quality in terms of particulate matter has worsened in the past two years, after several years of gradual improvement. The economists from Carnegie Mellon who did the analysis cited booming economic activity,

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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 online at [johnmuirhealth.com/classes](http://johnmuirhealth.com/classes) or call **(925) 947-3300 option 1.**

## January – March 2020

### **Mind Body Connection – Alan Brast, Ph.D., C.C.H.T., CSA**

**January 17 | 9:30 – 11 a.m. | 947-3300 option 1 | Walnut Creek Outpatient Center**

This presentation will address just how our mind contributes to (or sabotages) our health and general well-being. Learn simple techniques on how to improve health and well-being by enlisting the mind as an ally rather than an adversary.

### **Brain Boosting Nutrition – Kathy Napoli, MA, RD**

**February 21 | 9:30 – 11 a.m. | 947-3300 option 1 | Walnut Creek Outpatient Center**

Research is showing that you can increase your chances of maintaining a healthy brain as you age by adding specific “smart foods” to your daily diet. Find out how your nutrition and lifestyle choices can help you achieve a focused and happy brain.

### **Be Your Own Advocate – Lawren Hicks M.D.**

**March 10 | 3 – 4:30 p.m. | 947-3300 option 1 | Walnut Creek Outpatient Center**

Health care is a team approach. Learn how to ask the right questions, when a referral is appropriate and how to be part of the team. Dr. Hicks will discuss how to work with your primary care doctor and health care team to get optimal results.

### **Neuroscience of Pain – Lori Sweet, PT, CFT**

**March 20 | 9:30 – 11 a.m. | 947- 3300 option 1 | Walnut Creek Outpatient Center**

Research proves that learning how the brain processes pain actually helps people with pain reduce their symptoms. This class will give you a chance to understand how your body processes pain, so that you can help control the symptoms.

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

**January 8, February 12, March 11 | 6 – 8:30 p.m. | Walnut Creek Medical Center**

**February 11 | 7 – 8:30 p.m. | Pleasanton 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. Register online at [johnmuirhealth.com/classes](http://johnmuirhealth.com/classes) or call HICAP: **Walnut Creek (925) 602-4168 or Pleasanton (510) 839-0393**

### **AARP Driver Safety Program**

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

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

**February 20 | refresher class | 8:30 a.m. – 1:15 p.m. | Brentwood Outpatient Center**

**March 14 | 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/classes](http://johnmuirhealth.com/classes).**

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

**January 9 | 12 – 2 p.m. | 947- 3300 option 1 | Concord Medical Center**

**February 11 | 1 – 3 p.m. | 947- 3300 option 1 | Pleasanton Outpatient Center**

**February 25 | 10 – 12 p.m. | (510) 985-5088 option 1 | Berkeley Outpatient Center**

**March 11 | 1:30 – 3:30 p.m. | 947- 3300 option 1 | Walnut Creek 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**

**January 24, 27, 31, February 3 | 2:30 – 4 p.m. | 947-3300 option 1 | Walnut Creek Outpatient Center**

**March 6, 16, 20, 23 | 1 – 2:30 p.m. | 947-3300 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.

## **It's a New Year – time to update your information**

If you are a patient at John Muir Health, this is the perfect time of year to be sure you have updated your health care information.

### **Advance Health Care Directive**

An Advance Health Care Directive is the document that states your choices and instructions for end of life care or care that maintains your life. We all need to make decisions about end of life care that reflect our own personal beliefs and wishes.

All adults, 18 years of age or older, should have an Advance Health Care Directive.

You can attend one of the free classes offered by Senior Services to learn more. Once you complete the form, bring it to your health care provider to have it scanned into your medical records.

### **Confidential Communication Preference Form**

Use the form to clarify how you wish to be contacted for communication pertaining to confidential financial and/or medical information.

The form allows you to designate at least one person who can be contacted to receive any medical information or correspondence on your behalf as well as allowing

communication to be shared so that a patient can follow through with their medical care in a timely and accurate way. The form is completed during an office visit with your health care provider.

### **MyChart**

MyChart is a secure online portal where you can view and manage your medical information whenever it's most convenient for you.

If you wish to sign up for a MyChart account you will be given an activation code during your clinic visit. This code will enable you to log in and create your own username and password. If you were not issued an activation code, you may call your primary care clinic to get one or ask to sign up during your next office visit.

We take great care to ensure your health information is kept private and secure. Access to information is controlled through secure activation codes, personal usernames, and passwords. Unlike conventional e-mail, all MyChart messaging is done while you are securely logged on to our website



Senior Services  
 1450 Treat Blvd  
 Walnut Creek, CA 94597

RETURN SERVICE REQUESTED

STD FIRST CLASS  
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 CONCORD, CA  
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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 (925) 947-3300 or [seniorservices@johnmuirhealth.com](mailto:seniorservices@johnmuirhealth.com)

## PROGRAM LOCATIONS

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

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

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

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

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

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

## Climate Change— *cont. from pg. 1*

increasing wildfires, and recent less strict EPA enforcement of air quality regulations, as major contributing factors.

Why are we in this predicament, and who is to blame? In one sense, it doesn't matter. If an arsonist burns down your house, we might call the arsonist the one responsible for the fact that you are now homeless, but you soon find out that the responsible party is yourself, if you expect to get your house rebuilt. Although the arsonist is to blame, you would not want to depend on the arsonist to direct the solution to your problem.

The major underlying cause of our climate predicament, our scientists tell us, is the burning of fossil fuels – oil and gas – for our energy source. We could place blame on a particular sector of our

economy – the fossil fuel industry – but we cannot wait on them to solve our climate problem. We all need to take on the responsibility by taking steps to decrease our daily routine of fossil fuel consumption and the use of plastics.

We also need to exercise our voting power in local, State, and Federal elections and select candidates who take this issue as high priority and who endorse public strategies that promote materials recycling and alternative forms of energy production, such as wind and solar power generation.

I try to avoid politics on our newsletter page, but if you think I'm being political, so be it! The best of politics is how we get things done in this country!

Lawren Hicks, MD  
 Medical Director, Senior Services