

# Senior Services News

## Invest Before You Fall

What investments are you making for the future? This may seem like a strange question if you are near the end of your career or have limited finances, or are retired and living off savings. Nonetheless if you are still alive, there is still a future out there to invest in, and these investments are not all monetary.

The most important asset you have is your health. If you don't have that, all other assets have limited value. The regular investment in your health asset comes from your daily or weekly routine. Are you getting exercise? You should be getting at least a half-hour per day of moderate exertion. Is your weight close to normal? There is more evidence now that obesity comes more from consuming sweet and starchy foods rather than from eating too much fat.

When we think of threats to future health, cancer and heart disease come to mind quickly, but one of the biggest and most preventable threats to our future comes from a sudden fall. It may come from tripping over an object you don't see, or from slipping on a throw rug. It can come from a moment of dizziness or faintness if you are overheated or missed a meal. Many falls occur in the bathroom, which has a lot of hard and slippery surfaces and a lack of secure handholds.

Which brings me back to investments. The most important investment to prevent falls is a daily habit of exercise. Good muscle strength allows you to prevent a tip or slip from turning into a fall. Another good investment is installing secure handholds next to the toilet and in the shower. You may also want to invest in a taller toilet seat!

If you have cataracts, getting cataract surgery makes sense at almost any age and state of health because of the low risk of the procedure and the extra measure of safety it provides. If you don't need cataract surgery, make sure your glasses prescription is up-to-date.

If you are feeling weak and dizzy frequently, this may be a signal to review your medications with your physician.

As you age, you may need less medication to control your blood pressure, and many medications for sleep and mood can blur your vision and impair your balance. We are all getting older, and our pills aren't!

Dizziness, weakness and tiredness can also be a sign of dehydration, which can be cured simply with a tall glass of water. As you get older, it seems to me that the sensation of thirst gets blunted, and we have to use the symptom of fatigue and disequilibrium as the reminder to drink more.

Comfortable footwear is a very good investment in fall prevention because of the extra traction and stability it provides. And get rid of those small rugs! Tripping on their edges, or slipping as they move is a major cause of falls.

The point is that falls can dramatically change and sometimes shorten your life. According to the National Council on Aging, every 13 seconds an older adult is seen in an emergency room for a fall-related injury. If you fracture your hip or pelvis or suffer a head injury, the disability can lead to a cascade of events (emergency surgery, rehabilitation hospital for weeks, residual weakness and unsteadiness) in which your previous state of health is never recovered or takes a long time to recover. Hip fractures, for example, have about a 20% mortality rate in the first year after the injury. One quarter of those with hip fractures are confined to a nursing home for a year or more.

So think of your diet, exercise routine and small changes to your home environment not as chores but as important daily investments in your future comfort and quality of life.

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



# 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 941-7900 option 1.

JULY — SEPTEMBER 2016

## **Understanding the Neuroscience of Pain** – Lori Sweet, PT

**July 7 | 9:30 - 11 a.m. | 941-7900 option 1 | 1656 N. California Blvd., Ste. 100, Walnut Creek**

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.

## **Anti - Inflammatory Detox Diet** – Lawren Hicks, MD

**July 7 | 2:30 - 4 p.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek**

Dr. Hicks will discuss the potential disease-fighting benefits of an anti-inflammatory diet. With this class, you will become knowledgeable about the foods related to reducing inflammation and maintaining overall health.

## **Unraveling the Mystery of Sleep Apnea** – Michael Cohen, MD

**July 15 | 9:30 - 11 a.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek**

Learn about sleep apnea risk factors and how it affects your body. Dr. Cohen will discuss this common medical condition and demonstrate a CPAP machine.

## **Everything You Wanted to Know About Dementia But Forgot to Ask** – Steve Holtz, MD, FAAN

**July 21 | 9:30 - 11 a.m. | 941-7900 option 1 | 1656 N. California Blvd., Ste. 100, Walnut Creek**

Dr. Holtz is a founding member of Neurology Medical Group of Diablo Valley. He will discuss the diagnosis and treatment of dementia and Alzheimer's disease.

## **Advances in Foot Care** – Timothy Shea, DPM

**August 4 | 9:30 a.m. - 11 a.m. | 941-7900 option 1 | John Muir Medical Center, Concord**

Dr. Shea speaks from first-hand experience about all aspects of foot care including shoes, diabetes and walking. He will also provide information on the latest techniques for wound care and healing.

## **Caregiving: Caring for Your Loved One – Caring for Yourself** – Karen Winer, MSW

**September 15 | 10 - 11:30 a.m. | 941-7900 option 1 | Outpatient Center, Pleasanton**

Caregiving is a universal occupation that takes many forms and requires many responsibilities. Understand the overall caregiver experience, steps that can help and resources that are available.

## **Lessons for Longevity** – Kathy Napoli, MA, RD

**September 16 | 9:30 - 11 a.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek**

Some populations live longer, healthier lives and suffer a fraction of the diseases found in the rest of the world. Find out the lifestyle strategies that these cultures have in common, and that you can adopt, in order for you to enjoy more healthy years of life.

## **Healthy Gut, Healthy You** – Kathy Napoli, MA, RD

**September 23 | 9:30 - 11 a.m. | 941-7900 option 1 | 1656 N. California Blvd., Ste. 100, Walnut Creek**

New research is emerging that suggests a link between the bacteria in our gut (microbiome), and numerous health conditions, including allergies, asthma, arthritis, depression, and even obesity. Discover how you can take steps to improve your microbiome, and eventually your health.

# Ongoing Classes

## AARP Driver Safety Program

July 13 | refresher class | 8:30 a.m. – 1:15 p.m. | John Muir Medical Center, Concord

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

Aug 2 & 4 | 2 - day, 8 hour class | 9 a.m. – 1 p.m. | John Muir Medical Center, Concord

Aug 27 | refresher class | 8:30 a.m. – 1:15 p.m. | John Muir Medical Center, Walnut Creek

Sept 14 | refresher class | 8:30 a.m. – 1:15 p.m. | John Muir Medical Center, Concord

Sept 24 | 1 - day, 8 hour class | 8:30 a.m. – 5 p.m. | John Muir Medical Center, Walnut Creek

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

July 28 | 6 - 8 p.m. | 941-7900 option 1 | John Muir Medical Center, Concord

Aug 17 | 9:30 – 11:30 a.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek

Sept 29 | 10 a.m. – 12 p.m. | 941-7900 option 1 | 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.

## Catch Yourself – Fall Prevention to Maintain Your Independence

Sept 7, 9, 12, 14 | 6 - 7:30 p.m. | 941-7900 option 1 | John Muir Health - Administration Building

Sept 9, 12, 16, 19 | 11 a.m. – 12:30 p.m. | 941-7900 option 1 | Lafayette – Orinda Presbyterian Church

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

July 13, Aug 10, Sept 14 | 7 – 9:30 p.m. | 941-7900 option 1 | John Muir Medical Center, Walnut Creek

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. HICAP does not sell or endorse insurance products. Register online at [johnmuirhealth.com](http://johnmuirhealth.com) or call 941-7900 option 1.

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

July 12, Aug 16, Sept 13 | morning appointments | 947-3300

July 13, Aug 17, Sept 14 | afternoon appointments | 947-3300

Outpatient Centers: Brentwood | Pleasanton | Tice Valley/Rossmoor | Walnut Creek

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, Senior Services, in partnership with Neurosciences Services, 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 the specific dates and times at the four locations listed. Call for a 30 minute appointment.



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)

**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**

**Outpatient Center, Brentwood**  
 2400 Balfour Road, Suite 201  
 Brentwood

**Outpatient Center, Pleasanton**  
 5860 Owens Drive, 2nd Floor  
 Pleasanton

**Outpatient Center, Tice Valley/Rossmoor**  
 1220 Rossmoor Parkway, Suite 100  
 Walnut Creek

**Outpatient Center, Walnut Creek**  
 1450 Treat Boulevard, 2nd Floor  
 Walnut Creek

**Fall Prevention Awareness Day - September 22, 2016**

The 9th annual Falls Prevention Awareness Day will be observed on September 22, the first day of autumn. The event raises awareness about how to prevent fall-related injuries among older adults. The theme of this year's event is **Ready, Steady, Balance: Prevent Falls in 2016.**

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>

**Outpatient Rehabilitation Services** will offer free fall prevention screenings on September 22, 2016.

Free balance tests and tips to help prevent falls will be provided. For more information, please call the location nearest you.

**Physical Rehabilitation Services, Pleasant Hill | (925) 947-5300**

**Outpatient Center, Tice Valley/Rossmoor | (925) 988-7595**

**Outpatient Center, Brentwood | (925) 308-8160**

**Catch Yourself - Fall Prevention to Maintain Your Independence**

Scheduled at two locations in September. See ongoing class listings on page 3 for more details. To have a Home Safety Checklist (available in Spanish) mailed to you, call Senior Services at, (925) 947-3300.

**PROGRAM LOCATIONS**

John Muir Health Administration Bldg.,  
 1400 Treat Blvd.  
 Walnut Creek, (925) 941-2020

1656 N. California Blvd., Ste 100  
 Walnut Creek  
 (925) 941-7900 option 1

Outpatient Center, Walnut Creek  
 1450 Treat Blvd., Walnut Creek

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

Outpatient Center, Pleasanton  
 5860 Owens Dr., 2nd Floor, Pleasanton  
 (925) 224-0800

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

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

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

Lafayette-Orinda Presbyterian Church  
 49 Knox Dr., Lafayette  
 (925) 253-2300