

## 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



JULY — SEPTEMBER 2019

# Senior Services News

## Influenza vaccine – get it for yourself and for your community!

It's about time to plan the timing of your next flu shot. By now, the U.S. Center for Disease Control (CDC) has been working with the World Health Organization (WHO) to forecast what strains of the flu virus will be most prevalent and most deadly over the upcoming winter, and the manufacturing process is underway. It takes about 6 months between when the appropriate flu virus strains are selected and when the flu shots are ready for distribution. Each shot contains either 3 or 4 strains of Influenza A and Influenza B virus, based on worldwide WHO and CDC monitoring and collaborative forecast. Vaccine content may be different for northern vs. southern hemispheres, but of course the flu season on the southern hemisphere is going to be in our summer months.

The flu shots are usually available in September but the most common peak month for flu epidemics in the past 30 years has been February, followed by December, then January and March. It takes 2-4 weeks to develop a protective antibody level, so it is best to have your shot before the end of October each year.

Let me be clear: the American Society for Immunization Practices (ACIP) recommends influenza vaccine annually for everyone, repeat EVERYONE,

over 6 months of age. That includes ESPECIALLY women who are pregnant at any stage as well as those individuals with decreased immunity. The older and more frail you are, the more you need the vaccine. The vaccine most commonly used is an “inactivated” vaccine containing no live virus (just proteins form the virus cell wall). There are also flu vaccines that contain live attenuated (weakened) flu virus, but these are not recommended for pregnant or vulnerable individuals.

If you need a pneumonia or tetanus shot on the same day, you can get it in the other arm along with your flu shot. If you have a minor cold without a fever, you can still get the flu shot, but I would have you postpone the shot for a couple of weeks if you have had a fever that week.

Annual influenza vaccine is associated with an average reduction in mortality from the flu of about 41%. Risk of influenza death declines even further- by up to 75% - for those who continue to get annual flu shots. While it is true that

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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.

## JULY – SEPTEMBER 2019

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

**July 12 | 9:30 – 11 a.m. | 941-7900 option 1 | Rossmoor Outpatient Center**

**September 20 | 9:30 – 11 a.m. | 941-7900 option 1 | Walnut Creek Outpatient Center**

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.

### **“Confusion”: Dementia vs Delirium – Michelle Dhanak, MD**

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

Michelle Dhanak, MD-Geriatrician of ElderConsult Geriatric Medicine, presents the issues often surrounding elder ‘confusion’ and the distinction between long term dementia and sudden onset delirium. What are the differences as presented by the patient, how are they treated differently and why is the distinction so important?

### **Skin Cancer 101 – Argentina Leon, MD**

**August 2 | 9:30 – 11 a.m. | 941-7900 option 1 | Rossmoor Outpatient Center**

This class will review preventive measures for skin cancers, including explanations for distinguishing between benign and malignant melanomas; causes and control factors of skin cancers. With discussion about treatment options for actinic keratosis, basal cell carcinomas, squamous cell carcinomas, and melanomas; which commonly effect older adults.

### **Exercise Methods to Prevent Falls – Lori Sweet, PT**

**August 16 | 9:30 – 11 a.m. | 941-7900 option 3 | Walnut Creek Outpatient Center**

As we age, our balance skills diminish. Health conditions can also impact our balance. In addition to providing exercises that will improve your balance, this class includes a safety discussion about improving safety at home, plus ideas about footwear and assistive devices. Exercises will be done in sitting and standing positions.

### **Impact of Sensory Changes as We Age – Jane Moore, Patient Navigator**

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

Learn how age-related changes in smell, taste, touch, hearing, and vision may impact how people receive information and how they relate to those around them.

### **The Wonders of Guided Imagery and Self- Hypnosis – Alan Brast, Ph.D., C.C.H.T., CSA**

**September 18 | 10:30 a.m. – 12 p.m. | 941-7900 option 1 | Pleasanton Outpatient Center**

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.

### **Understanding Options For In-Home Care – Sara Kelly, MSW**

**September 24 | 11 a.m. – 12:30 p.m. | 941-7900 option 1 | Berkeley Outpatient Center**

Sara will discuss what to consider when hiring in-home care, the difference between skilled and custodial care and what is involved in working with home care agencies and home health.

# ONGOING CLASSES

## **AARP Driver Safety Program**

**July 13 | 1- day, 8 hour class | 8:30 a.m. – 5 p.m. | Walnut Creek Medical Center**

**July 23 & 30 | 2 - day, 8 hour class | 8:30 a.m. – 1:15 p.m. | Concord Medical Center**

**August 17 | refresher class | 8:30 a.m. – 1:15 p.m. | Walnut Creek Medical Center**

**September 10 | refresher class | 8:30 a.m. – 1:15 p.m. | Concord Medical Center**

**September 19 & 26 | 2 - day, 8 hour class | 8:30 a.m. – 1:15 p.m. | Brentwood Outpatient Center**

**September 21 | 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**

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

**August 13 | 10 a.m. – 12 p.m. | 941-7900 option 1 | Berkeley Outpatient Center**

**September 10 | 1 – 3 p.m. | Pleasanton 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**

**July 8, 10, 15, 17 | 6 – 7:30 p.m. | 941-7900 option 1 | Walnut Creek Outpatient Center**

**July 29, 31, August 5, 7 | 6 – 7:30 p.m. | 941-7900 option 1 | Berkeley Outpatient Center**

**September 13, 16, 20, 23 | 11 – 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 10, August 14, September 11 | 6 – 8:30 p.m. | 941-7900 option 1 | Walnut Creek Medical Center**

**August 13, September 10 | 7 – 8:30 p.m. | 941-7900 option 1 | Pleasanton Outpatient Center**

**August 8, September 12 | 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?**

**July 16, August 20, September 17 | morning appointments | 947-3300**

**July 17, August 21, September 18 | 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

STD FIRST CLASS  
 U.S. POSTAGE  
**PAID**  
 CONCORD, CA  
 PERMIT #196

**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

Lafayette – Orinda Presbyterian Church  
 49 Knox Drive, Lafayette  
 (925) 283-3500

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

**Influenza Vaccine—**  
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some people who have received the vaccine have been subsequently diagnosed with the flu, prior vaccination still can influence the severity of the disease. Even in years when the flu shot was felt to be less effective, hospitalizations for the flu were significantly reduced. So it appears that even a “weak” flu vaccine is better than no flu vaccine.

After receiving the standard influenza vaccine, effective antibody levels against the flu persist for at least 4 months. These levels tend to wane faster in seniors, however, and so a “High Dose” flu vaccine is available for this population that provides better protection. Serious reactions to the vaccine are very rare, whereas hospitalizations from the flu are common.

Who should NOT receive vaccine? Eggs are used in the production of flu vaccine, but studies now demonstrate that inactivated flu vaccine can be given safely to those with even severe egg allergy, since the level of egg protein in these vaccines is so low. However there are non-egg based flu vaccines available for those who are still

concerned about eggs. Rarely there are people who have had significant allergic reactions to other components of the vaccine who are advised not to be vaccinated. Allergists can provide skin testing to confirm such an allergy, if you have had an adverse event following a flu shot.

Yes, there is antiviral treatment for the flu if you come down with it, but by the time you get treatment, you may already have spread it to others (naughty, naughty, unless you got a flu shot and got sick anyway!).

The CDC has estimated that in the 2018-19 flu season there were 500,000 hospitalizations and 50,000 deaths related to the flu, with those over 65 being at the highest risk. Flu shots have brought down this risk substantially, but we can even do better if more of us get the shot! For more information, go to the Center for Disease control website at [CDC.gov](http://CDC.gov).

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