

Senior Services News

Beyond Walking the Dog

When I ask my patients "Do you exercise regularly?" I very frequently get the response, "I walk the dog," which reminds me that I should be more specific about what I mean by exercise.

What I am looking for is a history of at least **moderate** exercise, which is defined as any physical activity that makes you breathe harder - hard

enough that you can't sing a song, but not so hard that you cannot carry on a conversation at the same time - for 30 minutes once daily. Aerobic exercise is defined as the sustained use of large muscle groups for a period of at least ten minutes. The **minimum** recommendation for health benefits is 30 minutes of moderate - intensity aerobic exercise, 5 days a week. This can be broken up into 10 or 15 minute sessions if desired, but a continuous half hour will have more fitness value.

Examples of moderate exercise include continuous, uninterrupted walking at 3-4 miles per hour (does your dog do this?), jogging, moderate swimming, leisure cycling, general housecleaning, golf (without the cart!), water aerobics, dancing, and, of course, the use of "cardio" machines like treadmill, stair-climber and elliptical. Pick something that you enjoy doing (or hate doing the least!), and you'll be more likely to do it regularly.

If you are exercising and can't carry on a conversation because you're

breathing too hard, then you may be said to be engaging in **vigorous** exercise. It is generally not advisable for older adults to initiate an exercise program at the "vigorous" level and vigorous exercise is not required to obtain health benefits. Start with moderate exercise.

There is strong evidence that regular moderate exercise is associated with a longer life, lower risk of heart disease and stroke, lower blood pressure and cholesterol, lower risk of diabetes, breast cancer, colon cancer, lower risk of falls, reduced depression, and better brain function. There is no medication that comes close to this!

There is no age limit on starting an exercise program. Longevity benefits have been demonstrated even in those who initiate exercise as late as age 85! Exercise can improve outcomes even in those with chronic diseases like congestive heart failure, dementia, and stroke.

For most older adults, it is not necessary to have a cardiac treadmill test before initiating a program of moderate exercise. If you have no trouble walking two blocks or carrying two bags of groceries up a flight of stairs, you can start being more active right away. Exceptions would be those who have cardiac symptoms, known heart disease,

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or are at high risk for heart problems based on their medical history. Your doctor can help you sort this out. You should also talk with your physician if you have a detached retina or recent eye surgery, joint swelling, or sores on your feet.

It is very important to have good footwear when exercising. Because these shoes are going to get a workout, too, they need to be very supportive and appropriate to your type of activity. They should be checked frequently for wear. If your feet start to hurt during exercise, there's a chance your shoes have become tilted from wear and need to be replaced.

If you have a major disability and cannot do the 3.5 hour minimum per week of moderate exercise, research indicates you can still get health benefits if you engage in any physical activity that is more than you are doing now. If it makes you breathe harder than you do at rest, it's still worth it.

The National Institute on Aging publishes an excellent resource, "*Exercise and Physical Activity, Your Everyday Guide.*" This 120-page guide describes the benefits of

exercise and physical activity for older people, including sample exercises for endurance, strength, balance, and flexibility and a list of resources. This is part of **Go4Life** designed to help adults 50 and older incorporate more exercise and physical activity into their daily lives. On the **Go4Life** website you can watch exercise videos, submit your own exercise success stories, print educational tip sheets, and use the interactive tools to make an exercise plan and track your progress. You can order a free copy of the guide by calling 1-800-222-2225 or at www.nih.gov/Go4Life.

So get those new shoes on and get moving! I can't think of anything that delivers greater value for your health than exercise.

Lawren Hicks, M.D.
Medical Director



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Medical Director
Senior Services

Out of Isolation -The Mobility Connections

May 31, 2013, 12 - 3:30 p.m.

John Muir Medical Center, Walnut Creek

- Learn about the connection between health and loneliness for older adults.
- Explore available transportation alternatives for those who no longer drive.
- Discover the role of volunteers in reducing isolation.
- Hear the findings of a recent study on isolation, loneliness and its effect on older adults by Carla M. Perissinotto, M.D., UCSF Medical Center
- "Age Well, Drive Smart" by Department of Motor Vehicles and California Highway Patrol
- RSVP by May 17 to Cindi at 937-8311 or email: staff@mowsos.org

East Contra Costa County Support Groups

The following groups hold meetings in East County. Please contact them directly for dates, times and locations.

- **Alzheimer's Caregivers**
800-272-3900
Brentwood - Heather Gray
Antioch - Ernesto Hidalgo
- **Hospice of the East Bay Grief Support**
925-887-5681
Widow/Widower Support Group
- **Multiple Sclerosis and Parkinson's Disease**
Sheryl Wilson
925-642-9032
- **Pacific Chapter of the Neuropathy Association**
Bev Anderson
877-622-6298

Educational Opportunities

There is no charge to attend our health education events unless otherwise noted. Call the listed number to register or on-line registration is available for most offerings at johnmuirhealth.com

MAY

Breaking the Pain Cycle – Jamie Coughlan, ND

This class will provide a comprehensive examination of the vicious pain cycle and the role of integrative medicine in breaking the cycle. The factors that contribute to pain including un-restorative sleep, stress, fatigue, and lack of movement will be discussed.

May 13 | 6:30 – 8:30 p.m. | 941-7900 | Women's Health Center

Social Security: What You Need to Know – Diane Woodward, CFP

Social Security is more complex than most people realize. By attending this presentation you will have a better understanding of the Social Security system and what you need to know to maximize your benefits before you apply. Learn about little known strategies to boost income and avoid leaving money on the table.

May 15 | 6:30 – 7:30 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

Sugar Shock – Kathy Napoli, RD, MA

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.

May 17 | 9:30 – 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Reverse and Prevent Osteoporosis through Nutrition – Kathy Napoli, RD, MA

Nutrition plays an important role in keeping our bones strong as we age. Learn about building healthy bones through diet and lifestyle changes.

May 21 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Avoiding Frauds and Scams for Senior Citizens – Virginia George, Esq.

This class will inform and educate attendees on how to spot potential elder fraud and scams. Legal tools and practical suggestions on how older adults can protect themselves from being potential victims will also be discussed.

May 23 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Age Well / Drive Smart – California Highway Patrol, Cindy Lima

Learn information to help you tune up your driving skills and make a self-analysis of your driving abilities to help be a better, safer and more alert driver. This free interactive class will demonstrate safety devices applicable to most cars.

May 31 | 9:30 – 11 a.m. | 947-3300 | Women's Health Center

JUNE

Endurance, Strength and Balance – Kaylynn Schreve, BA, LPTA

Research has shown that as older adults we can improve our strength, balance and flexibility well into our 90's. Improve your confidence and improve vigor in your daily routine. This class will teach safe exercise techniques to improve your flexibility and coordination, strengthen your whole body and reduce your risk of falling.

June 5 | 9:30 – 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Healthy Aging with Nutrition - Kathy Napoli, RD, MA

What are Super Foods and how do we benefit from them? Explore how choosing the right Super Foods can lower blood cholesterol, fight heart disease, and provide antioxidants.

June 10 | 6:30 – 8 p.m. | 941-7900 | Women’s Health Center

Downsizing Made Easy – Dayna Wilson, Senior Real Estate Specialist (SRES)

Become well-informed, prepared and equipped to navigate a downsizing move whenever it may occur. How to create a plan, communicate with your family, choose qualified professionals, decide what to keep, and adjust to your new life will be discussed.

June 21 | 9:30 – 11 a.m. | 947-3300 | Women’s Health Center

Post Traumatic Stress Disorder – Alan Brast, Ph.D., C.C.H.T., CSA

This condition was unknown to most people just 20 years ago. This presentation gives the audience an interesting informational overview of this condition, symptoms presented, how it can be treated and end-result prognosis following effective treatment.

June 27 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

JULY

Navigating Life’s Changes and Adjustments – Alan Brast, Ph.D., C.C.H.T., CSA

Learn ways to prepare for possible change, become more self-sufficient and lead a more fulfilling life as you age, whatever your living arrangements or social situation.

July 15 | 6:30 – 8 p.m. | 941-7900 | Women’s Health Center

Recent Developments in Estate Planning and Elder Law – Emily Thompson, Esq.

Hear a Walnut Creek elder law attorney discuss estate planning updates plus planning for long-term care and eligibility for government benefits.

July 19 | 9:30 – 11 a.m. | 947-3300 | Women’s Health Center

Diabetes Prevention and Management – Karen Andrade, RN, BSN, CDE

What is pre-diabetes/diabetes and how does it occur? Learn to identify the signs and symptoms and what to discuss with your doctor. Understanding the importance of diet and exercise in the prevention and treatment of diabetes will help you avoid or successfully live with this chronic disease. Also, how medications help maintain a safe lifestyle and the importance of checking your blood sugar will be discussed.

July 25 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Age Well / Drive Smart – California Highway Patrol, Cindy Lima

Learn information to help you tune up your driving skills and make a self-analysis of your driving abilities to help be a better, safer and more alert driver. This free interactive class will demonstrate safety devices applicable to most cars.

July 26 | 10 – 11:30 a.m. | 947-3300 | Outpatient Center, Brentwood

AUGUST

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

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.

August 2 | 9:30 – 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Using POLES for Balance, Mobility & Exercise – Jayah Faye Paley, ACE & AFAA

Learn how and why optimal use of poles can enable profound freedom of movement, facilitate a more fluid, rhythmic gait and improve your balance, posture, endurance and strength. Ideal for people with conditions that affect gait or mobility. Variety of top quality poles available to try.

August 16 | 9:30 – 11 a.m. | 947-3300 | Women’s Health Center

Brain Health, Setting the Stage for Cognitive Health in Older Adulthood – Eric Freitag, Psy.D.

Learn about common health conditions that effect brain health and the top four things that can be done to maintain brain health throughout adulthood.

August 22 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Ongoing Classes

Catch Yourself – Maintain Your Independence

- Raise your awareness and learn how to avoid falls
- Increase your confidence through strength and balance
- Simplify your environment and identify risks

This free four-class series taught by an adult education exercise instructor includes information about home safety, exercises, nutrition and ways to decrease your risk of falling.

May 1, 8, 15, 22 | 1 – 2 p.m. | 947-3300 | Outpatient Center, Brentwood

May 3, 10, 17, 24 | 11 – 12 p.m. | 947-3300 | John Muir Medical Center, Concord, Classroom A

June 3, 10, 17, 24 | 2:30 – 3:30 p.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

June 7, 14, 21, 28 | 11 – 12 p.m. | 947-3300 | John Muir Medical Center, Concord, Classroom A

July 10, 17, 24, 31 | 12 – 1 p.m. | 947-3300 | Outpatient Center, Brentwood

August 5, 12, 19, 26 | 11 – 12 p.m. | 947-3300 / Outpatient Center, Tice Valley/Rossmoor

Advance Health Care Directives – Suzanne Leib, MFT

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.

May 14 | 6:00 – 8:00 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

June 12 | 5:30 – 7:30 p.m. | 947-3300 | John Muir Medical Group, Pleasanton

June 20 | 6:00 – 8:00 p.m. | 947-3300 | John Muir Medical Center, Concord

July 17 | 9:30 – 11:30 a.m. | 947-3300 | Outpatient Center, Rossmoor

August 21 | 10 a.m. – 12 p.m. | 947-3300 | Outpatient Center, Brentwood

Welcome to Medicare

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. Medicare & You 2013 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.

May 8, June 12, July 10, August 14 | 7 – 9:30 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

May 11, June 8, July 13, August 10 | 10 a.m. – 12:30 p.m. | 314-3490 | Danville Senior Center, 115 E. Prospect Ave., Danville

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. Also offered is the four-and-a-half hour refresher course for those who have taken the eight-hour course within the last four years; bring your certificate. Cost \$12 for AARP members, \$14 for others. Bring AARP member ID number to class for verification. The refresher course can be repeated every three years. Call 947-3300 to register.

May 14 & 16 | 2-day, 8 hour | 9 a.m. – 1 p.m. | John Muir Medical Center, Concord

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

June 11 | refresher class | 8:30 a.m. – 1 p.m. | John Muir Medical Center, Concord

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

June 22 | 1-day, 8 hour class | 8:30 a.m. – 5 p.m. | John Muir Medical Center, Concord

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

Aug 17 | refresher class | 8:30 a.m. – 1 p.m. | John Muir Medical Center, Walnut Creek

Cardiac Nutrition Classes

For those diagnosed with heart disease or those looking to improve their diet, come learn the latest on reducing the risk of cardiac disease through proper nutrition. Topics for these drop-in sessions include:

- The difference between cholesterol and various fats
- What happens to your body when you eat different fats
- Nutrition guidelines for reducing the risks for heart disease
- How to read a food label

May 16 | 5 – 6 p.m. | 947-5313 | John Muir Medical Center, Walnut Creek

June 3 | 5 – 6 p.m. | 947-5313 | John Muir Medical Center, Concord

July 18 | 5 – 6 p.m. | 947-5313 | John Muir Medical Center, Walnut Creek

August 5 | 5 – 6 p.m. | 947-5313 | John Muir Medical Center, Concord

Taking Back Control

This class is designed to 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, a great starting point for women.

May 28 | 5:30 – 7 p.m. | 941-7900 | Women's Health Center

July 30 | 9 – 10:30 a.m. | 941-7900 | Women's Health Center

Screenings

Memory Screening – What's Your Memory Fitness?

Many people notice changes in their memory as they grow older. If you are 65 or older Senior Services, in conjunction with John Muir Health Neurosciences Institute, 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 all of the dates and times at the three locations listed below. Call for a 30 minute appointment.

May 14, June 18, July 16, August 13 | 9 a.m. – 12 p.m. | 947-3300

May 15, June 19, July 17, August 14 | 1 p.m. – 4 p.m. | 947-3300

Senior Services, Pleasant Hill | Outpatient Center, Tice Valley/Rossmoor | Outpatient Center, Brentwood

Exercise Opportunities

Movement and Exercise Class - Staying Strong

Taught by a John Muir Health physical therapist, this drop-in class will teach you exercise techniques, movements and safeguards against falling, including strategies that can be extremely beneficial in building strong bones, developing a healthy exercise routine, and managing osteoporosis and other chronic pains.

Wednesdays (except holidays) | 9:15 - 10:15 a.m. | 941-7900 | Women's Health Center | Cost: \$5

Let's Get Moving! - Lupe Labourett and Kaila Hiatt

Ease your way into exercise for better health through this six-week exercise class led by a certified instructor. Class takes place twice a week and includes aerobic exercise, light weight training, core strength training, circuit training, pre and post fitness evaluation, and goal setting. Call 941-7900 to register.

May 21- June 27 | Tuesdays and Thursdays | 5 - 6:30 p.m. | Health Center Gym, Concord | Cost \$95

Prescription Medication Assistance - You May Be Eligible

Whether or not you have insurance coverage for prescription drugs, you may be eligible for medication assistance. Many pharmaceutical companies offer free medications to older adults who meet the income guidelines. If approved, processing time can be six to eight weeks or more after the paperwork is submitted. When your medications are ready for pick up, you will be notified by Senior Services. Some medications are dispensed in Concord and others are shipped directly to the patient.

If you have a prescribing physician within John Muir Health and are interested in more information about medication assistance, call Linda Slotnick at 947-4466, ext. 39601 or email Linda.Slotnick@JohnMuirHealth.com

John Muir Health Pilots Early Warning System for Heart Attack Patients

John Muir Health is one of the first medical facilities in the country to participate in the ALERTS US trial for the AngelMed Guardian implantable cardiac monitor and alert system (Guardian System). This clinical trial will evaluate implantable device's safety and effectiveness in reducing delays in seeking care and improving heart attack survival rates in high-risk patients

If you've had a heart attack or bypass surgery in the past six months, ask your doctor about participating in the ALERTS clinical trial. ALERTS is a clinical trial that evaluates the safety and effectiveness of an experimental device - the AngelMed Guardian® System.

The Guardian is designed to provide you with a warning to seek immediate medical help when it detects changes in the electrical signal from your heart that may indicate the earliest stages of a heart attack. This device has not yet been proven to provide early warning of a heart attack.

For more information on the AngelMed Guardian System or participation in the ALERTS study, contact John Muir Health Clinical Research Center at 674-2580.



Senior Services
 3480 Buskirk Ave., Suite 100
 Pleasant Hill, CA 94523

RETURN SERVICE REQUESTED

PRSR FIRST CLASS
 U.S. POSTAGE
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 PERMIT #473

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

Free Blood Pressure Screenings

Because high blood pressure lacks specific symptoms, people may not know they are at risk. Please take advantage of these free, drop-in opportunities.

*Asterisk on locations below note sites of monthly blood pressure screenings. Call 947-3300 for information.

Program Locations

- * 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 St., Antioch
(925) 778-1158
- * Concord Senior Center
2727 Parkside Circle, Concord
(925) 671-3320
- * Danville Senior Center
115 E. Prospect Avenue
Danville, 94526
(925) 314-3490
- * First Presbyterian Church
1965 Colfax St., Concord
(510) 512-4032
- John Muir Health Gym
2710 Grant St., Concord
(925) 674-2900
- John Muir Health Outpatient Center
Brentwood
2400 Balfour Rd., Brentwood
(925) 308-8100
- * John Muir Health Outpatient Center
Tice Valley/Rossmoor
1220 Rossmoor Parkway, Walnut Creek
(925) 939-1220
- John Muir Health Senior Services
3480 Buskirk Ave., Suite 100
Pleasant Hill (925) 947-3300
- John Muir Health Women's Health Center
1656 N. California Blvd., Ste. 100
Walnut Creek
(925) 941-7900
- John Muir Medical Center, Concord
2540 East St., Concord
(925) 682-8200
- John Muir Medical Center, Concord
2720 Grant St., Classroom A
(925) 947-3300
- John Muir Medical Center, Walnut Creek
1601 Ygnacio Valley Rd., Walnut Creek
(925) 939-3000
- John Muir Medical Group
5720 Stoneridge Mall Rd. #330
Pleasanton
(925) 225-1234
- * Martinez Senior Center
818 Green St., Martinez
(925) 370-8770
- * Pleasant Hill Senior Center
233 Gregory Lane, Pleasant Hill
(925) 798-8788
- * Pittsburg Senior Center
300 Presidio Lane, Pittsburg
(925) 252-4890
- * Walnut Creek Senior Center
1375 Civic Dr., Walnut Creek
(925) 943-5851