

## 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



OCTOBER — DECEMBER 2018

# Senior Services News

## Mindful Eating

As I walked into our lunchroom in the office where I work to get a cup of water, I noticed a red and white box full of small finger-shaped white bread-like items. I grabbed a couple and bit into one. Expecting a savory taste, I instead tasted sweet and creamy, like a cannoli. “Well, that was a mistake”, I thought, and ate them both.

This little episode made me think about a book I had meant to read by Brian Wansink, Ph.D. entitled “Mindless Eating: Why we Eat More than we Think”. So when I got home I took it off the shelf.

Why had I picked up and eaten the “cannolis” when I wasn’t hungry? Why did I pick up two instead of just one? Why did I not throw them into the trash when I knew I didn’t need the extra calories? Why do we so often gain back the weight we lose when we go on a diet? (I had gained back about 10 of the 25 pounds I had lost about 4 years ago).

Dr. Wansink runs a behavioral and market research outfit called the “Food and Brand Lab” that he founded in 1997. He explains that we do not necessarily eat because we feel hungry, but rather we begin eating because of cues in our environment that tell us it is time to eat – it’s lunchtime, other people are eating, there’s an attractive box full of easy-to-eat finger food, etc. We also continue eating and do not necessarily stop eating when we are full, but rather because of other external cues – my family members at the table are still eating so I might jump up for a second helping and not stop eating until (a) the family has finished, and (b) my plate is empty. We don’t want to leave food on our plate to go to waste, or because it might insult our host, and so instead the food goes to waist!

Dr Wansink explains that it takes about 20 minutes from when we begin to eat

until we feel full, whereas folks spend an average of 11 minutes eating at a fast food restaurant, and 13 minutes at a workplace cafeteria. We also choose in advance of our meal how much we are going to eat, and routinely overestimate how much food it will take to feel satisfied. Then we quickly eat that portion, perhaps adding another helping or other finger-food opportunities that may present themselves from other sources immediately afterward. By the time 20 minutes has passed, we might have consumed twice as many calories as was necessary to make us feel full than if we had eaten a smaller portion more slowly, while engaging in more family or workplace conversation.

Dr. Wansink recommends some “mindful” strategies to take control of our eating. He of course suggests eating more slowly, and allowing ourselves the 20 minutes to feel full. There is great power in underestimating our portion size, with the idea that we can always eat more later if we are still hungry after 20 minutes. He recommends not eating snack foods directly from a large bulk bag or box, but instead putting a portion in a small bowl, and eating that portion slowly. Food containers should be put back on the shelf and not left on the counter or side-table within easy reach. Then you will have to think about how hungry you really are, and if you want to get up to get more. He notes that plate sizes have gotten larger over generations, and we should now consider eating our dinner on dessert plates.

He further points out that our body will lower its metabolic rate to compensate for dietary calorie deficits of more than 500

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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](http://johnmuirhealth.com) or call (925) 941-7900 opt. 1.**

## OCTOBER - DECEMBER 2018

**The Two Sides of Caregiving** – Abby Peyser, M.A., Health Educator

**November 2 | 9:30 – 11 a.m. | (925) 941-7900 opt. 1 | Rossmoor Outpatient Center**

**December 6 | 9:30 – 11 a.m. | (925) 941-7900 opt. 1 | Concord Medical Center**

Learn how to navigate the role and responsibilities of a Caregiver.

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

**October 18 | 9:30 – 11 a.m. | (925) 941-7900 opt. 1 | Wellness Services**

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.

**A Focus on Women's Heart Disease** – Carolyn Lacey, MD

**October 19 | 9:30 – 11 a.m. | (925) 941-7900 opt. 1 | Walnut Creek Outpatient Center**

Learn about prevention, risk factors, diagnosis, treatment and how heart disease presents differently in women than in men.

**Medicare 2019: What You Need to Know** – Health Insurance Counseling & Advocacy Program

**October 31 | 7 – 8 p.m. | (925) 941-7900 opt. 1 | Walnut Creek Medical Center**

**November 8 | 1 – 2 p.m. | (925) 941-7900 opt. 1 | Brentwood Outpatient Center**

Learn a few basics about changes in Medicare, open enrollment, and prescription drug plans.

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

**November 5 | 12:30 – 2 p.m. | (925) 941-7900 opt. 1 | Brentwood Outpatient 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!

**Being Mindful of Mindless Eating** – Lawren Hicks, MD

**November 8 | 2:30 – 4 p.m. | (925) 941-7900 opt. 1 | Walnut Creek Outpatient**

Dr. Hicks will talk about the importance of paying attention to not only what you eat but why you may eat something you don't necessarily need or want.

**Special Medicare Open Enrollment Counseling Event** – Health Insurance Counseling & Advocacy Program

**November 15 | 9 a.m. – 2 p.m. | Call HICAP (925) 602-4163 | Brentwood Outpatient Center**

**Smart Holiday Eating & How to Avoid the Holiday Eating Frenzy** – Kathy Napoli, MA, RD

**November 16 | 9:30 – 11 a.m. | (925) 941-7900 opt. 1 | Walnut Creek Outpatient Center**

As much as we look forward to holiday celebrations, many of us worry that we will enjoy them too much, and pack on the pounds. Learn how to re-evaluate your eating style, and rein in the calories and sugar.

**Alternatives to Pain Management** – Alan Brast, Ph.D., C.C.H.T., CSA

**December 5 | 10:30 a.m. – 12 p.m. | (925) 941-7900 opt. 1 | Pleasanton Outpatient Center**

Managing chronic pain can be frustrating and sometimes even daunting. Learn techniques to help you control and minimize pain using methods which can complement and work in concert with your medications.

**Taking Care of Your Neck and Back** – Lori Sweet, PT, CFT

**December 14 | 9:30 – 11 a.m. | (925) 941-7900 opt. 1 | Walnut Creek Outpatient Center**

Learn about your anatomy and core muscles that affect your neck and back. Lesson will include movement and stretches that will help improve your strengthen and flexibility.

# ONGOING CLASSES

## AARP Driver Safety Program

**October 27 | refresher class | 8:30 a.m. – 1:15 p.m. | Walnut Creek Medical Center**

**November 13 & 20 | 2 - day, 8 hour class | 8:30 a.m. – 1:15 p.m. | Concord Medical Center**

**November 17 | 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 (925) 941-7900 opt. 1.

## Advance Health Care Directives – Suzanne Leib, LMFT

**October 24 | 2 – 4 p.m. | (925) 941-7900 opt. 1 | Rossmoor Outpatient Center**

**November 13 | 10 a.m. – 12 p.m. | (925) 941-7900 opt. 1 | Berkeley Outpatient Center**

**November 29 | 10 a.m. – 12 p.m. | (925) 941-7900 opt. 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

**October 26, 29, 31, November 5 | (925) 941-7900 opt. 1 | Walnut Creek Outpatient Center**

October 26 and 29, 11:30 a.m. – 1:00 p.m. | October 31 and November 5, 11:00 a.m. – 12:30 p.m.

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.

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

**October 10, November 8, December 12 | 7 – 9:30 p.m. | (925) 941-7900 opt. 1 | Walnut Creek Medical Center**

**October 9, November 13, December 11 | 7 – 8:30 p.m. | (925) 941-7900 opt. 1 | Pleasanton Outpatient Center**

**October 11, November 15, December 13 | 6:30 – 8 p.m. | (925) 941-7900 opt. 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 health benefits, drug coverage and how to supplement your coverage. HICAP does not sell or endorse insurance products.

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

**October 16, November 20, December 18 | morning appointments | (925) 947-3300**

**October 17, November 21, December 19 | afternoon appointments | (925) 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

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

### MINDFUL EATING: continued from pg. 1

calories per day, but the body will not miss 100 calories per day. 100 calorie per day is 3000 calories per month. 3500 calories is one pound of weight lost, so that's about 10 pounds in a year, without noticing any significant change in your diet!

Dr Wansink's little book is an engaging and often funny read. The main point here is that diet is only part of the picture if we want to maintain normal weight for the long term. I still try to maintain a diet that is low in refined carbohydrates (sugar and starch) and high in multicolored vegetables. But I am paying more attention now to the external cues that induce me to pick up un-needed extra calories as I go through my day.

*Lawren Hicks, MD  
 Medical Director, Senior Services*

### John Muir Health/UCSF Health Outpatient Center in Berkeley 3100 San Pablo Avenue, Berkeley — (510) 985-5020

John Muir Health and UCSF Health have opened their first joint outpatient center for primary care and specialty care. Providing patients in Berkeley, Oakland, Emeryville and the surrounding areas with a new choice for high-quality care. The facility includes top primary and specialty care doctors, as well as urgent care and a wide range of health care services, all under one roof.

#### Care Coordination Services include:

- **Case Management Services** – The outpatient case management team works together with patients to help maintain their health and keep them out of the hospital after a recent discharge. A nurse case manager collaborates to assess, plan, facilitate, and advocate for the care and services the patient needs to stay healthy.
- **Senior Services** - offers a wide range of services including resources, information, assessment services in the home or in office, and educational programs.  
 We help older adults, disabled persons, their families, and those who care for them. Our educational classes include topics on health, care giving, memory loss, and self-care. Featured classes include Advance Health Care Directives, Catch Yourself – Fall Prevention, and Welcome to Medicare.
- **Wellness Services** - Provides patient education, support and resources focused on prevention and wellness. Provides evidence-based education materials and videos, community resources, support groups, and classes.

More information can be found at [johnmuirhealth.com/berkeley](http://johnmuirhealth.com/berkeley).