

SENIOR SERVICES NEWS

Sleep: The Doctor's Dilemma

I recently had the pleasure of attending a lecture to older adults by Dr. Seth Landefeld, Chair of Geriatrics at UCSF, under the sponsorship of the Medical Friends of Rossmoor. During the question period after the lecture, I remarked to myself how many of the questions had to do with sleep, or rather a lack of it.

Sleep disturbance is very common, with 10 to 15 percent of adults reporting chronic insomnia, and the incidence rising to up to 50 percent in seniors. As you age, sleep becomes less restful because less time is spent in the deeper levels of sleep, which are the most restorative levels. Also it seems that your internal clock will often advance and you will get tired earlier in the evening and wake up earlier in the morning. At all adult age levels, at least six to seven hours of sleep per night is required.

Being older also exposes you to other risk factors for sleep disturbance, including the fact that you may be less physically active, have more health problems that may involve pain or other symptoms that disturb sleep, and use more medications, many of which may be associated with sleep disturbance.

It almost goes without saying that stress, anxiety and depression will contribute to insomnia. Unfortunately many people use alcohol to treat these symptoms, but alcohol produces very poor quality sleep and causes premature awakening after only a few hours of sleep.

Dr Landefeld's response to the questions about sleep was that geriatricians at UCSF will emphasize "sleep hygiene" rather than prescribe sleeping pills as the initial approach, and I agree completely. Sleep medications, particularly for older adults, generally hold more health risks than benefits. Sedative medications takes longer to wear off in older adults and can interact with other medications already being taken, resulting in a prolonged duration of action, running into the next day. This can result in slower reaction times, poor balance, inattention, and an increased risk of falls, accidents and hospitalizations.

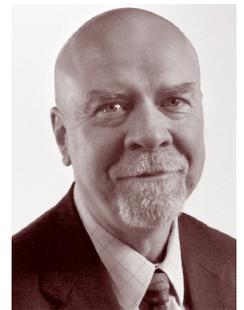
Sleep hygiene refers to a number of environmental measures you can take to improve your quality of sleep. It starts with making sure the daytime for you is bright. The brain sleeps much better when it perceives a sharp contrast between the light of day and the dark of night. Don't you sleep better after a picnic or a day at the ballpark? Also you want to avoid sources of caffeine, nicotine or alcohol if you are having trouble sleeping. You should try to exercise regularly during the daytime and avoid daytime naps. Try to go to sleep at the same time each night, but if you cannot get to sleep or cannot get back to sleep after awakening in the middle of the night, don't toss and turn. It is best to get up for 15-20 minutes and do something else, then try sleeping again when you begin to nod off.

Make sure your bedroom is used only

for sleep or sex. Hours spent watching TV or reading in bed are counter productive to quality sleep. At night the bedroom should be a few degrees cooler than during the day and dark.

Most importantly, do not take over the counter sleep aids without first consulting your physician. These pills usually contain diphenhydramine (the main ingredient in Benadryl), which is a major contributor to daytime fatigue, slowed reaction time, and cognitive impairment in people over 70.

In his online article "Are Sleeping Pills Good for You?" in the Huffington Post in February, Jerry Siegel, PhD, professor of Psychiatry at UCLA, and Chief of Neurobiology research at Veterans Affairs, Greater Los Angeles Healthcare System writes, "According to several epidemiological studies, people with insomnia either do not have any marked shortening of lifespan relative to those reporting normal sleep or actually have an increased lifespan", and later, "The most troubling consequence of chronic sleeping pill [use] is an apparent reduction in lifespan in chronic sleeping pill users relative to those reporting equivalent insomnia who did not take sleeping pills."



Lauren Hicks, M.D.
Medical Director
John Muir
Senior Services

Here's my dilemma: I'm standing in

my white coat, charged with the responsibility of protecting and promoting my patient's health, and I'm being asked to prescribe a sleeping pill. Sometimes the request comes from the patient, sometimes from nurses or caregivers for whom the wakefulness or agitation of the patient at night is disruptive, or disturbing to others, including other patients. I may solve their problem by prescribing the sedative, but I may also create a new problem by contributing to a hip fracture.

Before you ask your physician for a sleeping pill prescription, you owe it to yourself to touch all the "sleep hygiene" bases first. Ask yourself if lack of sleep has affected your daytime functioning. If not, a sleeping pill will certainly not improve it. Ask your physician whether any of your current medications might be causing your sleep disturbance

Andrew Weil, M.D., and Rubin Naiman PH.D., of the Center for Integrative Medicine at the University of

Arizona have produced an excellent CD entitled "Healthy Sleep" which reviews all the strategies and techniques, including breathing exercises, which you can use to attain a natural, high quality and truly restorative sleep. It is available through "Sounds True" at (800) 333-9185 or www.soundstrue.com.

Lawren Hicks, M.D.
Medical Director

SPECIAL MEMORY OFFERINGS *There is no charge to attend our health education seminars unless otherwise noted. Registration is requested.*

Memory Screening: What's Your Memory Fitness?

If you're 65 or older and have concerns about your memory, take advantage of a seven-minute screening that will provide you with information to discuss with your physician. These screenings are provided in conjunction with John Muir Health Neurosciences Institute.

9:00 a.m. – noon	1:00 – 4 p.m.
May 18	May 19
June 15	June 16
July 13	July 14
August 17	August 18

John Muir Senior Services Office
3480 Buskirk Avenue, Suite 100, Walnut Creek

John Muir Outpatient Center, Brentwood
2400 Balfour Road, Suite 201, Brentwood

John Muir Outpatient Center, Tice Valley/Rossmoor
1220 Rossmoor Parkway, Walnut Creek

Call 947-3300 to reserve your thirty (30) minute appointment.

Risk Factors, Diagnosis and Treatment of Dementia

The brain is a complex organ and so too are the disease processes that can affect how our brain functions. Dr. Eric Freitag, a neuropsychologist and Executive Director of the Mt. Diablo Memory Center, and Dr. Gina Murrell, Director of Cognitive Rehabilitation Services at the Mt. Diablo Memory Center, will present important facts and information about a diagnosis of dementia and other brain diseases. Included will be the differences between such diagnosis as Alzheimer's, Vascular Dementia and Mild Cognitive Impairment. Risk factors contributing to brain dysfunction and different options for treatment will also be discussed.

June 17 9:30 – 11 a.m. John Muir Medical Center – Concord Campus

July 23 9:30 – 11 a.m. Women's Health Center

August 13 9:30 – 11 a.m. John Muir Medical Center – Walnut Creek Campus

Call 947-3300 for reservations.

EDUCATIONAL OPPORTUNITIES *There is no charge to attend our health education seminars unless otherwise noted. Registration is requested.*

May 2010

Breast Cancer Breakthroughs – *Matthew Sirott, M.D.*

Hear a review of the latest breast cancer therapies and treatments from an experienced hematologist/oncologist.

May 7 11:00 a.m. 939-1220 John Muir Outpatient Center, Tice Valley/Rossmoor

Anemia - *Diana Superfin, M.D.*

Hear a hematologist/oncologist discuss this condition that may creep up on you insidiously and slowly. It does not kill you, but can make you feel miserable. Sometimes its cause is an enigma.

May 17 2:00 p.m. 939-1220 John Muir Outpatient Center, Tice Valley/Rossmoor

Women, Metabolism and Weight Loss – *Kathy Napoli, Nutrition Expert*

This workshop can help you overcome barriers to losing excess pounds and devise strategies for maintaining a healthy weight.

May 19 6:30 – 8:00 p.m. 941-7900 Women's Health Center

Reverse Mortgages – Putting Your Home to Work for You – *Jon Carlson*

HUD Reverse Mortgages are a financial cash flow tool that allows homeowners to free up accumulated equity to pay current expenses without fear of losing their home or making anymore payments, for the rest of their lives! Come hear about new features HUD offers, such as the fixed rate option and the new home purchase option.

May 20 9:30 – 11:00 a.m. 947-3300 John Muir Medical Center – Concord Campus

Better Bones Forever: Osteoporosis Update 2010 – *Richard Kamrath, M.D.*

Join a John Muir Health endocrinologist and learn about current developments in the detection, diagnosis and treatment of osteoporosis.

May 20 6:30 – 8:00 p.m. 941-7900 Women's Health Center

Eat like a Mediterranean to Add Years to Your Life – *Kathy Napoli, Nutrition Expert*

New research suggests that a Mediterranean diet reduces the risk of diabetes, certain cancers, obesity and Alzheimer's disease. It can even help one achieve a longer life, so learn now what it means to eat like a Mediterranean.

May 21 9:30 – 11 a.m. 947-3300 John Muir Outpatient Center, Tice Valley/Rossmoor

Managing Insomnia – *Alan Brast, Ph.D.*

Discover ways to successfully conquer chronic insomnia and sleep deprivation. This class is designed for those who do not have a specific medical sleep disorder, such as sleep apnea.

May 24 6:30 – 8:00 p.m. 941-7900 Women's Health Center

Preventing Osteoporosis Through Nutrition – *Kathy Napoli, Nutrition Expert*

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

May 27 6:30 – 8:00 p.m. 941-7900 Women's Health Center

Memory Loss and Its Impact on Individuals and Families – *Linda Fodrini-Johnson MA, MFT, CMC*

Caring for one with memory loss can be overwhelming and stressful. We will look at the conditions that cause memory loss and how families can learn ways to deliver care and reduce stress depending on the diagnosis and the willingness to share care with others. Finding peace and quality of life for everyone in the family will be emphasized. The speaker has been assisting families with these issues for over 26 years.

May 28 9:30 – 11:00 a.m. 947-3300 Women's Health Center

EDUCATIONAL OPPORTUNITIES *There is no charge to attend our health education seminars unless otherwise noted. Registration is requested.*

June 2010

Mindful Healing – *Lucy Grace Yaldezian*

Explore the healing power of the mind-body connection. This session features a live demonstration of hypnosis, used to explore emotional aspects of physical concerns.

June 1 6:30 – 8:00 p.m. 941-7900 Women's Health Center

How to Prepare for the “What ifs of a Longer Life” – *Eileen Nevitt, LCSW*

What does it mean to “Have your affairs in order?” Learn the tools needed to eliminate anxiety and maintain independence throughout the rest of your life. Included will be information on legal issues, financial planning, housing options, in-home assistance, professional assistance, education, health and quality of life values.

June 4 9:30 – 11:00 a.m. 947-3300 John Muir Outpatient Center, Tice Valley/Rossmoor

Emotional Freedom Technique (EFT) – *Lucy Grace Yaldezian*

This leading energy therapy is designed to help you navigate the healing process.

June 8 6:30 – 8:00 p.m. 941-7900 Women's Health Center

The Secrets to Healthy Aging – *Kathy Napoli, Nutrition Expert*

Discover ways to optimize your life with strategies that help you feel rejuvenated, stronger and leaner.

June 10 6:30 – 8:00 p.m. 941-7900 Women's Health Center

Hypertension – *Nabil Abudayeh, M.D.*

Hear an update regarding hypertension, abnormally high blood pressure. Also, the diagnosis and management of hyperlipidemia, the presence of excessive fats or lipids in the blood, will be discussed.

June 18 2:00 p.m. 939-1220 John Muir Outpatient Center, Tice Valley/Rossmoor

The Mind-Body Connection – *Alan Brast, Ph.D.*

Medical studies have proven that emotions and thoughts can impact physical health and the immune system. Learn simple techniques to relax, enlisting your mind in developing healthy lifestyle habits for self-care.

June 23 6:30 – 8:00 p.m. 941-7900 Women's Health Center

What Can You Do To Prevent Cancer? – *Gigi Chen, M.D.*

Hear a discussion from a medical oncologist about cancer prevention, screening and early detection with a review of important exams, tests, terminologies, symptoms and recommendations.

June 25 11:00 a.m. 939-1220 John Muir Outpatient Center, Tice Valley/Rossmoor

July 2010

The Mind-Body Connection – *Alan Brast, Ph.D.*

How can your mental attitude and emotional state affect your physical health? In a big way! Many studies have proven that the way we think can have an enormous influence over how our body behaves, how our immune system functions, and how our physical health is maintained in general. This presentation will address how our mind contributes to our health and the way we feel. Techniques on how participants can improve their health and how they feel by enlisting their minds as an ally rather than an adversary will be taught.

July 8 9:30 – 11:00 a.m. 947-3300 John Muir Outpatient Center/Brentwood

EDUCATIONAL OPPORTUNITIES *There is no charge to attend our health education seminars unless otherwise noted. Registration is requested.*

July 2010 *continued*

Medication Safety – *Teresa Halperin, Pharm.D.*

Hear a pharmacist provide information on a variety of medication-related topics including: Questions to ask when you're given a new prescription. Why dosages are different for older adults than younger people. What are the reasons to keep an accurate and current medication list. How to recognize if a medication is causing an adverse reaction. What is the most effective way to take your medications.

July 15 9:30 – 11:00 a.m. 947-3300 John Muir Medical Center – Concord Campus

Getting a Good Night's Sleep – *Lawren Hicks, M.D.*

This presentation by a primary care physician will include information on the causes of insomnia, risks of sleep medication and techniques to achieve better quality natural sleep.

July 29 1:30 – 2:30 p.m. 947-3300 John Muir Medical Center – Walnut Creek Campus

August 2010

Taking Back Control – *Linda Adams, L.V.N., Urodynamics Clinical Specialist*

This class is designed to help you understand female incontinence and take the first steps to regaining control. Included is a review of bladder anatomy and functions. Identify your personal plan for successful treatment.

August 12 9:30 – 11:00 a.m. 947-3300 John Muir Outpatient Center/Brentwood

Learn about Your Lungs and Easy Breathing – *Lana Hilling, RCP, FAA, CVPR*

Sometimes breathing isn't easy. Learn the latest information on causes of shortness of breath, risk factors, diagnosis, and current treatment techniques. Hear the Coordinator of Lung Health Services, who works with people who have chronic lung disease, discuss ways to keep this disease from becoming disabling or limiting daily activities.

August 19 9:30 – 11:00 a.m. 947-3300 John Muir Medical Center – Concord Campus

Age Proof Your Skin – *Kathi Napoli, Nutrition Expert*

The appearance of our skin is linked to our health and dietary habits. Find out which foods and nutrients benefit our skin and prevent it from aging.

August 27 9:30 – 11:00 a.m. 947-3300 Women's Health Center

ONGOING CLASSES

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 2010 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 12, June 16, July 14, August 11 7:00 – 9:30 p.m.

John Muir Medical Center – Walnut Creek Campus

Reservations: 947-3300

May 25, June 22 2:00 – 4:30 p.m.

Liberty Adult Education Center, 929 Second St., Brentwood

Reservations: 634-2565

ONGOING CLASSES

Fall Awareness - Maintaining Your Independence

Join us for a four-part class series and learn how to stay strong to stay on your feet! Don't be a statistic!

Class 1: Risk Factors for Falling, Individual Health Concerns, Beginning Strength and Balance

Class 2: The Activity Pyramid – a Balanced Exercise Program

Class 3: Home Assessment, Medications, Stretching for Greater Comfort and Flexibility

Class 4: Osteoporosis - Maintaining Strong Bones with Exercise, How to Fall (and get up), Strength Training

Location: Martinez Senior Center, 370-8770

Dates: **July 12, 19, 26, August 2**

Time: 10:00 – 11:00 a.m.

Location: Antioch Senior Center, 778-1158

Dates: **August 5, 12, 19, 26**

Time: 1:00 – 2:00 p.m.

Contact Senior Center to register. Pre-registration required and class size limited.

\$10 Fee ~ includes all four classes, theratube exerciser & exercise booklet.

Advance Health Care Directives – Call 947-3300 to register.

All adults, regardless of age, need to understand how they can have control over their own life and death decisions. Suzanne Leib, Geriatric Care Coordinator, provides detailed information regarding the choices you or your family may face due to an accident or serious illness.

This is an opportunity to clarify your own 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 11 6:00 – 8:00 p.m. John Muir Medical Center – Walnut Creek

June 1 9:30 – 11:30 a.m. John Muir Medical Center – Concord

June 9 10:00 a.m. – noon John Muir Outpatient Center, Brentwood

Aug. 25 6:00 – 8:00 p.m. John Muir Medical Center – Walnut Creek

Taking Back Control

Taught by a Continence Center specialist, 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.

1st Wednesday of every month

10:00 a.m. – noon

Women's Health Center, 941-7900

AARP Driver Safety Training

Senior Services offers the AARP Driver Safety Training program at JMMC, Concord Campus and JMMC, Walnut Creek Campus. This eight-hour classroom course, designed for motorists over age 50, helps drivers refine existing skills and develop safe, defensive driving techniques. A four-and-a-half hour refresher course is offered for those who have taken the eight-hour course within the last four years. Bring your certificate for verification. The refresher course can be repeated every three years. Classes fill up quickly so please register early!

May 15	(refresher class)	8:30 a.m. – 1:00 p.m.	JMMC Walnut Creek	Cost is \$12 with AARP membership card, \$14 without. Please bring AARP membership ID number from card or magazine label to class for verification. Includes a book and certificate of completion. Call 947-3300 to register.
May 18 & 20	(2-day class)	9:00 a.m. – 1:00 p.m.	JMMC Concord	
June 19	(1-day class)	8:30 a.m. – 5:00 p.m.	JMMC Walnut Creek	
July 13	(refresher class)	8:30 a.m. – 1:00 p.m.	JMMC Concord	
July 17	(1-day class)	8:30 a.m. – 5:00 p.m.	JMMC Walnut Creek	
August 21	(1-day class)	8:30 a.m. – 5:00 p.m.	JMMC Walnut Creek	

HICAP Counseling

HICAP is a volunteer-supported program that provides unbiased information about Medicare, related health care coverage, and long-term care insurance to help Medicare beneficiaries make the best choices for their individual health care needs. Senior Services offers private appointments with HICAP counselors monthly. Call 947-3300 for an appointment.

HEALTH SCREENINGS & EXERCISE OPPORTUNITIES

Free Blood Pressure Screenings

Senior Services recognizes and supports the importance of preventative health care and routine health maintenance. Blood pressure screening is provided free of charge at various locations in the community for a one-time check or to assist individuals who monitor their health status regularly as part of treatment for chronic conditions. Because high blood pressure lacks specific symptoms, people may not know they are at risk.

Pleasant Hill Senior Center	1st Monday	9:30 – 11:00 a.m.
Martinez Senior Center	2nd Monday	9:00 – 10:30 a.m.
John Muir Outpatient Center, Tice Valley/Rossmoor	3rd Monday	10:00 – 11:30 a.m.
Danville Community Center	1st & 3rd Monday	10:00 – 11:00 a.m.
Antioch Senior Center	3rd Monday	10:00 – 11:00 a.m.
First Presbyterian Church	2nd Tuesday	10:00 a.m. – noon
Walnut Creek Senior Center	2nd Wednesday	9:30 – 11 a.m.
Brentwood Senior Center	3rd Wednesday	9:30 – 10:15 a.m. 1:00 – 1:30 p.m.
Jewish Community Center	3rd Thursday	10:00 – 11:30 a.m.
Alcosta Senior Center	4th Thursday	11:00 a.m. – noon
Pittsburg Senior Center	3rd Friday	10:30 – 11:30 a.m.
Concord Senior Center	3rd Friday	9:30 – 11:30 a.m.
Lafayette Senior Center	4th Friday	12:30 – 1:30 p.m.

Pelvic Floor Strengthening

Taught by a women's pelvic floor physical therapy specialist, this lively, ongoing series includes breathing techniques and fun exercises for strengthening the pelvic floor and firming the core. The first four sessions are FREE for those who attend the Taking Back Control class.

1st and 3rd Monday of every month, 10 – 11 a.m.

Women's Health Center, 941-7900
\$3/session

Osteoporosis Movement and Exercise Class

Drop in to learn exercise techniques and safeguards against falling – strategies that can be extremely beneficial in managing osteoporosis. Taught by a physical therapist. Bring a mat and wear comfortable clothes.

Wednesdays, 9:15 – 10:15 a.m.

Women's Health Center, 941-7900
\$5/class

Prescription Medication Assistance — We Can Help

Medications play an important role in maintaining the health of many older adults. For low-income individuals with multiple prescriptions who have medication coverage through a Medicare Part D plan, this time of year can be difficult as they reach the coverage gap (sometimes referred to as the donut hole) and have to pay the full cost of medications. You may be eligible for medication assistance through pharmaceutical programs whether you have prescription coverage or not.

Many pharmaceutical companies offer a limited supply of free medications to patients meeting the income and resource guidelines. Eligibility criteria vary by program. Some patient assistance programs have clearly defined income limits, while others approve applications on an individual basis. All programs require annual submission of an application, income documentation and other information. Most pain medications and

narcotics are not available through these programs.

After Senior Services receives an initial information packet and determines if you may qualify for any pharmaceutical assistance programs, the program applications will be mailed to you and required prescriptions obtained from your physician. Processing time can be six to eight weeks or more after the paperwork is submitted. If approved, when medications arrive you are notified by Senior Services staff. Medications are available for pick-up at Diablo Professional Pharmacy, 2700 Grant St., Concord. Very few programs ship to the patient's home.

If you are interested in applying for medication assistance and have a prescribing physician within John Muir Health, request an initial information packet by sending an e-mail to linda.slotnick@johnmuirhealth.com or call Linda at (925) 947-3300.

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

RETURN SERVICE REQUESTED

CHANGE IN INFORMATION?

If you have had a change in address or wish to be removed from our mailing list, please notify us by calling 947-3300.

*John Muir Senior Services:
The Resources You Need*



John Muir Senior Services offers a variety of programs focusing on older adults, their families and those caring for them.

- **Information and Referral**
Information on health and aging-related issues and community resources.
- **Geriatric Care Coordination**
Professional assistance for older adults, their families and caregivers.
- **Patient Navigator**
Individualized health resource information and assistance coordinating services.
- **Prescription Medication Assistance**
Evaluation of eligibility for prescription medication programs.
- **Support Groups**
Information on diabetes, A.L.S., stroke, grief and other support groups.
- **Educational Programs**
Monthly seminars on a variety of topics.
- **Wellness Screenings**
Blood pressure and memory screenings.

Call (925) 947-3300 for more information.
Visit our website at johnmuirhealth.com

Event Addresses

- **Alcosta Senior Center**
9300 Alcosta Blvd.
San Ramon
(925) 973-3250
- **Antioch Senior Center**
415 W. 2nd Street
(925) 778-1158
- **Brentwood Senior Center**
193 Griffith Lane
(925) 516-5444
- **Concord Senior Center**
2727 Parkside Circle
(925) 671-3320
- **Danville Community Center**
420 Front Street
(925) 314-3491
- **First Presbyterian Church**
1965 Colfax Street, Concord
(925) 676-7177
- **Jewish Community Center**
2071 Tice Valley Blvd.
Walnut Creek
(925) 938-7800
- **John Muir Outpatient Center, Tice Valley/Rossmoor**
1220 Rossmoor Parkway
Walnut Creek
(925) 939-1220
- **John Muir Outpatient Center, Brentwood**
2400 Balfour Road
(925) 308-8100
- **John Muir Medical Center - Concord Campus**
2540 East Street
(925) 682-8200
- **John Muir Medical Center - Walnut Creek Campus**
1601 Ygnacio Valley Road
(925) 939-3000
- **John Muir Physician Network**
(925) 952-2888
- **John Muir Physician Referral**
(925) 941-2244
- **John Muir Senior Services**
3480 Buskirk Ave.
Suite 100
Pleasant Hill, CA
(925) 947-3300
- **John Muir Women's Health Center**
1656 N. California Blvd.,
Suite 100
Walnut Creek
(925) 941-7900
- **Lafayette Senior Center**
500 St. Mary's Road
(925) 284-5050
- **Martinez Senior Center**
818 Green Street
(925) 370-8770
- **Pleasant Hill Senior Center**
233 Gregory Lane
(925) 798-8788
- **Pittsburg Senior Center**
300 Presidio Lane
(925) 252-4890
- **Walnut Creek Senior Center**
1375 Civic Drive
(925) 943-5851