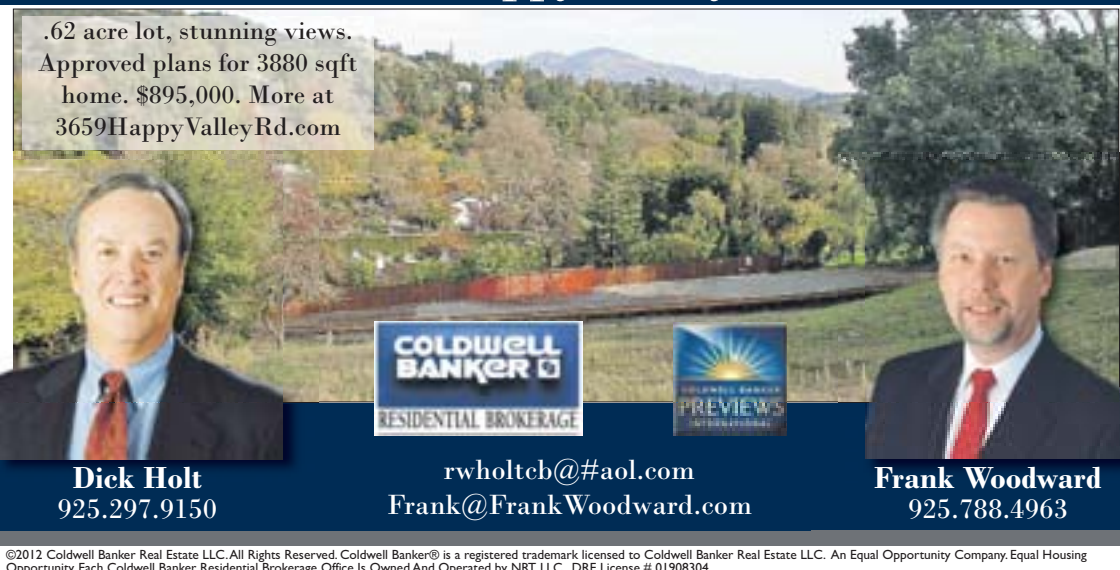


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## ELECT PAUL CAUSEY

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With over 40 years experience in Wastewater Management,  
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Richard Rainey, former County Sheriff, State Assemblyman, Senator  
Jim McGee, Pastor, St. John Vianney Church

### ASK SAM



*Samira Davi is a Nurse Liaison for ManorCare Health Services in Walnut Creek. Samira has over 10 years of experience working in health care in Contra Costa County, which has gained her a wide view of what is important to the health care consumer. She will be posting common questions and comments in each issue of the Lamorinda Weekly. You are welcome to contact Samira directly at 925.270.8766*

**"My surgeon says I'll need physical and occupational therapy. I'm retired—why do I need occupational therapy?" David, 73**

I met David during pre-surgery tours of ManorCare Walnut Creek and Tice Valley. He was finally having a knee replacement after years of discomfort and increasing pain. David's question isn't uncommon, most patients new to rehab have questions about the different therapy disciplines they'll be working with at ManorCare. Orthopedic patients like David will participate in an intensive rehab program including both physical and occupational therapy (PT and OT, respectively).

**Your PT program has four main components:** Pain management and reduction, neurological rehabilitation, range of motion, and increased strength and endurance. Your PT is trained in multiple modalities of pain management, including electrical stimulation therapy, or E-stim. E-stim is one way to enhance your recovery and decrease pain associated with injury, surgery or nerve damage. You will work on walking, transfers (getting out of bed!), stairs and exercises specific to your recovery needs.

Like the PT program, your OT sessions will be based on comprehensive evaluations of your prior level of function, current level of function, and ultimate goals for "graduating" and going home. As I explained to David and others with similar questions, the "occupational" in OT refers to the tasks required for living, not for a specific job. Your Occupational Therapist will work with you to adapt your environment should you need to (i.e. utilizing a shower chair or a reacher). You'll learn how to safely perform Activities of Daily Living (things like bathing, dressing, managing a kitchen, homemaking) both during your recovery and after you have gone home so that you can get back to your life safely and successfully.

While David doesn't need Speech Therapy, this discipline is part of some treatment programs. A Speech Language Pathologist focuses on diseases of communication and speech. Depending on your needs, a SLP will work on cognitive exercises, swallowing techniques, or determining helpful communication techniques both for you and for those communicating with you.

David's individual treatment program included both PT and OT. His PT helped him learn how to navigate stairs and long distances without injuring his new joint. His OT taught him how to safely get dressed, take a shower and live as independently as possible in his home. I called David at home to check in, and he tells me that he is strong and independent! The best thing he told me: "I couldn't have done it without Joe and Maria". Joe was his PT and Maria his OT. This is the best part of my job: hearing how great people are doing after they graduate and go back to their lives.

For more information please visit [www.manorcare.com](http://www.manorcare.com).  
For a short video visit us on YouTube: [www.youtube.com/hcrmanorcare](http://www.youtube.com/hcrmanorcare)



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[ticevalley@manorcare.com](mailto:ticevalley@manorcare.com)

## Civic News Lafayette

### New Banners Grace Mt. Diablo Boulevard

In the sky, look it's a bird, it's a plane – no – it's brand new banners gracing Mt. Diablo Boulevard. Up since September 24, "Fall into Fitness" is a colorful homage to the upcoming Reservoir Run. On November 1, look for "Ooh La Lafayette." These two, plus a new banner for March, "Art and Music," are part of the Banner Program, custom designed banners that are displayed on a roughly monthly basis throughout the year. The cost of the \$25,000 per year rotating art program is shared between the City and the Chamber of Commerce. These new banners will replace faded and torn banners that are at the end of their



useful life. Banner fans can thank the Banner Advisory Committee for volunteering their time and graphic artist Jennifer Morla who has created the silkscreen-on-canvas designs since 2002. *C. Tyson*

### Democracy in Action at Lafayette Community Center

... continued from page A2

Although in response to a question Wallace explained that she has a severely autistic son and her 2 daughters attend private school; she said "it's a personal issue." Wallace's background in coaching and teaching high school speech and debate was apparent from the start, with persuasive arguments and confident delivery.

The trio was concerned about school funding, looking for alternative resources, and the potential fallout of Proposition 30 not passing, which would trigger \$1.5 million in cuts to the Lafayette School District. Follmer mentioned her successful background in grant writing, which has resulted in a new track at Springhill Elementary and was open to "sharing best practices and cost sharing for things like school maintenance with Moraga and Orinda."

When asked about the potential influx of new students coming from proposed developments in Lafayette, Tom responded, "We have an obligation to current students." The relaxed Tom attended public schools from elementary to college, attending UC Davis and UC Hastings College of the Law. Both Follmer and Tom have been endorsed by all sitting School Board members.

After a brief intermission, the focus moved to the five City Council Candidates vying for 3 open seats. Vice Mayor Mike Anderson is the only incumbent to throw his hat in the ring. He's been on the City Council for eight "economically challenging years," and noted that both at work for the East Bay Regional Park District and with the City, the organizations have been able to keep their heads above water. He also pointed out that in both his day job and night volunteer position with the City Council, it's important to consider on-going

maintenance costs with any project. Robert Lobron has volunteered on the Parks and Recreation committee for seven years and expressed his desire to preserve the Lafayette "that we love." He is in favor of exploring opportunities to get competitive pricing for road maintenance.

Traci Reilly is a 20-year resident with 3 school-aged kids and said she "understands residents' concerns since I see them every day." In response to a question about keeping the east end of town more service-oriented, Reilly sees the area as a potential location for mixed-use development with the first floor of new buildings for commercial uses and housing on upper floors.

A friendly, relaxed Yolanda Vega introduced herself with background information; she lived all around the world before settling in Lafayette 30 years ago. Having spent time in Tokyo, Germany, Buenos Aires and London, she commented, "I received a great education – I really know what it's like to live with traffic."

There was a question about the controversial "Terraces" project across from Acalanes High School. Mark Mitchell currently serves on the Planning Commission and is barred from commenting on a pending application, but he did mention there were 17 significant and unavoidable impacts found in the Environmental Impact Report. "That's a lot of impacts," he said. Talking about the traffic issues the project may cause, Vega replied, "Pleasant Hill Road – are you kidding me? I don't like it."

All 5 were in agreement that they were not in favor of a proposed roundabout on Mt. Diablo Boulevard. Overall the event was very neighborly and civil with polite, engaged candidates and audience members.

### For more information on the City Council candidates, visit their websites (or email):

- Mark Mitchell: [mitchell4citycouncil2012.com](http://mitchell4citycouncil2012.com)
- Traci Reilly: [tracireilly.com](http://tracireilly.com)
- Yolanda Vega: [yvegamountalvo@gmail.com](mailto:yvegamountalvo@gmail.com)
- Robert Lobron: Committee to Elect Robert Lobron on Facebook
- Mike Anderson: [CourtneyandMike@comcast.net](mailto:CourtneyandMike@comcast.net)
- For School Board:
- Nancy Wallace: [www.nancywallace2012.com](http://www.nancywallace2012.com)
- Jean Follmer: [jeanfollmer.weebly.com](http://jeanfollmer.weebly.com)
- Quinlan Tom: [www.quinlantom2012.com](http://www.quinlantom2012.com)
- Don Wolff: [www.drdonwolff.com](http://www.drdonwolff.com)

### Chateau Lafayette Residents' Parking Dilemma Solved

... continued from page A3

Feeling somewhat responsible, they proposed a solution that reflects the standard in other parts of the city – one permit per household, including the multi-family Chateau project.

Council Member Brandt Anderson likened a permit to a "hunting license" – it doesn't guarantee a parking space. In the end, instead of a specific number of permits for Chateau residents, those who do not have an on-site space and do have a registered vehicle will receive 1 parking permit per household. In addition, Council Member Don Tatzin suggested to Chateau management that it might be wise to have an on-site parking policy

that recognizes the ability and disability of residents, giving priority to the most mobility impaired. "We are very pleased that the City Council members took the time to read the materials presented to them, to ask probing questions and in the end approve the 2-hour parking limit and parking permits on our block," said Treva Perkins, a resident of Chateau Lafayette. "We are also grateful to (everyone) who spoke on the Chateau's behalf at the City Council meeting on September 24th. And a special thanks to our neighbors on the 3500 block of Moraga Boulevard for their support."