

Community Service

Grant for Ballet-Inspired Senior Events

By Cathy Tyson



Back row, from left: Diablo Ballet Development Coordinator Erika Johnson, LCF President Teresa Gerring, Diablo Ballet dancer David Fonnegra, Diablo Ballet Artistic Director Lauren Jonas, LCF Assistant Treasurer & Grants Committee member Laurie Baker, and dancers Robert Dekkers and Mayo Sugano. Front row: dancers Rosselyn Ramirez, Derek Sakakura, Hiromi Yamazaki, Edward Stegge. Photo Melissa Ridenour

Grandma in a tutu? Not quite – sneakers and regular attire will be just fine for the free events coming this summer, sponsored by a grant from the Lafayette Community Foundation to the Diablo Ballet.

"Diablo Ballet is thrilled to bring the power of dance to Lafayette," said Diablo Ballet Artistic Director Lauren Jonas. "This free program will offer seated movement exercises [for seniors] lead by Diablo Ballet dancers, along with classic dance movies. We look forward to entertaining and enriching the lives of our wonderful friends in Lafayette!"

A check was recently presented to Jonas to begin the part-

nership. The Lafayette Community Foundation is all about charitable giving for the residents of Lafayette, promoting civic, cultural, educational and environmental health of the city.

The free Diablo Ballet Movie Matinee is more than just the screening of an award-winning film. Before the lights dim, "Diablo Ballet's Artistic Director will discuss fascinating facts about the making of the movie, including insight into the dance styles and dancers featured in the film. Diablo Ballet dancers will lead the seniors in a series of gentle, seated stretches and mild exercises after the film," explained Diablo Ballet Development Coordinator Erika Johnson.

SANDRA TOM'S SUCCESS STORY

Sandra Tom of Orinda tells her Living Lean story in her own words.

"After a lifetime of being naturally slim, my metabolism started to slow down with age. I could no longer stay in shape with moderate exercise alone nor could I just eat what I pleased without gaining weight.

Being lean again was my goal. I didn't realize that I could achieve that by building a lot more muscle. I didn't expect to become so much stronger.

As I told Sheena, I'm in the best shape of my life, thanks to how I've learned to eat and workout from Living Lean."

living lean.

by Sheena

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Position Available: Reporter

Lamorinda Weekly is looking for a reporter to cover the Moraga Orinda Fire District. Attend approximately two MOFD evening board meetings a month and write 1-2 articles per month. A journalism background and understanding of AP Style is helpful, but not required. Please send your resume and writing sample to wendy@lamorindaweekly.com or call 925-377-0977. \$75 per published article.

Samira Says

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

Helping you be the Caregiver

I met Jody in a doctor's office waiting area—both there for different reasons, when we began a casual conversation. I told her what I did and who I worked for. She then asked if we provided any home care services because her husband (who was next to her) was going to be having cardiac surgery and she needed some help with bathing and incision bandage changing, but that she would do the majority of the caregiving. Needless to say I was shocked! At that point I took the opportunity to educate her on what is available to her husband and how it could help her as the primary caregiver.

Caring for a post-hospital loved one can be emotionally and physically draining. Successful intervention to prevent stress often relies on the ability of the caregiver to "take a break". Those caregivers' in charge of the day in and day out needs of their loved ones may forget to care for themselves, and that could jeopardize the caregivers' health.

I told Jody about how our cardiac recovery services use an individualized approach to deliver medical and rehabilitative care to patients with cardiac diseases or after surgery. Our team works with the patient, family and their physician to develop an individualized treatment program. These programs are designed to assist patients in reaching their highest level of quality of life and helping them return back home with the knowledge and skills needed to remain independent.

There is a lot to manage for a post-surgical patient and can be a burden to the caregiver that might not have the skills, knowledge or time needed to care for their ill loved one. Most often after a surgery patients have physical restrictions, new medication and new signs and symptoms to look out for or monitor—sometimes you just have to have the skills to protect your loved one and yourself.

Our interdisciplinary team will focus on your individualized care plan along with the hand on experts like our 24 hour RN's, Physical and Occupational therapist. Our licensed nurses and therapist can do caregiver training and education before their transition back home. We do not only focus on the patients' inpatient needs but also make sure those patients and their caregivers' have the needed resources available to them after their discharge. We want everyone's discharge back into community to be safe and successful and that includes a healthy and educated caregiver.

If you or a loved one are going to have surgery or just want to be prepared for an unexpected medical event please feel free to contact me for more information. You should be aware of all the resources and option that are available to you for a successful outcome. We are here to help you get back to your life!

For more information please visit www.manorcare.com.
For a short video visit us on YouTube: www.youtube.com/hcmanorcare

ManorCare Walnut Creek
1226 Rossmoor Parkway
Walnut Creek, CA 94595, 925.975.5000
Walnutcreek@manorcare.com

ManorCare Tice Valley
1975 Tice Valley Blvd
Walnut Creek, CA 94595, 925.906.0200
ticevalley@manorcare.com

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Contact us:
Letters to the editor (max 350 words): letters@lamorindaweekly.com
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Publishers/Owners: Andy and Wendy Scheck; andy@lamorindaweekly.com wendy@lamorindaweekly.com
Editor: Lee Borrowman; lee@lamorindaweekly.com
Associate Editor: Jennifer Wake; jennifer@lamorindaweekly.com
Advertising: 925-377-0977
Wendy.Scheck@lamorindaweekly.com
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Staff Writers:
Sophie Braccini; sophie@lamorindaweekly.com
Cathy Tyson; cathy@lamorindaweekly.com
Laurie Snyder; Laurie@lamorindaweekly.com
Cathy Dausman, cathy.d@lamorindaweekly.com
Sports Editor: Caitlin Graveson sportsdesk@lamorindaweekly.com
Teen Coach: Cynthia Brian; cynthia@lamorindaweekly.com
Food: Susie Ventosch; suziventosch@gmail.com
Contributing Writers:
Andrea A. Firth, Conrad Bassett, Moya Stone, Rosylyn Aragones Stenzel, Lucy Amaral, Michael Sakoda, Symon Tryzna, Rebecca Eckland, Marissa Harnett, Lou Fancher, Barry Hunau (cartoonist)
Photos: Tod Fiermer, Doug Kohen, Ohlen Alexander, Kevin Nguyen
Layout/Graphics: Andy Scheck, Amanda Griggs. Printed in CA.
Lamorinda Weekly,
P.O. Box 6133, Moraga, CA 94570-6133
Phone: 925-377-0977; Fax: 1-800-690-8136;
email: info@lamorindaweekly.com
www.lamorindaweekly.com