

Looking Good in Lamorinda Fall Fashions, 2015

By Moya Stone



Jake Wall on Project Runway

I cannot let a fall season pass without partaking in a trend or two and there are always plenty of choices. Fall 2015 continues the '70s theme with accessories such as chain belts and dangle earrings. Statement rings are it and more is better, think Queen Elizabeth I with a ring on every finger. The menswear influence in tailored pants is back. Skirts are still favored but there's been a shift to a fuller silhouette with longer hemlines.

This season Ann Rubin from Specialtees in Lafayette is excited about fringe. "You will see fringe on all your favorite styles," says Rubin. "Bohemian or preppy. Vintage or modern. Everyone will be loving fringe."

OK, count me in on fringe and my other go-to trend is the crop pant. Sharp and distinctive, the crop pant in tweed worn with boots is a twist on the menswear look, but still comfortable and professional. Pair with a tailored jacket and you will be nothing less than elegant-chic. For something different consider going '40s with the jacket. Mixing vintage with current fashions is an easy way to create a unique look. Collector's Choice Antiques in Lafayette carries an array of quality vintage clothing.

This fall Moraga resident Chelsea Nicole is going for layering and accessorizing.

"I like wearing hats during fall and winter because they are functional for keeping warm and you can tie a whole outfit together with a long and flowing scarf," she explains. A working mom, Nicole needs quick and easy fashion options. "I work at Absolute Center in Lafayette as a Pilates instructor and I really like their boutique because they offer fun and sporty pieces that you can also wear to the grocery store or dinner and not look like you just got off the treadmill."

"When in doubt bring out the black and white as it's always right," says Eliza Jamkochian from Glamorous Boutique in Lafayette, who is big on this season's color block trend. "It is safe to say that women wearing these two colors always feel striking, chic and feminine. Depending on the style of the dress, most women love the idea of a color block piece as it tends to be more flattering."

Just in time for the fall fashion frenzy, Project Runway has returned for their 14th season on Lifetime television and fans are excited to be rooting for two local designers. Jake Wall and Candice Cuoco, both from the Bay Area, joined 14 other contestants for the popular fast-paced fashion design reality-show competition. Last month I had a chance to meet Wall at Bespoke in the Westfield Mall San Francisco Center. Wall runs his own company, Jake, which offers custom-



Going black and white at Glamorous Boutique in Lafayette. Photo Moya Stone

made suit separates and shirting for men and women.

Wall says he and his business partner were inspired to jump into the suit business after hearing that the art of tailoring is on the decline. "I think that a lot of people don't wear as many suits as they used to because the suits don't necessarily fit them that well." Wall apprenticed in Hong Kong with a tailor and set up shop four years ago offering bespoke tailored pieces. As for Project Runway, Wall says he had a great time and ultimately what he came away with was a life lesson. "To challenge myself continuously and to think unconventionally," he shares. "I want to be more unconventional with things that I have around me every single day." He may also have walked away the big winner. As of press time, Wall is still in the running. Tune in and follow along.

Among all the current fashion events around the Bay Area is the exhibit "Amy Winehouse: A Family Portrait" at the Contemporary Jewish Museum in San Francisco. Fans of the vocalist can get a peek at the young girl and her family before and after she found fame. Born in 1983 to a Jewish family in a London suburb, Winehouse grew up a regular kid in a supportive household but with success came drugs and an early death in 2011.

This charming, small exhibit celebrates Winehouse's life and includes a family tree, photos, concert mementos, clothing of her childhood, and fashions the singer favored such as a dress by Betsy Johnson, which Winehouse wore for her U.S. television debut on David Letterman. "Amy Winehouse: A Family Portrait" runs through Nov. 1.

Embrace fall fashions and go forth in style.

Moya Stone is a local fashion writer and blogger at www.over-dressedforlife.com.

Photo courtesy Lifetime

Local Physician Leads Program to Tackle Family Medicine Doctor Shortage

By Lou Fancher

The boon and blessing of President Obama's health care law has come with a cost in California. The expanding girth of the state's Covered California health exchange, record-setting Medi-Cal enrollments and young doctors with medical school debt as high as \$250,000 have combined to expose a serious, partially predictable deficit: an extreme shortage of family medicine physicians.

A new Family Medicine Residency Program based at John Muir Health's Walnut Creek Outpatient Center aims to fill and fortify the gap for future generations. Led by Moraga resident and Program Director Dr. Jeremy Fish, the program will provide hands-on-learning for eight medical students starting July 2017. A similar-size class will be added each year: by 2019, there will be 24 students working alongside John Muir teaching doctors and University of California at San Francisco physicians. Treating insured, many of them underserved, vulnerable patients in the East Bay, the residents will access and learn from a newly-formed program patients have helped to design.

"The practice is being designed by leadership and patients on the team," Fish says. "They have a vote in how it's structured. Instead of just reacting, we're insuring the doctors are trained in non-traditional skills like patient safety, quality management, leadership and high reliability leading to communications that reduce errors."

Family medicine doctors are generalists, whose broad-spectrum knowledge allows them to treat people of any age and condition before referring patients to specialists as needed. During 20 years in the field, Fish has held multiple appointments, including 10 years as the Family Medicine Residency Director for Contra Costa County Health Services. The 51-year-old physician received his medical degree from UC Irvine and completed his residency at Contra Costa Regional Medical Center. He and his wife, Susan, are the parents of a 16-year-old son, a junior at Campolindo High School.

With more people gaining access to health care, Fish says the need for general practice services has swelled. Medi-Cal alone has

grown by approximately 2.7 million patients since January 2014. The high volume of people presenting with multiple conditions are overwhelming hospitals and clinics. "They have heart disease, lung disease, diabetes and other things at the same time. That's the clearest place where family medicine can make a difference," says Fish.

A segment of the patient population also has mental and emotional health issues. Fish says family medicine physicians receive more communication skills training than specialists. "Openness to behavioral health challenges makes us great partners. Most medical research is of a single disease; it's less clear how to rap it up with complex care. Our added value is that we comfortably ride the bridges between multiple conditions."

At the same time, salaries for family medicine doctors are typically a third or less than salaries paid to specialists. Fish says a perceived lack of prestige for family physicians compounds the problem and is wide spread. He doesn't deny the stigma's power – if anything, it proves that the new residency program is critically important. The number of college graduates headed for general medicine programs in med school is down 15 percent, he says.

"It's common for people to say to those entering family medicine, 'You'll only end up wiping people's noses,' or, 'You're too smart; you should be a surgeon.' Specialists are thought to have more structured, predictable, lucrative lifestyles," says Fish.

If the new program is to attract students and retain doctors after they graduate, it will require more than the Bay Area's attractive amenities that include good schools, beautiful surroundings, active cultural offerings and the like. Robust structures, electronic records, a highly functional system and the ability to practice at the top of their capability are necessary to draw strong applicants and hold onto doctors. "Where you train predicts where you practice. You can draw a circle and if you get out to a 50-mile radius, you get about 50 percent retention," Fish says.

It might also require young



Dr. Jeremy Fish Photo provided

doctors with a passion similar to Fish's, who grew up in Berkeley and whose family for a time was on welfare. "I had personal experience with the inhumanity of social welfare. My family also came from farmers, so pragmatism and idealism were part of my experience." Combined with a medical degree, the influences resulted in a philosophy about medical care. "Family medicine allows us to mold our practices to the community instead of asking the community to fit our specialties. It has a social justice flavor. I've spent my career working primarily in underserved, underinsured communities."

With several top family medical programs established in the Bay Area (Contra Costa Regional Medical Center in Martinez, approaching 40 years in operation and training roughly 40 students every year is one example), Fish says it's still not enough. "There are over 50 family medicine programs in the state already, but they may be only half of what is needed to cover all the Californians in need." Retirements and other attrition – let alone the booming number of patients in need – aren't entirely offset by shifting to nurse practitioners, online health care, or team-style health care centers that put multiple services in one office complex. With everyone playing catch up, Fish says residency programs are a vital part of the solution.

Another Exciting Day at Moraga Royale

Submitted by Diane Wilson



From left: Polynesian dancer Nicole, Annie, on the pony, and Spunky.

Photo courtesy Lisa Haymaker

Over 300 children, parents and grandparents joined in the fun at the Grandparents Day celebration at Moraga Royale Sept. 12. This special event included Polynesian dancers,

singers, pony rides, petting zoo, a balloon magician, face painting, games, prizes and a cakewalk. The guests also enjoyed a delicious barbecue, popcorn and snow cones. Several Moraga-

Orinda Fire District firefighters arrived in a fire truck ready for the children to explore. This is an annual event open to the Lamorinda community as a courtesy of Moraga Royale.

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