**\$** 925-377-0977



# The Moraga Pear, (Art) and Wine Festival This Saturday

### So much to do, and so much is new

dation to enliven the traditional Moraga Pear and Wine Festival, scheduled from 10 a.m. to 4 p.m. hibit, which will run Sept. 28 through Sept. 26 at the Commons. "We will Oct. 2 at BDK America, 1675 School have live entertainment at the fair all Street in Moraga. The art walk will day long," says Moraga councilmember Teresa Onoda who is also on the art booths for children. In one booth, board of the Arts Council. The lineup is nothing like what Moraga has seen at the festival before: There will be performances by the Orinda Starlight Band of the Golden West, the Orinda and will raffle themed gift baskets. Community Ukulele Musicians, the belly dancers.

festival including displays from the on inflatable jumpies. S. Braccini

his year the Lamorinda Arts Saint Mary's College Museum of Art Council will partner with the and Jennifer Perlmutter Gallery in Town of Moraga and the Parks Foun- Lafayette, as well as a preview of "Painting with Threads: The Exquisite Art of Japanese Embroidery" exalso feature local artists and different children will learn how to make origami, and a second booth will be dedicated to teaching still-life painting and drawing. The Lamorinda Arts Village Players, the U.S. Air Force Council will have tables at the festival

Four local wineries will offer Orinda Ballet Academy, the Cam- samples of their wines and answer polindo Jazz band and River Roses questions, judges will pick the winner of the pear recipe contest, food will be Artists and galleries from Lamor- available at the park to purchase, and inda will create an "art walk" at the the youngest ones can enjoy playing

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# Are You Managing Several **Chronic Conditions?**

#### By Linda Fodrini-Johnson, MA, MFT, CMC

for the patient and the family. In a recent article in The Wall Street Journal, John Piette, Ph.D., who researches chronic-disease management at the University of Michigan, said: "Sometimes different doctors give patients conflicting information and advice."

problems with interactions could be a serious issue. Piette suggests that patients (or family caregivers and professional care managers) write down as much information as pos-

anaging a number of med- cially when dealing with a life that ical conditions is a challenge seems to revolve around medical appointments, treatments and medication regimes. This becomes exhausting for both the family caregiver and the patient and it starts to color life with a dark crayon. It looks like every day is focused on the health aspect of life and the other parts are out of balance -Medication management and things such as the beauty of nature, family relationships, spiritual growth, hobbies, being able to do things for others, seeing friends, and other important aspects of life.

I suggest that every day you sible at every appointment and then have a task, such as an appointment encourage the patient to get the doc- or medical procedure, you also put on that day's calendar one "joyful

tors to talk to one another.

1) Choose one health care provider in the park watching the birds, or go to be your primary doctor and be get a massage – both for the patient sure the doctor is updated on all vis- and the caregiver family member. its, medications, treatments and test You name the activity that adds to results of each condition for which the quality of your life and be sure you see other doctors.

keep it updated – it might be dates of surgeries, tests, diagnosis, medications, etc. Be sure to have a section on allergic reactions to medications, foods or environmental irritants.

3) Keep an organized list of current medications and bring it to every doctor visit. Don't depend on them to have updated your records when another specialist might have changed a dosage or a drug.

4) When given any new drug, be sure to alert the prescribing doctor to other medications. You may need to ask to have a consultation with a pharmacist who specializes in giving discussions for these types of conditions.

5) If you feel overwhelmed with all the treatments or care needed, tell your primary medical provider. He or she might help you prioritize what is most important, and can refer you to a professional care manager/aging life care expert who could help you set up systems that support your quality of life and reduce your worry and anxiety.

6) If you get conflicting advice, don't try to figure it out on your own. Make an appointment or call your primary care physician immediately.

Time management is a major challenge for those caring for someone with multiple conditions, espe-

Here are six tips to assist those activity. For instance, after the apwith multiple chronic conditions: pointment, bring a bag lunch and sit to weave it into those busy days that 2) Write up your health history and become overly focused on the health of another.

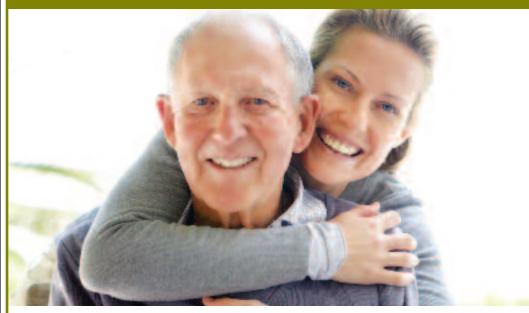
> If you are struggling with this issue or want to improve the life of someone close to you, give us a call and ask for a consultation with a professional care manager/aging life care expert or if your family member is out of the area we can find someone for you anywhere in the country.



Linda Fodrini-Johnson is the Founder of Eldercare Services, a Licensed Marriage, Family and Child Counselor, and a Certified Care Manager. She is an advisor on the new Lamorinda Village Task Force that will assist seniors to stay in their own

neighborhoods and homes. For information about Eldercare

Services, visit www.EldercareAnswers.com or call (925) 937-2018.



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