



Staying Healthy

2020 Senior Health Resources

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION DEPARTMENT

Healthy Living Programs

Senior Health Series

Join Kaiser Permanente professionals for informative, interactive workshops on senior health. Topics include arthritis, brain fitness, dementia, depression, memory loss, diabetes, staying fit, avoiding falls, eye care, hearing, heart health, and more. *Open to the community. Available in Spanish and Cantonese.*

Fee: Free to community

Dates/times: Various; drop-in

Location: 4141 Geary Blvd., 1st floor, Conference Room 1 and various San Francisco senior centers; Dates, locations, and times vary. Call 415-833-3450 for schedule.

Life Care Planning for All Adults (Advance Directive)

Life Care Planning involves two major choices: 1) Selecting someone you trust to make your health care decisions if you are incapable. 2) Giving specific instructions about your care in the event of a sudden injury or illness. These are very important decisions, so it is best to make them after carefully considering your values, beliefs and experiences. Form available online at: kp.org/lifecareplan. *Members only. Available in Spanish and Cantonese.*

Fee: No fee for members

Dates/times: One session; first Friday, 11 a.m. – 12:30 p.m. and 3rd Thursday of each month, 4 p.m. – 5:30 p.m. OR Tuesdays 9:30 a.m.-11:30am or 3 p.m.-4:30 p.m. 2 locations. For more information and to register call (415) 833-3450.

Living Heart Healthy Class

This class is designed to teach members to lower their risk for heart attack and stroke through heart-healthy lifestyle changes, including healthy eating and taking blood pressure at home. *Not recommended for patients with heart failure or patients recovering from a heart attack or stroke.*

Fee: No fee for members

Dates/times: Mondays, 9:30 a.m. – 11:30 a.m. or 3 p.m.—5 p.m.; offered four times per year

Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage [EOC] to confirm services covered under you plan, or call Kaiser Permanente Member Services for additional information.

Your Health Online

Shortcuts to better health at kp.org

kp.org/seniorhealth – look here first for care and services

kp.org/mydoctor –

- Select and communicate with your doctor.
- Click on “Seniors” under “Staying Healthy” and classes for links to Common Aging Concerns, and much more!
- Prepare for your procedure by watching an Emmi[®] program.
- kp.org/mydoctor/espanol – content in Spanish.

kp.org/watch – view health videos online:

- Advance care planning
- Fall prevention
- Healthy shopping and cooking

Stay Connected on your smart device: kp.org/sanfrancisco/cad

DOWNLOAD our KP Preventative Care App and stay on top of your health anywhere, anytime!



kp.org/sanfrancisco/healthed
SFHealthEd@kp.org

Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.

Bone Health and Falls Prevention

Now offered as part of Senior Health Series Join our physical therapist in a discussion of risk factors, nutrition, exercises to strengthen bone, self-assessment of posture and balance, and lifestyle changes that can help. This new curriculum includes Falls Prevention, and reviews the best ways to reduce the risk of injury from falls. *Open to the community.*

Fee: No fee

Dates/times: Various. Please call Health Education 415-833-3450 for upcoming dates, times, and locations.

Alzheimer's and Dementia Support:

Ongoing support group for caregivers:

Dates/times: First Monday of the month, 10 a.m. - 11:30 a.m.

For info/registration: (415) 833-5025

Dementia Educational Classes

What to Expect: The Effects of Dementia

Dates/Times: 2nd Wednesday of the month, 10:30am – 12:00pm

Understanding Dementia Behaviors and Improving Communication

Dates/Times: 3rd Wednesday of the month, 10:30am – 12:00pm

For info/registration: (415) 833-5025

Resources

Therapeutic Water Exercise for Joint Pain in San Francisco*

(Centers not affiliated with Kaiser Permanente)

Janet Pomeroy Center, Herbst Pool – (415) 665-4241
San Francisco Jewish Community Center – (415) 292-1268
YMCA Embarcadero – (415) 957-9622
YMCA Stonestown – (415) 242-7100

Some exercise classes just for you!

Feldenkrais Movement

This program is for people with chronic muscle and joint conditions who want to learn gentle movement exercises to ease and improve their daily functioning. Taught by a Certified Feldenkrais Practitioner.

Fee: \$41 for members; \$58 for non-members

Dates/times: Six sessions; Monday or Wednesday, evenings, 3 locations

T'ai Chi Chih

This course is suitable for both beginning and continuing students. This valuable practice can result in a wide range of benefits such as stress reduction, increased energy and balance, and mental clarity.

Fee: \$53 for members; \$77 for non-members

Dates/times: Seven sessions; Tuesday or Saturday, morning or evening., 2 locations

Visit the Health Education Center

2241 Geary Blvd., SF, CA 94115
Or 1600 Owens St., SF, CA 94158
Hours: Monday – Friday
9a.m. – 12:30p.m. and
1:30p.m.- 5 p.m.

We carry a variety of health information to support your health. Register for classes, purchase KP branded items, or assistance with kp.org registration.

Call 415-833-3450 to register.

A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend.