

50+ HealthConnection

Answering your questions.



At Huntington Senior Care Network (SCN), your health and wellness are our first priority. Eileen Koons, MSW, director of SCN, recently sat down with Kimberly Shriner, MD, infectious disease specialist and member of Huntington Hospital's medical staff, to get answers to frequently asked questions about how older adults can stay healthy in uncertain times.

Q. Is it a good idea to put off preventive care appointments right now?

A. No. Protecting your overall health is essential, especially now. Do not delay getting the medical care you need to stay healthy. Foregoing annual checkups and other preventive care can be a risk to your health long-term.

Preventive care keeps minor health issues from becoming major problems. Without screenings and checkups, you may not know when your arteries are becoming dangerously clogged. You may not catch a tumor before it grows or spreads. If you have questions about preventive care guidelines or recommendations, talk to your healthcare provider.

Just as important: If you think you may have a medical problem, don't wait to get care. Putting off health care may complicate your condition or make your recovery more difficult. Rest assured that Huntington Hospital and all our care partners have enhanced safety protocols with your well-being in mind.

Q. Is the COVID-19 vaccine safe?

A. Yes. The Pfizer-BioNTech, Moderna and Janssen (Johnson & Johnson) vaccines are safe and effective. The vaccines were evaluated in tens of thousands of participants in clinical

trials. None of the vaccines will make you sick with COVID-19.

I've been asked if the Pfizer-BioNTech and Moderna vaccines alter your DNA. The answer is no. Both of these vaccines are messenger RNA (mRNA) vaccines, so they teach your cells how to make a protein that triggers an immune response. The mRNA never enters the nucleus of the cell, which is where DNA is kept. This means mRNA vaccines can't affect your DNA in any way. The Janssen vaccine doesn't use mRNA. It's known as an adenovirus vector vaccine. This type of vaccine also doesn't alter your DNA.

The vaccines teach your immune system how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. This just means that your body is building protection against the virus that causes COVID-19, and is not a cause for concern. While these side effects can be unpleasant, they're typically mild and go away after a few days.

We encourage you to get vaccinated when it's your turn to do so.

Q. Do you still need to take precautions after getting the vaccine?

A. Yes. If you've already received the vaccine, it can be tempting to return to your pre-pandemic routine immediately. However, you'll still need to take certain

precautions, including:

- Wearing a mask when you're around people outside of your household.
- Practicing physical distancing.
- Washing your hands often.
- Avoiding crowded areas or indoor spaces that are poorly ventilated.

It takes two to six weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it's possible to still get COVID-19, even after vaccination.

We also don't yet know whether you can transmit the virus to others after you've been vaccinated. If you're exposed following vaccination, even if you don't become sick or have symptoms of COVID-19, you may be putting others at risk. For this reason, even after vaccination, we all need to continue to do our part to help stop the spread of the virus.

Hope is on the horizon. As more and more people get vaccinated, we will get closer and closer to beating this pandemic. Thank you for helping keep our community safe and well.

Do you have additional questions about the COVID-19 vaccine? For more information, including the latest on vaccine registration options, visit www.huntingtonhospital.org/covid19vaccine or contact your healthcare provider.

This column is for information only. Please consult your healthcare provider.

Kimberly Shriner, MD, is an infectious disease specialist and member of Huntington Hospital's medical staff.



Eileen Koons, MSW, is the director of Huntington Senior Care Network.



On Wednesday, June 16, 2021, at 12:30 p.m., Kimberly Shriner, MD, and Matt Feaster, PhD, will share an Update on COVID-19 during a Tele-Noon Hour event. See Calendar of Events for details.

We welcome your feedback.

Do you have suggestions on topics for future Tele-Noon Hour events, or have feedback on how Huntington Senior Care Network can serve you even better? If so, we want to hear from you! Please call us at (626) 397-3110 or (800) 664-4664 to offer your input. You may also send an email to jacqueline.troya@huntingtonhospital.com with your feedback.



Especially for caregivers

Caregiving during COVID-19.

Although family caregiving can be deeply rewarding, it can also present certain challenges. For many caregivers, the ongoing COVID-19 pandemic has amplified these challenges — and created new ones. Here are some tips to help you manage caring for yourself and others during this time.

Maintain healthy behaviors.

Taking care of your health is truly important — especially for caregivers. When you're healthy, you can provide better care to your loved one. Make time to exercise regularly. Get plenty of sleep. Eat healthy foods, and drink lots of water to stay hydrated. Most importantly, continue to take steps to protect yourself and your loved one(s) from COVID-19, like wearing a mask and practicing social distancing when not at home.

Manage stress.

It's equally as important to find healthy ways to cope with stress. Finding small ways to unwind, such as taking a walk or doing an activity that you enjoy, can make a big difference in managing your stress levels. Connecting with your social network can also help. Reach out to friends and family. You can use technology (Zoom or FaceTime, for example) to socialize in a safe way.

Seek out support.

Remember, you're not alone. A support group can be a safe place to connect with people in similar situations, find comfort and reduce isolation. Huntington Senior Care Network's six-week course *Taking Care of You: Powerful Tools for Caregivers* is one such resource. It offers tools that can help you increase your self-care skills and manage difficult situations. See *Calendar of Events* for more details.



Sources: AARP; CDC



Around the campus

Outstanding cardiac care.



We strive for excellence in everything we do for heart patients, and it shows. In 2021, we were again named one of America's 100 Best Hospitals for Cardiac Care and one of the 100 Best for Coronary Intervention by Healthgrades, the

leading online resource for information about physicians and hospitals.

To speed and strengthen care for heart patients still further, in 2019, we began work on creating a new heart and vascular center on our campus. We anticipate welcoming patients to the facility by summer 2021.

By locating the new center directly above our Nan and Howard Schow Emergency & Trauma Center, we'll reduce the time it takes for us to move patients during cardiac emergencies. The center's comprehensive range of cardiovascular services — all brought together under one roof — will make it easier than ever for us to heal hearts and save lives.

Within the new center will be two specialized suites equipped to provide a full range of cardiac catheterization procedures. In addition, the facility will include a hybrid suite (the first of its kind in our service region) that will offer both catheterization and surgical capabilities. We're extremely grateful to the community philanthropists who have partnered with us in creating our new heart and vascular center.

Making spirits bright.

Living through the COVID-19 pandemic has been an isolating experience for many people, especially older adults. This past holiday season, Huntington Senior Care Network (SCN) helped brighten the lives of lonely and isolated seniors in our community, at a particularly difficult time.

In partnership with Home Instead Pasadena, SCN was able to provide small, yet meaningful gifts to more than 120 seniors in need, as part of Home Instead's *Be a Santa to a Senior* program. Susan Grant and Stephaney Lloyd are just two of the seniors who were helped through the program.

"I love the Cappuccino Blast from Baskin-Robbins," says Susan, who received a gift card to the popular ice cream shop through the program. "It may sound silly, but it's my favorite treat and I look forward to having one. It was such a thoughtful gift."

Stephaney was delighted to receive a gift card to Amazon.com. "I plan to buy books or something else for myself," she says. "It was a pleasant surprise and so very generous."





FRIDAYS, JULY 9 through AUGUST 13

Taking Care of You:

Powerful Tools for Caregivers.

10 - 11:30 a.m. via online platform

This six-session online course — designed for family caregivers of adults — will provide information you can use to increase your self-care skills and help you manage difficult situations. Instructors include expert staff from Huntington Senior Care Network. Please call Kristen Tachiki, LCSW, at (626) 397-8145 to register. Class size is limited so be sure to register early. Cost: \$25 for digital copy of workbook or \$30 for hard copy of workbook (plus shipping). Scholarships are available for those unable to afford this cost.

COMING THIS FALL!

FRIDAYS, SEPTEMBER 17 through NOVEMBER 5

Alzheimer's Los Angeles Memory Club at Huntington Hospital.

10 a.m. - 12 p.m. via online platform

An eight-session program for individuals diagnosed with early-stage dementia and their care partners, Memory Club provides valuable information and resources to help cope with memory loss. Huntington Senior Care Network staff — accompanied by respected guest speakers — will lead virtual program sessions. The small group size facilitates meaningful discussion in a supportive environment. A pre-screening interview is required. Please call Kristen Tachiki, LCSW, at (626) 397-8145 to schedule. Cost: Free.

Tele-Noon Hour

Tele-Noon Hour provides information you can use to pursue good health and age well, while remaining safe at home. Call-in lectures will begin at 12:30 p.m. on the dates listed. Each will last about an hour and will include time for questions. Participation is free.

For all lectures, reservations are required at least one day in advance.

To make a reservation, please complete the registration form on our website at www.huntingtonhospital.org/telenoon or call our membership line at (626) 397-3147.

On event day, please join the call no later than 12:25 p.m.

Step 1. Call (323) 794-2410 (local) or (800) 753-0786 (toll free).

Step 2. Enter passcode 622909 when prompted.

Visit www.huntingtonhospital.org/telenoon to listen to past events.



WEDNESDAY, MAY 12

Practicing self-care during the COVID-19 pandemic.

David Washington, LCSW, will provide information about how to practice self-care during the current health crisis, including the importance of establishing a daily routine.



WEDNESDAY, MAY 19

Stroke care in 2021.

During Stroke Awareness Month, come learn from neurologist Tyler Cheung, MD, about stroke symptoms, risk factors and treatment options.

WEDNESDAY, JUNE 16

Update on COVID-19.

Infectious disease specialist Kimberly Shriner, MD, and Pasadena Public Health epidemiologist Matt Feaster, PhD, will provide an update on the coronavirus pandemic.



WEDNESDAY, JULY 7

Lotions, creams and care of the skin.

Dermatologist Janice DaVolio, MD, will talk about the importance of caring for your skin as you age, and let you know about the latest in skin cancer detection and treatment.

WEDNESDAY, AUGUST 18

An update on eye health.

Ophthalmologists Alice Song, MD, and Julia Song, MD, will discuss macular degeneration, glaucoma, thyroid eye disease, dry eyes, and drooping lids, and provide information about the latest treatment options for these eye conditions.





Huntington Collection

Look for great buys at the hospital's resale shop, located at 766 S. Fair Oaks Avenue in Pasadena. Donations are welcome (and tax deductible). Purchases help fund Huntington Senior Care Network's important work. Huntington Collection is currently open Monday through Thursday from 10 a.m. to 3 p.m. Physical distancing and face covering protocols are in place to keep customers safe. Call (626) 535-2468 or visit www.huntingtoncollection.org to learn more.

Huntington Senior Care Network Resource Center

If you're caring for an older adult or an adult with a disability, need information on community resources for seniors, or have questions about aging, the professionals in our Resource Center can help. Call (626) 397-3110 or (800) 664-4664 (option 1) to learn more.

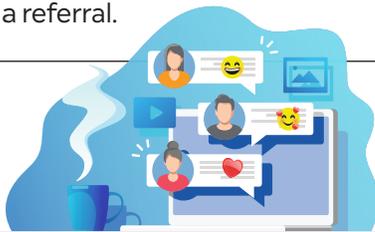


Senior CareLine

Are you looking to connect and laugh with someone new? Senior CareLine is a free service that will match you with a friendly volunteer to chat with by phone from time to time. To get connected to this service, call the membership line at (626) 397-3147 or (800) 664-4664.

Support groups for caregivers.

When caring for an aging relative or close friend, participating in a support group can make a difference. Online support groups are available, offering opportunities to share feelings and exchange information and ideas, while you remain safe in your home. Call the Resource Center at (626) 397-3110 (option 1), for a referral.



Mental Health Month

Throughout Mental Health Month in May, Huntington Hospital's Della Martin Center (DMC) will present informative online lectures and discussions on various mental health topics. Visit www.huntingtonhospital.org/mentalhealthevents for information on schedule and presenters and to make a reservation. You may also call DMC's access unit at (626) 397-2323 for further information.



Medicare 101 Informational Meetings

Did you know Medicare eligibility begins at age 65? Huntington Health Physicians — one of our Huntington partners — has some important information for new Medicare beneficiaries. We invite you to attend a free webinar to learn about your Medicare coverage options. These one-hour sessions, hosted by Huntington Health Physicians and licensed independent insurance agents, will provide a basic overview of Medicare and a review of health plan details, as well as time for questions.

- Monday, April 26** 1:30 – 2:30 p.m.
- Thursday, May 6** 10 – 11 a.m.
- Tuesday, May 11** 10 – 11 a.m.
- Monday, May 31** 1:30 – 2:30 p.m.
- Thursday, June 3** 10 – 11 a.m.
- Saturday, June 12** 10 – 11 a.m.
- Saturday, June 19** 10:30 – 11:30 a.m.
- Wednesday, July 7** 10 – 11 a.m.
- Tuesday, July 13** 10 – 11 a.m.
- Saturday, July 17** 1:30 – 2:30 p.m.
- Thursday, August 12** 10 – 11 a.m.
- Saturday, August 14** 10:30 – 11:30 a.m.
- Tuesday, August 24** 10 – 11 a.m.

Call (626) 397-8353 or visit www.huntingtonhospital.org/hhpevents to reserve your spot. Once registered, you will receive a link by email to join the webinar you chose.

For other inquiries, or if you prefer to schedule a private session with one of their trusted agents, call (626) 397-8331.

We speak your language. We are committed to providing you with compassionate care regardless of the language you speak. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (626) 397-5211. 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (626) 397-5211。

50+ members receive informative publications, including event calendars, from Huntington Senior Care Network throughout the year. If you received this newsletter and are not yet a 50+ member, you can sign up by visiting www.huntingtonhospital.org/newsletters. Simply enter your information and check the 50+ HealthConnection box. If you prefer, you can leave a message on our membership line at (626) 397-3147 or (800) 664-4664 and a member of our staff will be in touch to sign you up by phone. In addition to sending our future publications, we'll also provide you with a membership card so you can begin enjoying all the benefits of our 50+ program.

Eileen Koons, MSW
Director

Patty Watson-Swan, RN
Supervisor of
Community Nursing

Since 1984, Huntington Senior Care Network has worked to positively impact the health and well-being of older adults, adults with disabilities and their families in our community. Reaching thousands of individuals each year, we educate on aging; link to in-home and community services; and increase the skills of caregivers, service providers and others. Our models of eldercare have earned us a national reputation for excellence and innovation.

(626) 397-3110 or (800) 664-4664 | Fax (626) 397-2982 | www.huntingtonhospital.org/SCN

