

# 50+ HealthConnection

News from Senior Care Network | November 2022

## Dear friend:

Caring for others is one of the hallmarks of this time of year. But prioritizing self-care during the holiday season is just as important. As you reflect on 2022 and prepare for a healthy new year, please make sure to check preventive care off your to-do list. Schedule your annual check-up and be sure you do all you can to stay safe and well, including getting a flu shot.

This time of year also reminds me of the importance of being cozy and connected. I'm inspired by the Danish and Norwegian concept of *hygge* (pronounced *hyoo-guh*), which encompasses the ideas of coziness and everyday togetherness. It's especially meaningful to me now, after spending so much time apart from friends and family during the height of the pandemic.

The holidays are the perfect time to practice *hygge*. Consider calling a loved one to catch up or sharing a cup of

coffee with a friend around a warm fireplace. Whatever form it takes, I encourage you to lean into this concept, and care for yourself by staying connected.

As you navigate your journey of self-care this holiday season, Senior Care Network (SCN) is here to support you. I'm grateful that, every day, I get to work with a dedicated team that understands the importance of connection and care. We are committed to helping you stay healthy and well, and look forward to serving you in 2023 and beyond.

From all of us at SCN, we send our warmest wishes to you and your loved ones for a cozy holiday season, and a bright new year!

Warmest regards,



*Eileen M. Koons*

Eileen Koons, MSW  
Director of Senior Care Network

## TAKING CARE

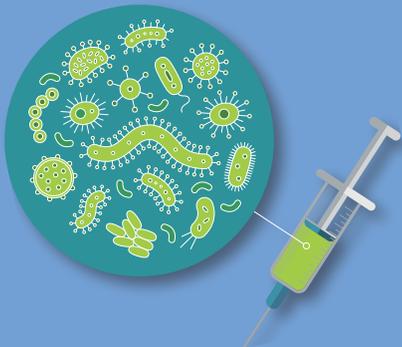
### Navigate Medicare enrollment.

Did you know that the Annual Enrollment Period (AEP) for Medicare ends December 7? If you haven't already done so, we encourage you to review your health care benefits this fall and learn more about Medicare coverage options during the AEP. There may be new plans for 2023 that better meet your needs and fit your budget and lifestyle.

To help you navigate your choices, we partner with licensed independent insurance agents to offer support and guidance at no cost to you. These agents can also help ensure your coverage includes access to the high-quality, patient-centered care that Huntington is known for.

Visit our website for more information on what Medicare plans we accept and how to get help navigating your Medicare coverage options.

► Learn more: [huntingtonhealth.org/MA](https://huntingtonhealth.org/MA)



## TAKING CARE

### Get vaccinated.

Caring for your health — and that of our entire community — means staying up to date with all recommended immunizations. This includes:

**COVID-19.** COVID-19 vaccines are both effective and safe — and represent an easy way to take care of yourself and others this holiday season. To be considered up to date with your COVID-19 vaccines, you should have both completed the primary vaccine series and have received the most recent booster dose recommended by the Center for Disease Control and Prevention (CDC).

The most updated boosters are called bivalent boosters. These boosters target the more contagious and resistant Omicron subvariants, BA.4 and BA.5. Visit our website to learn more about the COVID-19 vaccine, including current booster information.

► Learn more: [huntingtonhealth.org/COVID-19](https://huntingtonhealth.org/COVID-19)

**Flu.** It's not too late to protect yourself against the flu this fall and winter, especially since this year's strain is proving to be more contagious than prior years. The CDC has issued new guidance for those 65 and older that recommends the use of a high dose or adjuvanted flu vaccine. These shots provide greater protection for older adults so be sure to talk to your doctor about the flu vaccine that's right for you. If you still need to get a flu shot, don't wait.

► Learn more: [huntingtonhealth.org/flu](https://huntingtonhealth.org/flu)



## Here for you, now and always.

At Senior Care Network (SCN), we want you stay healthy and independent. We encourage you to give us a call to see how we can help you do just that.

In 2022, we were excited to add new team members to the SCN family — allowing us to serve even more members of our community, better than ever before. We now have 33 compassionate experts on staff, ready to help.

### Please join us in welcoming the newest members of SCN's team:

Nita Collins, MS  
Clinical Social Worker  
Lisa Crave, MSW  
Clinical Social Worker  
Mayzee Foronda, RN  
Nurse Care Manager Per Diem  
Tawny Liem  
Accountant  
Nancy Lopez, MSW  
Clinical Social Worker  
Leigh Anne Milhorn, RN, MSN  
Supervisor of  
Community Nursing

SCN team members believe strongly in what they do, and many have been helping our community for a long time. In 2022, six of our staff were recognized for their many years of dedicated service to SCN, Huntington and all who turn to us for support.

### Please join us in congratulating the following members of our team on their milestone anniversaries:

#### 10 years

Gina Bardo, RN  
Assisted Living Waiver  
Nurse Care Manager

Lisa McWaters  
SCN Program  
Operations Supervisor

#### 15 years

Hanan Salim  
Program Support Assistant

#### 20 years

Teresa Hernandez, MSW, MSG  
Clinical Supervisor

#### 25 years

Martha Celis, BSW  
Assisted Living Waiver  
Social Worker

#### 45 years

Patty Watson-Swan, RN, BSN  
Nurse Care Manager Per Diem  
and former Supervisor of  
Community Nursing

### We recently asked our staff about what inspires them to serve you. Here's what just a few of them had to say.

"I work with a phenomenal team that is compassionate, professional and motivated. We are privileged to be able to help members of our community during what is often a difficult time in their lives. I love being able to offer comfort and solutions to our clients."

*Gina Bardo, RN*

"I'm motivated by the opportunity to help older adults in our community achieve better health."

*Nancy Lopez, MSW*

"Everyone has a story to share — and older people, with their rich life experiences, have many more stories. The joy in my work comes from listening to these stories, and working with our team to link the person to needed services when they mention a problem they're having. It's a great feeling to be a problem solver."

*Patty Watson-Swan, RN, BSN*

**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 Senior Care Network throughout the year. If you received this newsletter and are not yet a 50+ member, you can sign up for free by visiting [huntingtonhealth.org/50+](http://huntingtonhealth.org/50+). 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. Alternatively, you may email us at [50+membership@huntingtonhospital.com](mailto:50+membership@huntingtonhospital.com). In addition to sending our future publications, we'll also provide you with a membership card so you can take advantage of membership benefits, including a discount at Huntington Hospital's cafeteria and at the hospital's S. Robert and Denise Zeilstra Gift Shop.

Eileen Koons, MSW  
Director

Kristen Tachiki, LCSW  
50+ HealthConnection  
Program Coordinator

Since 1984, Senior Care Network has worked to positively impact the health and well-being of older adults, adults with disabilities and their families throughout 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 | [huntingtonhealth.org/SCN](http://huntingtonhealth.org/SCN)

**FRIDAYS,  
JANUARY 13 THROUGH FEBRUARY 17**  
**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 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 the cost.

**FRIDAYS,  
MARCH 3 THROUGH APRIL 28**  
**Alzheimer’s Los Angeles Memory Club  
offered by Senior Care Network**  
**10 a.m. - 12 p.m.**

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. Senior Care Network staff — accompanied by respected guest speakers — will lead in-person program sessions. The small group size facilitates meaningful discussion in a supportive environment. A pre-screening interview is required. Sessions will be held at a location to be determined in Pasadena. Please call Kristen Tachiki, LCSW, at (626) 397-8145 for more information or to schedule. Cost: Free.



**Noon Hour**

**S**enior Care Network’s Noon Hour lecture series provides information you can use to pursue good health and age well, while remaining safe at home. These educational lectures are held via Zoom, and a call-in option is also available. All Noon Hour events begin at 12:30 p.m. on the dates listed. Each last about an hour and include time for questions. Participation is free.

**For all lectures, you must register in advance. There are two ways to register:**

1. Complete the registration form online by visiting <https://qrco.de/bdAJec> or scanning the QR code with your smartphone.



2. Call our membership line at (626) 397-3147 and a staff member will assist you with registration.

*Not technologically savvy? If you need help using Zoom or would like to join a Noon Hour event by phone only, please call Senior Care Network’s membership line at (626) 397-3147. We’re happy to help!*



**WEDNESDAY, JANUARY 11**  
**Navigating Medicare benefits and costs.**

**Stephanie Fajuri, Esq.**, Health Insurance Counseling and Advocacy Program (HICAP) manager and staff attorney at the Center for Health Care Rights, will provide information about Medicare, including benefits and costs for 2023.



**WEDNESDAY, JANUARY 25**  
**All about thyroid eye disease.**

Ophthalmologist **Julia Song, MD**, will talk about thyroid eye disease, including the latest developments in immunotherapy treatment.



**WEDNESDAY, FEBRUARY 8**  
**Celebrating heart health.**

During American Heart Month, come hear from cardiologist **Azhil “Alex” Durairaj, MD**, medical director of cardiology, about prevention and treatment of heart disease.

**WEDNESDAY, FEBRUARY 22**  
**The importance of self-check.**

February is National Self-Check Month, an opportunity for you to become more proactive about your health — and increase your odds of avoiding chronic disease. During this special event, **Derek Cheung, MD**, will provide information about early disease detection techniques.



**WEDNESDAY, MARCH 8**  
**Colorectal cancer screening and treatment.**

In honor of Colorectal Cancer Awareness Month, colorectal surgeon **Juliane Golan, MD**, will discuss the importance of regular screenings, and share information about available treatments.

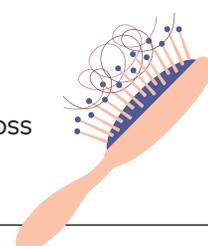


**WEDNESDAY, MARCH 22**  
**Sleep disorders and you.**

**Vickie Greenberg, DDS**, from Greenberg Orthodontics & TMJ, will discuss treatment for sleep apnea and airway constriction, as well as how TMJ is related to sleep disorders.

**WEDNESDAY, APRIL 12**  
**Hair today, gone tomorrow.**

Back once more by popular demand! This event, led by internist **Cindy Carson, MD**, will explore the causes of hair loss in older adults and potential treatment options.



**WEDNESDAY, APRIL 26**  
**The benefits of permaculture.**

In honor of Stress Awareness Month, **Gina Bardo, RN**, will discuss how you can learn from permaculture practices and the laws of nature to reduce stress and improve your mental health.



## A new home for Huntington Collection.

### Did you hear the exciting news around town?

Huntington Collection has moved to a new location at 2670 East Colorado Boulevard in Pasadena! In its new home, the Collection continues to offer high-quality resale goods at attractive prices — making it a great place to find the perfect holiday gift.

All proceeds from sales at the Collection benefit Senior Care Network, helping us continue to positively impact the health and well-being of older adults and adults with disabilities in our community. Since 1984, the Collection has raised more than \$10 million towards our specialized work.

Visit Huntington Collection today! The store is now open Monday through Friday from 10 a.m. to 3 p.m. Please note the entrance to the store is located off San Gabriel Boulevard. Call (626) 535-2468 or visit our website to learn more.

► Learn more: [huntingtoncollection.org](http://huntingtoncollection.org)

## Helpful resources.

### Huntington Health's Calendar of Events

Visit our website to view classes and events offered by Huntington Health, including virtual support groups and informative webinars about Medicare coverage options. You may also call Senior Care Network's membership line at (626) 397-3147 or (800) 664-4664 or email us at [50+membership@huntingtonhospital.com](mailto:50+membership@huntingtonhospital.com) for assistance.

► Learn more: [huntingtonhealth.org/events](http://huntingtonhealth.org/events)



### 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. You may also email us at [50+membership@huntingtonhospital.com](mailto:50+membership@huntingtonhospital.com).

### Support groups for caregivers

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

