

50+ HealthConnection

News from Senior Care Network | November 2023

Dear friend:

Like many of you, during the holiday season, I often find myself reflecting on what made the past year special. For me, it comes back to one thing: *generosity*. This year, I've seen firsthand the kindness and compassion of Senior Care Network (SCN)'s team of dedicated social workers, nurses, support staff and volunteers (pictured below). Their training and education allow us to address the unique and complex needs of older adults in our community through specialized programs and services. I'm also grateful to the many generous partners, including other care providers and local companies, who work with us to make an even greater difference for those we serve.

Generosity also plays a major part in allowing us to offer programs like our Senior Caring Fund, which helps members of our community access critical health resources (more information about this program is on the back of this page). I'm incredibly grateful to the donors who help us continue

to provide low-income older adults with the resources they need to age well and live independently.

As we prepare to commemorate SCN's 40th anniversary in 2024, we invite you to join us in reflecting on the joys of this year and years past — and in celebrating years to come. We look forward to helping you stay healthy and independent through the individualized care and specialized support that defines our legacy.

From all of us at SCN, thank you for allowing us to be part of your life and support you on your unique journey. Together, let's carry the joy and generosity of this holiday season into the new year.

Warmest regards,



Eileen Koons, MSW
Director of Senior Care Network



MEDICARE

It's open enrollment time.

Have you reviewed your Medicare benefits for next year?

If not, we encourage you to take a moment to review your options for Medicare Advantage coverage, and soon: December 7 is the last day of the open enrollment period for Medicare.

Understanding your options is vital, as there may be new plans that better align with your unique needs and lifestyle, all while staying within your budget.

- We invite you to call Senior Care Network's Resource Center at (626) 397-3110 for support. You may also visit huntingtonhealth.org/MA to learn more.

SENIOR CARING FUND.

Keeping seniors healthy and independent.

Since 2018, Senior Care Network (SCN) has operated the Senior Caring Fund (SCF), which helps older adults in our community secure the resources they need to age well and live independently. SCF pays for one-time or short-term expenses to help address seniors' needs. The fund covers essential items such as eyeglasses, hearing aids, blood pressure monitors, mobility equipment, food, household items, technology and more. To further eliminate barriers in accessing these resources, the SCN team arranges for delivery or makes warm handoffs.



Here's what just a few of the older adults who have recently benefited from the program have to say:

“The service helped me, and I would not have known what to do without the support that was given.”

“The mattress is helping me a lot with my back and my feet, and the pain I was feeling.”

“My mom and I are very grateful. We were not able to afford dentures all on our own. The support helped us greatly.”

“It helped me so much. I use the wheelchair ramp I received every day. I really appreciate the support.”

We're deeply grateful for the support of the Pasadena Community Foundation, the Perucca Family Foundation, the Sainer Family Endowment for Senior Care and other individual donors, who help make the fund possible.

- ▶ If you or someone you love is in need of help with an expense that isn't covered by insurance or other sources, please call (626) 397-3110 or email seniorcaringfund@huntingtonhealth.org for more information.

Staying healthy this holiday season.

A message from Kimberly Shriner, MD, medical director of infection prevention and control.



As temperatures chill and the holiday season fast approaches, please know that it isn't too late to get vaccinated against the flu and COVID-19. Both viruses pose a threat to your health and can cause serious complications and hospitalizations.

While most of the U.S. population built some immunity against COVID-19 in the past few years, new variants have emerged. Thankfully, updated vaccines are now available that can help protect against new strains of the virus. The Centers for Disease Control and Prevention (CDC) recommends that everyone aged five years and older should get one dose of the updated COVID-19 vaccine.

The CDC also recommends that you get an annual influenza vaccination. Vaccination is especially important for people 65 years and older because they are at high risk of developing serious complications from the flu.

As more people in our community are vaccinated against the flu and COVID-19, the less transmission we're likely to have and the more protection we can build together. Taking measures to stay safe helps ensure a healthy, happy holiday season for you and your loved ones.

- ▶ Visit huntingtonhealth.org/IP to learn more about how to stay healthy, including information on where to get vaccinated.

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+. 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@huntingtonhealth.org. 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 Bistro Café and at the hospital's S. Robert and Denise Zeilstra Gift Shop.

Eileen Koons, MSW
Director

Claudia Chavez, MSW
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

FRIDAYS, JANUARY 19 THROUGH FEBRUARY 23, 2024

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 Karla Palma, MSW, at (626) 397-8135 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.



Noon Hour

Senior 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 lasts about an hour and includes time for your 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 17

Menopause symptoms and relief.

Come hear from Fair Oaks Women's Health OB-GYN **Bryan Jick, MD**, about how you can relieve menopause symptoms and improve your quality of life.



WEDNESDAY, JANUARY 31

All about cervical cancer.

During Cervical Cancer Awareness Month, Huntington Cancer Center gynecologic oncology specialist **Paul Lin, MD**, will discuss the latest in prevention and treatment of cervical cancer.

WEDNESDAY, FEBRUARY 14

Senior driving rules.

Tressa Thompson, senior ombudsman with the California Department of Motor Vehicles, will talk about rules for older drivers in California, including license renewal rules and testing options.



WEDNESDAY, FEBRUARY 21

Advanced heart failure.

In honor of American Heart Month, come hear from cardiologist **Tisangi Kumar Agrawal, MD**, about care and treatment options for advanced heart failure.



WEDNESDAY, MARCH 13

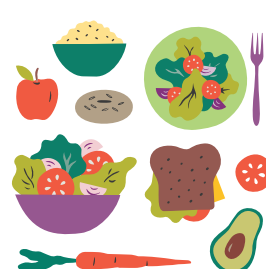
Alzheimer's and dementia research.

Join us as **Linda Loera**, program and education manager with the Alzheimer's Association California Southland Chapter, shares current research on Alzheimer's disease and dementia, as well as the latest advances in treatment.

WEDNESDAY, MARCH 27

Reducing your risk of colorectal cancer.

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



WEDNESDAY, APRIL 17

Nutrition for older adults.

Huntington Health registered dietitian **Crystal Kwan** and chef **Ben Herrera** will explore tasty and creative ways to nourish your mind, body and spirit. This special lecture will include food demonstrations that showcase delicious recipes you can make at home.

WEDNESDAY, APRIL 24

Avoiding injury as you age.

Courtney Wimer, a licensed clinical social worker at Huntington Hospital Trauma Center, will discuss how to reduce your risk of injuries as you age, including fall prevention tips.



AROUND THE CAMPUS.

Celebrating our affiliation with Cedars-Sinai Cancer.

Huntington Cancer Center recently celebrated the one-year anniversary of our affiliation with Cedars-Sinai Cancer. In that time, our cancer team has provided expert, lifesaving care, including more than 5,000 patient visits, nearly 700 cancer surgeries and more than 1,000 infusion therapy treatments.

We are proud to connect our cancer patients to leading clinical trials, cutting-edge research, advanced reconstructive surgeries and compassionate palliative care.

Our patients inspire innovation, and together, we are building hope for a healthier tomorrow.



- Visit huntingtonhealth.org/cancer for more information about Huntington Cancer Center and to learn more about our team of expert physicians.

Helpful resources.

Huntington Health's Calendar of Events

Visit huntingtonhealth.org/events to view classes and events offered by Huntington Health, including virtual support groups. You may also call Senior Care Network's membership line at (626) 397-3147 or (800) 664-4664 or email us at 50+membership@huntingtonhealth.org for assistance.



Shop Huntington Collection for the holidays

Get started on your holiday shopping by visiting Huntington Collection's new location at 2670 East Colorado Boulevard in Pasadena. Purchases made at this unique resale shop help fund Senior Care Network's important work supporting seniors and other vulnerable adults. Donations are welcome and tax deductible. The Collection is open Monday through Friday from 10 a.m. to 3 p.m. Please note the entrance to the store is located off of San Gabriel Boulevard.

- Call (626) 535-2468 or visit huntingtoncollection.org to learn more.



Transportation resources from Senior Care Network

When you can no longer drive or don't feel like braving the traffic, you have several options for transportation so you can continue to get around town. The professionals in Senior Care Network's Resource Center are available to talk to you and can provide resources and referrals to keep you engaged in the community.

- Call (626) 397-3110 or (800) 664-4664 (option 1) to learn more.

