

50+ HealthConnection

Senior Care Network Calendar of Events. January – April 2025

FRIDAYS, JANUARY 17 THROUGH FEBRUARY 21, 2025

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 contact Karla Palma, MSW, at (626) 397-8135 or karla.palma@huntingtonhealth.org 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. 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.

In-Person Events

Preregistration is required for our in-person-only Noon Hour events. Visit <https://forms.office.com/r/TFvzs7s24d> or scan the QR code to register. Events take place in Huntington Hospital's North Dining Room. Valet parking is offered at no cost and self-parking in the North Parking Structure is available for \$1.50 for every 15 minutes (\$12 daily maximum). Boxed lunch is offered for purchase and reservations are encouraged at the time of registration.



Please note we have a visitation check in-system to enter the hospital's campus. Enter through the main entrance and bring your driver's license or identification card. Your photo will be taken, and a badge will be printed for you.

If you have a cough, cold or any symptoms of flu, COVID-19 or any other infectious disease, please don't attend.

Virtual Events

There are two ways to join virtual Noon Hour events:

1. By computer, smartphone or tablet.

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



2. By phone. At the time of the event, call (564) 217-2000, then enter the following when prompted:

Meeting ID: 862 5512 7925#

Participant ID: press #

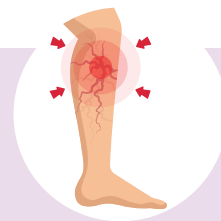
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If you need help using Zoom, please call Senior Care Network's membership line at (626) 397-3147. We're happy to help!

IN-PERSON

Wednesday, January 8 | Painful legs.

Huntington Health vascular surgeon **Theodore Teruya, MD, FACS, DFSVS**, will discuss the causes of pain in your legs, including venous disease and peripheral arterial disease.



VIRTUAL

**Wednesday, January 22 | All about lymphedema.**

Join us as certified lymphedema therapist **Lyle Hanf, PT, DPT**, talks about some of the causes of lymphedema, what you can do to reduce your risk and how to manage symptoms.

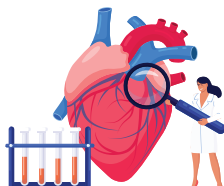
IN-PERSON

Wednesday, February 12 | What's a geriatrician?

Huntington Health-affiliated geriatrician **Arbis Rojas, MD**, will explain what geriatricians do and how they improve care for older adults.



VIRTUAL

**Wednesday, February 26 | Biomarkers for cardiac health.**

During American Heart Month, come hear from Huntington Health-affiliated cardiologist **Kristal Young, MD**, about three new cardiac biomarkers that can be used to diagnose heart disease.

Wednesday, March 5 | Harnessing the healing power of nature.

David Washington, LCSW, will share about the relationship between people and plants, and how they can help you heal and grow.

**Wednesday, March 12 | The aging colon: down but not out.**

Come hear from Huntington Health colorectal surgeon **Adam Truong, MD, MS**, about the effects of aging on the colon and current treatment options.

IN-PERSON

Wednesday, April 9 | Aging and pelvic health.

Physical therapist **Julie Vinh, DPT**, will speak about conditions related to the pelvic floor, including how physical therapy can help you improve your pelvic health.

**Wednesday, April 23 | Nutrition and healthy aging.**

Crystal Kwan, registered dietitian at Huntington Health, and Executive Chef **Stephen Farris** will explore ways you can nourish your mind, body and spirit as you age, including how healthy food choices can help you thrive. The presentation will also include an engaging food demonstration to inspire you to recreate tasty recipes at home.