

Noon Hour

SCN'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.

Virtual Events

There are two ways to join virtual Noon Hour events:

1. By computer, smartphone or tablet.

Complete the registration form online 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 #

Meeting Password: 599251#

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

In-Person Events

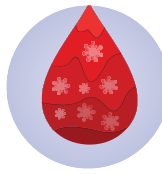
Pre-registration is required for in-person-only Noon Hour events. Visit <https://forms.office.com/r/6mNDa6fJhY> or scan the QR code to register. Events will take place in Huntington Hospital's North Dining Room. Valet parking is offered at no cost to attendees. Self-parking in the North Parking Structure is also available at a cost of \$1.50 for every 15 minutes (\$12 daily maximum). Boxed lunches will be offered for purchase, and lunch reservations are highly encouraged at the time of registration.



We have a visitation check-in system to enter the hospital's campus and invite you to enter through the main entrance. To help ensure a smooth and quick process, please 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 visit.

VIRTUAL



Wed., September 10 | All about sepsis.

During Sepsis Awareness Month, come learn lifesaving information about sepsis, including signs and symptoms, from **Kimberly Shriner, MD**, medical director of infection, prevention and control at Huntington Health.



Wed., September 17 | Fall prevention and recovery.

Join us for an informative session with physical therapist **Julia Masulis, PT, DPT, NCS**, as she discusses strategies to help prevent falls. You'll also learn how to assess your personal risk of falling and receive expert guidance on how to reduce fall hazards in your home.



Wed., October 15 | Breast cancer awareness.

In honor of Breast Cancer Awareness Month, Huntington Cancer Center, an affiliate of Cedars-Sinai Cancer, oncologist **Niki Tank, MD**, will share vital information on breast cancer. Come learn about the importance of regular screening and what the latest guidelines mean for you. Attendees will also learn how to perform a breast self-examination – an important tool for early detection.

Wed., October 22 | Navigating Medicare's open enrollment period.

Medicare's annual open enrollment period is from October 15 through December 7. In this session, **Stephanie Fajuri, Esq.**, program director at the Center for Health Care Rights, will provide information about open enrollment, including what to consider when selecting a plan and how to compare your coverage options.



Wed., November 19 | Aging beyond stereotypes.

Jennifer Jorge, LCSW, director of community social services at the Motion Picture & Television Fund, will explore ageism in today's society – and how we can combat it.



Wed., December 10 | The heart of the matter: cholesterol and you.

Curious about cholesterol and what it means for your health? Join us for an engaging session with pharmacist **Michelle Rose, Pharm.D., CACP, APh**, as she shares practical tips on healthy eating, staying active and managing cholesterol levels. Learn how to take charge of your heart health and keep it strong for years to come.



VIRTUAL

COMING THIS WINTER

Taking Care of You: Powerful Tools for Caregivers.

Fridays, February 27 – April 3, 2026 | 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 (SCN). To register, please contact Karla Palma, MSW, at (626) 397-8135 or karla.palma@huntingtonhealth.org. 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.

Around the campus

Celebrating 40 years of service.



On May 14, 2025, Senior Care Network (SCN) proudly commemorated four decades of compassionate service to the San Gabriel Valley community. The milestone event brought together community partners, dedicated staff and loyal volunteers to celebrate our mission and impact.

The celebration featured a special slideshow presentation that chronicled SCN's milestones and achievements over the past 40 years. A short video presentation about our comprehensive services for older adults and individuals with disabilities was also shared, highlighting our commitment to helping clients age well and live safely at home.

SCN Director Eileen Koons, MSW, ACSW, delivered heartfelt remarks, reflecting on our evolution and the deep-rooted values that continue to guide our work. Jane Haderlein, senior vice president of philanthropy and public relations at Huntington Hospital, also spoke, emphasizing the vital role of community support and collaboration in sustaining SCN's mission.

The event was not only a tribute to the past but also a hopeful look toward the future, reaffirming our steadfast dedication to serving the community for many more years to come.

Helpful resources.



Huntington Collection

Visit Huntington Collection at 2670 East Colorado Boulevard in Pasadena. Purchases made at this unique resale shop help fund SCN'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.

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 SCN's membership line at (626) 397-3147 or (800) 664-4664 or email us at 50+membership@huntingtonhealth.org for assistance.



Resources from Senior Care Network

Do you or a loved one need assistance living more safely at home? The professionals in SCN's Resource Center are available to talk to you and can provide referrals to home care agencies. They can also help you make a list of questions to ask when interviewing potential caregivers.

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

Support Huntington Hospital.

Looking to honor Senior Care Network's 40th anniversary? More donors are discovering the advantages of giving directly to Huntington Hospital from their IRAs.

- Visit huntingtonhospital.planmylegacy.org or contact the office of philanthropy at (626) 397-3241 to learn more.



huntingtonhealth.org/SCN