

50+HealthConnection

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Get ahead of sepsis.

Sepsis is the body's extreme response to an infection. On Wednesday, September 10, 2025, at 12:30 p.m., Kimberly Shriner, MD, medical director of infection, prevention and control at Huntington Health, will share lifesaving information about the signs and symptoms of sepsis via Zoom in **All About Sepsis**. See **Calendar of Events** for details.



Preventing falls.

One in four Americans age 65 and older experiences a fall each year. Falls can lead to serious injuries – but, fortunately, they're preventable. We invite you to join us at 12:30 p.m. on Wednesday, September 17, 2025, for a special in-person Noon Hour event titled **Fall Prevention and Recovery**. There, physical therapist Julia Masulis, PT, DPT, NCS, will share fall prevention strategies. See **Calendar of Events** for details.



Breast Cancer Awareness Month.



Every October, we celebrate Breast Cancer Awareness Month by educating the public and sharing information that can save lives. On Wednesday, October 15, 2025, at 12:30 p.m., join us in person as Huntington Cancer Center, an affiliate of Cedars-Sinai Cancer, oncologist Niki Tank, MD, shares information about **Breast Cancer Awareness**. See **Calendar of Events** for details.

TAKING CHARGE

Walking towards a healthier life.



Walking is one of the simplest and most effective ways to stay healthy — and it's something almost anyone can do. This low-impact exercise is more than just a way to stay active; it's a powerful tool for preventing disease, boosting mood and promoting overall well-being. In fact, as the most common form of physical activity, walking can play a key role in healthy aging. It helps reduce the risk of numerous conditions, including heart disease, high blood pressure, type 2 diabetes and osteoporosis.

Walking isn't just good for your body; it's great for your brain, too. It helps reduce stress, improve mood, sharpen mental clarity and lower your risk of cognitive decline. Research shows that walking also increases creative thinking. Whether you're trying to solve a problem or simply need to clear your mind, a walk might be exactly what your brain needs.

To gain the full health benefits of walking, consistency and intensity matter. Here's how to walk with purpose:

Take a 30-minute walk.

Current health guidelines recommend at least 150 minutes of moderate-intensity exercise (such as brisk walking) per week. That may sound like a lot, but you don't have to do it all at once. Walking just 30 minutes for five days per week can lead to many physical and mental health benefits, including improved heart health, decreased risk of chronic diseases and better mood.

Stick to a routine.

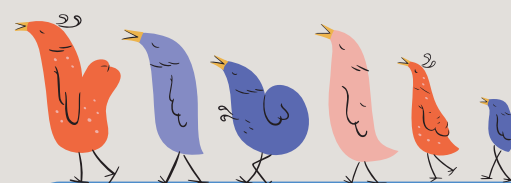
Try to make walking part of your daily routine. For example, try to walk at the same time each day. You may find that asking a friend or neighbor to walk with you will help make it a regular activity. Some people find that keeping an activity diary or log helps make it easier to stick to a routine.

Aim for 8,000 to 10,000 steps a day.

Whether you're walking intentionally or just staying active throughout your day, it all adds up. Even moderate step counts have measurable benefits: As few as 3,800 steps per day can reduce your risk of developing dementia by 25%.

Walking requires minimal equipment and can be done at any time of day. So, lace up your shoes, step outside and take that first step toward a healthier you. It just might change your life.

Sources: Cleveland Clinic, CDC and Better Health Channel.



**Are you looking to meet
new people and connect
with other older adults
who like to walk?**

Contact Senior Care Network's
Resource Center by calling
(800) 664-4664 or (626) 397-3110
for a referral to a local walking
club or other activity.

Especially for caregivers

Resources to help those who help others.

Being a caregiver is a profound act of love, but it can also be physically, emotionally and mentally demanding. Fortunately, you don't have to navigate the journey alone. Whether you're seeking practical advice, emotional support or simply reassurance that others understand what you're going through, the following list of curated resources are available to help.

Websites and online support.

Family Caregiver Alliance

This comprehensive site offers quick tips, in-depth articles and helpful videos for caregivers of adults with physical or cognitive impairments, including Parkinson's disease and Alzheimer's.

caregiver.org

National Institute on Aging (NIA)

NIA offers an expertly curated toolkit that brings together the latest research and evidence-based information to support caregivers. It includes articles, videos, publications and infographics that address both the challenges of and solutions in caregiving.

nia.nih.gov

Books for caregivers.

The 36-Hour Day

By Nancy L. Mace, MA, and Peter V. Rabins, MD, MPH

A classic guide for families caring for someone with Alzheimer's or other dementias. This book breaks down the stages of the disease and provides practical strategies for coping, caregiving and self-care.

Helping Yourself Help Others

By Rosalynn Carter with Susan K. Golant

Written by the former First Lady and longtime caregiver advocate, this empathetic book offers thoughtful advice for managing the emotional challenges of caregiving, from burnout to isolation.

Travelers to Unimaginable Lands

By Dasha Kiper

Through moving stories and psychological insights, this book explores how dementia reshapes the lives of both patients and caregivers. Kiper challenges the myth of the "perfect caregiver" and encourages compassion — for others and for oneself.

The AARP Caregiver Answer Book

AARP, 2025 Edition

A practical, easy-to-navigate Q&A guide covering everyday caregiving concerns — like resolving family conflicts, hiring help, managing expenses and navigating end-of-life decisions.

Partner organizations.

Alzheimer's Los Angeles

A local organization dedicated to providing high-quality support for caregivers of individuals with Alzheimer's and other dementias. Services include a helpline staffed by care specialists, free classes and workshops, support groups and one-on-one counseling.

alzheimersla.org



Leeza's Care Connection

This nonprofit creates uplifting, judgment-free spaces — both virtual and in-person — for caregivers to connect. They offer tailored support groups for a wide range of caregiver identities, including adult children, spouses, Black female caregivers and those supporting individuals with Parkinson's or deep brain stimulation (DBS).

leezascareconnection.org

Senior Care Network (SCN) also offers free telephonic helpline services to community members and their families. Our dedicated resource specialists are available to assess your needs and provide referrals to support and educational groups, including SCN's Powerful Tools for Caregivers class. For more information, call SCN at (626) 397-3110 or (800) 664-4664 or email us at 50+membership@huntingtonhealth.org. Be sure to also see *Calendar of Events* for information about Powerful Tools for Caregivers.

No matter where you are on your caregiving journey, remember this: There are resources to help, and your well-being matters. You're not alone.



ASK THE DOCTOR

Q&A with Norman Chien, MD

Norman Chien, MD, is a Huntington Health-affiliated geriatrician.

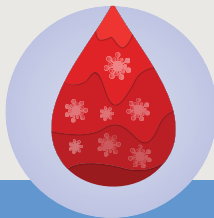
Q. I recently got a bug bite that became infected. How do I know if I'm at risk of developing sepsis?

A. Sepsis occurs when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin or gastrointestinal tract. People with more vulnerable immune systems, including adults over 65, are at higher risk of getting sepsis.

When sepsis is not recognized and treated early, it can lead to organ dysfunction or failure, septic shock and even death. A patient with sepsis might have one or more of the following signs or symptoms:

- High heart rate or low blood pressure.
- Confusion or disorientation.
- Extreme pain or discomfort.
- Fever, shivering or feeling very cold.
- Shortness of breath.
- Clammy or sweaty skin.

Sepsis is a medical emergency. Fast treatment can increase your chances of survival. Be sure to get medical care immediately if you suspect sepsis, or if you have an infection that is not getting better.



To learn more about sepsis, we invite you to attend Senior Care Network's Noon Hour lecture **All About Sepsis** on Wednesday, September 10, 2025.

See **Calendar of Events** for details.

Q. I fell and thought I was fine, but now I'm walking differently. Should I get it checked out?

A. Falls are the most common cause of injury for adults aged 65 and older. It's always important to tell your doctor if you fall, or if you are afraid you may fall. Even if you feel fine after a fall or don't feel pain, alerting your doctor can help you figure out why you fell and help you identify potential risk factors for future falls.

As we age, the risk of falling — and experiencing serious complications from falls — increases. Fortunately, there are ways to lower your risk. Staying physically active, managing medications, getting regular vision checkups and improving home safety can significantly reduce your risk.

If you do fall, stay calm, take your time standing up and hold onto something to stabilize you. If you're injured or unable to get up by yourself, call someone to help you or activate a personal alarm, if available. Take note of how you felt, where you were and what you were doing when you fell. This will help your doctor identify ways to prevent future falls. This may include physical therapy to improve your strength, reflex, balance and stability, a walking aid or other steps may be necessary.

Sources: CDC and National Institute on Aging.



Mark your calendar for Wednesday, September 17, 2025, and join us for an informative Noon Hour lecture on **Fall Prevention and Recovery**. Learn about common fall risks, practical prevention strategies and how to recover safely after a fall. See **Calendar of Events** for details.

On the younger side

Mastering your morning: how to start the day right.

Mornings can be hard. From shaking off grogginess to making sure you have everything you need before heading out the door, it's no surprise that many people find the first hour or two of their day to be overwhelming. There are, however, habits you can implement to minimize morning stress. The following are science-backed tips to start your day strong.

Stick to a schedule.

One of the best things you can do for your body is wake up at the same time every morning (even on weekends!). Maintaining a consistent sleep-wake cycle not only makes it easier to get out of bed, but regulates your metabolism, hormones, mood and cognitive function — which can help you feel happier and healthier throughout the day.

Resist the urge to snooze.

While hitting that “snooze” button and getting a few extra minutes of shuteye might seem tempting, it's likely doing more harm than good. The sleep you squeeze in between alarms is often fragmented, low-quality rest — which ultimately causes you to be even more groggy. Instead, experts recommend setting your alarm for a realistic time, getting out of bed when it goes off and engaging in activities that wake your body up, like stretching or making a cup of coffee.

Soak up some sunshine.

The best way to wake your body up is with natural light. The sunshine signals to your brain that it's time to start the day, suppressing melatonin and releasing cortisol to make you feel more alert. As soon as you wake up, try opening the blinds or stepping outside for a quick walk.

Fuel your body.

Eating breakfast within a couple hours of waking up boosts your energy and curbs cravings throughout the day. Your breakfast doesn't have to be big to be beneficial: As long as it's balanced and nutritious, it will get your day started right. Oatmeal, avocado toast, Greek yogurt topped with berries or a veggie omelet are all good options.

Prep in advance.

Things don't always go as planned. Maybe it took you an extra 10 minutes to pick out an outfit, or you

opened the fridge to find out you ran out of eggs. Mornings are stressful enough without the extra variables, so make them go a little smoother by planning ahead. Try laying out your outfit the night before or prepping your breakfast ingredients for the week on Sunday. Always keep your keys, wallet and bag in the same place by the door, so you remember them on your way out. That way, you can spend your morning feeling more centered and less scrambled.

Mornings do not have to be hectic. Try starting small and building healthier habits over time. With a consistent routine, early exposure to sunlight, a wholesome breakfast and mindful preparation, you can start your day feeling ready and raring to go.

Sources: New York Times, Cedars-Sinai, AARP, Stanford University and UC Berkeley.



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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。



Medicare open enrollment.

Did you know that the annual open enrollment period for Medicare is October 15 to December 7? We encourage you to review your health care benefits this fall and learn more about plan options during the open enrollment period. There may be new plans for 2026 that better meet your needs and fit your budget and lifestyle. To learn more, we invite you to attend Senior Care Network's Noon Hour lecture *Navigating Medicare's Open Enrollment Period* on Wednesday, October 22, 2025. See *Calendar of Events* for details.

- ▶ You may also visit huntingtonhealth.org/MA for more information on what Medicare plans are accepted by Huntington Hospital and how to enroll.

50+ HealthConnection members receive informative publications, including event calendars, from SCN 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 you 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 S. Robert and Denise Zeilstra Gift Shop.

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

Eileen Koons, MSW
Director

Claudia Chavez, MSW
50+ HealthConnection
Program Coordinator

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

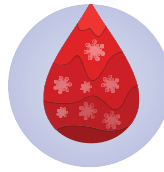
Pre-registration is required for in-person-only Noon Hour events. Visit <https://forms.office.com/r/6mNDa6fJhY> or scan the QR code to register. Events will take place in Huntington Hospital's North Dining Room. Valet parking is offered at no cost to attendees. Self-parking in the North Parking Structure 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.



In 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.



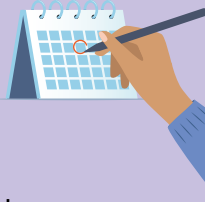
Huntington Collection

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