

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 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 #
Meeting Password: 599251#

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 Events

Preregistration is required for our in-person-only Noon Hour events. Visit <https://forms.office.com/r/KkEyDqjvKP> 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 visit.

IN-PERSON

Wed., Sept. 18 | Raise your stroke IQ.

Huntington Health-affiliated neurologist **Adena Shahinian, DO**, shares important information to help you increase your stroke knowledge and awareness. Topics will include the different types of strokes, advances in stroke treatment and more.



Wed., Sept. 25 | Managing low back pain.

During Pain Awareness Month, hear from Huntington Health-affiliated pain management specialist **Taher Saifullah, MD**, about the diagnosis and treatment of chronic low back pain.

IN-PERSON

Wed., Oct. 2 | Thriving after breast cancer.

In honor of Breast Cancer Awareness Month, Huntington Health oncologist **Niki H. Tank, MD**, will talk about how to not only survive but thrive after a breast cancer diagnosis, during a special in-person event.



Wed., Oct. 16

Foot and ankle surgeries and dysfunction.

During Bone and Joint Health Awareness Month, join us to hear from Huntington Health orthopedic surgeon **Braden Criswell, MD**, about common foot and ankle problems and how to treat them.

Wed., Nov. 6 | Understanding Medicare Advantage options.

An expert from the Center for Health Care Rights will cover everything you need to know about joining a Medicare Advantage plan, as well as what to consider when choosing coverage.



Wed., Dec. 4 | What's an otolaryngologist?

Huntington Health otolaryngologist **K. Linnea Peterson, MD**, will explain what otolaryngologists (commonly known as ear, nose and throat specialists) do and what role they play in health care.

Wed., Dec. 11 | All about SSDI and SSI.

A speaker from Disability Rights California will share basic information about two disability programs — Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) — and how to apply.



COMING THIS WINTER

FRIDAYS, JAN. 17 — FEB. 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 (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

Lifesaving cardiac care, close to home.

An estimated six million Americans are affected by atrial fibrillation (AFib), an irregular heartbeat that can cause a blood clot to form in the heart — and lead to a stroke. Some patients take blood thinners (also called anticoagulants) to lower this risk. However, this treatment is not sustainable or safe for patients who have a risk of bleeding or are prone to falls. For those patients, the WATCHMAN™ Left Atrial Appendage Closure (LAAC) device is an alternative to blood thinners that stops stroke-causing blood clots from forming in the heart.



Alex Durairaj, MD, medical director of cardiovascular services, and Mayer Rashtian, MD, cardiologist.

In 2018, a patient with AFib received the first WATCHMAN implant in the San Gabriel Valley at Huntington Hospital. Since then, Huntington's cardiovascular services team has performed 500 WATCHMAN procedures!

"Only 10 years ago, we had to rely solely on powerful blood thinners to reduce the risk of stroke with atrial fibrillation," says Azhil (Alex) Durairaj, MD, Huntington Health's medical director of cardiovascular services. "Now, thanks to the hard work and dedication of our caregivers and staff at the Helen and Will Webster Heart & Vascular Center, we are able to provide another option for lifesaving care to help lower the risk of stroke."

Talk to your cardiologist if you would like to learn more about this procedure. You may also visit [huntingtonhealth.org/news](https://www.huntingtonhealth.org/news) for additional information.



Helpful resources.

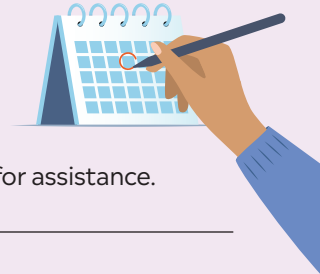


Huntington Collection

Visit Huntington Collection's new location 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](https://www.huntingtoncollection.org) to learn more.

Huntington Health's Calendar of Events

Visit [huntingtonhealth.org/events](https://www.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

Did you know SCN offers assistance for family caregivers, including those who live with, nearby or far away from their loved ones? The professionals in SCN's Resource Center are available to talk to you and can provide referrals to important resources, including support and educational groups. Call (626) 397-3110 or (800) 664-4664 (option 1) to learn more.



[huntingtonhealth.org/SCN](https://www.huntingtonhealth.org/SCN)