

# 50+ HealthConnection

News from Senior Care Network | November 2024

## Dear friend:

**A**s we stand at the threshold of a new year, all of us at Senior Care Network (SCN) invite you to join us in taking a moment to celebrate what we've accomplished together this year — and over the past four decades. I'm certain that SCN as we know it today exceeds the wildest dreams of my predecessors — thanks in large part to the team we've built. Since 1984, our dedicated social workers, nurses, support staff and volunteers have come together to impact the lives of hundreds of thousands of older adults and their loved ones by providing the resources needed to age well and live independently.

As we mark our 40th anniversary this year, we're taking the opportunity to reflect on years past, celebrate milestones and look towards the future. We're especially proud to leave a lasting impact on the lives of those we serve, as demonstrated through the story about SCN client Manling Wu (see back page). We look forward to continuing to help you and your loved ones stay healthy and independent through the individualized and specialized care that defines our legacy.

Thank you for allowing us to be part of your life as we support you on your health and wellness journey. Together, let's carry the joy of this holiday season into the new year — and the decades to come.

Warmest regards,



Eileen Koons, MSW  
Director of Senior Care Network



## By the numbers

40 years of Senior Care Network (SCN).



**15,000**

Seniors and adults with disabilities who received care coordination services from SCN, supporting health and independence.



**200,000**

Telephone inquiries handled by professionals in SCN's Resource Center.



**55,000**

Attendees at educational programs, including Noon Hour lectures featuring physicians, staff and community experts.



**\$11 million**

Total amount contributed to SCN from purchases made at Huntington Collection.



## Combating ageism.

Did you know that October 9 was Ageism Awareness Day? In honor of this special day, Senior Care Network (SCN) is proud to confront one of the world's most widespread and socially accepted forms of prejudice: ageism. We also recognize and celebrate the wisdom, experience and value that older adults bring to our community. All of SCN's services are designed to address the needs of older adults and their families, so everyone can thrive. Please join us in discouraging ageist stereotypes in our society.



Left: Senior Care Network, led by director Eileen Koons (right), has empowered Emily Lin to confidently and safely care for her mother at home. Above: Thanks to Senior Care Network, Emily Lin (right) now has the education and support she needs to be an effective caregiver for her mother, Manling Wu.

## Helping older adults age well at home.

In 2022, Manling Wu was struggling. At the time, she was 84, coping with Parkinson’s disease and living in Monterey Park with her daughter, Emily Lin, and son-in-law, Wai Li. As Manling’s symptoms continued to worsen, she began to experience life-threatening complications, including trouble swallowing. Eventually, Manling was admitted to the hospital. She underwent a tracheostomy to help her breathe and had a gastrostomy tube inserted to deliver nutrition directly to her stomach. When she was ready to be released, Manling was transferred to a nursing home to receive extra care.

In the months that followed, Manling’s health continued to deteriorate. Soon, she was unable to walk or talk. At the same time, her family was not able to visit due to COVID-19 restrictions — and

they were becoming increasingly anxious, wondering how they would care for Manling when she returned home. “I desperately wanted my mom to be surrounded by family,” says Emily, “so I started looking for services to support me in caring for her at home. That’s when I found Huntington Health’s Senior Care Network.”

Through Senior Care Network (SCN), Emily was able to get her mother enrolled in the Multipurpose Senior Services Program (MSSP). MSSP provides care coordination services to seniors on Medi-Cal whose physical or cognitive impairments put them at risk of nursing home placement. “MSSP can be a lifeline for older adults and their caregivers,” says Eileen Koons, director of SCN. “Services include education and support for family members, help navigating

health care plan benefits, referrals to community resources and more.”

For more than two years now, Manling has been receiving support services through MSSP. “My mom’s social worker calls at least once a month and visits us at home every three months,” says Emily. “She connects us to helpful resources and gives me a sense of comfort and care. Each time she’s here, she helps me problem solve and addresses my concerns.”

Today, Manling continues to live safely at home while getting the care she needs. Emily shares how SCN and MSSP have impacted her life: “Before I was connected to SCN, I felt overwhelmed in the face of my mom’s health needs. Now, I feel confident in providing care for my mother because we have support. I don’t know what I would do without SCN and I’m so grateful!”



## Support Huntington Hospital this holiday season.

As a nonprofit institution, Huntington Hospital relies on charitable giving to remain a leader in providing trusted medical care in the Pasadena area. Support from generous community members helps us safeguard vital services and keep our hospital strong.

During this season of giving, we encourage you to make a difference in the lives of local patients by making a gift to the hospital.

- ▶ Visit <https://giving.huntingtonhospital.com/donate> or contact the office of philanthropy at (626) 397-3241 to learn more.

**50+ HealthConnection members** receive informative publications, including event calendars, from Senior Care Network (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+](http://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](mailto: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.

Eileen Koons, MSW  
Director

Claudia Chavez, MSW  
50+ HealthConnection  
Program Coordinator

Since 1984, SCN 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](http://huntingtonhealth.org/SCN)

## 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](mailto: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.



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.



## 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.

## 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!*

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

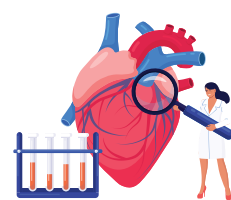
### Wednesday, February 12

#### 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.

IN-PERSON

### 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 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.

### 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.



## Holiday shopping that gives back.

Look for great buys this holiday season by visiting Huntington Collection, the hospital's resale shop located at 2670 East Colorado Boulevard in Pasadena. Proceeds from every purchase help fund Senior Care Network's important work supporting seniors and other vulnerable adults.

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](http://huntingtoncollection.org) to learn more.



## Helpful resources.

### Huntington Health's Calendar of Events

Visit [huntingtonhealth.org/events](http://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](mailto:50+membership@huntingtonhealth.org) for assistance.



### Resources from Senior Care Network

Did you know that Senior Care Network offers assistance to help you stay socially connected? The professionals in our 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.



Visit us at [huntingtonhealth.org/SCN](http://huntingtonhealth.org/SCN) to learn more about Senior Care Network.

**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。