

50+ HealthConnection

News from Senior Care Network | December 2025

Dear friend,

As we look back on the past year – a year shaped by change, strengthened by resilience and brightened by renewed hope – the Senior Care Network (SCN) team invites you to pause with us. Together, let’s acknowledge the trials we have overcome and reflect on the legacy we continue to build: a stronger, more connected community.

Now more than ever, we’re reminded of the power of *place* – not just physical spaces, but the shared environments bringing people together. These “third spaces” – beyond home and work – are vital to creating belonging, combating isolation and offering the universal comfort of being seen, heard and valued. From Noon Hour events to referrals for local clubs and activities through SCN’s Resource Center, to the reassurance of a friendly voice on the Senior CareLine, SCN is here to help you stay engaged and reminds you that community is always within reach.

SCN builds meaningful connections that help you stay healthy, independent and fully supported through personalized, specialized care – continuing a commitment that began in 1984. With each connection, we see firsthand the ways community, even in its smallest moments, can transform lives. As always, we are honored to be here for you as your partner and champion.

Thank you for being part of this special community. In difficult times, it’s our connections that carry us forward. Let’s keep creating spaces where everyone belongs.

Warmly,



Eileen Koons, MSW
Director of Senior Care Network



STAY STEADY

Essential tips for fall prevention and recovery.

Falls are a leading cause of injury, especially among older adults. But falling isn’t an inevitable part of aging! Although the risk of falling rises with age, aging itself is not the direct cause. Falls result from a mix of biological, behavioral and environmental factors. Since these risk factors often intersect, addressing all three is essential for staying safe.

Biological risks include physical and medical conditions that affect balance, strength and overall mobility. These may include muscle weakness, balance problems, side effects from medications, chronic conditions such as arthritis or diabetes, vision changes and sudden drops in blood pressure when standing (orthostatic hypotension).

Behavioral risks are related to personal choices and habits that can increase the likelihood of falling, such as alcohol use, risky actions like standing on chairs, impulsivity, multitasking and inactivity.

Environmental risks involve hazards in the home or outdoors that can create unsafe conditions, even for the most able of adults. Common hazards include throw rugs, clutter, poor lighting, unstable furniture, pets, cracked sidewalks and a lack of or poorly secured grab bars.

Focusing on just one area may not be enough, since these factors often influence each other. For example, muscle weakness paired with poor lighting can significantly raise your risk of a fall. The good news is that addressing these risks doesn’t have to be overwhelming.

“When we talk about fall prevention, it’s really about empowering people to stay active, safe and independent,” says Julia Masulis, PT, DPT, NCS. “Small, practical changes can make a big difference — whether it’s improving balance through exercise or making your home environment safer.”



YOU CAN REDUCE YOUR RISK OF FALLING BY:

1. Staying physically active through regular exercise.
2. Managing medical conditions, such as having your eyes checked regularly.
3. Making your home safer.
4. Communicating openly with your health care provider.

These steps will not only help you prevent injuries but also support your ability to live independently and confidently every day.

► This topic was shared at a recent Noon Hour event. Join us again in fall 2026 for another session on fall prevention, featuring Julia Masulis, PT, DPT, NCS, as the speaker. Details coming in an upcoming newsletter.



Left: Joanna Bailey with the gift card she received to replace clothing, shoes and other essentials lost in the Eaton fire. Below: Joanna and her daughter, Sandra, were left with nothing after the fire.



Small gift, big impact. Rebuilding after the fire.

When the Eaton fire swept through foothill neighborhoods earlier this year, it left behind not only devastation but also remarkable stories of resilience. One such story is that of 91-year-old Joanna Bailey and her daughter, Sandra, who lost everything in the blaze – including the home Joanna and her late husband had purchased together in 1969.

“We left the house in our pajamas and house slippers,” Sandra recalls. “By the time we got the evacuation alert, the fire was half a mile away. We had no time to think. We just ran.”

In the days that followed, the Baileys leaned on the kindness of friends and strangers. They stayed with a friend for a few nights before moving into an Airbnb that could accommodate Joanna’s mobility needs.

But shelter alone wasn’t enough. Having fled with only the clothes on their backs, Joanna and Sandra needed the simple, everyday items that could bring comfort and dignity back into their lives. That’s when Senior Care Network’s Senior Caring Fund stepped in, providing a gift card that allowed them to select exactly what they needed and wanted – giving them not just material support, but a measure of control, dignity and hope during a difficult time.

Sandra recalls the day they received the gift card through the program. “We had been going to giveaways and received some nice used items, which we were so grateful for,” she explains. “But to get a gift card to buy new things – things my mom wanted – was a different kind of joy.”

Joanna’s face lit up when Sandra handed her the card. “Her face was like a Christmas tree,” Sandra says. “She got to pick out the nightgowns she used to wear before the fire. It helped her feel like herself again.”

With the gift card, Sandra purchased new clothes, shoes, hygiene items and other essentials. These may seem ordinary to many, but for Joanna and Sandra, they were priceless symbols of comfort and choice – small steps toward reclaiming a sense of normalcy after such a devastating loss.

The Baileys are deeply grateful to everyone who made this act of kindness possible. “We just want to say thank you from the bottom of our hearts,” Sandra says. “It’s organizations like Senior Care Network that make the road ahead feel a little easier to navigate – and remind us we’re not alone.”



About Senior Caring Fund

Senior Care Network (SCN) supports the health and well-being of seniors, as well as those with disabilities and their families.

SCN links clients to important in-home and community-based services, coordinates needed care, provides education on aging and more.

Since 2018, SCN has operated the Senior Caring Fund (SCF) to help older adults access critical resources, especially during times of crisis. Made possible through the generosity of individual donors, as well as recent contributions from the Pasadena Community Foundation and other funders, SCF provides immediate support to restore dignity, comfort and stability by covering one-time or short-term expenses such as eyeglasses, hearing aids, mobility aids, blood pressure monitors, technology, food and other essentials. This ensures that no senior in our community is left behind. For more information about SCF, please email seniorcaringfund@huntingtonhealth.org.

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

Taking Care of You: Powerful Tools for Caregivers.

Fridays, February 27 – April 3, 2026 | 10-11:30 a.m. via online platform

Powerful Tools is a six-week online course designed to support family caregivers. Led by experienced instructors from Senior Care Network (SCN), our evidence-based course provides information on increasing self-care skills and managing difficult situations. 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.



IN-PERSON



Wednesday, January 21 | Painful legs.

Got leg pain that won't quit? It might be more than just tired muscles. Join Huntington Health vascular surgeon **Theodore Teruya, MD, FACS, DFSVS**, for an insightful discussion on the hidden causes of leg pain – from varicose veins to peripheral arterial disease – and learn how to spot the signs before they become serious.

Noon Hour

New Time

All events now begin at 12 p.m. on the dates listed.

SCN's Noon Hour lecture series provides information you can use to pursue good health and age well. 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:

- By computer, smartphone or tablet.** Complete the registration form online by visiting <https://qrco.de/bdAJec> or scanning the QR code with your smartphone.
- 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#

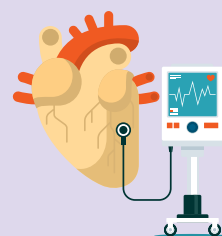


If you need help using Zoom, please call SCN's membership line at (626) 397-3147. We're happy to help!

VIRTUAL

Wed., February 4 | Advancements in atrial fibrillation treatment.

Atrial fibrillation is the most common type of irregular heartbeat, affecting millions of Americans. Thanks to recent advances in medical technology, restoring a normal heart rhythm is now safer, more effective and can significantly reduce the risk of stroke. Join Huntington Health cardiothoracic surgeon **Armin Kiankhooy, MD**, for an informative talk on the latest treatment options.



Wednesday, February 11 | Love connections.



Whether it's family, friends, or romance, love is a vital part of well-being. Psychotherapist **Katrin Koutassevitch, LCSW**, will share simple ways to build and maintain healthy relationships with the people in your life – and embrace new opportunities for love and belonging.

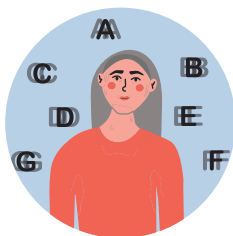
IN-PERSON

Wednesday, February 25 | Cut to the chase: modern colon polyp and cancer management.

We are in a golden era of surgical innovation and technology, particularly for colorectal surgery. In this talk, Huntington Health colorectal surgeon **Adam Truong MD, MS**, will review all things colon, rectal and anal cancer, informing you about risk factors and screening for colon cancer, endoscopic surgery, robotic surgery and novel non-surgical approaches for colon and rectal cancer.



Wednesday, March 18 | Eye health essentials.



Blurry vision and uncomfortable eyes aren't just a part of aging. They are treatable! Join us for an informative session with **Christopher Long, MD**, of the Pasadena Eye Medical Group, where he will discuss the latest advances in cataract surgery and treatments for dry eye. Discover how you can see more clearly and feel more comfortable every day.

In-Person Events

Pre-registration is required for in-person-only Noon Hour events. Visit <https://forms.office.com/r/GGRNgMJXw> or scan the QR code to register. Events will take place in Huntington Hospital's North Dining Room. Valet and self-parking are available at no cost to attendees. Self-parking is in the North Parking Structure. Boxed lunches will be offered for purchase, and lunch reservations are highly encouraged at the time of registration.



Please note 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

Wednesday, March 25 | Eat well, live well.

March is National Nutrition Month – and we're hungry to celebrate with you! Join us for a fun, informative event where you'll learn how to plan and prepare healthy meals for every stage of life. Get expert, budget-friendly nutrition tips from Registered Dietitian **Crystal Ha**, and sharpen your culinary skills during a live cooking demonstration with Executive Chef **Stephen Farris**.



Wednesday, April 29 | Disaster and evacuation planning.



Join EMS Division Battalion Chief **Theodor Ecklund** of the Pasadena Fire Department for an essential session on disaster preparedness and evacuation planning. Learn practical tips and best practices to help you and your household stay safe and ready in any emergency.



Holiday shopping with a purpose.

Whether you're shopping for holiday gifts or getting ready to host friends and loved ones, Huntington Collection has a curated selection of homewares, clothing, art and much more. Plus, proceeds from every purchase help fund Senior Care Network's important work supporting seniors and other vulnerable adults.

The Collection, located at 2670 East Colorado Boulevard in Pasadena, 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.

Helpful resources.

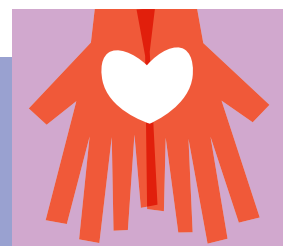
Huntington Health's Calendar of Events

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 speak with you and can provide referrals to home care agencies, home modification services and emergency response systems. 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.

End 2025 on a high note! Finish the year out strong with a gift to Huntington Hospital. Giving is easy and ensures programs like Senior Care Network continue to thrive. Make a gift online today at **giving.huntingtonhospital.com/donate** or contact the office of philanthropy at (626) 397-3241.



Visit us at 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。