

50+ HealthConnection

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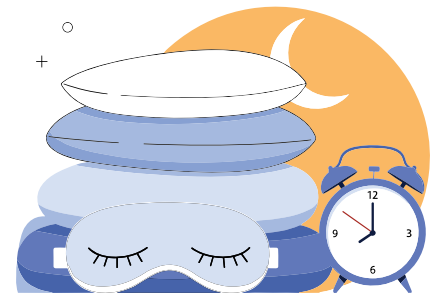
Supporting seniors.



Her health. Thriving after 50.

Midlife is a powerful opportunity to take charge of your health and shape the years ahead. Join us in person at 12 p.m. on May 6, 2026, for an informative and empowering conversation with Bryan Jick, a Huntington Health-affiliated OB-GYN. During *Thriving After Midlife and Beyond*, Dr. Jick will share practical, prevention-focused strategies to help you protect what matters most — your brain, heart, bones, hormones and sexual health after 50. See the *Calendar of Events* for details.

Rest for resilience.



Quality sleep is essential to healthy aging and overall well-being. Join us on Zoom on May 20, 2026, for an informative session featuring Mental Health Promoters from the Los Angeles County Department of Mental Health, who will speak about how to **Sleep Well, Feel Well**. They will share practical strategies to improve sleep, strengthen resilience and support your emotional and mental health. See **Calendar of Events** for details.

SPECIAL EVENT

The power of a healthy mind.

Protecting your brain is one of the most important investments you can make at any age. Join us for a special in-person event featuring leading experts from Cedars-Sinai and Huntington Health, who will share the latest science on memory, cognitive resilience and lifelong brain wellness. This engaging and

informative program, titled **The Longevity Mindset**, will take place on July 8, 2026, from 3 to 5 p.m. in the Braun Auditorium. See **Calendar of Events** for additional details.



INSERT

Calendar of events
May – August

Around the campus

Helpful resources

TAKING CHARGE

The connection between sleep, mood and mental health.

What older adults need to know.

Getting a good night's sleep becomes more challenging as we age.

However, quality rest is essential for both physical and mental health, and recent research reveals an important truth: Sleep and mental well-being are deeply interconnected. They influence our health in ways that directly impact our daily lives.

A two-way street.

Research shows that sleep and mood are closely connected. When sleep suffers, mood often does too — and conditions like anxiety or depression can make it harder to get the restorative rest we need.

This cycle can be hard to break without support, and the numbers are striking. Ongoing insomnia is strongly associated with depression and anxiety, and conditions like sleep apnea may raise these risks even further. These connections highlight just how important quality sleep is for both mental and emotional health.

Additionally, research shows that older adults who experience better quality sleep worry less the next day. Interestingly, how older adults perceive their sleep quality may be a stronger predictor of their emotional well-being than objective sleep measurements: Believing you have slept poorly can increase worry, even when sleep monitors indicate otherwise. As such, breaking the cycle of negative thinking about sleep is particularly important for maintaining good mental health later in life.

Practical steps toward better sleep.

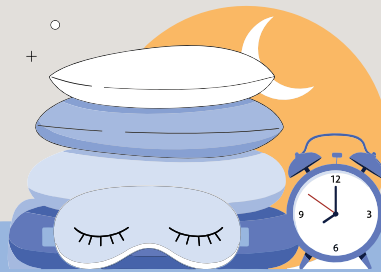
Fortunately, improving sleep does not always require medication. Evidence-based strategies include:

Maintain a consistent sleep schedule. Going to bed and waking up at the same time each day helps strengthen your body's natural sleep-wake rhythm. Limiting time in bed to seven to eight hours can also support more continuous, restorative sleep.

Create a relaxing bedtime routine. Avoid strenuous exercise, large meals, caffeine, nicotine and alcohol in the hours leading up to sleep.

Reserve your bed for sleep. Try not to watch television, read or snack in bed, so your brain continues to associate the bed with sleep.

Get out of bed if you can't fall asleep. If you're awake for more than 15 minutes, leave the bedroom and do a quiet activity in dim lighting until you feel drowsy again. This helps prevent your brain from linking the bed with wakefulness.



Limit naps. If you nap, keep it short and try to do so before 3 p.m., so it doesn't interfere with nighttime sleep.

Prioritize daytime movement and light. Regular exercise and exposure to natural outdoor light during the day can promote better sleep at night.

When to seek help.

Persistent sleep problems lasting four weeks or longer deserve medical attention. Talk with your doctor about symptoms such as trouble falling or staying asleep, waking feeling unrefreshed, excessive daytime drowsiness, loud snoring or gasping or uncomfortable leg sensations at night.

Remember, sleep problems are not inevitable. While sleep patterns naturally change over time, ongoing sleep difficulties are usually linked to treatable conditions — not aging itself. With the right support and healthy sleep habits, you can look forward to more restful nights and brighter days.

Sources: Stanford Medicine; American Association for Geriatric Psychiatry; and University of Texas at Austin.

Mark your calendar for Wednesday, May 20, 2026, and join us for an informative Noon Hour lecture on **Sleep Well, Feel Well**. Learn about how quality rest supports memory, sharpens thinking, lifts mood and strengthens resilience during challenging times.

See **Calendar of Events** for details.

Especially for caregivers

Can AI support you with caring for a loved one?



Caring for an aging parent or family member can bring profound meaning — and real challenges. Between medication schedules, doctor appointments, running errands and daily check-ins, you may find yourself stretched thin while trying to balance your own life and responsibilities.

Fortunately, emerging artificial intelligence (AI) technology is beginning to offer caregivers new forms of support. AI tools — from voice assistants to health monitoring devices — are making it easier for families to provide more streamlined, thoughtful care for their loved ones.

Staying connected.

If your loved one lives independently, you may worry about his safety. Smart home devices with voice control can offer one way to provide extra support, helping him manage everyday tasks more easily. These tools can perform a wide range of functions — turning on lights, adjusting the thermostat, setting medication reminders and more — all without complicated buttons or screens.

Wearable health monitors that track heart rate, sleep quality and daily activity can also help you stay in tune with a loved one's health. If something seems off in the short term — such as disrupted sleep patterns, unusual heart rhythms or reduced activity — you may have valuable data to share with his doctor or to help guide the next steps in his care.

In the long term, these tools can help identify concerning patterns before they become an emergency. By monitoring daily routines and recording vital signs over time, they may alert you to potential issues — a missed medication, an increased fall risk or subtle changes that could signal a progressing health concern.

Adaptive daily support.

Today's technology can learn a loved one's routine and provide gentle nudges throughout the day. Automated reminders can prompt individuals to drink water, take vitamins or check in with you at pre-set times. For older adults experiencing memory changes, some devices can also offer brain-stimulating activities tailored to their interests.

What's more, AI-powered translation and transcription tools can help bridge language barriers or address accessibility needs related to hearing loss, making communication easier and more inclusive. These tools can even provide personalized suggestions —

from activities to recipes and more — reducing the time and effort caregivers often spend researching ways to support an aging loved one's quality of life and happiness.

Getting started.

While these tools offer genuine help, remember they are meant to support — not replace — professional medical guidance or the close relationships of family and friends. Avoid entering personal health or financial details into public AI tools, and always consult your loved one's doctor before making changes to his care routine.

Technology will not solve every caregiving challenge, but it can meaningfully lighten your load. Whether you are checking in on a parent across town or caring for someone just down the hall, AI tools can help you provide more thoughtful care while preserving your own well-being — and that benefits everyone in the family.

Sources: Alzheimer's Research Association.

If you're a caregiver, you're not alone. Senior Care Network (SCN) offers professional assistance, referrals to important resources, and support for family caregivers, including long-distance caregivers. For more information, call SCN at (626) 397-3110 or (800) 664-4664 or email us at 50+membership@huntingtonhealth.org.



ASK THE DOCTOR

Q&A with Norman Chien, MD

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

Q. I keep hearing that fiber is important for heart health. How does it actually help lower cholesterol?

A. The science is remarkably clear on this one. Research tracking more than 13,000 people found that for every additional 10 grams of fiber consumed daily, the risk of heart attack dropped by 15%. Studies also show that higher fiber intake improves cholesterol levels and blood pressure.

Here's how it works: A type of fiber called viscous fiber – found in oats, barley, beans and psyllium husk – forms a gel-like substance in your digestive system, similar to the thick texture of soaked oats.

This gel traps bile acids, which are compounds made from cholesterol that help digest fats. Normally, your body recycles bile acids efficiently. But viscous fiber captures bile acids and removes them through waste, prompting your liver to produce new bile acids by pulling LDL cholesterol – the “bad” kind – from your bloodstream.

The result? Lower cholesterol levels naturally.

Unfortunately, most of us aren't getting enough fiber to experience these benefits. Most Americans only consume about 16 grams of fiber per day, despite the recommended intake of around 30 grams daily.

The good news is that small changes make a real difference. Talk with your doctor about ways you can increase intake slowly. Your heart – and your cholesterol levels – will thank you for the effort.

Q. I am getting older and I'm worried about muscle loss. I do my best to stay active and eat healthy foods, but how can I add more muscle?

A. As we age, building muscle becomes increasingly important – and it's more achievable than you might think. Research links muscular strength to longevity and better heart health. Maintaining muscle can also reduce the risk of stroke, hypertension, diabetes and Alzheimer's while boosting energy and making everyday tasks easier.

However, building even one pound of muscle can take several weeks of consistent effort. The most effective approach comes down to four key principles:

Challenge muscles properly. Choose weights that make completing 6–30 repetitions difficult (5–10 pounds is ideal for most people). If you easily exceed 30 reps, incrementally increase the weight or resistance until you fall within the 6–30 rep window. Bodyweight exercises (squats, push-ups, etc.) can also be effective.

Select focused exercises. Simple, targeted movements like bicep curls or leg extensions strengthen specific muscle groups. Perform 3–4 sets of each exercise per workout.

Prioritize protein. Aim for approximately 1.2 grams per kilogram of body weight daily or connect with your doctor to set an individualized goal that aligns with your health needs. Protein provides the essential building blocks your muscles need to repair and grow.

Allow adequate recovery. Train each major muscle group 1–2 times weekly with rest days in between. Muscles grow during recovery periods – not during the workout!

In short, your physician can help identify ways to support your individual health and wellness goals – so consider discussing it at your next visit.

Sources: BBC; and Women's Health Magazine.

This column is for information only. Please discuss any treatment options with your doctor.



On the younger side Protecting your brain to live your best life.

For years, we believed the brain and heart operated separately — one controlling our thoughts, the other pumping blood. However, emerging research reveals a profound connection between the two vital organs, potentially transforming how we approach healthy aging and brain health.

The link is clear: What's good for your heart is, remarkably, also good for your brain. At the same time, cardiovascular conditions like high blood pressure, high cholesterol, diabetes and heart disease do not just threaten your heart — they also significantly increase your risk of developing Alzheimer's and other forms of dementia.

Currently, more than 7 million Americans age 65 and older live with Alzheimer's disease or other forms of dementia — a number expected to nearly double by 2050. While the disease involves complex protein buildups in the brain that disrupt communication between neurons, researchers now understand that these proteins do not tell the whole story.

That's because vascular health also plays a significant role in brain function, which depends entirely on

a steady supply of oxygen-rich blood. When blood vessels become damaged by cardiovascular problems, the brain can suffer. In fact, some people with significant plaque buildup may never develop memory problems if their vascular health remains strong, suggesting that healthy blood flow provides crucial protection.

What is more, early-onset high blood pressure has been directly linked to cognitive decline later in life. Strokes, chronic high cholesterol or uncontrolled blood pressure damage tiny brain capillaries, disrupting the blood supply required for neural pathways to remain active and effective.

However, there is also an indirect connection between the heart and brain: People with healthier hearts tend to stay more active and socially engaged, both of which support brain health. In contrast, those living with heart conditions may experience reduced mobility or isolation, which can accelerate cognitive decline.

The encouraging news is that many Alzheimer's risk factors are modifiable through lifestyle changes:

Exercise regularly. Physical activity is one of the most powerful interventions, and studies tracking thousands of participants over decades show that active individuals maintain stronger cognitive function.

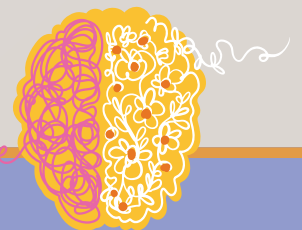
Eat a plant-rich diet. Prioritize fruits, vegetables and whole grains to reduce inflammation, which often accompanies vascular disease.

Control key health metrics. Managing blood pressure, cholesterol, obesity and provides protection for both organs. The earlier you address these conditions, the better your outcomes.

Support your overall wellness. Quality sleep, avoiding smoking, staying socially connected and addressing hearing or vision loss all contribute to healthier cognitive function.

While genetics play a role and not every case of dementia can be prevented, caring for your heart today is one of the most meaningful investments you can make in your future cognitive health. If you notice concerning changes in memory or thinking, talk with your doctor. Early detection, combined with healthy lifestyle habits, offers more hope than ever for supporting brain health throughout life.

Sources: Cedars-Sinai.



To learn more about brain health, we invite you to attend Senior Care Network's Noon Hour lecture **The Longevity Mindset** on Wednesday July 8, 2026. See **Calendar of Events** for details.



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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。



Huntington Collection is an upscale resale store that provides shoppers with high-quality goods, including vintage and designer items, at attractive prices. Proceeds from sales at the Collection are donated back to Senior Care Network (SCN). Stop by the Collection at 2670 East Colorado Boulevard in Pasadena today – and help us continue to make a difference in the lives of older adults in our community.

▶ Visit huntingtoncollection.org to learn more.

Supporting seniors.

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, July 24 – August 28
10-11:30 a.m. via online platform

This six-session course – designed for family caregivers of adults – provides 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). Please contact Karla Palma, MSW, at (626) 397-8135 or karla.palma@huntingtonhealth.org to register. Class size is limited so 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.

Noon Hour

NEW TIME. All events now begin at 12 p.m.

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

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.

IN-PERSON



Wed., May 6 | Thriving in midlife and beyond. Your best years can still be ahead. Join Huntington Health-affiliated OB-GYN **Bryan Jick, MD**, for an informative and empowering conversation focused on protecting what matters most – your brain, heart, bones, hormones and sexual health after 50.

VIRTUAL

Wed., May 20 | Sleep well, feel well. Sleep is one of the most powerful tools for protecting your emotional and mental health. In this session, you'll hear from Mental Health Promoters from the Los Angeles County Department of Mental Health (LACDMH) about how quality rest supports memory, thinking, mood and resilience.



IN-PERSON

Wed., June 10 | Aging with pride: LGBTQ+ older adults. LGBTQ+ older adults often face unique health and social needs. Huntington Health-affiliated family physician **Raffi Petrosian, MD**, will discuss key issues affecting this population and share insights for fostering affirming, inclusive care.



VIRTUAL

Wed., June 24 | Stay connected, stay confident. Technology opens doors to learning, connection, fitness and fun. **Ryan Kawamoto**, regional program director for Older Adults Technology Services at AARP, will share about free online classes, discussion groups and exercise programs offered through Senior Planet.



SPECIAL EVENT

IN-PERSON

Wed., July 8 | The longevity mindset. Your brain is your greatest asset – and it's never too early or too late to protect it. Join a panel of experts from Cedars-Sinai and Huntington Health as they share the latest science on memory, cognitive resilience and brain health. This special in-person session will take place from 3-5 p.m. in the Braun Auditorium.



VIRTUAL

Wed., July 15 | Beyond the trust. Estate documents are important, but they're only part of the story. In times of crisis, your loved ones will need clarity, guidance and easy access to essential information. **Janet Logan** and **Martha Clark**, co-founders of the Ending Well Workshop, and **Bob Logan**, will help you assess your preparedness, identify gaps and take practical next steps.

IN-PERSON



Wed., August 5 | Aging well. What does it really mean to age well? Join Huntington Health-affiliated geriatrician **Malcolm Lakdawala, MD**, for a conversation about staying strong, steady and healthy as you grow older.

VIRTUAL

Wed., August 12 | Navigating late-life transitions. Later life brings transitions in work, relationships, health and purpose. Mental Health Promoters from LACDMH will explore how you can maintain a positive self-view, feel good about your past and make the most of life as you age.



Around the campus

Advancements in AFib treatment.

For people living with atrial fibrillation (AFib), reducing stroke risk often means relying on blood thinners. Now, innovative new treatment options are expanding what's possible – giving Huntington Health patients access to alternatives that may reduce the need for lifelong medication.

AFib increases stroke risk because irregular heartbeats can cause blood to pool in a small pouch of the heart called the left atrial appendage (LAA), where clots may form. Traditionally, lifelong blood thinners have been the primary prevention strategy, but not everyone can tolerate these medications.

At Huntington Hospital's Helen and Will Webster Heart & Vascular Center, we offer FDA-approved procedures such as WATCHMAN™ and Amulet™ that help protect against stroke without the need for daily blood thinners. Inserted through a minimally invasive catheter, these procedures seal off the LAA.

For patients with complex AFib who haven't responded to traditional treatments, the VATS Maze procedure offers a powerful new option. This minimally invasive surgery creates a precise pattern of scars in the heart to redirect abnormal electrical signals and restore a normal rhythm. Huntington Hospital performs more VATS Maze procedures than any other facility in Southern California.

With more than 2,500 catheterization and electrophysiology procedures performed each year, our Heart & Vascular Center continues to bring innovative care to our community – helping patients with AFib reduce reduce their risk of stroke and improve their quality of life.

► Visit huntingtonhealth.org/heart to learn more.

Helpful resources.



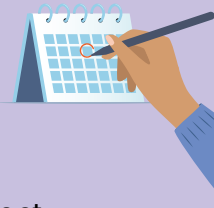
Huntington Collection

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 with transportation? The professionals in SCN's Resource Center are available to discuss options and provide referrals to Dial-A-Ride and Access, among other options. They can also help you evaluate options accessible through insurance – including Medi-Cal plans – to help you get where you need to be.

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



Support Huntington Hospital.

Ready to make an impact? If you're 70½ or older, you can give from your IRA directly to Huntington Hospital without paying income taxes. Your gift can also count toward all or part of your required minimum distribution, if applicable.

► Visit huntingtonhospital.planmylegacy.org/give-from-your-ira or contact the office of philanthropy at (626) 397-3421 to learn more.



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