

# FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources



## It's a Spook-tacular season to harvest your health and wellness!

October is here, bringing the vibrant colors of fall and the festive spirit of Halloween! As the leaves change and the crisp air settles in, it's the perfect time for family activities that combine health and fun. Why not make a family tradition out of preparing seasonal treats like pumpkin and apple dishes? Pumpkin is rich in vitamins A and C, great for boosting immune health, and enjoying nutritious fall recipes together is a wonderful way to prioritize your well-being.



This month also marks **Breast Cancer Awareness Month**, a crucial time to focus on early detection and regular screenings.

Did you know that mammograms can reduce breast cancer deaths by up to 40%? Every woman is at risk, and the risk increases with age, but breast cancer can usually be treated effectively when detected early. So, as you embrace the season's healthful habits, remember to schedule those important screenings to stay on top of your health.



Mammograms can reduce breast cancer deaths by up to **40%**

In honor of Breast Cancer Awareness Month, Dr. Judith Cagan will help answer some of your questions about breast health and screenings.

**Q: How often should I get a mammogram?**

**A:** Most guidelines recommend starting annual mammograms at age 40. However, if you have a family history of breast cancer, your doctor might suggest starting earlier.

**Q: What are some early signs of breast cancer to look for?**

**A:** While many symptoms can be benign, it's important to be aware of any new lumps, changes in breast size or shape, or unusual discharge. Regular self-exams and screenings can help catch issues early.

**Q: Does Medicare cover mammograms?**

**Yes.** Medicare covers screening mammograms to check for breast cancer before you or a doctor may be able to find it.

- If you're a woman between 35-39, Medicare covers one baseline mammogram.
- If you're a woman 40 or older, Medicare covers an annual screening mammogram.
- Medicare also covers diagnostic mammograms, more frequently than once a year, if medically necessary.

Sources: *Your Guide to Medicare Preventive Services, CMS, 2024*



**Judith A. Cagan, M.D. | Board Certified: Family Medicine**



Dr. Cagan is a board-certified physician serving Glendale and surrounding communities for more than 38 years. Her areas of focus include adolescent and adult medicine, gynecology, women's health, senior care, and preventive medicine. She works closely with her patients to help them reach their health goals by creating personalized treatment plans that meet their specific needs.

Lakeside Community Healthcare - Glendale  
1500 S. Central Ave., Ste. 200B | Glendale, CA 91204  
Office: (818) 254-1500 | Office Hours: Monday - Friday: 8:00 a.m. - 5:00 p.m.

*"I partner with my patients to set achievable health goals, and help them reach those goals through personalized care tailored to their lifestyles."*  
~ Dr. Cagan

## Medicare open enrollment is around the corner!

**Oct. 15 - Dec. 7, 2024**



**Big changes will impact Medicare coverage for 2025!** This includes the new Part D benefits and annual cap of \$2,000 for out-of-pocket prescription drug costs.

If you're new to Medicare, or currently on Medicare, you can enroll or make changes beginning October 15 through December 7, 2024.

- ✓ Medicare plans change every year so it's important to have your plans reviewed by a licensed insurance agent to ensure you still have the right coverage that meets your needs for 2025.
- ✓ Make sure to also ask about Medicare Advantage, which can help reduce out-of-pocket expenses while maximizing your healthcare needs.
- ✓ Any changes that you make in 2024 will go into effect on January 1, 2025.

**Want to learn more? Attend a Medicare 101 event near you.**

- Las Palmas Park - San Fernando**  
505 S. Huntington St.  
San Fernando, CA 91340  
**Lunch & Learn: Medicare 101**  
Presented by Lara Goulson, licensed insurance agent (License Number: 0E69969)  
**Wednesday, October 9, 2024**  
12:00 p.m. - 1:00 p.m.  
Please RSVP to Las Palmas Park by calling (818) 898-7340
- Lakeside Community Healthcare - North Hollywood**  
12660 Riverside Dr., Ste. 310  
North Hollywood, CA 91607  
Presented by Lara Goulson, licensed insurance agent (License Number: 0E69969)  
**Thursday, October 17, 2024**  
**Monday, October 28, 2024**  
6:00 p.m. - 7:00 p.m.  
RSVP by calling (888) 831-9359
- Lakeside Community Healthcare - Thousand Oaks**  
612 E. Janss Rd.  
Thousand Oaks, CA 91360  
Presented by Lisa Scharlepp, licensed insurance agent (License Number: 0K14549)  
**Tuesday, October 15, 2024**  
**Wednesday, October 16, 2024**  
10:00 a.m. - 11:00 a.m.  
**Thursday, October 17, 2024**  
1:00 p.m. - 2:00 p.m.  
RSVP by calling (888) 796-8374
- Lakeside Community Healthcare - Glendale**  
1500 S. Central Ave., Ste. 200B  
Glendale, CA 91204  
Presented by Adam Markowitz, licensed insurance agent (License Number: 676866)  
**Wednesdays, October 9 & 16**  
6:00 p.m. - 7:00 p.m.  
RSVP by calling (855) 875-2558
- Lakeside Community Healthcare - West Hills**  
7325 Medical Center Dr., Ste. 300  
West Hills, CA 91307  
Presented by Mami and Charles Soltan, licensed insurance agents (License Numbers - Charles: 0693820 Mami: 0H10606)  
**Monday, October 28, 2024**  
6:00 p.m. - 7:00 p.m.  
RSVP by calling (877) 834-9456
- Lakeside Community Healthcare - Burbank**  
101 S. Buena Vista St., Ste. 250  
Burbank, CA 91505  
**Morning event: Thursday, October 24, 2024**  
10:00 a.m. - 11:00 a.m.  
Presented by Gaspar (Gary) Gasparian, licensed insurance agent (License Number: 0F56726)  
RSVP by calling (877) 501-7655
- Lakeside Community Healthcare - Mission Hills**  
14901 Rinaldi St., Ste. 200  
Mission Hills, CA 91345  
Presented by Mami and Charles Soltan, licensed insurance agents (License Numbers - Charles: 0693820 Mami: 0H10606)  
**Tuesday, October 29, 2024**  
6:00 p.m. - 7:00 p.m.  
RSVP by calling (877) 834-9456
- Lakeside Community Healthcare - West Covina**  
1500 W. Covina Pkwy.  
West Covina, CA 91790  
Presented by Dan Tirado, licensed insurance agent (License Number: 0E02208)  
**Wednesdays, October 16, 23 & 30**  
2:00 p.m. - 3:00 p.m.  
RSVP by calling (866) 855-6549
- Lakeside Community Healthcare - Burbank**  
101 S. Buena Vista St., Ste. 250  
Burbank, CA 91505  
**Morning event: Thursday, October 24, 2024**  
6:00 p.m. - 7:00 p.m.  
Presented by Carmen Zarkades, licensed insurance agent (License Number: 0L76028)  
RSVP by calling (888) 653-3014

**You're invited!**

## Regal Medical Group, Lakeside Community Healthcare, and Molina Healthcare present **Destination Wellness Health Fair**

Welcome aboard your journey to better health!

Knowledge is your passport! Know your 2025 Medicare benefits and take flight on your health and wellness journey.

This exciting event includes:

- Free flu shots (while supplies last)
- Free health screenings
- Ask a pharmacist
- Medicare resources
- Free haircuts
- Raffles every 30 minutes
- Games & giveaways
- Food & drinks
- Engaging presentations throughout the day
- Get a stamp at every booth to be entered to win a 55" smart TV and \$250 grocery gift card!

Medicare questions? Licensed insurance agents will be available on-site to assist.

**Friday, October 18, 2024**  
10:00 a.m. - 2:00 p.m.  
Braille Institute - Los Angeles Center  
741 N. Vermont Ave., Los Angeles, CA 90029  
FREE garage parking! Near bus and train stations.

**2 ways to RSVP today!**

1. Call (855) 665-4621, Option 3
2. Visit [bit.ly/molinaRMG](http://bit.ly/molinaRMG)

License Nos. 4352857, 0H67072, 0G69938, 0H58097

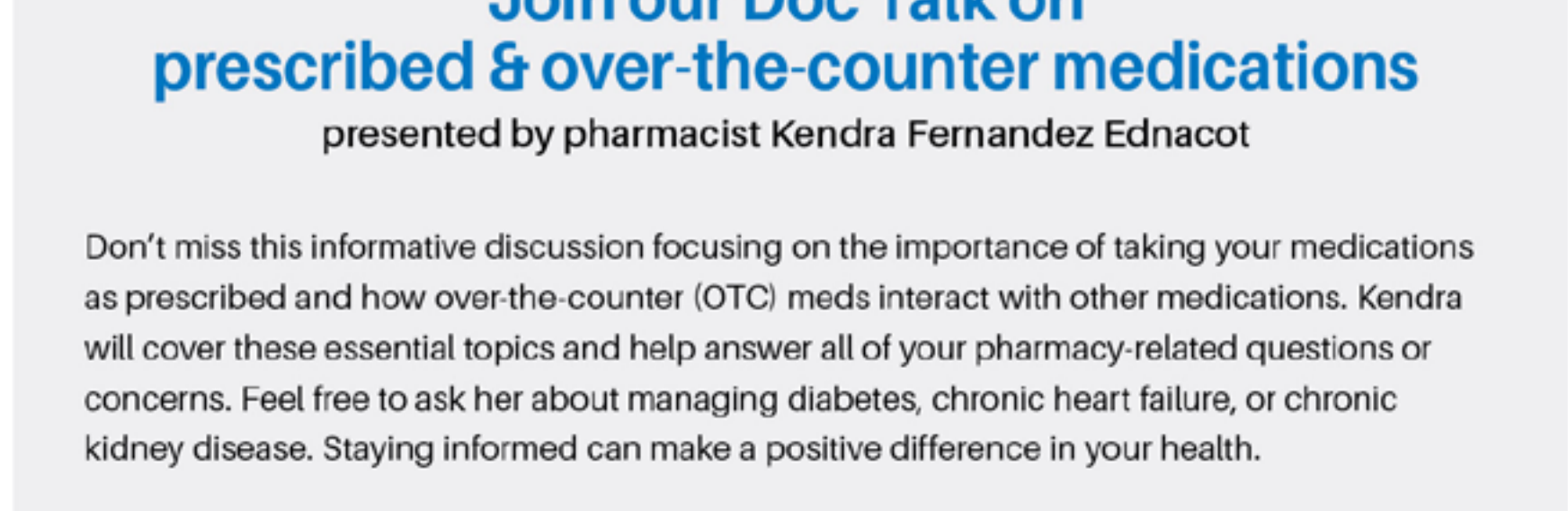
**We look forward to seeing you there!**

## Let's give em' pumpkin to talk about



Kick off pumpkin season with a tasty and nutritious breakfast of pumpkin pie overnight oats! Packed with fiber and protein, these oats are a delicious way to savor the cozy flavors of fall while enjoying the vitamins and nutrients in pumpkin. Simply mix the ingredients together, refrigerate overnight, and enjoy a ready-to-eat, nutritious breakfast in the morning. Fall into good health with this easy, healthy start to your day!

Want to try it? Click [here](#) for the full recipe.



## Join our Doc Talk on prescribed & over-the-counter medications

presented by pharmacist Kendra Fernandez Ednacot

Don't miss this informative discussion focusing on the importance of taking your medications as prescribed and how over-the-counter (OTC) meds interact with other medications. Kendra will cover these essential topics and help answer all of your pharmacy-related questions or concerns. Feel free to ask her about managing diabetes, chronic heart failure, or chronic kidney disease. Staying informed can make a positive difference in your health.

**Wednesday, October 23, 2024 | 12:00 p.m. - 1:00 p.m.**  
Las Palmas Park - San Fernando, 505 S. Huntington St., San Fernando, CA 91340  
Please RSVP to Las Palmas Park by calling (818) 898-7340