



Choose Well

Member Newsletter

FALL 2024 ISSUE

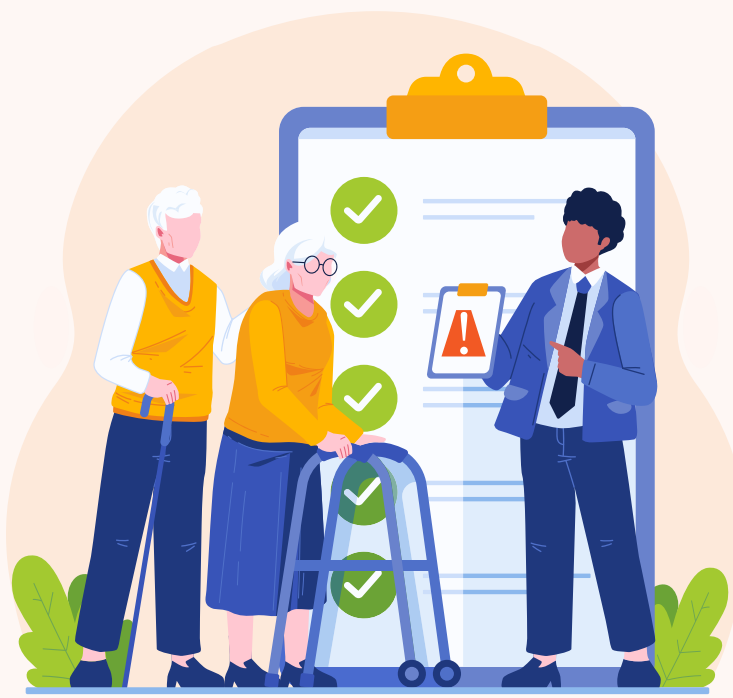


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Health | Technology Solutions

Fall **Prevention** **AWARENESS**

Most falls are preventable. As we age, falls become an increasing concern with potentially costly consequences. There are several ways to reduce the risk of falling. First, staying physically active helps maintain strength and balance for daily activities. It's also important to have medications regularly reviewed by a healthcare provider to ensure they don't increase the risk of falling due to side effects like dizziness or nausea. Effectively managing chronic conditions can contribute to overall stability. Annual check-ups for vision and hearing are crucial for identifying impairments that could lead to falls. Making necessary modifications at home and removing hazards can create a safer environment. Lastly, discussing any concerns about falling with a healthcare provider can lead to personalized strategies and interventions to help minimize the risk of falls. For more information, visit the San Diego Fall Prevention Task Force website at www.sandiegofallprevention.org to learn how to reduce the risk of falling.





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MEMBER COUNT

By HHSA region, this is how Choose Well membership is distributed countywide.

HHSA Region	Total in Region
Central	17
East	31
North Central	45
North Coastal	46
North Inland	72
South	23
County Total	234



EVENTS RECAP!



Glenner Symposium 2024

This year's topic at the Glenner Symposium was Dementia Care: Tools to Empower. As a sponsor, Choose Well presented on the Choose Well program and how to navigate the website to help health care professionals and senior care providers assist with finding assisted living facilities in San Diego County for their patients, clients, or loved ones.

St. Paul's Senior & Family Resource Fair

For the third consecutive year, Choose Well had a booth at the St. Paul's Senior Services Senior Resource Fair. Hilda, the Chief Health Promotions Officer, showcased the latest features of Choose Well, including the new Customer Experience Score. She demonstrated how this tool can assist families by providing feedback from residents and family members at assisted living facilities throughout San Diego County.



EVENTS RECAP!

East County Service Provider Meeting Presentation

Choose Well presented at the East County Service Provider Meeting on June 13, 2024. Healthcare professionals in the aging industry gained a comprehensive understanding of the Choose Well program, including how to utilize the website, the evaluation process for Choose Well members, and the benefits it offers to both consumers and providers.



NorCAN Summer Meeting

To kick off summer, the North County Council of Aging Network group hosted a networking potluck at Del Mar Community Connections. This event provided a setting for local professionals to connect, share resources and events, and enjoy small bites on the patio with an ocean breeze.

EVENTS RECAP!



Pride 2024

At the 2024 Pride event, the Choose Well Team created an interactive board asking attendees to reflect on “What matters most in life?” and “Today I am grateful for...” We received numerous responses that allowed individuals to freely express themselves. We interacted with many people by fostering open conversations and celebrating pride. Choose Well will continue to promote diversity and inclusion. We look forward to seeing how engagement unfolds at the next Pride event!

Fall Prevention Advisory Meeting

Choose Well hosted the Advisory Workgroup on Fall Prevention, presented by Carolyn Kendle from the San Diego Fall Prevention Task Force at the San Marcos Senior Activity Center. Carolyn provided an insightful overview of the factors contributing to falls among older adults and offered practical solutions tailored to each situation, such as managing pets in the home, properly adjusting the height of the bed, and securing loose furniture. The attendees left with valuable information and resources to help prevent falls and enhance safety in their homes.





Westmont of Carmel Valley – A Place Where Seniors Really Can Thrive

It's the people and a place that make you want to be there.

Senior living communities have become an extended way of living for many San Diego families. Having chosen a place, many continue to want assurance that they have made the right choice for their loved one -- that the place honors and respects their parent's life journey, and that when they arrive at the front door and speak with the staff, they can rest assured, knowing that their elders are safe and secure.

Seems easy, right? But the older one gets, their health needs change, so what makes sense now [support wise] may not be appropriate six months from now. It's an ever-changing balance between getting the right type of support to thrive and being too frail to fully enjoy the benefits. Ideally, one should downsize from a long-held family home early enough to live an active retirement lifestyle. Once there, you can age in a place that provides increasing support as the years continue.



The new Westmont of Carmel Valley community provides active senior living with support along the way, but it distinguishes itself first with its idyllic location, by being owned and managed locally, and because of the people who work there and the overall culture that makes you want to be there.

For those who tour Westmont Carmel Valley, you may be looking for an apartment, but the staff will tell you that you should consider the entire building as your new home. When walking through the building, it is common to see someone sitting by the fireplace reading a book or the newspaper. Several informal groups play bridge or other card games in the café in the afternoon. According to Anne-Marie Coman, Community Relations Director, “Both managers and staff work to make sure that residents are active, engaged, and live a healthy balance. This is the very quality of life I look forward to having in my future.”

Westmont Living, whose owners live and work in San Diego County, decided to create an enrichment program called Live Your Way®, a holistic approach to whole-body wellness based on the Six Dimensions of Wellness as defined by the National Wellness Institute. This innovative and helpful framework helps us to include some aspects of these dimensions in our daily lives.

- Health & Fitness
- Lifelong Learning & Innovation
- Connections & Experiences
- Creative Expression & Art
- Inspiration & Fellowship
- Intention & Purpose

These themes are the basis of daily life in the community and can be seen through the full monthly calendar of activities and outings available to residents.

The community is in the enviable position of being centrally located in a popular area of San Diego. Most of the apartments have sweeping views and being situated above the canyons, the ocean breezes flow onshore.

Creating a beautiful setting is one thing, but what makes a place work well are the people who work in the community and those whose lifestyles are dependent on the staff.

“Many people aren’t aware that our campus was formerly Seabreeze Farms Horse Ranch. The Harris family who owned the ranch were very involved in this project, and they donated much of the horse-themed décor,” said Chad Boeddeker, Executive Director.

“One of the advantages of Westmont of Carmel Valley is that of how our staff care. Especially Resident Services Director Caroline Kilby and her staff of caregivers. Under Kilby’s training, they embrace our residents through love and kindness,” said Anne-Marie Coman.

“It’s not just the management team. We hear compliments about Diana at our concierge desk, which is always available and Regina, who manages the kitchen staff, makes it a point to know all the residents on a personal level, so they feel as if they’re being greeted by family when they walk into the dining room,” adds Boeddeker.

The community was honored as a 2024 “Certified Great Place to Work” as a result of a staff survey. “Finding the right people is very important. We seek those who not only demonstrate significant expertise in their field but also an enthusiasm for progressive and compassionate caregiving. It takes a special team to work together. We continually learn from each other and our residents every day,” adds Boeddeker.

“We support our team and promote positive relationships with residents, co-workers, and managers. This is promoted daily to ensure satisfaction with their roles, tasks, and responsibilities at Westmont of Carmel Valley,” said Boeddeker.



10 Early Signs and Symptoms of Alzheimer's Disease and Related Dementias (ADRD)



The Alzheimer's Association leads the way to end Alzheimer's and all other dementia, by accelerating global research, driving risk reduction and early detection, and maximizing quality cares and support. The association provides education programs and information regarding Alzheimer's to the community. Here we present the "10 Early Signs and Symptoms of Alzheimer's Disease and Related Dementias." Alzheimer's Disease is a brain disease that causes a slow decline in memory, thinking, and reasoning skills. If you notice any warning signs and symptoms, schedule an appointment with your doctor.

1. Memory loss that disrupts daily life. One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions repeatedly, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things an individual used to handle on their own.

What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems. Some people living with changes in their memory due to Alzheimer's or other dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change? Making occasional errors when managing finances or household bills.

3. Difficulty completing familiar tasks. People living with memory changes from Alzheimer's or other dementia often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list, or remembering the rules of a favorite game.

What's a typical age-related change? Occasionally needing help to use microwave settings or to record a TV show.

4. Confusion with time or place. People living with Alzheimer's or other dementia can lose track of dates, seasons, and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change? Getting confused about the day of the week but figuring it out later.



5. Trouble understanding visual images and spatial relationships. Some people living with Alzheimer's or other dementia could experience vision changes. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

What's a typical age-related change? Vision changes related to cataracts.

6. New problems with words in speaking or writing. People living with Alzheimer's or other dementia may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object, or use the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change? Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps. A person living with Alzheimer's or other dementia may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgement. Individuals living with Alzheimer's or other dementia may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

What's a typical age-related change? Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

9. Withdrawal from work or social activities. A person living with Alzheimer's or other dementia may experience changes in the ability to hold or follow a conversation. As a result, they may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

What's a typical age-related change? Sometimes feeling uninterested in family or social obligations.

10. Changes in mood and personality. Individuals living with Alzheimer's or other dementia may experience mood and personality changes. They can become confused, suspicious, depressed, fearful, or anxious. They may be easily upset at home, with friends, or when out of their comfort zone.

What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

The Alzheimer's Association provides educational programs (in-person and virtual) and support groups for caregivers. If you would like more information, please visit www.alz.org or call our 24/7 Helpline at 1-800-272-3900.

This article was reprinted with permission from Agnes Zsigovics, MSW and created by the Alzheimer's Association.





Helping Families Find Distinguished Assisted Living Facilities

Choose Well is a free, innovative, web-based program that helps older adults and their families make informed decisions when selecting assisted living facilities.

Quality Measures

Discover specially evaluated Choose Well facilities that have voluntarily agreed to be scored on 11 measures of quality.

Contact Us

Learn more details about the Choose Well program:

 (858) 221-4862

 info@choosewellsandiego.org

 choosewellsandiego.org





**Do you know a facility that would benefit from being a
Choose Well Member?**

Send them our provider brochure by clicking [here](#).

Choose Well is a free, innovative, web-based program that helps older adults and their families make informed decisions when selecting assisted living homes.

