



Choose Well

Member Newsletter

SUMMER 2024 ISSUE



sarsis

Health | Technology Solutions

NATIONAL
CANCER SURVIVORS
MONTH
JUNE

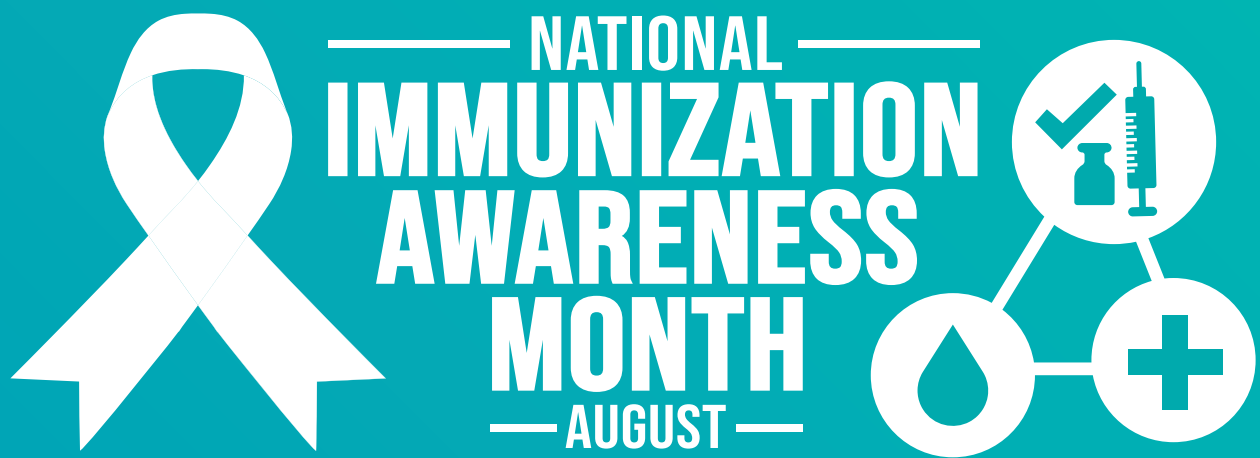


June is National Cancer Survivor Month, a time dedicated to the strength and resilience of over 18 million cancer survivors across the United States. The National Institute of Health acknowledges the journey of these cancer survivors and the ongoing efforts to improve their quality of life through treatments, clinical trials, and support groups. These initiatives create progress in medical technology and cancer research, alongside the invaluable support from caregivers. In fact, anyone can get involved in the fight against cancer. For example, proper cancer screenings for older adults contribute significantly to minimizing the impact of cancer and its treatment. Let's stand together in support of cancer survivors to take action to get educated and screened.



— WORLD —
HEPATITIS
— DAY [JULY 28] —

World Hepatitis Day is observed annually on July 28th, coinciding with the birthday of Dr. Baruch Blumberg (1925–2011), the renowned scientist who discovered the Hepatitis B virus in 1967 and developed the first Hepatitis B vaccine two years later. Dr. Blumberg's contributions earned him the Nobel Prize in Physiology or medicine in 1976. Various global organizations, including the World Health Organization and the Centers for Disease Control and Prevention, celebrate World Hepatitis Day to raise awareness about viral hepatitis, a condition affecting millions of individuals worldwide.



National Immunization Awareness Month in August, highlights the importance of receiving recommended vaccines. Vaccinations play an essential role in preventing infectious diseases and severe health complications, especially for immunocompromised individuals and older adults who are at higher-risk and more vulnerable to infectious diseases. It is important to consult with a physician, nurse, or healthcare provider to ensure protection against serious diseases by staying up to date on routine vaccinations. Adults ages 65 years and older can now receive an additional updated 2023-2024 COVID-19 vaccination dose¹.

1. Source: Centers for Disease Control and Prevention www.cdc.gov/media/releases/2024/s-0228-covid.html





What's *INSIDE!*



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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	29
North Central	46
North Coastal	45
North Inland	75
South	23
County Total	235



EVENTS RECAP!

Spring Into Healthy Living

Choose Well tabled at the “Spring into Healthy Living” resource fair on April 17th, an event hosted by the County of San Diego and McGrath Family YMCA. This event offered resources and services serving older adults in Spring Valley.



National Placement and Referral Association Meeting

Choose Well participated in the National Placement and Referral Association meeting that featured a “Networking 101 Do’s and Don’ts” presentation by Jami Shapiro with Silver Linings Transitions at Westmont of San Miguel Ranch. The presentation was informative and resonated with us all in the industry with helpful tips in relationship building.

EVENTS RECAP!

Springtime in Paris Open House

Choose Well attended the “Springtime in Paris Open House” at Westmont of La Mesa on April 24th. This event provided an opportunity to tour model apartments and connect with professionals in the aging industry. Comfort & Peace Hospice Care and Comfort & Thrive Home Health sponsored the event, including a basket for the opportunity drawing, which Hilda, Choose Well’s Chief Health Promotion Officer, won.



South Bay Senior Providers Meeting

The Choose Well team presented on the topic of “Affordable Housing” on May 1st at Westmont of La Mesa for the South Bay Senior Provider meeting. 50 people attended the presentation, and several community partners requested that the same presentation be given at their organization. Attendees mentioned that affordable housing resources were needed to address San Diego County’s affordability crisis.

EVENTS RECAP!

Choose Well Lunch “N” Learn

Choose Well hosted a Lunch “N” Learn workshop, held on April 19th at the Grossmont Healthcare District’s Health & Wellness Library in La Mesa. Jatana Williams from Beyond the Sky Solutions instructed on the topic of Dementia Care Regulations, offering four Continuing Education Unit credits. Choose Well is grateful for the support of the staff at Grossmont Healthcare District and Beyond the Sky Solutions, whose dedication contributed to the event’s success. A group of 23 attendees joined us for a half a day filled with valuable education and a chance for Choose Well members and prospects to reconnect and engage with one another. The event would not have been complete without the delicious lunch provided by the La Mesa Bistro & Bakery, a local establishment.



King’s Tea Mixer

Choose Well attended the King’s Tea Mixer at Lantern Crest Senior Living. Arena Home Care Services sponsored the event, which provided an opportunity to meet and connect with aging service and resource providers in the community.

Facility Spotlight

Renaissance Living

Written by Richard Edwards, RCFE Administrator

Renaissance Living presents three well-appointed Assisted living and memory care communities in La Mesa and El Cajon, each tailored to meet the diverse needs of residents. Our dedicated team curates a living experience, starting with nutritious meals crafted in collaboration with residents. Engaging outings and therapeutic activities like cooking, gardening, and creative projects foster a vibrant community atmosphere. Weekly brunches further enhance unity and participation among residents. We offer round-the-clock care, including assistance with transportation for medical appointments, medication management, incontinence care, and personalized nutritional support. From daily housekeeping to aiding with activities of daily living such as bathing and dressing, our services ensure comfort and dignity. Renaissance Living understands the challenges of transitioning from independent living, and our communities are committed to making this shift seamless. The goal is to provide a warm, home-like environment where your loved one can maintain meaningful relationships and activities. With focused individualized care, we tailor our services to meet each resident's unique needs, preserving their integrity throughout aging.

Renaissance Living - La Mesa
(619) 741-2499/LIC#374603906

Renaissance Living II - El Cajon
(619) 334-0143/LIC#37460410

Renaissance Living III - El Cajon
(619) 334-3843/LIC#374604442

Fax number (866) 383-1613
Renaissanceliving1@gmail.com



The Living To 100 Club And Psychologically Healthy Aging

The Living to 100 Club is a platform dedicated to promoting longevity and vitality among individuals aged 55 and above. It serves as a hub for insights, resources, and community engagement, offering information on successful aging and fostering a mindset that favors living longer, healthier, and happier lives. Through various channels such as podcasts, presentations, coaching sessions, and training programs, the Living to 100 Club equips its members with the tools and knowledge necessary to embrace aging with confidence and optimism.

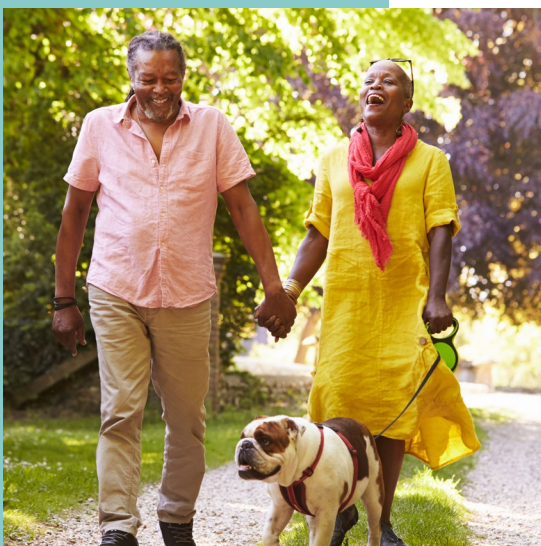
Principles that Guide Us to a Positive Frame of Mind about Aging

The following tips invite readers to examine their usual thinking patterns about aging and to consider a different perspective on what we can accomplish and expect of ourselves. Download and read all 9 *Tips*, [here](#).

Starting a New Chapter

Sometimes, it is helpful to look back at our lives and see a series of chapters unfolding. These are a succession of events or milestones that mark our journey, like graduation, marriage, birth of children, promotions, retirement, death of a spouse, and on and on. These milestones serve as chapters in our life story.

With each new milestone, we must look at starting a new chapter, whether intended or not, whether pleasant or not, and whether liberating or not. Situations like downsizing to a smaller home, a divorce, giving up the car keys, or experiencing the death of a spouse require us to start a new chapter in our story.



What Color Is Your Setback?

As I get older, I face challenges that are both normal and age-related as well as unexpected physical and mental setbacks. How I view my future has a major impact on how well I manage these challenges.

There will always be bumps – no road is well-paved all the way. If we interpret these as just part of the journey and see ourselves as capable and determined to move on, we find a way and we move on. On the other hand, if we say, *oh, another setback, another surgery, another friend's death, I don't think I can handle another one*, we lose our momentum, slow down, and maybe pull off the road.

Where Can Determination Take Us?

I have a vast reservoir of energy and creative spirit inside, and when I dig deep to tap this reservoir of energy, I can re-define myself as strong, resilient, and capable.

Each time we dig deep and accomplish something we did not think we were capable of, it builds our confidence and keeps the momentum flowing.

- *I never thought I could take 10 steps after my stroke, but I did.*
- *I never thought I could give up my car keys – driving was always my lifeline.*

A single step is so hard, but we try, and we succeed. The best part is that whatever it took to take those extra steps or change an attitude, there is more of that determination inside us, to take on more challenges.

How One Exception Can Lift Our Depression

Depression affects us in many ways, and one thing it does well is narrow our perspective. When someone is depressed, all they see are the failures, the disappointments, everything that has gone wrong. Depression limits us from seeing the whole picture. It is as if it acts as a filter that only lets in the bad and screens out the good.

To remove the filter, we need to find the exceptions, even a single exception that something has gone right. Once the exception is found, there is something to build on. Just as someone only sees their physical decline, arthritis, vision, or hearing problems, we look for the strengths, those things that are still intact and we are still good at.



Projecting a New Image on a Blank Screen

There is beauty in being open to a new, positive future. I can create a new definition of myself, as I want it to be, and I do not have to let yesterday define who I am today.

There is the story of Steve Jobs, the creator of Apple, who was given up for adoption by his birth parents. When he found out about this at an early age, he felt worthless and was sure he would never accomplish anything because he felt so unwanted. Negative self-talk: *I am not worthy of others; I am just empty and unlovable.* But his adoptive parents explained to him that he was the most beautiful and smartest person in the world, even as an infant, and that was why they adopted him. Positive self-talk: *I am lovable and capable, and I have some value as a person after all.* Our self-talk can be as pessimistic, or as aspirational as Steve Jobs' self-talk became. We are not defined by who we were or what we believed in the past. Instead, we can create our own self-definition, re-invent ourselves, and look forward to the future.

Closing

The Living to 100 Club is for everyone who will not be slowed down in their advancing years and wants to take control of their own future, regardless of events that get in the way. Club Members commit to moving forward no matter how many bumps are encountered, adopting lifestyle practices that keep us at our peak, and celebrating aging, not dreading it.

The Living to 100 Club is the creation of Dr. Joe Casciani, a psychologist, who has specialized in older adult mental health care for 40 years, including psychological services, writing, public speaking, and providing training and support for mental health professionals working in his professional corporations.

Dr. Casciani's latest publication, [*Better, Longer & Happier: A Guide to Aging with Purpose and Positivity*](#), is a series of 12 Modules. The series has been developed for activity directors and caregivers to help older adults stay cognitively challenged, engaged with their community, and keep a positive attitude about the future.



If there is an interest in a presentation to your senior community or organization, clinical training, or 1-on-1 consultation, Joe can be reached at Info@Livingto100.Club or 858-272-3992.



Scan the QR code to learn more
or visit www.livingto100.club

WORD SEARCH

N W Y H P H E A L T H Y Y F D
 C S G A C H O O S E W E L L E
 H U N D R E D Y Z C N F G F M
 K B N S H N R B O O X I K D E
 L R V U T L H G I U R G K U N
 O S F M J D D C K F B U B Z T
 N U R M P R E V E N T I O N I
 G R R E N A I S S A N C E J A
 E V I R Z M A W A R E N E S S
 V I V C R E S O U R C E F C P
 I V F V J F V I T A L I T Y N
 T O D H M H E P A T I T I S T
 Y R S A N D I E G O R O X E T
 G U W W D I Q T E T E S B R
 E S A I M M U N I Z A T I O N

Immunization

Renaissance

Choose Well

Prevention

Hepatitis

Survivor

Awareness

Vitality

Healthy

Hundred

Longevity

Dementia

San Diego

Resource

Summer

Answer Key

N W Y H P H E A L T H Y Y F D
 C S G A C H O O S E W E L L E
 H U N D R E D Y Z C N F G F M
 K B N S H N R B O O X I K D E
 L R V U T L H G I U R G K U N
 O S F M J D D C K F B U B Z T
 N U R M P R E V E N T I O N I
 G R R E N A I S S A N C E J A
 E V I R Z M A W A R E N E S S
 V I V C R E S O U R C E F C P
 I V F V J F V I T A L I T Y N
 T O D H M H E P A T I T I S T
 Y R S A N D I E G O R O X E T
 G U W W D I Q T E T E S B R
 E S A I M M U N I Z A T I O N



Choose Well

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:

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 info@choosewellsandiego.org

 choosewellsandiego.org





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