

DECEMBER 2021 - JANUARY 2022



Choose Well

Member Newsletter

Holiday Issue



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MEMBER COUNT

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

HHSA Region	Total in Region
Central	13
East	28
North Central	45
North Coastal	39
North Inland	62
South	17
County Total	204





12 DAYS OF Oakmont

Choose Well was invited to take pictures of Oakmont of Escondido Hills' event, "12 Days of Oakmont," on December 11th. Guests were taken to various areas of the community, decorated throughout with festive holiday trees, ornaments, and ribbons. Plenty of food and drinks were served at each of the six stations, including duck confit and lamb shanks in the dining room prepared by their chef.

The stations centered around various services Oakmont offers, including an exercise room, art activities, and memory care. Oakmont also generously provided holiday giveaways for all guests who attended the event.

Thank you Oakmont of Escondido Hills for being a Choose Well San Diego member and providing superb services to your older adult residents at your RCFE!



Motor Mingle, Take 2!

Choose Well attended the “Motor Mingle, Take 2!” blanket drive. To keep the community safe in light of the continuing pandemic, Choose Well Member, St. Paul’s Senior Services, maintained the drive-through format of the event for a second year. Even though we stayed in our cars, the holiday event was plenty of fun, and even included a tree decorating contest, where drive through participants got to choose their favorite tree decorated by St. Paul’s staff. Several hundred blankets were donated and will be given to St. Paul’s PACE participants. Revelers were treated to Christmas carolers, a waving Santa, and of course, food! Everyone left with a warm Mexican hot chocolate and delicious tamales.





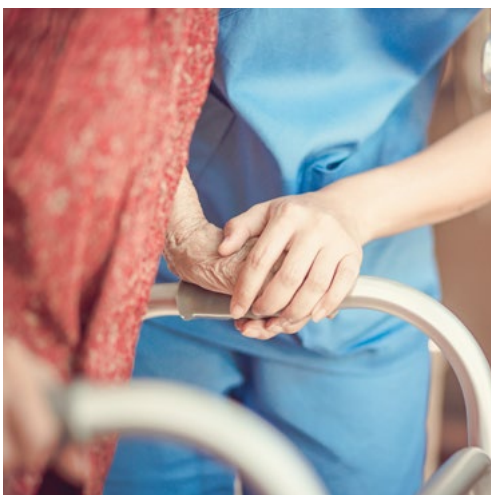
Working in the Assisted Living Field: A Filipino Perspective

San Diego is home to the fifth-largest population of Filipinos living in the United States¹. In addition to the United States Navy, many Filipinos in San Diego work in health-related fields². With Filipino Heritage Month just celebrated in October, a Filipino-American property manager of an assisted living facility in San Diego shares her culture and experience, and how it has shaped running her RCFE.

Anafe Rivera, who also goes by Ana, is a Property Manager and co-owner of Solaris and Gate Manor senior living facilities. Her residential care facilities for the elderly consist of two small communities in Poway with a capacity of 30 and 18 residents. Solaris and Gate Manor also specialize in memory care and can accept residents living with Alzheimer's disease. Three of her current residents are Filipino retired Navy veterans. She staffs two live-in caretakers, who are also of Filipino descent.

When asked why she thought many Filipinos are in the RCFE industry, Ana answered that she believes it is because of the Filipino nature to respect and care for their elders. Filipinos are also very family-oriented, so taking care of people is very natural and fulfilling. "My heart belongs to the elderly," Ana says. She explains how she started out as a caregiver, whose job can be incredibly taxing physically and mentally; so only people who truly find meaning in taking care of older adults can be successful in the field. Ana recalls her time traveling to work as a caregiver in Beverly Hills and Palm Springs, often not returning home to her family for two weeks at a time. Ana stated that her immense care and love for older adults is what helped her cope with the extended travel and difficulties of the job.

At Solaris and Gate Manor, staff are English-speaking, and residents are served typical American meals. Although caregivers are



bilingual, Ana prefers English to be the primary language spoken in the community to maintain inclusivity for residents and guests who do not speak Tagalog. At the same time, residents have the option to request Filipino meals when they desire and have conversations in Tagalog with staff so long as there are no other residents around. This allows all residents to feel as comfortable as possible living in their homes.

When Ana transitioned from being a caregiver to a property manager and co-owner of Solaris and Gate Manor, she admitted the first year was incredibly difficult because she had to figure out how to run a business. Learning about licensing requirements, and fears of getting a citation consumed Ana's thoughts in the first year of her new position (a citation is a violation of strict rules governing the operation of board and care facilities and can come with fines). Eventually, she gained the confidence and became more at ease as she learned through her experiences in managing the facilities and being in the field, directly working with staff and residents. Now, Ana is a seasoned professional, administering multiple homes.

Through all her years in the older adult care field, Ana's best advice to those looking to become administrators or managers is to take good care of caregivers. Consequently, taking care of people is fulfilling for Filipinos, which is why many Filipinos feel comfortable in the assisted living field in many capacities. Oftentimes, the caregivers are too busy caring for others that they forget to care for themselves. That is why it is up to the managers to be sure caregivers are treated well, something that Filipinos do naturally. "Without the caregivers, you cannot run a business," says Ana. Channeling the Filipino cultural tradition of caring for others—and extending that care to workers—is something that benefits RCFE owners and caregivers of all backgrounds.

1. <https://www.pewresearch.org/social-trends/chart/top-10-u-s-metropolitan-areas-by-filipino-population/>

2. <https://healthforce.ucsf.edu/publications/california-board-registered-nursing-2016-survey-registered-nurses>

Facility Feature:

Residents at Serra Mesa Guests Home Share Their New Year's Resolutions

For many people, New Year's resolutions commonly revolve around losing weight, reading more books, or going somewhere they have never been before. While these are typical goals mentioned every year, we wondered what goals older adults make for themselves during this time. We asked residents from Choose Well Member facility, Serra Mesa Guests Home, about their new year's resolutions? Here is how they answered...



"My New Year's resolution is to stay healthy and strong so that I can help other people."

- Michael McKirdy



"My New Year's resolution is getting into my memory on my seventh birthday. Stay and remain active as possible while I am in bed."

- Raymond Gerstner



"New Year's resolution is not to feel like a senior yet! First, senior discounts are hockey (not real), feeling old is only in our mind, if you don't think of it. I feel I can do everything on my own. So never think I'm a senior. It will help me feel strong and happy."

- Sharilyn Williams



"My New Year's resolution is to make myself strong and healthy. Having good food and exercise everyday will make my New Year's resolution come true."

- Edward Brainard



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