



Choose Well

Member Newsletter

OCTOBER ISSUE



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Health | Technology Solutions



Emergency Preparedness

With the recent weather trends in San Diego, like Hurricane Hilary, a disaster or emergency has been at the forefront for many San Diegans because it can directly affect their daily lives. Recently, *Live Well San Diego* hosted a rural community Emergency Preparedness Resource Fair and in-person panel discussion telebriefing at the Ramona Branch Library. Choose Well staff participated in this event. This event also provided information on emergency preparedness from experts, resources from the County, and activities for all ages, which is a response to rural stakeholders' feedback that rural populations in San Diego can often be underserved or lack access to resources. Some tips gathered from the event were to be prepared, respond safely, and recover swiftly.

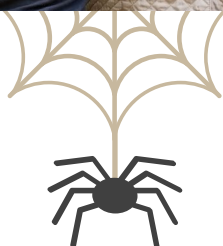




What's *INSIDE!*



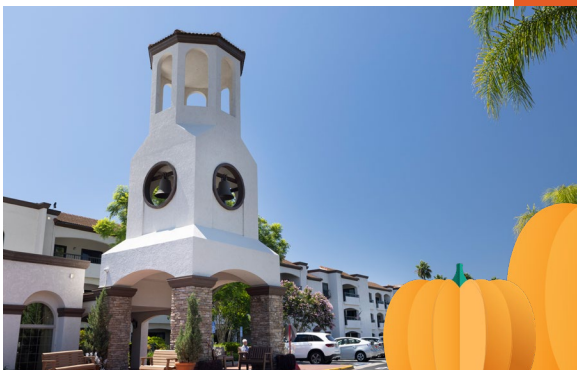
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MEMBER COUNT

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

HHSA Region	Total in Region
Central	17
East	30
North Central	43
North Coastal	44
North Inland	70
South	23
County Total	227



Recap of Tabling Events

On July 24th, at the Chula Vista Civic Center library branch, the tabling event brought in a crowd of older adults and families. The Vista Senior Center hosted a lunch bingo event on July 25th for older adults in their community. With both tabling events, Choose Well San Diego catered to education and outreach for these specific community members to learn more about the Choose Well San Diego website as an assistance to find licensed assisted living homes and related resources.



Recap of National Senior Citizens Day

On August 8th, the Choose Well San Diego team exhibited at the Norman Park Senior Center. The center hosted a free event on National Senior Citizens Day for their community members. Lunch was provided for attendees and vendors. The event consisted of opportunity drawings, games, and health and lifestyle resources. Choose Well staff connected with many of the attendees and educated them about the online resources to better understand assisted living and long-term care options in San Diego County.

DÍA DE LOS MUERTOS

Día de los Muertos, or “Day of the Dead,” is a holiday traditionally celebrated on November 1st and 2nd. It is widely observed in Mexico, other Latin American countries, and in the United States, especially by people of Mexican heritage. This holiday consists of remembrance, community, and celebration of family members that have passed. Old Town, a neighborhood in San Diego, hosts one of the biggest Day of the Dead festivals in the county. There will be an array of local businesses participating with decorations, altars, live music, food, and merchandise to check out with family, friends, and loved ones.

www.dayofthedeadsd.com



Oktoberfest

Oktoberfest is another highly celebrated event in San Diego, with multiple neighborhoods hosting the festival. The history of Oktoberfest dates back about 200 years. According to the German American Societies of San Diego, a great festival came about as an attempt to establish an identity for the “new” Bavarians’ elevated status as a kingdom due to a royal wedding of Prince Ludwig and Princess Therese. Today, the Oktoberfest venue in Munich, Germany, is still called “Theresienwiese” in remembrance of these marriage festivities. This is a great event to experience the German culture and neighborhoods in San Diego that celebrate Oktoberfest.

www.germanclubsandiego.org/portfolio-list/oktoberfest-2022





Facility Spotlight

Casa de las Campanas

Kim Dominy - Executive Director

Casa de las Campanas is the only not-for-profit Type A Life Plan Community in San Diego, California.

As a not-for-profit community, we reinvest any profits back into the community to provide the best environment and services we can. We make our decisions based on what's best for the residents, not shareholders.

A Life Plan Community like Casa provides a full continuum of senior care, including assisted living, memory care, skilled nursing, and short-term rehabilitation on-site. Our residents never have to wonder what they'll do if their health needs change. They can receive higher levels of care in a familiar and trusted environment with virtually no increase to their monthly fee.

We're a Type A Life Plan Community, which means we offer a Type A Continuing Care Plan that allows qualifying independent living residents to transition seamlessly to any level of care if they need to. We offer both a standard plan that requires a lower entrance fee as well as a return-of-capital plan contract that calls for a higher entrance fee but returns 75% of one's investment to them or their estate at the end of the contract.

With such a strong foundation, we're able to devote our energy to creating programs, activities, and opportunities that inspire residents to find fulfillment. We value their skills and insight, which is why we offer over 40 resident-run committees that enhance community lifestyles.

When looking for the best place to retire in San Diego, take a closer look at the unparalleled benefits of Casa de las Campanas. With a stunning campus location, exceptional amenities, and a complete continuum of care, Casa is a hidden gem in senior living.

What Makes Casa de las Campanas a Great Place to Retire?

A Perfect Location

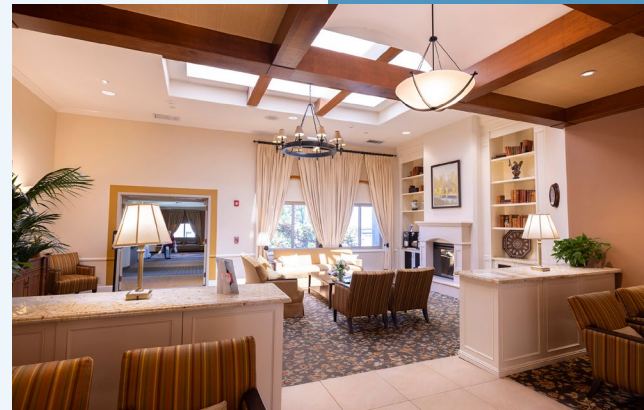
Each day is a new adventure when choosing a retirement community surrounded by natural beauty and endless opportunities for fun and fulfillment. Experience year-round outdoor recreation in and around our vibrant community nestled in the rolling hills of northern San Diego County. Our campus is adjacent to the 170-acre Rancho Bernardo community park and Ed Brown Senior Center. One will never run out of things to do and places to explore in the surrounding area.

Floor Plans to Match Your Style and Budget

Casa offers a wide selection of modern, updated apartments designed for the way one lives. We offer a variety of independent living floor plans that can be customized to match any style and meet one's needs. Each apartment comes with a patio or balcony, and the best part is the maintenance-free living, so one can worry less and enjoy more!

Enriching Programming

When choosing a community that values education, culture, music and the arts. Casa has found countless ways to expand residents' knowledge and share their talents. Casa was originally founded by teachers, and the spirit of growth and community outreach continues to be an important part of who we are. Our community offers a robust lineup of diverse and resident-driven programs on campus, including lifelong learning through the Casa Residents for Education (CRE) program. Residents love being part of a community where they can expand their horizons and learn new things every day!





High-Quality Dining

Enjoy an exceptional dining experience with a selection of chef-prepared meals made with fresh and locally sourced ingredients. Multiple dining options offer choices and flexibility for active older adults. Grab a quick bite at the bistro and coffee bar, or dine with friends in our upscale La Terraza dining room. Residents are delighted by the ever-changing menu with options to accommodate special dietary needs.

Experienced Staff

The longevity of staff members is a sign that an organization is meeting the needs of employees, which in turn helps them meet the needs of residents. Nearly 20% of the staff at Casa have served for 10 years or more, and many of these professionals have dedicated their careers to improving the lives of seniors. Everyone receives a warm welcome at Casa, where the interaction between staff members and residents feel like family.

Award-Winning Health Care

Choosing a senior living community with high-quality health care is an important part of one's decision about whether care is needed now or if planning for potential needs in the future. Residents at Casa enjoy priority access to a full range of health services on campus, including assisted living, memory care, skilled nursing, and rehabilitation services.



Financial Security for Life

As the only not-for-profit Life Plan Community in San Diego County offering a Type A contract, Casa provides an exceptional value for older adults who want financial protection from the rising costs of senior care. Casa residents have peace of mind that comes with having a plan for future health care without having to worry about relocating if a higher level of care is needed.



Focused on Serving You

A not-for-profit senior living community is guided by its resident-focused mission, vision, and values, and one can trust that funds are reinvested into the community for the benefit of those who live there now and will in the future. Casa's not-for-profit designation allows for reinvestment in health and wellness programs and renovations throughout the community that enable us to provide the best experience in senior living in San Diego.

Contact Information

Phone: (858) 592-1811

Address: 18655 W Bernardo Dr, San Diego, CA 92127

Website: casadelascampanas.com



In-Home Safety Precautions for Older Adults

When aging in place, it is important for older adults and their loved ones to think about the safety and accessibility of the home. These in-home safety precautions can ensure that the home will allow them to live independently in a safe environment until they require more assistance.

Making the Home Safe and Accessible

A few changes can make the home easier and safer for independent living. Some things to consider are¹:

- Use area rugs and make sure that carpets are fixed to the floor.
- Replace hard-to-grip, round handles on doors and faucets with lever-style handles that are easier to use.
- Install grab bars in the bathroom.
- Install a ramp with handrails to the front and/or back doors.
- Reduce any fall hazards on the floors, like wires, by placing no-slip strips or non-skid mats on tile or wood floors and surfaces that may get slippery when wet.
- Place night lights in high-traffic areas. Install light switches at the top and bottom of stairs so that they can be illuminated before they climb on them.



Preventing a Fall

Injuries from falling are common among older adults, which is normal as we age. Fall injuries can be very serious, so it is important to take precautions to prevent them as much as possible. There are simple steps to know and take to prevent falls as an older adult²:

- Let a healthcare provider know about any concerns about difficulty walking or balancing and request a fall risk assessment if needed.
- Participate in an exercise class or program that focuses on preventing falls by strengthening the muscles and maintaining an active lifestyle.
- Do not rush off the bed, especially if you have to pick up a phone call. Standing up too quickly can cause disorientation. Remember to get up slowly to let your body adjust to the movements.
- Be cautious on smooth floors. Wear non-slip footwear or socks and remove any trip hazards.
- Use assistive devices like canes or walkers to help stabilize walking and prevent falls.
- Keep your hands free to use handrails. Make sure not to carry heavy items that may throw off your balance.

Sources:

1. <https://www.nia.nih.gov/health/infographics/aging-place-tips-making-home-safe-and-accessible>
2. <https://www.nia.nih.gov/health/falls-and-fractures-older-adults-causes-and-prevention#:~:text=Getting%20enough%20calcium%20and%20vitamin,avoiding%20or%20limiting%20alcohol%20use.>
3. <https://www.healthinaging.org/tools-and-tips/tip-sheet-home-safety-tips-older-adults>
4. <https://www.ncoa.org/adviser/medical-alert-systems/home-safety-tips-older-adults/>

Safety-Proof Against Fires and Related Dangers

Injuries from fire, smoke, or burns can be serious but may be prevented with simple precautions. Here is a list of potential safety precautions to prevent fires and burn or smoke inhalation injuries³:

- Ensure that both the smoke and carbon monoxide detectors are in working order and remember to replace their batteries.
- Replace any appliances with frayed or damaged electrical cords.
- Do not plug in multiple electric cords into one socket or extension cord.
- Avoid wearing loose clothes or materials that are flammable when cooking.
- Never leave unattended candles in an empty room or smoke in the bed.

Adopting these safety precautions around the home can improve the quality of life and allow older adults to live in their own home longer. It is important to plan and bring up any concerns about accessibility or trip hazards to older adults and loved ones to help prevent related dangers, risks of falling, and suffering burn injuries at home. Making a comprehensive checklist will ensure that all potential hazards are found when assessing one's home safety.⁴





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





Choose Well

Helping Families Find Distinguished Assisted Living Facilities



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Visit Our

Website

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.

For information on other programs and resources for older adults and people with disabilities, visit www.aging.sandiegocounty.gov or call 800-339-4661.



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