



Choose Well

Member Newsletter

SPRING ISSUE

APRIL - MAY 2024



sarsis

Health | Technology Solutions



— APRIL IS — **NATIONAL MINORITY HEALTH MONTH**

National Minority Health Month is observed in April, a time to increase public awareness of the significance of enhancing the health of racial and ethnic minority populations and minimizing health inequalities. Check out the Health Equity Framework that is under the regional vision of *Live Well San Diego*. This framework acknowledges that social determinants of health may impact aspects of a person's life and often lead to disparities in health and well-being outcomes, irrespective of biological or genetic factors.

www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_health_statistics/healthequity.html

May is **MENTAL HEALTH** Awareness Month

The purpose of Mental Health Awareness Month is to raise awareness, help combat stigma, offer assistance, educate the public, and advocate for policies that support the millions of people in the U.S. affected by mental illness.

Please visit the County of San Diego Health and Human Services Agency, Aging & Independence Services website for information on resources and services.

www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Older-Adults/Mental-Health.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	42
North Coastal	45
North Inland	71
South	23
County Total	227



EVENTS RECAP!

All-CAN Meeting

Choose Well staff attended the All-CAN meeting, which incorporated the North, Central, East, and South Community Action Networks. The meeting consisted of a presentation from guest speaker Dr. Lindsey Yourman, Chief Geriatric Officer, about the growing aging population and services in San Diego County.



Coronado Presentation

The Choose Well team presented at the Coronado Public Library for community members. There were about 12 community members who attended this presentation on placement options, the Choose Well San Diego program, and how to navigate choosewellsandiego.org.

Recap on National Placement & Referral Alliance Meeting

Choose Well Staff attended the first National Placement & Referral Alliance meeting of the year to welcome the new Board Members. The meeting consisted of future events and announcements.



EVENTS RECAP!



South Bay Senior Providers Meeting

Choose Well attended the South Bay Service Providers meeting to kick off the new year hosted by Fredricka Manor. Organizations serving the area made announcements about community updates and upcoming events. A presentation titled "Movement is Medicine" was given by Thrive Coaching Academy.

Recap on 2nd Chance at Valentine's Day

Choose Well supported the 2nd Chance at Valentine's Day mixer at Westmont of La Mesa with event co-host Arena Home Care. To showcase the Choose Well/Home Care collaborative article, printed copies of the February 2024 newsletter were distributed at the event to provide more information about home care services and advocacy.



Outreach at Norman Park Senior Center

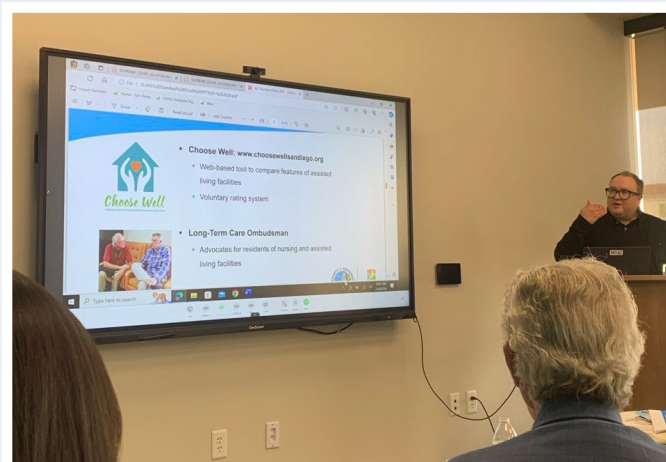
Choose Well visited the Norman Park Senior Center to engage community members, restock brochures, and provide copies of the most recent newsletter. Community members can visit their local senior center to find Choose Well San Diego brochures.



EVENTS RECAP!

Residential Care Facilities for the Elderly Disaster Preparedness Conference

Choose Well exhibited at the Residential Care Facilities for the Elderly (RCFE). Disaster Preparedness Task Force Conference. The topics, panel, and presenters were informative and provided important information for RCFE providers to learn and be aware of. Choose Well encouraged RCFE licensees and administrators to attend this conference and mark their calendars for the following year.



Recap on Senior 101 Presentation

Choose Well Staff attended the Senior 101 Presentation hosted by Devoure Realty Group and San Diego Oasis. The presentation consisted of speakers from the Alzheimer's Association, County of San Diego, Aging & Independence Services, and Weiner Law. The presentation was a free guide to successful aging and brought awareness to topics important to the older adult population.

PROFESSIONAL *Photography*

A benefit of being a Choose Well member is the complimentary professional photography service. Choose Well will schedule an appointment to ease onboarding for new members or update facility photos for existing members.

Preparing ahead of the scheduled photoshoot will maximize the quality of the photos. One key component is to get good natural lighting for both the exterior and interior of the facility.

The best time of day to take exterior pictures depends on the direction the property faces:

- East-facing: Morning, before 10 am
- North-facing: Between 10 am - 2 pm
- West-facing: In the afternoon
- South-facing: Early morning after sunrise or late afternoon before sunset

Ensure all light fixtures are working, as photos are taken with all lights on.

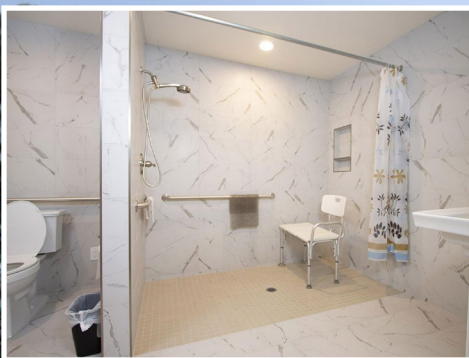
It is best if residents aren't in the photos for privacy reasons since these pictures will be uploaded to the website. Prospective residents like bright, decluttered interiors that showcase the living options and common spaces.

The team will stay in contact about weather conditions a day before the appointment for confirmation.



Contact us at (858) 221-4862 or at info@choosewellsandiego.org if you have any questions or would like to schedule photo services.





FACILITY SPOTLIGHT

Golden House Residence

Golden House Residence has two locations in the community of Bonsall. Their motto is “Senior Living on Your Terms”. Golden House Residence stands out from other residential care facilities due to its quality level of care, security and safety alarms, around-the-clock staffing, luxurious interior design, and breathtaking views from every room.

Golden House Residence prides itself on the level of care it can provide, starting with the minimum at level 1 to total care plus at level 4. All levels of care include 24-hour supervision and medication management. Each resident will have an initial and ongoing assessment to determine their individual care needs.

Golden House Residence amenities include spacious walk-in closets, beautiful bathrooms with easy access showers, covered balconies, a patio area, wonderful common areas and living spaces with comfortable furniture, and a big screen TV. Activities and special events are organized and customized for the residents. Assistance with scheduled transportation to and from the home for doctor’s visits or shopping can be made available.





When is the Best Time to Seek Hospice Care?

By Issa Vazquez
Comfort & Peace Hospice

Hospice care has evolved enormously over the last decade, as it has been closely linked to impending death. Hospice care is a medical subspecialty with a strong evidence base that provides a compassionate option for people with life-limiting illnesses. When a disease cannot be cured, hospice care becomes a vital choice. Transitioning from curative treatments to end-of-life care can be a difficult and emotional process for patients and their loved ones. The primary goal of the hospice team is to create a comfortable and supportive environment for individuals in the final stages of their lives. Hospice care is specifically designed and intended for people who have an incurable illness and are nearing the end of their lives. The emphasis is on ensuring their comfort and allowing them to fully enjoy their final years of life with peace and dignity.

Hospice care professionals do not aim to cure diseases but rather to alleviate symptoms and enhance the quality of life for patients. They also involve family members and caregivers in the decision-making process that impacts the patient's care. Hospice is frequently mistaken as a physical location when it is a service that can be delivered wherever the patient resides. Hospice care is flexible and can be provided in different environments, such as the patient's personal residence, a senior living community, or a nursing home. One common misconception about hospice care is that it only treats people who have terminal cancer. While hospice can be beneficial to patients with terminal cancer who have ceased or chosen to discontinue treatment, it can also benefit those in the advanced stages of kidney, lung, and heart disease, as well as people with progressive neurological conditions such as Alzheimer's.

So, when is the appropriate time for hospice care? Hospice care begins when the illness has an advanced stage that is no longer curable or controllable. The hospice doctor and the patient's primary care physician must both certify that the patient meets the criteria for hospice care. If a person has less than six months to live, begins to experience a decline in quality of life despite treatment, or decides to stop life-prolonging treatments, hospice care may be appropriate. However, if a doctor recertifies them, a person may continue to receive hospice care, even if they live longer than six months.

Hospice care consists of several components, including symptom control and management, pain management, stress management, mental health support, spiritual support, and family support. It is important to note that symptom management and hospice care focus on alleviating discomfort rather than directly treating the underlying illness, such as using chemotherapy for cancer treatment. Moreover, hospice caregivers play a crucial role in supporting families by keeping them informed about their loved one's condition and providing guidance on what to expect, including information about the dying process and resources they may need during this phase of the patient's life. Hospice teams also provide around-the-clock support, including direct care and coordination with other medical professionals. They may also facilitate communication with clergy and offer bereavement support to grieving loved ones.

When hospice support becomes a topic of conversation in your life or the life of a loved one, reflect on the goals of care. If one's care objectives align with the principles of hospice and they meet the necessary medical criteria, do not hesitate to speak with a hospice professional. Receiving the appropriate care has a significant impact on the quality of one's transition.





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





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**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.