Choose Well
Member Newsletter

Winter Issue

Winter 2021

sarsis
Health | Technology Solutions

Happy New Year

FROM CHOOSE WELL SAN DIEGO!

2021

Member Count

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

HHSA Region	Total in Region
Central	10
East	32
North Central	43
North Coastal	42
North Inland	52
South	14
County Total	**193**

Sneak Peek of What's Inside!

Advisory Workgroup Meeting

Choose Well

TOPIC
Health Information Management

What RCFEs Need to Know

October 21st, 10AM

Plus: Network, and give your feedback on Choose Well.

FREE *DoorDash* Rubio's Lunch!

FEATURED SPEAKER
Kie Copenhaver, RHIA, CSA

RSVP Today! info@choosewellsandiego.com | 858-221-4862
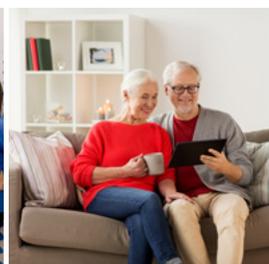
Choose Well
Member Advisory Meeting

W e had our first Choose Well Member Advisory meeting of the second project year on October 21, 2020, via Zoom!

Thank you to our featured speaker and RCFE industry professional, Kie Copenhaver, who educated Members on health information management and what RCFEs need to know.

27 people attended the meeting and Choose Well gained three new Members:

Advisory Workgroup Meeting

Choose Well
Helping Families Find Distinguished Assisted Living Facilities

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1. UC Care Living I	2. UC Care Living III	3. Faith Villa

Stay Updated!

Receive alerts on upcoming events, FREE CEU courses and more.

Sign Up for Our Newsletter

2020 Live Well Advance

On December 3, 2020, Sarsis was invited to host a virtual booth at the 2020 Live Well Advance virtual conference due to our work with Choose Well San Diego.

Our booth was called, "The Online Survival Toolkit for Public Health Promotion: Enter our live game show to learn free tools to level up your program online." We invited participants to our interactive simulation of "Who Wants To Be A Millionaire." Attendees were asked questions about free online tools they can use to promote public health programs, such as free website builders, graphic design programs, and data storage platforms.

We had an amazing time spreading awareness about the different free tools organizations and agencies can use to promote their health programs. We hope to continue providing value and technological resources to the public health sector.

Resources for Combating Loneliness Amongst Older Adults

Since the COVID-19 pandemic began, experts have warned that older adults are a particularly susceptible population. Not only are they at risk of the virus due to weaker immune systems and chronic conditions, but social distancing guidelines have exacerbated the public health crisis of social isolation. A new report from the National Academies of Science, Engineering, and Medicine found that nearly one-fourth of adults aged 65 and older are considered to be socially isolated[1]. Social isolation is closely related to loneliness, which can lead to negative health consequences such as an increased risk for heart disease, depression, dementia, and even death[1]. Even before the pandemic, loneliness amongst older adults was a serious public health issue associated with considerable morbidity and mortality, comparable to established risk factors such as smoking, alcohol consumption, obesity, and frailty[2].

There are resources available for older adults who are experiencing isolation and loneliness. Below is a list of national and local organizations that offer assistance for seniors experiencing loneliness and isolation.

National Organizations

Area Agencies on Aging (AAA) is a network of over 620 organizations nationwide and provides information and assistance, such as nutrition and meal programs and caregiver support. See Aging & Independence Services below.

Eldercare Locator is a free national service for seniors looking for resources in staying engaged in meaningful activities, including volunteer opportunities in the community and local activities.

National Council on Aging works with nonprofit organizations, businesses, and governments to provide local programs and services. Seniors can access programs for healthy aging and to increase social connectedness.

AARP provides information to help older adults improve their quality of life through community connection tools. Specifically, AARP offers an Isolation Assessment from Connect2Affect that can identify risk factors and offer recommendations for getting more connected.

Local Organizations

Aging & Independence Services (AIS) is the Area Agency on Aging (AAA) for San Diego County. The AIS website has resources to assist with social isolation, including the Get Connected guide that allows older adults to stay connected while at home.

City of San Diego AgeWell Services provides local events, resources, and programs for older adults. A "Social Calls Program" offers comfort and conversation through daily check-in calls during weekday mornings.

Friendship Line California is a free hotline and a warmline for non-emergency emotional support calls.

San Diego Oasis creates opportunities for meaningful dialogue and deep thinking about current events as well as provides socialization, active living, and intergenerational community initiatives through classes and various events.

Beyond these resources, loneliness and isolation can be combated with the benefits of staying connected. Research studies suggest that social engagement may slow cognitive decline. Studies also show improved cardiovascular outcomes and increased immunity to infectious diseases associated with an active social life. Things seniors can do stay connected include:

Face-to-Face Time: It is still encouraged to stay safe at home—and gathering outside of one's household may be restricted if a stay at home order is in effect. However, if stay at home orders have been lifted, older adults can connect with others in person. Some things seniors can try is setting up regular coffee dates with friends or walking pets in community parks, where there are people to chat with.

Group Activities: Being involved in group activities may improve the sense of belonging and quality of life. Older adults can volunteer at a nonprofit, school, or civic group. Other activities include exploring options at local religious organizations, such as group studies or choir.

Lastly, senior living communities, such as assisted living homes can play a major role in decreasing loneliness perceived amongst seniors. Having many ways for residents to meet people can make the lives of older adults in these communities socially rich. Hosting events, offer clubs and various activities, allow neighbors to create new friendships and feel less lonely.

Sources
[1] National Academies of Sciences, Engineering, and Medicine, 2020. Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System.

[2] National Library of Medicine, 2020. Social Isolation and Loneliness: The New Geriatric Giants: Approach for Primary Care.

Choose Well

Helping Families Find Distinguished Assisted Living Facilities

Choose Well is a free, innovative, web-based program sponsored by the County of San Diego 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 updated provider brochure by clicking **here.**

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Choose Well is a free, innovative, web-based program sponsored by the County of San Diego 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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