Choose Well
Member Newsletter
National Nutrition Month

MARCH/APRIL 2020

sarsis
Health | Technology Solutions

CEU LUNCH & LEARN

The Dementia Challenge

Thank you to all our Members who attend our free CEU on January 30, 2020 at the Lafayette Hotel. We hope you enjoyed the three course meal, and we look forward to hosting more free CEU events for our Members. Special thanks to George G. Glenner Alzheimer's Family Centers, Inc. for providing the training on dementia.

March is National Nutrition Month!

The Academy of Nutrition and Dietetics created this annual campaign to bring awareness to the importance of making informed food choices and developing sound eating and physical activity habits. For the year 2020, the theme is "Eat Right, Bite by Bite," accompanied by the graphic below. To learn more about National Nutrition month, visit the Eat Right website here: eatright.org/food/resources/national-nutrition-month

EAT RIGHT

BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition and Dietetics

In this issue of the Choose Well Newsletter, we celebrate our Member Facilities that are dedicated to providing healthy and nutritious food for their residents.

Member Count

By HHSA region, this is how Choose Well membership is distributed county-wide:

| HHSA Region	Total in Region
Central	10
East	31
North Central	38
North Coastal	39
North Inland	41
South	11
County Total	**170**

PAN-GRILLED SALMON WITH PINEAPPLE SALSA AND SPINACH SALAD

This month, one of our facility members has provided a recipe that is easy to make and covers several essential nutrients to keep residents healthy. As the body ages, it absorbs less nutrients. Therefore, foods high in vitamins, such as B12, are ideal. Vitamin B12 keeps nerve and blood cells healthy, and salmon is one excellent source of it. A 3.5 oz. serving of salmon has 50% of the recommended daily intake of vitamin B12. A lack of the nutrient B12 may cause problems of confusion, dementia, and poor memory.* Spinach is an excellent source of iron and calcium, two nutrients that are important for bone and blood health. However, the nutrients are not easily absorbed by the body. Combining spinach with a food rich in vitamin C, such as pineapple, helps unlock the nutrients in spinach.

Our new member, Coastal Breeze, with homes in Solana Beach, Del Mar, and La Jolla, shows us a recipe that incorporates all three into a healthy, easy to prepare meal!
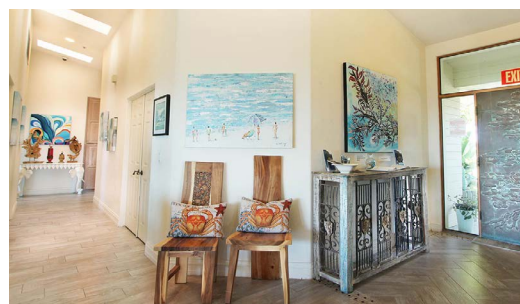
"For lunch we typically provide something super healthy and delicious for our residents to enjoy. It is very simple and doesn't take much time to prepare. This dish takes 15 minutes for our caregivers to make."

- Hilda Paz, Coastal Breeze Assisted Living & Memory Care

Ingredients

For the Meat:

3.5 oz salmon fillets (per serving)

For the Pineapple Salsa:

3 diced fresh pineapple

¼ cup chopped fresh cilantro

½ cup chopped red onion

2 tablespoons rice vinegar

1 red bell pepper, chopped

For the Salad:

Mixed baby spinach

Feta Cheese

Nuts

Vinaigrette dressing

Instructions

1. For the salmon, drizzle olive oil onto a hot pan. Sprinkle some sea salt and black pepper onto the salmon. Add the salmon to the pan. Cook 4 minutes each side, or until fully cooked.

2. To make the pineapple salsa, combine the pineapple, cilantro, onions, rice vinegar, and red pepper into a large bowl, and mix. Serve it with the salmon.

3. To make the spinach salad, use mixed baby spinach. Add feta cheese and nuts into the mix. Put the salad, cheese, and nuts in a large bowl, add the vinaigrette dressing, mix together, and serve with the salmon.

We you hope enjoy this recipe!

Updating your Facility Profile

Updating your facility profile is easy and secure. When you become a Choose Well member, we will send you a link you can use to update your profile. Existing members without a link can email Choose Well to request a link.

The profile page is separated into several sections. You do not need to fill out the entire form- just enter the information you wish to update. This article will highlight some of the information you can make available to consumers.

Important: Your profile information DOES NOT affect your Choose Well score! However, the more information you provide, the more likely prospective residents who match the services you offer will find you.
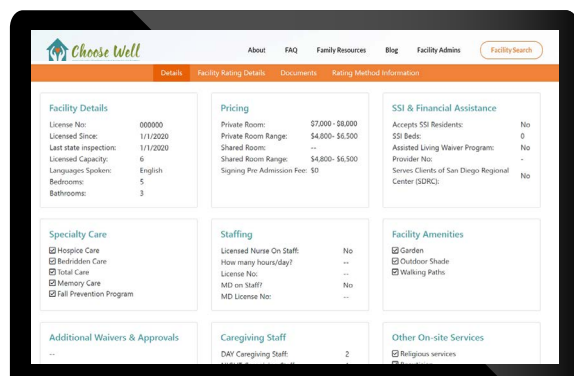
Main Information Fields:

- **Email Address:** The email address is not published and is used only to contact you to confirm or clarify updates or to notify you when your score changes.

- **Facility Name:** Enter the facility name as you wish displayed on your profile. By default, Choose Well will use the name provided in the DSS database. For example, DSS may list your facility as XYZ Board and Care RCFE, Inc., but you may prefer XYZ Board and Care.

- **Facility Phone Number:** The phone number is listed on your profile for consumers to call.

- **Website:** A public link to your website. You can link directly to your contact or "Request a Tour" page on your website to get more prospective residents.

- **Vacancy:** Check this box if you have a vacancy in your facility. When this check box is active, a vacancy icon will show on your profile.

Main Information

License No

374603677

Email address

Enter email

We'll never share your email with anyone else.

Facility Name

Enter Facility Name

Facility Phone Number

ie (858) 221-4862

Website

ie: https://www.my-rcfe-name-here.org

☐ Vacancy

Pricing Fields:

You may state none, all, or any combination of pricing. The more information you provide, the more likely financially eligible consumers will call you.

- **Price - private room:** This is the recommended field to use to let consumers know how much you charge for a private room. Specify a fixed price. For example: $5,000. Do not type "$5,000+" or "starting at $5,000."

- **Price - private room range:** If you prefer to advertise a price range, you may do so here. For example $3,800 - $4,600.

- **Price - shared room:** This is the recommended field to use to let consumers know how much you charge for a shared room. Specify a fixed price. For example: $3,200. Do not type "3,200+" or "starting at $3,200."

- **Price - shared room range:** If you prefer to advertise a price range for your shared room, you may do so here. For example $3,800 - $4,600.

- **Admission signing fee:** If your facility charges an admission signing fee, specify that here.

The tool also enables you to update other fields, such as facility amenities, languages spoken, and more. However, those are beyond the scope of this article. If you have any questions, please do not hesitate to contact any Choose Well team member!

- Quan

Staffing Fields:

Keep in mind that providing a higher level of staffing does not indicate a "better" facility. For example, residents may not need a physician on site, nor would they want to pay the premium fees associated with that. Letting consumers know the level of care you provide allows them to choose the right facility for them. Everyone has different needs!

- **Does staff live on site?:** Check this box if you have staff who live on site.

- **Separate housekeeping staff:** Check this box if you have separate housekeeping and caregiving staff (this is uncommon).

- **Number of caregiving staff during day:** How many caregivers do you have during the day?

- **Number of caregiving staff during night:** How many caregivers do you have in the evening?

- **Caregiving staff comments:** Share any certifications, qualifications, or other details about your staff here.

- **Licensed nurse employed?:** Check this box if you have a licensed nurse on staff.

- **Licensed nurse registration number:** If you have a licensed nurse on staff, provide the their licensed nurse registration number.

- **Licensed nurse hours, per night:** If employed at night, specify the number of hours worked.

- **Licensed nurse hours, per day:** If employed during the day, specify the number of hours worked.

- **Staff MD?:** Check this box if your facility has a medical doctor (this is uncommon).

- **MD License Number:** If a medical doctor is available, please provide their license number.

- **Staff MD Comments:** Provide any additional information you would like consumers to know.

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

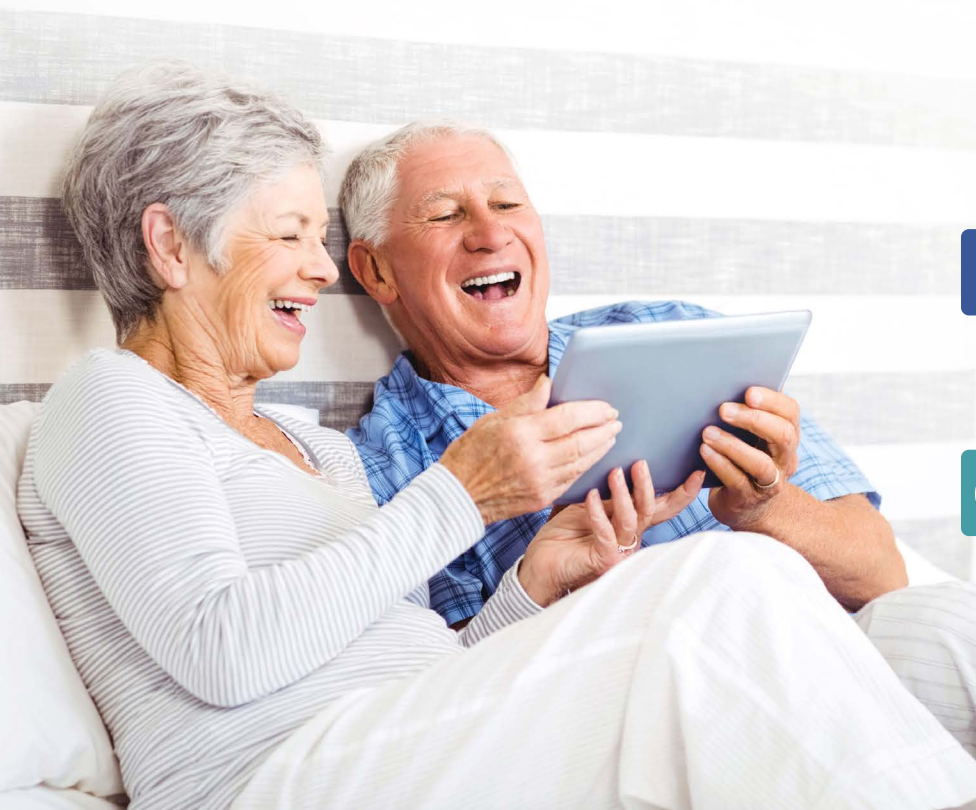✉️ info@choosewellsandiego.org

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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.**

Choose Well is a free, innovative, web-based program that helps older adults and their families make informed decisions when selecting assisted living homes.

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