



# Choose Well

## Member Newsletter

WINTER 2024 ISSUE



sarsis  
Health | Technology Solutions

# Winter Health and Wellness Tips

The holiday season is a time when one's regular diet is replaced with larger, heartier meals, often less healthy than what one normally eats during the rest of the year. This indulgence leads to post-holiday realization that one must correct their eating habits afterwards with intense exercise and fasting. Instead of treating nutrition like a pendulum swinging back and forth between extreme ends of unhealthy and healthy eating, a focus not overeating, and trying to choose foods from the feast that resemble what one normally eats throughout the year can allow them to enjoy this season without compromising their physical health. Incorporating nutritious options into holiday meals can help balance indulgence with healthy choices.

Social interactions also increase during the holidays as we tend to see more colleagues, friends, and family members. These interactions can be both fulfilling and overwhelming, depending on the individual. There is a balance between engaging in festivities and recognizing the need to recharge. If someone is feeling anxious or overwhelmed, they should not hesitate to take a break or step away from the crowd. Knowing when to pause and regroup can enhance their enjoyment of the celebrations and ensure they return feeling refreshed. Prioritizing mental and emotional health allows individuals to fully embrace the holiday season while maintaining their overall well-being.



HAPPY  
*Holidays*  
 AND HAPPY NEW YEAR

- Dec 6, 2024 Coronado Holiday Parade
- Dec 6 - 7, 2024 Balboa Park December Nights
- Dec 7, 2024 Little Italy Tree Lighting and Christmas Village
- Dec 7, 2024 Ocean Beach Holiday Parade
- Dec 7, 2024 Encinitas Holiday Parade
- Dec 7 - 8, 2024 Winter Wonderland Festival
- Dec 8, 2024 La Jolla Christmas Parade and Holiday Festival
- Dec 8 & 15, 2024 Port of San Diego Parade of Lights
- Dec 13, 2024 Las Posadas: An Old Town Celebration
- Dec 13 - 14, 2024 Poway's Christmas in the Park
- Dec 14, 2024 Holiday in Village: A La Mesa Tradition
- Dec 14, 2024 Mission Bay Christmas Boat Parade of Lights
- Dec 14, 2024 Gaslamp Pet Parade
- Dec 26, 2024 Liberty Station Hanukkah and Menorah Lighting
- All December Holidays at Hotel del Coronado





# 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	31
North Central	45
North Coastal	47
North Inland	75
South	23
<b>County Total</b>	<b>238</b>





# EVENTS RECAP!



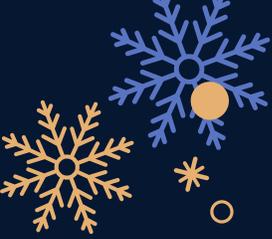
## North County Visit to Libraries and Senior Centers

The Choose Well team visited several libraries and senior centers in the North County area. We dropped off brochures at the Community and Senior Center in Encinitas, the Park Avenue Senior Center in Escondido, and the Rancho Santa Fe Senior Center, where we shared resources and information to support the vibrant aging community members. The library tour included three branches: the Escondido Public Library, the County Library in San Marcos, and the Carlsbad City Library.



## National Placement and Referral Association (NPRA) September Meeting

Choose Well attended the NPRA meeting to socialize with other healthcare professionals in the aging industry, which was hosted at Westmont of La Mesa. Guest speakers Samantha and Matt from the County of San Diego (County) gave valuable insights into the Cal-AIM program and various programs with Aging & Independence Services. Miguel Torres from Serena gave a presentation on assisted living communities in Mexico as a placement option for Americans.



# EVENTS RECAP!



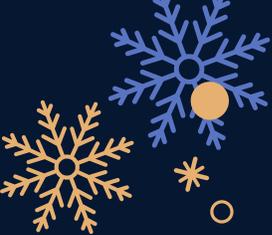
## Older & Bolder Expo

Choose Well exhibited at the Older & Bolder Expo, hosted by the Carlsbad Chamber of Commerce. The Expo was a great opportunity to meet community members and explore dozens of organizations offering programs, services, and resources to help older adults age in North County. Elder-Help of San Diego was one of the organizations in attendance promoting their programs, services, and resources like their HomeShare Program that matches people looking for a housemate with individuals seeking affordable housing.



## San Diego County Council of Aging Annual Health Fair

Choose Well was an exhibitor at the San Diego County Council Of Aging Annual Resource Fair at Sharp Prebys Innovation and Education Center. Choose Well was alongside many organizations and businesses like the Alzheimer's Association, Gary and Mary West PACE, and Meals on Wheels. This free resource fair also featured educational speakers and opportunity drawings for community members. The participating exhibitors are committed to supporting the aging population in San Diego.



# EVENTS RECAP!



## Stand Tall. Prevent Falls.

Choose Well exhibited at the “Stand Tall. Prevent Falls.” fair hosted by the San Diego Fall Prevention Task Force and in partnership with Aging & Independence Services. This free community event was held at the San Marcos Senior Activity Center. The event was packed with brief presentations, resources, and hands-on activities like a Tai Chi exercise demonstration in observance of National Falls Prevention Awareness Week.



## Choose Well Lunch N Learn Workshop

Choose Well staff hosted a Lunch N Learn Workshop on the Residents’ Bill of Rights and review of AB 2171. Instruction was led by Jatana Williams with Beyond the Sky Solutions at the 4th District Senior Resource Center. This workshop was a benefit for current and prospective Choose Well members to earn four continuing education credits for their administrator license at no cost. Wraps, chips, and a drink were provided for lunch by a local eatery.



## Dementia Skills & Resource Fair

Choose Well staff participated in the Dementia Skills and Resource Fair hosted by the County’s Aging & Independence Services. The event was held at the Grossmont Healthcare Library. This free community fair had presentations, small workshops, resources, and opportunity drawings.

# *Facility Spotlight* Family Resort Rest Home



## **We Are Here for You**

At Family Resort Rest Home Inc., we offer compassionate care for elderly individuals who have experienced a stroke, become frail, or have other medical conditions. With years of caregiving experience, we understand that this is a critical time in the lives of our residents and their families.

Our staff provides loving and gentle care that ensures residents feel safe, secure, and cherished. We collaborate closely with doctors, medical professionals, and family members to address our residents' individual needs effectively.

## **Our Vision**

We are dedicated to providing the highest quality care in a family home setting. Our residents' security and well-being are our top priorities. We strive to enhance their quality of life while offering families the peace of mind they deserve.



## We Provide:

- 24-hour supervision, observation, and care.
- Monitoring of all medications.
- Assistance with bathing, dressing, and grooming.
- Transfers in and out of bed or wheelchair.
- Three home-cooked meals and snacks per day.
- Daily housekeeping and special services for any activity of daily living.
- Laundry service and daily room cleaning.

Enjoy a relaxing meal with new friends, watch a favorite program, listen to soothing music, or simply relax and take in the beautiful outdoor views from the family room.

## Comfortable Home Setting

Our facility features three large semi-private rooms, accommodating up to six ambulatory or non-ambulatory residents. Our spacious bath facility is custom-designed to meet grooming needs. With a large community room, big-screen TV, and family-style dining room, residents can feel right at home.

## Country Setting

Enjoy our beautiful courtyard, hear the sound the birds, breathe in the fresh air, and admire the views of trees and flowers. It's a perfect place to visit with friends and family.

We are here to help recall the best times of our residents' lives. The courtyard and large family room are favorite areas where residents can enjoy the company of new friends and loved ones during their visits.

Come visit our beautiful country property and consider making it home.

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Licensee and Administrator

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## The Gift of Memories: Embracing Meaningful Giving this Holiday Season

As the holiday season approaches, many of us find ourselves pondering the perfect gifts for our loved ones. But what if the most precious presents aren't found in stores?

As the owner of Silver Linings Transitions, a company specializing in Senior and Speciality Move Management and Home Organizing in San Diego County, I experience firsthand the sadness many of our clients feel when downsizing. They often struggle when they can't keep the mementos they've accumulated representing a lifetime of experiences - from travel and accomplishments to treasured items passed down from generations.

In my own travels, I now take photographs rather than souvenirs knowing one day I too will have to say goodbye to these items purchased to savor a moment in time.

This year, consider embracing a different approach to gift-giving—one that focuses on experiences, family history, and creating lasting memories

## The Joy of Experiential Gifts

Instead of contributing to the clutter of material possessions, why not give the gift of your time, talents, or an unforgettable experience? Here are some ideas:

1. If you have young grandchildren, offer your children a coupon book for babysitting.
2. Are you a cook? Consider teaching a loved one a favorite recipe. If they aren't local, consider recording a video tutorial.
3. Treat loved ones to a concert or event. Disneyland anyone?
4. Gift a membership to a local park or museum.
5. Plan a hike, a bird watching excursion, or go geocaching.
6. Go apple picking in Julian or take a donut, or ice cream tour.
7. Digitize, organize and preserve family photos.
8. Give the gift of home organization.

These gifts not only create lasting memories but also provide opportunities for personal growth and shared experiences with loved ones.



## Passing Down Family Heirlooms

When I present on downsizing to audiences, I always start with a show of hands for how many people have family who want their things. When no hands go up and there's a collective laugh, I share tips on how to get a "yes."

You can also give away items as "gifts." For example, a couple of years ago, a cousin sent me a poncho for my birthday, along with a picture of her holding me as a baby while wearing the poncho made by my grandmother. The gifted poncho isn't something I would have offered to take but we can't exactly say "no" to a gift.

You can also dust off an item from a collection, put it in a nice gift bag and give it as a hostess gift.

When gifting an heirloom, consider including a written history of the item or sharing its story verbally. This adds depth and meaning to the gift, making it truly priceless.

## Hosting a Family “Show and Tell”

Before parting with treasured possessions, why not organize a family “show and tell” event? This can be a wonderful way to:

- Share the stories behind your cherished items.
- Allow family members to express interest in specific pieces.
- Create a fun, nostalgic atmosphere for all generations.
- Teach younger family members about their heritage.

During the event, encourage everyone to ask questions and share their own memories associated with the items. This interactive approach turns gift-giving into a rich, shared experience.



## Preserving Memories While Downsizing

For many older adults, the prospect of downsizing can be daunting. However, it’s possible to preserve memories without keeping every physical item. Here’s a strategy:

1. Select your absolute favorite items to keep.
2. For the rest, create a digital archive:
  - Photograph each item.
  - Record or write down the story behind it.
  - Create a digital album or scrapbook.
3. Share this digital archive with family members.

This approach allows you to revisit cherished memories without the burden of physical clutter. It’s an excellent way to share your life story with future generations.

## Conclusion

This holiday season, let’s shift our focus from material gifts to those that truly matter—experiences, family history, and shared memories. By giving the gifts of experience, passing down family heirlooms, and preserving our stories, we create a legacy of love, reduce our environmental impact and give something far more significant than any store-bought present.

Silver Linings Transitions provides gift certificates for home and photo organizing as well as digitization. To learn more about our company, visit [www.SilverLiningsTransitions.com](http://www.SilverLiningsTransitions.com)



## 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](mailto:info@choosewellsandiego.org)

 [choosewellsandiego.org](http://choosewellsandiego.org)





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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](http://www.aging.sandiegocounty.gov) or call 800-339-4661.

