



Choose Well

Member Newsletter

Gratitude Issue

NOVEMBER 2021



sarsis

Health | Technology Solutions



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MEMBER COUNT

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

HHSA Region	Total in Region
Central	13
East	30
North Central	45
North Coastal	41
North Inland	59
South	17
County Total	205



What are You *Thankful* for this Year?



"I'm really thankful that I was able to get to meet and build relationships with so many older adults this past year through the various Choose Well activities."

Quan | Choose Well Administrator

"I am so thankful about how different this year looks than last year! Our seniors are enjoying events, going on outings, having outside performers and volunteers come onsite, and are able to visit with their families in the comfort of their rooms. They really need this interaction, so I'm grateful I get to witness it and help share their joy with the community through social media and other outlets."

Kelly | St. Paul's Senior Services



"I'm thankful for all the family and friends in my life. 2020 was hard on everyone, but it was especially hard for my family with the passing of my dad at the end of the year, and without my family and friends around me I don't know how I would've handled it. Be thankful for those that God has put around you."

Dustin | Sarsis Film Producer

"Here at Senior Living Norwoods Hacienda, we love the holidays! It is a time that reminds us what we are most thankful for. A time we feel most at home. And that is what we are thankful for, our community and our little families. Happy holidays from Norwoods Hacienda!"

Linnet | Senior Living Norwoods Hacienda





CHOOSE WELL WORKSHOP Using Technology to Help Locate Distinguished Assisted Living Communities

On October 27th, Choose Well had a workshop that provided a step-by-step tutorial on how RCFE owners and staff can use the new Choose Well mobile app for both Android and iOS. The workshop was the first to take place in-person since the pandemic and was held at the Lions Clubhouse in North Park. Attendees were treated to a lunch served by El Comal while they learned how to update their facility profiles and navigate through the Choose Well app.

We are excited the Choose Well Members now have a new tool, in addition to the Choose Well San Diego website, to use to showcase their facilities and care they provide to seniors!

How to Update Your Choose Well Profile Page

To update your Choose Well profile page:

1. Send an email to info@choosewellsandiego.org with your facility name.
2. You will receive a personalized link for your facility. When you click that link, there will be a form with all the fields you wish to update.
3. Fill out the form, and click "Submit Updates" at the bottom.
4. Choose Well staff will review the updates and apply them to your profile within 2 business days.



Music Therapy Event: “Life is A Song”

On October 20, 2021, Choose Well participated in the “Life is a Song” music therapy event hosted by the South County Action Network (SoCAN). Music therapy professionals led older adults in a lively and engaging hour of song and dance. Participants sang along to songs such as “Celebrate Good Times, Come On” and “Quizás, Quizás, Quizás.” Attendees were even given maracas, drums and other instruments to play as they were encouraged to get up and dance with the music.

Many organizations sponsored the event, including “Golden Mic” sponsors, Sarsis Health & Tech Solutions and St. Paul’s Senior Services. In total, there were 21 vendors present, which included Sharp HospiceCare, City of Chula Vista, The Salvation Army, Scripps, and the County of San Diego. These vendors shared information on services for older adults, provided free lunch, and even donated opportunity drawing prizes.

Choose Well held a booth to promote the program to many people who stopped by. One attendee suggested a great feature to add to the facility profile of Choose Well Members would be the kinds of food options an RCFE offers, such as vegan or organic meals. Thank you for the great idea! This is why we are so happy to have in-person events back in action, so we are able to have meaningful conversations with Choose Well Members and potential consumers who have great ideas to continuously improve the program.

Everyone had such a blast at the event, especially the older adults who truly benefited from the music therapy session. We are hoping Choose Well can continue to participate in this event for years to come.



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



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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](#).



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**LIVE WELL
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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.

