

LIFE ENRICHMENT

NORTHSTAR SENIOR LIVING



Creating a Lifestyle around Wellness

Moving into an assisted living community with other people around the same age is simply not enough to meet the wellness standards needed for an active, healthy lifestyle; there must be ways for people to connect, interact and get to know one another that are fun, stimulating and provide a means of fostering that very important social connection. Being able to interact with peers and build connections and relationships with others provides more meaning, purpose, and value to the residents who reside with us.

Program directors are trained to look at individuals in a holistic way. When the team gets to know a resident's story, and who they are, that can help encourage the right type of activities and engagement. Putting on the lens of wellness to get to know the person transforms them from someone who's a fall risk to 'Miss Jones who loves to write' and 'Bob and Jim who are retired teachers.' Utilize your Life Interest Surveys to determine the programming and activity needs for your community. We should be able to "see" your residents in your monthly calendars.

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PROGRAMMING ALL STARS

Talofa (HELLO in my language) my name is Lelatasiosamoa Vaeao but I go by Lela. I was born and raised in Oceanside, CA and I am full Samoan. I have 9 siblings, amazing God-fearing parents, and many awesome nephews and nieces. In addition to that, I also have gained a Great nephew Peter, my beautiful Great niece Alea, and another Great niece who will be arriving this Fall (my God daughter) Olivia. I was raised by my late Great grandmother, "Mama," Faa'samoa Auauna Amituana'i who was my inspiration for getting involved in this line of work. Our family has dealt with Alzheimer's for over 10 years & Mama was slowly deteriorating from this disease. I watched this beautiful woman slip through my fingertips as the disease progressed over the years. It has been my passion to serve and show others the love that my family has poured onto me. To give back to others, to respect, and to show the dignity that they all deserve.

I have many hobbies and interests but to name a few: I love playing football. I play for our local Women's football team, "San Diego Rebellion," and I travel internationally where I play for American Football Events "AFE" Team USA All Stars. I absolutely love my time with my family, more so now that I have a Great nephew and Great niece.

I love my interaction with residents and their families. There are many things that I am thankful and grateful for especially my time here at Villa Lorena. I give MANY THANKS to my team at Villa Lorena; Joey, William, Chef Rene, Jesus, Peter, Beth, Al, Fina, and Marie-Lou who are TRULY the BEST of the BEST! I am excited for this new and amazing opportunity here with Villa Lorena and look forward to bringing some SPARKLE to the daily lives of our community.



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Lela Vaeao

**Villa Lorena
San Diego, CA**



Love Your Brain

THE LONGEST DAY

Alzheimer's Facts and Figures

Worldwide, there are an estimated 44 million people living with Alzheimer's and other dementias. More than 6 million Americans are living with Alzheimer's and by 2050, the number of people age 65 and older with Alzheimer's dementia is projected to reach 12.7 million, to the Alzheimer's Association 2021 Alzheimer's Disease Facts and Figures report.

Additionally, there are more than 11.2 million caregivers nationwide providing support to those living with the disease.

Alzheimer's is the sixth-leading cause of death in the country, and the only cause of death among the top 10 that cannot be prevented, cured or even slowed.

We are thrilled to be teaming up with the Alzheimer's Association's and The Longest Day event this year. Advancing research and bringing awareness to this disease and the necessary support and care it truly takes is important to Northstar Senior Living. We are excited to host events and raise funds to fight Alzheimer's and dementia-related diseases, doing what we love on June 20th, The Longest Day.

Programming teams are flexing their creative muscle by highlighting National Alzheimer's and Brain Awareness month in June, utilizing our LOVE YOUR BRAIN theme across Northstar to curate programs that educate, support and inspire others to learn about good brain health. Join the "10 ways to Love Your Brain" challenge as our teams work to bring awareness in their communities.

The top 3 highest fundraising teams across NSL will win a \$500 prize to purchase innovative programming supplies to elevate their community program!

WHETHER YOU ARE AN AVID LEARNER, A LOVER OF THE ARTS, OR A LIFELONG ATHLETE, YOU CAN DISCOVER ADVENTURE AT OUR COMMUNITIES.

WE INVITE YOU TO LIVE THE LIFE YOU LOVE WITH US.

BRINGING A COMMUNITY TO LIFE

PROGRAM HAPPENINGS AND HIGHLIGHTS

Covid-19 put an unexpected halt on so many things including the activities our residents love so much. On Tuesday May 25th the Regency Place Senior Living community enjoyed together: Around the World Cooking with Chef Rommel. Residents and staff were excited to experience a taste of Italy with the featured dish of Sicilian Chicken. It is no surprise that this program is a favorite, it is packed with a grand entrance by Chef Rommel, a live cooking demonstration and a taste of the dish at the end. Let's not forget the undeniable benefits of all sensory stimulation included in this type of program, from visual to all the wonderful smells and tastes. Next time, A Taste of Greece!

AROUND THE WORLD COOKING REGENCY PLACE SENIOR LIVING



INVIGORATE

LIFESTYLE BY NORTHSTAR

Residents thrive with this fresh new take on the DIMENSIONS OF WELLNESS, REIMAGINED. Our LIFESTYLE CATEGORIES provide the framework for us to create programs that go beyond the expected. Programs that inspire residents to live an invigorated, engaged life.



- **STAY STRONG**, practice self-care through movement.
- **SEEK KNOWLEDGE**, be inquisitive and satisfy your inner curiosities.
- **FIND BALANCE**, find emotional support programs to help you feel whole.
- **GIVE BACK**, use your talents to impact others through service.
- **LIVE INSPIRED**, nurture your soul through meaningful and pursuits.
- **MAINTAIN CONNECTIONS**, experience inspiring moments, meet new people, and build authentic trusting relationships.
- **DISCOVER ADVENTURE**, seek new experiences, try new things, see new places, live a life unrestrained.