



***A Full Service Affordable Senior Living Community
On The Beautiful Coronado Island***



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Welcome to Coronado Retirement Village

Your Home for Comfort and Care

A hidden treasure, located in the beautiful resort like Island of Coronado, our boutique Community is nestled between the San Diego Bay and the downtown. With views of the majestic Coronado Bridge, Tideland Park and city view... "It feels like being on vacation every day!"

The Coronado Retirement Village is a family owned and operated community. Its development is based upon the family values that extend back to the 1900s and sets us apart from our competitors.

We strive for our residents and team members to feel like they are a part of our family. The individualized and person-centered policies are the heart of our organization, and reflects on the personalized service to our residents, the hiring and training process of our staff and associates and interaction with care and business peers and vendors.

The management and resources of Coronado Retirement Village ensure a long-term commitment to quality, built on a strong foundation of family, community, and entrepreneurial spirit.

Staff and Associate Values that reflect Coronado Retirement Village:

HONESTY: Let your conscience be your guide and remember that doing the right thing is always the right option. The residents always come first.

POSITIVITY: Choosing a positive attitude renders positive outcomes. Going above and beyond inspires growth in yourself and the community.

RELIABILITY: Being consistent, trustworthy, and considerate establishes an impact of fulfilling relationships with residents and associates.

PROGRESS: Finding solutions and the willingness to continually grow and improve each day.

We are known for our desirable location and our remarkably caring environment that feels like home.



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Our Pioneers

We want to share some of our family history with you:

In 1947, the partition of India and Pakistan triggered riots, mass casualties, and extremely harsh environmental conditions. Many people like our parents and grandparents were forced into displacement and migrated to Burma (Now known as Myanmar). For years families suffered the pain, loss, and restlessness of leaving their home country and finally, after settling down in Burma for many years, my grandfather established a renowned retail business.

In March 1962, Burma formed a military coup and sealed all businesses and homes and once again our parents, their siblings and many others, had to leave everything and migrate to India. Our families faced extreme fear and loss of livelihood.

Multiple migrations and living as refugees had significant implications, but our family's ability to trust and serve continued to grow. They never gave up.

Raised by compassionate parents and grandparents, the Kharbanda family learned early about the importance of unconditional giving and sharing.

Throughout their lives, they have lived and shared these values and now they have been passed on to their grandchildren who are equally passionate about making a difference in people's lives.

CEO, Rajni Kharbanda reflects "I now marvel at what a life of giving can yield, exceeding guest expectations is our calling."

Our dedication to eldercare heightened, when our own family member was diagnosed with dementia and needed special care and attention. We learned that the effect of Alzheimer's looked different from day to day and various interventions were necessary as the disease progressed. No matter the ailment, heartfelt attention was always appreciated. We want to provide that same nurturing and understanding community for those seniors who can't stay at home.

At Coronado Retirement Village, we believe that every resident deserves a comfortable and enriching living experience.



Ravi & Rajni Kharbanda
Management

Liz N.
Administrator



Erika C.
Office Manager

Lisa B.
Business Office

Martha A.
Marketing

Lizeth M.
Concierge Lead



Julia T.
Resident Care

Maria M.
Wellness

Luis M.
Maintenance

Griselda C.
Head Cook

Inspiring Leadership Team

Empowering Success, Crafting Excellence

Our Leadership team's unwavering commitment to fostering a sense of community and nurturing relationships with the elderly residents not only enriches the lives of those under our care but also contributes significantly to creating a joyful and fulfilling atmosphere within our assisted living community.

Contact our Admissions Team at **619-437-1777** or email info@coronadoretirementvillage.com to learn more about the room options, care levels and admission criteria.



Celebrating the Heartbeat of Our Success A Tribute to Our Exceptional Team!

In our assisted living community, the dedication and compassion exhibited by our staff and team members towards the elderly residents are truly commendable. Every day, they go above and beyond to ensure the well-being and comfort of our senior residents, creating a warm and supportive environment that feels like an extension of their own homes.

Our team members demonstrate exceptional patience, empathy, and understanding, catering to the unique needs of each resident with a genuine commitment to enhancing their quality of life. Whether it's assisting with daily activities, organizing engaging activities, or simply providing a listening ear, our staff consistently exemplifies the highest standards of service.

We are immensely grateful for the extraordinary service and dedication of our staff and team members, whose efforts embody the essence of compassionate care for our elderly residents.



Location

LOCATED ON BEAUTIFUL CORONADO ISLAND IN THE MEDICAL CAMPUS ACROSS FROM SHARP CORONADO HOSPITAL AND NEXT TO VILLA CORONADO NURSING HOME.

ONSITE PARKING AVAILABLE



Surrounded by the calming waters of the bay, the CRV provides residents with breathtaking views of the landmark BAY BRIDGE and a soothing atmosphere. Residents can enjoy leisurely strolls through scenic pathways, fostering a connection with nature and promoting a sense of calm.

Beyond its aesthetic appeal, the community offers the perfect fusion of natural beauty, tranquility, and accessibility to essential amenities. Conveniently located across from the Coronado Sharp hospital and next to the Sharp Coronado Villa.

www.coronadoretirementvillage.com

Testimonials

...voices from the heart!

"...Coronado Retirement Village has been a wonderful place for our mother. The beautiful setting by the Bay, amazing caregivers and Med techs, her own private bedroom and bathroom, menu variety, live music, and outings, have been beneficial to her physical, emotional and spiritual health. She is thriving in a setting that includes peers at the same cognitive and physical level as herself..."

- Jane S. and Dave F., daughter and son of a resident

"...My mom is very happy at Coronado Retirement Village. She is very comfortable since the caregivers provide emotional support due to their abilities to arouse her mental capabilities. Mom has been there six months and no complaints whatsoever..."

- Miguel G.

"...My mother has been at Coronado Retirement Village since February of this year. She has come to love her new home; it feels very safe and comfortable there. She calls it her home now and she loves all the workers there and they all seem to love her too. Coronado Retirement Village is a wonderful fit for our mother. It's clean and safe and they take exceptionally good care of her. We, as a family, feel that we have a very good working relationship with all the care workers and see all the loving care that they give to residents..."

- S & D H.

"...My mother has been a resident of Coronado Retirement Village for about a year now and we both couldn't be happier with where she is. Her health has improved, she has made genuine friendships with both the staff and other residents, and is very accustomed to her room and most importantly, her routine..."

- Nayely G.

"...My dad has been a resident in the memory care unit at Coronado Retirement Village since December 2021. Throughout these past two years at the facility, I have been very impressed with the attentive staff and excellent care my dad has received. The staff have become like family to my dad and he recognizes them as such. They are extremely caring, efficient, and conscientious of his needs as well as of the other residents, which I would have witnessed. He is upbeat, comfortable, and at ease within his surroundings..."

- Elizabeth R.

"...Coming across the Coronado Retirement Village we fell in love with not just the location, but most importantly, the support of, loving and caring warm staff members.

Thank you. Although it was a tough decision for my parents to move out of the comfort of their own apartment, it turned out to be extremely beneficial, after just a few weeks of adjustment, their mental and physical health drastically improved, as they raved about the exceptional care and kindness they experienced from staff..."

- Tracy W.

"...Mom has resided at Coronado Retirement Village for about one year. She is extremely happy living at this facility due to the incredible staff, the care she receives, and the friends she has made. The location, accommodations, meals, hospitality, and general environment are all essential to her well-being. We trust that Coronado Retirement Village provides everything required for my mother's health and happiness..."

- Elan L.

"...I want to express my sincere appreciation and gratitude for the compassionate care my father is receiving at the Coronado Retirement Village. Due to his struggles with dementia and physical impairments, it became impossible to care for him at home. My father's now sleeping better, looks happier, eats on a regular basis, and appears less socially anxious when I visit him. Furthermore, because of my father's reduced mobility and high risk for falls, he is regularly monitored by staff and receives the care that he needs with dressing, bathing, grooming, and escorting two different activities offered in Coronado Retirement Village. Placing my father at the Coronado Retirement Village facility has been a positive life-changing experience for him because of the level of compassionate care shown by staff and customized care plan meeting his individual needs..."

- Juan S.



When is it a good time to move to Assisted Living? Admissions at Coronado Retirement Village

At Coronado Retirement Village we understand that transitioning to assisted living is a significant decision, and we are committed to making this process as smooth and comfortable as possible for our residents and their families. Our admissions process and commitment to exceptional customer service reflect our dedication to creating a home where residents can thrive.

a. Assessment and Compatibility:

We conduct a comprehensive assessment to understand the individual needs, preferences, and health status of each prospective resident.

b. Medical Evaluation:

We collaborate closely with healthcare professionals to create personalized care plans that address both current and potential future needs. Coordinate an assessment and arrange for medical records from the provider.

c. Safety and Well-being:

The safety and well-being of our residents are our top priorities. We assess the ability of prospective residents to move around independently and provide necessary assistance when needed.

d. Emotional and Social Compatibility:

We strive to create a vibrant and supportive community. We assess the social and emotional compatibility of prospective residents to ensure a harmonious living environment.

Move-In Process:

a. Personalized Community Tour: Upon prospects availability, the admissions team will schedule onsite tour of the community and its amenities such dining, gyms, library, beauty salon, landscaped courtyard garden and laundry facilities.

b. Transition Support: We understand that moving can be challenging. Our dedicated staff assists with the transition process, setup their room for complete comfort and safety. Help residents familiarize themselves with our community, available services and settle into their new living space.

c. Family Involvement: Responsive Communication: We encourage family involvement in the move-in process, ensuring that families are well-informed about the support and services available to their loved ones. Open communication channels, regular family meetings, and involvement in care planning are encouraged to create a collaborative and supportive environment.

***Resident-Centered Care:** Our team is dedicated to providing person-centered care, focusing on the unique needs and preferences of each resident. Regular assessments and care plan reviews ensure that our services evolve to meet changing needs.

***Ongoing Support:** The journey doesn't end at move-in. We offer continuous support to residents, promoting a sense of community, engagement, and overall well-being. Our team have helped hundreds of families navigate through these questions and the related concerns, helping provide wisdom and not just information. We have been providing solutions that work and suitable to their individual situations.

Our mission is to enhance the quality of life for our residents by offering personalized care that promotes independence, dignity, and a sense of community.

We are dedicated to creating a warm and nurturing environment where residents can thrive.

CONTACT US TODAY TO SCHEDULE A TOUR AND DISCOVER HOW CORONADO RETIREMENT VILLAGE CAN PROVIDE THE CARE AND SUPPORT YOUR LOVED ONE DESERVES.

Phone: +1 619-437-1777

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Our Approach to ADL Care

Coronado Retirement Village team understand that each individual has unique needs and preferences. Our team of trained and compassionate caregivers is committed to delivering person-centered care. We focus on the following Activities of Daily Living to ensure a comprehensive and supportive environment:

Personal Care:

- Bathing and grooming assistance
- Dressing and undressing
- Personal hygiene support

Mobility Assistance:

- Safe transfers and ambulation
- Assistance with mobility aids
- Exercise programs tailored to individual needs

Nutrition and Meal Support:

- Meal planning and preparation
- Assistance with feeding, if necessary
- Monitoring dietary restrictions and preferences

Medication Management:

- Timely administration of medications
- Monitoring and documentation of medication intake
- Communication with healthcare professionals

Continence Care:

- Regular monitoring and support
- Assistance with toileting and incontinence products
- Respect for privacy and dignity

Caregiver Training and Oversight:

Our caregiving staff undergoes rigorous training to ensure they are equipped with the skills and knowledge necessary to provide the highest standard of care. Regular supervision and ongoing professional development opportunities ensure that our team remains updated on best practices in ADL care.

In addition to personalized ADL care, CRV believes in fostering a vibrant and engaging community. Our residents have access to a variety of activities and social events to promote mental and emotional well-being. Some of our offerings include:

Recreational Activities:

- Arts and crafts
- Group exercises
- Movie nights and cultural events

Educational Programs:

- Workshops and seminars
- Book clubs

Social Outings:

- Scenic Drives
- Community events and gatherings
- Shopping and dining outings

Our commitment to personalized ADL care, engaging activities, and a supportive community sets us apart as a trusted partner in promoting the well-being of our residents.





Love is forever young!

Mr. J visits his wife daily at the facility. Married for 62 great years and still madly in love. They met through his roommate whilst stationed in Coronado for the Navy and she was out in Washington state.

They wrote letters to each other for 2 years before they met face to face.

They dated for a little over a year and only saw each other 5 times before getting married at the Coronado Navy Chapel.

They are immensely proud of their 2 children, 5 grandchildren, and one great granddaughter.

He wrote love letters to her every day during lockdown and shared the secret of their loving relationship:

"Respect each other, make your partner's wish the most important thing, it's normal to have differences and arguments but show your affection before you go to bed at night. Don't go to bed angry."

When asked how he feels about her moving to the community, Mr. J said, "We miss each other, but I am appreciative that at CRV she is safe and comfortable and being very well cared for, everyone here has the best interest of their residents."

"...She is safe and comfortable..."



Permanent or Respite Options

Be our guest for as long as needed.

Coronado Retirement Village and Memory Care is a delightful place to call "home". Even more, though, the warm environment and services we offer also make our community a good option for seniors who want to give their normal caregivers a break, recover after surgery or other medical issues, or test the waters of senior living. During their stay, Coronado Retirement Village retreat guests enjoy the same services, amenities, and support as residents, while benefiting from a relaxing, stress-free environment.

Our rooms are furnished for immediate move in! A minimum of two weeks is required for a respite stay. Affordable respite rates are calculated per day and the level of care is determined based upon the resident's assessment. Our residents are welcome to enjoy decorating their rooms to suit their personal tastes.





Deluxe Unit
324 Square Feet



Premium Unit
360 Square Feet

Floor Plans

Getting older can be challenging, presenting some obstacles and limitations.

Coronado Retirement Village and our trained and caring staff help our residents live more fully.

Managing all levels of Senior Care is our niche. At Coronado Retirement Village assisted living is about more than a helping hand; it's about promoting overall well-being through a whole-person approach to aging that includes four key lifestyle choices: Exercise, Connection, Nutrition and Goals. Residents enjoy opportunities to stay active, eat well, connect with neighbors, and achieve personal goals right outside their apartment door, every day.

All accommodations include:

- Private or companion apartments with emergency alert systems
- Trained staff available 24 hours/day
- Concierge services
- Chef-Prepared 3 nutritious meals served daily in the Bay View Dining Room; (special diets available)
- Wide variety of snacks and beverages available 24 hours/day
- Daily bed making and housekeeping and linen services
- Scheduled transportation for doctor appointments, outings
- Entertainment, cultural & social events, outings
- Fitness center, exercise
- Laundry room available 24 hours/day
- Utilities (excludes in-room phone), in-room digital cable
- Apartment maintenance
- Onsite support and coordination with outside healthcare providers, Mobile Physicians, Podiatrists, Psychiatrists, Physical Therapy

In addition to the above amenities we also offer:

- Personalized Service Plans
- Medication Management, Oxygen and Catheter Care
- Bathing, Dressing and Grooming Assistance
- Safety Checks, Mechanical Hoyer Lifts and Manual Transfer Assistance
- Reminder/Escort Services
- Personal Laundry Service
- Incontinence Care Services







The Three Gems of Coronado Retirement Village

Assisted Living

Assisted living residents are somewhat independent but may need help with daily living personal care tasks such as bathing, dressing, grooming and escorting.

Autumn Care

Designated rooms for residents with early-stage dementia or who may require higher level care, are high fall risk, need transfers, feeding assistance and 24-hour assistance with every activity of daily living.

Guests are monitored by staff specially trained to care for those requiring acuity care. Wander guard or safety pendent options are available for safety. The Autumn care section is not locked.

Memory Care

Designated section dedicated to Dementia & Alzheimer Memory Care Program for residents whose cognitive condition has advanced and needs to be transitioned to the secure area for more protection.

Guests are monitored and supervised by staff specially trained to understand and care for those with severe cognitive impairment. Wander Wrist Tags are available for safety.

By providing excellent memory care, we decrease family member's stress and worry. They can relax because they know their loved ones are in secure and compassionate hands.

Family members are able to enjoy quality visits with their loved ones, rather than doing the myriad of caregiving tasks on their "To Do" list. That is what we're here for — to make your life easier and your family's caregiving journey smoother!

Our secured Memory Care Program is a customized care plan that seeks to enhance each resident's needs through life enrichment activities and address their physical, emotional, social, and spiritual needs based on the individual needs of each resident.

Our approach is focused on what residents can do, promoting self-worth, dignity, and independence.

Onsite Wellness Team provides 24-hour monitoring by trained staff:

- Bathing, Dressing & Grooming Assistance
- Medication Management, Feeding Assistance, Transfers
- Incontinence Care, Oxygen & Catheter Care, Device Support, Reminders and Redirection
- Escorting Services
- Scheduled Transportation to Medical Appointments
- Scenic Drives and Outings
- Walks and Picnics in the Garden
- Religious & Spiritual Services
- Daily Enriching Activities





Memory Care



Health & Wellness

*Daily
Morning
Exercise*



Access to Health Services

- Medical Provider - In House Physician & Nurse Visitation
- Pharmacy delivery services
- Medication management by our award-winning wellness team
- Physician appointments by concierge
- Transportation to doctor's appointments

Gentle Fitness

Regular physical activity and exercise for seniors helps improve mental and physical health, both of which will help you maintain your independence as you age. Exercise improves strength and flexibility, which in turn help improve balance and coordination.

At Coronado Retirement Village we provide the space for our residents to participate in a variety of exercises and activities to promote flexibility, dexterity and movement.



Onsite
Hair and
Beauty
Services

Restaurant Style Dining



Food, Fun & Friends

Dining Experience in the Bay View Dining Hall

Restaurant Style Service Dining: Nutritious meals are served in our Bay View Dining Hall. Our experienced chef designs menus that reflect quality, nutrition, and variety. We change our selections with the seasons and per resident's recommendation. Special dietary needs such as: low-sodium, low-fat, and diabetic meals are easily accommodated. Our food service staff also provides tray service to resident rooms as needed.

Cuisine from Around the World: From our residents' favorite meatloaf, mashed potatoes, gravy and green beans, to Jambalaya, Spanish tapas, Asian flavors, Indian curry – we make it a point to bring global flavors to our residents.

Snacks All Day: Sandwiches, muffins, cookies, chips, ice-cream, hot & cold beverages.

Holiday Meals: Available also to family and friends (except during pandemic or infection control)

Hours of Operation: Breakfast: 7:00am – 10:00am;
Lunch: 11:30am – 2:00pm; Dinner: 4:30pm – 7:00pm

Outdoor Cooking: Once a week Chef Marc and his team grills in the courtyard. Residents enjoy BBQ grill, burgers, hot dogs and ribs in the outdoor cooking area.

Chef Culinary Demonstrations: Many of our residents are already gifted cooks, but for most chefs, there are always new tricks and trends to learn in the kitchen. The educational and healthy eating events guide residents through a variety of cooking topics, including special preparation techniques, tips for exploring new styles of cuisine and the nutritional benefits of choosing healthier ingredients.

Enjoy a once-a-week cooking demonstration with Chef Marc in our beautiful outdoor courtyard. Residents get to observe and participate in the tastings after the demonstrations.



Gentle Fitness Classes



Celebrated our significant milestone 100th birthday

This incredible achievement is a testament to a life well-lived, filled with cherished memories, laughter, and the wisdom that comes from a century of experiences.



Life-enriching Daily Activities

Our passionate Activities Team makes sure there is a calendar full of engaging events throughout every day in our residents' life. Taking each resident into consideration, Activity Designer provides a full schedule of daily activities ranging from card games, trivia, exercise & stretch, karaoke, musical entertainment, popular bingo, arts and crafts, gardening, culinary demonstration, candle night dinners and much, much more.

Educational & Current Events Classes

- Morning News
- Flower Arranging, Gardening, Puzzle Club, Teatime, Reading Circle
- Memory Enhancement with Trivia
- Travel guide

Entertainment

- Bingo and Card Games
- In-House Movies & Popcorn
- Happy Hour
- Wheel of Fortune
- Daily Afternoon Food Socials

Wellness and Nutrition Classes

- Morning Stretch
- Exercise Essentials
- Wii sports games
- Sit and Be Fit - Chair Exercise
- Balance and Mobility with Rehab Program Manager
- Baking and Cooking
- Walking Club

The Arts

- Live Music with Special Performer
- Craft and Ceramics Classes
- Painting Workshop
- Music Therapy

Spiritual Wellness

- Weekly Church Services
- Bible Study
- Outside Church Community Support
- Spiritual Reading Materials
- Breathing and Relaxing

Community Services

- Resident Council
- Educational Services
- Alzheimer's Fundraiser & Walk
- Pet Therapy Visits

Special Events

- Monthly Themed Events like Friday Happy Hour, Welcome Tea, Candle light dinners, Holiday events and cultural events



Transportation

Our residents enjoy complimentary transportation in our community vehicle which accommodates up to 9 passengers and has a wheelchair lift.

Coronado Retirement Village residents enjoy visits to Balboa Park, San Diego Zoo, Coronado Beach scenic drives, picnics at the park, restaurants and shopping.

Scheduled appointments to medical appointments and religious services are also available. An escort service is also an option.





At Coronado
Retirement Village

There's never a dull moment

We are proud of our engaging
activities that promote
stimulation, independence
and social interaction.





Stimulation Pet Therapy



Life Outdoors

Community Events





Gardening



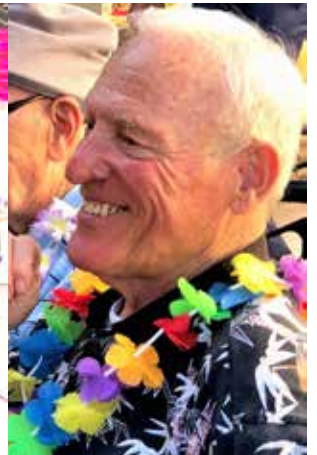


Games & Other Activities





Sharing Cultural Experiences





Holiday Celebrations





Sneak Peak...

FUTURE CAFÉ DEVELOPMENT

We are currently in the process of adding a small café bistro in the lobby area. Once complete, the bistro will also serve ice-cream and grab-and-go food options.





Our Veterans

Coronado Retirement is honored to be the home of so many brave and courageous men and women who have served our country. CRV boasts a Wall of Honor dedicated to our Veteran residents. In recent years, we had the honor of celebrating the flag ceremony on Veterans Day and continue to host an annual Veterans recognition ceremony.





We couldn't do it without our amazing team members

"Coronado Retirement Village is a community gem, and I have enjoyed watching it grow over the years", says a veteran employee Antonia who started working as a housekeeper at this facility in Dec 1999 (then called Coronado Royale). For the last 12 years she has worked in our dietary department and loves serving the residents.

We appreciate resident coordinator director Julia for her dedication and for always being there and office Lead Mercedes for being the team player.

We also really appreciate Maintenance Manager Luis's dedication and efforts in improving and maintaining the beautiful community.... our residents' home!

Salute to our Heroes

“...My mother currently resides at the Coronado Retirement Village. It took us a lot of time to convince her to move there and leave her previous residence. She loves the Coronado facility very much...”

- Helen L.



Community Support

We are truly fortunate to have an award-winning Sharp Coronado hospital and Villa Coronado Skilled Nursing Facility as our neighbor partners.

Coronado Retirement Village is one of the sponsors at the July 4th Parade.

Coronado Retirement Village family sponsors and supports Alzheimer's Walk.

Coronado Retirement Village team supports our First Responders.



Coronado Community

Nearby attractions in walking distance

Coronado Island: Coronado Island is a lovely resort city located in San Diego County, California and the home of Coronado Retirement Village. We are right at the bay!

Coronado Historic Landmark Bay Bridge: View from our community!

Tidelands Park: Walk to the famous Tidelands Park that literally faces our backyard.

Hotel Del Coronado: The iconic Hotel Del Coronado is just a few minutes away.

The Coronado Ferry Landing: Just a few blocks away, The Coronado Ferry Landing is a waterfront marketplace with over 25 unique shops and restaurants.

Coronado Golf Course: Coronado Golf Course is regarded as one of San Diego's best kept secrets.

Balboa Park: A 1,200-acre urban cultural park in San Diego, California and a common activity destination for Coronado Retirement Village's residents.

SeaWorld San Diego: An animal theme park, oceanarium, and marine mammal park. It's just minutes away from Coronado Retirement Village.

Downtown San Diego: The Gaslamp Quarter is the heart of San Diego. It is a 16½ block historical neighborhood in Downtown San Diego and is the center of downtown nightlife. The Gaslamp is home to many events and festivals.



Pets Welcome

We understand the bond with pets, and that they are important members of the family. That's why our community welcomes pets to stay in residents' apartments.

Please discuss the details with your administrator to learn if your pet will be suited to our community.

Hospice Care

Someone can remain in hospice care at Coronado Retirement Community as long as they meet the criteria of having six months or less to live, according to his/her physician. Coronado Retirement Village works with several different hospice companies and works to ensure end-of-life care is peaceful and painless.

The article may help clear up some of the most basic questions surrounding Hospice:

What is hospice?

Hospice is palliative care for those with end-of-life illnesses.

What care does hospice provide?

Hospice provides palliative care: treatment that focuses on relieving or alleviating the pain caused by life-limiting illnesses such as cancer, aids, dementia, heart failure, and Parkinson's disease.

What care does hospice not provide?

Treatments focused on curing terminal illnesses are not covered by hospice, nor is treatment related to other non-terminal illnesses the patient may have.

Can a patient receive care related to curing the terminal illness while in hospice care?

No, only hospice care will be provided for the terminal illness. However, if the patient has other illnesses that need to be treated, those conditions will still get the medication and attention they need.

Who can receive hospice care?

Before, hospice care was just for older adults, but now anyone can receive hospice care regardless of age, including children.

What are the signs that someone should have hospice care?

If you or a loved one is ready to forego receiving cure-based care for a terminal illness and wish to live more comfortably, hospice can help make this transition.

Who treats the patient?

Hospice care provides the patient with a team of specialists dedicated to making the life of the patient as comfortable as possible.

This includes social workers, doctors, therapists, nurses, and spiritual advisors. There will always be someone available to the patient at all hours of the day and each person works personally with the patient to ensure they are being cared for the way they prefer.

How long can someone remain in hospice care?

Someone can remain in hospice care as long as they meet the criteria of having six months or less to live, according to a physician.

Do you have to be moved into a hospice facility to receive hospice care?

No, you can receive hospice care in the comfort of your own home if you wish. You can receive hospice care anywhere: nursing homes, retirement homes, hospitals, or wherever you are living.

Who pays for hospice?

Private health insurance, depending on the plan, may cover all or some of hospice care. Medicare covers all care. Hospice care is not something anyone should shy away from, and should be considered seriously when thinking about making end-of-life arrangements.

Those who receive hospice care at the end of their lives are able to have greater control over this moment of their lives and greater comfort.

Those within hospice care are less likely to have to go through unnecessary painful treatments or take medications they no longer wish to take. Though it can be a difficult topic to discuss, it is important to be open in talking about hospice care with family to ensure you get the control and guidance you deserve when it is that time.

*“Coronado
Retirement Village
is top on our list.”*

We are lucky to have an ongoing relationship with Coronado Retirement Village which is top on our list. We admire that CRV team treats their residents with dignity and respect and take care of their every need.

Mission Hospice representative Derrick Staples, an Army Veteran served with 82nd Airborne Division and a hospice professional for 14 years.





Age-related eye problems

Aging is a natural process of living, but so is reading, watching the sunset, and seeing your grandchildren grow-up. Don't let eye problems go untreated. With modern technology, malfunctions of the eye can be detected before they cause any damage. Getting regular checkups at your local ophthalmologist can ensure that these problems will be diagnosed before they cause other problems.

As you age, your body changes and vision loss is one of the most common side effects. Cataracts and uncorrected refractive errors are the two leading causes of vision impairment. Recent scientific studies have also suggested that a positive correlation exists between cataracts and uncorrected refractive errors, and so having one may heighten the risk of getting another.

The key to battling vision loss is an ongoing process that involves awareness through informing yourself on the topic and by undertaking regular eye exams.

“With modern technology, malfunctions of the eye can be detected and treated before they cause any damage at all.”

“Laser eye surgery, glasses, or contacts prescribed



by your local
optometrist can
have you seeing
better in no time.”

Uncorrected refractive errors is a group of complications that can be a direct result of your body changing with age. When focusing on things near or far, eyes alter their shape to be either convex or concave. Throughout time the elasticity in the eye weakens, making it more difficult to contort into these positions naturally. This is called nearsightedness and farsightedness, all normal side effects of growing older. Laser eye surgery, glasses, or contacts prescribed by your local optometrist can have you seeing better in no time.

Over 90% of people over the age of 65 have at least one cataract. At age 75, half of the people have experienced vision loss caused by a cataract. While regular checkups are crucial in monitoring known

cataracts, checkups can also help identify newly formed ones. Treatment options include cataract surgery, a safe procedure that can usually restore all impairment, or physical aids such as sunglasses, brighter lighting, and magnifying glasses for early onset symptoms.

On top of aging, the accumulation of certain behaviors such as not wearing sunglasses, smoking, heavy drinking, and obesity also contribute to age-related vision loss. If you find yourself with a cataract or refractive errors, there is no need to worry. Vision loss due to cataracts, even vision loss caused by uncorrected refractive errors, can generally be avoided altogether.



Dental Health

With today's technology long strides have been taken in the advancement of modern dentistry. Tools such as electric toothbrushes, interdental cleaners, and water picks give us the ability to better care for our dental health. Oral care education has also been revolutionized. We now know how best to keep our teeth for longer and in better condition. As we age, oral health problems such as untreated tooth decay, gum disease, and tooth loss may arise, but keeping a few things in mind when taking care of our teeth can make all the difference.

Increase your use of antibacterial mouthwash and floss.

Creating a good brushing regimen is the most important step to good oral hygiene. Mouthwash and flossing can get into the places normal bristle toothbrushes can't and is a great addition to your daily brushing. A good antibacterial mouthwash can help reduce bacterial growth and prevent plaque buildup. If flossing is a bit difficult, try out a water pick.

Add more fluoride to your dental regimen.

Toothpaste with 1350 to 1500 parts per million of fluoride is usually adequate. Increasing fluoride will help counter demineralization in the teeth, a process that can break down tooth enamel.

Avoid ingesting too many irritants like tobacco, sugar, and alcohol. Cutting down on sugary substances will prevent unnecessary cavities while reducing or stopping use of tobacco will lower your chances of gum disease and oral cancer. Even at an older age,

slowing down or quitting tobacco and alcohol will have a large positive effect on your health. A healthy diet becomes increasingly important as we age, and centering your diet around calcium rich foods like fish, nuts, and fat-free milk will strengthen your teeth.

And, finally, make and keep regular appointments with your dental professional.

The best step to take towards good dental hygiene is to consult your dentist regularly about your oral health needs. Your dentist knows your mouth best and will be proactive about any oral health problems that may arise due to aging and can create a regimen that optimizes for your personal health needs.

“Calcium rich foods like fish, nuts, and fat-free milk will strengthen your teeth.”



Daily Living Aids

Limbs don't work like they used to, but it doesn't mean you have to stop enjoying regular activities. Mechanical daily living aids have been around for centuries. One of the earliest references of the use of daily living aids dates back to 4000 BC in Indian mythology where a warrior queen used an iron prosthetic in place of one of her legs lost in battle. Nowadays, daily living aids aren't just prosthetics or wheelchairs, but a wide array of helpful products that are easily available and make modern day life a little more manageable.

Writing Aids

Having difficulty holding things can be frustrating when trying to write a letter or use modern technology. These actions require precise finger dexterity. Thankfully, slip on hand aids allow the wearer to forego the use of fingers in exchange for a well-fitting band that goes around your hand. Difficulty pressing buttons that are close together - such as on a keyboard - can be a thing of the past, along with dropping the pen or veering off the page while writing.

Kitchen Aids

It's not uncommon to experience other types of hand deterioration besides loss of dexterity in the later stages of life. Strength, too, can be a problem. Aids such as tippers and jar openers, for example, are great tools to combat this. There are many different kinds out there, from manual to electric. Usually triangular in shape, tippers help you pour things without spilling by keeping things steady, such as kettles. Opening a jar and pouring some tea seem like simple tasks

but without the use of tools they may be impossible. Having these tools at your disposal can feel very empowering.

Mobility Aids

Mobility aids assist in improving the mobility of people, such as assisting in walking or allowing a person to forego walking all together. Depending on the level of assistance needed, there is an assortment of products available. For those with very limited mobility, electric wheelchairs and seated scooters are the best option. Plenty of customizable options with these: speed, comfort, tire quality, packaged tools. Other people who still prefer to walk, but have difficulty in doing so may benefit more from walkers or canes. There are even canes that double as grabbers, for reaching things far away.

“Make modern day life a little more manageable.”



Things you didn't know about pharmacists

"They are an underutilized wealth of knowledge."

“According to the Center for Disease Control (CDC), at least 30% of all prescribed antibiotic courses are not necessary.”



Being a pharmacist isn't all about filling prescriptions. Pharmacists spend anywhere from seven to eight years educating themselves, and eventually obtaining a doctorate degree. On top of this, many burgeoning pharmacists will spend an extra year or two after their studies completing a pharmacy residency to specialize in fields such as pediatric or geriatric care. They are an underutilized wealth of knowledge.

They can administer more than your yearly flu shot.

Other vaccines commonly administered at pharmacies are polio, shingles, pneumonia, tetanus, and chicken pox. Many pharmacists also have access to travel immunizations such as typhoid and meningitis. They will go over your medical history with you and help you choose which vaccines are appropriate. When finished, don't forget to ask the pharmacist to forward proof of your vaccination to your primary care physician so they can update your records.

They can give you all the information you need on that prescription you're picking up, possibly saving you and the world.

This sounds like an exaggeration, but in fact it is not. The rise of drug-resistant super diseases is caused by widespread overuse and misuse of antibiotics. According to the Center for Disease Control (CDC), at least 30% of all prescribed antibiotic courses are not necessary. Asking your pharmacist about

your prescription will help you defend against over prescription of antibiotics. Just because the drugs you're picking up are prescribed by a physician, doesn't mean they can't be administered incorrectly.

They can advise on over the counter medicine, too, and may even save you money.

When you ask your pharmacist about how to take your new prescription properly, also ask their opinion on the drug itself and if there are any cheaper alternatives. With their wide breadth of knowledge regarding medications they will most likely be able to recommend a cheaper generic version of the medication you are taking. They are also knowledgeable about rebates, coupons, and loyalty programs that can help cut down your medical expenses.

The next time you see a pharmacist, make sure to strike up a conversation.

There is a lot to be learned from the person at the counter doling out your medication, all you have to do is ask!

“They will most likely be able to recommend a cheaper generic version of the medication you are taking.”

Financial planning for personal care



When it comes to big life events, it's too easy to get wrapped up in making the many arrangements necessary to plan that you may forget to take into account the cost of it all. However, financial planning for this situation is vital, as there are so many moving parts: you have to take into account the different resources available to source financial aid, out of pocket expenses and the potential of selling off assets, among other things.

“You have to take into account the different resources available to source financial aid.”

Medicaid

State Medicaid programs can usually provide qualified low income families with financial coverage, for both in-home and community-based personal care. More than half of assisted living programs are Medicaid certified. Medicaid programs in Alabama, Kentucky, Louisiana, and Pennsylvania are the only programs that do not provide their beneficiaries this care, but despite this service not being available in these states, there are still other options that may be available to you.

Medicare

Knowing the difference between Medicaid and Medicare can get a little confusing, as they are often conflated in casual conversation. Medicaid and Medicare are two separate programs. Medicare is an age-based health insurance program for older adults while Medicaid is for low income

individuals and families. Despite being for older adults, Medicare does not cover long term, full time personal care, such as assisted living. However, most individuals in assisted living programs are enrolled with Medicare, as it covers health care costs while living in these communities, providing access to skilled nursing care, hospital readmissions, and medications.

Waiver programs

States frequently have waiver programs individuals may apply for based on the care they need. Some of these programs are combined with the state's Medicaid program. Others are not combined with Medicaid, allowing the state greater freedom in accepting applicants, for example those who surpass the income restriction for Medicaid. When searching for these programs, be aware that each state may use different terms for assisted living, so be sure to try out different

phrases when searching online. Be on the lookout for state-run and national welfare programs as well, such as those run by religious groups and other associations. The Veterans Administration (VA), for example, has an aid program called Aid and Attendance, for veterans and family members of veterans who need help with everyday tasks.

Other options

On top of all of these benefits, it is important to determine what you would be comfortable paying out of pocket for later-in-life personal health services. For those who don't qualify for Medicare or waivers, there is always the option of private long-term health insurance. Thinking about this topic may be difficult for some families, but planning ahead will make the process of transitioning into this next stage of life a little less taxing.

Paying for Senior Care

In addition to important decisions about where a loved one will receive the best care, it's important to consider the costs associated with that care and to understand what insurance covers –“Medicare does not cover the cost of or help to pay for assisted living arrangements.” This means that people generally must pay either out-of-pocket or with the help of long-term care insurance. Retirement savings, the sale of the family home, private health insurance, veteran's benefits and long-term care insurance are all potential sources of funding to pay for this type of care.

CRV accepts Long Term Insurances, Veterans Benefits and Pace programs (Subject to criteria)

LONG-TERM CARE INSURANCE

CRV Admissions Team assist with completing monthly documents for Billing.

Long-term care (LTC) insurance primarily pays for supervision or assistance with everyday tasks (such as bathing or dressing) whether at home, in a community program, in an assisted living facility (ALF) or in a nursing home. Most LTC services do not require a licensed health care professional to provide care. Some LTC policies only pay benefits for care in institutional settings such as nursing homes and assisted living facilities, while others only pay for home and community-based care such as adult day care (ADC) facilities.

Coronado Retirement Village Assisted living provides LTC services and often acts as a bridge when a resident can no longer live at home but does not need to be in a nursing home.

VETERANS AID AND ATTENDANCE

VA aid and attendance benefits provide monthly payments added to the amount of a monthly VA pension for qualified Veterans and survivors.

PACE PROGRAMS

San Diego PACE (Program of All-Inclusive Care for the Elderly) is a coordinated health and social services program for the frail and elderly allowing participants to live at home and be part of the community.

The following criteria must be met to enroll at San Diego PACE:

- Be 55 years of age or older.
- Live within their designated service area. Determined to meet nursing facility level of care by the California Department of Health Care Services; and have the ability to live safely in the community.
- Primary medical care including specialty care services.
- Nursing care, Behavioral health services including psychiatry.
- Dental services, Optometry services, Podiatry
- Prescription medications
- Emergency services
- Social services, Personal care
- Physical, occupational, speech therapy, and Dialysis

Cost of Living

Monthly Expenditures	Your Cost for Services at Home	Your Cost at our Community
Housekeeping		Included
Property Tax		Included
Property Insurance		Included
Home Upkeep Costs		Included
Home Repairs/Replacements		Included
Outdoor Home Maintenance		Included
Lawn/Gardening Services		Included
Appliance Services/Replacement		Included
Utilities		Included
Cable, TV		Included
Safety/Security Emergency Response System		Included
Access to Trained Staff 24/7		Included
Basic Standby Supervision		Included
Scheduled Transportation/Gasoline		Included
Three Restaurant Style Meals		Included
Private Concierge Services		Included
Social Activities and Entertainment		Included
Fitness		Included
Spiritual Support System		Included
Handicap Accessibility		Included
No Long-Term Commitment or Expensive Investments		Included

Legal assistance for seniors

It's important to have trustworthy legal aid close at hand. Conditions such as end of life arrangements, estate management, and public benefits are not only necessary, but age or disability discrimination or abuse can happen at anytime. It is important to know where to get help quickly if ever the circumstances arise. The consideration of a legal professional is crucial to ensure the rights and property of the elderly are protected.

When do I or my loved one need legal aid?

Legal aid can be required for many varied reasons. One of the biggest categories is life planning. An attorney can be of great use:

- In going over contracts when first moving into an assisted living housing development
- To help create a living will, delineate power of attorney, funeral planning, or estate planning
- Seek advice and gather required documentation in regards to elderly tax benefits, pension, and access to public benefits
- Drafting advance directives
- In getting refunded for financial exploitation

It is important to recognize symptoms of any abuse and get the help required early on. During this late stage of life, it is often the case that we or our loved ones have to rely on increasing amounts of help from caretakers and are more vulnerable to situations of abuse. Abuse can take the form of:

- Financial abuse
- Physical abuse
- Neglect
- Emotional abuse
- Scams, such as those over the telephone

If you or a loved one is being put in this circumstance, it is important to seek legal assistance right away.

How to seek the legal aid

It can be daunting with all the options for attorneys out there. Thankfully there are law practices dedicated specifically to elder law. Hiring an attorney that has a history with elder law or specializes in it can make all the difference.

“It’s important to have trustworthy legal aid close at hand.”





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Resources & Local Contacts

HOSPITALS

Sharp Coronado Hospital

250 Prospect Place,
Coronado, CA 921188

619-522-3600

PHARMACY

Sharp Coronado Community Pharmacy

230 Prospect Place Suite 110
Coronado, CA 92118

619-522-3996

Walgreens Pharmacy

925 Orange Avenue Coronado, CA
92118

619-435-6354

Rite Aid Pharmacy

836 Orange Avenue, Coronado, CA
92118

619-435-6585

POLICE DEPARTMENT

Coronado Police Department

700 Orange Avenue, Coronado, CA
92118

619-522-7350

SENIOR CITIZEN CENTERS

Coronado Retirement Village

299 Prospect Place, Coronado, CA
92118

619-437-1777

BANKS

Wells Fargo Bank

829 Orange Avenue, Coronado, CA
92118

619-435-2222

Union Bank

800 Orange Avenue, Coronado, CA
92118

619-522-6436

Chase Bank

1000 Orange Avenue, Coronado, CA
92118

619-435-4142

Bank of America

1199 Orange Avenue, Coronado, CA
92118

619-522-8600

Navy Federal Credit Union

106 B. Avenue, Coronado, CA 92118

888-842-6328

LIBRARIES

Coronado Public Library

640 Orange Avenue Coronado, CA
92118

6190-861-2500

TRANSPORTATION

Coronado Seniors Out and About

619-522-6302

Coronado Cab Company

619-542-1926

MOVERS

Coronado Movers

1606 Read Road, Coronado, CA
92118

619-304-7780

VETERANS SERVICES

Veterans of Foreign Wars

557 Orange Avenue,
Coronado, CA 92118

619-435-6917

ELDER LAW ATTORNEY

Joel R. Bryant

402 W. Broadway #1950
San Diego, CA 92101

619-239-7900

RMC Morton Law

1020 Isabella Avenue
Coronado, CA 92118

619-435-1858

SPECIALIST SERVICES

Mission Hospice

2385 Northside Drive
San Diego, CA 92108

855-848-5433

George G. Glenner Alzheimer's Family Ctr.

2765 Main Street Suite A
Chula Vista, CA 91911

619-420-1703

Crownview Medical Group, Inc.

158 C Avenue, Coronado, CA

619-435-5400

HOME

Coronado Appliance Repair

1101 Isabella Avenue,
Coronado, CA 92118

619-330-6021

Mighty Junk Removal

983 Calla Avenue Imperial Beach, CA
91932

619-552-5186





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- Wendy (a client of 4+ years)

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