



WESLEY PALMS

a front porch community



# VIEWPOINT

WINTER 2024

## Wesley Palms: A Place of Enrichment and Joy

In the lush surroundings of Wesley Palms, residents have a sense of excitement and vibrancy. That’s because under the guidance of Life Enrichment and Wellness Director Taunya Bachellor, a world of enriching experiences unfolds daily. With a background in education, human development, and wellness, Taunya and her team are the guiding spark behind the community’s thriving life enrichment programming.

“Our motto is inclusive and ambitious: programs for everyone from 60 to 106,” Taunya explains with enthusiasm. This philosophy is the cornerstone of Wesley Palms, where residents are not just living but thriving, immersed in a diverse array of activities that cater to every facet of life. “We want our residents to explore their passions or create new ones. Life enrichment means residents are engaged with social opportunities that are meaningful to them.”

The life enrichment programming at Wesley Palms is nothing short of extraordinary. Spanning a broad spectrum that encompasses mind, body, and spirit, the community offers an enviable lineup of opportunities. From



*Exercise classes are a popular part of life enrichment at Wesley Palms.*

thought-provoking discussion groups to exhilarating exercise classes, from creative art and music sessions to spirited games of bocce and putting, the options are as varied as they are engaging.

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## Make Living at Wesley Palms Part of the New Year!

Start anew in 2024 at Wesley Palms, where each day is a vibrant celebration of life. Located on the picturesque Mt. Soledad in San Diego’s Pacific Beach, Wesley Palms is an award-winning community renowned for its **independent living**, **assisted living**, and the specialized **memory care** of Summer House. Choose from our main tower apartments or the charming Patio Homes scattered across our expansive 35-acre community.

Join Wesley Palms and step into a community that not only cares for your well-being but also nurtures your passions. Exclusive move-in specials are now available for our “View Point” newsletter readers. Discover these unique offers by calling **858-274-4110** or emailing **WPsales@frontporch.net**, and arrange a personal tour to experience Wesley Palms firsthand.

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## Enrichment and Joy *(Continued from page 1)*

“Our programming is person-centered and focuses on building personal relationships with each resident,” said a Wesley Palms life enrichment assistant. “By understanding their unique interests, preferences, and needs, we strive to create meaningful and personalized experiences for each individual.”

What truly makes Wesley Palms stand out is the unique, resident-driven approach to programming. Tricia Klem, a resident artist and the community’s art gallery curator, not only teaches art and fabric classes but also organizes tours to iconic art destinations and volunteers creating support groups for low-vision and memory care residents. Rigdon Currie, an ornithologist and the Resident Council president, leads bird-watching excursions, sharing his expertise with fellow residents.

These programs aren’t just activities; they’re extensions of the residents’ passions and experiences, enriching the community tapestry with vibrant hues of knowledge and fun.

The heart of Wesley Palms’ success lies in its commitment to resident involvement. Each program is carefully curated, taking into consideration the diverse backgrounds and interests of the residents. This approach not only fosters a sense of community but also ensures that every resident finds something that resonates with his or her personal journey.

“Every month, we try to add something new,” Taunya said, highlighting the ever-evolving nature of the community’s life



*Residents enjoy the San Diego sunshine during a beach excursion.*

enrichment calendar. This dynamic approach keeps residents engaged and excited, with residents having 24/7 access to the life enrichment calendar through the community’s concierge app.

Partnerships with local educational institutions like San Diego College of Continuing Education and UC San Diego’s gerontology department further enrich the programming, bringing in fresh perspectives and learning opportunities. These collaborations, along with specialized programs for residents with different abilities, underscore Wesley Palms’ commitment to inclusivity and lifelong learning.

“There are so many things to do here,” said resident Carol Genf, who serves as the Resident Council secretary and enjoys teaching fabric and fiber art classes. Other interests include: Spanish classes, line dancing

and volunteering at Summer House, Wesley Palms’ memory care neighborhood. “I feel so much less isolated here than in my former home,” she said. “I still have a lot of things on my list I would like to try here.”

At Wesley Palms, the life enrichment programming is not just robust; it’s a testament to the community’s dedication to creating a fulfilling, joyful, and enriching environment for its residents. Here, every day is an opportunity to explore, engage, and celebrate the richness of life.

Come see for yourself how great live at Wesley Palms can be. Schedule your tour today by calling **858-274-4110** or emailing **WPsales@frontporch.net**. 🏠

## Living at Wesley Palms *(Continued from page 1)*

As a resident, you’ll immerse yourself in a dynamic lifestyle enriched by top-tier amenities, services, and an array of social activities. Our life enrichment programs cater to a variety of interests, ensuring there’s something for everyone.

Pet lovers will find a warm welcome at Wesley Palms, including a dedicated dog park for your furry companions. Plus, San Diego’s

perfect climate allows for year-round enjoyment of our relaxed, casual ambiance.

Culinary excellence is a cornerstone of life at Wesley Palms. Savor meals crafted from fresh, organic ingredients in our stunning indoor-outdoor dining area, with views of Mission Bay and the Pacific. 🌊

# A Journey of Compassion and Expertise: Ndinda Spada's Path to Excellence in Dementia Care



*As a certified dementia care trainer, Summer House Manager Ndinda Spada shares her expertise with other members of her team.*

## **The Heartfelt Gift That Sparked a Transformation**

It all began with a touching gesture of gratitude. A family, deeply moved by the compassionate care their loved one received at Summer House at Wesley Palms, the community's memory care neighborhood, donated \$2,500 to the Front Porch Communities Foundation. This generous act, stemming from their profound appreciation, paved the way for Summer House Manager Ndinda Spada to embark on a transformative educational journey.

"The donor was very impressed with what we are doing here at Summer House," Ndinda recalled, her voice reflecting the pride and responsibility this gift bestowed upon her.

This heartfelt gift made available to Ndinda as an educational scholarship by the Wesley Palms Philanthropy Committee enabled her to attain two pivotal certifications in dementia care – as a Certified Dementia Practitioner (CDP) and a Certified Alzheimer's Disease and Dementia Care Trainer (CADDCT), through the National Council of Certified Dementia Practitioners.

## **Certified Dementia Practitioner: A Commitment to Excellence**

The CDP certification is not just a title; it's a symbol of Ndinda's unwavering commitment to the highest standards in Alzheimer's and dementia care. It represents her dedication to continuous learning and professional development, ensuring that the care at Summer House remains at the forefront of the field.

This extensive curriculum covers a range of crucial topics, among them being communication and feelings, aggressive behaviors, diversity and culture, spiritual care and end of life.

"This training and certification is not just about gaining knowledge, it's about how to meaningfully apply the knowledge to connect with each individual resident," Ndinda said, highlighting the practical, human-centered focus of what she learned.

## **Expanding Impact as a Certified Alzheimer's Disease and Dementia Care Trainer**

Elevating her role, Ndinda also became a Certified Alzheimer's Disease and Dementia Care Trainer (CADDCT), allowing her to share her knowledge with fellow staff members. This certification empowers her to conduct training that covers critical aspects of Alzheimer's and dementia care, emphasizing practical, human-centered approaches to caregiving.

## **A Ripple Effect of Enhanced Care**

The significance of Ndinda's certifications extends beyond individual skill enhancement. It represents a commitment by Wesley Palms to provide the highest standard of care for residents with Alzheimer's and other dementias. Already, six other staff members have achieved certification as dementia practitioners, with more in the pipeline. This collective uplift in expertise signifies a new era of care at Summer House, marked by heightened understanding and empathy.

## **A Personal Mission Turned Professional Excellence**

Ndinda's path from a life enrichment specialist to a leader in dementia care illustrates her mission to enhance the lives of those in her care. These certifications are not merely achievements but are integral to delivering care that combines empathy, expertise, and excellence.

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**Ndinda Spada** (Continued from page 3)

### Continuing the Legacy of Compassionate Care

Under Ndinda's guidance, Summer House remains a bastion of whole-person well-being. Innovative programs, the integration of technology, and a personalized approach to memory care ensure that each resident's life story is honored and celebrated. Ndinda's educational achievements ensure that Summer House stands as a sanctuary of excellence and compassion, a place where residents and families can find solace, understanding, and unparalleled care in their journey with Alzheimer's and dementia.

### Summer House's Commitment

Summer House's commitment to whole-person wellbeing is evident in every aspect of its operations. From art and music sessions to family-style dining and engaging activities, residents are encouraged to express themselves, forge meaningful connections, and flourish in mind and body.

At Summer House, each resident's life story is honored. The staff forms close bonds with residents,



engaging them in ways that build familiarity and trust. This approach not only nurtures the residents' emotional and mental well-being but also fosters a deep sense of community.

For more information about Summer House at Wesley Palms and how you can get your loved one the care he or she needs, visit [summerhouseatwp.org](http://summerhouseatwp.org) or call **858-274-4110** or email [WPsales@frontporch.net](mailto:WPsales@frontporch.net).

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