

December 2024

## Welcome to the latest edition of the Alpine View Lodge Newsletter!

Here, you'll find the latest updates, events, and stories for our residents in San Diego, CA. Whether it's social activities, wellness tips, or resident highlights, this newsletter keeps you connected to the vibrant community here at Alpine View Lodge. We're excited to share all the wonderful experiences that make our Assisted Living and Memory Care home so special. Thank you for being part of our family!

### Halloween at Alpine View Lodge

Big shoutout to Alpine Sunrise Goatoga for bringing the amazing Cheech & Chong goats to Alpine View Lodge! Their costumes and sweet presence brought so many smiles to our residents' faces this Halloween! [More>](#)



### Bringing Harmony to Care at Alpine View Lodge 🎵

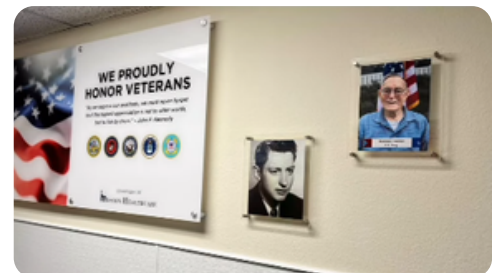
Music therapy isn't just about the melody—it's about creating moments of peace, comfort, and connection. Thank you Apreva Hospice for providing this wonderful music therapy. Music therapy sessions are designed to enhance emotional well-being, reduce stress, and bring joy to our residents.

[More>](#)

### Honoring Our Veterans

We are privileged to care for and support our Veterans, and we recognize the extraordinary sacrifices they made for our nation. From special ceremonies to heartfelt conversations, we strive to make each Veteran feel appreciated for their invaluable service.

[More>](#)



### Charlie of Charming Therapy

We had a heartwarming visit from our beloved therapy dog, Charlie of Charming Therapy Dogs, today at Alpine View Lodge!

Our residents felt so loved and joyful with Charlie by their side, reminding us how powerful these furry friends are in creating moments of happiness. [More>](#)



### Thanksgiving Crafting

[More>](#)

# OUR LATEST BLOGS

## What is the Cost of Independent Living and Is It Worth It?

Retirement is often seen as a time to relax, travel, and rediscover passions—freedom from the daily grind of work and household chores. However, once you retire, the reality of maintaining a home, including tasks like lawn care and repairs, can become overwhelming.

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## Memory Care and Home Care Comparison

Caring for a loved one with dementia or Alzheimer's disease presents numerous challenges and difficult decisions. One of the initial choices families encounter is whether to choose memory care or home care. While both options are valuable, they serve different needs depending on the individual's stage of the condition.

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## Signs Your Family Member Could Benefit from Memory Care

Signs your family could benefit from Memory Care, when a close relative is diagnosed with Alzheimer's or another type of dementia, it brings both relief and worry. The uncertainty surrounding forgetfulness and repetitive behaviors raises questions about the future: How quickly will the disease progress? [Read More >](#)



## Effectiveness of Social Isolation for Seniors

While some solitude can be beneficial for quiet activities like reading or strolling, prolonged isolation can harm seniors. It often leads to loneliness and various health issues, making it crucial to understand the effectiveness of social isolation on their well-being. [Read More >](#)