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# ST. PAUL'S e-Community Connection

Serving San Diego Seniors Since 1960

Home

Independent Living

Assisted Living

Memory Care

Skilled Nursing

Day Care

PACE

Giving

NOVEMBER 2014

Dear Kathryn,

## Giving Thanks: Annual Prayer Breakfast

St. Paul's kicked off the holiday season by hosting an interfaith Prayer Breakfast on November 13 for our friends in the spiritual community.



Members of St. Paul's Manor Choir.

St. Paul's chaplains, Rev. Leigh Jacobsen and Rev. Lisa McCullough, welcomed more than 50 guests to [St. Paul's Villa](#) with a coffee reception and buffet breakfast. Keynote speaker, The Honorable Peter L. Gallagher, San Diego Superior Court Judge, gave a moving speech, recounting stories of how leaders in the spiritual community support law and order efforts. Members of the Manor Choir sang several hymns, inviting the audience to sing along to *Amazing Grace* at the closing.



The Honorable Peter L. Gallagher and his wife, Dr. Eloise Foster.

"We really enjoy connecting with so many representatives from the faith

## St. Paul's Honors Military Veterans



Some of the veterans in attendance at St. Paul's Villa Veterans Day celebration.

St. Paul's paid tribute to 33 military veterans in residence at the Villa on Veterans Day, November 11, by handing out certificates of appreciation, commemorative flag pins, and "buddy poppies" from the Veterans of Foreign Wars. Volunteer Paul Pitt also led the group in a sing-along of patriotic songs.

The program included a warm welcome from St. Paul's CEO Cheryl Wilson, and a heartfelt prayer from retired Navy veteran and staff member, Stewart Gaddy, who thanked the veterans for their sacrifice and service.



Volunteer Paul Pitt and Stewart Gaddy.

St. Paul's also hosted an afternoon of sharing military service storytelling for all residents, and a screening of the movie *Honor Flight* while residents enjoyed rootbeer floats. Thank you to all the brave men and women who have

## Give Now

### Holiday Gift Bags Bring Cheer to St. Paul's Seniors

Every year, [Love Uniting Volunteers](#) (LUV) purchases holiday gift bags for all residents in St. Paul's communities. For many of our seniors, this is the only gift they will receive during the holiday season.

As a St. Paul's Manor resident commented, "So many of us don't have families here and it's so nice to receive something on Christmas morning. It's very comforting and makes one feel loved and appreciated."

Over 350 gift bags will be distributed this season to seniors at our St. Paul's residential communities and at Senior Day Care. Won't you please consider making a donation? Your gift will help bring joy to our seniors this season. [Donate online](#) and select "LUV Gift Bags" or for a list of specific items you may donate, contact [Stewart Gaddy](#) at 619-239-6900.



Volunteers and donors help bring the holiday spirit to St. Paul's seniors.

### Help Create Family Kitchens at St. Paul's Plaza

To meet the growing need in San Diego for assisted living and memory care

community who provide not only support for seniors, but San Diego as a whole," said Chaplain Lisa McCullough with [St. Paul's PACE](#). "Our goal is for St. Paul's to facilitate spiritual kinship to enrich our collective interfaith services within our community."

Prayers of thanksgiving were given by Rev. Jacobsen, The Very. Rev. Penny Bridges and and Rev. Brooks Mason both of St. Paul's Cathedral, The Rt. Rev. James Mathes of the Episcopal Diocese of San Diego, and by Rev. Sam Tryon, a longtime supporter of St. Paul's along with his wife Norris.



Rev. Sam Tryon and his wife, Norris.

Visit our [2014 Holiday Prayer Breakfast Photo Album](#) on Facebook and "Like" our page to keep up with all the exciting things happening at St. Paul's!

#### Ice Cream Social with Thrivent Financial

Volunteers from Thrivent Financial paid a visit to [St. Paul's Villa](#) on November 1 to spend some time with our residents, who really enjoy this special treat when members of our community take time to serve up ice cream sundaes for them.



Thrivent Financial volunteers serving residents of St. Paul's.

"Serving ice cream and smiles at St. Paul's was such a blast!" said Clare Truon with Thrivent. "It was great to bring the community together for a social with music - and even dancing. It seemed like the residents really enjoyed the event. We look forward to visiting

served/are serving in the U.S. military!



Stewart Gaddy with military veteran and Villa resident.

#### Make A Difference for St. Paul's Seniors

On behalf of the frail seniors enrolled in [St. Paul's PACE](#), we hope you will consider making a donation to our Basic Needs Drive, also known as [Sundries for Seniors](#).

To be eligible for PACE, a senior must be at risk of needing nursing home care and they must be eligible for MediCal benefits. As a result, most of the seniors enrolled in our program are destitute. Such basic needs items as soap or a warm blanket are luxuries often beyond their means, not to mention a microwave, a space heater or even a table lamp.



*Here's how you can help.*

[Click here](#) for a list of items in desperate need by our participants. Your donation of any of these items will go a long way in making this holiday season a little more comfortable for them.

St. Paul's has established three drop-off

services, St. Paul's is building a new residential community located in Chula Vista – St. Paul's Plaza. When it is completed in the summer of 2015, this innovative, four-story senior community will offer over 150 apartments to those seniors seeking an inspiring, secure community designed specifically to meet their needs.

Through financing, we are able to construct St. Paul's Plaza. It will be through charitable giving that we can afford those items that will create memorable family experiences for residents and their families.

This is where you can help.

St. Paul's needs to raise \$20,000 to equip and furnish each family kitchen. [Please make your gift today.](#)



What makes St. Paul's Plaza distinctive? We designed it to support the tradition of families making memories together through the use of living spaces that encourage interactive and engaging family visits.

At St. Paul's, intergenerational values run deep. We understand the power of people coming together to break bread.

St. Paul's Plaza will take it a step further by featuring fully equipped kitchens for visiting families. All you need are the ingredients for those delicious oatmeal raisin cookies that taste better whenever grandma makes them, and you have a memory in the making.

But we didn't stop there. We designed each kitchen with an adjoining dining room. Now, visiting families can cook up their favorite dishes and enjoy a family style meal - together.

In order to provide additional exceptional amenities such as an indoor therapy pool, an inter-denominational chapel, and a restaurant pub, St. Paul's relies on the generosity from people in the community. With your support, we can make the Plaza a special place for residents and their loved ones to thrive for generations to come.

During this holiday season, a tribute gift is

again sometime soon."



St. Paul's residents cutting a rug!

Thank you to our volunteers Andrea, Tony, Kelly, Clare and Christopher (pictured below) for serving up kindness and lots of fun at St. Paul's!



If your organization would like to volunteer with St. Paul's, we have many opportunities available to brighten the lives of seniors in our communities. Please contact [Stewart Gaddy](#) for more information at (619) 239-6900.

locations for your convenience, with all sites accepting donations Monday - Friday between 9:00am and 4:30pm:

PACE Reasner Center  
111 Elm Street, San Diego 92101  
(619) 677-3800

PACE Chula Vista  
630 L Street, Chula Vista 91911  
(619) 271-7100

St. Paul's Community Care Center  
328 Maple Street, San Diego 92103  
(619) 239-6900

Won't you consider organizing your own drive at your work or church for PACE seniors? We can help by providing flyers and suggestions on how to organize and promote your own donation drive for St. Paul's. Please also share this information with your family, friends and colleagues.

Please contact [Todd Kaprielian](#) or [Kathryn Courter](#) at 619-239-6900. Your support will make a difference in the lives of those we serve.



a wonderful way to memorialize or honor a parent or someone close to you. For information about St. Paul's Plaza and exciting [naming opportunities](#), please contact [Todd Kaprielian](#) at 619-239-6900.

*For gifts over \$50, you will receive a complimentary St. Paul's 2015 Calendar.* Thank you again for your support.

#### Planning Committee Forming for 2015 LUV Gala

St. Paul's is looking for volunteers to serve on a very active planning committee for the 2015 LUV Gala.

Do you like throwing a party? Possess an eye for detail? Have a knack for building relationships and having fun? Then this planning committee is for you! You will work alongside a dynamic team of event chairs and St. Paul's staff to create one of San Diego's most enjoyable charity galas!

Committee involvement entails attending regular planning meetings in the months leading up to the event, and joining a subcommittee, such as auction procurement, entertainment, decor, church liaison, and/or sponsorships. If you are looking to lend support to seniors in our community and are ready to have fun doing it, contact [Kathryn Courter](#) at St. Paul's Foundation at (619) 239-6900 for more information.

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