



# St. Paul's Community Connection

A Quarterly Publication of St. Paul's Senior Homes & Services, a Nonprofit Corporation serving the Manor, Villa, John A. McColl Family Health Center, Community Care Center & Retirement Homes Foundation.

[www.stpaulseniorhomes.org](http://www.stpaulseniorhomes.org)



### RESIDENT REFLECTIONS ON CHRISTMAS MEMORIES

#### JOHN A McCOLL FAMILY HEALTH CENTER

Helen Longstreth remembers the many different places she spent celebrating Christmas

*Helen Longstreth, with volunteer Andrea Berger.*



because her family was so spread out. She loves

going to church on Christmas morning and enjoys the many holiday activities at the Health Center that help her get into the holiday spirit.

Marjorie Nelson remembers the wonderful time she spent as a young girl at her grandmother Nelson's along with her two brothers. Together they would go to church for Christmas. She never married, so Christmas with her family was always important. 



*Marjorie Nelson*



*Peg Fletcher*

#### ST. PAUL'S MANOR AND TOWER

The largest tree they could find is the best memory for Peg Fletcher. Along with the Christmas meal made with "ten chicken" gravy, and the Christmas charm of her one horse town, West Liberty, Ohio.

Family memories rank at the top of Tom McNamara's mind. While working for the government he often traveled around the world and missed some of the holidays. Those years taught him the importance of making family a priority during the Christmas season.



*Tom McNamara*



*Elinor Meadows*

#### ST. PAUL'S VILLA

Elinor Meadows and Vito Giacalone agree kids today get too many things at Christmas to really enjoy the meaning of the season. With Elinor, times were tough and you didn't expect anything, however when something came at Christmas, it was stupendous. The spirit was there and that was the main thing. Vito agrees, and remembers the best part was the Christmas meal and his



*Vito Giacalone*

chance to have some wine. You didn't need big presents, you just went outside and played marbles. 



#### In This Issue

- National Award Recipient
- Pastors Recognized
- Villa's Sport of Choice
- Annual Appeal
- Falling Interest Rates



## PERSPECTIVE

The tragedy of September 11, 2001 and the events that have followed changed the way we view the world around us. Many in the younger generation are searching for a way to understand these new circumstances and cope with the unfamiliar vistas of war. The questions of how to continue living our lives as normally as possible while still under the threat of attack, how to talk with our children about world events, and how we can contribute to the national effort, can only be answered by those with experience.

We are blessed in this country to have a resource that can speak to this issue with integrity and hope. They are the Senior men and women who lived through a World War and went on to make this country greater than before. They know what it is to sacrifice and pull together as a nation to meet an adversary of freedom.

Take the time today to talk with some of our veterans and others who lived through times like these. Have your children talk with their grandparents. All of us need to hear the stories of what it was like during and after the war. Let the older generation mentor the younger. It will be in their stories that the answers to our questions will be found. 



Cheryl Wilson, CEO

## HIGHLIGHTING EMPLOYEES



St. Paul's Senior Homes & Services welcomes Daniel Johnson to a new position recently created as Chief Operating Officer. Dan has worked in the field of retirement and skilled nursing administration since 1973. He grew up in Minnesota and graduated with a B.A. in Psychology from St. Olaf College in 1970. He received his Master's Degree in Public Administration from the University of Arizona in 1973. Dan has been very active in the California Association of Homes and Services for the Aging (CAHSA) and the American Association (AAHSA). He served for many years on CAHSA's Board and was Board Chair from 1990-92. He served on AAHSA's House of Delegates from 1986-92 and on AAHSA's Board of Directors from 1993-96. Dan loves sports of all kinds, has coached Little League and Pop Warner Football, and enjoys singing and playing his guitar. 

## NATIONAL AWARD RECOGNIZED LOCAL EDITOR



**Marsha Key Seff**, Union-Tribune Eldercare Directory Editor, **Cheryl Wilson**, St. Paul's Chief Executive Officer and **John Scholte**, Marketing and Public Relations.

The American Association of Homes and Services for the Aging recently selected **Marsha Kay Seff**, Staff writer and Editor of the Union-Tribune's Eldercare Directory, as its recipient for the 2001 Excellence in Media Award. Marsha received the award at AAHSA's Annual Meeting & Exposition in San Diego this past November. The award was given in recognition of her

outstanding efforts to raise awareness about community resources available to Seniors and caregivers. "As someone who has firsthand understanding of the caregiving experience, Marsha brings a special compassion and authenticity to her work," said AAHSA President and C.E.O. **William Minnix**. Marsha was nominated for the award by **John Scholte**, St. Paul's Marketing and Public Relations Coordinator. 



Recently celebrating their ten years of service at St. Paul's Villa are **Tony Abril**, Dietary (**Jim Van Vugt** standing in for Tony), **Alba Salas**, Housekeeping, and **Jose Miranda**, Dietary.



**Maria S. Garcia**, Manor Receptionist receives her 10 year pin from **Mary Shultz**, Manor Administrator.



## Highlighting Board Members



**Mark McMahon**

**Mark McMahon** is a Trustee of the St. Paul's Retirement Homes Foundation Board. He is a graduate of the University of Notre Dame and is a Certified Public Accountant with the firm of Turnquist, Schmitt, Kitrosser & McMahon. Mark is a member of the American Institute of Certified Public Accountants, the California Society of CPA's and an active member of the Associated General Contractors of America. Mark is now serving on the City of San Diego Salary Setting Commission, which is responsible for setting the salaries for the City Council and Mayor. He is married to Sherri and together they have three boys.



**Kathryn Bunch-Hoyecki**

*President of Love Uniting Volunteers*

## LUV CONNECTION

Blessings to all in these coming weeks of holiday festivities. My calendar is overflowing with holiday gatherings and I am looking forward to seeing many of you during this festive time of year. My husband and I traveled to Tucson for Thanksgiving weekend to see my great granddaughter and the extended family. We completed our trip with a Cathedral Bookstore Road Show at St. Paul's in Yuma before returning to San Diego.

As this season of anticipation is upon us, we once again take stock of our past year and refocus on the year to come. I am thankful for all of St. Paul's family who have enriched my life in this past year as I continue to serve as President of Love Uniting Volunteers. If you have not had opportunity to join us at one of our monthly meetings, which are generally held on the third Thursday of the month, please consider joining us at our annual Holiday Party. This year, instead of requesting gifts for the Residents of St. Paul's, we are encouraging you to bring a gift of cash, which will in turn be used to purchase gifts of like kind for each of the Residents.

This LUV Holiday Party is being held on December 13th at St. Paul's Villa, beginning at 11:30 for social time and lunch to follow. If you can join us please call me at 619-298-7261 ext. 325 by December 10th. Chef Rose always prepares a festive lunch that will truly kick off the Holiday season for all in attendance. Four musicians from Point Loma Nazarene University will bring us Holiday Music during our luncheon.

Our regular monthly meetings will resume on January 17th at the Imperial House Restaurant at 505 Kalmia St. in San Diego.

Blessings and God's Peace to each one of you and a joyous and healthy New Year! 

## ST. PAUL'S CELEBRATES PASTORAL CARE DAY

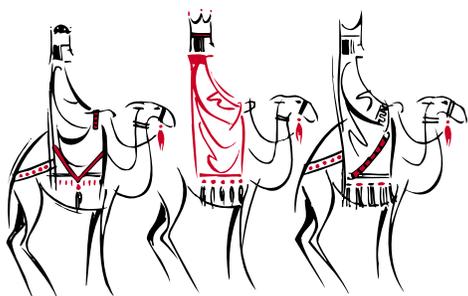


The Villa recognized **Rev. Jim Van Vugt, Sister Michele McQueeney, Chaplain Warren Williams, Louise Chartres-Martin, Rev. Paul Althouse, Rev. John Scholte, Father Thomas Bond, and Father Victor Krulak.**



The Manor recognized **Rev. Jim Van Vugt, Rev. John Scholte, The Rev. Tally Jarrett, The Very Rev. Harold Lemoine, Elizabeth Diccico, Rev. Dr. Michael Jacobs, and Kathryn Bunch-Hoyecki.**

St. Paul's Senior Homes & Services recently honored those who give spiritual care to the Residents, families, and staff. Many clergy and laypersons come to St. Paul's to help meet spiritual needs from the administration of the sacraments and worship services to making room visits and conducting Bible studies. 





# Around the Manor, Villa, Health C



*Shirley Wilson, Child Care Teacher enjoys her time in the Infant Center with Jessica Welch.*



*Rabbi David Kunin, leads Villa Residents in the celebration of Rosh Hashanah.*



*Johnny Long, entertains the Residents of the John A. McColl Health Center during their monthly candle light dinner.*

## BOWLING IS SPORT OF CHOICE AT VILLA

A growing sport for Residents of St. Paul's Villa has been bowling. Each week during the season, Residents along with Activities Coordinator **Candy Mulhern**, transform the Waterman Ballroom dance floor into lanes for some great exercise. 



*Villa Residents **Helen Bradbury, Phyllis Ruth, Millie Cochran, and Wentworth Kilgore** receive their teams bowling trophy from **Jim Van Vugt**, Villa Administrator.*



*Villa Residents **Helen Zukowski, Alice Hunt, Marjoire Spiker, Gladys Woodruff, Veronica Dorsey, and Melba Young** receive their teams bowling trophy from **Jim Van Vugt**, Villa Administrator.*



*Residents of St. Paul's Manor enjoy one of their many outings with a trip to the Imperial Beach Pier.*

## MANOR RESIDENT WRITERS END AN ERA

One of the highlights of the Manor Resident Writer's Workshop has been sharing writing on a monthly basis with the current 2nd grade class from **Beth Israel Day School** - the "BIDS Kids." The school will be moving soon so the Residents and children had an opportunity to share one more time and say their good bye's. 



***Norma Riddell**, Manor Resident with Beth Israel Day School student **Katherine Gaidry**.*



***Ray Fornario**, Transportation Supervisor, assisted **Maxine Nordahl**, Manor Resident, into the St. Paul's bus for a scheduled shopping trip.*



***Virginia Gravitt**, Villa Resident was recently interviewed by **Jodie Hammond** of Channel 10 News about Retirement living. Virginia is seen here with her grandson **William Gravitt** who is enrolled in St. Paul's Child Care Center.*



# Center and Community Care Center



Flag Day was celebrated by the Senior guests, Children, and staff of the Community Care Center at the flag pole with the raising of the colors, Pledge of Allegiance and recognition of veterans.



Jane Ingham, Villa Resident, won the Halloween contest for most enthusiastic Resident.



Carol Barker, Foundation Campaign Coordinator, handed out candy to the trick or treaters from the Child Care Program.



Children from the Child Care Program visit and Trick or Treat with the Residents of the John A. McColl Family Health Center.

## FRIENDSHIPS FORM AT ST. PAUL'S



Edward "Mac" McEvoy and Thad McCarty.

One of the many excellent qualities about retirement living is the new friendships that can be made, which enhance your quality of living. Mac McEvoy and Thad McCarty moved to St. Paul's about the same time. They became friends when they worked together developing a new music program for St. Paul's Villa. They have also developed several other projects that have helped enhance the life of fellow Residents and staff. 

## LUV - VILLA ICE CREAM SOCIAL



LUV ladies serve Helen Bradbury, Villa Resident, at social.

Recently Villa Residents enjoyed an Ice Cream Social provided by Love Uniting Volunteers (LUV), an auxiliary of St. Paul's. 



## I AM INTERESTED IN LEARNING MORE! PLEASE SEND ME BROCHURES AND INFORMATION ON:

- |  |  |
|--|--|
| <input type="checkbox"/> Manor – Independent Living                    | <input type="checkbox"/> Planning Giving Opportunities |
| <input type="checkbox"/> Villa – Independent Living                    | <input type="checkbox"/> Volunteer Opportunities       |
| <input type="checkbox"/> Villa – Assisted Living                       | <input type="checkbox"/> Respite Care                  |
| <input type="checkbox"/> McColl Family Health Center (Skilled Nursing) | <input type="checkbox"/> Hospice Care                  |
| <input type="checkbox"/> Home Care                                     | <input type="checkbox"/> Senior Day Services           |
| <input type="checkbox"/> St. Paul's Foundation                         | <input type="checkbox"/> Child Care Services           |

Please send information to:

Name:  Rev.  Dr.  Mr.  Mrs.  Miss  Other \_\_\_\_\_

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Please mail this form to: St. Paul's Senior Homes & Services • Marketing and Public Relations  
Winter 2001 328 Maple Street • San Diego, CA 92103 (619) 239-6900



# News of St. Paul's Retirees

## TRIBUTE & MEMORIAL GIFTS

Received August 28, 2001 – November 12, 2001

- |   |  |  |
|---|--|--|
| <b>In Memory of Raymond Anthony</b><br>Jack and Betsy Anthony   | <b>In Memory of Elly Capepen</b><br>Margaret Walls   | <b>In Memory of Albert W. Jones</b><br>Thomas and Ellen Peek   |
| <b>In Memory of Gladys Anthony</b><br>Anne Coleman<br>Robert and Carolyn Rentto   | <b>In Memory of George Coleman</b><br>Mr. and Mrs. John Starkey  | <b>In Memory of Larry Lahodny</b><br>Jack and Betsy Anthony  |
| <b>In Memory of Chandler Bach</b><br>Mr. and Mrs. John Starkey  | <b>In Memory of Anne W. Currie</b><br>Carole Hayward   | <b>In Memory of Tish Lewis</b><br>Mrs. John A. McColl  |
| <b>In Memory of Clyde Beecher</b><br>Leonard and Elaine Swanson   | <b>In Memory of Eunice Elliott</b><br>Lt. Col and Mrs. Vernon Schafer  | <b>In Memory of John A. McColl</b><br>Richard and Marie Tuthill  |
| <b>In Memory of Gordon Browne</b><br>Dorothy Bartlett<br>Mr. and Mrs. James W. Brayshay<br>Andre and Audrey Burnier<br>Jim Frampton<br>Joyce Frye<br>Dr. and Mrs. Edwin Glazener<br>Eleanor Herzman<br>James and Martha Robinson Higgins<br>Barbara Iredale<br>E. Jean Isenhour<br>Capt. and Mrs. C. Sterling Judson Jr.<br>Ronald Kiefer<br>Philip Klauber<br>Love Uniting Volunteers<br>Mrs. John A. McColl<br>Dr. Bill and Mrs. Carol McDade<br>Anne I. O'Brien<br>George Parry<br>Robert and Carolyn Rentto<br>Mrs. Harold Robinson<br>San Diego Fireman's Relief Assoc.<br>Ruth Schulman<br>Elizabeth Shukraft<br>Myron and Anne Walter<br>Jane Robinson Ward<br>Jim and Rachel Ware<br>Rick and Cheryl Wilson<br>The Rt. Rev. Robert Wolterstorff | <b>In Memory of Deborah Frampton</b><br>Dorothy Bartlett<br>Ned and Janice Braly-Nelsen<br>Mr. and Mrs. James W. Brayshay<br>Paul and Marilyn Erickson<br>Joyce Frye<br>Dr. and Mrs. Edwin Glazener<br>Cleary Hinton<br>Capt. and Mrs. C. Sterling Judson Jr.<br>Suzanne Kelley<br>The Edwin Lewis Family<br>Love Uniting Volunteers<br>Dr. Bill and Mrs. Carol McDade<br>Dr. Douglas and Mrs. Sandra Pay<br>Terry Pownall<br>Robert and Carolyn Rentto<br>Mrs. Harold Robinson<br>Ruth Schulman<br>Myron and Anne Walter<br>Jim and Rachel Ware<br>Rick and Cheryl Wilson<br>The Rt. Rev. Robert Wolterstorff | <b>In Memory of Cassie Pool</b><br>Rick and Cheryl Wilson<br><b>In Memory of Elizabeth Robertson</b><br>Albert and Anna Belle Gabbs<br><b>In Memory of Col Lemuel "Bo" Shepherd</b><br>Rev. Robert Wolterstorff<br><b>In Memory of Kitty Shine</b><br>Thomas and Jeanne Emrich<br><b>In Memory of William Stillwell</b><br>Lucille Stillwell<br><b>In Memory of Helen Walters</b><br>E. Patricia Brain<br><b>In Memory of Gordon Wiram</b><br>Eleanor Herzman<br><b>In Honor of Dr. and Mrs. Andre Burnier</b><br>Rick and Cheryl Wilson<br><b>In Honor of Paul and Charlotte Hartley's 50th Wedding Anniversary</b><br>Rick and Cheryl Wilson<br><b>In Honor of Richard Thorn, Esq.</b><br>Marilyn Harmon |
|   | <b>In Memory of Flossie Haneline</b><br>Peggy Eriksson   |  |
|   | <b>In Memory of Donald Hartley</b><br>Rick and Cheryl Wilson   |  |
|   | <b>In Memory of Bruce Hazard</b><br>Rick and Cheryl Wilson   |  |

YOU WON'T WANT TO MISS



*Save the Date!*



*LUV's 18th Annual Gala*

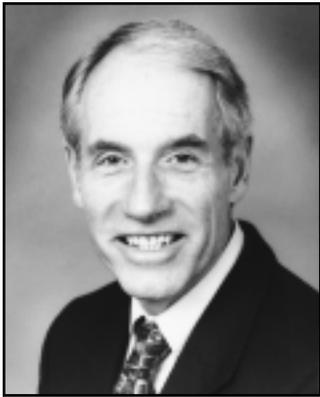


Catch the "LUV" Boat for a wonderful evening "Cruise"  
September 27, 2002 • Sheraton Harbor Island





# ment Homes Foundation



**Jack Damson, Chair**  
Board of Trustees,  
St. Paul's Retirement  
Homes Foundation.

## **FOUNDATION CHAIR SPEAKS ABOUT ANNUAL APPEAL**

*Imagine this: You are sitting in a beautiful outdoor setting. It's pleasantly warm, but the shade structure protects you from the sun's strong rays. From time to time, there is a slight breeze, and you note the smell of jasmine. Other people stroll out to join you and laughter and conversation float through the air. You've been feeling a little blue, but the warmth of the sun and conversation are great distractions and you find yourself smiling - for no apparent reason.*

This is the vision we have for the patio area adjacent to the day room in the Assisted Living Program at St. Paul's Villa. Your help could turn this dream into a reality for the many residents of the Thomas Sefton Personal Services Unit. As this Assisted Living program has expanded to fill all the rooms on the Villa's first floor, the small lounge and day room are no longer adequate and we must find ways to expand those spaces. These spaces are important because contact with other people is vital to the health of our residents. Friends are good medicine and developing friendships is the number one antidote to loneliness and isolation. The social areas and dining room must be remodeled if they are to meet those needs of the

growing number of residents who live on this floor.

We are very thankful for the help and support of Love Uniting Volunteers (LUV). This auxiliary has dedicated the proceeds from their August, 2001 Gala to the dining area portion of this project. An additional \$30,000 would allow us to expand the project and complete the social areas, as well. Our small lounge could be made more useful by redesigning the patio adjacent to it. Shade structures, plantings and furniture could make the patio usable on a daily basis. The restroom in that area needs to be remodeled to make it handicapped accessible and the whole area needs to be brightened with new paint and floor coverings.

We know that our donors, like other people nationwide, have had to make some hard decisions since September 11. Millions of dollars have been given to relief agencies in response to the terrorist attacks, an outpouring of our care and concern. But President Bush reminded us at Thanksgiving that *one of the things that makes America great is its care and concern for all of its people*. He noted that local charitable programs have needs to be met and he encouraged us to respond to the needs where we are.

The volunteers who serve on our Foundation Board invite you to join us in this project. You may use the return envelope in this issue of the newsletter to send your tax-deductible contribution. All gifts are needed and welcomed! 

## **THE WONDERFUL PARADOX OF VOLUNTEERING**

Volunteers are valued members of the St. Paul's family, enhancing and expanding the work of St. Paul's in a variety of ways. They make up our Boards of Directors and Trustees. They form Love Uniting Volunteers, better known as LUV, which puts on a beautiful fund-raising Gala, ice cream socials and holiday projects for our Residents. Volunteers work closely with staff in the day care programs and with Residents in various activity programs.

It's easy to see that volunteers make a difference to others, but have you thought about how volunteering can benefit the volunteer? Consider this: we can be likened to one of two seas in the Middle East; the Red Sea or the Dead Sea. Many streams and rivers feed the Red Sea and it in turn feeds other tributaries. As a result it is a sparkling, beautiful sea that is regularly renewed and is teeming with life. The Dead Sea, on the other hand, has no connection with any other waters and is dead and stagnant and nothing can live in it. The moral is "giving is getting." That's the wonderful paradox of volunteering - you get back far more than you put in. If you are interested in hearing more about where you could volunteer at St Paul's, please call Carol Barker at 619-239-6900 ext. 3003. Every one has something to offer; see where you can help. 



St. Paul's Senior Homes & Services  
328 Maple Street  
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## ST. PAUL'S EXPANDS CHILDCARE WITH DEDICATION



*Jenny Tate places plaque on the wall of recently dedicated Pre-toddler Room.*

St. Paul's Child Care Program recently dedicated the new Pre-toddler Room and honored **Cori-Le Tate**. The Tate family was on hand to conduct the ribbon cutting and enjoy the festivities with hors d'oeuvres and champagne as the Pre-toddler Room was dedicated to one of their own. **Jenny Tate** gave the gift for the expansion in honor of her daughter **Cori-Le**, who joined St. Paul's Child Care Program as a baby when the Intergenerational facility first opened in 1997. **Cori-Le** has now moved on to Kindergarten, however

her younger sister **Brittany** is still part of the Child Care Program as one of the Lighting Bugs who enjoy the room dedicated to her sister. 



*Cheryl Wilson, St. Paul's C.E.O., holds the ribbon with **Brittany** and **Jenny Tate** as **Cori-Le** makes the cut to officially open the room.*



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