



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.

Vol. VI, Issue II

In Service to Seniors • Of Benefit to the Community


Spring 2002

www.stpaulseniorhomes.org

NEW BOARD HOSTS ANNUAL TEA



Alan and Ellen Talbott greet Residents as they enter the Waterman Ballroom for tea.

Alan and Ellen Talbott co-chaired the annual Holiday Tea for Residents of St. Paul's facilities. Alan Talbott is the Vice Chair of **Community Eldercare of San Diego (CESD)** which recently came under the umbrella of St. Paul's Senior Homes & Services. CESD is dedicated to serving seniors in San Diego who can benefit from the case management services called **PACE** or **Program of All-inclusive Care for the Elderly**. By hosting the Annual Holiday Tea the Residents of St. Paul's Manor, Villa, and McColl Health Center could learn more about the new Board. The Residents were also treated to wonderful holiday fare a combined effort from the Villa Dietary Staff headed by **Rose Manzano** and the Manor Dietary Staff headed by **Doug Edwards**. Members of the Board of Directors, Board of Trustees and St. Paul's Management staff were also on hand to serve food and beverages to the Residents. The celebration of this high tea was concluded with everyone joining in the singing of Christmas carols which were lead by past Board Chair **Dr. Jack Anthony**. 



*Diane Ritchey-Andrews, member Board of Directors, with help from her husband **Stephen** serves hors d'oeuvres.*




Robert Rentto, Chair of St. Paul's Board of Directors, serves Residents in the festively decorated Waterman Ballroom.



John Witt, member Board of Directors, serves Residents in the dining room.

ROTARIANS CONTINUE HOLIDAY TRADITION

Dick Thorn, St. Paul's Retirement Homes Foundation Board member, brought the Point Loma Rotary to sing Christmas carols and have lunch with the Residents of St. Paul's Manor and the John A. McColl Health Center. A holiday tradition that Residents look forward to every year. 




In This Issue

- Ecumenical Honors
- St. Paul's Chorus Forms
- UPS Driver Sings
- Volunteering-Can you help?

PERSPECTIVE

A common question that I am asked when speaking to different groups about long-term care is the difference between for-profit providers and not-for-profits. The answer comes down to one word: Mission. When the objective is to serve seniors with the highest quality facilities, health care and programs, all with compassionate care and affordable costs, not-for-profits are the best.

As long-term care has come under increasing scrutiny this fact has been shown to be true. In a government report based on Health Care Financing Administration data, not-for-profit nursing homes provide more hours of care per patient day, invest more resources in Resident care, and average significantly fewer deficiencies than for-profit homes. Although this may not get much press coverage it certainly is good news to our seniors, their families, and the entire long-term care field.

Not-for-profit nursing homes are not the hospital-style facilities of old, with a ridged, cold institutional environment only worried about profit. They are on a mission of care, which strives for a home-like, family atmosphere and places great value on optimal independence for each Resident. It's a mission that's working! 




Cheryl Wilson, CEO


HIGHLIGHTING EMPLOYEES

St. Paul's Senior Homes & Services welcomes **James Van Vugt** as the new Administrator of St. Paul's Villa.



Jim came to St. Paul's out of retirement because he "missed the Resident contact." He has served in many administrative roles. His last 12 years were San Diego based while traveling to five western states retirement communities. He is married, has four grown children, eleven grandchildren, and three great-grandchildren. Jim has a M.Ed, M.S. and MA.Th. He is a graduate of Fuller Theological Seminary and an ordained minister. For many years he worked with Aids Chaplaincy as a volunteer through the San Diego Ecumenical Council. 




Joyce Pfitzner is a Registered Nurse and the new Supervisor for the Assisted Living floor at St. Paul's Villa. She has worked for the last eleven years as a Medical Intensive Care RN for Mercy Hospital. She received her BSN from San Diego State University and is presently pursuing her Master's degree in Community Health Nursing. 

ECUMENICAL COUNCIL HONORS OUR CHIEF EXECUTIVE



The Rt. Rev. Gethin B. Hughes, Bishop of the Episcopal Diocese of San Diego, congratulates Cheryl Wilson, St. Paul's C.E.O. for her ecumenical work.

The Ecumenical Council of San Diego County recently honored **Cheryl Wilson**, Chief Executive Officer of St. Paul's Senior Homes & Services for her ecumenical work. The honor was given at the Seventeenth Annual Tribute Dinner on January 23, 2002 at the Doubletree Hotel in Mission Valley. The Ecumenical Council includes one hundred and twelve churches in San Diego County, which each

year recognizes those who have, in a society torn by fragmentation and alienation, joined hands and hearts and minds to manifest God's Gospel of reconciliation among people of all races and conditions and ideologies. **The Very Rev. John Chane**, Dean of the Cathedral of St. Paul's and President of the Council presented Mrs. Wilson with her award. 



Dan Johnson, St. Paul's C.O.O. and Raymond Kruszona, Facilities Manager, congratulate Norris Tryon, Housekeeping Supervisor and Mary Shultz, Administrator, for an excellent survey of the McColl Health Center.




Dan Johnson, St. Paul's C.O.O., and Cheryl Wilson, St. Paul's C.E.O., congratulate Mary Shultz, Administrator and Gloria Joseph, R.N. for an excellent survey of the McColl Health Center.

Highlighting Board Members



Anne De Meules

Anne De Meules first joined St. Paul's Senior Homes & Services Operating Board in 1997 and after the next annual meeting will assume the position of Vice Chair. Anne is a Licensed Clinical Social Worker who has served as the San Diego County Coordinator for Senior Services and as first state Ombudsman Program Manager, a program she helped to create which is now nationally replicated.

Anne attended San Diego State University where she received her bachelor's degree in sociology and her master's degree in social work. Anne co-founded the Alliance of Aging and Mental Health Professionals and has received awards related to health care and women in government. She is married to **Donovan Myers** and together they enjoy their four children, eight grandchildren, and two great grandchildren. 




LUV CONNECTION

**Kathryn
Bunch-Hoyecki**
*President of Love
Uniting Volunteers*



As this publication reaches your doorstep, another festive St. Valentine's Membership Tea will have been held at the home of Mrs. Richard Mitchell. The members of LUV and their friends always look forward to this date in February to gather in our red attire and renew our membership in LUV. If you did not receive an invitation to the Membership Tea and would like more information about becoming a member of LUV, please call me at 619.298.7261x325 or Gladys LeFebvre, our membership chair at 858.259.6089.

It is time once again to elect new officers for the next three years. If you are interested in serving on the Board please call Mary Maud Sadler at 619.222.2666 or me. Serving on the Board of LUV is truly a special position and labor of love in that the LUV auxiliary plays a very important role in the support of St. Paul's Senior Homes, Inc. The major event is the LUV Gala. Speaking of the LUV Gala, this year's 18th annual gala entitled "**Sail Away With LUV,**" is to be held on **Friday, September 27th** at the Sheraton Harbor Island Hotel. Mark your calendar now and plan to attend. The Gala committee has been working diligently since last November under the direction of Lanita Carroll, Marilyn Nahas and myself. If you wish to assist in any way please call me; we can always use more support.

Spring is once again in the air and just in time for our meeting on March 21st at the Imperial House Restaurant at 505 Kalmia, San Diego. Our speaker will be Paula Cajoon. Paula's topic is Women in Uniform in the Armed Services. We gather together for social time at 11:30 a.m. and lunch is served at 12 noon. (*Call Ruth Bobbitt at 619.583.2537 to make your reservation.*) Luncheon is \$14.00 including tax and gratuity. This is an increase since our January meeting due to the increase in minimum wage. If you are not currently receiving a flyer regarding our monthly meetings, please call Connie at the Foundation office at 619.239.6900. 



St. Paul's Senior Homes & Services Board of Directors

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Around the Manor, Villa, Health C



MHC Celebrates MD

Dr. Norman A. Gale is congratulated by Mary Shultz, John A. McColl Health Center Administrator, at his retirement party.

St. Paul's John A. McColl Family Health Center celebrated 65 years of the compassionate practice of medicine. A retirement party was held for Dr. Norman A. Gale who made frequent doctors visits to the Health Center through his many years of practicing and was a favorite with Residents and staff. 



Children and Seniors from St. Paul's Community Care Center admire a 1929 Model T Ford during Intergenerational activities.

Members of Elmer's Ballroom Dancing hosted by St. Paul's Villa enjoy being guests of the Villa for the New Year's Eve Party!



Leonard Villareal from Channel 10 gave a leadership award at St. Paul's Manor to Andrea Leadman for her performance and Entertainment programs for the elderly. Andrea often entertains St. Paul's Residents.




Students from the Dewey School English Dancers entertained St. Paul's Manor Residents with dances, songs, and readings.



Manor Residents Marilyn Craig, Billy Riley-Watkins, and Norma Riddell do the Charleston while celebrating New Year's Eve.

NEW SINGING GROUP FORMS AT MANOR

The St. Paul's Manor Choraliers was formed to sing for Christmas at the different St. Paul's facilities. Recently they sang at an open house for both the Manor and Villa. 



St. Paul's Choraliers sang during the holidays at the John A. McColl Family Health Center.



Fred Wellington, Senior Day Guest takes time to visit the Infant room with baby Evan Churilov.

A VALENTINE AT THE VILLA



Phyllis Ruth and Clifford Potts, both Residents of St. Paul's Villa, were voted King and Queen of the Villa Valentine party. Everyone enjoyed the charming decorations in the Waterman ballroom and the coronation ceremonies.

Villa Residents enjoy the festive Valentine Party.



Center and Community Care Center

TRINKETS & TREASURES



The rain held off for the annual Trinkets & Treasure Sale at St. Paul's Manor. This year's sale was again held on the Larry K. Lahodny Memorial patio and proved to be a success for the Residents Association.

Mary Shultz, Manor Administrator and **Norma Riddell**, Manor Resident price the merchandise.



Billy Riley-Watkins, was the organizer of this year's Trinkets & Treasures sale that successfully netted \$2,842.62



Sally Wallner stands beside the Fish Aquarium enjoyed by Senior Day Guests in the Senior Day Lobby. Sally and her husband **Dr. Wallner** donated the Aquarium to St. Paul's Senior Day program.




A lovely Christmas Tree enhanced the Senior Day front lobby during the holiday season. The tree was donated by **Ms. Julie Thornton**, manager for the Spring Valley K-mart.

UPS DRIVER SINGS FOR CHRISTMAS



David Rainkin, of United Parcel Service, shares the spot light with **Hunter Bennett**, one of St. Paul's Child Care Mighty Hornets.

Ruby Jarrett, Child Care Program Supervisor discovered that **David Rainkin** of the United Parcel Service not only does a great job delivering packages to the Community Care Center but also that he loves to sing. Following Ruby's invitation, David provided the special music and fun for the Intergenerational Child Care Christmas Program. 



Mr. and Mrs. Claus, alias **Rod and Alma Gilbert**, also joined the festivities for children and seniors.



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 |
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| <input type="checkbox"/> Home Care | <input type="checkbox"/> Senior Day Services |
| <input type="checkbox"/> St. Paul's Foundation | <input type="checkbox"/> Child Care Services |
| <input type="checkbox"/> Charitable Gift Annuities | |

Please send information to:

Name: Rev. Dr. Mr. Mrs. Miss Other _____

Address _____

City/State/Zip: _____

Telephone: () _____

Please mail this form to: St. Paul's Senior Homes & Services • Marketing and Public Relations
328 Maple Street • San Diego, CA 92103 (619) 239-6900
Spring 2002

News of St. Paul's Retirement

TRIBUTE & MEMORIAL GIFTS

Received November 12, 2001 – February 4, 2002

- In Memory of Bobbie Alremo**
Lt. Col and Mrs. Vernon Schafer
- In Memory of Barkley**
Pat Price
- In Memory of Clyde Beecher**
Milton and Barbara Hallen
- In Memory of William Beinert**
Ann O. Beinert
- In Memory of Barbara Bright**
Donald Hillman
- In Memory of Margaret Brown**
Stuart H. Brown
- In Memory of Gordon Browne**
Jim and Betty Brayshay
Mr. and Mrs. G.M. Brydon
Mac Brydon
- In Memory of Mary Burcham**
Arthur and Eleanor Herzman
- In Memory of Jane Cassidy**
Thomas and Ellen Peek
- In Memory of Anne W. Currie**
Carole Hayward
- In Memory of Arthur D. Day**
George Day
- In Memory of Marguerite J. Diffenderfer**
Patricia McCoy
- In Memory of Marie A. Durgin**
Ruth Durgin Canon
- In Memory of Deborah Frampton**
Mr and Mrs.G.M. Brydon
Mac Brydon
Arthur and Eleanor Herzman
- In Memory of Evelyn Frederick**
Stewart and Konnie Dadmun
Marian DeWitt
Rick and Cheryl Wilson
- In Memory of Edward Haddon**
Genevieve Haddon
- In Memory of Ruth Haugen**
Sue H. Kennedy
- In Memory of Ellen Hawks**
Michael and Vanessa Evans
- In Memory of Howard Kilman**
Terry and Carol Barker
Rick and Cheryl Wilson
- In Memory of Elizabeth Lackie**
Mr. and Mrs. Thomas E. Ables
- In Memory of Larry Lahodny**
Janet Lahodny
- In Memory of Thomas C. Lester**
Catherine H. Doud
- In Memory of Ruby Lippels**
Jean Collins
- In Memory of George and Ruth Lohr**
Arthur and Diana Lohr
- In Memory of John A. McColl**
Mr. and Mrs.G. M. Brydon
Mac Brydon
Sharon McColl
Richard and Marie Tuthill
Jim and Mary Jane Wiesler
Stephen and Stephanie Williams
Rick and Cheryl Wilson
John Wood
- In Memory of Mildred McLeod**
Douglas and Susan McLeod
- In Memory of Ruth McQuillan**
Lt. Col and Mrs. Vernon Schafer
- In Memory of Betty Meyer**
Howard Meyer
- In Memory of George and Clara Mitchell**
C. Boone and Mary M. Sadler
- In Memory of Wilmoth Nyberg**
Louise Chartres Martin
- In memory of Marie Oliver**
Dianne Oliver
- In Memory of Ray and Eleanor Patrick**
George Fairchild
- In Memory of Elizabeth Robertson**
Arthur and Eleanor Herzman
- In Memory of Harold Robinson**
Marie Robinson
- In Memory of Jon Robson**
David and Suzi Jackson
- In Memory of Zella Ryan**
Richard and Linda Witherow
- In Memory of Anna Riley Sarvella**
Billy Riley Watkins
- In Memory of Adelbert Seiler**
Mike and Jean Liuzzi
- In Memory of LaVerle Semling**
Suanne Thaxton
- In Memory of Adm. U.S. Grant Sharp**
Barbara Cooper
- In Memory of David Shattuck**
Stewart and Konnie Dadmun
Rick and Cheryl Wilson
- In Memory of Andrew L. Shortt**
Judy Grobbel
- In Memory of Margaret Snyder**
John Snyder
- In Memory of Lawrence Y. True**
Rose Marie True
- In Memory of Etta Williams**
Lloyd and Gerry O'Connell
- In Memory of Genevieve Wilson**
Jean Mosteller
- In Memory of Lena Winter**
Joan E. Fleer
- In Memory of Mr. and Mrs. E.C. Zeigler**
Paul and Dolores Zeigler
- In Honor of Mrs. Phillip Bartlett's 95th Birthday**
Mrs. John McColl
- In Honor of Grace M. Bond's Birthday**
Lt. Col. And Mrs. Vernon Schafer
- In Honor of Alice Carne**
Robert Carne
- In Honor of Beatrice Hagadone**
Beth Wood
- In Honor of Marjorie Hathaway**
Marilyn McNair
- In Honor of Catherine Hopper**
Jean Landis
- In Honor of John and Maxine Johnstone's 52nd Anniversary**
David and Karen Shine
- In Honor of Joan Kellner**
Barbara Krepps
- In Honor of Wentworth Kilgore**
Jerry and Barbara Fitzsimmons
- In Honor of Barbara Krepps**
Joan Kellner
- In Honor of Elizabeth Marietta**
Jean Landis
- In Honor of George B. Merchant**
Mary Jean Gilbert
Jim and Rachel Ware
- In Honor of Freda Sandweiss's Birthday**
Donald and Nancy Sandweiss
- In Honor of Robert and Marcia Thaxton**
David and Kathleen Porter
- In Honor of Jane E. Todd**
Michael Harris
- In Honor of the Tuggey Family**
Robert and Carol Tuggey
- In Honor of Diana Venable**
Rick and Cheryl Wilson
- In Honor of Myron and Anne Walter**
Barbara Krepps
- In Honor of Lois W. Whitaker**
Mike and Jeanne Althouse
- In Honor of Cheryl Wilson**
Fannie J. Payne
- In Honor of Rick and Cheryl Wilson**
Ty and Penelope Smith
- In Honor of Bishop Wolterstorff**
Thomas and Ellen Peek
- In Honor of Care Given to all Residents**
Michael and Sue Harris
- In Honor of St. Paul's Staff and Volunteers**
Richard and Marie Tuthill

Save the Date!

YOU WON'T WANT TO MISS

♥ *LUV's 18th Annual Gala* ♥

Catch the "LUV" Boat for a great evening "Cruise"

September 27, 2002
Sheraton Harbor Island

Retirement Homes Foundation

VILLA PROJECT RECEIVES FUNDING




Mike Jacobs,
Executive Director

The residents in the Assisted Living program at St. Paul's Villa will benefit this year from the gifts of more than 120 donors, over 250 Gala attendees and the work of countless LUV volunteers. The dining, social areas and patio will all be renovated, thanks to the gifts of more than \$90,000 received for these projects. Love Uniting Volunteers (LUV) is an auxiliary dedicated to the support of St. Paul's many residents and programs.

The San Diego Foundation Weingart-Price Fund, at the recommendation of Price Charities Advisory Board, has donated \$15,000 toward the remodeling of the social areas. The remainder of the funds were donated by St. Paul supporters who responded to our annual year-end appeal.


"The generosity of all of our donors is encouraging," Mike Jacobs, St. Paul's Retirement Homes Foundation Executive Director, said recently. "Every gift was important in helping us reach our goal. We are thankful to each of our donors for their concern for our residents."

Jim Van Vugt, Villa Administrator, said, "The residents can look forward to a more attractive and useful environment. Now that funding is available, we hope to have the project completed by early June." 

CAPITAL CAMPAIGN

Generosity for Generations – A Place for Pace


The advance gifts phase (Phase I) of our capital campaign was launched on September 6th. The campaign will allow us to purchase property to house a **Program of All-inclusive Care for the Elderly (PACE)**, an Adult Day Health Care Center and Affordable Housing – was launched on September 6th. It was planned that the first phase of the campaign would be concluded in December. On September 11th the world changed.

As a result of the terrorist attacks and the resulting economic downturn, the Foundation Board approved the campaign be extended through September of 2002. But even in the face of these difficult circumstances, campaign activity continued during the fall. Under the leadership of our Campaign Chairs, **John and Lenora Witt**, we have obtained \$261,675 in cash and pledges from generous donors. And we thank you. 

VOLUNTEERING – CAN YOU HELP?

In January we had a number of new volunteers, aged from 20 to 81, both male and female, to help with activities, to interact with our senior day guests, to prepare birthday cards, to drive seniors to the shopping mall, the doctor or dentist, to read the Sunday newspaper and discuss it with vision impaired Residents. Also, groups have come to entertain and to hold religious services. The range of volunteers is richly diverse.

Recently the President talk about our obligations to each other and the fact that, since September 11th, "...we have begun to think less of the goods we can accumulate and to more about the good we can do....We want to be a Nation that serves goals larger than self and we have been offered a unique opportunity, and we must not let the moment pass." There are dozens of ways to make this happen, one of the best is to volunteer at St Paul's and serve others. For example: Can you sew? We are looking for someone to make vests for the volunteers, as a uniform. Can you drive? We are looking for more drivers to take seniors to doctors and dentist appointments. Do you like seeing an empty tray at the end of a task? We are looking for people to file. Do you keep up with the news? We are looking for people to read newspapers to seniors. Have you a hobby you could share? Could you help administer the volunteer program itself? You can interact with seniors or children, or just be in an office with one other person, or you could also support us by completing a task at home. You can use your talents or develop new skills. There is no job in St. Paul's that the right volunteer could not do.

Why not "test the waters" with St. Paul's Volunteer Team? Call Carol 619 239 6900 ex 3003 and volunteer today. 



Carol Barker, Volunteer Coordinator and
Margaret Cooper, Child Care Volunteer.



St. Paul's Senior Homes & Services
328 Maple Street
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Suzy's Zoo Comes to St. Paul's



For over 30 years, **Suzy Spafford** has been doing what she loves – drawing and laughing. Join us on **Thursday afternoon, May 2 from 4 to 6 p.m.**, as Suzy brings her talents to St. Paul's for a book fair. Creator of over 100 Suzy's Zoo and Little Suzy's Zoo characters, she will introduce some of the characters from her newest books, reading to us of their adventures. She will also draw for us and be available to sign her books.

Various Suzy's Zoo books, gift items and cards will be available for sale, with a portion of the proceeds to go to St. Paul's Foundation. St. Paul's Cathedral Bookstore will also have seasonal and gift books available for sale at the event.

The event, which will take place in the playground on the corner of Third and Maple, is sponsored by The Young and The Restless, an auxiliary group of volunteers who work to support the programs of St. Paul's Community Care Center. The Center's Day Care program, which includes both children and adults, was the first intergenerational program of its kind in San Diego. **Betsy Anthony**, Young and Restless Chairperson, commented, "We are looking forward to having Suzy with us. Her purpose in life is to make people happy with her drawings, and we know it will be an afternoon filled with fun. We have several surprises planned, as well." For more information about the event, call Connie Brock at St. Paul's Retirement Homes Foundation, 619.239.6900 x 3004. 



Suzy Spafford, Founder and Illustrator of Suzy's Zoo, with her granddaughter **Lauren Lott**.