



Founded 1960

# St. Paul's Community Connection

A Tri-Annual 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, and Community Eldercare of San Diego.

Vol. 1, Issue 3

Striving To Be the Most Outstanding and Innovative Senior Homes and Services Provider in California

November, 2003

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

Edwardian attire was back in fashion for the 19th annual LUV Gala on September 19, 2003 sponsored by **Love Uniting Volunteers** an auxiliary of St. Paul's Retirement Homes Foundation.

The theme of the evening "Oh Wouldn't It Be LUVerly," was a play off of *My Fair Lady*. It fit well as the grand ballroom of the Sheraton Harbor Island Marina filled with women dressed in frilly lace and bonnets and men in coat tails and top hats. The **Jack Straws** serenaded those enjoying Champagne and hors d'oeuvres. **Marie Tuthill** and **Sharon McColl** arranged the bidding on the lovely donations at the silent auction. News anchor for KFMB TV, **Michael Tuck**, lent his expertise as Master of Ceremonies for the evening, while **Lacie Dillon** and **Jon-Paul Hunter** from Christian Community Theater performed selections from *My Fair Lady*. Table decorations, arranged by **Betty Brayshay**, were twisted miniature trees hung with lanterned votive lights and fresh red roses. After a splendid dinner of roasted beef tenderloin and mushroom crusted seabass, the grand evening's highlight came as


## IT WAS LUVerly!



*The Very Rev. and Mrs. James Carroll with honorees Kay and Richard Woltman*

**Jim Brayshay**, who was a founding member of the Board of Trustees of St. Paul's Retirement Homes Foundation during the time the honorees also served, gave tribute to **Richard and Kaye Woltman**. Chair of the Board for St. Paul's Senior Homes & Services, **Anne De Mueles**, presented Richard with an engraved glass and wood clock, and **Randy Truax**, Chair of the Retirement Homes Foundation Board, presented a beautiful bouquet to Kaye.

After the tribute, a live auction was held with **Jack Shirey** as Auctioneer. The live auction items featured a week long stay at a beautiful oceanfront home in "Los Gaviotos," with a private

lunch and tour of a winery in the Guadalupe Valley and a day's flight to Big Bear for lunch, including flying over the winning bidder's own home on the way. This year's gala raised more than \$48,000 towards helping to bring a Program of All-inclusive Care for the Elderly (P.A.C.E.) to San Diego. **Lanita Carroll** headed a talented committee for the Gala and has agreed to Chair the 2004 Gala as well. 



A Week long all expenses paid trip to Jackson Hole, Wyoming for two is still available. Bids, starting at \$1,500, are being accepted beginning November 10th and closing November 17th. Please call Lanita Carroll at (619) 222-1557 to make your bid. The lucky winner will be contacted on the closing date. Don't miss this great opportunity! And don't forget this benefits our wonderful PACE program.



St. Paul's Senior Homes & Services  
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## HIGHLIGHTING BOARD MEMBERS



Mrs. Sally Bixler is a new member of the St. Paul's Retirement Homes Foundation Board. She learned about St. Paul's through Cheryl Wilson and Pat Ford. Sally is a graduate of the University of Oregon and is an Assistant Vice President at Merrill Lynch. She is the founder and former Chair of the Imperial Beach Chili and Jazz Festival Association, a Trustee and Treasurer of the Museum of Photographic Arts, Rotary Club of Coronado, Former Board Member and Officer of the Imperial Beach Health Center, and member of FOCUS (Friends of Children United Society). Sally is married to San Diego Unified Port Commissioner Michael Bixler. 



## HIGHLIGHTING EMPLOYEES




Vernon Roberson, has recently joined St. Paul's Senior Homes & Services as the Administrator of St. Paul's Villa. He is a native Texan who came to San Diego with the Navy. He was a Navy Hospital Corpsman. Vernon has an undergraduate degree in Business Administration from Webster University and is currently working on a graduate degree in Organizational leadership through Chapman University. He is married to Mondae and has four children. Vernon III is 14 years old, Jazmine 10, Summer 6, and Keely 3. Recently Vernon remarked, "I am excited to be on the St. Paul's team. The Residents and staff are incredible people, and I am looking forward to providing leadership and support to the Villa." 

## Perspective



Cheryl Wilson,  
CEO

As I packed to leave for the National Convention of non-profit senior organizations, I am reminded of the enormous issues we have dealt with, are dealing with, and are preparing to deal with. Most of these issues center around money, its availability, its dissemination, via the political process, and society's ignorance of the cost of care for seniors.

As we meet to plan for the future, pray for a nation that respects and values its elders, and which continues to embrace a charitable heart. 

## AN OPEN LETTER FROM LUV




Joyce Frye,  
LUV Auxiliary  
President



Love Uniting Volunteers invites all recipients of the Community Connection and their friends to the LUV luncheons. The luncheons are usually held on the third Thursday of the month at the Imperial House. We would especially like to welcome family members of the Residents of St. Paul's communities.

The purpose of LUV is to support the needs of the Residents of St. Paul's. This is done through fundraising and hosting special events for the Residents. For example, we host ice cream socials, provide Resident Christmas gifts, arrange a Valentine Tea, and have a monthly luncheon programs to which the Residents are invited. We are currently featuring a series of three lectures involving family histories, preservation of family artifacts, documents, pictures, and personal history writing. These lectures will be offered in October, November and January.

Reservations for these luncheons can be made by calling Kitty Akers at (619) 231-1918. A check for \$15.00 should be sent to Kitty at 2350 Sixth Avenue #420, San Diego, CA 9210. The deadline is the Monday before the meeting day. The dates are October 16th, November 20th, and January 15th. There is a Christmas luncheon planned for December 11th after which gift bags for Residents will be filled by LUV members. The traditional Valentine Tea will be held February 14th at which time memberships may be accepted or renewed. 

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## Mission Statement



St. Paul's Senior Homes & Services provides affordable, innovative and comprehensive programs in a secure, interdenominational environment with great value placed on optimal independence at all stages of life.

## Vision Statement

St. Paul's Senior Homes & Services strive to be the most outstanding and innovative senior homes and services provider in California, dedicated to serving the physical, spiritual, and social needs of the elderly and community, fostering a culture of diversity and inclusion within the highest quality facilities, health care, and programs consistent with affordable costs.

## A SUMMER OF FUN!

St. Paul's Intergenerational program enjoyed a summer full of fun activities. This included a Western BBQ featuring pony rides at St. Paul's Intergenerational Park, a Tribute to Disney, by Christian Community Theatre, the Magic of Dick Dale, and a visit from Animal Safari. 🏆



**Renae Bingham**, St. Paul's Child Care Caterpillar, enjoys the pony ride during Western BBQ day with **Laura Feil**, Child Care Supervisor.



(Clockwise from left) Child Care Classmates **Ysabela Saaib**, **Annelise Snyder**, and **Sara Kennedy** enjoy the safari. Everyone enjoyed the Tribute to Disney and **Fred Wellington** Senior Day guest also enjoyed the animals.



## ST. PAUL'S HANGS LOOSE HAWAIIAN STYLE



Manor Residents **Billy Riley-Watkins** and **Georgeanne Smith** sing Hawaiian style during lunch.



John A. McColl Family Health Center Residents enjoy listening to Hawaiian music on the Ukulele.



Villa Residents enjoy a Hawaiian buffet on the Villa Court Yard.

## CONGRESSWOMAN ADDRESSES MANOR RESIDENTS

U.S. Representative **Susan Davis**, representing the 49th Congressional District, spoke to St. Paul's Manor Residents recently. She addressed a Medicare Prescription Drug Bill and other issues related to seniors that are before the U.S. House of Representatives. 🏆



St. Paul's Villa Residents enjoy a picnic at Mission Bay. L-r **Frances Zirkuly**, **Margaret Sawyer**, **Bette Klas**, **Elsie Dobrine**, **Arlene Erickson**, **Arline** and **Paul Hales**, and **James DeBoi**.



## YOUTH GIVE COMMUNITY SERVICE TO McCOLL



John A. McColl Family Health Center Residents enjoyed an active game of volleyball with students from around the United States who attended the **Western United States Lasallian Youth (Catholic High Schools) Conference**. The youth were visiting the McColl Family Health Center as a community service.

## THE NUTMEG COOKS "STIR IT UP" AT THE VILLA


Every Friday morning Residents from the Villa prepare a variety of delights to be served at Happy Hour or for Bake Sales...apple bread, apple crisp, brownies, taffy apple salad, pumpkin bread...just to mention a few. 🏆



**Ann Hawley** and **Alice Bostick** celebrate their Birthdays at the McColl Family Health Center.



## MANOR RESIDENT AWARDED EXCELLENCE IN PAIN MANAGEMENT

On October 2, 2003 at the Hilton Hotel in Pasadena, the Southern California Cancer Pain Initiative (SCCPI) held its annual awards dinner to honor those who have made a significant contribution to the relief of pain and suffering of cancer patients. SCCPI is an organization of more than 1,800 professionals dedicated to improvement in cancer pain management. Through this 5th annual gala, SCCPI recognized 30 individuals and 3 organizations from throughout California who have distinguished themselves with their work in pain management. All those honored were members of the health field including physicians, nurses and other professionals, except for **Norma Riddell** who is a volunteer, in the John A. McColl Family Health Center, with the San Diego Hospice and Palliative Care Program. As the only volunteer awarded she received a standing ovation from the filled ballroom. The SCCPI Board of Directors wrote, "We are especially honored to recognize Norma Riddell who as a volunteer has given selflessly." 



*Norma Riddell, Manor Resident, is congratulated by Peggy Lee, Palliative Care Administrator, Dr. Wendy Stein, Medical Director, both of San Diego Hospice and Palliative Care, and Mary Shultz, St. Paul's Manor Administrator.*



### 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 |
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**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  
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### NEW TEST FOR EARLY ALZHEIMER'S

The *Wall Street Journal* recently reported a new test could detect the presence of plaques in the brain, evidence of Alzheimer's disease. If it works as well in people as it does in laboratory mice, it could offer the hope of better early diagnosis and perhaps better treatment. St. Paul's Senior Homes & Services supports and encourages the research and study of Alzheimer's and offers a Senior Day Care program for those who are in the early stages. If you are caring for someone who is dealing with the effects of Alzheimer's or other dementia we invite you to tour St. Paul's Community Care Center and see how we may assist you. 

## Tribute & Memorial Gifts

Received June 6, 2003 – October 16, 2003\*

**IN MEMORY OF:**

Dolores (Dee) Zeigler

Margaret J. Laughlin  
Audrey Walrod  
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Kris and Janet Thomas and Friends  
and Family  
Myrle M. Andrews  
Beryl D. Dolphin  
Residents of the Manor

**IN MEMORY OF:**

Marie Love Richmond

Sarah Helen Carpenter

**IN HONOR OF:**

Lucinda Parsons  
Jim and Betty Brayshay's  
50th Wedding Anniversary  
  
Pattie Roscoe's Birthday  
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The Rt. Rev Robert Wolterstorff

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