

ST. PAUL'S Community Connection

Striving to be the Most Outstanding and Innovative Senior Homes and Services Provider in California

California First Lady Maria Shriver Visits St. Paul's



California First Lady Maria Shriver greets Participants of St. Paul's Intergenerational Day Care Program.

The children and seniors of St. Paul's Intergenerational Day Care Program welcomed a very special visitor in September. California First Lady **Maria Shriver** visited St. Paul's to celebrate and promote Family Day. As California's honorary Family Day Chairperson, Shriver visited the seniors and children in the program during their lunch and spoke with them of the importance of eating meals together as family.

She graciously spoke with each Participant and briefly spoke with the press before touring the building and joining the group for its afternoon activity. The children and seniors sat attentively for story time with St. Paul's Volunteer **Harold Wachs** and then Ms. Shriver engaged them with a second book before listening to a song they performed and joining them in dancing. Before leaving, the children presented Ms. Shriver with a book they made, which included pictures of them and the seniors involved in a variety of activities.

"St. Paul's unique program is a great example of what can be accomplished through innovative thinking," said Shriver. "Bringing the children and seniors together allows them to learn from each other and benefits the lives of both."



Maria Shriver dancing with seniors and children.



Maria Shriver reading a story to the group.

St. Paul's Celebrates Its 25th Annual LUV Gala

On September 20th, supporters of St. Paul's came dressed in their best "rhinestone cowboy" and cocktail attire for the 25th Annual LUV Gala honoring local radio personality **Mark Larson** and philanthropist **Marie Tuthill**. The "Silver & Spurs" theme was a tribute to the theme of the first LUV Gala 25 years ago.

After mingling through a champagne reception and silent auction filled with trips, memorabilia, beautiful wine baskets and more, guests were seated for dinner and entertainment. Mistress of Ceremonies **Carol LeBeau** started the evening on a light note before introducing entertainers from the **Juletone Foundation** who delighted the crowd with a musical medley humorously saluting the honorees Larson and Tuthill. After acknowledging the honorees for their contributions to St. Paul's, CEO **Cheryl Wilson** turned the microphone over to auctioneer **Chuck Dreyer** who got the crowd charged up during the live auction. The evening concluded with dancing and singing to the vibrant tunes of **Society Beat**.

"It was great to get so many people together to raise money for a worthy cause, but also to honor two truly wonderful people," said co-chair Shirley Knox. "From the gorgeous view of San Diego Bay, to the delicious food and lively entertainment, the night was just a lot of fun for everyone."



CEO Cheryl Wilson thanks LUV President Joyce Frye and Gala Chairs Shirley Knox and Joni Walker for their efforts.



The Juletone Foundation serenades the honorees.



Gala Honoree Marie Tuthill and her guests smile for the camera.

A Summer of Fun at St. Paul's

St. Paul's Manor, Villa, McColl Health Center and Intergenerational Program had a busy summer season filled with a variety of different activities and events. Below is a recap on just a few.

The Villa celebrated **National Assisted Living Week** September 7 - 13 by hosting a spectacular Grandparent's Day Brunch including a roast beef carving station, salmon, Belgium waffles and much more. The rest of the week featured speakers, seminars and live music, including a performance by pianist **Gustavo Romero**.

On July 2nd, Manor Residents enjoyed a good old-fashioned Ice Cream Social hosted by the LUV Auxiliary. Banana splits and sundaes were enjoyed while listening to the ladies of **Just the Two of Us** perform classic American tunes.

On June 27th, six members of the Mighty Hornets class graduated from St. Paul's Childcare Program and will move on to Kindergarten.

Several McColl Residents took part in the **Silvergate Yacht Club Wheelchair Regatta** on June 4th where they sailed around San Diego Bay.



Manor Residents ordering up the flavor of the day.



Children from the Busy Bees class serenaded the graduating Mighty Hornets.



McColl Residents enjoying their trip around San Diego Bay.

Upcoming Events



McColl Residents pose for a quick picture during the 2007 Board Holiday Tea.

The fall and winter months are always a fun and joyous time around the communities and programs of St. Paul's Senior Homes & Services. Two major events highlight the end of each year. The first is the **Annual Legislative Breakfast**, which will take place at 7:30am on December 12th at the Villa. State, county and city officials and their staff are invited to discuss pertinent issues related to senior services.

St. Paul's **Annual Board Tea** brings together Residents from all communities to celebrate the holiday season. Complete with champagne, delicious food and warm cheer, the event is always a Resident favorite. This year it will be held on December 6th at 4:00pm.

CEO Perspective – Cheryl Wilson



When traveling through Europe, the grandeur of the buildings and the vision of the people who built them, sometimes taking hundreds of years to complete, has inspired me. I felt the same way watching the Chinese Great Wall during the Olympics and the commitment it took to make that a reality.

So it is with institutions. What begins with a vision is carried out by a few in the beginning, and then by others who embrace the legacy of the founders. Sometimes along the way the initial vision is lost and that is sad.

However, at St. Paul's the initial vision of **Rev. Harold Robinson**, embraced and carried out by 10 good men, has remained alive and well nearly 50 years later. This is because of the many people who began and continued to serve this mission in so many ways. Perhaps the most important way they continued to serve was by inspiring others to "carry the torch." By sharing the vision through

actions, stories and gentle reminders, through systems development and outreach they ensured the vision would not be lost.

Although this caring place was credited to ten wonderful men, behind them, supporting and encouraging them were their wives. Today I mourn the loss of one of those very special members of the support Team, **Sharon McColl**. Not only was she "on the Team", but she led the Team to so many successes as she worked to share the St. Paul's vision, and to enhance lives through her fundraising efforts. Aided and supported by the McColl family, she was the spearhead, the focus point of making this place what it is today. Her efforts took a small, un-enriched bare bones facility, and transformed it into a wonderful home for those she cared so deeply about. Her efforts gathered many helpers to embrace the vision also.

It is now our responsibility to "carry the torch" and share, inspire and create an atmosphere which will ensure the original vision of a caring, spirit filled home for seniors is not lost.

Will you join our Team? Please call and come to an Interest Lunch to find out how you may be able to continue the vision of Rev. Harold Robinson and the work of Sharon McColl.

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St. Paul's PACE - A Participant's Perspective

St. Paul's PACE has now been open for six months and continues to grow. Recently, the program was honored with the following letter from Laurie S., one of its first Participants.

"Here at PACE I am surrounded by very pleasant, sweet, gentle and caring PACE staff members who make us all feel like their own families, including the chef (I love the homemade soup!) and two drivers, who are so patient with us seniors. I would like to say a special thank you to the Physical Therapist, for the therapy and exercises. I feel so relieved of my tensions, aches and pains. I love being here, keep up the good work PACE."

Laurie comes to St. Paul's PACE twice a week and enthusiastically

participates in various social activities including the weekly educational presentation, music classes, bingo, crafts and much more. When Laurie first came to PACE she had recently moved in with her daughter. PACE has provided Laurie with new friends and she is thriving both socially and physically thanks to regular doctor visits and physical therapy.

Heartwarming stories like these unfold every day at the PACE program and more are sure to come. For any questions about the PACE program, or to have someone you know evaluated to become a PACE Participant, please call (619) 677-3800.



St. Paul's PACE Participant Laurie S. along with Recreation Coordinator Gina Catania.

Tree of Life Ceremony

McColl Resident **John Young** recently donated \$1,000 to St. Paul's and in turn, received a plaque on the Tree of Life in the lobby of the McColl Health Center. During a ceremony to unveil the plaque, Mr. Young thanked his family, as well as his adopted family at McColl. "If you're in my condition, this is a wonderful place to be," said Young. "I'm very thankful to everyone for being here and for taking such good care of me."



John Young and his family and friends pose for a picture in front of the Tree of Life at the McColl Health Center.

LUV Update - Joyce Frye

Love Uniting Volunteers (LUV), the volunteer auxiliary of St. Paul's Senior Homes & Services, has really enjoyed a busy summer.

We brought some good old-fashioned fun to St. Paul's Residents at the Manor, Villa and McColl Health Center, as well as participants in the Intergenerational Program through two different Ice Cream Socials. Accompanied by the lively music, we helped people cool off with a variety of delicious treats.

We just wrapped up the 25th Annual LUV Gala (see article on Page 1). Everyone had a delightful time and St. Paul's was able to raise much needed funds for its essential services.

As the year now begins to wind down, we're looking forward to our Annual Christmas Lunch on December 11th at the Imperial House. We're constantly looking for new members to join our group to help provide fun activities and raise money for the people and programs of St. Paul's. To learn more about membership, or our upcoming activities, please contact Nancy Loevinger at (619) 239-6900.



Joyce Frye is the President of LUV.

Making Bequests to St. Paul's

Many individuals desire to leave a charitable legacy that exemplifies their values and leaves a lasting memory of their involvement in the lives of others. Bequests are a perfect way to leave this lasting impression. If you are considering featuring St. Paul's in your will, or if you have already done so, please contact the Foundation at (619) 239-6900.

Mission Statement: St. Paul's Senior Homes & Services strives 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.

Vision 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.



I want to learn more!
Please send me information.

- | | |
|--|--|
| <input type="checkbox"/> Manor (Independent Living) | <input type="checkbox"/> Respite Care |
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Community Connection

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2008 Annual Support Campaign Update

St. Paul's is reaching the final stretch of its Annual Support Campaign for 2008. Our goal this year is to raise \$1.1 million for a variety of capital improvements, updating our infrastructure, and program enhancements. Here is an update on the progress of the items already funded.

The Design and Planning Committee for the room renovation at the McColl Health Center has met twice to select replacement beds for each room, new room furniture, a color palette and fabrics. They are also researching different styles of vanities and bathroom fixtures.

Another feature is creating a spa room. To do this, the committee is planning the steps necessary for combining an already existing tub room and shower to create a spa experience that would include aroma therapy and massage treatments.

Finally, the McColl Health Center dining room is getting a make over. New equipment has been ordered, and once it is installed, Residents will be able to see and smell the food selections and then select what entices them.

All of these enhancements are just the first steps of a larger "culture change" at the McColl Health Center. Overall, the plan is to create a more home-like environment.

St. Paul's Manor is in the process of getting a makeover of its own: replacing the windows and sliding doors. The current windows and sliding doors were the original ones installed when the Manor was constructed in 1960 and 1963. It's a gradual process, and we've already started to receive thank you notes from Residents. These dual-paned windows open and close easily, and do a better job keeping rooms warm in the winter and cool in the summer. The goal is to finish this project by Thanksgiving.

These are just some of the improvements we are making at St. Paul's because of our fundraising efforts. Without fundraising, our Residents would have to pay much more in monthly fees, or live in sub-standard housing.

There are also more items to fund, such as installing a brain fitness station at St. Paul's Villa, a chaplain intern, and a pre-K curriculum for the children in our Intergenerational Program. Please contact the Foundation at (619) 239-6900, if you wish to contribute to the Annual Support Campaign to underwrite these or other needed items.



A view from an East-facing room at the Manor. The window is being replaced as part of the improvements coming from the Annual Support Campaign.

St. Paul's Helps Train Future Senior Service Providers

As one of the most outstanding and innovative senior service providers in California, St. Paul's understands that the commitment and training of senior service providers is imperative to being successful. So, what better way to train the healthcare workers of tomorrow than having them be hands-on with seniors in a caring and challenging environment?

The Senior Day Program works with nursing students from the University of San Diego, the University of Oklahoma and San Diego City College to help train aspiring nurses. Under the supervision of St. Paul's staff, the future nurses observe the interactions and care provided and learn how to properly treat and communicate with the Participants. "It's a great learning environment for anyone who wants to work with seniors," said Intergenerational Supervisor Linda Christiansen. "The students get to see first hand exactly what the seniors' needs are and how to best meet those needs."

The McColl Health Center also works with nursing students from Kaplan College, San Diego City College and Point Loma Nazarene University. During their time there, students get to interact with the Residents and learn first-hand from the nurses. "The experience they get here is invaluable to their education," said McColl Administrator Alan Shigley. "Through interacting with the Residents and watching experienced nurses deal with the daily issues that arise in a skilled nursing community, these students leave with experiences and lessons they will draw from throughout their career."