

ST. PAUL'S

Community Connection

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

Spring Happenings Throughout St. Paul's

The various communities and programs of St. Paul's always seem to have something going on. The early part of 2008 was no exception. Below are just a few examples of activities that took place throughout the organization so far this year.

Villa Residents Celebrate with the Children

St. Paul's Villa has a full activities calendar and Residents can choose what interests them. Everything from movie nights in the Living Room, to bowling in the Waterman Ballroom. But they also seem to get a lot of attention from youngsters in the Child Day Program and children from outside the organization who come to visit on special occasions.

On the Jewish holiday of Purim, children from the nearby **Ohr Shalom Synagogue** stopped in and performed for Villa Residents. The **Mighty Hornets** from the Child Care Program also dropped by earlier in the Spring and put on a Chinese New Year Parade. After the parade, the kids paired up with Villa Residents on a craft project that they later brought home to their families.



Top: Purim Celebration
 Bottom: Chinese New Year Parade

Smooth Jazz Greets McColl

McColl Health Center Residents were treated to a musical surprise when Resident **John Young** was visited by some famous musical friends from his past. Saxophonist **Charles McPherson** and pianist **Daniel Jackson** showed up to surprise Mr. Young, play some jazz and share a few laughs. The duo played old favorites from the big band era as well as some jazz classics like "A Train."



Saxophonist Charles McPherson and Pianist Daniel Jackson delight McColl Residents, including John Young (far right) with some old jazz classics.

Cinco de Mayo Fiesta at the Manor



Manor Residents look on as a traditional Mexican dance is performed during the Cinco de Mayo Fiesta.

On May 5th, Manor Residents gathered (many in colorful fiesta attire) to celebrate Cinco de Mayo. The afternoon event featured traditional Mexican food favorites like carne asada, chicken enchiladas, Spanish rice and churros cooked by Manor culinary expert **Peter Javier** and staff. Residents drank horchata and delighted in watching a dancer perform traditional Mexican dances.

"We always enjoy getting together to celebrate the various holidays throughout the year and Cinco de Mayo is a favorite because of the vibrant colors and entertainment," said Manor Residents **Art and Lois Banta**. "This year, the woman who was dancing really put on a good show!"

The event is one of the many holidays celebrated throughout the year at the Manor, which allows Residents to fully enjoy the various cultural celebrations like St. Patrick's Day, Oktoberfest, etc.

Rotary Volunteer Day at St. Paul's

On Saturday, April 26th, St. Paul's put a group of local Rotary volunteers to work painting the playground at the park for the Child Care Program. The Rotarians were joined on the project by the San Diego High - School of Business Interact Club. Together the volunteers spent a morning in the sun scraping, masking and painting the playground, which is now a beautiful collection of bright colors. For their effort, the volunteers were treated to lunch in the Manor Dining Room, information about all of St. Paul's services and a tour.

"It feels good to see a project through from the start to finish," said San Diego High student **Ulber Baza**. "It feels even better though to be able to give back to the community and do something to help others."



Two Interact Club volunteers look up from their work.



Rotary and Interact Club volunteers pose for a picture in front of the freshly painted playground.

A Celebration of Service

St. Paul's fired up the barbecue, iced down some cold drinks and gathered employees together to recognize team members celebrating two, five and 15-year anniversaries respectively with the organization.



Mary Shultz and Christine Pham smile after receiving recognition for 15 years of service.



Lupe Ferrell receives her pin for five years of service to St. Paul's.

CEO Perspective – Cheryl Wilson



Aging Services of California held its Annual Meeting in San Diego in early May. This group of nonprofit providers began in 1960 and its purpose is making a difference in the lives of California seniors. The organization educates its facility membership, advocates for member facilities and the seniors they serve, and inspires members to reach new heights of care and concern. Many of our Staff and Board members attended this meeting for training and information.

The organization educates on important State and National regulations including

building codes, IRS issues, health care requirements and the planning and implementation of systems to meet future requirements in these areas. This is very important as our business is the most heavily regulated service industry in the United States.

Aging Services of California advocates in Sacramento and Washington DC to protect seniors' assets, promote care for the infirm and poor, and preserve programs that enable seniors to live their lives with dignity and choice.

The organization shares new research, creates opportunities for members to share best practices of care, service and financial responsibility, and challenges members to innovate and inspire each other. It is made up of members whose life's work is to represent and serve the seniors of California. I am proud that St. Paul's has been a member since 1960, and I was privileged to serve as the Chair for two years.

St. Paul's Helps Make Legislative Push



Laverne Joseph, Assemblywoman Lori Saldaña, who was awarded Legislator of the Year and CEO Cheryl Wilson at the 2008 Aging Services of California Legislative Summit in Sacramento.

The senior services industry has many important issues currently being considered by legislators at both the State and Federal levels. As such, St. Paul's CEO Cheryl Wilson and St. Paul's Staff recently attended the Aging Services of California Legislative Summit in Sacramento to not only participate in the legislative discussion, but emphasize key issues related to senior services to elected officials as well.

"Our legislators at all levels must understand how important senior issues are to their constituents," said CEO Cheryl Wilson.

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Volunteering to Make a Difference

Volunteering one's time to help others is both noble and self-fulfilling. However, finding people to consistently show up and produce positive results for no pay can sometimes be tough. Fortunately, St. Paul's, **Volunteer Coordinator Stewart Gaddy** has worked vigorously to recruit a variety of people who are both reliable and extremely dedicated to helping the Residents and Intergenerational participants.

Lyn Riggs can often be found helping Residents board the St. Paul's bus as they head to one of the many shopping, lunch or social outings planned throughout the month. Lyn also spends a great deal of time with both the children and seniors in the Intergenerational Day Care Program. "I love volunteering at St. Paul's because I get to interact with so many great people every day," said Lyn. "I really enjoy working in the different areas of the organization because each is so unique and the people are wonderful."

Once a month, **Christine Perneti** of Complexion Rx visits Residents at the McColl Health Center and provides free facials to Residents restricted to their beds. The Residents really light up when they see Christine coming each month and are even happier after the relaxing and gentle 20-minute facial treatment she provides.

Harold Wachs decided to become a St. Paul's volunteer after seeing first-hand the difference volunteers made in the Senior Day Program where his wife is a participant. Harold, a retired banker, now donates his time to read to children in the Mighty Hornets classroom.

Volunteers from all walks of life become part of the St. Paul's team to join in the mission of providing the most outstanding and innovative senior services in California and the need for more volunteers is ever-present. If you, or someone you know is interested in learning more about the many volunteer opportunities at St. Paul's, please contact Stewart Gaddy at (619) 239-6900.



St. Paul's Volunteer Coordinator Stewart Gaddy presents Volunteer Harold Wachs with a certificate of appreciation.

LUV Update - Joyce Frye

Love Uniting Volunteers (LUV), the volunteer auxiliary of St. Paul's Senior Homes & Services, has had an eventful start to 2008 and is gearing up for a big year overall. On Valentine's Day, our group held its annual Membership Tea at the home of **Marjorie Mitchell**. It was a lovely time and even included beautiful music played on the piano by Villa Resident **Dolo Johnson**.

We are currently planning Ice Cream Socials for the Residents and will host the Manor Social the first week of July. The Villa Social will be held the last week of August and we know a good time will be had by all.

It's also never too early to start planning for Christmas! As such, we're looking to have our Annual Christmas Lunch on December 11th in the main dining room of the Imperial House. We're always interested in having new members join our group and help fundraise for the deserving people and programs of St. Paul's. For more information about membership, or our activities, please call **Nancy Loevinger** at (619) 239-6900.



Joyce Frye is the President of LUV.

Manor Legacy Wall Continues to Grow

St. Paul's Foundation hosted a February luncheon to recognize donors whose cumulative giving qualified them for entry, or advanced them to a higher level of recognition on the Legacy Wall at St. Paul's Manor.

Those in attendance included **Mark and Connie Allan, Mike and Sally Bixler, Joyce Frye and Bill Powell, Laury Graves, Terry and Annie Love, Ken and Julie Warren and Frances Hamilton White**.



Donors pose for a picture after recognition luncheon.

SAVE THE DATE!

St. Paul's LUV Gala

Saturday, Sept. 20, 2008

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!

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St. Paul's PACE is Gaining Momentum

With all the hoopla and good cheer of the grand opening celebrations in the rearview mirror, and the needed approvals finally in place, St. Paul's PACE opened its doors to Participants on February 1, 2008.

"It was very rewarding to see actual participants showing up and our real work finally beginning," said PACE Executive Director **Alan Allgood**. "After so much preparation and training, we were all very excited and ready to start serving seniors."

Although just a few short months have passed, the results of the work being done at PACE are clearly evident. Many participants have greatly improved their mobility - one has already progressed from a wheelchair to a walker! The socialization and overall health of the participants have also risen substantially as well. Even the bathing and grooming services provided, which weren't highly sought after at first, have increased in volume as word spread about the quality and pampering one receives.

While St. Paul's PACE spends much of its time improving the actual health of its participants, it also serves as a comprehensive support system during times of sickness and crisis. Recently, one Participant came to the center feeling ill and complaining of flu-like symptoms. After receiving some much needed fluids and medical supervision from **Dr. Chen**, it was determined that she was actually suffering from something completely different than the flu. He was able to treat her appropriately and have her placed in the McColl Family Health Center for a couple of days of rest and support. She is now back in her own home and doing much better. This scenario would surely have turned out very differently if she had gone to an emergency room.

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 Participants gather to celebrate April birthdays.



St. Paul's PACE
CNA with Participant
Isabel Havdoa

A Popular Way to Give

One of the most popular gifting programs with donors today is the charitable gift annuity. This unique program combines the benefits of making a charitable gift with a contract to receive a guaranteed income during your lifetime.

Here are some of the reasons St. Paul's supporters say they like the charitable gift annuity program:

- It's an easy way to increase cash flow from low-yielding securities and savings accounts.
- Income payments are fixed over a lifetime and guaranteed.
- Stock market ups and downs don't affect income payments.
- There are no asset management fees.
- A substantial part of the income received by participants is usually treated as tax-free.
- Income remains at the same level for surviving spouses.

Money remaining after death is used to support St. Paul's charitable programs and services. If you have any questions or to receive an easy-to-understand booklet on Charitable Gift Annuities, please contact **Todd Kaprielian** at **(619) 239-6900**.

Breaking News!

Effective July 1, 2008, gift annuity interest rates will be lowered. If you are considering a gift annuity, act fast to lock in a higher rate!