

ST. PAUL'S **Community Connection**

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



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CEO Perspective – Cheryl Wilson

Times just seem to get tougher! However, the seniors we serve have seen much worse. Therefore it was easy to go to them for advice on cost cutting measures that would not negatively impact their quality of life. They gave us many ideas and these ideas were implemented in the new St. Paul's budget for 2009-2010. These folks understand how to "tighten the belt" and to "do more with less." They are an inspiration to talk with and their positive attitude is contagious.



As we all look ahead to declining revenues and retirement accounts dwindling in the stock market, it is all the more amazing that these elders are showing a brave face and are willing to "do without" during the tough times. These are the times when we need to step up to meet any critical needs they may have but may not be able to afford, due to the current economic conditions. It is through the benevolent funds given by the community that we will be able to meet their needs, and it is through ongoing charitable contributions that we will be able to continue that support during the coming months.

With the help of our Residents, we have crafted a very streamlined, efficient budget which, with all our staff's support, will carry us through the tough times ahead. With the support of the community, we will be able to continue to serve our seniors and prevent any dire consequences to them during these tough times.

If you would like to help, please call us.
Cheryl Wilson, CEO
(619) 239-6900

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Fun Things Are Always Going On...



St. Paul's Manor held its annual **Ladies Tea** the week before Mother's Day. Many of the Residents gathered together to honor mothers, socialize and share some stories, laughter, and delectable treats made by the Dietary Department. This event is always marked by the radiant hats worn by the ladies (*pictured at left*), which seemed even brighter this year.

"This event is great because it celebrates all mothers and gives us another opportunity to get together and enjoy each other," said Manor Resident **Elizabeth Jones**.

The St. Paul's **Childcare Program** always comes up with the most creative ways to teach the children about important days and events. On **Earth Day**, the children paraded through the offices at the Community Care Center asking people to recycle. They received quite a surprise when they got to learn and see first-hand how much recycling is already being done (*pictured at right*).



Villa Resident **Vince Kenstad** (*pictured at left*) had the "oddest" of birthdays in May. It wasn't just that Mr. Kenstad was turning 99 years old, it was that his big day occurred on "Odd Day", May 7, 2009, or 05.07.09, which is one of only six days this century where the calendar date is consecutively odd. It's also the only time this century where the date will be 5-7-9 consecutively.

St. Paul's Celebrates Passover

On the third night of Passover, 33 people – St. Paul's PACE participants, Manor and Villa Residents, staff and community members – gathered together to attend two Passover Seders – the first Seder ever held at St. Paul's PACE, and a second Seder at St. Paul's Villa.

The Seders were led by volunteers **Rachel Millstone and Leanne Adams** from **Ohr Shalom Synagogue**. Attendees (*pictured at right*) learned about the meaning and history of the Passover Seder, sang songs, read excerpts from the Passover Haggadah and ate delicious traditional food prepared by St. Paul's Dietary staff.



"I felt proud that I was able to help organize the Seder here at PACE," said PACE Participant **Dan Simonowski**. "It was a time to remember."



Big Changes in Dining at the Villa and McColl

Resident satisfaction is always a major focus in all St. Paul's communities. To add flexibility and make meals more appealing, major dining changes were made at both the McColl Health Center and Villa.

At McColl, food options are now seen, smelled, selected and served to Residents in the dining room. Previously, their pre-served tray came up from the kitchen and was served at their table. This new way of plating and serving the food (*pictured at top right*) allows Residents to see and choose what they eat as well as whet their taste buds with the aromas of each meal.

At the Villa (*pictured at bottom right*), specific meal times and assigned seats have been abolished. Instead, Residents now have a large window of time to choose when they want to eat each meal and open seating allows them to eat with whoever they want, wherever they want. The new "open seating" has been in place for several months and the changes have been very well received.

"It's a nice change to be able to choose when we want to come down for a meal and pick where we want to sit," said Villa Resident **Peg Hochman**.



St. Paul's Staff Gathers to be Recognized and Pay Tribute



St. Paul's gathered staff together on May 9th to recognize employees who have worked at least two years, and in some cases many more, at St. Paul's. Dietary staff provided the delicious Mexican fare (in tribute to Cinco de Mayo earlier in the week). CEO **Cheryl Wilson** and various supervisors thanked employees (*pictured at left*) for their hard work and dedication. "Being able to recognize employees who have dedicated so much of their lives to St. Paul's reiterates just how special our entire team is," said CEO Cheryl Wilson.

St. Paul's always does its part to commemorate national holidays and other days of interest with both Residents and staff. To celebrate Memorial Day, staff and Intergenerational Program Participants gathered on Friday, May 22nd to honor those who served our country and those who lost their lives doing so. Volunteer Coordinator **Stewart Gaddy** led the ceremony which included stories, songs and the Pledge of Allegiance. He also presented some of the veterans on staff (*pictured at right*) with commemorative statues of an eagle holding an American flag. Several children from the Intergenerational Program told the audience why they were proud their mother or father was in the military.





Rotarians Pitch In to Help St. Paul's

The children's playground at St. Paul's Community Care Center received a much-needed touch-up when a group of volunteers from **San Diego Rotary Club 33** spent the morning painting. The Rotarians (*pictured at right*) put their skills to good use adding fresh coats of paint to the railings and patio furniture, which enhanced the area shared by our seniors and children in the Intergenerational Program who use it on a daily basis.

"The fresh colors really make the playground area look beautiful and refreshed," said Intergenerational Program Supervisor **Linda Christiansen**. "Both the children and seniors commented on how nice our playground looks. We're very grateful to the Rotarians for sharing their free time to help make things better for us."



St. Paul's Appreciates its Volunteers!

The staff of St. Paul's Senior Homes & Services was pleased to host a **Volunteer Appreciation Picnic** on April 25th at St. Paul's Children's Park. This year's theme was "Back to School" and over 40 Volunteers and guests (*pictured below*) arrived for some fun in the sun. Delicious food was served, exciting games were played, prizes won, and plenty of "thank yous" handed out.



Active Volunteers January 1, 2009 - May 30, 2009

Susan Anderson
Nancy Arnegard
Carlos Becerra
Delores Dempsey
Romerson Dimla
Emily Drake
Maurice Elmore
Ashly Fisher
Priscilla Fleishans
Gil Klecan
Kelly Kreuzinger

Philomena Laguatan
Cathy McGuire
Justin McKaye
Anita Nolasco
The Paragon Band
Lyn Riggs
Robert Ruffato
Adrian Ruiz
David Sifflet
Sonia Simons
Larry Sivertson

Desiree Sonza
Leslie Stephenson
The Saints Band
SDSU ROTC Students
The Swing Street Band
Henry Tietz
Rick Wilson



PACE "Action Committee" Writes to President Obama

St. Paul's PACE Participants recently wrote a touching and emotional letter to President Obama about St. Paul's Program of All-inclusive Care for the Elderly (PACE).

The letter was the collaborative effort of fifteen Participants who fondly refer to themselves as the "St. Paul's PACE Action Committee." They wrote about the challenges of living at home without the support of PACE and how their lives have improved with PACE. "...We are offered a full range of services from transportation to medical services, social services, drug coverage, home care, nutritious meals.....now our basic needs are being met and we feel as though we have a new lease on life. Our community of new friends supplants the lonely and purposeless place from which we came."

Walter Weiss, a former Architect; **Edgar Mahler**, formerly an active musician and business owner and **Dan Siminoski**, a former Professor (*all pictured below*); lead the Action Committee. Mr. Weiss says the goal of the letter was to inform President Obama that PACE programs truly do help frail seniors continue to thrive in their own home resulting in a considerable saving for the state and federal government. The letter quotes: "We want to see PACE expanded to reach all who can benefit by it. We hope that as a part of your new administration's goals you are encouraged to include this program for seniors..."



Spring Appeal Update

It's not too late to contribute to our Spring Appeal and help us increase the range of daily activities at the McColl Health Center and St. Paul's PACE.

Activities are extremely important to the well being of our senior Residents in all of the communities, especially for those needing assisted living care. They provide Participants with opportunities for exercise, group discussions, personal enrichment, and are an excellent means for rebuilding confidence, and countering isolation and depression.



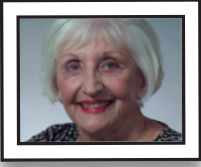
"I enjoy all the lectures and talks and I have sung a couple of times," said Marian, a PACE Participant. "Now I enjoy life. I am so glad I found this place."

St. Paul's already offers social activities at our communities and programs (*pictured below at left*), but we see a need to enhance our programs to further enrich the lives of our Participants. We seek charitable gifts to provide our staff with the resources necessary to add and enhance the offerings at St. Paul's PACE and the McColl Health Center. Any contribution will be greatly valued and directly affect the lives of our Residents and Participants.

To make your tax-deductible gift today, please call the Foundation at (619) 239-6900.



LUV Update - Joyce Frye



Love Uniting Volunteers (LUV), St. Paul's volunteer auxiliary for over two decades, is as busy as ever with upcoming events.

During the summer, LUV will hold its ever-popular Independence Day Ice Cream Social on Thursday, July 2nd from 2 to 4pm at St. Paul's Manor. With a live band, ice cream sundaes and root beer floats, it has become a

favorite event among our Residents. If you wish to help with the Ice Cream Social, contact **Marcia Thaxton** at (619) 224-0183.

If you would like to become a member of LUV and help with other annual events, such as the Ice Cream Socials, LUV Gala, and Holiday gift bags for Residents, please contact me at (619) 298-9011.

St. Paul's Gala - All You Need Is LUV!

The 2009 LUV Gala, St. Paul's annual fundraising event, will be held on September 26, 2009 at the Omni San Diego Hotel.

"We're excited about this year's LUV Gala," said LUV President **Joyce Frye**. "The theme is the Beatles' 'All You Need Is LUV'. 1960's music and costumes should make for a wonderful, light-hearted party. We're proud to have Sheriff **Bill and Lois Kolender** as honorees because they have given so much to our community."

Honoree Bill Kolender is currently serving his fourth term as Sheriff of San Diego County and is due to retire this summer. He has been a generous supporter of the San Diego community, including being active in several law enforcement and charitable organizations.

Carol LeBeau, who recently retired from her post as news anchor at Channel 10, will be the Master of Ceremonies for the second year. Theme music will be provided by **Rockola**, a local band that energizes crowds with music favorites from the Beatles, 1960's and classic rock. Send in your favorite 60's and Beatles songs, as the top five nominated songs will be played at the event!

Patti Roscoe, a local businesswoman and founder of PRA/Allied International, is the 2009 LUV Gala Chair. "I just love this theme," said Roscoe. "People tell me the Save the Date card made them smile, which is exactly the right mood for the event. When it's black-tie optional or people's favorite 60s attire, how can it not be a fun evening of dining and dancing? Best of all, it all benefits St.



Paul's, which is a great cause."

The success of the LUV Gala each year depends on the attendance and support of the St. Paul's community. Save the date cards have already been sent. Anyone interested that did not get a card should contact Foundation Coordinator **Nancy Loevinger** at (619) 239-6900.

"We wanted to give people extra time to purchase their tickets and organize their tables early, as we expect this to be a sell-out event," said Roscoe. Formal invitations will be sent in mid-July. Tickets purchased by September 16th are \$175 and after that increase to \$200 each.

So pull out those go-go boots, tie-dye shirts, moon boots, or that Jackie O pillbox and come join the party. Whether retro or black tie, join us for a groovy time.



Enjoy Guaranteed Income For Life!

Everyone is familiar with making a contribution to their favorite charitable organization. They send in the contribution and then take the deduction from their taxes for that year.

"It's a very common practice," said **Todd Kaprielian**, Director of St. Paul's Retirement Homes Foundation. "I've found, however, people are less familiar with the way planned gifts, such as Charitable Gift Annuities (CGA) work."

So how do they work? In essence, CGAs are life income gifts that benefit both the donor and St. Paul's. Donors transfer assets to St. Paul's, take the charitable deduction on their taxes for a portion of the transfer, and then they (or a beneficiary) receive income based on those assets for the rest of their life (or a fixed period of time). Upon the passing of the last surviving beneficiary, St. Paul's will receive any remaining assets of the annuity to support the programs and services designated when the CGA was established.

Several Tax Benefits. Regardless of age or timing of the income, one can take the charitable deduction from their taxes for a portion of the gift in the year it's made. A portion of the income payments received each year may also be exempt from certain income taxes. Some people may even be able to reduce capital gains tax by using long-term, appreciated securities to make their gift.

"People don't realize what an excellent income generator a CGA can be for someone retired and on a fixed income," said Todd. "I know several people who now enjoy CGA interest payments of 6% or more. That's a fantastic rate of return that is

hard to match in this economy. The rate of return is age defined. I would be happy to speak with anyone interested in making a planned gift for St. Paul's."

On Thursday, June 25 at 7:00pm, St. Paul's and local attorney **Thanasi Preovolos** are offering a free presentation explaining how Charitable Gift Annuities work. Mr. Preovolos is the principal partner of the law firm Preovolos & Associates and serves on St. Paul's Foundation Finance Committee. RSVP your attendance by calling (619) 239-6900.

Heritage Society - Are You A Member?

St. Paul's Senior Homes & Services is honored that numerous individuals have designated us as beneficiaries in their wills, gift annuities, life insurance policies and remainder trusts. With their planned gift, they have become members of our Heritage Society, a leading group of community supporters that want to ensure there is a future for seniors that values dignity, independence and choice at all stages of life.

If you have already designated St. Paul's as a beneficiary, please contact the Foundation at (619) 239-6900 and let us know. We want to include you as a member, and keep you informed of the most recent developments at St. Paul's.



PACE Chaplain Intern

Last year, St. Paul's raised funds to underwrite a Chaplain Intern for St. Paul's PACE. Through a partnership with the Center of Urban Chaplaincy, **Cari Furr** (pictured at left leading Passover services) joined the PACE Team last November and quickly established a familiar and reassuring presence for the diverse community we serve.



PACE Tree of Life Dedication

On Friday, February 27th, St. Paul's celebrated the unveiling of the Tree of Life donor wall at St. Paul's PACE. The Tree of Life recognizes the many generous donors it took to establish the PACE program.

After initial remarks by CEO **Cheryl Wilson**, PACE Board Chair **Pat Ford** spoke on behalf of his family who sponsored the sculpture in honor of Mrs. **Carol Ford**. The Tree of Life was then unveiled (*pictured at top left*) and blessed by St. Paul's Board President, The Very Rev. **Scott Richardson**, Board Members Rev. Canon **Barnabas Hunt** and Rev. Canon **Andrew Rank** and The Very Rev. **James Carroll** (*all pictured at bottom left*).

"My family and I are very pleased to have been a part of raising funds for St. Paul's to bring this wonderful service to San Diego," said Ford. This beautiful building and donor wall reflect a lot of people's hard work, vision and commitment."

St. Paul's Chaplain Initiates Discussion Series

St. Paul's Senior Homes & Services is committed to meeting not only the physical and social needs of seniors, but also their spiritual needs. To fulfill this commitment, Father **Leigh Jacobsen** (*pictured at right below*) provides chaplaincy services to our Residents, Participants, families and staff.

On a daily basis Father Leigh visits all of St. Paul's communities to conduct chapel services, host discussion groups, or just be available for a friendly chat. Recently, Father Leigh collaborated with **Mary Hendrix**, **Veva Arroyo**, and **Ghislain Labonte** at Sharp Hospice to produce a series of six discussion seminars on end of life issues.

Hosted in the LUV Lounge of St. Paul's Manor, the discussion series featured a variety of guest speakers including **Vanessa Chica** of Glen Abbey, **Leslie Desitro**, RN, **Kelley Neal**, MSW, and **Ghislain Labonte**. Small group discussions were held throughout the series, which participants found very valuable.

The issues of spiritual care and loss are of particular importance to seniors, and the series was intended to offer opportunities to explore the

issues further. "These topics, especially loss, are so often overlooked," said Father Leigh. By hosting these seminars, we are providing people with an opportunity to bring these issues to the surface and share their personal experiences."

"Loss can take a variety of forms," he continued. "The most obvious is losing a loved one, but there are others, too. The loss of a driver's license, for instance, can have a profound impact, not to mention giving up home and friends to move to a retirement community, the loss of hearing or fine motor skills and other physical impairments."

Father Leigh is hoping to transition the seminars into a support group. "I hope this discussion continues, so the benefits of this program may be shared with others," he concluded.





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In Honor of Sharon McColl

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Community Connection

is 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 St. Paul's PACE.



St. Paul's Episcopal Home, Inc.
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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.

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