



# 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

There's a lot going on with St. Paul's and San Diego seniors. St. Paul's PACE Chula Vista celebrated its one-year anniversary in August by exceeding all our expectations. Clearly, the need is compelling! On any day of the week, when visiting, you will feel the vibrancy of the Participants and the staff who care for them.

The John A. McColl Family Health Center is getting a facelift. Final plans have been approved to make improvements such as skylights, a more approachable nurses' station, and an inviting open lobby and dining area. This will be done in three phases, so please excuse our "construction mess" for a while.



Recently, while meeting with the Congressional offices in San Diego, I touched on three important issues: allowing PACE programs to grow, and to stop any other reimbursement cuts to the health care providers; housing for homeless senior Veterans; and, the continuance of the charitable gift tax deduction. In past issues I have touched upon how important it is to lend your voice on behalf of seniors who are unable to share their concerns with our elected officials. This is even more important as the final implementation of the Affordable Care Act gets closer, and funding for community social support is cut. Your letters and phone calls are important and make a difference in the lives of our San Diego seniors.

You are integral to advancing St. Paul's, be it donating funds to support new projects and to ensure their success, or through your passion to help protect our seniors' quality of life through legislation.

We are sincerely grateful for all that you do.

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## St. Paul's PACE Enrollment Soars With Safe Transportation



St. Paul's PACE is growing...fast! St. Paul's Reasner is at its capacity of 200 and has a waitlist. St. Paul's Chula Vista has 140 Participants as of early September and is one of the fastest growing PACE sites in the United States. There is a compelling need for PACE services in the South and East San Diego areas. The enrollment and transportation teams strive to support seniors as they go through the enrollment process. To be eligible for PACE, seniors must be over 55 years of age; certified by the State requirement as needing nursing home care; be able to live

safely in the community, and they must live within the PACE approved service area. PACE services are free to those receiving Medi-Cal and Medicare benefits.

One of the primary barriers preventing seniors from accessing care is transportation. St. Paul's PACE partners with Secure Transportation to coordinate the schedules of over 340 Participants every month with drivers ensuring their wellbeing, both on the road and off. PACE drivers receive regular safety training and adhere to strict regulations to make certain our PACE Participants are cared for and protected. In fact, in a recent Participant Satisfaction Survey, 100% of PACE Participants stated that they felt secure while in a PACE van.

If you know a senior who is struggling to live independently, call the PACE enrollment team at (619) 271-7100.

## St. Paul's Senior Day Program Hosts Open House

The Senior Day Program hosted an Open House to the greater community in the Senior Day Patio area. The purpose of the Open House was to inform the public about our program, which serves seniors with beginning to moderate stages of memory loss or Alzheimer's disease in a safe, social, and intergenerational environment. The event featured great summer food, including ice cream, hot dogs, and hamburgers.

Since the Open House, enrollment has doubled! To learn more about the Senior Day Program, please call **Liam Dunfey** at (619) 239-6900.





## LUV Gala and the South Pacific

Saturday, September 7 was an enchanted evening as the St. Paul's LUV Gala remembered South Pacific at Paradise Point Resort & Spa! Three-hundred-eighty of our friends gathered to celebrate our **Honorees Jerry and Maggie Coleman**, honor those who serve our country, and support the St. Paul's Memory Care Program. Thank you to **Sodexo Senior Living**, our presenting sponsor, and all the sponsors and donors who made the evening a success!

Honorees Jerry and Maggie Coleman and actress **Mitzi Gaynor** joined a special reception to kick off the LUV Gala. Guests enjoyed rubbing elbows and having their picture taken with Jerry, Maggie and Mitzi. Following the special reception, **LUV Gala Chairs Russ and Diana Vuich** and St. Paul's CEO Cheryl Wilson welcomed everyone to a beautiful sunset reception overlooking Mission Bay where guests were also greeted by a pair of authentic World War II jeeps and sailors in era uniforms that helped everyone get in the mood of the South Pacific. The silent auction was a big hit as guests kept close watch on the items they wanted, and friendly bidding wars commenced.



2013 LUV Gala Honorees, Jerry and Maggie Coleman, with Mitzi Gaynor (middle)



Secure Transportation Staff and Friends

In the ballroom a collection of military flags, uniforms, and WWII posters were on display, courtesy of the **Veterans Museum & Memorial Center**. The stage was set like a scene from South Pacific, where Mitzi Gaynor could "Wash That Man Right Out of Her Hair." Honorees Jerry and Maggie Coleman were featured in a tribute video highlighting their service to our country and community, and welcomed to the stage by CEO Cheryl Wilson and LUV Gala Chairs Russ and Diana.

Guests learned more about the Memory Care Program through a video filmed at St. Paul's Villa. Pledged donations of \$33,000 will go towards renovations to the Memory Care Program's dining and activity spaces.

Mitzi Gaynor took the stage to entertain the crowd with tales from filming famed movies like *South Pacific*. Laughter and applause filled the room as she closed the evening to a standing ovation.

This year the St. Paul's LUV Gala raised more than \$125,000! What an amazing show of support!

The team at St. Paul's thanks you immensely for supporting our seniors and we look forward to seeing you at the LUV Gala next year! Let us know if you are interested in volunteering for next year's committee by contacting **Kathryn Courter** at [kcourter@stpaulseniors.org](mailto:kcourter@stpaulseniors.org) or (619) 239-6900.



2013 LUV Gala Committee



## LUV Gala Pictures



Dancing the Night Away!



Sodexo Senior Living with Cheryl Wilson (middle)



District Attorney Bonnie Dumanis and Supervisor Greg Cox enjoy the South Pacific theme



Marie Tuthill and Mitzi Gaynor

## St. Paul's Hosts Alzheimer's Association for Presentation

In August, the San Diego-Imperial County Chapter of The Alzheimer's Association led a presentation at St. Paul's Villa about the 10 Warning Signs of Alzheimer's Disease. San Diego citizens, St. Paul's staff, and Villa Residents learned about the importance of early detection.

The Ten Warning Signs of Alzheimer's are:

1. Memory changes that disrupt daily life;
2. Challenges in planning or solving problems;
3. Difficulty completing familiar tasks;
4. Confusion with time or place;
5. Trouble understanding visual images and spatial relationships;
6. New problems with words in speaking or writing;
7. Misplacing things and losing the ability to retrace steps;
8. Decreased or poor judgment;
9. Withdrawal from work or social activities; and
10. Changes in mood and personality.

If you know of a friend or family member exhibiting any of these changes and are looking for potential solutions, please give the admissions team a call at 619-239-6900.



## St. Paul's Villa Memory Care Expands Dining and Activity Space

St. Paul's Villa has welcomed seniors with moderate to advanced stages of dementia into our Memory Care Program for over three years. The program has served over 175 permanent and respite Residents. Like other St. Paul's programs, Memory Care Residents and their families are supported with dignity, kindness, and respect.

Because of the program growth, we need to expand the dining and activity areas. The purpose is to enrich the engagement of Residents and their families in a more intimate and robust environment. Enhancements of the dining and recreational area will allow for:

- Space for family and other special needs dining;
- Dining capacity for 65;
- A major update to dining room look and feel;
- A new service area and dining cart;
- A new smart television with Skype capability; and
- Calmer and less congested social areas.

"Families and staff are excited about our expansion for the Memory Care Program," says Villa Administrator **Justin Weber**. "Having more space to engage our Residents according to their level of need will enhance our ability to better meet the individual needs of our seniors."



Family Dining Area  
Gets a New Design

## Intergenerational Program Expands and Garner's Acclaim



Children and Seniors Working Together  
on an Arts and Crafts Project

commemorated the occasion with ice-cream, live music, and food! **Union Bank** employees volunteered and served the delicious ice cream.

On August 1, 25 senior industry fellows from LeadingAge's EMERGE Program did a site visit at St. Paul's to learn about our Intergenerational Program. Justin Weber and Liam Dunfey led the tours and illustrated the impact local children and seniors have in a safe, social, and engaging environment.

To learn more about the Intergenerational Program, please call **Holly Estrella** at 619-239-6900.

The Intergenerational Program is gaining recognition. This past year, children not only spent quality daily time with Senior Day Participants, they are now going to visit with McColl Health Center Residents once a week for activities, and Villa Residents at least twice a month! Plans are underway to increase visits with Villa Residents on a weekly basis. Engagement with children adds joy for seniors and helps children gain respect and better understanding of seniors. It's a win-win!

On Friday, September 6, St. Paul's celebrated National Grandparents Day in style! For the second year in a row, children, seniors, and grandparents



## Active Volunteers - May 1, 2013 - August 30, 2013

Allison Andrews Canter & "Riley" the dog	Kimberly Estelle	Bruce Leidenberger	Hal Sadler
Emmanuel Alonso	Daryl Ferguson	Jack Lentz	Liz Saidkhanian
Annex Brands	Jane Flaherty	Bill Littlejohn	Wayne Sanders
Jack Anthony	Pat Ford	Love Uniting Volunteers	San Diego Trust Bank
Helen Astleford	Dawn Forsman	Marilyn MacNair	Jason Satterly
Brad Benter	Eloise Foster	Rebecca McClain	Sonia Simons
Rebecca Bernard	Babs France	Bill McColl	Jeff Sommers
Melissa Blackburn	Joyce Frye	John McColl	Carolyn Sykes
Sally Bixler	Tyler Gibson	Chris & Susanne McComic	Marcia Thaxton
Ford Blakely	Marcia Gill	Walter McKnight	Richard Thorn
Dave Blum	Laury Graves	Mark McMahan	Jonathan Tibbitts
Karen Bone	Jean Griffith	Judy Moore	Stephen Treadgold
Kathryn Bunch	Bonnie Hall	Morgan Stanley	Randy Truax
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Jaimie Christensen	Susan Hayes	Anne Myers	Jim Waddell
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Gary Dyak	Vicki Kelley	Scott Richardson	Jake Young
Yolanda Emery	Charles King	Lyn Riggs	
	Dan Larsen	John Rush	

## Pictures Around St. Paul's



The McColl Health Center is Profiled on UT-TV for Another 5 Star Rating Rating from *US News & World Report*



Union Bank Employees Served Ice Cream for Delighted Manor Residents



Senior Day Participants Show Off Their Artwork



Villa Residents Participate in Balloon Volley



## St. Paul's Memorial Gifts

*Gifts received between May 1 - August 31, 2013*

<b>In Memory of</b>	<b>Donor Name</b>	<b>In Memory of</b>	<b>Donor Name</b>
Babette Beyea	Gary & Kathryn Hughes	Louise Kehayias	Joseph & Colleen Ronan
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Bill Fee	Charles Glenn	Gertrude Shatsky	Linda Epstein
Bill Fee	Joe & Leah Henig	Gertrude Shatsky	Susan Friedman-Kramer
Bill Fee	Elizabeth Hoger	Gertrude Shatsky	Barbara Malkin
Bill Fee	George & Diane Kelley	Gertrude Shatsky	Paul & Hilda Rubin
Bill Fee	Edward & Margaret Kosakoski	Gertrude Shatsky	Cynthia Schubert
Bill Fee	Richard & June Myers	Gertrude Shatsky	Norman Singer
Bill Fee	Nancy Orcutt	Gertrude Shatsky	Ed & Terry Zell
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**Mission Statement:** St. Paul's Senior Homes & Services provides a continuum of innovative and comprehensive programs in a secure, interfaith environment with great value placed on optimal independence and choice at all stages of life.

**Vision Statement:** St. Paul's Senior Homes & Services strives to be the most outstanding and innovative provider in California, dedicated to serving the physical, spiritual, and social needs of the elderly and related community, fostering a culture of diversity and inclusion within the highest quality facilities, health care, and programs consistent with personal and affordable choices.





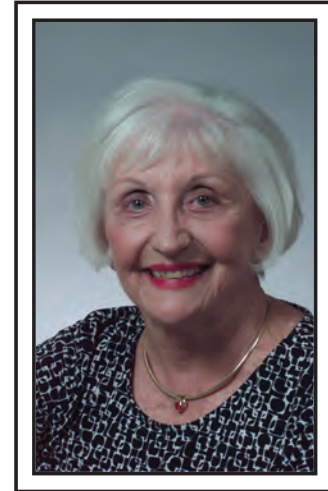
## Love Uniting Volunteers (LUV) Update

There's a lot going on with LUV as we wind down another year of helping the programs and services of St. Paul's. On September 7, we held our annual LUV Gala at Paradise Point Resort & Spa. Not only did we raise more than \$125,000 for St. Paul's Memory Care Program, we honored Maggie & Jerry Coleman for their outstanding service to our country and our community. We truly enjoyed meeting the charming Mitzi Gaynor, who entertained the audience with her Hollywood tales.

LUV has hosted eight Ice Cream Socials for St. Paul's Residents and PACE participants this year, with the help of LUV volunteers and community partners Annex Brands, Union Bank, Pacific Premier Bank, Nliven, and Morgan Stanley.

We're now gearing up for the holiday season and the joy that it brings to our seniors. There are many ways to connect with St. Paul's and have fun volunteering, especially our next project - holiday gift bags for St. Paul's Residents and Participants!

If you would like to join us for our December Holiday Luncheon, become a member of LUV, are interested in donating funds for the Resident gift bags, or would like to help with our events, please contact **Stewart Gaddy** at (619) 239-6900 or [sgaddy@stpaulseniors.org](mailto:sgaddy@stpaulseniors.org).



## Volunteer Profile - Trevor Gibson

**Trevor Gibson** is like many volunteers at St. Paul's with his passion to serve seniors. What makes Trevor different is his unique musical ability and dynamic character. Trevor has been playing the piano for 13 years and teaches people from 4 – 62 years of age at an area music store. He's just 20 years old, but connects so well with St. Paul's seniors. He can read music and play it by ear, which is rare for pianists.

Trevor began entertaining St. Paul's Residents in late spring at the McColl Health Center. News spread that he was exceptional! Manor Residents thought it was too quiet during their lunches and liked the idea of live music versus listening to the clanging sound of silverware. Enter Trevor! He's been performing in the dining room for several months and 10 Manor Residents enjoy doing a sing-a-long with Trevor after lunch every week now! The Senior Day Program asked for Trevor, and he's playing a few times a month for seniors there too.

When asked why Trevor likes working with seniors, he said "I get a lot out of serving others. Humility is key."



Manor Residents, Jeannette Picton and Gracie Miller, with Trevor



## St. Paul's Supporters

*Gifts received between May 1 - August 31, 2013*

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Everyday California  
Peter Gallagher & Eloise Foster  
Give Something Back  
Kenneth Gowland  
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and Cooking School

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# ST. PAUL'S Community Connection

*St. Paul's Episcopal Home, Inc.*

St. Paul's Senior Homes & Services  
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San Diego, CA 92103

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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 Organizing Team for Walk to End Alzheimer's

St. Paul's Senior Homes & Services is participating in the Walk to End Alzheimer's Disease on Saturday, October 19 in Balboa Park. The purpose of the walk is to raise awareness for people in our community with Alzheimer's disease.

Seniors in St. Paul's programs and communities have varying stages of Alzheimer's disease. Our goal is to have Residents, Participants, staff, and family members walk and show their support for the seniors we serve and the community at large.



Team St. Paul's at the 2012 Walk

If you're interested in learning more about how to join the St. Paul's walk team, please visit [stpaulseniors.org/special-events](http://stpaulseniors.org/special-events) or call **Jean Nagle** in the Admissions office at 619-239-6900. We hope to see you on October 19.