



# ST. PAUL'S Community Connection

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



## St. Paul's John A. McColl Family Health Center Ribbon Cutting Ceremony

From Left to Right: The Rev. Canon Andrew Rank; Cheryl Wilson, St. Paul's CEO; Jeff Bingham, Bingham Constuction; Bill McColl, Immediate Past Board Chair; Bruce Leidenberger, Board Chair; and Dr. Stewart Dadmun, First McColl Family Health Center Medical Director

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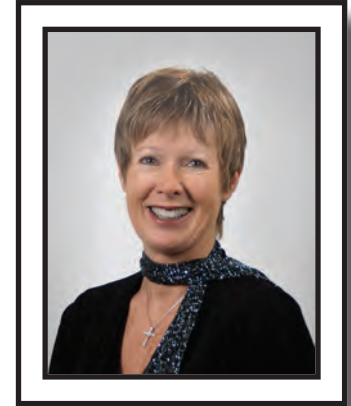
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## CEO Perspective – Cheryl Wilson

So much is happening and time seems to fly by.....

At St. Paul's, change is ongoing to meet the future needs of seniors in the San Diego region. At St. Paul's, we have reorganized the internal operations to meet those changing needs. After 10 years without an internal re-organizational structure, and doubling our size, it was time! So we welcome Tim Frazier as our new COO, we have created a new Chief Administrative Officer position, and promoted several staff to new management positions for which their recent training has fully equipped them to enhance the programs they will be responsible for.



St. Paul's Plaza, scheduled to open in June of 2015, will have a new team of employees. Some of the new staff will be current St. Paul's staff that will help continue our organizational philosophy of care and service, and to train new staff. We have even heard that some of our Residents may wish to transfer to St. Paul's Plaza!

Our housing partnerships with the San Diego Housing Commission (ask us about the Parker-Keir building and our 11 residential units), and the Celadon Building downtown (due to be completed in January 2015), will yield 63 units for St. Paul's to place disadvantaged/homeless seniors and care for them through PACE. Other exciting partnerships are also under discussion.

The Boards of Directors will be meeting in October at the annual retreat to plan for the next 10 years of growth, and the new internal organization will be ready to implement their plan.

Change is sometimes chaotic, but moving forward is always the best course and has served St. Paul's well in the past. With that history, we can move forward in confidence towards the future. We invite you to join us on this journey.

### St. Paul's Episcopal Home, Inc. Board

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*Secretary/CEO:* Cheryl Wilson • *Assistant Secretary:* Jane Flaherty • Rebecca Bernard •  
The Very Rev. Penelope Bridges • Elizabeth Carey • Jackie Carpenter • Janet Cooper • Janie Davis •  
Larry Hoeksema • Pat Kreder • Bill Littlejohn • Bill McColl • Chris McComic • John Rush • Stan Sokolove

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*Assistant Secretary:* Daryl Ferguson • Barbara France • Marcia Gill • Susie Hayes • Jill Holmes • Mike Holmes •  
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### Medical Directors

Ricardo Romero, MD • Sandra McColl, MD • Chris Mlot, MD





## St. Paul's Celebrates Renovations at McColl Family Health Center



From Left to Right:  
Bill McColl and Dr. William and  
Barbara McColl Representing the  
Entire McColl Clan

St. Paul's celebrated the completion of comprehensive building renovations at the John A. McColl Family Health Center (MHC) with a ribbon cutting ceremony and reception on Thursday, June 26.

The program began with a cordial welcome from Board member, Bill McColl, who spoke of the Center's beginning and the quality care and service provided in the past and now into the future.

Following a heartfelt invocation by the Rev. Canon Andrew Rank, Dr. Stewart Dadmun, St. Paul's first Medical Director, gave his recollections of the early years of our organization.

Cheryl Wilson, CEO of St. Paul's, recounted the birth and evolution of the McColl Health Center since its first dedication ceremony in January 1983. Special recognition was given to John and Sharon McColl and the spirit of philanthropy within the McColl family that continues to this day. Cheryl also acknowledged both the professional and personal contributions of Jeff Bingham and his team at Bingham Construction throughout this challenging project.

Bingham Construction has been involved in the culture change project starting in 2009. As CEO Jeff Bingham explains, "From our standpoint, it's always a tremendous challenge to incorporate new technologies, design codes, and construction methods into older buildings. It took a lot of coordination and cooperation with St. Paul's staff to complete the project while keeping the building in operation 24/7."

"For me personally, I enjoy every visit to St. Paul's as they bring back wonderful childhood memories of my two grandmothers, each of whom lived in senior care environments similar to St. Paul's."

The ceremony concluded with a blessing of the renovated spaces by St. Paul's Chaplains, Rev. Leigh Jacobsen and Rev. Lisa McCullough.

We thank all the donors who have made this project come to life for our Residents and their families.



St. Paul's Chaplain Rev. Leigh Jacobsen  
and Rev. Lisa McCullough, Bless the  
McColl Health Center



## LUV Gala: Diamonds & Pearls



Allison Andrews Canter, LUV Gala Chair;  
Rana & Jerry Sanders, LUV Gala Honorees;  
with daughters, Jamie and Lisa; and  
Cheryl Wilson, St. Paul's CEO

On Saturday, August 23, St. Paul's welcomed 350 of our closest friends to the Hilton San Diego Bayfront to celebrate the 30th Anniversary of the LUV Gala with Diamonds & Pearls, many donning strings of pearls, 30s-style costumes and all wearing smiles! St. Paul's and Love Uniting Volunteers (LUV) are pleased to report that the 2014 LUV Gala raised more than \$150,000 in support of the new St. Paul's Plaza!

LUV Gala Chair **Allison Andrews Canter** and St. Paul's CEO Cheryl Wilson welcomed everyone to a sparkling reception and silent auction, where guests kept close watch on the items they wanted, with friendly bidding wars keeping things lively.

In the ballroom, the stage backdrop depicted a Gatsby-esque grand staircase, where crooner Roman Palacios and his band serenaded dinner guests with classic tunes from bygone eras.

"We were thrilled to recognize our 2014 **LUV Gala Honorees, Jerry Sanders and Rana Sampson**, with a special tribute video produced by F & L Media", says **Patti Roscoe**. Along with several friends and colleagues of Jerry and Rana, they created a heartfelt and humorous look at the former first couple of San Diego and their many contributions to our community. "It was an added treat that daughters Lisa and Jamie were part of the fun and introduced the tribute." It was a pleasure to welcome so many members of the Sanders/Sampson family to the LUV Gala.

Guests also learned more about **St. Paul's Plaza** through a video depicting the innovative family lifestyles that will be featured in this new community. Donations pledged from the evening exceeded \$27,000 to underwrite equipment for family kitchens at the Plaza. What an overwhelming of support!

At the end of the evening, **Joyce Frye**, LUV President, expressed her appreciation for the hard work the planning committee put into making this event such a success. "I really want to thank Allison for chairing this year's Gala," she said. "We had some familiar faces around the table, but she drew a new group of young people to the committee. It was so enjoyable working with such a fun group who come from different backgrounds."



Guests from Presenting Sponsor  
Secure Transportation Enjoyed the Sunset Views  
During the Reception

All proceeds from the evening benefit St. Paul's Plaza. The team at St. Paul's sincerely thanks you for supporting our seniors. Special thanks to our Presenting Sponsor, **Secure Transportation**, for their support of this year's LUV Gala. We look forward to seeing everyone next year as we celebrate St. Paul's 55th Anniversary!

Would you like to join next year's planning committee? Please contact **Kathryn Courter** at (619) 239-6900.



## LUV Gala Pictures



LUV Gala Guests Raise Their Glasses



Joyce Gattas and Patti Roscoe Strike a Pose on the Dance Floor



San Diego City Council President, Todd Gloria, and Congresswoman Susan Davis



The Francis Family Having Fun

## St. Paul's Wish List

St. Paul's welcomes your support for these gifts. Please contact the Foundation at 619-239-6900 for more information on how to help.

### Manor

- Flatscreen TV for Guest Room
- Washer & Dryer (Stacked)

### Community Care Center - Childcare

- Matching Electric Recliners (3)
- Arts & crafts materials
- Soft Baby Books (washable)
- Baby Crib Sheets & Blankets

### Plaza

- Large flatscreen TVs for Resident lounges
- Kitchenware (new) for Plaza Family Kitchens
- Pool/Exercise Equipment
- Chapel: Altar, Linens, Chalice, Cross, Robes, Candles
- Sports Memorabilia for Pub

### Villa

- Art for New Memory Care Dining Room
- Large Flat Screen TV for Memory Care





## Manor Veterans Take An Honor Flight to Washington, D.C.

In early May, Manor Residents Ed English and Alan Green were 2 of 80 World War II veterans selected to receive an all-expense paid historic trip to Washington, D.C. The trip was spearheaded by “Home Flight San Diego,” a non-profit organization that sponsors trips to the nation’s capitol for World War II veterans. Each trip includes tours of the national monuments and other significant landmarks.

Upon their arrival, Ed and Alan were issued commemorative t-shirts to wear and were greeted warmly by the organizers and others veterans. They spent the first day visiting World War II, Lincoln, Vietnam and Korean Memorials, and Arlington National Cemetery where they witnessed the Changing of the Guard, Iwo Jima Memorial, Air Force Memorial, and the Navy Yard Museum.

After returning to the hotel for dinner plus speeches, they also received Mail Call, consisting of a number of letters from family, friends,



Navy Captain, Steve Shepard and Alan Green

politicians and former President George W. Bush.

"It was a very busy and worthwhile day," exclaimed Alan.



A Group Picture at the WWII Memorial

The next day, the two men along with other veterans, returned home. The scene at the San Diego airport was very touching, with hundreds of people waiting for their arrival. "They sang and greeted the men as long lost relatives. People cheered, kissed us, and threw streamers to the men. People clamored to shake our hands and thank us for our service to the United States of America," said Alan.

Shortly after the trip, Ed English passed away.

"It was a once in a lifetime experience for me", said Alan. "I am eternally grateful for the opportunity presented."



Alan Green at the Iwo Jima Memorial



## Active Volunteers - May 1, 2014 - August 30, 2014

JackAnthony	Gary Dyak	Charles & Maureen King	Janifer Rizzuto
Helen Astleford	Patrick Edd	Pat Kreder	Pat Ross
Joanne Beatty	Yolanda Emery	Ramona Lang	Sheva Roth
Brad Benter	Kim Estelle	Dan Larsen	John Rush
Rebecca Bernard	Daryl Ferguson	Bruce Leidenberger	Hal Sadler
Sally Bixler	Jane Flaherty	Jack Lentz	Liz Saidhkanian
Dave Blum	Pat Ford	Marilyn MacNair	Wayne Sanders
Kim Bolivar	Eloise Foster	Tracy Manacke	Connie Sanders-Timian
Kathryn Bunch	Barbara France	Mike Matalon	Jason Satterly
Penny Bridges	Annie Francis	Rebecca McClain	Kelly Scheufler
Kevin Burns	Trace Ann Francis	Bill McColl	Sonia Simons
Ann Callahan	Joyce Frye	John McColl	Stan Sokolove
Allison Andrews Canter & Elliot Canter	Trevor Gibson	Chris McComic	Jeff Sommers
Elizabeth Carey	Marcia Gill	Walter McKnight	Scott Stratman
Jackie Carpenter	John Gois	Mark McMahon	Jake Sutton
Jaimie & Matt Christensen	Sue Gordon	Leticia Meireles	Alan Talbott
Paul Christman	Laury Graves	Morgan Stanley	Amber TeBockhorst
Deborah Cole	Philip Greiner	Bob Morris	Marcia Thaxton
John Cole	Jean Griffith	Sharri Northcutt	Richard Thorn
Mike Collins	Susan Hayes	Ardo Peltekian	Stephen Treadgold
Janet Cooper	Larry Hoeksema	Kristin Phillis	Randy Truax
Elizabeth Courter	Michael & Jill Holmes	Louise Phipps	Russell & Diana Vuich
Suzanne Courter	Kim Johnson	Behrouz Rafie	Jim Waddell
Janie Davis	Melissa Blackburn-Joniaux	Random Acts of Kindness	Robin Williams
	Valerie Joyce	Lyn Riggs	John Witt

## Pictures Around St. Paul's



The 2014 Manor  
Resident Association Board



Senior Day Participants at the  
San Diego County Fair



Manor and Villa Residents  
Enjoying a Summer Luau



## St. Paul's Plaza Update

St. Paul's Senior Homes & Services is proud to introduce the newest member of its family: St. Paul's Plaza. Located in the heart of Chula Vista at 1420 East Palomar Street, this four-story residential community will provide 156 seniors with residential, assisted living and memory care services.

What makes St. Paul's Plaza distinctive? We are asked this question often. The simplest way to say it is that the Plaza supports the family tradition of making memories together.

St. Paul's has always been innovative, so in designing the Plaza we were open to suggestions: How does the traditional senior residential model fall short and what are some solutions? The feedback we heard was clear: The Plaza should feature living spaces that encourage interactive and engaging family visits.

A children's playground is not the first thing that comes to mind when you think of the typical senior community, but we are St. Paul's, and intergenerational values run deep. So when your parents reside at St. Paul's Plaza, you can sit outside with them and watch your children play while you reminisce. It's simple, but that is how fond memories are made.

Speaking of deep values, St. Paul's understands the power of families coming together, preparing a meal together and breaking bread. It's one of the purest family interactions there is. St. Paul's Plaza features fully equipped family kitchens. Simply combine the ingredients for those delicious oatmeal raisin cookies that only grandma can make and...enjoy. But why stop with cookies? We designed each kitchen with its own dining room. Now, the more adventurous chefs can whip up those family favorites and serve a family-style meal.

Another lively family gathering is watching the big game together. That means St. Paul's Plaza needs a pub, a place where you can order a pizza and drinks for mom and dad while you watch your team vie for the championship. Of course, the table next to you might be cheering for the other team. This is how communities thrive.

### Help make St. Paul's Plaza distinctive.

As we envision a residential community for seniors, you can help ensure St. Paul's Plaza is a gathering place for families. By making your gift today, you will equip our children's playground, pub and family kitchens. To make your online gift, go to [www.stpaulseniors.org](http://www.stpaulseniors.org) and click on "Donate Today" or call us at 619-239-6900.



**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.





## Philanthropic Corner

Since our beginning, people have blessed St. Paul's Senior Homes & Services with their charitable giving.

Generous gifts to our programs have resulted in an immediate benefit to many seniors and their family members. For instance, gifts to St. Paul's PACE were an investment in unparalleled healthcare services for frail, low-income seniors. It is no exaggeration to say that a charitable gift to St. Paul's PACE helped redefine long-term care for the elderly in San Diego.

### Won't you consider another type of gift to St. Paul's – a Charitable Gift Annuity?

The Charitable Gift Annuity is a blend of charity and investment. Their structure is very simple: Make a donation today, receive an income payment at a fixed, guaranteed rate for the rest of your life and upon your passing, St. Paul's will receive whatever is left.

This guaranteed rate of return makes Charitable Gift Annuities allows a donor to be philanthropic and an excellent source of income. "I've been a longtime supporter of St. Paul's Senior Homes & Services," says, Mrs. Sheila Soules. "I started as a volunteer visiting residents at the Manor. Later, my husband, Henry Hilliard, lived at the McColl Health Center for four years; then I moved into St. Paul's Manor myself. I've seen St. Paul's give to so many people that I wanted to help continue its mission. Of course, it didn't hurt that my gift also creates a reliable income for me at a very attractive rate."

"Since 2008, CDs continue to provide a nominal return, at less than 1%", says **Todd Kaprielian**, Executive Director of the Foundation. A Charitable Gift Annuity contracted today, however, will return 6.8% for someone 80 years old. That rate is both **guaranteed** and **fixed**, it doesn't change as the market changes and the donor receives these payments for the rest of their life with the remaining balance going to St. Paul's."

By making a Charitable Gift Annuity and designating St. Paul's as the beneficiary, you will join an esteemed community: St. Paul's Heritage Society. This community was established to recognize and honor those individuals and families whose generous legacy gift ensures the continuation of St. Paul's spirit and mission.

With an eye to the future, your generosity will ensure St. Paul's has the charitable resources it needs to continue its important mission to serve seniors in our community for the next 50 years.

To learn more about this opportunity, please contact Todd Kaprielian at 619-239-6900.

## St. Paul's Memorial Gifts

*Gifts received between May 1 - August 31, 2014*

In Honor Of	Donor Name
Edward English	Susan Delguidice

In Memory of	Donor Name
Audrey Burnier	Laury Graves
Audrey Burnier	Todd Kaprielian & Carol Morris
Edward English	Alexander Bray
Jacqueline Flitcraft	Jack & Betsy Anthony
Gary Fulton	F. J. Gibson
Gary Fulton	Diane Kaats
Phil Klauber	Pat Ford
Marjorie Mitchell	Laury Graves
Marjorie Mitchell	Rick & Cheryl Wilson
Brigida Perez	Jeannette Perez



## St. Paul's Supporters

*Gifts received between May 1 - August 31, 2014*

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Alliance Healthcare Foundation  
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Laury Graves  
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Mike & Jill Holmes  
James House  
Chuck & Jo-an Howe  
Mary Hunter  
Clyde & Norma Jones  
Richard & Melissa Joniaux  
Diane Kaats  
Michael & Nancy Kaehr  
Ron Kampling  
Todd Kaprielian & Carol Morris  
Maurice Kawashima  
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Nancy Shurtleff  
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The Society of St. Paul  
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## St. Paul's Supporters Continued...

*Gifts Received between May 1 - August 31, 2014*

St. Dunstan's Episcopal Church  
Mike Stone  
St. Paul's Manor  
Residents Association  
St. Peter's Episcopal Church  
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Terri Williams  
Rick & Cheryl Wilson  
Troy & Marissa Wilson  
Greg Wilson  
John & Lenora Witt

Leslie & Anna Wynston  
Steven Yevchak  
Jake & Julie Young  
The Zenith Insurance Company  
Wendy Zhuang

### In-Kind Donors

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Allison Andrews Canter  
& Elliot Canter  
Doris Berg  
Annex Brands  
Vicki Arnold  
Helen Astleford  
Aztecs Shops LTD  
Bankers Hill Business Group  
Barley Mash  
Barrio Star  
John Batis  
Brad & Gigi Benter  
Bingham Construction  
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Gery & Mary Gwen Brummitt  
Michelle Burrola-Leon  
Jenna Carlson  
Ransome Carnes  
Jaimie & Matt Christensen  
Christ Episcopal Church  
Cohn Restaurant Group  
Competitor Group  
Cosi Bella Vineyards  
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Cygnet Theatre Company  
Janie Davis & Roland Schroeder  
DA Whitacre Construction, Inc.  
Doug & K. Faith DeHart  
Richard & Yolanda Emery

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Fashion Week San Diego  
Cole & Trace Ann Francis  
The French Gourmet  
Joyce Frye & Bill Powell  
Stephen Goddard  
Philip & Lydia Greiner  
Colette Hanek  
Harrah's Rincon Casino & Resort  
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Hillcrest House Bed & Breakfast  
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Lamb's Players Theatre  
Stan Lawrence  
Luna's  
The Market Place  
on Fifth Avenue  
Mike Matalon  
Mayer Reprographics  
Colette Mayhar  
Gail McDougall  
The McIntyre Company  
Annah McVicker  
Johnny Moreno  
Geri Musser  
Benito Niebla  
Velma Jo Olson

D. Osman  
Orfila Vineyards & Winery  
Panda's Domestic  
Kathryn Peterson  
Pinksides  
Pizzicato  
Rancho Bernardo Inn/JC Resorts  
Riverwalk  
Bob & Jennifer Robinson  
Patti Roscoe & Jim Tiffany  
Bill & Patricia Ross  
Wayne & Kathy Sanders  
San Diego Chargers  
David Schnaard  
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Searsucker  
Scott Slocum V  
Rafael & Beatrice Slovatizki  
Patricia Stadel  
Suzuki Heritage Center  
Temecula Olive Oil Company  
Sharon Turner  
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Dennis Bradstreet  
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Helen Vargas  
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W San Diego  
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# ST. PAUL'S Community Connection

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

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

Return Service Requested

Non-Profit Org.  
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*LeadingAge*



## 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 LUV Gala Raises \$150,000 for St. Paul's Plaza!



Volunteers and the LUV Gala Committee  
Did a Fantastic Job Planning and Producing the Event

#### 2014 LUV Gala Committee

- Allison Andrews Canter, Chair
- David Blum
- Kathryn Bunch
- Ann Callahan
- Jaimie Christensen
- Deborah Cole
- Trace Ann Francis
- Joyce Frye
- Ramona Lang
- Leticia Meireles
- Kristin Phillis
- Pat Ross
- Amber TeBockhorst
- Marcia Thaxton
- Diana Vuich
- Russ Vuich
- Maria Ye