



ST. PAUL'S Community Connection

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



In This Issue:

- *PACE Celebrates 5 Years*
- *Easter at St. Paul's Villa*
- *Thank You to Community Partners*
- *McColl Health Center Culture Change*
- *St. Paul's Honors its Volunteers*
- *Meet the LUV Gala Chairs*
- *Legacy Wall Luncheon*
- *Senior Day Open House*



CEO Perspective – Cheryl Wilson

Volunteerism is growing at St. Paul's. We have approximately 56 volunteers who make it possible for us to provide different activities such as bingo, the art program, musical performances, ice cream socials, etc. for our Residents and Participants. In the last year, volunteers have served over 1300 hours for the seniors and programs of St. Paul's. The time and expertise that our volunteers bring to our seniors equates to over \$30,000 in value to St. Paul's!



Volunteering is an effective way of sharing our mission and branding our reputation in the greater community. I'd like to highlight a particular volunteer and an organization that have remained committed to St. Paul's through the years – Lyn Riggs and San Diego Rotary Club 33. Lyn volunteers 4 days a week in the Manor, McColl Health Center, and Senior Day program. She is an amazing volunteer who is respected by our Residents and staff. The San Diego Rotary Club 33 has been helping with special improvement projects at St. Paul's for over ten years. They recently helped paint parts of the Manor and McColl Health Center.

Volunteers bring joy to our seniors and are one of many ways that we are able to provide them special joys and success. They share the values of St. Paul's. If you're interested in volunteering at St. Paul's, please contact our Volunteer Coordinator, **Stewart Gaddy**, at (619) 239-6900.

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St. Paul's PACE Celebrates 5 Years of Serving Seniors

On March 13, St. Paul's PACE celebrated five years of serving seniors in San Diego County. The festive anniversary celebration took place at PACE Chula Vista, the newest center serving South Bay seniors. The program featured mariachi singers, traditional Mexican dance performances, delicious Mexican food created by St. Paul's dietary team, and appearances from local elected officials.

St. Paul's CEO, **Cheryl Wilson**, read a proclamation issued by City Council President Todd Gloria stating March 12 was St. Paul's PACE Day in the City of San Diego.



**Cheryl Wilson and
County Supervisor Greg Cox**



**Local Mariachi Performers Entertained
the Audience**

County Supervisor Greg Cox, who attended the event, declared March 13 as St. Paul's PACE Day in the County of San Diego. Chula Vista City Councilmember Mary Salas and representatives from the offices of Congresswoman Susan Davis and Assembly Majority Leader Toni Atkins also presented resolutions honoring the occasion.

Over the past five years, St. Paul's PACE has helped over 400 frail and low income seniors remain safely in their homes while maintaining access to quality, all-inclusive health care services. Seniors enrolled in the program recently scored PACE at 97% in a satisfaction survey, which is a true credit to the excellent care provided at both PACE centers.

St. Paul's Celebrates Easter

The Easter celebration was special for St. Paul's Residents and their families. St. Paul's Villa had a special trip from the Easter Bunny and St. Paul's Manor Residents and the Intergenerational Program Participants enjoyed their respective Easter egg hunts! Villa Residents' families joined their loved ones for a lovely brunch in the Waterman Ballroom. Many Manor Residents attended services at local churches, including St. Paul's Cathedral and All Saints Episcopal Church. For those Residents that were unable to go out in the community, Catholic and Episcopal services were held in their respective communities by Chaplain Leigh and community clergy volunteers.



The Communities of St. Paul's



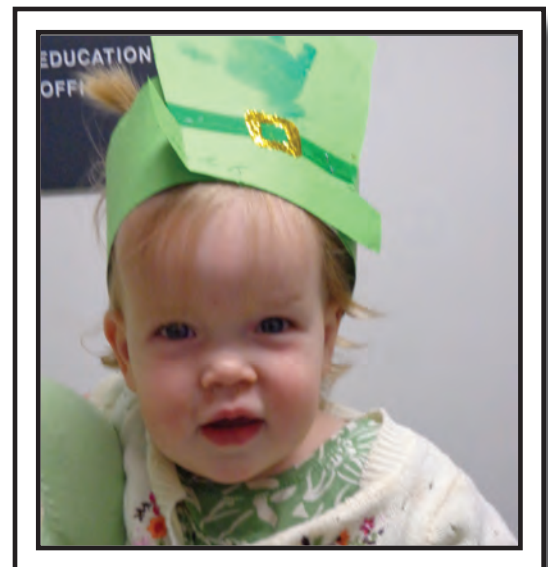
Senior Day Participants enjoy lunch at Benihana's Restaurant



Kathryn Bunch and a U.S. Marine honor McColl Health Center Resident, Ernie Wuestenberg, for his military service



Ice Cream Fun! Annex Brands employees showcase a Thank You sign after serving ice cream to the PACE Seniors



Childcare Participant, Sammie, celebrates St. Patrick's Day



Thank You to Our Community Partners

St. Paul's gives special thanks to our community partners **Annex Brands, Union Bank, and nIven Systems** for volunteering their time to host ice cream socials at both of our PACE sites this quarter.

Annex Brands participated in PACE Chula Vista's first ever ice cream social event in January. Thank you to **Nicole Weatherstone, Lorena Sanchez, Steve Goble, Gretchen Wesner, and Angie Willmore** for volunteering with us and brightening the day for our participants at PACE Chula Vista.

Volunteers from Union Bank in Bankers Hill served ice cream sundaes to Participants celebrating Mardi Gras at the PACE Reasner Center on February 12. The Participants loved the ice cream, with some even coming back for thirds! What better way to celebrate Fat Tuesday?

The volunteers enjoyed the day as well. **Randy Truax**, who is also the Chair of the St. Paul's PACE Board said, "I was having one of those days where everything seemed to be going wrong, but as soon as I started scooping that ice cream, my day immediately got better. It's always nice to interact with the Participants, because they remind me why I got involved with St. Paul's."



Union Bank Employee Serving Ice Cream at PACE Chula Vista

Thank you to Randy, **Eva Tamayo** and **Chelsea Eason** for taking the time to share "Fat Tuesday" with St. Paul's!

PACE Chula Vista also received a visit from local Union Bank volunteers on March 13; this time it was **Aaron Mao** and **Rudy Maldonado** from the Castle Park branch in Chula Vista. Thank you, Aaron and Rudy, for making our PACE Participants' day special by hosting an ice cream social and spending some time with our South Bay seniors.

In April, PACE Reasner was treated to another ice cream social that was made possible by a group of enthusiastic volunteers from nIven Systems. Thank you **Eric Valenzuela, Ashley Oberitean, Susanne McComic, Evonne Grigsby, and Nick Alesi!**

We appreciate the time that all of our community partners take to serve our seniors at St. Paul's.

Would your organization or business like to participate in an ice cream social or volunteer at St. Paul's? Please contact Volunteer Coordinator Stewart Gaddy at SGaddy@stpaulseniors.org or (619) 239-6900.



Family of McColl Health Center Resident Makes a Tribute Gift in Honor of Their Mother



McColl Health Center Resident, Mrs. Gertie Shatsky, and Family

The family of Mrs. Gertie Shatsky, a Resident at the McColl Health Center, has made a leadership gift of \$10,000 in honor of their mother to help replace the center's entrance gate. They hope their gift will inspire you to make a gift of your own and touch the daily lives of Residents in our care.

St. Paul's is working to replace the original McColl Health Center gate from 1982 with a modern one that slides open automatically – and you can help! We must raise additional funds to replace the gate and beautify the entrance, improving access for Residents, their visitors and caregivers.

Mrs. Shatsky has been living at St. Paul's for almost 10 years. Her son Fred and his wife Gail visit her several times a week. On nice days, they take her outside in a wheelchair through the existing gate because she loves going for an outing around the neighborhood to enjoy the fresh air and warm sun.

Fred and Gail know firsthand how tricky it is to negotiate the 30-year-old gate while pushing a loved one in a wheelchair. That's why, in honor of their mother, the family made a \$10,000 leadership gift to replace it.

“We tell friends, St. Paul's is an excellent community with a top notch staff. At 100 years old, every day we have with Gertie is a tribute to the care she receives at the McColl Health Center. We wanted to contribute to a worthwhile project that, from our own experience, we know will make a difference for everyone who visits the center. It gives our family great pleasure to make this gift in her honor, and we can't wait to walk her through the new gate for the first time!”



McColl Health Center Administrator, Almaroof Apatira, Director of Nursing, Lisa Hanthorn, and McColl Resident, Annette Truett, Show Off the New Entrance



St. Paul's Honors its Volunteers

St. Paul's was pleased to host a Volunteer Appreciation Picnic on April 27th at St. Paul's Children's Park. This year's theme was a "Mexican Fiesta Party" and over 40 volunteers and guests arrived for some fun in the sun. There were plenty of opportunities to win gift baskets full of goodies. Delicious food prepared by the Dietary staff was served, games were played, prizes were won and plenty of "thank you" were handed out.

"I have been a volunteer here at St. Paul's for 7 years. I cherish all the time I have shared with the joyful Residents and excellent staff. The fiesta party was fun and a great way to celebrate the volunteers of St. Paul's." – **Lyn Riggs**, Volunteer



Volunteers, Sonia Simons and Lyn Riggs

Do you have what it takes to be a St. Paul's Volunteer? If so, we would like to hear from you. For information about volunteer opportunities, please contact **Stewart Gaddy**, St. Paul's Volunteer Coordinator at (619) 239-6900 for more details.

Active Volunteers - January 1 - April 30, 2013

Nick Alesi	Carrie Ferguson	Jack Lentz	Liz Saidkhanian
Allison Andrews Canter & "Riley" the dog	Daryl Ferguson	Bill Littlejohn	Wayne Sanders
Emmanuel Alonso	Jane Flaherty	Aaron Mao	Jason Satterly
Annex Brands	Pat Ford	Marilyn MacNair	Sonia Simons
Jack Anthony	Dawn Forsman	Rudy Maldonado	Jeff Sommers
Helen Astleford	Eloise Foster	Bill McColl	Carolyn Sykes
Brad Benter	Babs France	John McColl	Eva Tamayo
Rebecca Bernard	Joyce Frye	Chris & Susanne McComic	Marcia Thaxton
Melissa Blackburn	Marcia Gill	Mark McMahan	Richard Thorn
Sally Bixler	Steve Goble	Judy Moore	Jonathan Tibbitts
Ford Blakely	Laury Graves	Bob Morris	Stephen Treadgold
Dave Blum	Jean Griffith	Anne Myers	Randy Truax
Kathryn Bunch	Evonne Grigsby	Paul Nestor	Union Bank, Bankers Hill
Jack & Jacqueline Carpenter	Toni Harris	nIven Systems	Union Bank, Castle Park
Jaimie Christensen	Susan Hayes	Ashley Oberteau	Eric Valenzuela
Mike Collins	Larry & Karne Hoeksema	Ardo Peltekian	Ruben Villegas
Janet Cooper	Michael & Jill Holmes	Victoria Penland	Russell & Diana Vuich
Christy Corpuz	Vicki Hoppenrath	Louise Phipps	Jim Waddell
Janie Davis	Caroline Karoczkai	Scott Richardson	Joni Walker
Dolores Dempsey	Vicki Kelley	Lyn Riggs	Barbara Whiffen
Gary Dyak	Charles King	San Diego Rotary Club 33	Jake Young
Chelsea Eason	Nishant Kumar	John Rush	
Kimberly Estelle	Dan Larsen	Hal Sadler	
	Bruce Leidenberger		



St. Paul's LUV Gala Remembers the South Pacific

Breaking News!



We are pleased to announce that the honorees for the 2013 St. Paul's LUV Gala are **Jerry and Maggie Coleman!**

Mr. Coleman has been the voice of the San Diego Padres for 40 seasons. He was named Rookie of the Year (1949) and World Series MVP (1950) during his time playing for the New York Yankees. Mr. Coleman served in World War II and the Korean War – including flying 57 missions in the South Pacific theatre. During his service in the US Marine Corps, Mr. Coleman earned two Distinguished Flying Crosses and 13 Air Medals.

St. Paul's is thrilled to recognize Mr. Coleman and his wife, Maggie, as this year's LUV Gala honorees.

Meet Our LUV Gala Chairs

The 2013 LUV Gala will take place on September 7, 2013 at Paradise Point Resort & Spa. St. Paul's and Love Uniting Volunteers are pleased to introduce this year's LUV Gala Chairs, **Russ and Diana Vuich.**

Russ and Diana will celebrate 30 happy years of marriage later this year ("If he's lucky," says Diana!). Both of them have strong San Diego roots – Russ is a native San Diegan, and Diana has lived here for 40 years since leaving her native North Carolina. They are both delighted to serve as Chairs for the 2013 LUV Gala and to contribute to the future of quality senior services at St. Paul's.

Russ became involved with St. Paul's in 2004 as a member of the Real Estate committee. He subsequently joined the Operating Board, where he served as Chair from 2008-2010, and he currently serves on the St. Paul's PACE Board.

St. Paul's and LUV are lucky to have these two dedicated event chairs at the helm of this year's Gala, which is sure to be one to remember.



Our Theme

Diana notes, "This year's theme is South Pacific, which is perfect for our venue - Paradise Point Resort & Spa. The theme is also special in that we can honor those who have served our nation, like our honoree Mr. Jerry Coleman. We have an energetic and very creative committee working with us, and Russ and I are certain this will be a really fun evening."

Improving the Memory Care Program

The proceeds of this year's event will go to St. Paul's Memory Care Program. Russ and Diana both have a special connection to Memory Care because Russ' father and Diana's mother both battled Alzheimer's Disease. They are very pleased to be working to raise the funds needed to make enhancements to this important program.

Are you on the Gala invitation list? Call **Laura Hein** at 619-239-6900 for more information, and keep an eye out for updates at www.stpaulseniors.org/st-pauls-luv-gala.



Legacy Wall Luncheon

The St. Paul's Legacy Wall donor recognition sculpture, located in St. Paul's Manor, honors the cumulative giving of our generous supporters. The wall features categories such as Guide, Sojourner, and Wayfarer, denoting levels of giving beginning with \$10,000 or more.

Through charitable giving over the past year, many individuals and organizations have either qualified for entry onto the Legacy Wall, or have advanced to a higher giving threshold. The annual Legacy Wall Luncheon, held on February 15, brought together this distinguished class of philanthropists for lunch and the unveiling of their plaques.

Their generosity contributed significantly to St. Paul's achievements in 2012, such as opening a PACE Center in Chula Vista. Projects like this are transforming health care in San Diego County for low-income seniors.

Thank you to our wonderful Legacy Wall 'Class of 2012':

- Jeff Bingham & Kristin Phillis of Bingham Construction
- Sally Cuff
- Jane & Patrick Flaherty
- Joyce Frye
- Sheila Hilliard
- Bill Littlejohn of Sharp HealthCare Foundation
- Patti Roscoe & Jim Tiffany
- Drs. Ty & Penelope Smith
- Alan & Ellen Talbott



Senior Day Open House - July 17

Do you know a senior in the community that has mild to moderate dementia and needs some socialization? Seniors in the program enjoy time together and:

- Interact with other seniors, staff and children;
- Enjoy a balanced and hot lunch;
- Participate in robust activities;
- Relax in a secure and safe setting; and
- Come ½ or full days from 7:30 a.m. - 6:00 p.m.

St. Paul's Senior Day program is having an open house on Thursday, July 17 from 5 - 7pm. This free event will showcase how St. Paul's is impacting local seniors. Please RSVP to **Liam Dunfey**, Senior Day Director, at ldunfey@stpaulseniors.org or call (619) 239-6900. We hope to see you there!





St. Paul's Supporters

Gifts received between January 1 - April 30, 2013

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Howard Runk
The Rev. Canon Wayne
& Kathy Sanders
The Scan Foundation
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Thomas Simmons
Paul Smith
Marie Tuthill
Mark & Ann Wagoner
Hans & Stephanie Wiesenfarth
Lee Wolf
Richard Woodworth
Janet Zanville



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Received between January 1 - April 30, 2013

In Memory of	Donor Name
All seniors everywhere	Lisa Dean
Lucy DuVall	Laury Graves
Lucy DuVall	Eric DuVall
Shalini Ingale	Nikhil Parulekar
Ernest Keeny	Lisa Leonard
Ernest Keeny	Jan & Diane Trudeau
Mary Lindgren	Mary Cole
Brigida Perez	Jeannette Perez
Brigida Perez	Luc & Debbie Imberechts
Jack & Mary Rheinstrom	John & Dana Tillson
Gwendolyn Stephens	Barry & Catherine Worthington
James Ware	Jim & Rachel Ware

I want to learn more about St. Paul's!

Please send me information.

- | | |
|--|---|
| <input type="checkbox"/> Manor (<i>Independent Living</i>) | <input type="checkbox"/> Respite Care |
| <input type="checkbox"/> Villa (<i>Assisted Living/Memory Care</i>) | <input type="checkbox"/> Hospice Care |
| <input type="checkbox"/> McColl Health Center (<i>Skilled Nursing</i>) | <input type="checkbox"/> Senior Day |
| <input type="checkbox"/> Charitable Gift Annuities / Legacy Gifts | <input type="checkbox"/> Childcare Services |
| <input type="checkbox"/> Volunteering | <input type="checkbox"/> St. Paul's PACE |

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St. Paul's Senior Homes & Services • Marketing
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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.



ST. PAUL'S Community Connection

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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.



LUV Gala Tickets Now Available!

Call St. Paul's at (619) 239-6900 to purchase your ticket(s). All proceeds benefit the Memory Care Program.