



ST. PAUL'S

# Community Connection

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



Villa Residents, Miriam Justice (left) and Jean Lounsbury (right), enjoy a story from John McColl at the Board Tea/Dinner.

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## CEO Perspective – Cheryl Wilson

We continue to make slow progress out of the Great Recession, but I am still concerned about our most vulnerable seniors. The “Fiscal Cliff” discussion ended 2012 and started our New Year by solving some problems, but it left many unanswered questions. What programs will be cut in the future? How will our country’s leaders care for seniors? Will the health and social support of Medicare, Medicaid, and Social Security be on the chopping block?

Many seniors in San Diego don’t have a voice in California or Washington politics. St. Paul’s and other peer organizations rely on community stakeholders like you to look out for their short- and long-term interests. In the coming months, there will be a lot of national discussion about how the federal budget will be cut. St. Paul’s is working diligently and strategically at the State and Federal levels to make sure our seniors’ voices are heard.

Many seniors we care for live modestly and rely on the safety nets they have earned. If a Manor or Villa Resident needed nursing home care because of a fall, I want to ensure that Medicare will continue to cover their rehabilitation care. I want them to be in a physically able condition to live as independently as possible. I also want our PACE program to thrive with the support of Medicare and Medi-Cal, as PACE helps seniors live in their home safely with optimal independence.

The political and financial road ahead is unclear for our seniors. With your support, St. Paul’s will continue to advocate for them so that they receive the care needed to live their lives with dignity and choice.



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## Housing: The Power of Community Effort



**San Diego Mayor, Bob Filner, and St. Paul's CEO, Cheryl Wilson**

St. Paul's hosted its 12th annual Legislative Breakfast for city, county, state, and nationally elected officials and their staff on December 14th at St. Paul's Villa. The purpose of the breakfast was to highlight and inform local legislators about the top legislative priorities for 2013. **San Diego Mayor Bob Filner, Sheriff Bill Gore, and Chula Vista Mayor Cheryl Cox** were in attendance as well as staffers from the offices of Congresswoman Susan Davis, Congressman Darrell Issa, and Congressman Brian Bilbray; State Senators Marty Block and Juan Vargas; Assemblymembers Toni Atkins and Brian Maienschein; County Supervisors Greg Cox and Ron Roberts; San Diego City Council Members Kevin Faulconer, Todd Gloria, Mark Kersey, Scott Sherman, and Lorie Zapf.

The top three legislative priorities for St. Paul's in 2013:

### HOUSING

1. Develop a State funded housing program for low-income seniors, disabled, and housing for veterans with support services.
2. Retain the existing HUD housing stock.
3. Restore/replace redevelopment funds.

**HEALTH CARE** - Implement the new Accountable Care Act and State "Dual Eligible" program agenda without "crushing" service providers.

**ECONOMIC** – Ensure that the tax deduction incentive for "charitable giving" continues.

The keynote speakers were **Jennifer Litwak** and **Simonne Ruff**. Jennifer is an Associate with LeSar Development Consultants. Previously, she worked at the Regional TaskForce on the Homeless as the Manager of Projects and Development. She talked about the successes of Blitz Week San Diego which helped 100 homeless receive immediate housing for up to 90 days while they access the social services and assistance in finding meaningful work. Money for the project was raised by local businesses. The other speaker was Simonne Ruff. Simonne is a Director with the Corporation for Supportive Housing. She directly oversees the Program's work in Southern California, including San Diego, Imperial and Orange Counties. Simonne spoke about the power of community effort in helping the homeless population.



**Simonne Ruff and Jennifer Litwak**

The important role the staff support of elected officials was recognized with awards to **Katherine Fortner**, office of **Congresswoman Susan Davis**, and **Liz Saidkhanian** of Ledford Enterprises, Inc., for their many years of tireless effort on behalf of seniors.

As the host, **Cheryl Wilson** encouraged the group to be "outspoken and proactive in your respective elected offices on behalf of these vulnerable populations."

For more information please contact **Myrna Kinter**, Project Manager at St. Paul's Senior Homes & Services. She can be reached at (619) 239-6900 or [projectmanager@stpaulseniors.org](mailto:projectmanager@stpaulseniors.org).



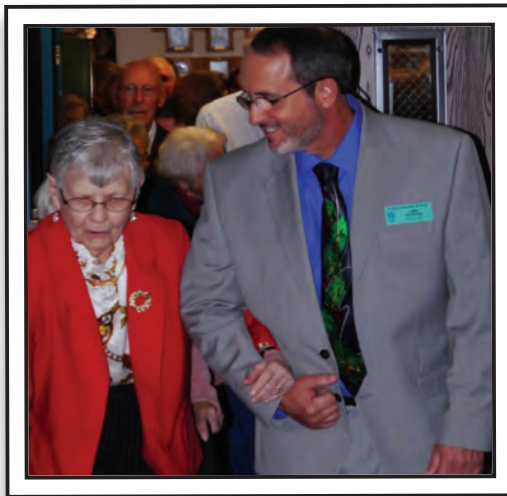
## St. Paul's Fall and Winter Photographs



**LUV, Morgan Stanley, and San Diego Trust Bank Volunteers  
on Fox 5 San Diego**



**Rev. Sanders and Richard Joniaux  
at the Board Tea/Dinner**



**Villa Resident, Grace Baumgart, was escorted by  
Director of Facilities, Chris Manecke,  
into the Board Tea/Dinner**



**St. Paul's Staff, Residents, and Family Gather  
for Walk to End Alzheimer's Disease**



**Senior Day Participants Enjoy  
Laughter Yoga**



**Hula Dancers Perform for  
McColl Health Center Residents**





## International Visitors Learn About St. Paul's

St. Paul's is known state-wide and nationally for providing superb senior care and our reputation is growing globally! This past fall, St. Paul's was visited by organizations from Turkey, South Korea, Australia, and Japan, all wanting to learn more about how we care for seniors.

A group of 22 Japanese railroad workers visited St. Paul's McColl Family Health Center in November to view first-hand how skilled nursing care is administered in the United States. They are considering opening various levels of senior care for their retired workers and wanted to visit our community based on its impeccable reputation for care and 5-Star Medicare rating.

Representatives from the Turkish Ministry of Health also visited the Health Center for its outstanding level of senior care. "A highlight of our visitors' trip to the McColl Family Health Center was their introduction to a woman in her 90's doing therapy exercises, and seeing one of the Residents getting her hair done in the salon located downstairs," said **Lisa Hanthorn**, Director of Nursing at the McColl Health Center.



**Ye Won So, Bruce Lee, Dongkyu Seo, and Jaewoo Shin**

A team of LG Electronics staff from Seoul, South Korea toured St. Paul's Villa to learn about assisted living and memory care programming. Their goal was to learn how telehealth technologies can provide a stronger living experience for seniors, their caregivers, and their loved ones.

Finally, United Aged Care from Melbourne, Australia spent an entire morning touring all of St. Paul's communities. As a not-for-profit organization of the Uniting Church in Australia, they continue the Episcopal Church's long history of providing care to older people. They were intrigued with St. Paul's history, the United States healthcare system, and commented about how wonderful a place San Diego must be to retire!

## California Senior Care Leaders Visit St. Paul's

In early November, St. Paul's hosted a site visit from Aging Services of California's Emerge Leadership program. A group of 27 current leaders from senior providers throughout California visited to see how an outstanding and innovative organization like St. Paul's operates. They spent an entire afternoon touring St. Paul's communities and marveled at our comprehensive programs and caring staff.



Aging Services of California is the leading advocate for quality nonprofit senior living and care in the state. The public-interest association represents more than 400 nonprofit providers of aging services – including affordable housing, continuing care retirement communities, assisted living, skilled nursing, and home and community-based care. Collectively, they serve more than 100,000 seniors.

"The Emerge Program continues to help me grow personally and professionally and I've made industry contacts and friendships that will be with me for life," said **Justin Weber**, Villa Administrator and Leading Age representative for St. Paul's.



## A Joyous Christmas around St. Paul's

It was a special holiday season for everyone at St. Paul's. Highlights from around our communities included a special TV segment from *Fox 5 San Diego* about St. Paul's giving back in the community, a display of the Three Wise Men from Manor Resident, **John Pacala**, the annual Board Tea/Dinner, a blanket drive for PACE seniors, and donated gift bags for every Resident/Participant from LUV.



**Cheryl Wilson, Todd Kaprielian, and Marcia Thaxton Enjoy Conversation at the LUV Holiday Lunch**

The week before Thanksgiving, *Fox 5 San Diego* profiled the long standing tradition of Love Uniting Volunteers' philanthropy to Residents. **Kathryn Bunch**, LUV Treasurer, and volunteers from **Morgan Stanley** and **San Diego Trust Bank** collated the Christmas gift bags for St. Paul's Residents/Participants.



**Manor Resident, John Pacala, Proudly Shows Off His Work**

St. Paul's Manor was treated to the beautiful wood carvings of **John Pacala**. In 1961, John designed The Three Wisemen (with their camels). This holiday season, Residents got to see these historical holiday designs displayed in the Shattuck Lounge. John is very proud of his work and Residents were delighted to have such beautiful work augment the look and feel of the holidays in the Shattuck Lounge.

The Annual Board Tea/Dinner attracted over 155 Manor and Villa Residents. Board members and staff served a four course meal and then sang carols to bring out the holiday spirit in everyone.

Volunteers from **Christ Church, Coronado** made door wreaths with the PACE participants and donated blankets to help keep them warm during the cold winter months.

Volunteers from Morgan Stanley sang Christmas songs to PACE Participants and then assembled over 275 holiday gift bags for the Participants. Another group of volunteers stuffed over 345 holiday gift bags for the Residents at the Manor, Villa, MHC and Senior Day Program Participants. The **Ohr Shalom Synagogue**, located near St. Paul's, provided 21 Hanukkah gift bags for our Jewish Residents and Jewish program Participants. Children from the Ohr Shalom Synagogue visited the Manor Residents and sang Hanukkah songs.

On Christmas Eve, a group of volunteers served as "Santa's Elves" to deliver gift bags to the Residents in the Manor, Villa, and McColl Health Center while they were sleeping so they could awake to a gift bag hanging on their door on Christmas day. Thank you to Love Uniting Volunteers, **Marie Tuthill**, and **Roz Mack** for donating items towards the gift bags.



## St. Paul's Team Participates in Walk To End Alzheimer's Disease

Over 50 St. Paul's Residents, Staff, and families participated in the Walk to End Alzheimer's Disease on a beautiful morning in Balboa Park! A special thanks to Jean Nagle in the admissions office who coordinated many facets of the walk, including transportation for Residents, t-shirts for walkers, and recruiting people throughout the communities of St. Paul's.

The purpose of the walk was to raise awareness for people in our community with Alzheimer's disease. St. Paul's serves seniors with Alzheimer's disease in various programs and communities – St. Paul's Villa, the McColl Health Center, St. Paul's PACE, and the Intergenerational Program.

"It was such a wonderful community event for St. Paul's," said **Jean Nagle**, Admissions Coordinator. "We serve seniors with dementia everyday and it was nice to walk in honor of them with their families and friends. I'm looking forward to helping again next year to bring awareness to this disease."



**Manor Residents Cheer on Walkers**

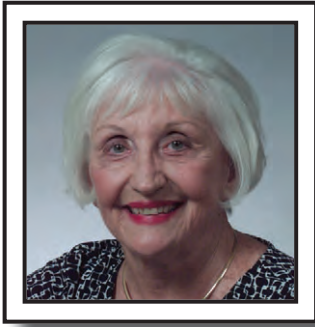
## Active Volunteers - September 1 - December 31, 2012

Allison Andrews & "Riley" the dog	Jane Flaherty	Bill Littlejohn	Sonia Simons
Emmanuel Alonso	Pat Ford	Ruben Lizarraga	Jim Soules
Jack Anthony	Babs France	Love Uniting Volunteers	Gayle Stephenson
Helen Astleford	Joyce Frye	Roz Mack	SunDance Rehabilitation
Brad Benter	Marcia Gill	Bill McColl	Marcia Thaxton
Rebecca Bernard	Laury Graves	John McColl	Richard Thorn
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Kathryn Bunch	Michael & Jill Holmes	Geri Musser	Randy Truax
Elizabeth Capstick	Vicki Hoppenrath	Anne Myers	Union Bank
Jack & Jacqueline Carpenter	Kathy Jones	Liz Nemeth	Ruben Villegas
Matt Christensen	Leta Keyes	Victoria Penland	Russell Vuich
Mike Collins	Charles King	Louise Phipps	Jim Waddell
Janet Cooper	Shirley Knox	Lyn Riggs	Joni Walker
Dolores Dempsey	Nishant Kumar	Hal Sadler	Juliane Wright
Daryl Ferguson	Dan Larsen	Wayne Sanders	Jake Young
	Bruce Leidenberger	San Diego Trust Bank	
	Jack Lentz	Jason Satterly	





## Love Uniting Volunteers (LUV) Update



February 14th is the day LUV starts its membership renewal drive. Of course, you can become a member any time of the year. Become a member now and your dues will underwrite the costs of 8 ice cream socials for Resident and Participants throughout the year. It will also underwrite the costs of holiday gift bags at the end of the year. Every dollar donated goes directly to fund events and items needed at St. Paul's Senior Homes & Services.

Our big event is the annual LUV Gala. **Save the date of Saturday, September 7, 2013.** We will have a evening of great fun at the beautiful Paradise Point Resort & Spa. For information on the LUV Gala, volunteering

opportunities or becoming a LUV member, contact **Stewart Gaddy** at 619-239-6900.

Thank you for your continued support of LUV.

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

*Please send me information.*

- Manor (*Independent Living*)
- Villa (*Assisted Living/Memory Care*)
- McColl Health Center (*Skilled Nursing*)
- Charitable Gift Annuities / Legacy Gifts
- Volunteering
- Respite Care
- Hospice Care
- Senior Day
- Childcare Services
- St. Paul's PACE

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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 Supporters

*Gifts received between September 1 - December 31, 2012*

Eva Aiken	Florence M. Cahill	Clifford Lonokapu
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Carolyn Cataldo	Jonathan Hunter	Stewart Foundation
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Jaimie & Matt Christensen	Kirk & Jolene Jackson	Dolores Paragas
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Catherine Dowdle	Kiwanis Club of	Virginia Richardson
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	Daniel & Mary Little	Grace Scully



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*Gifts received between September 1 - December 31, 2012*

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 Ty & Penelope Smith  
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## St. Paul's PACE Enrollment Grows

St. Paul's PACE Chula Vista is currently the fastest growing program in California with 82 seniors enrolled!

The PACE enrollment process is the most comprehensive of all State programs as each senior must be financially and medically qualified prior to enrollment. Since August, PACE has averaged 11 new seniors per month in Chula Vista. It takes over 50 staff hours to coordinate the enrollment of one senior!

St. Paul's PACE Enrollment Specialists speak English and Spanish. We have a full-time Community Education Specialist, Mercedes Margritz. Her job is to host health fairs, arrange educational in-services in the medical industry and go to senior communities to provide information about PACE. Mercedes is also bi-lingual and she serves on several senior community groups to support the improvement of services for seniors in the San Diego community.

"Several of the specialists are social workers who are seasoned in the senior care industry," said **Amanda Gois**, PACE Marketing Director. "They have the knowledge and experience to immediately recognize senior needs and follow through with appropriate services and recommendations. If PACE is not the appropriate program, we recommend and follow-through with services that are best suited to meet a senior's needs."

St. Paul's relies on community awareness of PACE. In late 2013, the State "Dual Eligible" program will be launched and seniors with Medicare and Medi-Cal will have to join a managed care health care plan. St. Paul's PACE will be an option for eligible seniors. It is important to communicate this new health care messaging to the San Diego community. We must be sure that seniors know what PACE is and what PACE can do for them.



**The PACE Admissions Team**

## St. Paul's Recognizes Special Employees



St. Paul's held its annual Resident Appreciation events for staff in December. At these events Residents and Participants publicly thank hourly staff for their hard work throughout the year with an appreciation gift. St. Paul's also recognizes longevity at these events. This year, 29 employees celebrated their two year anniversaries, 11 whom had been here five years, three who served 10 years, one celebrating their 15th anniversary and Peggy Wass (pictured left) who marked her 20th anniversary at St. Paul's!

"When's St. Paul's bought the Villa in 1992, Peggy was the receptionist at the time", said CEO, Cheryl Wilson. "We were so fortunate

to not only purchase the building, but to also retain such an extraordinary receptionist in Peggy Wass. She has greeted and helped thousands of Residents and visitors over the past 20 years."

St. Paul's Senior Homes & Services has over 300 employees serving seniors in San Diego County everyday of the year.





# 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.

### Senior Day Program in New Year

Do you know a senior in the community that could benefit from a social, flexible, and fun "day program"? Call today to learn more about St. Paul's Intergenerational Program. It's specifically tailored for seniors with mild stages of memory loss. Our intimate and affordable day program serves lunch, can help with transportation, and brings joy to seniors and caregivers alike. Learn more by calling (619) 239-6900.



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Enjoy Benihana Restaurant**