



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

St. Paul's has just completed its best financial year ever. How did we do that in a difficult economy?

The simple answer is our staff. This past year we have received outstanding ratings on all our buildings, services, and programs from the State and Federal government. This is, without exception, an outstanding performance from facility staff to so highly rated in all areas of care and service.

During the recent power outage, staff stayed to serve and reassure the seniors, service generators, wash dishes by hand, carry food to the Residents (when elevators were not powered by the generator at the Villa), and ensure all services remained at the highest level. At 1 a.m., staff remained present and ready to continue the watch, when happily, the power was restored.

The LUV Gala was wildly successful again this year, in part because of the over 30 employees (who voluntarily gave up their Saturday) on hand to work the event.

An organization is only as good as its front line staff and we have the very best!



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Manor Upgrades

St. Paul's Manor is currently going through some changes to enhance the environment and services for Residents. The Sefton Patio has added more than 20 new plants through its volunteer Garden Club started by Admissions Coordinator **Jean Nagle** and carried on by Activities Coordinator **Marina Hernandez**. The Shattuck Lounge has also been upgraded to add more functional space and room for Residents to move about. Trips are now being offered twice weekly to the YMCA for any Resident that wants to attend exercise classes, swim or use the gym.



“What a joy to now have the Toby Wells YMCA available to St. Paul's Residents”, says Manor Resident, **Dennie Foster**. “Some of us prefer to swim laps for awhile and then work out in the extensively equipped gym. I was amazed at my endurance in the pool when I don't have to work against gravity.”

Additionally, new signs for the outside of the Manor building have been installed, the landscaping in the front has been upgraded, and new paint and carpet have been added to the entrance. Further improvements are planned to make the Manor as attractive and Resident-friendly as possible.

St. Paul's Childcare Program Goes To The Zoo



St. Paul's Childcare Program sent 23 children ages 3-5 to the world famous San Diego Zoo for a special trip this summer. Children participated in a special program called Critter Coverings. Using animal presentations, hands-on helpers, and magic, Critter Coverings is a program designed for young children. A reptile, a bird, and a mammal are used along with props to help children focus on the coverings of each animal group. After the presentation, the children were allowed to hold and examine several different animal “coverings”, including alligator skins, tortoise shells, lion pelts, and much more.

Several St. Paul's childcare parents work in Balboa Park at the Zoo and the museums. They worked with St. Paul's childcare staff to make this special trip a reality for the kids. “It's great to have the children of St. Paul's enjoy the best of what San Diego has to offer”, says parent Heather. “Because St. Paul's is an ideally located near Balboa Park, it makes a learning field trip like all that much easier for everyone involved.” St. Paul's thanks all of the parents who coordinated this special outing.



LUV Gala In Paradise: A Night of Tropical Fun!

Saturday, August 27th turned out to be the perfect day for St. Paul's *LUV Gala in Paradise*. The Hilton Resort on Mission Bay produced blue skies and sunshine, a refreshing ocean breeze, and a gorgeous tropical setting. It was a joy to greet 370 of our friends for an evening to celebrate the community leadership of our Honorees **Mark and Barbara DeMichele**, the success of St. Paul's PACE, and our plans to expand it into the South County. Janie Davis, LUV Gala Chair, and **Cheryl Wilson**, CEO of St. Paul's Senior Homes & Services, greeted reception guests as they entered paradise which included tropical birds and the melodious sounds of a steel drum. The silent auction resulted in friendly bidding and banter.



Following the reception, a silhouette of palm trees and a blazing sunset set the stage for a celebration of Honorees Mark and Barbara DeMichele, leaders in the community and long-time supporters of St. Paul's Senior Homes & Services. To learn more about the DeMicheles, watch their tribute video at stpaulseniors.org/luvgala.

Mike Hogan, emcee and auctioneer extraordinaire, provided quick wit during the live auction. Excitement was at a high as guests waved their numbers in the air to bid on such impressive auction items as a delectable catered dinner for 10 by Sodexo and a stunning handmade rocking chair. by **Tom Morelli**. SOLD!



The raffle for the iPad 2 drawing was another bright spot of the evening. Excitement built as anxious guests waited for the announcement...“And the winner is (pause for effect)... **Andy & Peggy Dzida!**”

Following the excitement of the program, **DJ Mike** played the tunes, and the dance floor was the place to be with celebratory dancing! The final act of the evening was an impromptu dance routine to Michael Jackson's Thriller, performed by none other than Foundation Administrative Assistant, **Stewart Gaddy**, and his crew. We sure know how to have fun at the LUV Gala!

After all was said and done, the LUV Gala in Paradise was a fun and entertaining event for all, but most importantly, we raised funds for expanding PACE into the South Bay. Thanks to all of the supporters of the event, including **Secure Transportation**, the Title Sponsor. Because of the strong support from our friends in the community, **St. Paul's LUV Gala netted more than \$148,000 this year, an all-time record!**



St. Paul's is very pleased to announce our next LUV Gala Chair, **Marilyn MacNair!** The LUV Gala Committee, a fun and enthusiastic group, will soon begin planning for 2012. Would you like to participate? Be part of a special fellowship and support. Please contact **Jaimie Robinson** at (619) 239-6900 for more information. To view all LUV Gala photos, please visit stpaulseniors.org/luvgala.



The Importance of Physical Therapy at PACE

It is no exaggeration to say that St. Paul's PACE has redefined the meaning of healthcare for frail seniors with chronic diseases and established a new trend of healthy aging in San Diego. Under the PACE model, this vulnerable population now has within their grasp a simple way to access healthcare that provides them with the supports they need to continue to age in their home with independence, dignity and choice.

The goal of the PACE healthcare model is to help frail, low-income seniors avoid placement in a nursing home by giving them the supports they need to safely and successfully remain living in their home.

For people ages 65 years and older in the United States, falls are the leading cause of injury death and the most common cause of nonfatal injuries and hospital admissions for trauma. More than one-third of adults ages 65 years and older fall each year.

Physical Therapist **Rob Lim** says, "Here at PACE, a major focus of physical therapy is to assess a Participant's risk for falls and establish a comprehensive care plan to minimize those risks."



The physical therapists at PACE use a variety of tools to assess Participants' risk for falls. "Based on the findings during the assessment," says Rob, "a Care Plan is implemented. Therapy sessions are geared toward functional improvements through exercise and activities. We even use the Wii gaming system to keep things fun and exciting. The therapists also spend quite some time educating Participants on the need to continuously incorporate exercise into their daily lives. It is essential that as physical therapists, we do whatever possible to minimize the risk for falls. Fortunately, PACE provides us the opportunity to utilize our skills and to be part of a team that looks for solutions."

After three years, St. Paul's PACE has numerous success stories of frail seniors dependant upon motorized scooters, walkers and canes prior to enrolling in PACE, suddenly enjoying a new range of mobility and independence.

St. Paul's raised \$55,000 towards the Physical Therapy program for the PACE Center in Chula Vista at the LUV Gala and is still accepting charitable gifts for all aspects of the new PACE program in South Bay. Please contact the Foundation at (619) 239-6900 for more information or to make your gift today.

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St. Paul's Villa Memory Care Celebrates One-Year

St. Paul's Villa has welcomed seniors with advanced stages of dementia for the past year into our Memory Care Program. After applying for a license, writing policies and procedures, hiring and training staff, and raising \$410,000 to create a safe environment for current and future St. Paul's Residents, the Department of Social Services gave its final stamp of approval in early summer 2010 to serve seniors in the Memory Care Program.

Since its inception, the Memory Care Program has served over 40 seniors. There is a large, open patio to encourage walking and gardening while providing easy access to fresh air and sunny skies. Several activity rooms, a dining room and nurses' station are dedicated to the Memory Care Program.

"When seniors with advanced stages of dementia need us the most, we are there for them and their families."

St. Paul's is now able to better meet the changing needs of our assisted living Residents as their symptoms of dementia increase as well. Many assisted living Residents never show significant signs of dementia during their stay at St. Paul's Villa. For those who develop emerging symptoms of dementia, St. Paul's staff are very well trained to identify them and begin proactively addressing a Resident's changing needs. For instance, if staff observe a behavior that suggests dementia, they will inform family members of the behavior and suggest scheduling a doctor visit to determine possible causes of the behavioral change. Because of Memory Care program training, St. Paul's can better support all the families we serve and educate them as to how their loved one's behavior is changing, what may happen in the future, and provide them with the supports they need to effectively begin adapting to these changes.

For additional Memory Care Program information, please visit stpaulseniors.org or call (619) 239-6900.

Villa and Manor Ice Cream Socials



Thanks to the continued support of Love Uniting Volunteers (LUV), for over 10 years the Residents of St. Paul's communities have enjoyed the fun and camaraderie that only an Ice Cream Social can provide. "I appreciate those nice folks coming down here on their own time off to serve us ice cream. Thank you so much."

This summer, **Morgan Stanley** joined in the fun at both of these two highly anticipated events. "I loved my afternoon at the Ice Cream Social", said volunteer **Robin Williams**. "The music was right out of my dad's playlist and I saw enough smiles to last all month."

"Coming to St. Paul's to serve at an Ice Cream Social is a refreshing activity from the usual office work," said volunteer **Bill McColl**. "We are a busy office, but once the stock market closes, a few of us come down to lend a hand. It's a lot of fun to see the smiles", said a delighted Villa Resident.

More volunteers are needed. To learn how you and your organization can volunteer at St. Paul's, please contact **Stewart Gaddy** at (619) 239-6900 to see how we can fit your schedule.



Villa Residents Dance to Music at Spreckels Organ Pavilion

The sweet sound of music was heard throughout the summer on Tuesday nights for St. Paul's Villa Residents. Each week, Activities Coordinator, **Alison Dunn**, accompanied seniors from the Memory Care and Assisted Living programs to Spreckels Organ Pavilion in beautiful Balboa Park for outdoor concerts. Several Memory Care Residents were dancing up a storm!

Everyone enjoyed various types of music including Big Band, Swing, and Motown. "It was such a joy to get out and be a part of the weekly concert", said Villa Resident **LeRoy Easterly**. "I'm sad that summer is over, but I hope to go to these concerts again next year."



For more information about daily activities for Memory Care Program and Assisted Living Residents, please visit www.stpaulseniors.org.

Active Volunteers - May 1, 2011 - August 30, 2011

| | | | |
|---------------------|--------------------|-----------------------|-----------------------|
| Emmanuel Alonso | Jean Griffith | Maria Llorens | Liz Saidkhanian |
| Allison Andrews | Curran Gaughan | Annie Love | Wayne & Kathy Sanders |
| Jack Anthony | Lisa Hanthorn | Chris Manecke | Jason Satterly |
| Mildred Arellano | Toni Harris | Leane Marchese | Joanne Sill |
| Anna Armendariz | Susie Hayes | Bill McColl | Sonia Simons |
| Helen Astleford | Stephanie Hojsack | John McColl | Brandon Smith |
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| Amanda Gois | Bill Littlejohn | Fran Russell | |
| Laury Graves | Roberta Livingood | Hal Sadler | |



New Face Around St. Paul's



St. Paul's recently welcomed new Administrators to all three of its residential communities, as well as a new face to St. Paul's Retirement Homes Foundation.

Almaroof Apatira is the new Administrator at St. Paul's McColl Family Health Care Center and Manor. Almaroof has more than 20 years of experience in senior care, many of those as a skilled nursing administrator. He spent the last year in a hospital chaplaincy program and brings his vast knowledge and experience to St. Paul's.

Justin Weber was previously the Director of Admissions & Marketing, and the Supervisor of the Senior Day Program.

The Villa is now lucky to have him as the Administrator. Justin has been with St. Paul's since June of 2007 when he began as the Marketing Manager. In 2010 he was selected for the National Leading Age Leadership Academy, which is a year-long transformational leadership experience that includes book readings, site visits and an action learning project. He will complete the Academy in October.

Liam Dunfey, who served in the Foundation for two years, is the new Director of Admissions & Marketing. Liam previously worked in admissions at Elmira College (his alma mater in upstate New York) as well as the Southern California Admissions Officer for Drew University (NJ). He also spent a few years in the development office at The Ronald McDonald House Charities of San Diego. His experience and calm demeanor make him the perfect addition to the St. Paul's Admissions team.

Jaimie Robinson, a LUV Gala volunteer for three years, is now serving as the Foundation Coordinator. Jaimie comes from PRA Destination Management and brings a wealth of experience and enthusiasm to St. Paul's and the Foundation. Jaimie has a strong affinity towards seniors and is delighted to be helping the Foundation and the greater St. Paul's community in her new role.



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 August 27th, we held our annual LUV Gala at the Hilton Resort on Mission Bay. Not only did we raise close to \$150,000 for the expansion of St. Paul's PACE, we honored **Barbara & Mark DeMichele** for their outstanding service to St. Paul's and the greater San Diego communities and Episcopal Church.

We're now gearing up for the holiday season and the joy that it brings to our seniors. LUV also hosted two Ice Cream Socials over the past few months, most recently at St. Paul's Villa. They are always a great way to connect with St. Paul's Residents and have fun volunteering. Our annual Christmas lunch will be December 9th at the Imperial House. In December, we'll also help stuff holiday gift bags for Residents and Participants in all St. Paul's programs, which always warms our hearts. If you would like to join us for our December Luncheon, become a member of LUV, are interested in donating an item(s) or money for the gift bags, or would like to help with our events, please contact **Joyce Frye** at (619) 298-9011 or e-mail jfrye27@cox.net.



KPBS Profiles PACE Participant



KPBS recently featured one of the most entertaining, engaging, and talented St. Paul's PACE Participants. **LeRoy Easterly** learned about PACE when it opened a few years ago and decided to enroll with some assistance from his daughter, **Julie Gallegos**. It turned out to be a great decision for LeRoy's family and PACE too!

"It's difficult when you're working and I didn't want to leave him home all by himself—he's a very sociable person. He wanted to get out of the house to do something and be with people," said Julie.

LeRoy has been playing music and singing for decades. He frequently entertains St. Paul's staff and seniors and

he's known for being a romantic too. After his wife died over 20 years ago, he met his current girlfriend and enjoys singing love songs for her. Unlike many PACE seniors, LeRoy is fortunate to have family that he's not only connected to, but that also live in the San Diego region.

LeRoy's life and health has improved with the support of PACE, and his daughter expressed her delight and peace of mind knowing her dad enjoys the program and all of his medical needs are met.

To listen to the KPBS story on LeRoy Easterly, please visit stpaulspace.org/news.html.



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Gifts received between May 1 - August 31, 2011

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ST. PAUL'S Community Connection

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Community Connection

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St. Paul's Intergenerational Program

St. Paul's is proud to offer one of the first intergenerational day care programs in Southern California. Intergenerational care brings together children and seniors to benefit the lives of both. Twice a day, and at lunch, the children from the Childcare Program come together with the seniors in the Senior Day Program for creative activities like reading, arts and crafts, sing-alongs, dancing and learning opportunities.

"My wife, Kelli, and I interviewed more than half a dozen daycare programs in San Diego and were beginning to think we might never find the right fit for our family," says parent Jason Satterly. "We are so glad our family is a part of this innovative program and magnificent organization. St. Paul's does a wonderful job caring for our children and the seniors they serve in their Senior Day Program."



To learn more about the Intergenerational Program, please visit stpaulseniors.org or call (619) 239-6900.