



Our St. Paul's PACE Home Care team was voted BEST in San Diego! Learn more inside.



ST. PAUL'S COMMUNITY CONNECTION

Reflecting on July - September 2019



Thank you to all of the amazing sponsors, event Chairs, vendors, volunteers, and staff who made the 2019 LUV SUMMERFEST a success!



CEO PERSPECTIVE

As the seasons begin to change, we reflect on the blessings of the summer with friends, family, co-workers, and those we serve. Two months ago, we gathered at Humphrey's by the Bay on Shelter Island for our first **LUV SUMMERFEST**. Our sellout crowd was treated to a night of celebration under the stars with fine dining, rock bands, beer and wine tastings, a Karaoke pavilion, and so much more. What struck me at this event was the combination of generations enjoying time together. There were fathers and sons doing Karaoke together, grandchildren treating elders to a green screen picture pose, and mixed generations dancing the night away making memories, all while learning about the joy of giving and serving others.

It was a magical event that I know my entire family will be talking about for years to come. Exposing younger generations to this nation's need for support of our seniors is incredibly important. One of our St. Paul's PACE participant's shared his story and gave those in the audience a peek into the challenges that our senior population experiences. He shared how non-profits like St. Paul's serve them, enriching their lives with health care, housing, and love.

I look forward to many more events in the future that bring our generations together in celebration and contributions.

We now move into our colder months, which bring us Octoberfest, Halloween, Thanksgiving, and our Holy Days. There are so many opportunities for fun and service to others. As we move into our season of holidays and jubilation, I pray you will remember those less fortunate, lonely, or in need, and enrich your lives as you bless them.

Cheryl Wilson

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Introducing St. Paul's New Chief Financial Officer



Randall Sanner

With a Bachelor's Degree in Accounting from the University of Arkansas and a Masters of Business Administration from USC, Randall brings to St. Paul's 35-years of professional experience. During these years he built the teams, processes, controls, culture, and measurements to assure near-term and long-range performance in his former organizations such as Decatur Electronics, General Dynamics, RMCD Management, and Comanche Nation Casinos. Born into the Midwestern work ethic and driven by the proposition of "honoring one's word," Randall now brings his entrepreneurial spirit to deliver superior services to seniors. Randall is also a member of the East County Chamber of Commerce and an active volunteer in East County.

Physical and Mental Health Tips During the *Holiday Season*

With the holiday season approaching, we asked Dr. Victor Lee, our St. Paul's PACE Medical Director, to prepare us with some helpful tips for healthy living!

Tips provided by Dr. Lee and AARP.

1

Switch up your sweets. During the holidays, you may be tempted to indulge in desserts such as chocolate. You can have some, moderately, but choose dark chocolate (with 70 percent cacao) as it helps lower your blood pressure while milk chocolate does not.



2

Choose healthy fats. Consuming less fat is usually a New Year's resolution for many, but you can have healthy fats in small portions. Beneficial fats such as olive oil and avocado are great to add flavor to meals.



3

Limit your alcohol. Many enjoy a cocktail or two during the holidays, but be mindful of your alcohol intake. Red wine has some health benefits, but be moderate in your consumption. If drinking has become an unhealthy habit or a stress reliever, try other options such as exercise.



4

Be persistent. Don't give up so quickly on your New Year's resolutions! Try any new activity for 90 days. Research shows that most life changes take at least three months for something to become a habit. So, stick to it, and you will be happy you pushed yourself and accomplished your goal.



5

Think better. Instead of thinking "younger," think "better." We all need to get real when it comes to aging. If you strive to look and feel "better" rather than "younger," you'll be taking good care of yourself, and it will show.



IN THE News



St. Paul's CEO, Cheryl Wilson, and our 2019 LUV SUMMERFEST Presenting Sponsor, John McColl, went in-studio with KUSI and the French Gourmet to promote our yearly fundraising event.

Jaime Meza from St. Paul's PACE spoke with both Telemundo and Univision about St. Paul's PACE and what we have to offer the seniors of San Diego to keep them safely living at home and healthy.



Outreach Specialist, Kelly Lapadula, went in-studio with the *San Diego Union-Tribune* and KUSI to talk about our "Plan for Tomorrow, Today!" Workshop Series and the importance of families and seniors planning ahead.



Corporate Marketing Director, Amanda Gois, went in-studio with San Diego Living to talk about St. Paul's PACE and how we're helping San Diego's frail and low-income seniors.



Resident Service Coordinator, Olivia Diaz (R), and St. Paul's Manor resident, Mary-Jo, went in-studio with KUSI to talk about the importance of staying connected with your grandparents, and new technology that is easy for seniors to use to video call their families.



We celebrated National Senior Citizens Day at St. Paul's PACE Chula Vista by giving participants makeovers. We partnered with The Glama Project and their "glamateers" to provide a day of pampering and fun for nine beautiful ladies. This day was very special and reminded them how beautiful they are inside and out! They each had their own mini photo shoot and even got to take home brand new makeup donated by Thrive Causemetics and The Glama Project. KSDY was there to document the event and fun.

St. Paul's PACE Awards



St. Paul's PACE Honored as San Diego's BEST

We are proud to announce that the St. Paul's PACE Home Care Department was named San Diego's BEST In-Home Care Provider (Non-Medical) by the 2019 San Diego Union-Tribune Readers Poll. With almost 100 home care agencies in San Diego, this is a huge honor.



Our Home Care Department consists of over 40 employees that regularly serve 300 plus participants. Most are Certified Nursing Assistants. "We like to have medical staff on our home care team to keep a medical eye on participants in the home. Many of our seniors have chronic medical conditions, so it's important that a certified medical professional comes to their home and tends to them. Our participants love our home care providers, and we love them," says Amanda Wiebke, St. Paul's PACE Home Care Supervisor. "The team enjoys working at St. Paul's PACE so much, they have referred friends and family members to us for employment. Some of us have even enrolled our parents and grandparents in St. Paul's PACE. We're one big happy family!"



St. Paul's PACE is a "Supernova"

In addition to our Home Care award, St. Paul's PACE was named a "Supernova" by the National PACE Association (NPA). Programs who achieved an estimated average net enrollment of 10 or more over one or both of the first two quarters of 2019, were named "Supernovas" by NPA. St. Paul's PACE achieved this status with a total of 92 net enrollments over the six month period.



We are so proud of our St. Paul's PACE team for their hard work and dedication to our mission.



Around St. Paul's



Great friendships are made in our St. Paul's Senior Day Program.



Our St. Paul's Child Care Program offers many fun and educational events for the kiddos! They loved meeting many different reptiles during a fun and educational animal experience.



A strong bond is built between our staff and residents; these two became friends at our St. Paul's Nursing and Rehabilitation center.



Billy the cockatiel loves visiting our St. Paul's Villa residents and making them smile.



St. Paul's Plaza residents dressed like Superheros during San Diego's Comic-Con week. They shared with each other what super power they would love to have and what their Superhero name would be.



St. Paul's Manor residents, Dot and James, enjoyed lattes and pastries at our Bankers Hill neighborhood coffee shop, The West Bean.

2019 LUV SUMMERFEST

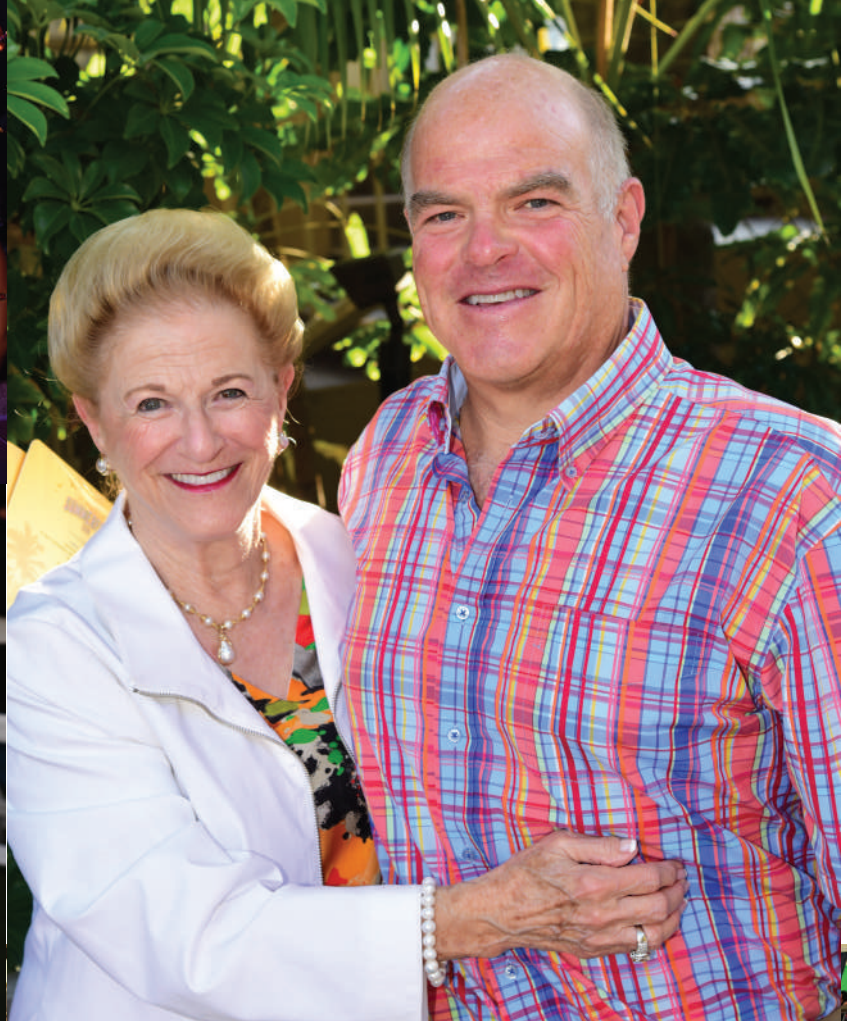
Thank you for putting the FUN in FUNdraising!

In planning this year's event, St. Paul's wanted to create a more casual, interactive guest experience and the **2019 LUV SUMMERFEST** did not disappoint! It was a beautiful evening at Humprey's by the Bay overlooking a gorgeous sunset. Guests enjoyed live music, dancing, karaoke, delicious food islands, an interactive green screen, and a beer, wine, and chocolate tasting room.

Not only did St. Paul's provide a unique and joyful guest experience, we also **BROKE RECORDS** in the process by raising over **\$235,000** in net proceeds and **SELLING OUT** days before the event!

If you would like to be a part of next year's planning committee, contact Craig Smith at **619-239-6900** or csmith@stpaulseniors.org.





Get Involved with St. Paul's!

Provide a blanket for a St. Paul's Resident

This holiday season, make a \$10 gift to help with the purchase of 500 cozy and plush blankets so that we can provide one to each St. Paul's resident. Your gift will enable each resident to keep warm during the cooler winter months.



Give a Birthday Gift to a St. Paul's PACE Participant

Happy Birthday! Interested in helping low-income seniors? Participate in our monthly birthday celebration at our St. Paul's PACE Reasner center in Downtown San Diego! With a \$150 gift, you can sponsor a birthday party for 25 seniors, many of whom don't have family to recognize their special day.

Leave behind Your Legacy with St. Paul's Senior Services

Invest in a Charitable Gift Annuity and leave a legacy for the future of St. Paul's Senior Services. You'll receive a fixed stream of income for life. There is no cost to set-up the simple contract.

Charitable Gift Annuity Single Life Contract Rates

Age (years)	Rate %
65	5.1
70	5.6
75	6.2
80	7.3
85	8.3
90+	9.5



Contact Todd Kaprielian or Liam Dunfey at 619-239-6900 if you'd like to get involved with any of these opportunities. You can make gifts online at www.stpaulseniors.org/donate/

St. Paul's Foundation Wishlist

St. Paul's Wish List features items needed in one or several of our locations. Please contact Stewart Gaddy at 619-239-6900 if you wish to make a charitable contribution to the cost of the item, or to donate your gently used item to St. Paul's Senior Services. Your support is greatly appreciated.

Children's Equipment - \$580

St. Paul's Child Care Program includes infants six months to five years old. The program requests some age appropriate trikes to help build large motor skills and develop muscles need for walking. The program needs: 2 infant ride on/push cars (\$30 each), 3 Little Tike cars (\$60 each), and 2 trike bikes (\$170 each).

Music System for Chapel Services - \$2,000

Our Chaplains would like a portable electronic music system that plays prerecorded hymns for worship services when a pianist is unavailable.

Piano Tuner

We have a number of pianos that need a tune-up. Can you donate your expertise and provide this service?

Upright Piano

Our St. Paul's PACE Reasner center would like an upright piano to be used by participants and volunteer performers who provide entertainment for the participants.

Patio Items - \$1,200

The Lahodny Patio is a popular social area located between St. Paul's Manor and the St. Paul's Senior Services Nursing & Rehabilitation Center. Six umbrellas and several seat cushions are needed to make the space comfortable for such functions as the LUV ice cream social.

Therapy Equipment - \$800

Physical therapy is an important healthcare service at each St. Paul's PACE center. Our El Cajon center is requesting funding for resistance workout equipment (\$300). In addition, the rehabilitation program is seeking a glass mirror system that will provide participants with feedback on posture and movement (\$500).

Lean Rails - \$25,000

Unlike standard hand rails, lean rails make it easier for residents to maintain balance while walking down halls. St. Paul's Villa would like to install lean rails throughout the memory care floor.

Trophy Display Case

Each St. Paul's PACE Center would like a case to display awards that participants have received.

Voice Over IP Phone system - \$55,000

We need funding for a new phone system for the St. Paul's Bankers Hill communities.

Chairs - \$10,000

Chairs are needed for the Reflections Memory Care Program at St. Paul's Plaza. The chairs are designed for easy cleaning and reclining, and include a tilt feature to assist seniors with exiting the chair.

Around St. Paul's



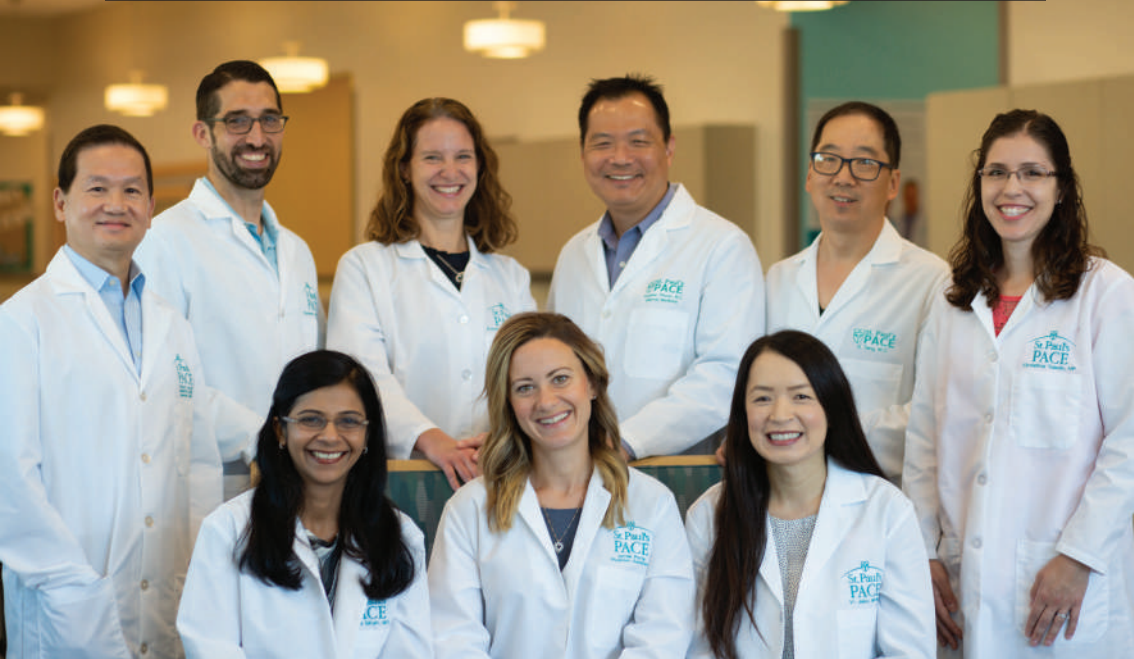
Bruce, a St. Paul's PACE participant, "fist bumps" his friend and Case Manager, Brian at his home, Talmadge Gateway.

Our St. Paul's PACE Home Care team builds strong relationships with the participants they care for.



Our St. Paul's Senior Day Program participants love when For Love And Art visits.

We are so appreciative of our talented, devoted, and caring St. Paul's PACE providers.



St. Paul's Plaza residents enjoyed a walk to the park, lunch, and fun with local US Navy service members. These sailors spent the day volunteering with our residents.

Our Marketing Department has successfully launched a new group, Young Professionals Serving Seniors (YPSS). Their mission: To foster an environment of collaborative relationships between young professionals in the senior industry by providing networking opportunities, education, and guidance to better serve San Diego's seniors.



Our St. Paul's Villa staff had a blast during a recent Prom Night they planned for the residents.

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If you are 70½ or older, you can make a Qualified Charitable Distribution directly from your IRA without paying income tax on the withdrawal and satisfy your Required Minimum Distribution.

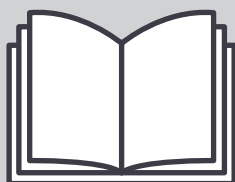
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San Diego, CA

St. Paul's Community Connection Reflecting on July - September 2019



PLAN FOR TOMORROW, TODAY

St. Paul's Educational Series

As we age or experience our parent's aging, we hear terms we don't understand, and we seek services that are confusing to us. St. Paul's is here to make life's aging journey less stressful through our new **St. Paul's Educational Series, "Plan for Tomorrow, Today."**

Last workshop of the Year

End of Life Planning - Saturday, November 2

St. Paul's Plaza - 1420 E. Palomar Street, Chula Vista, CA 91913

- ◆ Planning Your Final Wishes: Options and How to Communicate Them
- ◆ Hospice and Palliative Care: The Who, What, When, Why, and How
- ◆ The Grieving and Healing Process



RSVP with Linda Spence at lspence@stpaulseniors.org or (619) 239-2097. Workshop space is limited.