

Board members and staff volunteer at our annual Board Tea.



## ST. PAUL'S COMMUNITY CONNECTION

### Reflecting on October - December 2019

St. Paul's Senior Day Program participants had fun during their holiday photo shoot to promote their annual Intergenerational Christmas Program.



# CEO Perspective

Over the past 60 years, St. Paul's has become much more than a senior retirement company in San Diego. With our bi-monthly educational series, lunch & learns, and Young Professionals Serving Seniors (YPSS) education and networking group, we have become San Diego's go-to organization for those seeking knowledge on aging topics.

Last month we hosted our 20th Annual Legislative Breakfast. At this event, we educate our elected officials and the community on current senior issues. This year, with the support of the SCAN Foundation and the San Diego Senior Alliance, we hosted the event at Marina Village, and 120 attendees and staff joined us to discuss the new California Master Plan for Aging.

St. Paul's is proud to have Ellen Schmeding, our Chief Operating Officer, appointed to the California Commission on Aging and the Long Term Supports and Services Advisory Committee, which will have a significant impact on California's Master Aging Plan.

Advocating on behalf of those we serve and the seniors of greater San Diego is an important outreach for St. Paul's, and together with you, we will ensure a brighter future for all seniors.

*Cheryl Wilson*



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## St. Paul's Hosted *Annual Board Tea* at Newly Renovated St. Paul's Villa

Over 125 residents from St. Paul's Manor, St. Paul's Villa, St. Paul's Plaza, and our St. Paul's PACE supportive housing program, were treated to a special evening of pampering at the annual Board Tea on Saturday, December 14, 2019, at St. Paul's Villa. Hosted by St. Paul's Foundation Board Chair, Charlie King, and his wife Maureen, residents indulged in a delicious five-course meal served by members of our Board of Directors and staff. The evening concluded with the singing of festive holiday songs led by pianist Trevor Gibson. Thank you to the board members and staff who made this a memorable event for our residents.



## *Legislative Breakfast*



In December, over 120 community members and legislative offices attended St. Paul's 20th Annual Legislative Breakfast; "What Do We Want in The Master Plan for Aging?"

Keynote speaker, Kim McCoy Wade, Director, California Department of Aging, provided a Progress Report on the California Master Plan for Aging. This is currently being studied and developed as mandated by Governor Newsom's Executive Order signed in June 2019.



Simonne Ruff, Director for Corporation for Supportive Housing San Diego, spoke of the housing issues seniors face in San Diego. Simona Valanciute, President/CEO for San Diego OASIS, spoke about access to technology now and in the future for everyday life, safety, and medically via telehealth. Debbie Case, President/CEO, Meals On Wheels San Diego County, spoke about the role food and nutrition play in keeping seniors healthy and independent.

Ellen Schmeding, COO, for St. Paul's, reviewed survey results from attendees. The top 5 issues were: (1) Affordable and accessible health care; (2) Access to affordable housing; (3) Transportation; (4) Protection for older adults/persons with disabilities; and (5) Access to healthy food.

The breakfast was designed to update and educate the San Diego community on The Master Plan for Aging. It was an effort of St. Paul's Senior Services and the San Diego Senior Alliance, who celebrated their 10th Anniversary. This year's Legislative Breakfast was supported by a grant from The SCAN Foundation.



## LEGISLATIVE BREAKFAST

St. Paul's COO, Ellen Schmeding, spoke with KUSI-TV at the St. Paul's 20th Annual Legislative Breakfast. The event was designed to update and educate the San Diego community on The Master Plan for Aging.

Interested in attending the 2020 Legislative Breakfast? E-mail Myrna Kinter at [projectmanager@stpaulseniors.org](mailto:projectmanager@stpaulseniors.org)



## VETERANS DAY

Resident Veterans at St. Paul's Plaza were honored and celebrated through an intergenerational pinning ceremony on Veterans Day. Over 20 men and women currently serving in the US Navy attended to help pin the residents and to show their appreciation for their predecessors. KUSI-TV was there to cover the event.



## MAKING IT IN SAN DIEGO

A St. Paul's PACE program participant and her St. Paul's PACE caregiver of four years were featured on 10News "Making It In San Diego." The segment highlighted their relationship and our excellent award-winning home care services to help low-income seniors live independently at home.



## GLAMA PROJECT

The San Diego Magazine featured us as one of the Glama Project's partners in an article about how their mission brings light and beauty to aging through makeovers of local seniors in San Diego, such as our St. Paul's PACE participants.



## HOME CARE AWARD

CBS 8 San Diego and KUSI-TV covered our St. Paul's PACE Home Care celebration that honored our Home Care Team for winning San Diego's BEST In-Home Care Provider by the San Diego Union-Tribune Reader's Poll. They were pampered with massages and essential oils, pet therapy, food, gourmet coffee, and fun!



## SPEND

Each year we collect items for our St. Paul's PACE Essential Needs Drive (SPEND), which benefits our PACE participants. We were featured on various stations and in publications asking the community to donate essential items that our seniors need. We were featured by:

- CBS8 San Diego for Make a Difference Day while children and our participants painted pumpkins.
- The Times of San Diego publication in an article asking for donations.
- KUSI-TV on #GivingTuesday asking the community to give to our drive.
- NBC San Diego for an in-studio segment talking about how the drive positively impacts our seniors and identifying the items needed.



## St. Paul's Hosted 5th Annual **Jingle Mingle Mixer & Blanket Drive**

Each year, our Jingle Mingle Mixer and Blanket Drive is a huge hit among the senior industry and St. Paul's colleagues. This year, we "Flamingled" with over 100 guests who enjoyed delicious food, signature pink cocktails and had a blast taking photos with friends at our interactive photo booth. KOGO Radio's LaDonna Harvey attended and spoke to attendees about why she proudly represents St. Paul's Senior Services. Nearly 400 blankets for our St. Paul's PACE seniors were donated at the event.

We look forward to Jingling and Mingling next year and collecting even MORE blankets for our seniors in need.

## St. Paul's Employees launch a new Networking and Education Group – **Young Professionals Serving Seniors**



Last quarter, St. Paul's employees in the Marketing Department created a networking and education group for young professionals in the senior industry. Empowered by St. Paul's Senior Services, Young Professionals Serving Seniors (YPSS) is a young professionals group for individuals that are 21-40 years old. YPSS is open to young professionals in San Diego who are currently serving seniors in any capacity. The mission is to foster an environment of collaborative relationships between young professionals in the senior industry by providing networking opportunities, education, and guidance to serve San Diego's senior community. With the support of St. Paul's and other sponsors, YPSS has been able to host happy hours

to connect with industry friends, host educational presentations, and continue to grow their membership. Plans for 2020 include a mentor program for those new to the industry and establishment of an independent non-profit status. Run by a planning committee of individuals across different organizations, YPSS continues to successfully grow membership. Other cities have already reached out to learn how to start a local group.

For those interested in joining YPSS or supporting their efforts through sponsorships, please email [klapadula@stpaulseniors.org](mailto:klapadula@stpaulseniors.org).

# Around St. Paul's



St. Paul's Plaza Dining Team had the pleasure of hosting Sodexo Global Chef, Christian Rubilar, and learned authentic dishes from Chile which they cooked for our residents during his visit.



Halloween is a favorite time for not only our residents and staff, but for our kiddos in our Child Care Program.



St. Paul's PACE Home Care team was named San Diego's BEST In-Home Care Provider by the *San Diego Union-Tribune* Reader's Poll.



We celebrated Thanksgiving with a delicious luncheon for our St. Paul's PACE Reasner participants.



St. Paul's PACE Nemeth selected two participants who have been very committed to their health goals and named them the 2019 King and Queen of Health. Congratulations, Juan and Rose!



St. Paul's Nursing and Rehabilitation resident, Miriam, finally got to go home after 10 years of living in hospitals and nursing homes. Our staff was so proud of her and sent her home with goodies and good wishes.

# St. Paul's PACE Satellite Clinic in North County

St. Paul's Program of All-inclusive Care for the Elderly (PACE) will soon open a satellite clinic in North County San Diego. The clinic, located in Encinitas, is slated to open in March 2020 and will provide care for low-income seniors from central San Diego to Oceanside.

"Our original vision was to operate five St. Paul's PACE locations in each region of San Diego County; this new clinic will be our fourth," said Carol Hubbard, St. Paul's Chief Community Services Officer. "We have been serving seniors in the North County area for a while now. This allows us to provide services much closer to their homes."

Located on the campus of Seacrest Village properties in Encinitas, St. Paul's PACE North will provide Primary Care (including physician and nursing services), Social Services, Restorative Therapies (such as physical, occupational and speech) and personal care services.

"St. Paul's PACE North will serve very low-income seniors with chronic healthcare needs; the impact of this program in the North County will be nothing short of transformational," says Carol Castillon, who will be the Center Director of this new location and currently serves as Center Director for the downtown site. "We help seniors with chronic health conditions who struggle at home, but it's not just healthcare. Individuals often come to our center alone and end up with a community of new friends."

The new clinic is located at 304 Seacrest Way, Encinitas, CA 92024, close to the I-5 freeway in North Coastal San Diego.

St. Paul's Foundation is seeking \$1,056,000 for facility improvements, equipment, and operating expenses during its startup phase. Those interested should contact Todd Kaprielian at 619-239-6900 or [TKaprielian@stpaulseniors.org](mailto:TKaprielian@stpaulseniors.org).

# NORTH COUNTY WELCOMES ST. PAUL'S PACE

Sam & Rose Stein Center

304



St. Paul's  
PACE



# Prayer Breakfast



In November, St. Paul's Senior Services hosted their annual St. Paul's Holiday Interfaith Prayer Breakfast at the recently renovated St. Paul's Villa, and it was the biggest event yet with 110 guests in attendance. This year's theme, peace, aligned well with our goal for this event each year; to build community by inviting people from all different faiths or beliefs to come together as one. Guests were treated to prayers and reflections by The Very Rev Penny Bridges, The Rt. Rev. Susan Brown Snook, Imam Taha Hassane, Rabbi Scott Meltzer, Father Jason Samuel, and Father Lawrence Agi. Bill McColl gave an engaging

and humorous keynote speech, and inspirational songs were performed by the St. Paul's Musical Ensemble. Guests also enjoyed a delicious breakfast prepared and served by our very own dining services team. We are deeply appreciative of all of our sponsors, with Scripps Mercy Hospital as our Presenting Sponsor and Sharp Memorial Hospital as our Premier Sponsor. Proceeds from the event went to support St. Paul's Spiritual Care services and programs, specifically the Chaplain fund.



# Blankets for Residents

This holiday season, St. Paul's residents received a special gift during the holiday season: A soft, comfy blanket perfect for lounging about during chilly days. This gift was made possible through the generous giving of St. Paul's family. Thank you to our dear friends: Love Uniting Volunteers (LUV), Craig Smith & Mark Zangrando, Blaisdell's, Paula Landale, Debbie Neuman, Steve & Greta Treadgold, Martin & Cynthia Offenhauer, Ohr Shalom Synagogue, St. Paul's Episcopal Cathedral, Dee Ammon, Steve Letz, Konnie Dadmun and Roz Mack.



# SAVE THE DATE

## SUMMERFEST 2020 - August 22, 2020

A Taste of New Orleans on Saturday night, August 22, 2020 at Humphreys by the Bay.  
Let the Good Times Roll! If you want to join the event planning committee contact  
Craig Smith at [csmith@stpaulseniors.org](mailto:csmith@stpaulseniors.org) or 619-239-6900.

# 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 towards the cost of an item, or to donate your time and expertise. Your support is greatly appreciated.

## Piano Tuner

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

## 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.

## Sefton Patio Furniture - \$2,000

Manor residents request new outdoor furniture to gather more comfortably in the Sefton Patio (located adjacent to the Manor dining room).

## Public Sound System - \$800

St. Paul's Villa regularly hosts large groups in the Waterman Ballroom. By replacing the P.A. system, residents, their families and guests will better enjoy the events.

## 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.

## Award Display Case - \$600

Each St. Paul's PACE Center would like a case to display awards that participants have received. Each case is \$200.

## Window Blinds for the Plaza Activity Room - \$800

New window blinds would help darken the room during educational lectures so that residents can see the presentation content on the projector screen. Presently, especially in the afternoon, it is not possible to use the projector and screen for such a lecture.

## Screen for the Plaza Solarium - \$3,000

The Solarium in Reflections is a beautiful room. However, during sunny times of the day, the room gets hot. A retractable awning would help shade the room for maximum usage throughout the year.

## Plaza Sound System - \$1,000

The Plaza's Mathes Conference Room is regularly used for resident-focused events as well as support to corporate functions, such as Board meeting and staff retreats. These functions would benefit from an upgrade to the sound system.

# Around St. Paul's

St. Paul's Manor was selected as the San Diego Uptown News GOLD Winner and the San Diego Downtown News!



Our Human Resources team hosts Employee Appreciation Events to honor our staff each December. Hourly employees receive checks from the money collected through our Employee Appreciation Fund, and they recognize the accomplishments and anniversaries of our staff.



Our Child Care Program helps make our Annual Veterans Day Ceremony special by presenting the flag and a beautiful banner to honor Veterans.



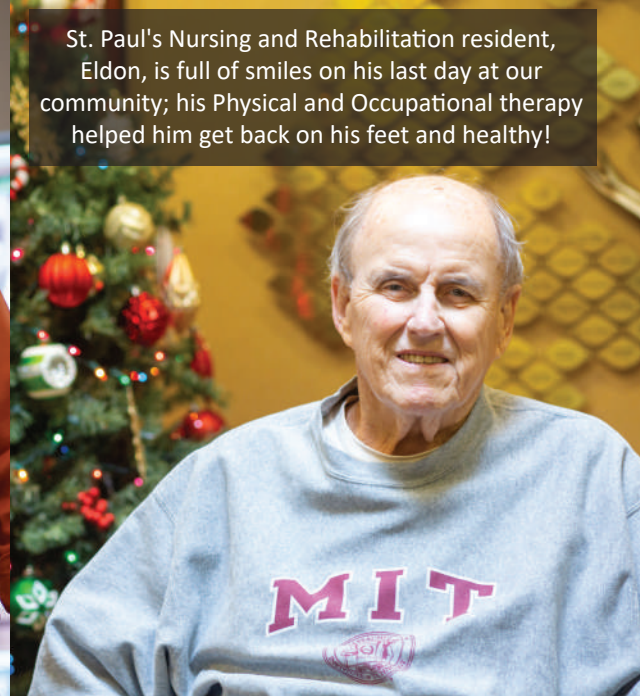
Our Chief Development Officer, Todd Kaprielian, was honored for his 15 years of service at St. Paul's!



St. Paul's Nursing and Rehabilitation resident, Eldon, is full of smiles on his last day at our community; his Physical and Occupational therapy helped him get back on his feet and healthy!



The San Diego Region of LeadingAge California hosted its annual Super Star luncheon at St. Paul's Villa to celebrate 15 people who exemplify going above and beyond in their work for their communities. We are very proud of all of our St. Paul's team members who were honored!



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## St. Paul's Community Connection Reflecting on October - December 2019

*"You're never too old, too wacky, too wild, to pick up a book and read to a child!" - Dr. Seuss*

Juana, a St. Paul's Senior Day Program participant, enjoys a comic book with Jonas, from our Child Care Program.

