



St. Paul's staff pose with representatives of the Alexander and Eva Nemeth Foundation.



ST. PAUL'S COMMUNITY CONNECTION

Reflecting on April - June 2018



St. Paul's PACE participant, Joyce, laughs with CNA Luz at St. Paul's Nemeth.

CEO Perspective

2018 represents 58 years of St. Paul's service here in beautiful San Diego. We have experienced many changes over this time, from name changes, to service changes, and even changes to our Vision and Mission Statement, which we recently updated. Certainly one thing that has never changed has been our spiritual support for those under the St. Paul's umbrella including residents, participants, children, and employees. In fact, spirituality in the work place was part of a lively discussion with our Board of Directors when planning the recent update of our Vision and Mission Statements.

As a faith-based organization we embrace all and are proud to offer innovative programs and services to those we serve who come from all walks of life, many whom have no religious affiliation. So does spirituality benefit seniors? A study by International Psychogeriatrics concluded that spirituality and religion appear to slow cognitive decline and provide seniors with coping strategies to deal with life challenges and disease resulting in a better quality of life. (1)

We at St. Paul's Senior Services have cared for thousands of seniors during our 58 years. Our staff has provided love, compassion, and kindness in a spiritually-based continuum to seniors we serve and to their families. Our new Mission Statement speaks to this.

When drafting our new Vision Statement, we took a true "big picture" approach. Therefore, St. Paul's envisions a world where every human being, from every and any walk of life, has choice on how and where they live. I hope you will agree with me when I say our Board of Directors truly got it right.



Vision Statement

We envision a world where seniors have options as to where and how they live.

Mission Statement

St. Paul's is spiritually guided to help seniors lead enriched lives through excellent and innovative services.

Thank you for your support as we continue our mission.

Cheryl Wilson

(1) 5/15 International Psychogeriatrics publication.

St. Paul's Senior Services kicked off National Volunteer Week with a special appreciation breakfast held at St. Paul's Plaza on Monday, April 16. Among the celebrated volunteers were several High Tech High School students and long-time volunteers. Reporter Ashley Jacobs from CBS 8 - San Diego News and The CW San Diego spoke with our incredible staff, residents, and volunteers about the impact of volunteer work.

"It is what you get out of giving; I receive so much," Trevor Gibson shared. He has been volunteering with St. Paul's throughout the communities and programs for five years.



Volunteers are an integral part of St. Paul's Senior Services. In 2017, 272 individuals and four business groups volunteered a total of 5,400 hours.



Resource Fair Featured on NBC

Corporate Marketing Director Amanda Gois appeared on NBC 7 San Diego's Mid-Day Show to talk about St. Paul's annual Senior Resource Fair held on May 23. The fair featured lots of senior health advice and resources, including a panel discussion on how to downsize a home.

Ceremony Honors Fallen Heroes

St. Paul's Senior Services hosted a special military heroes ceremony to pay tribute to fallen heroes and celebrate resident veterans. The annual pre-Memorial Day Observance Program, held on Friday, May 25, included an invocation, flag-raising, Pledge of Allegiance, keynote presentation, as well as songs and tributes by Senior Day participants and St. Paul's staff.



St. Paul's PACE in Union-Tribune

St. Paul's Program of All-inclusive Care for the Elderly (PACE) was featured in an article on April 25 in *The San Diego Union-Tribune*, drawing attention to long-term care, personal funds, and public programs. St. Paul's PACE covers medical, social services, and long-term care costs for seniors 55 and older. The article urged seniors to find out if they qualify for St. Paul's PACE. If you know someone who may benefit from St. Paul's PACE services, please call 1(619) 271-7100.

ST. PAUL'S SENIORS OF SAN DIEGO

St. Paul's Senior Services cares for seniors throughout San Diego, offering Independent, Assisted Living, and Skilled Nursing communities, a Senior Day Care Program, and a Program of All-inclusive Care for the Elderly (PACE). We are pleased to introduce our new "Seniors of San Diego" section, a way to introduce some of the seniors that are part of our St. Paul's family. Throughout the year, look for more features on social media by searching the hashtag, #seniorsofsandiego. So you don't miss out, make sure you follow on Facebook (Facebook.com/StPaulsSeniorServices and Facebook.com/StPaulsPACE), on Instagram (@StPaulsSeniorServices and @StPaulsPACE), and Twitter (@StPaulsSeniors and @StPaulsPACE).



"I've been painting for 16 years. I've always had a passion for flowers. I love to try to bring them to life on canvas. My husband and I live together here at St. Paul's Manor and love it. I taught watercolor classes here. I get a joy out of watching someone develop their talent. I plan to teach again in the fall."

- Marjorie, St. Paul's Manor resident



"I'm a native Californian. My dad was a native Californian. I love living at St. Paul's Manor. I can walk all around Bankers Hill. I taught for 32 years, public school, 8th grade English and U.S. History. A former student of mine owns The Market Place. Down Fifth is a little bar and a former student of mine is the bartender there. I've got students all over the place. A lot of former students are friends on Facebook and they'll write things and sometimes I'll comment and correct their spelling."

- John, St. Paul's Manor resident



"I used to be homeless for about three to four years. I was very frightened at times. I lived by the freeway. My homeless friends feel like I am an encouragement. I hope that one day they find their way out of homelessness too. We all deserve a home. I am so grateful to St. Paul's PACE. At one point, I didn't think I was going to make it. I just thank God for PACE. There is hope. Don't give up."

- Bernadette, St. Paul's PACE participant



"We met at St. Paul's Manor. I lived at the Manor for ten years. In 2010 when I returned from a world cruise, I met Jim, and we have been together happily ever after. We were married in 2014. We went on the bus to the County Administration Building. We live at St. Paul's Villa now because Jim needs a walker. We enjoy being at St. Paul's Villa. We get wonderful care and the staff is wonderful. Seriously, it is good!"

- Sheila, St. Paul's Villa resident



"Being here at St. Paul's PACE with all these wonderful people makes me happy. I lived an isolated life. I didn't make friends. I was 22 years in depression. I'm out of that shell now. I was living on the street for a very long time. St. Paul's PACE came to me when I was at Father Joe's Villages. They worked really fast to get me off the street because I am in kidney failure. All my sisters in the islands of Bermuda worried about me. When I told them that St. Paul's PACE was helping me get an apartment, they were relieved. St. Paul's PACE helped me get an apartment and everyone there is wonderful. Everything St. Paul's PACE has done for me is wonderful, and I am really grateful for that. I have a lot of acquaintances here and I am happy, finally. Living in my apartment since last October has made me very happy!"

- Lynnette, St. Paul's PACE participant



"I need to do things for myself because it's too early to give up. I'm still capable. I wake up every day and I want to be a better person. I want to leave this world better. I don't want young people to see me and be scared to get old. I want to be an inspiration for people just like people have been for me."

- Randal, St. Paul's PACE participant



"I was a missionary in South America. I'm a former nun. I was trained as a teacher. I love living at St. Paul's Manor. Art makes me happy. I've always done art since I was little. I was fussy about my coloring books. I didn't want to color out of the lines. I took art in college."

- Justina, St. Paul's Manor resident

Be on the lookout for TV commercials now airing. They showcase some of the many benefits of St. Paul's PACE and include staff who serve St. Paul's PACE seniors through transportation, physical therapy, nutrition, social work, in-home care, and more. The footage was shot at St. Paul's PACE Nemeth on May 30.

Some of the St. Paul's PACE Team appearing in the commercials are TJ Tupta, Layth Al Banaa, Alex

Hamana, Monique Fountain, Diana Arenas, Anders Rosenback, Luz Moreno, Vena Valdez, Dr. Lee, Dr. Phoon, Ammar Khaleel, and the PACE Rehab Team.

Thank you to Kim Stratman, Melissa Stinson, and Heather Herrera for helping coordinate the St. Paul's PACE participants and to Amanda Gois, Jackie Gutierrez, and Jennifer Romero for their help in overall coordination and management.



TJ helps with St. Paul's PACE transportation.



Diana is part of the In-Home Services Team.



Alex is a St. Paul's PACE dietitian.



Ammar is a St. Paul's PACE social worker.



St. Paul's PACE won the San Diego Housing Federation Ruby Award for Supportive Housing at Talmadge Gateway with our partners Wakeland Housing Corporation.

This award is in recognition of all of the dedicated St. Paul's PACE staff in all departments at all St. Paul's PACE sites who provide exceptional medical and social care for 59 previously homeless seniors in San Diego. Congratulations to everyone who contributed to our success and award including the leaders of St. Paul's who created the vision, framework, funding, and support for this progress making a positive difference in the lives of seniors.



St. Paul's PACE Prepares for Park West

In preparation for Park West, the newest supportive housing program, St. Paul's staged one of the rooms with the furniture that will be included in each room - a bed frame, mattress, nightstand, small table with chair, and a 5-drawer dresser. With the limited incomes of seniors eligible for a Park West supportive housing apartment, these items will help provide comfort. St. Paul's PACE is raising money to help furnish these apartments.

The first move-ins are anticipated to be in September. Apartments will be set up on August 25. When Park West is full, St. Paul's PACE will have helped more than 170 formerly homeless seniors move into permanent supportive housing. If you know someone who may be eligible for our supportive housing program, call 1(619) 677-3800 and ask for the Enrollment Department.



Outreach Team is Out and About in the Community

St. Paul's Outreach Team was all smiles at the Town and Country Aging Summit, Thursday, June 28. They provided valuable information about our St. Paul's Senior Services communities and St. Paul's PACE program and shared lots of goodies and give-aways.

Getting the word out about St. Paul's and fostering relationships throughout the San Diego community are part of what the Outreach Team does best! If your organization would benefit from an educational in-service, call St. Paul's Outreach Team at 1(619) 239-6900.

Around St. Paul's ...



Children in our Child Care Program carefully created a structure with building blocks.



St. Paul's PACE Enrollment Team was a big part of the annual Senior Resource fair at St. Paul's Villa.



St. Paul's PACE registered nurses, Vena and Olivia, and Alex, registered dietitian, graduated from the Geriatrics Workforce Enhancement Program on June 30.



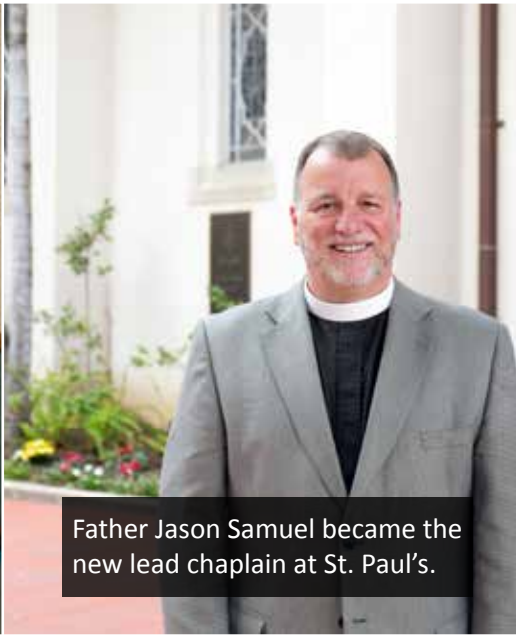
Mark set up breakfast on the patio of the Villa for the Senior Resource Fair.



St. Paul's PACE staff and participants helped Patrick Phillips (third from right) celebrate his Nurse of the Year award.



St. Paul's celebrated Father Leigh's retirement, May 23.



Father Jason Samuel became the new lead chaplain at St. Paul's.



St. Paul's Villa resident, Florence, celebrated her 104th Birthday!



St. Paul's PACE participants gathered with the Easter Bunny.



Sailors from the USS Carl Vinson volunteered at St. Paul's PACE.



The Marketing and Sales Team celebrated birthdays in the second quarter.



St. Paul's honored military heroes during a special Memorial Day celebration.





Vision Statement

We envision a world where seniors have options as to where and how they live.

Mission Statement

St. Paul's is spiritually guided to help seniors lead enriched lives through excellent and innovative services.



Let St. Paul's grant that wish by transporting you to a place where you can experience the magic of LUV!

St. Paul's Senior Services' annual **LUV Gala** is Saturday, August 11, at the beautiful Hilton San Diego Bayfront downtown. Celebrate the love and magic St. Paul's brings every day to so many wonderful seniors who live in our communities and participate in our daily programs. Let St. Paul's magical evening enthrall you. Enjoy live music from GRAMMY award-winning musician Kamau Kenyatta and Friends. Bid on a live and silent auction with magnificent items. Delight in a wine pull, hors-d'oeuvres reception, and sit-down dinner. There will be dancing too!

"I am so excited and enthused about this year's LUV Gala," declares LUV Gala Chair Eleanor Mohammed. "I am thrilled to announce we just added an astounding troupe of Cirque performers who will astonish you with their unique blend of athleticism, humor, and artistry. This is a magical celebration you don't want to miss!"

We are excited to offer incredible auction prizes, including:

TRAVEL

- Round-trip airfare to the Big Apple and house seats to the Tony-winning musical "Come From Away," AND an exclusive tour of multi-million dollar New York City homes.
- A seven-night stay at Tutti's Getaway Haven located in the beautiful city of Salinas in Monterey County, close to Pebble Beach and the National Steinbeck Center.
- A week's stay at the exclusive La Mancha Bed & Breakfast located in the center of Mexican society, nightlife, and glamour in Cuernavaca, Mexico.

- Looking for a vacation closer to home? We have a Los Angeles experience which includes dinner at SPAGO with a private tour of the kitchen, VIP tickets to JEOPARDY!, Wheel of Fortune, and a tour of Sony Pictures Studios.

FOR SPORTS FANS:

- A fantastic Tony Gwynn package that includes a signed baseball and bat, a baseball card plaque, and even an LP record album of the Padres 1984 Championship Season!
- Missing the San Diego Chargers? We have an autographed, framed, and signed jersey from Hall of Famer LaDainian Tomlinson!

These fantastic items and exciting experiences are just a few of the many auction opportunities that await you at the LUV Gala.

You won't want to miss the magic!
Get your tickets to St. Paul's LUV Gala today!

Tickets and event details are available online at www.stpaulseniors.org/event/luv-gala-2018/ or call Craig Smith at 1(619) 239-6900.



Help A Homeless Senior Settle Into New Park West Home

Date: August 25 **Time:** 8:30- 11am

Units: 47 **Address:** 1840 4th Avenue, San Diego, CA 92101

Population: Formerly homeless St. Paul's PACE participants

Building Owner: San Diego Housing Commission

Background: Given the limited resources of the people eligible for a Park West apartment, they are not in a position to furnish the apartment themselves. Though St. Paul's PACE is not responsible for a participant's housing costs, we are fundraising on their behalf. St. Paul's is turning to the community for their support in helping these seniors return to a stable, safe, and clean home environment. The first move-ins are anticipated in September. Would you like to set-up apartments for them on August 25?

Fundraising Campaign Goal: \$94,000

\$2,000 will sponsor one (1) room. Items will include:
- Hard and soft furnishings

- Bed Frame
- Nightstand
- Mattress
- Small café table with chair
- 5-drawer dresser

Contact: Liam Dunfey at 1(619) 239-6900 or ldunfey@stpaulseniors.org.

St. Paul's PACE has partnered with area agencies on three permanent supportive housing programs in addition to Park West: Parker Kier (2013), Celadon (2015), and Talmadge Gateway (2016). When Park West is full later this year, St. Paul's PACE will have 172 formerly homeless seniors in permanent supportive housing apartment units.



"When I first moved in, I cried for several days. Now, I can't stop smiling. I wake up every day thinking, this is mine! I can make plans."
- Talmadge Gateway Supportive Housing Resident, Ricky L.

St. Paul's PACE Receives \$1 Million Gift from The Nemeth Foundation

St. Paul's East location becomes The Alexander & Eva Nemeth PACE Center.

St. Paul's Program of All-inclusive Care for the Elderly (PACE) received a \$1,000,000 donation for the new location in East County, which now becomes The Alexander & Eva Nemeth PACE Center. The name unveiling of PACE Nemeth will be on October 3.

"Since opening our first site in 2008, St. Paul's PACE has transformed the lives of more than one thousand low-income and frail seniors," says Kim Stratman, Center Director of PACE Nemeth. "I have personally seen seniors develop friendships again while regaining their health through this program. It fills my heart to see East County have a PACE Center of its own and I'm so grateful to The Nemeth Foundation for their generous gift and making this happen."

The PACE Nemeth Center, located at 1306 Broadway in El Cajon, is a wellness center and medical clinic for low-income seniors over 55 years of age who suffer from chronic medical conditions that make it difficult to live at home. Once enrolled in the program, PACE participants receive in-home care, transportation, physical and occupational therapy, socializing opportunities, and personalized medical services.

"The Alexander & Eva Nemeth Foundation was established to help those less fortunate in our community. It gives us great pleasure to support St. Paul's PACE in East County. Our seniors need these services and St. Paul's has such an incredible reputation for taking care of this delicate population. Thank you St. Paul's for this opportunity to partner with you for the benefit of our community," says Teresa Castiglione, Executive Director of The Alexander & Eva Nemeth Foundation.

This is the newest and third St. Paul's PACE Center operating in San Diego County. Other locations include downtown San Diego and in Chula Vista. Once it reaches capacity, St. Paul's PACE will serve more than 1,000 seniors every day.



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1. Give St. Paul's Senior Services a gift of cash or appreciated asset (minimum \$5,000).
2. Donors who itemize can claim an income tax deduction.
3. Receive a fixed stream of income for life.

Call the Foundation at 1(619) 239-6900 to learn more about Charitable Gift Annuities and other planned gifts to benefit future senior care at St. Paul's.



ST. PAUL'S COMMUNITY CONNECTION

Reflecting on April - June 2018

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