

Cheryl Wilson, St. Paul's Senior Services CEO, makes the traditional champagne toast at the St. Paul's PACE East ribbon-cutting ceremony.



ST. PAUL'S COMMUNITY CONNECTION

Reflecting on January - March 2018



Several St. Paul's PACE supporters, (L to R) Laury Graves, St. Paul's PACE Board Chair; The Very Rev. Penelope Bridges, St. Paul's Operating Board President; Cheryl Wilson, CEO; Pat Ford, PACE Board Emeritus; Dr. Dennis Ehrlich; and Louise Phipps, St. Paul's Operating Board Chair, assist with the ribbon cutting at St. Paul's PACE East.

CEO perspective

There were 9,116 persons experiencing homelessness in San Diego County on January 27, 2017, according to the San Diego Point-in-Time Count. Of those, 29% are over the age of 55; 40% are physically disabled, and 43% have chronic health conditions. Our hope is to reduce this number by providing permanent housing and coordinated medical care.

Over the past ten years, St. Paul's PACE program has cared for almost 1,500 seniors who, without St. Paul's PACE support, would have moved to a skilled nursing facility or become homeless on the streets. One hundred thirty-four St. Paul's PACE participants have received permanent housing as a result of our partnerships with the San Diego Housing Commission and developers like Bridge Housing and Wakeland Housing & Development Corporation. The need is so great in San Diego that we have prioritized St. Paul's PACE growth to help address senior homelessness. On Friday, February 23, 2018, we hosted the grand opening of our third St. Paul's PACE site in El Cajon, located at Broadway and Second Avenue. Having been opened less than one month, we already have ten new participants and another ten ready to enroll! Additionally, we will soon operate a fourth housing project for homeless seniors in downtown San Diego on 4th Avenue.



Thank you for your support as we continue our mission,

Cheryl Wilson

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Senior Prom at St. Paul's Plaza

On March 13, St. Paul's Plaza held a special 50s-themed prom for senior residents with the help of seniors from High Tech High. Jeff Zevely, a reporter for CBS News 8, featured the festivities during his segment called The Zevely Zone.

For several residents, it was their very first prom. Neither Dave Johnson nor his wife Betty got to attend their high school prom in 1962.

"My dad was a preacher in a small town in Illinois, and he didn't believe in dancing," explained Dave. "I was the only one in my class that didn't go to the prom."

Fifty-six years later, Dave cut footloose on the dance floor in the Mathes Center alongside his wife and other St. Paul's Plaza residents including Rebecca and Sharon who didn't go to their high school proms either. Rebecca attended a segregated school in 1957.

The Wheelchair Dancers Organization got the crowd moving, demonstrating how everyone can dance no matter what their challenges may be. Long-time volunteer, Trevor Gibson, showed off his swing dancing moves and later played 50's music on the piano. Everyone cheered as Dave and Betty were crowned Prom King and Queen.



Seniors Share their Love Stories at St. Paul's Manor

St. Paul's Manor hosted a special pre-Valentine's Day tea and card making event on February 13. Residents enjoyed the celebration. Many couples at St. Paul's Manor even shared their secrets for a long-lasting love with Fox5 reporter, Heather Lake, in a live segment on the morning news.

"The best thing you can do on Valentine's Day is to act like its Valentine's Day the year round," David shared. Manor residents, David, and his wife, Marjorie, have been married for 63 years.



Seniors Work Out to Award-Nominated Music

Before the winners of the GRAMMY® Awards were announced late January, St. Paul's Senior Day participants exercised along to GRAMMY-nominated music in their Zumba class. CBS News 8 reporter, Shannon Handy, came by to highlight the fun. She even participated.

"I love the music, and I love to exercise," said Adele, a Senior Day participant.

Nearly 20 seniors enjoyed the fun, including Marilyn, a 90-year-old St. Paul's Manor resident who walked over to the day center to be a part of the special class.

Just before the Academy Awards in March, seniors at St. Paul's Plaza were treated to a workout choreographed to Oscar-nominated songs and scores. 10News captured a few of the moves.

"It's fun to get up and move these arms and legs," exclaimed Penny, a St. Paul's Plaza resident.



St. Paul's Senior Services Photo Collage



Several St. Paul's staff members got to tour the new "Town Square" by Glenner Center.



St. Paul's PACE participant, Tyler, celebrates her birthday with Susie, a St. Paul's Board Member.



The talent show at the Villa hosted by Dr. Jim and Sheila Soules (center) included staff and resident participation and was quite inspiring!



St. Paul's staff took a hard hat tour of the St. Paul's PACE East site.



A St. Paul's PACE participant smiles for the camera with his physical therapist.



Lois, a St. Paul's Villa resident, is all ready for the Live 2 B Healthy class.



St. Paul's Plaza hosted a senior prom with 50's music and lots of dancing.



St. Paul's Manor residents enjoyed a pre-Valentine's celebration.



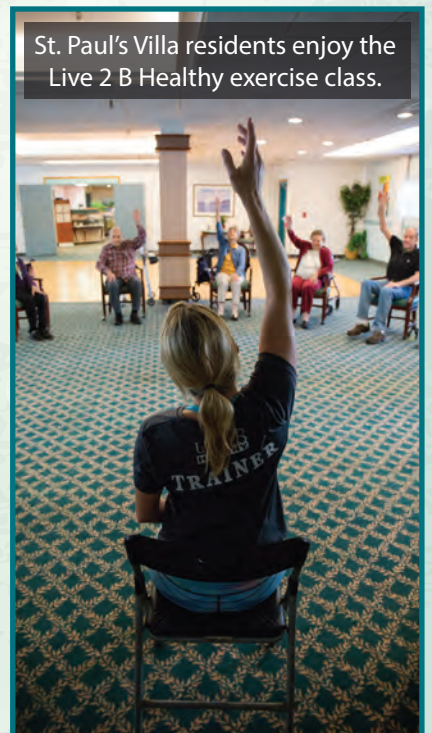
Alma, a St. Paul's PACE participant, benefits from physical therapy.



The St. Paul's Board of Directors help make St. Paul's Senior Services the best it can be.



Eleanor Mohammed (left), 2018 LUV Gala chair, enjoys a game of chess with her mother, a St. Paul's Senior Day participant.



St. Paul's Villa residents enjoy the Live 2 B Healthy exercise class.



St. Paul's PACE East Celebrates Grand Opening

Several elected officials were among the more than 150 community members who celebrated the grand opening of the St. Paul's PACE East center in El Cajon with a ribbon-cutting celebration on February 23. St. Paul's PACE East, located at 1306 Broadway in El Cajon, broke ground in September with contractor Nielsen Construction California.

St. Paul's PACE East is the third program location (others are downtown on Elm Street and in Chula Vista). St. Paul's PACE has cared for more than one thousand low-income and frail seniors, keeping them in their homes and out of skilled nursing by providing in-home care, transportation, and personalized medical services.

"The East County of San Diego has wanted St. Paul's to open a wellness center here for some time because there is such a need," said Kim Stratman, Center Director. "Research shows there are many low-income and frail seniors who will benefit from our program in this area. We are proud to finally be here."

Operations, including daily activities, commenced on February 26. The center's clinic is expected to begin medical care services in late spring. St. Paul's is conducting a capital campaign to underwrite expenses associated with the start-up of the new PACE center as it takes several millions of dollars to begin operations.

"St. Paul's is indebted to generous supporters like Frances White and the Herbert and Judy Paige Foundation for their generous gifts," says Todd Kaprielian, Executive Director of St. Paul's Senior Services Foundation. "It's inspiring to see individuals and granting foundations prioritize the needs of seniors in our community. Their generosity today ensures low-income, frail seniors will receive healthcare services for years to come."



Best of South County

St. Paul's Plaza was awarded Best of South County business by The Star-News. Over the course of 13 weeks, more than 73,000 weekly readers had the opportunity to vote for their favorite places, people, and businesses. Readers voted in a variety of categories specific to South County which includes National City, Chula Vista, Eastlake, and Bonita.

A special Star-News Best of South County recognition party was held at Seven Mile Casino on January 23. Nearly 200 people attended the red carpet-style event to celebrate honorees and were treated to entertainment and appetizers.



Cheryl Wilson, CEO, Bryce Butler (former administrator for St. Paul's Plaza), and Mary Johnson, Outreach Specialist, have fun posing for a photo on the red carpet.



St. Paul's Senior Services' Cheryl Wilson and Carol Hubbard received the Health Care Heroes Finalist award.

St. Paul's Healthcare Heroes

Cheryl Wilson, President and CEO, and Carol Hubbard, Executive Director of Home and Community Services, were honored by the San Diego Business Journal as 2018 Health Care Heroes Awards finalists. The ceremony was held on February 28 at the Westin Gaslamp Quarter and celebrated individuals who have demonstrated exceptional leadership and innovation in the rapidly changing health care sector.

"Carol and I are honored to receive this recognition," said Wilson. "St. Paul's advocates for senior rights in California. The changes in health care have made us even more determined to be a voice for seniors."

Spring Networking Breakfast at St. Paul's Plaza

On March 21, St. Paul's Plaza hosted more than 50 industry partners for our inaugural Welcome Spring event. Among the attendees were Sharp Chula Vista Medical Center and Sharp Rees-Stealy case managers and social workers along with several referral/placement partners. Guests enjoyed a delicious array of breakfast treats paired with a bubbles bar featuring make-your-own mimosas and a variety of fruit. Events like this provide an excellent networking opportunity to share resources and other ideas for serving seniors collaboratively.



Genesis and Lizett, St. Paul's Plaza sales specialists, greeted spring networking event attendees.



Event attendees received a special floral arrangement as an appreciation gift.



St. Paul's Plaza Beverage Manager Carrie Cavins and Sales Assistant Jessica Majors tended the bubbly bar.

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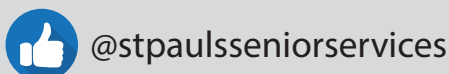
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Veterans Social

At St. Paul's Senior Services, we are committed to serving the physical, spiritual and social needs of more than 1,000 seniors, many of whom are veterans. We are grateful for their military service and the sacrifices they've made in defending our freedom.

Once a month, we host a Veterans Social at St. Paul's Villa, our assisted living and memory care community. We ask friends of the greater St. Paul's community who have served in the armed services to help host and share their military experiences. Invariably, the conversation becomes engaging and stimulating as residents reminisce about the days when they wore their uniforms and served our country.

"It sounds cliché, but it's true: I don't know who got more out of this, me or them. It was my honor to spend time with the residents. I'm thankful for the opportunity to serve my heroes," said Bouffard Anacta, a retired Navy veteran.

We are looking for a few good men and women to join us in hosting the Veterans Social. If you are interested in participating, or if you would like to know about our other veterans events at St. Paul's, please contact Stewart Gaddy at **619-239-6900** or sgaddy@stpaulseniors.org for more details.



Jim Ouimet, Retired Navy Veteran and current USS Midway Docent



Bouffard Anacta, Retired Navy Veteran



Some Legacy Wall and Heritage Society members gather after our annual luncheon

Heritage Society and Legacy Wall Luncheon

This year's annual Heritage Society and Legacy Wall appreciation gathering had a different feel. Standing in for Cheryl Wilson, Chief Operating Officer, Ellen Schmeding, and Chief Administrative Officer, Tim Frazier greeted a record number of attendees at Mister A's on a beautiful spring day. The luncheon is an opportunity for both groups of supporters to come together and celebrate a common value: meeting the needs of seniors to promote independence, dignity and choice.

Ellen started the program with a warm greeting followed by a thoughtful blessing. Later, Tim highlighted recent developments such as opening a third St. Paul's PACE center, additional supportive housing partnerships, and upcoming capital improvements to the Bankers Hill properties.

"I really enjoyed hearing about the Board's work on redeveloping some of their older properties," said Debbie Neuman a Legacy Wall donor. "I'm impressed at how St. Paul's will serve the next generation of seniors."

Dick Thorn, a St. Paul's Board member agreed. "I was on the committee that hired Cheryl Wilson almost 30 years ago. Senior services have changed quite a bit since then. But my wife and I designated St. Paul's in our estate plan because we see the vision and need for senior care in the years ahead."

Legacy Wall members are people who have cumulatively given more than \$10,000; additional giving thresholds reach up to \$3 million. Heritage Society members are people who have designated St. Paul's in their estate plan or will. This past year, St. Paul's added 13 new Legacy Wall members and nine new Heritage Society members.

If you would like to learn more about the Legacy Wall or the Heritage Society, please contact the Foundation at **619-239-6900**.

LUV Gala 2018

St. Paul's Senior Services is excited to announce that the 2018 LUV Gala will take place on Saturday, August 11, at the Hilton San Diego Bayfront Hotel.

Leading the 2018 planning team is LUV Gala Chair, Eleanor Mohammed. Two years ago, Eleanor first heard about the LUV Gala when her mother Gwyndolin joined St. Paul's Senior Day program. Last year, she distinguished herself by volunteering to co-chair the Auction Committee. When asked to chair the 2018 LUV Gala, she said yes without a hesitation.

"This was an easy decision for me. I've seen firsthand the exceptional care my mother has experienced at St. Paul's and I want to share that story with everyone I meet," says Eleanor. "I am enjoying leading the committee this year. Our committee is comprised of fun and inspired members who are passionate about the mission of St. Paul's and serving the elderly."

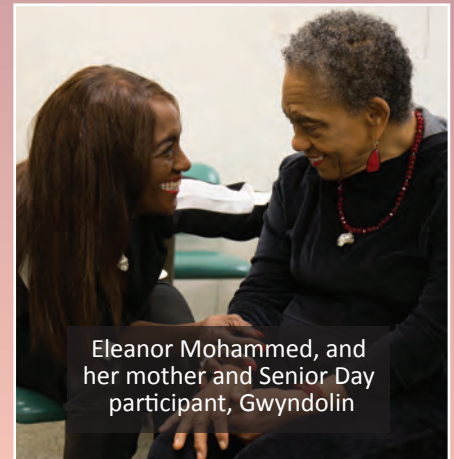
With the theme of The Magic of LUV, guests are encouraged to dress in elegant cocktail attire. Setting the mood for the evening will be the smooth jazz sounds from two-time GRAMMY® winner Kamau Kenyatta and Friends. Kamau teaches jazz at UCSD and performs with his band when he's not in the classroom or studio.

The 2018 LUV Gala Honoree is Ronne Froman Blue. Ronne has been a change agent throughout her professional life. From her 31-year career in the Navy (she retired at the rank of Rear Admiral), to serving at the Red Cross, to being the Chief of Business Operations for the San Diego Unified School District to serving as Chief of Staff for Mayor Jerry Sanders, Ronne has been all about public service.

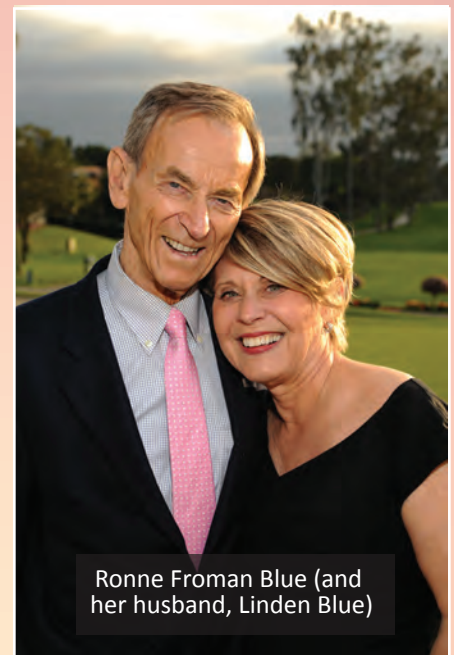
It was Ronne's interest in addressing the needs of homeless veterans that inspired her to have breakfast with fellow Rotarian Cheryl Wilson. "Ronne helped open my eyes to the challenges of homeless veterans. I thought we were just going to have breakfast, but Ronne was passionate. Since that meeting, St. Paul's has made serving homeless senior veterans a priority, most recently in the PACE program."

All proceeds from the evening will fund a major renovation effort at St. Paul's Villa, an assisted living and Alzheimer's care community located in Bankers Hill where many St. Paul's PACE participants reside. "The Villa staff are doing an excellent job meeting the needs of seniors," says Eleanor. "My goal for the LUV Gala this year is to help raise the funds needed to refresh the facility and make it a special home."

We hope you'll join us! Tickets are available online now at stpaulseniors.org/luvgala2018. Enjoy early bird pricing now until July 27 before prices go up. Do you have any questions? Please contact the Foundation at **619-239-6900**.



Eleanor Mohammed, and her mother and Senior Day participant, Gwyndolin



Ronne Froman Blue (and her husband, Linden Blue)



Kamau Kenyatta

Donor Profile – Brad Benter

A husband, father, grandfather, financial advisor, surfer, native San Diegan, and philanthropist, Brad Benter believes in the mission and vision of St. Paul's Senior Services.

"Both of my grandfathers lived into their 90s and I was able to see how they gave back while they were alive and after they passed away," says Brad. "Their experiences and community impact had a profound, positive affect on me."

Brad became involved with St. Paul's in 2011 when he met Cheryl Wilson at another community Board. He became a Board member, supported the LUV Gala, and made significant gifts to various St. Paul's fundraising campaigns, including the Plaza, PACE East, and the Villa Memory Care Program.

"I've seen the passion and growth of St. Paul's firsthand", says Brad. "I want to be a part of its future."

Last year, Brad designated St. Paul's as one of his beneficiaries in his Individual Retirement Account (IRA). It only took a few minutes and didn't require an attorney or much paperwork. "Adding St. Paul's as a beneficiary to my IRA when I die was the easiest way to make sure seniors will be cared for in the future." Brad liked the idea of giving now and giving later, just like one of his grandfathers did. "I give now because I want to support programs that are serving vulnerable seniors today while I'm here," says Brad. "I also want to know that when I'm gone, my estate will continue to support the mission of St. Paul's Senior Services. If we are lucky, we're all going to be seniors one day." With his legacy gift, Brad and his wife, Gigi, are members of the St. Paul's Heritage Society, a group of St. Paul's legacy supporters who have designated St. Paul's in their estate plan or will.

As a financial advisor at UBS Financial Services, Brad is in a unique position to share his personal planning motto with his clients – liquidity, longevity, and legacy.

"I dislike seeing older adults in today's community struggle."

"I like to bring up the client's wishes and discuss what philanthropy means to them for two main reasons. First, if giving back is important to them, then we need to work that into their financial plan. Second, philanthropy may be excellent way to minimize their taxes today or sometime in the future.

"Take me for example. One way I'm saving for my retirement is through my IRA. I can begin drawing interest it has earned when I turn 59 ½. But like everyone else, when I turn 70½, I'll be required to begin drawing down the principal each year. I could choose to have my annual distribution sent directly to a charity. Everyone benefits; I am able to give back and implement an annual cost-efficiency strategy for my personal finances while supporting an important non-profit like St. Paul's Senior Services and the seniors who use their services. I feel there's a lot more to plan for than simply a will or trust."

To learn more about making your legacy gift or supporting St. Paul's through your IRA, please contact the Foundation at **619-239-6900**.



Gigi and Brad at the 2016 LUV Gala



Leave A Legacy For Future Seniors

Name St. Paul's Senior Services in your estate plan or will and help us continue serving seniors. Visit www.stpaulseniors.org/ways-to-give or call the Foundation at 619-239-6900.

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Stan Sokolove
Ian Spath
Connie Stirling
Jake Sutton
Dick Thorn
Randy Truax
Lance Tyran
Jeff Underwood
Elena Valdez
Valeria Vargas
Lee Vernon
Russell Vuich
Delwin Weightman
Christy White
Jerome Williams
Maria Ye
Derron Yu
Sofia Zaragoza

TRIBUTE GIFTS

IN HONOR OF

Mary Frazier
Bob Morris
Margaret O'Neill
Robert Schmeding
Richard & Gerry Showalter

DONOR NAME

Tim Frazier
Rick & Cheryl Wilson
Joseph O'Neill
Ellen Schmeding
Aubrie Showalter

MEMORIAL GIFTS

IN MEMORY OF

Elizabeth Courter
Margaret Govea
Tally Jarrett
Laurie Sanchez
Janet Carol Shuckhart
Robert & Helen Wolterstorff

DONOR NAME

Kathryn Courter
Kaniel Govea
Lillian Jarrett
Arlyn Greene
Jeanne Neustaedter
Terry & Annie Love

ST. PAUL'S WISH LIST

St. Paul's PACE

- Toiletries (shampoo, body wash, deodorant, toothbrushes, toothpaste, hairbrush/comb razors, shaving cream)
- Kitchen supplies
- Cleaning supplies

St. Paul's PACE East

- Karaoke machine
- Christmas trees and holiday decorations
- Bingo prizes (small and lightweight items are perfect)

St. Paul's Senior Day

- Microwave oven
- Picture frames of all sizes
- Electric tea pot
- House plants

St. Paul's Senior Services
328 Maple Street
San Diego, CA 92103



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San Diego, CA

St. Paul's Community Connection
Reflecting on January - March 2018



Clari (center) a St. Paul's Plaza resident, enjoys time with her daughters who came from out-of-town to visit.