



Cheryl Wilson CEO, The Very Rev. James Carroll, John Witt, and Jack Lentz at this year's LUV Gala



COMMUNITY CONNECTION July ~ October 2017



LUV Gala volunteers

CEO perspective

November is National Alzheimer's Disease Awareness Month. I want to share some startling facts about the disease to help you understand why we at St. Paul's are so committed to supporting not only San Diego seniors, but caregivers as well. Did you know that an estimated 60,000 San Diegans are living with Alzheimer's disease? This incurable, progressive, and fatal brain disease is the third-leading cause of death in San Diego County. By 2030, an estimated 94,000 people will be affected.



To help those affected, St. Paul's Senior Services offers St. Paul's Villa Memory Care and St. Paul's Senior Day program for those with mild to moderate memory impairment. Both facilities reside in Bankers Hill, close to Downtown. St. Paul's Plaza's Reflections is our memory support community in the Otay Ranch area of Chula Vista. We designed Reflections as a true "home," with open kitchens, dining and living areas, and a spacious, private garden so residents can wander and enjoy the outdoors. St. Paul's Reflections staff understand the needs of families faced with the challenge of having a memory-impaired loved one. Therefore, we provide respite care as temporary relief for the caregivers living in the general community.

At Reflections, we have many young students who volunteer their time, and in the process, become caring, and empathetic young adults who we hope will transform this empathy and compassion into caregiving at some point in the future. St. Paul's currently provides training sites for multiple high schools, colleges, and universities. We do this to prepare the next generation of professional caregivers not only in the basics of health care, but also in the ability to provide compassionate care.

Our university, college, and high school volunteers give us positive feedback about their experiences with our seniors. If you, or someone you know, wish to volunteer, please go to our website, stpaulsseniors.org, or call 619-239-6900 for a volunteer application. We welcome your support of our programs.

Thank you,

Cheryl Wilson

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Talmadge Gateway Provides Sanctuary for Formerly Homeless Seniors

Fifty nine seniors are no longer homeless thanks to the partnership between St. Paul's Senior Services, Wakeland Housing and Development Corporation, and the City Heights Community Development Corporation. Early this summer, their collaborate efforts culminated with the grand opening of Talmadge Gateway. It is the first 100 percent permanent supportive housing community in San Diego, a \$20.7 million complex exclusively for formerly homeless seniors with medical needs that require ongoing support.

St. Paul's Program of All-Inclusive Care for the Elderly (PACE) provides the comprehensive medical services that help residents thrive. Ricky Lopez was the first resident to move into the new complex.

"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," he rejoiced.

Local philanthropists attended the grand opening event. Several of the residents welcomed attendees into their homes to see first-hand the difference that the supportive housing project is making in their lives.

"We believe that seniors in our community have no business living on the street," Carol Hubbard, Executive Director of Home and Community Based Services for St. Paul's Senior Services said to the event attendees. "Did you know that close to 30 percent of the homeless living on the street in San Diego are seniors? We're making an impact, but we have a lot more work to do."

Talmadge Gateway is the third housing complex of its kind that St. Paul's Senior Services has been involved in. St. Paul's PACE continues to find ways to help medically frail, low-income seniors.



Carol Hubbard with new residents, Michael Pastore, Melvyna Landry and Ken Sauder, President and CEO of Wakeland Housing



Ground breaking ceremony for new PACE site

St. Paul's PACE Coming to East County

In 2008, St. Paul's Senior Services brought PACE (Program of All-inclusive Care for the Elderly) to San Diego. Through the medical and social program exclusively for seniors, St. Paul's has helped thousands of low-income and frail seniors continue to live successfully at home versus moving to a skilled nursing facility. The success stories are overwhelming and we encourage you to visit our website, St.PaulsSeniors.org/PACE to see testimonials from our participants.

On September 1, 2017, St. Paul's proudly hosted a groundbreaking ceremony for our third PACE day center at 1308 Broadway, El Cajon. Almost one hundred community leaders and elected officials attended the ceremony. The expected opening date is mid February 2018; however, St. Paul's is already accepting enrollments. For more information, please call (619) 271-7100.

You can help!

We are very excited about our new St. Paul's PACE El Cajon location. You can help make it a success! We have a list of items that can be donated for the new site. Clocks, file folders, laptops, desk chairs, book shelves, artwork, mirrors, and desks are needed. An extended list is on our website at stpaulseniors.org/wishlist.

St. Paul's Senior Services Current Events



Villa residents enjoy outdoor activities.



Susan and Mark help celebrate the El Cajon PACE site ground breaking.



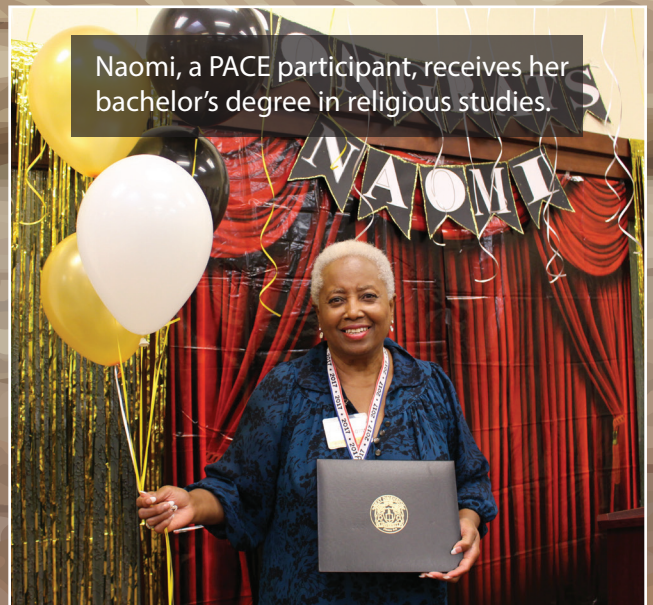
Volunteers from the local interfaith community serve ice cream sundaes to St. Paul's residents.



Kids in our Child Care Program delight in outdoor fun.



The Dunfey family bears gifts and celebrates the monthly birthday gathering for St. Paul's PACE participants.



Naomi, a PACE participant, receives her bachelor's degree in religious studies.



Larry, a Plaza resident, films a commercial with After 55.



Barbara, a Plaza Reflections resident, loves pet therapy.



Our Child Care program witnesses the rare 2017 solar eclipse.



Formerly homeless, St. Paul's PACE Participant Celia enjoys her new Talmadge Gateway studio apartment.



Senior Day Program Supervisor Melissa attends the 2017 Walk to End Alzheimer's.



St. Paul's Manor residents get ready to board the bus for a trip to a local venue.

StPaulsSeniors.org

Seniors and Children Share Historical Moment

Members of St. Paul's Intergenerational Program witnessed The Great American Eclipse on the morning of August 21.

The last total eclipse to cross over the continental US happened in 1979. The next total eclipse won't be until 2024, and only visible from Texas to Maine, so it was important that St. Paul's provide the opportunity to our participants.

"The excitement of the eclipse is something the seniors can share with the children in our Child Care Program," Melissa said. "We look for intergenerational opportunities everywhere and this was such a good one to share with all ages.

Shannon Handy from CBS 8 San Diego News visited our Intergenerational Program and captured the excitement our seniors and children were feeling for the 2017 solar eclipse.



St. Paul's Plaza Featured on Televisa and KSDY50

In June, KSDY50, a local Spanish television station, featured the Tai Chi program offered at St. Paul's Plaza in their "50 en 50" segment. The classes, available at no cost to St. Paul's Plaza residents, are part of the extension program at Southwestern College. Reporter Juan Villanueva interviewed Sales Specialist Genesis Martinez who talked about the health benefits of participating in the Tai Chi classes, and the variety of other offerings at St. Paul's Plaza, including the heated therapy pool, exercise classes, gym, and other amenities.



Blood Drives at CCC and St. Paul's Plaza

Every two seconds someone in the United States needs blood and one donation has the potential to save as many as three lives, according to the American Red Cross. In August, St. Paul's Senior Services hosted two blood drives in partnership with American Red Cross and San Diego Blood Bank. Between the blood drive at St. Paul's Plaza and the one at the Community Care Center, 29 pints of blood were collected, potentially saving 87 lives! Thank you to those that donated.





Volunteer Feature Story - Trevor Gibson

The San Diego Union-Tribune featured Trevor's story in the article "St. Paul's volunteer brings harmony to seniors", (2017, August 22). Trevor Gibson, 24, began volunteering at St. Paul's Senior Services (SPSS) when he was just 19 after his grandmother, who worked in Banker's Hill, talked up his musical talents to SPSS staffers.

"I came and I played, and everybody loved it, and I fell in love," Trevor gushed. "It was so awesome. The people are so amazing."

Trevor initially played the piano once a week. SPSS began compensating Trevor for his musical performances a few years ago. He now plays piano for residents throughout the SPSS communities with about 15 performances a month. Trevor continues to volunteer, from accompanying on field trips to helping with craft projects.

Trevor recently said, "I went on a two-week vacation and I couldn't wait to come back to see the seniors. I get to meet them in a special time in their life; it is such a delicate time. It is so special to be a part of their lives."

Being a part of the SPSS family has become such an important part of Trevor's life that he even put off going to college for one year.

"I prayed about it and decided that it is not time yet for me to leave," Trevor confessed. "I still feel like I have an impact to make and I'm not finished yet. Everyone at St. Paul's has so much life. There is so much wisdom to be gained from them, and they are so hilarious. They have the ability to laugh at themselves. People are so self-focused, and seniors aren't. I want to be like that."

The San Diego Union-Tribune Successful Aging Expo

St. Paul's Senior Services reached more than 1,000 attendees during The San Diego Union-Tribune Successful Aging Expo on Saturday, October 7, at the Del Mar Fairgrounds. It was a free day of inspiration, education, and entertainment for event-goers. In the St. Paul's section, people were able to learn about all of St. Paul's services and ask questions. The expo included more than 18 seminars on topics meaningful to the aging adult.

Members of St. Paul's Senior Services Outreach team shared information about the wonderful resources offered during The San Diego Union-Tribune Successful Aging Expo on Saturday, October 7.





Chip and Kathy Olson

St. Paul's LUV Gala: Boatloads of Fun!

St. Paul's and Love Uniting Volunteers (LUV) are thrilled to report that the 2017 LUV Gala's LUV Boat held on August 19 at Loews Coronado Bay Resort was a resounding success!

Net proceeds from the event exceeded \$240,000, which will underwrite the cost of building and program improvements for St. Paul's McColl Nursing and Rehabilitation.

St. Paul's welcomed more than 400 friends, a record attendance for the LUV Gala. Guests enjoyed both a lively silent auction and exciting bidding wars during the live auction. As with every LUV Gala, making new acquaintances and catching up with longtime friends was the best part of the evening.

This year's committee was chaired by Chip and Kathy Olson. The planning team was inspired to create a joyous celebration for honorees The Very Rev. James Carroll, John Witt, and Jack Lentz. These three "pillars of St. Paul's" were recognized for their longtime leadership and support of St. Paul's Senior Services. With the help of the 2017 LUV Gala proceeds, improvements to the McColl center have already been set in motion.

"The wonderful LUV Gala supporters have been instrumental in the coming transformation of this community" said Cheryl Wilson, CEO of St. Paul's Senior Services. "We owe much gratitude to the many generous donors and community supporters who believe in St. Paul's mission of serving seniors."



Mike and Sally Bixler and John and Bonnie Rush



Gloria James, Lemon Grove Mayor Racquel Vasquez, and Eleanor Mohammed

Do You Like To Plan Parties?

Eleanor Mohammed will chair the 2018 LUV Gala. "Working as the auction committee co-chair this year was really fun. The camaraderie and creativity was flowing, and we all made some lifelong friends," said Eleanor. "I enjoyed it so much, I am honored to lead the 2018 planning team and I am excited to see what fantastic event ideas we come up with." Eleanor is already forming her planning committee! "I encourage those who enjoy fundraising and planning big parties to join in the fun!" For more information contact Kathryn at kcourter@stpaulseniors.org or call 619-239-6900.



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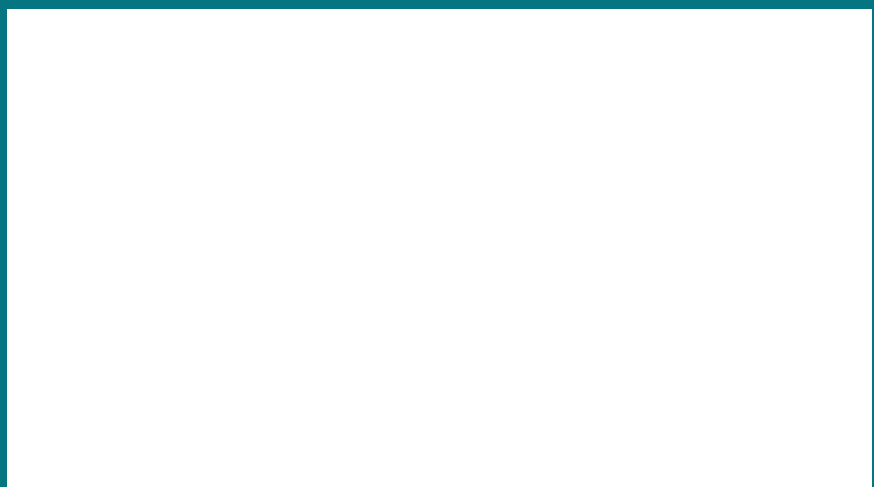
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July - October 2017



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