



St. Paul's staff and volunteers appreciate all the LUV Gala support.



## ST. PAUL'S COMMUNITY CONNECTION

Reflecting on July - September 2018



A Senior Day participant and kids from St. Paul's Child Care Program enjoy time together during an intergenerational activity.



# CEO PERSPECTIVE

Sometimes we become consumed by the issues immediately surrounding us and find it difficult to see the big picture. In my role as a board member for the Global Ageing Network, I recently had the opportunity to meet in Prague with senior providers from across the globe. The conference brought us together to discuss the future of long-term care with the most significant agenda issue for this international grouping being workforce, or lack thereof. The challenge: the rise in the global senior population who require some level of care and support, and the dwindling number of caregivers available to serve them.

I spoke about the “Workforce Availability Challenges in the United States” to those assembled and shared the programs here at St. Paul’s in which we “grow our own.” Through our Intergenerational Program, we teach small children to be comfortable around seniors. We foster a culture that shows student workers and high school volunteers how rewarding a career in senior care can be. St. Paul’s also provides clinical training sites for nurses, and gerontology fellowship training for medical professionals already in the field. We provide professional development and educational benefits for all St. Paul’s employees, and we nurture interest in senior care through outreach into our community. Combining all of these initiatives with an awareness of the desires of the new millennial workforce, we hope to see people of all ages enter into the field of senior service.



Do you know someone you would like to introduce to this growing and vibrant field? St. Paul’s has been serving seniors since 1960 and is an innovative leader in senior care in San Diego where our employees thrive in a joyful, respectful environment while making a difference in the lives of those we serve.

*Cheryl Wilson*

**Join our team!**

[StPaulsSeniors.org/our-careers](https://StPaulsSeniors.org/our-careers)

# Outreach Team is Out and About in the Community



## Balboa Park Senior Dance

Representing St. Paul's, Kelly Lapadula attended the Balboa Park Senior Dance in August and helped educate seniors about the many St. Paul's communities and programs. Kelly is the outreach specialist for the Bankers Hill area and is often out and about in the community talking about St. Paul's, answering questions, and making new contacts.

*Pictured: Kelly Lapadula poses with two attendees who showed their spirit by participating in the "Silly Hat" themed senior dance.*

## Educational In-service at Sharp

St. Paul's Outreach and Sales Team brought some summer fun to case managers at the Sharp Chula Vista Medical Center in July.

Community education about St. Paul's communities, services, and programs help industry specialists who work at hospitals, rehabilitation centers, and medical offices know where to refer their clients in need of support.

If your organization would benefit from an educational in-service, call Kelly Lapadula with the St. Paul's Outreach Team at 1(619) 239-6900.



*Pictured left to right: Mary Johnson, Lizett Schulz, and Carolina Lopez model leis distributed as part of the summer fun goodies.*

## Legislative Visit at St. Paul's PACE Reasner



St. Paul's welcomed 26 legislative aides from Sacramento and Aging and Independence Services leaders from San Diego County during a special visit to St. Paul's PACE Reasner in San Diego on September 25. The St. Paul's PACE Team was dynamic in explaining our program and all the benefits to a previously underserved senior population.

*Pictured left to right: Ellen Schmeding, Carol Castillon, Amanda Gois, Jane King, Carol Hubbard, Tony Abril, and Robin Jensen.*



# ST. PAUL'S SENIORS OF SAN DIEGO

*In honor of the 10-year anniversary of St. Paul's Program of All-inclusive Care for the Elderly (PACE) we are featuring several seniors whose lives have changed as a result of the care they receive through their participation in PACE in this edition of Seniors of San Diego.*

*During the last decade, St. Paul's PACE has enrolled more than 1,400 participants, provided more than 3,100 home care visits during 2018 alone, and housed 140 homeless seniors. Each day, St. Paul's PACE serves more than 150 meals to seniors, sees 160 day center visitors, and handles approximately 50 clinic appointments for medical needs such as doctor consultations, assessments, and wound care. If you, or someone you know, could benefit from St. Paul's PACE, please contact us at 1(619) 551-7400.*

*Remember to look for features on social media by searching the hashtag, #seniorsofsandiego or simply follow along:*

## **Facebook**

*@StPaulsSeniorServices and @StPaulsPACE*

## **Instagram**

*@StPaulsSeniorServices and StPaulsPACE*

## **Twitter**

*@StPaulsSeniors and @StPaulsPACE*

**PACE  
Edition**



*"I was depressed and in a lot of pain. There was no hope. I didn't want to live. I will always be thankful to God for St. Paul's PACE - it gave me back stability and a chance to begin a new life. Because of St. Paul's PACE, I know I am going to be fine. But in case something happens to me, I know St. Paul's PACE will take care of me. I am so happy to be independent. I have plans and goals. I know what direction to go in. I'm going to do it!"*

**- Dora, St. Paul's PACE participant**



*"St. Paul's PACE is the best place to be because they really take care of you. I had an operation on my neck, one on my hand ... I have had a lot of services. They gave me teeth and glasses. St. Paul's PACE sends someone to the house twice a week to help with cleaning. They help me stay independent. I am living with my granddaughter and my son. St. Paul's PACE helps them not worry about me."*

**- Rafael, St. Paul's PACE participant**





*"I had an infected valve leading to my heart. The infection was horrible. It came from my bad teeth. Bad teeth can infect your whole body. I didn't know that. St. Paul's PACE takes care of everything. If you need something special, they will send you to a specialist. If there is any problem, you just let them know. They handle the problems. It's hard for me to bend and stoop with my heart. My St. Paul's PACE caregiver goes to the grocery store for me and does my laundry. St. Paul's PACE helps me a lot."*

**- Mary, St. Paul's PACE participant**



*"I was born with spina bifida. I've always lived with my parents. I had a health issue in 2014 and was bedridden for a year. When my illness overtook me, it took a lot out of me physically because I had to heal, but it was the social connection that was the hardest. One year in bed with only my laptop and my 80-year-old parents caring for me, I thought, someone, hug me, someone, pat me on the head, something. I joined St. Paul's PACE as soon as I turned 55. The socialization alone has brought me such joy. [At the PACE center,] I make people laugh; I make them smile. I have a unique perspective because of my disability. I don't let people live their disability. It doesn't define them. You are not dementia. You are not Parkinson's. You are not diabetes. You are coping with your disability. Live each day fully."*

**- Beth, St. Paul's PACE participant**



*"I was very depressed before. St. Paul's PACE got me out of that. When I joined St. Paul's PACE I couldn't walk. I couldn't get most medications that I needed. St. Paul's PACE medical care has helped me. They even make my appointments for outside doctors, and they got me a walker and an apartment. I feel like I have something to live for now - Myself."*

**- Linda, St. Paul's PACE participant**



*"I found out I was diabetic. My health started really going bad in 2005; I was really going downhill. Since being at St. Paul's PACE my outlook has changed. I like the socialization I get when I come in. My health is better. I don't have trouble with my high blood pressure. I was falling for three years before I came to St. Paul's PACE. At home, if I fall and can't get up, I have a call button which St. Paul's PACE provided."*

**- Virginia, St. Paul's PACE participant**



# IN THE NEWS

## St. Paul's PACE 10-Year Anniversary featured in *The East County Californian*

St. Paul's Program of All-inclusive Care for the Elderly (PACE) celebrated 10 years of providing care for frail, low-income seniors enabling them to continue to live safely in the comfort of their own home. St. Paul's PACE staff and supporters of the program joined together to commemorate the milestone during a special event held on July 11 at the newest St. Paul's PACE center in El Cajon. The festivities included a special certificate presentation by a representative from the Mayor's office and a celebratory cake. The event and information about St. Paul's PACE was featured in *The East County Californian* on July 26, 2018.



The St. Paul's PACE team gather around the 10-year celebratory cake.

St. Paul's PACE is for seniors who are 55 years of age or older, live in the PACE-covered service area, and need the

level of care that would ordinarily require them to live in a skilled nursing facility. Learn more about St. Paul's PACE at [www.StPaulsPACE.org](http://www.StPaulsPACE.org), or call 1(619) 551-7400.

## LUV Gala Featured in Variety of Media Outlets Throughout San Diego

LUV Gala Honoree Ronne Froman-Blue was featured in *Homeland Magazine* in the August 2018 issue, where information about her life and participation with St. Paul's was covered over a two-page spread.

*The San Diego Union-Tribune* printed an article about LUV Gala Chair Eleanor Mohammed on August 11 by reporter, Lisa Deaderick. The touching story includes how Eleanor's mother, Gwyndolin, is a participant in St. Paul's Senior Day Program and the reason why Eleanor has dedicated herself to helping St. Paul's.

Additionally, *San Diego Magazine* highlighted St. Paul's annual LUV Gala in the "Monday Morning Good News" column on website.



Pictured above: On August 4, KUSI NEWS aired a live segment featuring some of the incredible entertainment scheduled to perform at St. Paul's LUV Gala. KUSI's Ginger Jeffries previewed some of the magic and interviewed LUV Gala Chair Eleanor Mohammed and St. Paul's Foundation Executive Director Todd Kaprielian.





# St. Paul's PACE

*The following items are needed to meet the basic needs of San Diego's most frail, low-income seniors:*

- Food gift cards (Vons, Albertsons, anywhere that sells food) are a HUGE need and canned/ non-perishable foods
- Cleaning supplies
- Laundry detergent
- Fabric softener
- Dish sponges
- Paper towels
- Toilet paper
- Blankets
- Kleenex
- Socks
- Sweatshirts
- Trash bags
- Denture cleaner
- Eye glass cleaners
- Hygiene care items:
  - shampoo
  - body wash
  - deodorant
  - toothbrushes
  - toothpaste
  - hair brush/comb
  - razors
  - shaving cream

# SPEND

## St. Paul's Essential Needs Drive



St. Paul's PACE cares for seniors. You can help too, through **St. Paul's Essential Needs Drive (SPEND)**. While you may only **SPEND A LITTLE** – your donation will **HELP A LOT!**

To make a cash gift, please visit [www.StPaulsSeniors.org](http://www.StPaulsSeniors.org) or you can drop off your donations at any of our three St. Paul's PACE locations:

### St. Paul's PACE Reasner - Downtown

(619) 677-3800

111 Elm Street, San Diego CA 92101

### St. Paul's PACE Akaloo - Chula Vista

(619) 271-7100

630 L Street, Chula Vista, CA 91911

### St. Paul's PACE East- El Cajon

(619) 551-7400

1306 Broadway, El Cajon, CA 92021

Donation sites are open from 8am to 4:30pm, Monday through Friday. We will be accepting SPEND donations until December 30. Please do not gift wrap and no used items.

Thank you for your generosity this season.

[StPaulsPACE.org](http://StPaulsPACE.org)



# AROUND ST. PAUL'S ...



Kim Stratman (left) and Carol Hubbard (right) accepted a certificate of recognition presented by a representative for Senator Anderson honoring St. Paul's PACE.



St. Paul's Villa residents enjoyed an Independence Day social including refreshments and a performance by Sweethearts of Swing (pictured).



St. Paul's PACE participants enjoyed a day at the San Diego County Fair.



Cheryl Wilson, St. Paul's CEO and a registered nurse, was among the first to donate at the St. Paul's Blood Drive held at the CCC on July 11.



St. Paul's Villa resident, Jo, celebrated her "Over 55" Birthday.

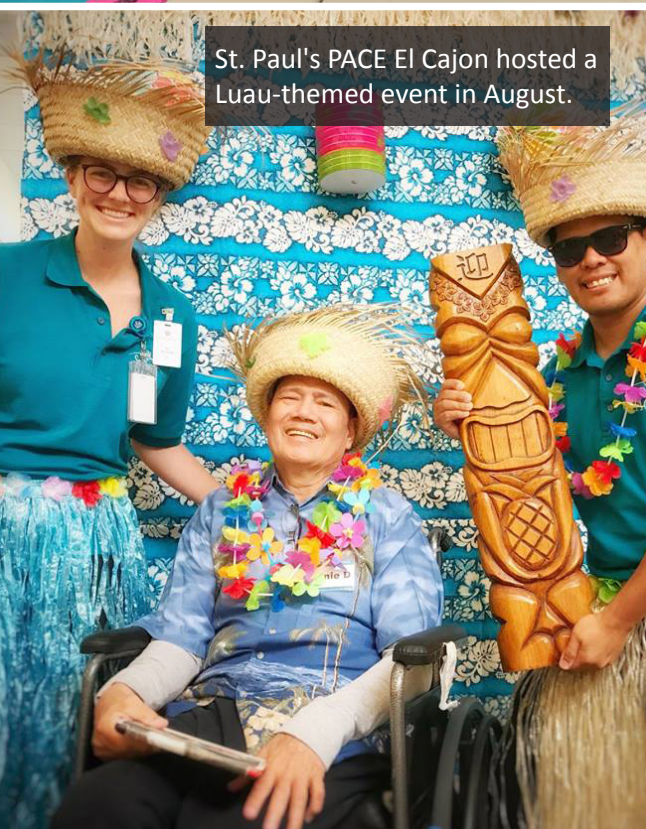




St. Paul's Senior Day participant, Mary, celebrated her 90<sup>th</sup> birthday with friends.



Volunteers from the Union Bank helped host a Grandparents Day Ice Cream Social for St. Paul's seniors and children from our Child Care.



St. Paul's PACE El Cajon hosted a Luau-themed event in August.



Volunteers helped serve ice cream for a special social at St. Paul's Manor.



St. Paul's Senior Day participant enjoys a treat at Extraordinary Desserts during a special outing.



Participants at St. Paul's PACE Reasner in San Diego enjoyed a special visit from the San Diego Zoo on September 6 which included a variety of animals including a sloth (pictured).



# Park West Prepared for Formerly Homeless Seniors

On Saturday morning, August 25, more than 20 Episcopal Church volunteers helped set up 15 studio apartments and wrote welcome home notes for formerly homeless St. Paul's PACE seniors at Park West in Bankers Hill. The volunteers were joined by St. Paul's staff, board members, and elected officials including Assembly Member Todd Gloria, San Diego City Councilmember Chris Ward, and Chevelle Newell-Tate, District Representative from the office of Senate President pro Tempore Toni Atkins.

"St. Peter's is very pleased to see St. Paul's PACE address complex San Diego area homeless issues," says the Rev. Martha Anderson, associate rector at St. Peter's Del Mar. "We are excited that there are future projects in the works for our senior population who lack permanent shelter and St. Peter's looks forward to supporting those good efforts to combat homelessness as well."

In late 2017, the San Diego Housing Commission purchased the Quality and Comfort Inn buildings on 4th Avenue in Bankers Hill.

The Housing Commission granted 47 of the 88 rooms for formerly homeless St. Paul's PACE seniors.

St. Paul's Senior Services Foundation reached its goal of \$94,000 to purchase furniture and furnishings for the 47 apartments. When the participants move in this fall, they will have a place to call home. When all of the apartments are filled, St. Paul's PACE will have more than 200 seniors in permanent supportive housing around San Diego. For more information about donations for St. Paul's PACE Supportive Housing, please contact Liam Dunfey in the Foundation at [ldunfey@stpaulseniors.org](mailto:ldunfey@stpaulseniors.org) or 1(619) 239-6900.

Volunteers help set up studio apartments for St. Paul's PACE seniors at Park West.



St. Paul's staff and volunteers from the Episcopal Church are all smiles after a day of setting up Park West apartments for formerly homeless St. Paul's PACE participants.







St. Paul's Villa Administrator LaTressa Downing stands in front of the newly-painted Villa on 4th Avenue in Bankers Hill.

## St. Paul's Villa Renovation Plan in Process

St. Paul's is in the final stages of a renovation design for St. Paul's Villa, our 135-room assisted living and memory care community on 4th Avenue in Bankers Hill. Our plan is to have these capital improvements carry the community for the next 10-15 years. Cost estimates for this project will exceed \$1.2 million and be an investment in keeping our costs affordable for hundreds of seniors in the years to come.

To date, St. Paul's has raised \$30,000 to paint the exterior of the building; in fact the work was completed this summer. The interior renovations will touch all three floors of the building. St. Paul's was awarded a \$235,000 Community Development Block Grant (CDBG) to replace the flooring in all of the community rooms and hallways throughout the entire building.

In addition to painting the building and installing new flooring, the décor of the public areas on all three floors will receive such updates as new paint, the replacement of ceiling tiles, improved lighting and other enhancements. Equipment and furnishings featured in the renovation include new tables and seating. All combined, St. Paul's estimates these décor enhancements and new

furnishings and equipment will approach \$1 million. St. Paul's Senior Services Foundation has raised \$213,000 at the 2018 LUV Gala for this project, but we have more to go.

"I'm excited to see the upcoming changes in the common areas of my home," says Suzanne Cech. "As a long-time St. Paul's resident, I not only appreciate St. Paul's caring staff, but how they keep rates affordable by not passing along these capital costs to residents."

Taken in its entirety, this project will update the design elements of the Villa with a contemporary feel for residents to enjoy for years to come. The design goal is for public spaces throughout the building to have bright, therapeutic, and colorful spaces with new artwork throughout (which can help spur conversation and instill more beauty). Work is scheduled to begin in the early part of the new year and conclude by November 2019.

For more information about supporting the Villa Renovation campaign, please contact the Foundation at 1(619) 239-6900 or make a gift online at [www.stpaulseniors.org/get-involved](http://www.stpaulseniors.org/get-involved).





(From left to right) LUV Gala Honoree Ronne Froman, St. Paul's CEO Cheryl Wilson, Foundation Executive Director Todd Kaprielian, and St. Paul's Board Chair Joe Craver were among the attendees.



LUV Gala Chair Eleanor Mohammed (left) tells the memorable story of how she met fellow caregiver Irish Crow.

# Luv Gala Breaks Record

St. Paul's raised \$213,000 at "The Magic of LUV" Gala, and we could not have done it without you. Your generosity will go a long ways towards the renovation of St. Paul's Villa. Thank you!

Nearly 380 guests attended the magical LUV Gala held in the beautiful Sapphire Ballroom at the Hilton San Diego Bayfront. Guests were greeted by cirque stilt performers who juggled and entertained throughout the reception. Guests also enjoyed champagne truffle pops upon entering the reception.

Silent auction items stretched out to an impressive 80 lots.

"We wanted to have something for everybody," says auction co-chair, Patrice Brooks. "Did you see the boy's and girl's bikes and the artwork? We had lots of fun

pulling this together."

St. Paul's Wine Pull was another hit. For \$25, guests had the opportunity to win bottles of wine or champagne worth up to four times the ticket amount – several were valued at more than \$100!

For guests who wanted to permanently capture the magic of the evening, there was the Vacay Photo Booth generously donated by Cameron and Irish Crow. Irish's mother is a resident at St. Paul's Villa.

"I owe my life and my mom's well-being to St Paul's Senior Services," says Irish. "Donating our photo booth for the event was a way we could give back."

LUV Gala Chair Eleanor Mohammed was thrilled about the success of the event.



Guests had fun in the Vacay Photo Booth, donated by Irish and Cameron Crow.



Daneen Whitley Wilburn, lead singer for Kamau Kenyatta & Friends, belts out a tune to the enjoyment of the crowd.





Grammy winner Kamau Kenyatta plays the keyboard.



Cirque Quirk troupe perform an LED ring act.

"There are so many people I want to thank," says Eleanor. "First, thank you to everyone who raised their bid cards for our fund-a-need to support the Villa dining room, secondly, to Rear Admiral Ronne Froman, our honoree. She's a very special lady who serves our veterans well and makes San Diego a better community. Lastly, I want to recognize everyone who is a caregiver to a loved one. I'm the caregiver for my mother who is also a St. Paul's Senior Day participant of four years. I know firsthand

the challenges that come with being a caregiver. It's important to have organizations like St. Paul's providing programs, respite, and resources to help us on our path."

St. Paul's looks forward to building upon the success of this year's LUV Gala. If you would like to help plan next year's event, please contact Craig Smith in the Foundation at 1(619) 239-6900.

## We LUV Our Volunteers

St. Paul's Senior Services Foundation hosted a Wrap Party for all the wonderful volunteers who so graciously gave of their time to make "The Magic of LUV" such a success!

"I want to thank our incredible team who stepped up to make this such a special event," said Cheryl Wilson, CEO of St. Paul's Senior Services. "Some of them helped with the planning over several months. These are people who really value the care we give our seniors."

*A special thank you to our friends at Flour Power Bakery in El Cajon who generously donated the desserts.*



Attendees bid on a variety of fabulous items.



St. Paul's LUV Gala volunteers enjoyed the Wrap Party.



# St. Paul's Donors, July 1- September 30, 2018

## DONORS

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Akaloa Resource Foundation  
Jim & Barbara Alcorn  
The Alexander & Eva Nemeth Foundation  
Lisa Allen  
Liz Allison  
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Mary Maree  
Mike & Wendy Matalon  
Brian & Elexis McBee  
Don & Cyndi McCleary  
Bill & Sandra McColl  
Peter & Sandra McCreight  
Donna McGill  
Sharon McKinney  
Carla McLaughlin  
MediExcel Health Plan  
Maria Medina  
Victor Mena II  
Ben Meza  
John & Grace Micetich  
Nancy Miller  
Eleanor Mohammed  
Helga Moore  
Patricia Moore  
Faye Myers  
Navis Pack & Ship  
Jeanne Neustaedter  
Newport Group, Inc.  
John & Carrie O'Brien  
Russell Okihara  
Chip & Kathy Olson  
Jerry Ondercin  
Joseph O'Neill  
Henry & Donna Otten  
Arthur Page & Randy Taylor  
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Daniel & Gail Piraino  
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Jamie Ports  
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RezCare Pharmacy  
Richard Joseph Salon  
Virginia Richardson  
Jerry Rindone  
KarenLee Robinson  
Leo & Christine Rocca  
Robert & Kathy Rodriguez  
Lisa Rodriguez  
Conrad & Patricia Rorie  
Carolyn Roufs  
Norman Rudenberg  
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John & Bonnie Rush  
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Margaret Smith  
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Therapy Specialists  
Yolanda & Floyd Thomas  
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Randy Truax  
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Victor Ulrich  
Gabriela Velazquez Molina  
Lee & Gigi Vernon  
Russ & Diana Vuich  
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Wakeland Housing & Development Corporation  
Sam & Susan Ward  
Delwin & Maryl Weightman  
The Well-Grow Foundation  
Sonia West  
Neville Willsmore & Paige Adamson  
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Troy & Marissa Wilson  
Rick & Cheryl Wilson  
John & Lenora Witt  
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Jake & Julie Young  
Jill Young  
Steve Zapoticzny  
Robert & Linda Zaremski  
Zenith Insurance Company  
Wendy Zhuang & Wilson Hom  
Katherine Zolezzi



## VOLUNTEERS

Gina (Gigi) Accomazzo	Judy Crippen	Rachel Jenkins	Janene McIntyre	Tara Sorochman
Letty Alvarez	Tamela Cross	Sofie Jimenez	Michael McPhail	Ellie Stauderman
Stephanie Andrews-Higgins	Melina Curran	Lauren Kaase	Devon Molan	Nicole Stehly
Nosaheeh Arshady	Emma Curtis	Jay Kavimandan	Bitia Naderi	Connie Sterling
Katherine Austine (Katie)	Kim Dain	Vicki Kelley	Chloe Owens	Alisha Stevenson
Meghan Behr	Bashayer Diaz	Jay Kemburu	Nicole Parkinson	Julia Strauss
Jeff Bingham	Emma DeCarlo	Murugi Kenyatta	Don Pellioni	Alexia Stroud
Dave Blum	Izabelle Deschenes	Danbi Kim	Gary Peterson	Marta Sullivan
Kim Bolivar	Jeneth Diesta	Donggun Kim	Kristin Phillis	Mare Sutphen
Andrea Boettecher	Mario Domogma	Hong Il Kim	Postal Annex+Caroline Reita	Carly Tanner
Patrice Brooks	Ryan Fox	Pat Kreder	Sherry Rebar	Katherine Taylor
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St. Paul's PACE Enrollment Director Carla McLaughlin hugs an industry friend at the 10 Year Anniversary event.