



COMMUNITY CONNECTION

March ~ June 2017



Nurses Day celebration at St. Paul's PACE Reasner.

CEO Perspective

At the beginning of June, my grandson and I volunteered at Talmadge Gateway, our new housing project for homeless seniors. More than 100 donors, supporters, and staff attended and helped prepare the 59 apartments for our seniors who began moving in at the end of June. I saw families organizing cooking utensils and making beds. Church groups were distributing blankets and towels, and business associates joined together to set-up an apartment "just right" for its new tenant. Each volunteer wrote a welcome note wishing our PACE seniors well and encouraging them to enjoy their new home.



Here at St. Paul's, it's not enough to simply provide our new St. Paul's PACE participants who qualify for homeless housing with an apartment. We are committed to delivering our seniors into a home, fully-furnished and set-up with supplies to ensure a successful lifestyle. This is possible because of the generous donations from friends like you. Your financial gifts result in effectively taking seniors off our streets and into comfortable apartment homes.

Also in June, I was invited by the Washington D.C.-based National PACE Association to testify on their behalf before the U.S. House of Representatives Ways and Means Health Subcommittee. The hearing's topic was "Promoting Integrated and Coordinated Care for Medicare Beneficiaries." I was given the opportunity to express how successfully PACE cares for seniors with multiple chronic medical diagnoses, and helps them remain at home longer. I spoke to how this saves money due to less hospital and specialist visits, less institutional care needed, and enhances the quality of, and general outlook on life. It was my honor to represent PACE programs across the country at the June 7 hearing, and to promote PACE as the best health and social care delivery model in the country.

Continuing the education of others in regards to our PACE program, I attended a hearing in Sacramento to promote integrated and coordinated care for Medicare beneficiaries. I had the opportunity to share with elected officials how PACE improves the health of our senior population, while also improving social conditions. Our Talmadge Gateway supportive housing program is an excellent example of how the integration of care can take a senior off the streets, stabilize their medical conditions, and bring them back into the community where they can thrive. I was incredibly proud to give this example to our elected officials.

In the following pages you will see many more examples of the various programs and events we host every season to enrich the lives of those we at St. Paul's are committed to serving. Please enjoy, and thanks to all who generously donated to our Talmadge Gateway supportive housing program.

Blessings,

Cheryl Wilson

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FOX5 celebrated Nurse's Day with our wonderful team at PACE Reasner.

Celebrating Nurse's Week

Commemorating Nurse's Week, May 6-12, St. Paul's Senior Services hosted a special celebration acknowledging and honoring our nurses for their hard work and dedication. Heather Lake, Fox 5 reporter, was there to help celebrate and share the event on local television. St. Paul's PACE participants also joined in the festivities.

"It is always an amazing feeling to be recognized for doing something that you love so much," said Vena Valdez, RN, BSN, PHN. "It's a humbling experience to know that my patients, some of whom don't speak the same language as I do, trust me to take care of them as I would my own parents or grandparents. The feeling of being cared for is universal. In our field, nurses often only get to see patients when they aren't feeling well. Our nurses here at PACE are lucky to be able to have frequent interactions with our seniors during not only the sick moments, but also the healthy, happy moments, such as when they regain some of their independence through success in achieving health goals or stable housing."

St. Paul's Senior Services employs 238 nurses including nurse practitioners, registered nurses, licensed vocational nurses and certified nursing assistants. With a reputation for providing the highest level of care to our seniors, St. Paul's has earned several prestigious quality care awards. It's the care and support our dedicated nursing staff provide our seniors that helps set St. Paul's apart as a leader in the industry.



Amanda Gois hosted Media Day at St. Paul's PACE Akaloo.

2017 Media Day at PACE Akaloo

Every year, St. Paul's PACE hosts a Media Day where television and radio representatives join Corporate Marketing Director Amanda Gois and receive education about St. Paul's and the services we provide. This year, Media Day was hosted at St. Paul's PACE Akaloo in Chula Vista, where Angi Mitchell, PACE center director, and Dr. Victor Lee, Medical Director, joined Amanda to discuss the benefits St. Paul's Program of All-inclusive Care for the Elderly (PACE) brings to the San Diego community.

During this year's event, Amanda proudly reviewed St. Paul's award-winning supportive housing program, Celadon, an affordable community that gives homeless, or near-homeless, seniors a permanent home to live in with full medical and social support.

San Diego's media are encouraged to use St. Paul's as a resource when seeking senior service expertise. Among the media agencies represented were ABC, CBS Radio, Cox, iheartmedia, KFMB, KUSI, NBC, and Xewt.

St. Paul's Senior Services Current Events



Celebrating Chinese New Year at St. Paul's Plaza



Deputy District Attorney Paul Greenwood and attendee, Geraldine Capozzelli, at our annual resource fair



Carla McLaughlin, enrollment supervisor, and Robert, PACE participant



Sally Bixler and Cheryl Wilson at our Heritage Society Luncheon



Jackson from our Child Care Program during our Easter egg hunt



Photo shoot at the Villa with resident, Stella, and staff member, Carmen



Larry, Plaza resident, gives a testimonial of why he loves living there





Carol Hubbard played the saxophone for our Memorial Day celebration



Virginia, McColl resident, loves to spend time with Amanda, LVN



Kathryn Stubler, Plaza resident attends Oscar Night at the Plaza



PACE participants get ready for Easter with the help of Cruz Cabral, recreation coordinator



PACE employees accept an award from LeadingAge California for best practices and innovation with supportive housing



Plaza employees celebrate their 70th admission by having a 70s party



Senior Day participant, Adele, loves taking photos with Bailey from Love on a Leash pet therapy program



2017 St. Paul's Resource Fair



St. Paul's Senior Services hosted a free Senior Resource Fair on Wednesday, May 24, from 9am to noon, in the ballroom of St. Paul's Villa in Bankers Hill. The fair offered education and guidance on the aging process and supportive services through a variety of nearly 40 community resource exhibitors including home care services, social service programs, senior safety programs, Elderhelp, Meals on Wheels, and more. The event was attended by more than 120 seniors.

The fair featured Deputy District Attorney Paul Greenwood who presented "Scams and Fraud – Keeping you Safe." Using humor and visual aids, he shed light on common cons that target seniors and the ways they can be detected.



Jean Nagle manning the St. Paul's booth at our annual resource fair.

Rotary Club Luncheon

The San Diego Rotary Club 33 celebrated spring at its annual luncheon hosted by the Senior Services Committee and St. Paul's Plaza on May 19. Honorary guests included more than 70 seniors from Alliance for African Assistance, Jackie Robinson Family YMCA (JRFYMCA), Salvation Army, and St. Paul's PACE.

"This is one of my favorite events of the year," said Cheryl Wilson, chair of the San Diego Rotary Senior Services Committee and St. Paul's Senior Services CEO. "In 2008, the committee established a program to treat disadvantaged seniors to a special luncheon, and it's such a privilege to serve our guests at St. Paul's Plaza. Everyone deserves a chance to feel pampered!"



The San Diego Rotary Club 33 performed at St. Paul's Plaza.

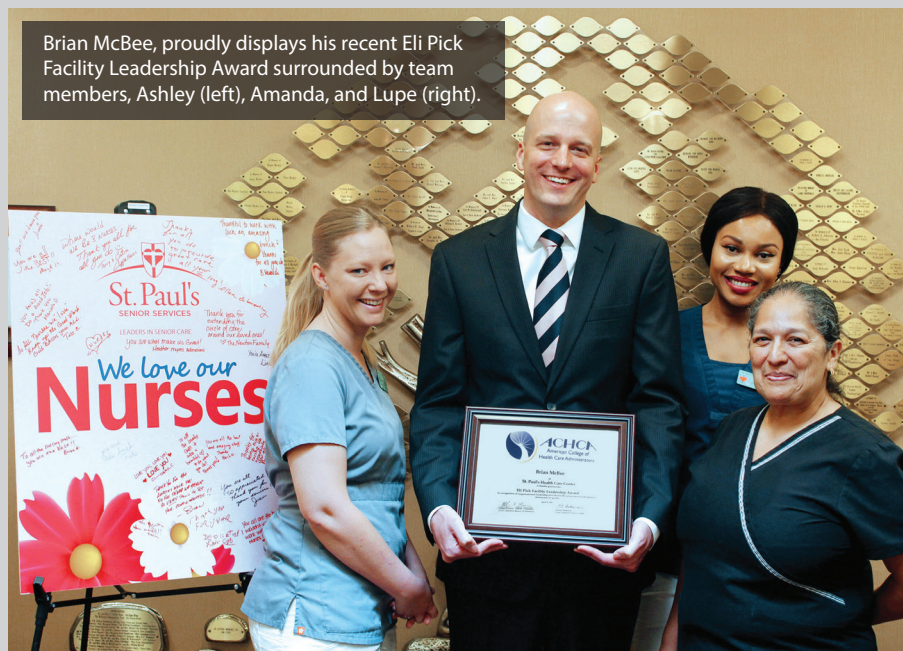
Leadership Award Recipient



Brian McBee, administrator of St. Paul's John A. McColl Family Health Center, was recently awarded the Eli Pick Facility Leadership Award from the American College of Health Care Administrators (ACHCA) for the second consecutive year. Last year, only 284 of the nation's 15,600 facilities received this honor.

Brian says he is thankful to ACHCA for recognizing the amazing staff at St. Paul's as being one of the top-performing skilled nursing facilities, and to his team, for achieving and maintaining such an impressive standard.

Brian McBee, proudly displays his recent Eli Pick Facility Leadership Award surrounded by team members, Ashley (left), Amanda, and Lupe (right).



Meet Ellen Schmeding - Chief Operating Officer



Ellen moved to San Diego right after college and began a multifaceted career. Prior to becoming St. Paul's new chief operations officer (COO), she worked with the County of San Diego for 29 years with positions mainly focused around assisting seniors. As a champion for the elderly, Ellen joined the San Diego Senior Alliance where she became more familiar with St. Paul's. She was so excited about the opportunity to work at St. Paul's that after she retired from the county in December 2016 she started at St. Paul's six weeks later.

"The COO position matched what I had to offer," Ellen explained. "I look for ways I can help with the skill sets I have and I was inspired by the mission of St. Paul's. As a non-profit, the goal to really make a difference in helping older adults transition in this most important time is a strong purpose. It motivates me to give my all every day in making sure our infrastructure is the best it can be so our staff can do their crucial work of serving the older adults and children entrusted to our care."

Ellen is currently a licensed marriage and family therapist, which she credits to helping her better work with people from all walks of life to build a strong and effective workplace. She helped build the San Diego County Area Agency on Aging during her 19-year tenure and assisted with its kick-off efforts to become an age and dementia-friendly community. A mother to two sons in their twenties, Ellen plays the piano and loves to travel.

Talmadge volunteer event



On Saturday, June 3, nearly 70 volunteers from St. Paul's Senior Services (SPSS), Wakeland Housing and Development Corporation (Wakeland), and Rotary Clubs throughout San Diego County joined forces to prepare 59 furnished apartments in the new Talmadge Gateway complex with brand new kitchen supplies, bedding, and toiletries. Designed specifically for St. Paul's Program of All Inclusive Care for the Elderly (PACE) participants who are homeless, the 59-unit residence will offer housing for medically-frail seniors and on- and off-site support services. This is the third building of its kind in which St. Paul's PACE has partnered with a developer to be the lead service provider and offer a sanctuary for homeless seniors.

"St. Paul's PACE is not only providing medical support for seniors, we are creating a permanent home for those who have had a history of homelessness," said SPSS Health Plan and Housing Manager Kim Stratman, who helped lead the project. "Having caring volunteers donate their time to stage each unit makes every apartment even more special!"

Volunteer Daryl Ferguson, a St. Paul's board member who moved 42 times before she went to college, used her expertise to help assemble the rooms.

"This is wonderful fun! Everything is new! I have been a sponsor of PACE since before we built the first PACE site. This project is the third of the homeless housing projects I have helped on," said Daryl. "We have homeless seniors, and we have people who qualify for PACE - this way they get medical and other supportive care that they need, plus a safe place to live. What more can anyone ask?"

After each room was complete, each volunteer signed a welcome card for the tenant-to-be.

The new housing was designed by Studio E with affordable housing developers Wakeland. The project was conceptualized in spring of 2014 in collaboration with City Heights Community Development Corporation and in partnership with St. Paul's PACE program. Construction began in March 2016 and the vision came to fruition in May of 2017. It opened to residents early this summer.



Volunteers help furnish apartments in the new Talmadge Gateway complex.



St. Paul's staff at the Talmadge Gateway volunteer event.



LUV Gala Planning Committee volunteers (pictured L-R): Pat Kreder, Cheryl Wilson, Chip Olson, Pat Brown, Dave Blum, Kathy Olson, Eleanor Mohammed, Todd Kaprielian, and Mary Hustwick. (Not pictured: Kathryn Bunch, Kathryn Courter, Trace Ann Francis, Joyce Frye, Andrew Riggle, and Maria Ye.)

LUV Gala Planning Committee

St. Paul's Senior Services and Love Uniting Volunteers (LUV) are pleased to announce that the 2017 LUV Gala will be on Saturday, August 19 at the Loews Coronado Bay Resort. The evening's theme will be The LUV Boat. Remember Captain Stubing, Julie McCoy, Doc, Isaac, Gopher, and young Vicki? This blast from the 80s past promises something for everyone!

Leading the planning crew this year are LUV Gala Committee Chairs, Chip and Kathy Olson. Chip and Kathy have lived in San Diego County for more than 30 years, raising four children here. As fourth-generation commercial contractors, they have witnessed, and been a part of, the rise and change of the city's beautiful skyline.

"We have enjoyed serving on the planning committee this year because we've seen the positive impact St. Paul's has on the communities they serve," said Chip. Kathy agrees, "St. Paul's is a

special place, and we hope this year's LUV Gala will reflect the passion we share!"

The LUV Gala reception will feature a jazz performance by two-time Grammy Award-winner Kamau Kenyatta and Friends, with singer Daneen Whitley Wilburn. The evening's program will also feature an appearance by Jill Whelan, who played Captain Stubing's daughter, Vicki, on the original "The Love Boat" TV series.

All proceeds from the evening will benefit program enhancements for **St. Paul's McColl Nursing and Rehabilitation**, St. Paul's award-winning skilled nursing community in Bankers Hill. For more information on sponsorship opportunities or an invitation to the LUV Gala, contact Kathryn Courter at (619) 239-6900 or kcourter@stpaulseniors.org.

Meet The Honorees



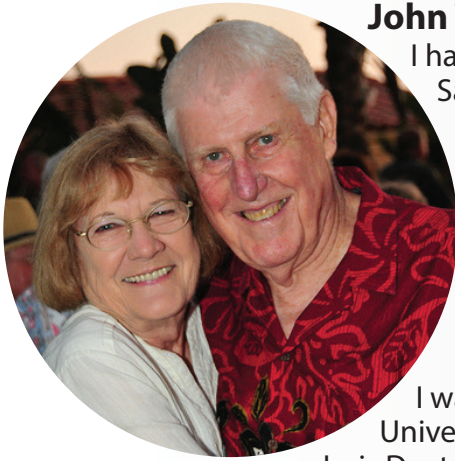
The Very Reverend James Carroll

I became involved with St. Paul's Senior Services almost 40 years ago when I became rector of St. Paul's parish in 1978. San Diego was just beginning to be conscious of the need for homes for the elderly that were safe. As the Dean, I was a part of the expansion that has made St. Paul's Senior Services what it is today.

You might say I was a bit of a revolutionary for my era. I always stood up for what I believed to be right, including embracing the LGBT community at a time when society was very judgmental. I insisted on praying every Sunday during my sermon for those with HIV/AIDS and in doing so led the fight for equality. I told my congregation: "It's an international epidemic; we are going to pray about it."

I met my wife Lanita in church. She was a college student from Oklahoma. We married in 1958 on All Saints' Day. Our family includes three sons, John, Mark, and Paul. They are good boys. Lanita and I are also past chairs of the LUV Gala.

Many things inspire me about St. Paul's Senior Services. One thing is the personal care that residents receive; also taking care of the spiritual life. As Dean Emeritus of St. Paul's Cathedral, I still lead communion service every now and then on Wednesdays in the Health Center chapel that bears my name. I joke about it. Here my name is up on a wall and I haven't died yet. St. Paul's staff possesses kindness and compassion, and it is why St. Paul's is dear to my heart. I remain inspired by St. Paul's Senior Services and I am grateful to be a LUV Gala Honoree.



John Witt

I have been involved with St. Paul's Senior Services for nearly 25 years. As a San Diego City Attorney for more than 30 years, I advised the Mayor, City Council, and City Manager on all official legal matters. It was there where I gained the knowledge and experience to give expert opinion to various public figures. This led me to my work with St. Paul's Senior Services, where I served on multiple boards from 1998 to 2009 and also helped write the bylaws of St. Paul's Senior Services Foundation. My wife Lenora and I also served as co-chairs of the LUV Gala. We are very proud of our contributions to St. Paul's Senior Services.

I was born in Los Angeles, and raised there and in Seattle. I graduated from the University of Southern California Law School with a Bachelor of Arts degree and Juris Doctor degree.

I spent the last 50 years in San Diego building a life that has brought me much fulfillment. I am a member of the U.S. Supreme Court Bar, the American Bar Association, the State Bar of California and the San Diego County Bar Association. I am also proud to say I am a retired colonel in the U.S. Marine Corps Reserve.

I have enjoyed serving our community. Since retirement, I am actively involved with my church, Holy Trinity Parish in Point Loma, and I have served in many leadership capacities. Lenora and I make our home in Point Loma, and we have three adult children and four grandchildren.



Jack Lentz

I have been a St. Paul's Senior Services Board Member for almost 14 years. As dean's warden at St. Paul's Cathedral when John Chane was elected Bishop of the Washington, D.C. and the Maryland Diocese, I became president of St. Paul's Senior Services, filling Bishop Chane's vacancy until the election of the next Cathedral Dean. Since that time, I have filled many committee assignments. Cheryl Wilson, St. Paul's Senior Services CEO, is very persuasive.

After my stint in the Army I enrolled at Art Center College of Design in Pasadena. My first job after graduation sent me back to California for a project and I decided to stay. When I quit my agency job, I went to work for a newspaper in San Jose. There I met Tom Collison who had just purchased the Mill Valley Record, a weekly newspaper. He offered me the position of Managing Editor. In short order, Tom gave me an ownership opportunity. Twelve years later we sold the paper.

On my first retirement, I visited San Diego and loved it while taking a position as VP of Sales at Neyenesch Printers. In 1966, I decided to go to law school at night and graduated in 1969. In 1976 I retired again, met my wife Marty and after a couple of years we were married and in the meantime started another printing company. After a short period, Marty took over the printing company and I took a position as president of a title insurance company where I had been serving on the board of directors. After three years, I retired again.

I found myself being asked by friends to help them prepare their businesses for sale. Working out of my home in Pt. Loma made me miss the conveniences of a normal office. So Marty and I created Postal Annex + in 1985. In 1986, we began franchising the concept and now have 800+ units. I am currently CEO and Chairman of Annex Brands, Inc. and still escaping retirement.

I continue to be actively involved in the community and in my faith. I am still connected with St. Paul's Cathedral. A big part of my life now is sharing.

Marty and I have always shared our time too. Marty was actively involved in the Cathedral and with the LUV Gala. I lost my partner in life for 38 years in January 2016. If she were here, I would have her be the honoree, not me.

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Photo shoot with our nurses over at St. Paul's McColl Nursing and Rehabilitation.

