



St. Paul's employees wore their festive attire at the salaried Staff Christmas Luncheon.



# COMMUNITY CONNECTION

Reflecting on November ~ December 2017



Sherry Bourbon (left) and Cindy Henderson (far right) share the holiday spirit with a Senior Day participant.

## CEO perspective

Our residents are constantly telling me how joyous the holiday season is for them. As I visited each community and the St. Paul's PACE sites, I certainly saw why! Every building had beautiful decorations to honor the season, lavish meals and delicious delights filled the menus, and our activity teams were in full swing hosting celebratory events and scheduling amazing entertainment.

Among the festivities, we hosted our 40th annual Board Tea at the Plaza. Nearly 200 St. Paul's PACE participants and residents from the Manor, Villa, and Plaza enjoyed a delightful evening hosted by our St. Paul's Board Members with champagne and a delectable five-course meal, followed with dessert wine and holiday carols.

It felt like Christmas magic happened all around as you will see within these pages. Behind the scenes, it is our dedicated 550 employees who make the magic happen. Dietary; maintenance; operations; marketing; every single St. Paul's Senior Services' employee plays a role in making the holiday season a success for our seniors.

With this in mind, I want to thank our residents, participants, and families for donating to the Annual Employee Recognition Fund. Employees do not accept gifts or tips for their work. However, we are happy that each community hosts an annual holiday fundraiser so hourly employees can be recognized. This incredible generosity allows our employees to go home with an appreciation check in recognition of their hard work. The resident council and resident fundraising committee passed out checks to very appreciative employees during the Christmas celebration at each facility. These checks came just in time for the holiday, and our employees were so very grateful.

New Year's Blessings to you and those you love,

*Cheryl Wilson*



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## Sundries for Seniors on NBC

Thanks to the generosity of everyone who donated to the Sundries for Seniors drive. Because of their generosity, approximately 700 low-income and medically frail seniors received necessities for the holidays. Special thanks to the Nemeth Foundation for the \$2,500 donation used to purchase items; to the Regional Home Care Council and the San Diego County Council on Aging for their generosity; and to the East County Senior Providers who donated \$1,000 specifically for 130 east county seniors. Donations are welcomed and appreciated year-round.



## Club de las Tejedoras at St. Paul's PACE Akaloa

KSDY 50 Reporter Juan Ramon Villanueva Zapien interviewed several St. Paul's PACE participants at St. Paul's PACE Akaloa. The women interviewed are part of a knitting club that meets every week to make blankets, scarves, and other items to donate to people in hospitals, primarily patients with cancer.

## St. Paul's PACE employees accepted in Geriatrics Program

St. Paul's PACE employees, Olivia Stout, RN, Alex Hamana, RD, and Vena Valdez, RN, were accepted as scholars into the Geriatrics Workforce Enhancement Program (GWEP), a national program funded by the US Department of Health and Human Services. St. Paul's PACE Medical Director Dr. Lee nominated the three employees to participate in the certificate training program which is a joint effort between UCSD, SDSU and several community organizations in San Diego County.



St. Paul's Senior Services advocates training for employees and this program helps further improve the quality of healthcare for older Americans, with a focus on Alzheimer's and chronic conditions that impact memory loss. Through the GWEP, the trio has access to networking and mentoring opportunities, national meetings, and consultations with geriatrics experts during clinical training environments.

In the words of Vena, "It is a valuable part of my continuing education and will give immeasurable benefit to the patients I serve now and in the future."

# St. Paul's Senior Services Photo Collage



Amanda Gois and Cheryl Wilson enjoyed the annual Jingle Mingle mixer at St. Paul's Plaza.



Trena Hutchinson and Jessica Majors help deck the halls at St. Paul's Plaza.



Richard Gomez dressed as Santa Claus to surprise residents throughout St. Paul's.



Senior Day participants took turns decorating the Christmas tree.



Callie Howard and Elisabeth Christman participated in the ugly Christmas sweater contest at the Staff Christmas Luncheon.



Playtime is a fun time for Child Care participant.



The Human Resources team dressed festively for the employee recognition events.



St. Paul's staff and keynote speaker Dick Thorn helped make the Prayer Breakfast memorable.



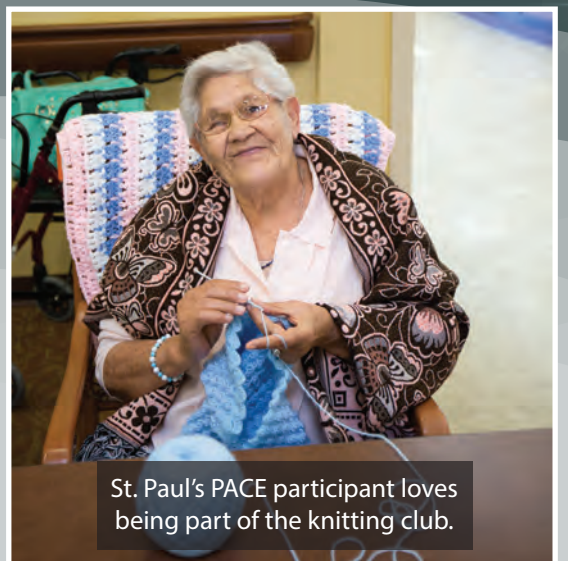
Senior Day participants happily awaited a Thanksgiving meal.



San Diego Zoo staff brought in animals for the Intergenerational Program.



Residents (pictured with Todd Kaprielian) enjoyed the Board Tea at St. Paul's Plaza.



St. Paul's PACE participant loves being part of the knitting club.

*Happy Holidays!*

## Jingle Mingle Mixer at St. Paul's Plaza

More than 70 senior care industry professionals attended the Jingle Mingle mixer at St. Paul's Plaza last December. Guests enjoyed conversation and delicious appetizers prepared with culinary skill by the Plaza chefs as well as festive piano music. Each attendee brought a blanket to donate to homeless and low-income seniors. A staggering 140 blankets were collected through the event. Since the annual Jingle Mingle began at St. Paul's Plaza in 2015, nearly 500 blankets have been given to seniors in need.



Mary Johnson and Lizette Galindo helped collect blanket donations.

## Employee Recognitions

The Board of Directors for Home, Inc., St. Paul's Foundation, and St. Paul's PACE hosted the annual salaried Staff Christmas Luncheon held at Tom Ham's Lighthouse on December 13. More than 70 St. Paul's Senior Services employees attended. The event, given to salaried staff in place of resident appreciation checks, included an Ugly Sweater Contest in which 25 people participated. Kim Stratman won first place and lunch for four at Mister A's. Mary Lou McCleary won second place, and Dawn Ortiz won third place. Shannon Allen won fourth.

For hourly employees, special employee recognition events were held throughout the week at each community. The resident council and fundraising committee presented each employee with an appreciation check on behalf of the residents and participants who contributed to the annual employee recognition fund.



Kim Stratman (left) won the ugly sweater contest that Amy Husebye (right) helped organize.

## St. Paul's Celebrates Veterans Day

St. Paul's celebrated Veterans Day a day early on Friday, November 10, with a ceremony that honored its many veterans either living at the community or parents from our Child Care program. Activities included a flag-raising ceremony accompanied by Saxophonist Marcia Foreman, an all-hands Pledge of Allegiance led by St. Paul's Plaza Administrator Bryce Butler, a sing-a-long led by Adele, a Senior Day participant, and a keynote by Retired Navy Captain Kurt Rothenhaus who highlighted his life and naval career. The event also included a special banner presentation by the children of St. Paul's Child Care Program and a very special certificate presentation to seniors/veterans.



Stewart Gaddy (left) shakes hands with Kurt Rothenhaus.

The Veteran's Day celebration at St. Paul's is an annual tradition to honor all American veterans; however, it is largely intended to thank the living veterans for their dedicated and loyal service to our country. Their patriotism, love of country and sacrifice for the common good are recognized and appreciated.

## Legislative Breakfast

Representatives from more than 22 federal, state, county and city legislators' offices attended St. Paul's Senior Services 18th Annual Legislative breakfast. This year's event focused on the imperative of housing homeless seniors. Assemblymember Randy Voepel; Supervisor Ron Roberts, Jennifer Mendoza, Mayor Pro-Tem for the City of Lemon Grove, and Councilmember Steve Goble, City of El Cajon were among those attending. St. Paul's Senior Services Chief Executive Officer Cheryl



Supervisor Ron Roberts (left) and Cheryl Wilson attended the Legislative Breakfast.

Wilson addressed the audience, detailing the successes of 2017 and the legislative priorities for 2018.

"There needs to be dedicated funding for more permanent supportive housing for seniors," Cheryl urged. She cited lengthy renovations of existing buildings, saying that motel/hotel conversions can take four months to make them move-in ready, while a new building can take five to seven years to complete. "We need a quicker turn-around time than that. We are heading into winter. Homeless seniors need help now," she said. "We also need V.A. funding for senior veterans who served in Korea and Vietnam. We cannot forget about them. They fought for us, and we must fight for them."

Other speakers included Marilyn Sanderson, St. Paul's Senior Services Development Committee member, St. Paul's (PACE) Executive Director Carol Hubbard, and Kim Stratman, center director for the soon-to-open St. Paul's El Cajon PACE site. They shared success stories of seniors whose lives drastically improved because of the program's many benefits. Keeping seniors out of the hospital and skilled nursing facilities and making their health and safety top priority were among the key messages. The audience was moved by an emotional account from St. Paul's PACE participant, Mike, who thanked the many people involved in helping him acquire permanent supportive housing. He credited St. Paul's PACE for assisting him in regaining his health, stating that when he first joined the program, he was unable to walk due to immense pain from repetitive back injuries.

Closing out the event, Cheryl presented recognition awards to County Supervisor Greg Cox, and to Stephanie Gioia, senior policy advisor in the office of Supervisor Ron Roberts.

## Board Tea

The annual Board Tea, hosted at St. Paul's Plaza, provided a fun-filled evening for St. Paul's Plaza, Manor, and Villa residents, and St. Paul's PACE participants. They enjoyed a delicious five-course meal carefully prepared by St. Paul's culinary masters and served with love by St. Paul's Senior Services Board members and employees. The feast was complete with holiday carols and dessert wine. The Board Tea is a yearly tradition that our seniors look forward to and an opportunity to delight in Christmas festivities.



Attendees enjoyed pre-dinner merriment at the Board Tea event.

## SAVE THE DATE - St. Paul's 2018 LUV Gala

St. Paul's Senior Services and Love Uniting Volunteers (LUV) are excited to announce that the 2018 LUV Gala will take place on Saturday, August 11 at the Hilton San Diego Bayfront hotel. The evening's theme will be *The Magic of LUV*, with more exciting details to come!

All proceeds from the evening will fund renovations at St. Paul's Villa, our assisted living and memory care community in Bankers Hill.

Leading the planning team this year is LUV Gala Committee Chair Eleanor Mohammed, who co-chaired last year's auction. Eleanor first heard about the LUV Gala when her mother Gwyndolin joined St. Paul's Senior Day program in 2014. Since then, Eleanor and Gwyndolin have enjoyed being part of the St. Paul's family.



2018 LUV Gala Chair,  
Eleanor Mohammed.

"I look forward to leading the committee this year because I've seen firsthand the exceptional care my mother has experienced at St. Paul's," says Eleanor. "St. Paul's employees are already amazing, so my goal for the LUV Gala this year is to help raise the funds needed to give St. Paul's Villa seniors the 'facility lift' they deserve!"

Stay tuned for more exciting details in the coming months. We hope you'll join us!

### Join the 2018 LUV Gala Planning Committee!

Come work alongside a dynamic team of event volunteers and St. Paul's staff to create one of San Diego's most enjoyable charity galas!

"Working on the LUV Gala planning committee is so much fun," said Mary Hustwick. "The camaraderie and creativity we share makes the projects rewarding, and I can't wait to produce another fabulous event with the friends I've made through St. Paul's."

For more information about joining the LUV Gala planning committee, sponsorship opportunities, or to receive an invitation, contact Kathryn Courter at (619) 239-6900.

### East County Senior Services Providers

In November, Liam Dunfey from the Foundation, and Lizette Galindo, Marketing Outreach Specialist, shared details about St. Paul's PACE expansion to East County Senior Services Providers (ECSSP). After careful deliberation, ECSSP awarded St. Paul's with a \$1,000 gift to purchase basic needs for East County seniors. One hundred thirty St. Paul's seniors received gift packages.

Since 2007, St. Paul's PACE has served very low-income and frail seniors through its comprehensive health and social services program, which includes transportation, pastoral care, and home care. Because most of our 700+ St. Paul's PACE seniors make less than \$850/month, we implemented a basic needs fund to encourage people in the community to assist seniors with the gift of toiletries, blankets, and other items. This spring, St. Paul's new PACE Center opens in El Cajon to serve hundreds of East County seniors, in addition to those we currently serve in Chula Vista and downtown San Diego.





## St. Paul's Prayer Breakfast Welcomes Inter-faith Community

St. Paul's Senior Services hosted its annual Prayer Breakfast on November 16, where messages of inspiration and thanksgiving were shared in Christian, Buddhist, and Jewish traditions. Our friends at St. Paul's Cathedral graciously welcomed a record 75 guests from our interfaith community.

The Honorable Peter Gallagher emceed the event, playfully bantering about courtroom jokes with keynote speaker Dick Thorn, an attorney, throughout the morning's program. St. Paul's was honored to welcome The Rt. Rev. Katharine Jefferts Schori, assisting Bishop of the Episcopal Diocese of San Diego, to give her blessings and invocation.

Dick Thorn's keynote address was as moving as it was humorous, with tales of how faith has informed his career and life. One story told of losing a dear friend, and how faith guides the inevitable path everyone must take.

Larry Hoeksema and his wife Karen were especially moved. "Dick Thorn's words were timely and powerful," said Larry. "I appreciate having a fellow board member share his faith journey in such a personal and inspiring way."

Kaytee Sumida from the Buddhist Temple of San Diego and Rabbi Ian Adler of Pacific Synagogue San Diego shared lessons in their traditional prayers of thanksgiving and gratitude.

Two hymns lead by St. Paul's staff members Tim Frazier and Melissa Stinson provided guests the chance to sing along, adding a touch of musical joy to the program.



Father Wayne Sanders discusses music with Trevor Gibson.



Pt. Loma Rotarians warm up for caroling at St. Paul's communities.

## Point Loma Rotary Caroling

The holiday spirit was alive and well on Friday, December 15. For 30+ years, Pt. Loma Rotarians have been caroling at St. Paul's Manor and St. Paul's McColl Nursing and Rehabilitation. This year, more than 25 Rotarians dined and performed for Manor residents during lunch.

"It's a tradition we look forward to every December," says Dick Thorn. "Spreading holiday joy through singing and conversing with seniors over lunch is important to us as Rotarians. I hope this tradition continues for years to come."

Pt. Loma Rotary supports St. Paul's in other ways too, by investing their time, talent, and treasure for the past two St. Paul's PACE Supportive Housing campaigns at Talmadge Gateway and Celadon.

If you would like to learn more about volunteering your time, please contact Stewart Gaddy at 619-239-6900.

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## Community Connection Reflecting on November - December 2017



St. Paul's residents enjoyed being served by board members at the annual Board Tea.