



# COMMUNITY CONNECTION

Reflecting on January - April 2024

LEADING THE TRANSFORMATION OF THE AGING EXPERIENCE



More photos of Plaza's Valentine's Day Friendship Social on page 6.

Leaders in Senior Care Since 1960



## PRESIDENT & CEO PERSPECTIVE

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Summer is one of my favorite times of the year, especially in Bankers Hill, where many of our communities reside and thrive among the blossoming purple jacaranda trees. But the allure doesn't end there this year. Our beautifully remodeled Manor has become a must-see destination for independent seniors seeking a comfortable home. And with its new "Opal Lounge" offering beer on tap, you'll know where to find me during happy hour!

Initially established in 1962, the Manor underwent a remarkable 20-million-dollar renovation to become a vibrant, modern community for our seniors. Recently, one of our residents watched the Padres game in the new Bistro with his family, while others gathered in the 11th floor lounge for a Tai chi class overlooking the waterfront. These are just two of the many ways our seniors are enjoying the remodel.

Of course, none of this would have been possible without the generous donors who share our vision for addressing the needs of a growing segment of seniors known as the "Forgotten Middle." These seniors, who do not qualify for government subsidies but struggle to afford the rising cost of housing in San Diego, now have a beautiful place to call home.

At our Manor Ribbon-Cutting Ceremony, Mayor Todd Gloria emphasized the importance of addressing the barriers seniors face in search of affordable housing. Eliminating these barriers is a top priority for St. Paul's, and we look forward to creating even more housing solutions for our seniors in the future.

To the right, you will see a list of organizations and individuals who helped The Manor on Bankers Hill become one of San Diego's most sought-after retirement communities. My deepest thanks to all.

With gratitude,  
Michael McHale  
President & CEO

## GIVING THANKS TO OUR BOARD OF DIRECTORS

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# A SPECIAL THANK YOU!

Margaret A. Cargill Philanthropies  
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## THE MANOR ON BANKERS HILL

**ACTIVE LIVING  
FOR 55+**

Studio apartments starting at

**\$2,500/mo.**

Includes utilities, housekeeping  
and a meal plan!



**THE MANOR  
ON BANKERS HILL**

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**CONTACT US TODAY!**

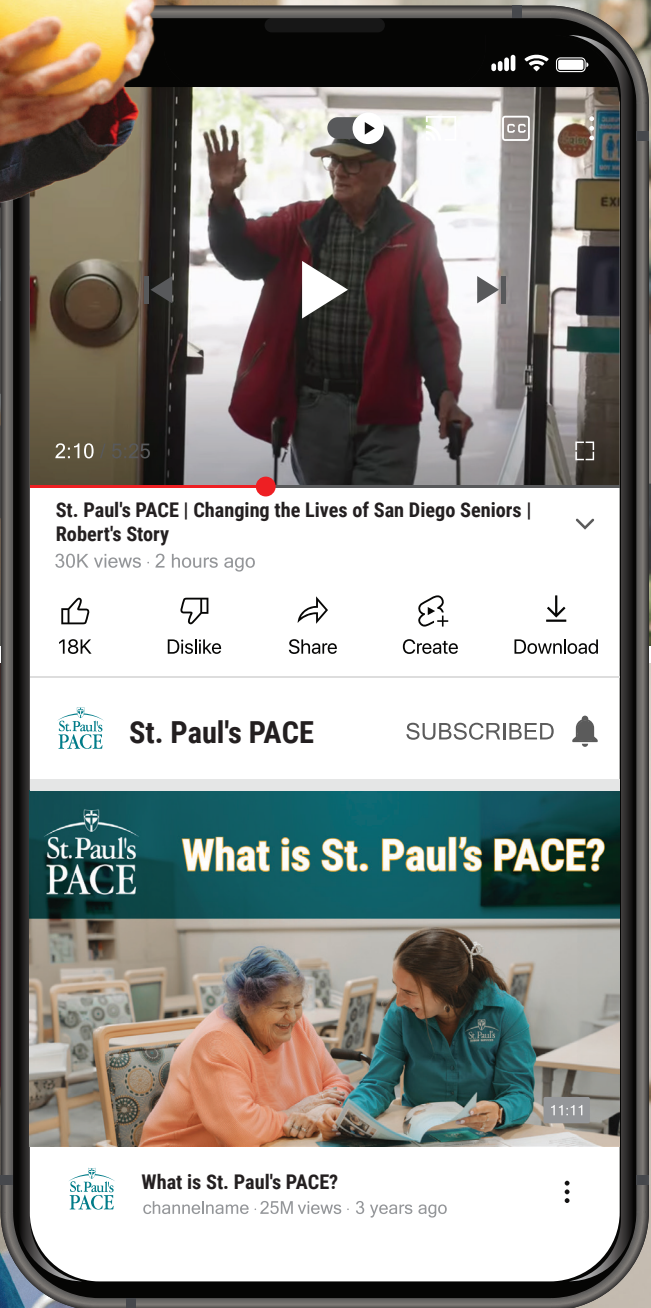
(619) 239-2097  
StPaulsSeniors.org



FEATURED VIDEOS



ROBERT'S STORY



WHAT IS PACE?





## WELCOME ALEEZAH – ST. PAUL'S PACE EL CAJON CENTER DIRECTOR



Meet Aleezah McKenna, the new Center Director for St. Paul's PACE in El Cajon! Aleezah is a seasoned healthcare professional with a decade of diverse experience working in assisted living facilities, hospitals, and clinics. She holds a Master of Clinical Social Work degree from Columbia University and brings a unique blend of clinical and administrative skills to her role. As Center Director, Aleezah will oversee the expansion of PACE services and ensure that staff have what they need to succeed. She is passionate about cultivating collaborative work environments and committed to improving healthcare quality for seniors.



# SUMMER FEST

St. Paul's Senior Services

— 2024 —

**SATURDAY**  
**AUG 24**

**5:00pm**  
**HUMPHREYS BY THE BAY**

Thank you to our Presenting Sponsor



**San Diego's most popular summer FUNdraiser is back!**



- **Live Music from Republic of Music**
- **Culinary Dinner Islands**
- **Super Silent & Live Auctions**
- **St. Paul's Tasting Room with Beer, Wine & Chocolate pairings**
- **Green Screen Photo Booth Experience**

Proceeds will support the renovation of St. Paul's PACE Reasner Center.

Sponsorship opportunities are still available!

**events@stpaulseniors.org or 619-621-3356**



## ST. PAUL'S SENIOR SERVICES AND PACE TESTIMONIALS



“

*PACE has allowed me to work with a dream that I really didn't even know I had. I've always had art in my life, but I've never pursued it as an "artist." By working with the team I have, I've become healthy enough that I get to do my art on my own schedule.*

Dennis L.

SCAN TO HEAR  
DENNIS' STORY



”

Meet Dennis, one of our inspiring St. Paul's PACE participants. Because of the comprehensive healthcare he received at PACE, Dennis became healthy enough to pick up painting again and pursue his dream of becoming an artist. Today, he is an instrumental community advocate and leader of the ARTISToutREACH Team (A.R.T.), an innovative group embedded within San Diego's Coordinated Street Outreach Program that addresses the mental health challenges faced by people experiencing homelessness through art-based therapies. As an active leader of A.R.T., Dennis facilitates evidence-based and trauma-informed projects that aim to alleviate anxiety, stress, and P.T.S.D for community members in need. His story is an inspiring testament to the dedicated support he's received at St. Paul's PACE.



Meet Ruby, one of our wonderful residents at St. Paul's Plaza. Everyone knows Ruby for her love of service. She has the sweetest personality and the biggest heart. In her years of living at the Plaza, she has supported other seniors in friendship and by encouraging them to come to her "Move n' Groove with Ruby" dance class. She's that special kind of person who has an infectious joy, laugh, and love of life that spreads in ripples throughout our community. Thank you, Ruby, for being you!



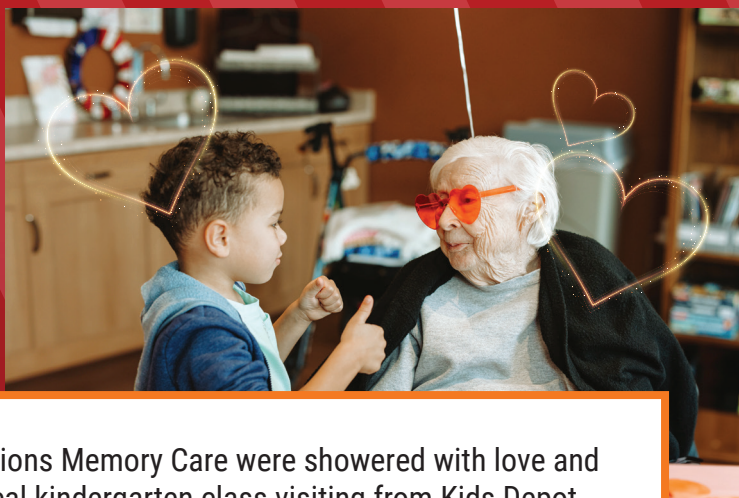
SCAN TO HEAR  
RUBY'S STORY





## VALENTINE'S DAY AT ST. PAUL'S PLAZA

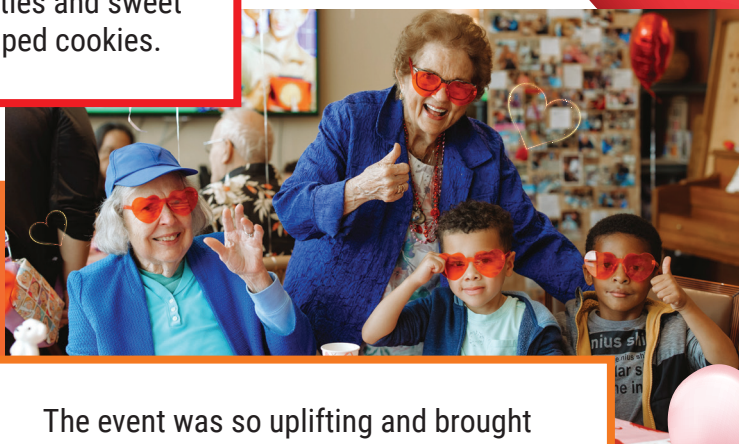
The Valentine's Day Friendship Social brought together the young and young-at-heart at St. Paul's Plaza in February.



Seniors from Reflections Memory Care were showered with love and attention from a local kindergarten class visiting from Kids Depot.



Together, they enjoyed an array of themed activities and sweet treats, from Valentine's Day Bingo to heart-shaped cookies.



The event was so uplifting and brought smiles to everyone's faces!



# AROUND ST. PAUL'S SENIOR SERVICES



Donor luncheon at Mister A's hosted by St. Paul's Foundation.



St. Patrick's Day at the Villa.



Villa resident sharing her love story on Valentine's Day.



Advanced Wound Care training hosted by St. Paul's.



# AROUND ST. PAUL'S PACE



Staff and senior bonding at PACE Chula Vista.



Participant and social worker collaborating at PACE San Diego.



Occupational therapy exercise at PACE San Diego.



Seniors enjoying day center activities at PACE Chula Vista.



# ST. PAUL'S IN THE COMMUNITY



St. Paul's is proud to have a strong outreach team that actively engages with our community and industry partners!



Staff enjoying Sharp Healthcare's 24th Annual Social Work Celebration.



Outreach collaboration with American Retirement Group.



## BROADENING OUR REACH

Thanks to their dedication, we have fostered trust in new communities and broadened our reach in San Diego! These are just a few of the events and presentations where they have represented St. Paul's.



St. Paul's hosted a Fall-prevention workshop at Lions Community Manor downtown.



Paola and Erin tabling at the San Diego LGBTQ+ Community Center's Health Symposium.



Outreach specialists attended the San Diego LGBTQ+ Community Center's Health Symposium and represented St. Paul's during a panel discussion to share tips on navigating the medical system.



Veronica sharing information about St. Paul's at the Senior & Family Resource Fair.



Young Professionals Serving Seniors (YPSS) hosting a networking event at the Villa.



# VILLA BOOK EXCHANGE

The Villa on Bankers Hill hosted a networking event that gave attendees the opportunity to swap impactful books with fellow industry professionals. The event was a valuable platform for knowledge exchange and fostered deeper connections with our community partners at ActivCare Mission Bay, Aurora Home Health, and Windward Life Care. Thank you everyone who participated!



## LUNAR NEW YEAR CELEBRATION YEAR OF THE DRAGON

St. Paul's hosted a spectacular Lunar New Year celebration in collaboration with the Well-Grow Foundation to bid farewell to the old year and bring prosperity to the new one! St. Paul's donor Wendy Zhuang led the event, welcoming residents, volunteers, and staff to the St. Paul's Conference Center for an evening rich with tradition and culture. The event featured live performances from local dance groups and music ensembles, as well as a savory spread of traditional Asian cuisine. May the Year of the Dragon bring good health and happiness to all!





## TEACHER CELEBRATES 20 YEARS WITH ST. PAUL'S CHILD CARE PROGRAM



Ms. Lilia has been a preschool teacher with St. Paul's Child Care for twenty years. She's worked with children in all of our age groups, from eight weeks to five years old, guiding them through milestones like learning the alphabet and preparing them for preschool and kindergarten. Even after two decades, Ms. Lilia's compassion and creativity continue to illuminate every corner of our center. It's educators like her that makes St. Paul's Child Care such a special place!

# Congratulations!

## VILLA CENTENARIANS

With how incredibly active and in great shape she is, you wouldn't believe that Villa resident Gloria(right) just turned 101! Gloria recently played one of the radio voices in the Villa's Fairy Tale show and read her lines with eloquence to a large audience. Everyone loves her bright smile and sense of humor, including Santa whom she danced with during the Tree Trim Party. Gloria loves her cat, shopping, socializing, and attending history presentations at the Villa.

Around the same time as Gloria, Villa resident Jean(left) turned 100! Jean comes from a long line of shepherders and has been a beloved member of the Villa community for over ten years. If you ask her about her life, she'll tell you all about being a teacher for many years. She especially won't leave out the fact that she's met several famous people, including Dr. Martin Luther King, Jr.

*Happy Birthday*  
*Gloria*  
*& Jean!*







## ST. PAUL'S PACE REASNER TO GET *EXTREME MAKEOVER*

The Foundation at St. Paul's is launching a \$3 million campaign towards a planned \$12 million renovation of PACE Reasner, located in downtown San Diego. With 650+ current participants, the 16-year old Center is in urgent need of expansion to continue providing the excellent service PACE participants have come to expect.

The project will increase patient service space from one to four floors. Additional exam and treatment rooms will allow staff to shorten wait times while serving more participants. The expanded first floor space will accommodate multiple simultaneous activities, and a comfortable dining area will be available for participants to enjoy a healthy meal. Ongoing rehabilitation (physical, speech and occupational) services will be moved to a spacious area on the third floor.

To meet health clinic licensing requirements, St. Paul's will install fire suppression sprinklers on all four floors and a new elevator sized to accommodate a patient gurney. Budgeted at nearly \$1 million, these two renovations are indispensable to creating more capacity at PACE Reasner.

This much-needed project will prepare St. Paul's PACE for the next stage in its history as the PACE provider of choice for San Diego's low-income, frail seniors. Renovations at PACE Reasner are slated to begin in September. To contribute to this important project, simply scan the QR code and go to PACE Reasner Renovations on the drop-down menu on our Donate Now page:

**SCAN NOW**





## ST. PAUL'S VISIONARY LUNCHEON SERVES UP A GOOD TIME AT TOM HAM'S LIGHTHOUSE!

In mid-April, the St. Paul's Senior Services Foundation hosted their annual Visionary Luncheon at Tom Ham's Lighthouse. Heritage Society Members, Legacy Wall Honorees, and other distinguished guests gathered for a delicious lunch at one of San Diego's top restaurants.

"Coming together at a St. Paul's event feels like a family reunion," says Foundation Board member, Gail Jones. "I enjoyed hearing from Michael [McHale] and Todd [Kaprielian] about the latest developments – and there are a LOT – at St. Paul's."

St. Paul's  
Visionary  
Luncheon 2024



### WHAT IS THE ST. PAUL'S HERITAGE SOCIETY AND HOW CAN I JOIN?

The Heritage Society is a philanthropic group of engaged and loyal supporters who designated St. Paul's Senior Services as a beneficiary in their estate plan. These valued members of the St. Paul's family are treated to private events like the Visionary Luncheon and offered exclusive resources throughout the year.

To learn more about this esteemed group, please contact Craig Smith, Director of Donor Engagement, at [csmith@stpaulseniors.org](mailto:csmith@stpaulseniors.org) or 619-239-6900.



## THE MANOR ON BANKERS HILL RIBBON-CUTTING EVENT

On May 3rd, Mayor Todd Gloria and City Councilmember Stephen Whitburn proudly joined Manor residents, donors and the St. Paul's executive team and staff for a joyful celebration.

The program, hosted by St. Paul's CEO Michael McHale and Foundation CEO Todd Kaprielian, ended with a blessing from Dean Penny Bridges from St. Paul's Cathedral, where the idea of the Manor began 63 years ago. During the program, donors were thanked and Manor residents were applauded for their support during the renovations. In his remarks, Mayor Todd Gloria acknowledged the Manor when highlighting the deep need for more affordable housing in San Diego.

"This project is the first step of many, but we're committing to develop out more affordable housing in the community to make it so that seniors can stay in Bankers Hill and enjoy their retirement here," Michael McHale said.

After the program, guests were invited to take tours and continue the celebration with food and drink in the newly named Opal Lounge and Manor Bistro, both of which were underwritten by very generous donors.

"St. Paul's wanted to keep room rates as affordable as possible," Todd Kaprielian said, "so donations were a big driver of covering the renovation costs." Donors included Margaret A. Cargill Philanthropies, Community Congregational Development Corporation, David C. Copley Foundation, The Well-Grow Foundation, and the Herbert and Judy Paige Family Foundation.

Sunny Justice, Executive Director of the Paige Foundation, who underwrote the Manor Lobby, had this to say about the event; "It is an honor and a privilege to support the community living and thriving in the Manor."

If you missed the event and would like a tour, please contact the Manor at 619-239-2097 and ask for the Manor Admissions team.

To experience more joy and smiles from the event, scan the QR code below.

SCAN NOW



Left to right: Sophia Lukas, Councilmember Stephen Whitburn, Mayor Todd Gloria, Michael McHale, Dean Penny Bridges, Todd Kaprielian, Cheryl Wilson



Left to right: Copley Foundation COO Kim Koch, Daryl Ferguson, Michael McHale, Barbara Menard



Resident Tom F. proudly celebrates his 101st birthday on May 3rd at the event with Manor Administrator Tim Jeffers



Paige Foundation Executive Director Sunny Justice and Manor resident Lone B.



Foundation Nancy Petitti flanked by San Diego Woman's Club members Judy Mantle and Karen Reed





# St. Paul's Senior Services

## WISH LIST

### The Villa on Bankers Hill

1. Cantilever patio umbrellas w/lights  
2 @ \$250 = \$500
2. Rolling vital sign machines  
2 @ \$1,000 = \$2,000
3. Outdoor ceramic pots  
6 @ \$80 = \$480

### The Manor on Bankers Hill

1. Home Depot Hampton Bay Patio Umbrellas  
5 @ \$99 each = \$495
2. 8qt Commercial Kitchen Aid Mixer = \$1,000
3. Waring WW200 Double Belgian Waffle Maker  
2 @ \$720 each = \$1,440
4. Gift cards for staff recognition  
100 @ \$25 each = \$2,500
5. San Diego Padres tickets for staff and residents  
40 @ \$55 each = \$2,200

### St. Paul's PACE El Cajon

1. Sony DVD player with HD (black) = \$44.99
2. Large-font size print word search puzzles for seniors  
40 @ \$7.32 = \$219.60
3. Wrist Accurate Automatic High Blood Pressure  
4 @ \$21.99 = \$87.96
4. Rust-free metal outdoor patio dining set = \$624

### St. Paul's PACE Supportive Housing

1. JBL Party Box on-the-go = \$229
2. Wireless Bluetooth karaoke machine = \$109
3. Old Town Trolley tours for PACE participants  
5 @ \$47 = \$235
4. Sponsor interactive events for PACE participants  
(suggested donation = \$250)

### Human Resources

1. Themed greeting cards with envelopes for staff gifts  
(Get Well, Sympathy, New Baby, Congratulations) =  
\$40 or donate the actual cards
2. Washable knitted blankets, beanies, or booties for  
staff who are expecting a baby

### St. Paul's PACE Chula Vista

1. Patio umbrella = \$43.99
2. Hasbro's Joy for All Companion Pet for seniors
3. "Orange Tabby Cat" = \$140
4. Living Coast Discovery Center tickets for adults (13+)  
6 @ \$20 = \$120

### St. Paul's Plaza

1. Silk scarf painting supplies = \$500
2. Art supplies = \$1,000
3. Resident outing = \$500
4. Garden bed/supplies project = \$350
5. Fresh Flower arrangements for Reflections  
6 months @ \$100 each month = \$600
6. Music Therapy for Reflections  
6 months @ \$100 each month = \$600
7. Mexican Enrichment Programs for Reflections  
6 months @ \$90 each month = \$540

### St. Paul's PACE Reasner and North County

1. Bluetooth outdoor speaker = \$140
2. Picnic chairs/park chairs  
5 @ \$20 = \$100
3. Karaoke machine = \$140

### St. Paul's Skilled Nursing & Rehabilitation

1. Massage chair for staff = \$1,500
2. Electric Hoyer Lift = \$1,500
3. "My Little Pony" Petting Zoo quarterly visit to residents  
4 @ \$300 = \$1,200

### St. Paul's Child Care Program

1. Kid Kraft Greystone Cottage Playhouse = \$449
2. Lakeshore Safety Wall Mirror = \$294
3. Lakeshore Touch & Explore Sensory Butterfly = \$355



Plaza independent living resident  
Loan enjoys her companion pet,  
donated through a prior Wish List request.



# Thank you to our donors: January 1 - April 30, 2024

## GREATEST NEED

Jim & Barbara Alcorn  
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## SUMMERFEST 2024

Alliant Employee Benefits  
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CareVention HealthCare  
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Peggy Strand & Michael Parrish

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The Well-Grow Foundation  
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# Thank you to our donors: January 1 - April 30, 2024

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Westwood Family Dentistry

## EMPLOYEE APPRECIATION FUND

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## Unique Ways to Give

Learn how to support St. Paul's mission while preserving your assets for retirement and providing for your family.



### GIFTS FROM A WILL OR TRUST

Designating St. Paul's as a beneficiary in your will or trust is a simple way to commit to our cause, and it will not affect your cash flow during your lifetime.

### BENEFICIARY DESIGNATIONS

Naming us as the beneficiary of a retirement plan, financial account, or annuity is another easy way to help further our mission. You can continue to benefit from these assets during your lifetime.

### LIFE INSURANCE

If you have an old, unneeded life insurance policy, you can donate it to us and take an immediate tax deduction or you can also name us as a beneficiary of your policy.

### BENEFICIARY DESIGNATIONS

If you own appreciated securities, stock or real estate that you no longer need or wish to sell, a gift of these assets is another way that you can benefit us without impacting your cash flow. You may also benefit from capital gains tax avoidance by giving rather than selling these assets.

### LIFE ESTATE

If you own your home and wish to remain living there, you can transfer your home to us while retaining the right to use the home during your lifetime. Enjoy the added benefit of an income tax deduction!

**QUESTIONS? CONTACT CRAIG SMITH IN THE FOUNDATION AT 619-621-3356**



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



## St. Paul's Community Connection

Reflecting on January - April 2024

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## PLAN FOR TOMORROW, TODAY ST. PAUL'S EDUCATIONAL SERIES

## 2024 SCHEDULE

**FREE  
EVENTS**



RSVP TODAY



### Upcoming Workshops:

#### Healthy Aging

**Date:** 9/24/2024

**Location:** St. Paul's Plaza

1420 E Palomar St, Chula Vista, CA 91913

**Time:** 10am - 12pm

Topic 1 - Essential Foods and Nutrients

Topic 2 - Staying Active in Retirement

#### Life Planning and Physical Health

**Date:** 11/12/2024

**Location:** The Manor on Bankers Hill

2635 2nd Ave, San Diego, CA 92103

**Time:** 10am - 12pm

Topic 1 - Downsizing Strategies

Topic 2 - Fall Prevention