

St. Paul's Manor residents enjoyed a trip to the gorgeous Flower Fields in Carlsbad.



ST. PAUL'S COMMUNITY CONNECTION

Reflecting on April - June 2019



Who said cotton candy was just for kids? Matt, a St. Paul's Manor resident, enjoyed some lemonade and cotton candy during a trip to the San Diego County Fair.

CEO PERSPECTIVE

HAVE YOU HEARD ABOUT THE HOMELESS SITUATION IN SAN DIEGO?



Twelve years ago, San Diego's homeless problem was brought to the attention of St. Paul's Senior Services and the Board of Directors agreed to start reviewing options for the care and support of homeless seniors. We hosted a series of meetings to promote the "Housing First" model with city and county leaders, housing experts, and social service agencies, but no solutions were identified at that time.

However, five years ago, the San Diego Housing Commission (SDHC) offered St. Paul's a number of units in a "LEED Gold" beautifully renovated building to be shared with two other homeless populations. St. Paul's agreed to work with SDHC and soon developed additional partnerships to furnish and equip the apartments with necessities for living, thanks to Jerome's Furniture and St. Paul's Cathedral families.

Over the ensuing years, we have served more than 240 formerly homeless seniors made possible through the support of community organizations, churches, families, and individuals who provide a welcoming home through their donations of time and treasure. Additionally, compassionate and supportive services are provided by staff who genuinely care and improve lives every day. In almost five years, only two have returned to the streets.

However, more than 25 seniors have "graduated" out of PACE and on to bigger and better things in their renewed lives. We are so thrilled for all the lives that have truly been transformed through our St. Paul's PACE Supportive Permanent Housing Program. We now offer health care and all social and mental services to senior citizens in five different permanent supportive housing communities, with several more in the planning stages. We believe similar initiatives and programs can be replicated if more San Diego organizations and social service agencies partner together for the greater good.

This can be made possible if government funds are made available immediately without more time-consuming studies, committees, and commissions.

Let's do this together; let's make a real difference now!

Cheryl Wilson

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



St. Paul's Marketing and Sales staff during the June workshop at St. Paul's Plaza.

St. Paul's has successfully hosted three workshops in their "Plan for Tomorrow, Today" Educational Series. So far, the series has covered topics such as Planning Ahead, Financial and Estate Planning, and Living and Care Options.

St. Paul's sales and marketing staff were inspired to launch this educational series after receiving countless phone calls from seniors and family caregivers in crisis who had no plan for their future and no idea where to start. With these people in mind, St. Paul's created this series to help the aging population prepare for what's ahead. Other topics include finances, insurance, hospitalizations, memory concerns, downsizing, end-of-life wishes, and more.



Our June workshop panelists discussed the unknowns of navigating skilled nursing and hospitalizations, resources available to help seniors find appropriate senior living, how to downsize, and selling your home.

Each workshop includes guidance from St. Paul's experts, as well as some of San Diego's most knowledgeable people in senior care. As an added bonus, attendees receive a free St. Paul's Planning Binder, complete with essential documents and organizational tools to help seniors and their families make this journey with confidence.

We are offering two more workshops this year and hope you will join us!

REMAINING WORKSHOPS:

Physical and Mental Health: Saturday, August 17

- ◆ The Common Symptoms of Aging and How to Stay Safe at Home
- ◆ Memory Concerns: Signs, Symptoms, and What to do Next
- ◆ Addressing the Behavioral Challenges of Aging: When to Get Help
- ◆ Support for Caregivers in San Diego

St. Paul's Community Care Center Café
328 Maple Street, San Diego, CA 92103

End of Life Planning: Saturday, November 2

- ◆ Planning Your Final Wishes: Options and How to Communicate Them
- ◆ Hospice and Palliative Care: The Who, What, When, Why, and How
- ◆ The Grieving and Healing Process
- ◆ Education Series Wrap-Up and Review

St. Paul's Plaza
1420 E. Palomar Street, Chula Vista, CA 91911



Want to learn more or RSVP? Call Linda Spence at (619) 239-2097 or email lspence@stpaulseniors.org.

IN THE

NEWS



St. Paul's Educational Series, "Plan for Tomorrow, Today!" has been a huge success and continues to grow. We've been featured on both NBC San Diego and KUSI-TV to talk about our inspiration behind creating the series as well as the different topics we've covered so far.



On Flag Day, St. Paul's Plaza hosted a Mural Installation event and Veteran Social for residents and families. Artist Richard DeRosset (left) donated the mural in honor of his friend and Plaza resident Colonel Clark Kholos (right). Dunkin' Donuts, a veteran-owned business, provided donuts and KUSI-TV was there to cover the story.

The Glama Project, an organization whose goal is to "celebrate the beauty of age and wisdom one makeover at a time" visited St. Paul's Senior Day Program for an Intergenerational Glam Session. Children from our Child Care Program helped pick out accessories for the seniors, and everyone had a great time. FOX5 San Diego joined in on the fun.



St. Paul's honored their nurses at St. Paul's PACE El Cajon with a huge celebration, and KUSI-TV was there to share the pride we have in our nursing staff with San Diego.



Florence, a St. Paul's Villa resident and bowling lover, turned 105 years old and celebrated in style with friends, family, and staff. She was presented with a bowling pin signed by staff and residents, and a bowling themed cake graciously donated by the San Diego Cake Company. Her story and celebration was featured by CBS News 8, ABC 10News, and the *Times of San Diego*.



St. Paul's annual Memorial Day Ceremony was well attended and was featured by CBS News 8.



Tombot, a robotic dog company, visited St. Paul's Plaza with their prototype dog, Jenni, for residents to experience. This product is being created for those who can't care for a real dog but would benefit from a companion, such as those with Alzheimer's and dementia. CBS News 8 was there to cover the story.



St. Paul's Annual Senior and Family Resource Fair was a huge success; our largest yet. Held on Senior Health and Fitness Day, it included an Interactive Wellness Pavilion, a presentation on mental wellness as we age, and more. KUSI-TV brought us in-studio to preview the event and invite the community to attend.

AROUND ST. PAUL'S

Don, a St. Paul's Plaza resident, shares a dance with a friend during an Intergenerational Dance.



A St. Paul's Villa Activity Coordinator, Tanya, and resident enjoyed making a delicious fruit salad together.



A St. Paul's Villa resident gets ready to decorate a palm tree as part of the community's Santa Summer Solstice event.



Sasha shows off her Easter artwork that she colored with her senior friends at St. Paul's Villa.

Amanda, Corporate Marketing Director, and Milly, a St. Paul's PACE El Cajon participant, have known each other for eight years and are all smiles whenever they are reunited.



A St. Paul's PACE Reasner participant shows off her artistic abilities during a painting activity.



St. Paul's Villa residents enjoyed a tour of the San Diego Sheriff's Museum in Old Town.



St. Paul's Nursing and Rehabilitation residents enjoy when animals visit; they especially love the soft, snuggly bunnies.



St. Paul's PACE Akaloa Participant, Herminia, poses with Olivia Stout, Clinic Supervisor, during the filming of new Human Resources video.



St. Paul's Plaza resident, Alyce (right), poses for a photo with her daughter after a Mother's Day pampering and glamour session by The Glama Project.



St. Paul's Senior Day Program participants enjoyed an outing to Juice Alchemy in Bankers Hill.

RESIDENTS AND PARTICIPANTS

ST. PAUL'S LUV SUMMERFEST

OUR ANNUAL "FUN"- RAISER

JOIN US!

SATURDAY, AUGUST 24TH

at Humphreys by the Bay

2241 Shelter Island Drive, San Diego, CA 92106

5:00 p.m.



**Live Music • Dancing • Wine And Chocolate Tasting • Green Screen Adventure
Karaoke Lounge • Incredible Food Islands • Silent Auction • Breweries
And So Much More!**

Live Music: Shaka, Brimstone, and The Republic of Music



Hosted by San Diego personality

LADONA HARVEY

St. Paul's is pleased to have radio personality LaDona Harvey join us to emcee the LUV SUMMERFEST. LaDona has been our spokesperson on KOGO radio for four years and is the two time winner of the National Gracie Award which recognizes exemplary programming created by, for and about women in radio, television, cable and interactive media.

PURCHASE TICKETS TODAY:

stpaulseniors.org/luvsummerfest2019/
or call the Foundation at (619) 239-6900

Proceeds from our annual fundraiser benefit the programs and services of St. Paul's Senior Services and allow us to improve the lives of the seniors we serve. Please join us.



Presenting Sponsor:
**The McColl Family and
Trinity Capital**



The McColl family have been lifelong supporters of St. Paul's Senior Services. John McColl explains why philanthropy is such an important part of their lives.

"I learned early from my parents about the importance of getting involved and helping out. They would coach teams or manage the snack stand at games. Throughout their lives, they have given to others, and what they have sown is now coming back in abundance. They have 19 grandchildren who adore them and love spending time with them.



I've discovered that volunteering creates fun and rewarding experiences. It opens doors and opportunities in ways you cannot predict. The experience of giving is key. My wife and I want to lead by the example my parents set and teach the next generation of the McColl family about the

importance of giving...giving of time and expertise to help people less fortunate, and to give financially.

I've learned at St. Paul's that many seniors don't have family. St. Paul's becomes their family, providing them with companionship and support. I value that St. Paul's gives to seniors what my parents have in abundance.

So, this is the message for my kids, my nieces and nephews, and anyone else who will listen: Give. Give of your time, share your talents, and give from your wallet. If you do this, it will open doors."

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ST. PAUL'S PACE HOSTS EXPERTS ON COUNTY'S HOMELESSNESS TRENDS

On June 6th, the St. Paul's PACE Reasner Center hosted an educational event about the state of homelessness in San Diego County and the outcomes from St. Paul's Permanent Supportive Housing partnerships over the last six years. Over 40 people attended, toured the center, and listened to presentations from Kris Kuntz of Lesar Development and Mark Lim, the St. Paul's PACE Housing Manager.

Key takeaways from Kris' presentation about the point-in-time count finding included: there is a relatively unchanged number (8,100, down 3% from last year) of total homeless in the County; and San Diego's lack of permanent supportive housing units is low as compared to other metropolitan areas.

"We liked Kris' presentation. We learned about some of the trends in homelessness and some possible solutions that we hadn't heard before," said Mary and Ken Tranbarger. "There's much to consider as a city and region when addressing this crisis."

Mark's presentation highlighted some successes and opportunities for serving the fastest growing demographic of homeless people – seniors – in the county. Through St. Paul's partnerships with the San Diego Housing Commission, BRIDGE Housing, and Wakeland Housing & Development Corporation, St. Paul's now has five permanent supportive housing communities in San Diego, serving over 200 seniors to make sure they have the health and social services necessary to keep them stable in their new homes.

"I was excited to hear about future housing partnerships for homeless seniors. Pairing housing with St. Paul's PACE wrap-around services just makes so much sense to me," said Valerie Goodpaster, a St. Paul's supporter. "I'm thrilled to hear St. Paul's is partnering for another 120 units in Clairemont and Grantville."

If you would like to get involved with St. Paul's Permanent Supportive Housing initiatives, please contact Liam Dunfey at ldunfey@stpaulseniors.org or (619) 239-6900.



Mark Lim, St. Paul's PACE Supportive Housing Manager, speaks about Permanent Supportive Housing achievements.



Kris Kuntz, Lesar Development Consultant, explains findings from the Point-in-Time Homeless Count.



Liam Dunfey of St. Paul's Foundation tours St. Paul's PACE Reasner visitors.

ST. PAUL'S FOUNDATION WISHLIST

ITEMS NEEDED IN ONE OR SEVERAL OF OUR LOCATIONS.

MUSIC SYSTEM FOR CHAPEL SERVICES - \$2,000

Our Chaplains would like a portable electronic music system that plays prerecorded hymns for worship services when a pianist is unavailable.

VOICE OVER IP PHONE SYSTEM - \$55,000

We are in need of funding for a new phone system for the St. Paul's Bankers Hill communities.

CHAIRS - \$500/chair

20 chairs are needed for the Reflections Memory Care Program at St. Paul's Plaza. The chairs are designed for easy cleaning and reclining, and include a tilt feature to assist seniors with exiting the chair.

UPRIGHT PIANO

Our St. Paul's PACE Reasner center would like an upright piano to be used by participants and volunteer performers who provide entertainment for the participants.

TROPHY DISPLAY CASE

Each St. Paul's PACE Center would like a case to display awards that participants have received.

MEDICAL VEIN FINDER - \$250

The St. Paul's Senior Services Nursing and Rehabilitation center is equipped to serve seniors in need of IV therapy. A vein finder facilitates the process of administering an IV while minimizing discomfort as much as possible.

BLADDER SCANNER - \$8,000

ROLLING STAND - \$400

PRODIGY PROBE - \$2,500

SUPPLIES - \$150

A common practice at our St. Paul's Senior Services Nursing and Rehabilitation center is to check if a resident has a bladder infection. Currently, residents must travel to a clinic for the assessment. A scanner would provide a quicker determination without the resident having to leave the center.

If you wish to make a charitable contribution to the cost of the item, or to donate your gently used item to St. Paul's Senior Services, contact Stewart Gaddy at **(619) 239-6900**. Your support is greatly appreciated.

AROUND ST. PAUL'S



St. Paul's PACE employee, Elizabeth, accepts her cape and pin during a Sales and Marketing Superhero themed event.



Todd, St. Paul's Chief Development Officer, shakes hands with Ted Kay, Foundation Board Chair, after being named the next President of the Downtown Lions Club.



A St. Paul's Senior Day program CNA and participant enjoyed this year's Easter party together.



St. Paul's Senior Services Nursing and Rehabilitation employee, Katia, holds Pua the pig during a petting zoo that visited the center.



St. Paul's PACE Reasner employees participated in a voluntary, fitness boot camp with NXPT Fitness Studio. The "X" that you see signifies "no excuses." They all put their health and wellness at the forefront.



St. Paul's Manor Admissions Specialist, Jean, shows off a beautiful birthday gift she received from a friend and fellow coworker.



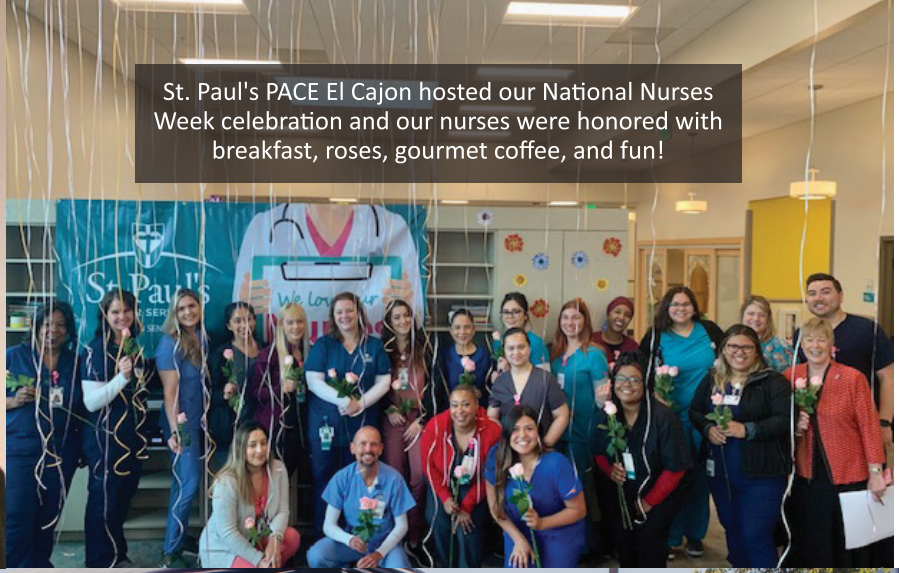
Staff members were honored for Administrative Professionals Day in April.



St. Paul's Villa employees performed a dance in a talent show for the residents.



The San Diego Housing Federation hosted its 2019 Ruby Awards and recognized leaders in the San Diego affordable housing and supportive housing fields. Bruce (2nd from right), a St. Paul's PACE participant, was nominated for the Outstanding Resident Leader award. St. Paul's employees attended in support of Bruce.



St. Paul's PACE El Cajon hosted our National Nurses Week celebration and our nurses were honored with breakfast, roses, gourmet coffee, and fun!



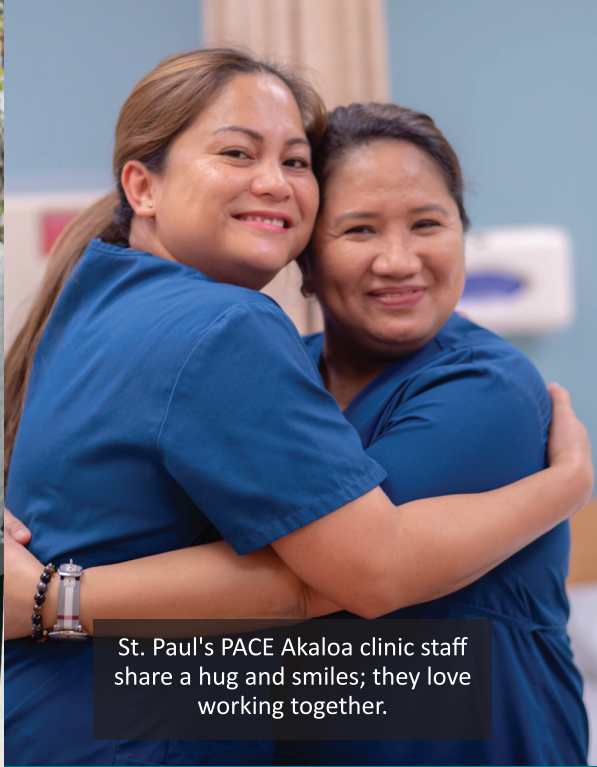
In June, St. Paul's PACE employees attended the Regional PACE 2.0 conference with other PACE organizations to discuss PACE growth and best practices.



St. Paul's employees had a great time at the Annual Summer Bash in Bankers Hill. Delicious food and ice cream, a photobooth, games, prizes, and more were enjoyed by all.



St. Paul's employees, veterans, active duty service members, and seniors came together for a Memorial Day Ceremony to honor those who lost their lives serving our country.



St. Paul's PACE Akaloa clinic staff share a hug and smiles; they love working together.

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