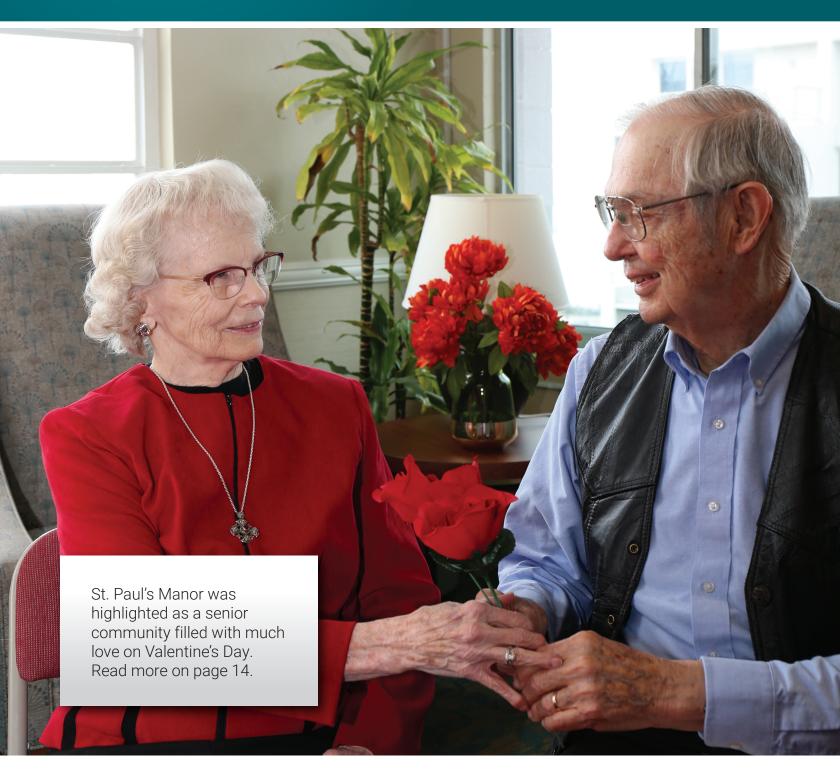


COMMUNITY CONNECTION

Reflecting on January - April 2023



Leaders In Senior Care Since 1960

President & CEO Perspective

Giving Thanks To Our Board Of Directors



As we approach the midpoint of 2023, I'd like to provide some updates on how St. Paul's is continuing to lead in the transformation of the aging experience. As an organization, we understand that through all of the advances of science and technology our country has made, Americans are living longer. These are positive advancements, which calls us to find new ways to help our residents and participants focus on healthy aging by staying active and engaged in their communities. However, we also understand many older adults are living longer with the

effects of complex illnesses. Living longer with illness increases overall healthcare related costs for individuals and their families and is creating a new subset of the older adult population that is being referred to as the "hidden middle". The "hidden middle" is made up of individuals who are outliving their resources resulting in limited funds. Being in the "middle" of today's financial climate, they find themselves ineligible for some safety-net programs, and without enough resources to effectively manage the overall cost of living.

With this expanding demographic of older adults, St. Paul's is called by our mission to reimagine healthcare services at home (wherever you call home) and is designing new programs and care delivery models to serve this emerging segment of the population. We are beginning to build the technology infrastructure to support seniors in a very different way, explicitly investing in programs focused on enhanced care coordination, remote monitoring of disease progression, enhanced medication management, and easier access to providers.

In late 2022, St. Paul's acquired a new building in Mission Valley that will become a "technology coordination hub" equipped and staffed to test these new models of care.

Our organization has an extensive history of being the "Leaders in Senior Care". In the coming months, we will share with you our progress on specific plans to transform the aging experience. We hope that you will join us in this journey!

So many exciting things are happening at St. Paul's with much to look forward to. I want to thank our employees for their continued commitment to our seniors. Without them, St. Paul's would not be where it is today.

Blessings,

Michael McHale President & CEO ST. PAUL'S EPISCOPAL HOME, INC. BOARD

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St. Paul's Senior Services is pleased to introduce Sophia Lukas as its new Chief Operating Officer (COO). Sophia's impressive background in healthcare operations, management, and strategy makes her an excellent addition to our team. With experience overseeing established senior living programs and start-up operations, Sophia brings a wealth of knowledge to her new role. Her connection to St. Paul's is longstanding, as her mother served as the Controller of the SPSS Finance Department for many years. Sophia herself spent countless hours volunteering for the organization growing up. She completed her Administrator-in-Training program at SPSS and served as the Administrator of St. Paul's Plaza.



Sophia Lukas, Chief Operating Officer

ST. PAUL'S SENIOR SERVICES RECOGNIZED AS LEADERS IN SENIOR CARE

During the LeadingAge California RISE Policy Summit on March 21, 2023, St. Paul's Senior Services was awarded the prestigious title of Advocate of the Year for 2022. The award recognized St. Paul's Senior Services' tireless advocacy work to enhance the quality of life for older adults, both within local communities and at the state level. As a stalwart voice for public policy and regulatory changes, St. Paul's Senior Services has long been known for its direct advocacy with the California Legislature, making a lasting impact in senior care.



TICKETS ON SALE NOW SUMMERFEST 2023 Bourbon Street on the Bay

August 26th Saturday evening Humphreys by the Bay



ST. PAUL'S HOSTS ANNUAL LEGISLATIVE BREAKFAST

We were delighted to host the 22nd Annual Legislative Breakfast at St. Paul's Conference Center in partnership with the San Diego Senior Alliance. The event featured insightful presentations from Natalie Donlin-Zapella, Legislative Director with LeSar Development Consultants; Meghan Rose, General Counsel and Chief Government

Affairs Officer with LeadingAge California; and our President & CEO, Michael McHale. We were honored to have representatives from the Offices' of:

Assemblymember, 78th District Chris Ward Assemblymember, 79th District Akilah Weber, MD California State Senator Steve Padilla City of El Cajon Councilmember Steve Goble City of San Diego Councilmember Stephen Whitburn Congressman Juan Vargas Congressman Mike Levin **Congressman Scott Peters** Congresswoman Sara Jacobs County of San Diego - Aging and Independent Services County of San Diego - Public Authority/HSS **County Supervisor Joel Anderson** County Supervisor Terra Lawson - Remer Mayor Todd Gloria Senate Minority Leader Senator Brian Jones Senate Pro Tempore Toni G. Atkins



Senator Brian Jones presented certificates of recognition to Michael McHale, President and CEO of St. Paul's Senior Services and Carol Hubbard, CEO of St. Paul's PACE for their outstanding leadership.





Senator Toni Atkins Meets With St. Paul's

President and CEO Michael McHale and St. Paul's PACE CEO Carol Hubbard met with Senate President Pro Tempore Toni Atkins to thank her for her gracious support of our St. Paul's PACE program. Her support will enormously impact our seniors as we continue to provide the most efficient and effective care to San Diego's most frail and vulnerable population.



15 YEAR ANNIVERSARY Celebration

St. Paul's PACE celebrated its 15th anniversary with a fabulous networking event where guests had the opportunity to mingle and network while enjoying delicious appetizers and signature drinks. During the event, our St. Paul's Senior Services President and CEO, Michael McHale, thanked our industry partners, vendors, and donors for their support and contribution to St. Paul's PACE these past 15 years. We also thanked our donors for their support in helping us open the first PACE program in San Diego, we wouldn't have been able to reach this milestone without their support.

The large turnout of over 100 guests is a testament to the strong relationships St. Paul's PACE has built and its impact on the lives of seniors in the San Diego area.





FUN FACT:

St. Paul's PACE was the first PACE program in San Diego and has provided medical and social care for almost 3,000 seniors since 2008.

THE ORIGINAL THREE OF ST. PAUL'S PACE



St. Paul's PACE was established in 2008 and has grown to serve almost 3,000 seniors with high end medical and social care resulting in them continuing to live safely in their homes. Today, 15 years later, we have three founding friends who have witnessed the transformation of San Diego's first PACE program. Elvira, now 78, was one of the first participants to join St. Paul's PACE. Her awareness of the program came from a presentation by Amanda Gois, St. Paul's Senior Services' Chief Marketing Director. Elvira states, "I was seeking a primary care physician upon moving from Mexico, and St. Paul's PACE provided that for me. I was skeptical about the program since it was brand new. I am so glad I joined." Elvira's trust in Amanda led to a relationship that has helped Elvira thrive.

Amanda Gois has an extensive track record of launching new programs in local markets. She stated, "I heard about the impact PACE was having on seniors in Los Angeles through Alta Med, and I wanted to use my skills to help others." As the sole marketing representative for St. Paul's PACE in 2008, Amanda knew the program would be successful. "Elvira and I became great friends, she would tell her neighbors about PACE and I'd run over and enroll them!"

Tasha Bahta started at St. Paul's PACE in the day center as a Certified Nursing Assistant (CNA). Today she is the day center supervisor at our downtown location. Bahta states, "Seeing the difference we make in our participants' lives is incredibly rewarding. Elvira is a prime example of that."

THE THREE HAVE BEEN GREAT FRIENDS OVER THE PAST 15 YEARS.

The Behavioral Health program makes me proud. When we started PACE in 2008 we didn't offer this. So many seniors needed it, and we are now honored to provide it. Amanda

9.23



St. Paul's PACE continues to enhance its services and think outside the box to meet the needs of seniors in our community. Tasha

S

I remember when the clinic was quiet and the day center was empty. Now it's full! I am happy to see others receive the services that PACE provides to me. Elvira



St. Paul's employees enjoying outreach event

Plaza resident enjoys visit from Easter bunny Villa resident and staff having a blast



Marketing department hosts a

Community Pup Event

Plaza residents put together Easter eggs for St. Paul's Child Care program



Child Care enjoys an Easter Egg Hunt

SUMMERFEST committee enjoys planning upcoming event

Residents and staff enjoying community event

Thank You

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6





Industry partners support PACE North Re Opening

PACE leadership academy graduating class 2023



Enrollments organized pop up events at different sites

PACE Participant receives iPad

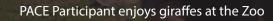


Chula Vista Rotary visit PACE particpants with donations

PACE's excellent nursing team



Nemeth team shines at chamber gala



WOUND CARE MANAGEMENT CERTIFICATION FOR ST. PAUL'S NURSES

Recently, 13 of St. Paul's Senior Services (SPSS) nurses attended a four-day training and certification program through the Wound Care Education Institute (WCEI). The course offers an evidence-based approach to wound management training and current standards of practice. As a result, each community at SPSS, including all four St. Paul's PACE locations, residential communities, and St. Paul's Skilled Nursing & Rehabilitation, has a wound care specialist or a certified wound care nurse on staff.

Donna Lupinacci from St. Paul's Clinical Nurse Excellence Team (CNET) will serve as the Wound Care Program Coordinator. Donna has developed an in-service schedule and instructional curriculum. Nurses will share unique cases in wound care, treatment strategies, and clinical outcomes.

"Advanced clinical knowledge and skills enhance and changes lives," says Karen Mitchell-Keels, Corporate Nurse Administrator. It also increases job satisfaction and the retention of our employees. Under the Corporate Nursing umbrella, Karen is developing education partnerships to benefit both employees and St. Paul's seniors.



Amber Sripan Corey Kuehn Darlene Brown Dela Cruz Donna Lupinacci Heath Bradley

Jessica Zebroski Kwan Utchin Leizi Paz Rodriguez Linda Campos Sara Franco Sigred Aquino Solangel Reveles Therese Cabigas

EMPOWERING OTHERS: How These Nurses are Teaching the Latest Wound Care Techniques

Therese Cabigas and Sara Franco are two registered nurses (RNs) from St. Paul's PACE Chula Vista who participated in the wound care training. They began advising their colleagues and demonstrating the use of wound care products, earning the respect of Doctors, Nurse Practitioners, and Physician Assistants for their expertise. Their teaching efforts led to improved patient outcomes, including a patient with a previously stubborn wound that healed successfully thanks to a new treatment plan devised by the nurses and doctors.

The entire team is grateful for Therese and Sara's contribution to improving patient care, and St. Paul's recognizes and appreciates their passion for teaching others.



THE POWER OF CONNECTION

Girl Scouts and Manor Residents Share Values and Treats

St. Paul's Manor recently received a surprise visit from Girl Scout Troop #4875, who brought their iconic Girl Scout cookies to share with the residents. During the visit, the girl scouts discussed their mission and how their actions are building a better world. The interaction between the two generations was heartwarming, and the shared values of kindness and community service were evident.





A VISION OF GIVING BACK:

How 93-year-old Jack Machun is changing lives

Jack Machun, a 93-year-old resident at St. Paul's Manor for the past 11 years, has demonstrated his commitment to helping others through his recent contribution to the Lions Club International Recycle for Sight program. Jack collected an outstanding 133 pairs of reading glasses for the program. This initiative is crucial as millions of people in low-and middle-income countries lack access to essential eye care services and eyeglasses. Lions Clubs worldwide recognize the urgent

need for corrective lenses and collect usable glasses in their communities. Jack's selflessness and dedication to helping those in need serves as an

inspiration to us all.

ST. PAUL'S PACE NORTH COUNTY OPEN HOUSE



Since 2008, St. Paul's Senior Services has cared for thousands of San Diego seniors through our St. Paul's PACE program. St. Paul's recently hosted an open house at our Encinitas Program of All-inclusive Care for the Elderly (PACE) health clinic. As the fourth St. Paul's PACE medical clinic in San Diego, the center serves North County's senior population in a convenient location that brings medical care directly to the patient. The Encinitas Chamber of Commerce, Senator Catherine Blakespear, and Assembly member Tasha Horvath presented certificates of recognition for the work St. Paul's PACE provides the community.





KIM STRATMAN RISING TO THE CHALLENGE



With the addition of our strategic plan, St. Paul's Senior Services is moving forward with several initiatives to better serve the growing senior population. Recent reports show that 10,000 seniors turn 65 every day in the United States! Many need care services that are currently financially unavailable to them. As President and CEO, Michael McHale says, "The good news is we are living longer, the bad news is, we are living longer!" Hence, the need for more sophisticated medical and social services for San Diego seniors. To accomplish our

vision, we have established a Project Management department led by Kim Stratman, a St. Paul's veteran of 12 years. Kim has her Master of Science in Management and recently completed her Project Management Professional (PMP) certification. This certification puts Kim in the same league as engineers seeking this complex project management license. "The future of St. Paul's is in solid hands with Kim leading our Project Management team," says Michael McHale.

NEW EMPLOYEES WELCOME



We offer many career opportunities. Scan to learn more.

LOVE IS IN THE AIR AT THE MANOR



On Valentine's Day, The Manor on Bankers Hill was featured on Fox 5 San Diego with Heather Lake, as a community with much love. Residents Dean and Dona Fitzgerald, married for 62 years, shared that communication and respect are the secrets to their lifelong love affair. They are featured on our cover this month.

David and Marjorie Boice have been married for 68 years. "Keep communication open and always love and respect one another," says Marjorie. David affirms, "Don't let your problems fester. Talk it out and come to grips with what is an equitable solution."







CHARITY BEGINS AT HOME AT ST. PAUL'S

Through St. Paul's Employee Payroll Contribution Program, staff members can "Pay-roll it Forward" by giving a small amount of their paycheck to benefit their favorite St. Paul's initiatives.

Over the years, St. Paul's Senior Services has been blessed with many charitable staff who believe deeply enough in the mission to demonstrate that charity truly begins at their St. Paul's "home."



St. Paul's Executive Team (left to right) Todd Kaprielian, Sophia Lukas, Carol Hubbard, Michael McHale, Randall Sanner



Ben Calas, Environmental Aide at St. Paul's Nursing & Rehabilitation, shares why he has "Pay-rolled it Forward" for the past 27 years:

"My parents taught me to share my blessings and I am proud to do that for our seniors at St. Paul's."

This philanthropy allows St. Paul's PACE participants, senior community residents and our children in day care to live healthier, happier and more rewarding lives.

Giving to St. Paul's Senior Services makes a difference!

Please consider paying it forward and making a donation today:

stpaulseniors.org/donate



BRINGING JOY & PROSPERITY TO ST. PAUL'S: WENDY ZHUANG AND THE WELL GROW FOUNDATION

The night was alive with vibrant and colorful performances at St. Paul's Conference Center, as residents from St. Paul's Villa, St. Paul's Plaza, and St. Paul's Manor were treated to a night of rich tradition and culture in celebration of the Chinese New Year.

Wendy Zhuang and the Well Grow Foundation hosted an incredible show, featuring mesmerizing dances from Xingjian Dance Studio and Moonlight Dance Group, soulful music from Wei Feng Vocal Studio and Hope School of Music Ensemble, and lively performances from The San Diego Chinese Folk Dance



Ensemble and The Bohua Youth Group. The energy and excitement in the room were palpable, and residents were on their feet, cheering and applauding all night long. It was a joy to see the community come together to embrace the hope and prosperity of the new year thanks to the generosity and talent of Wendy Zhuang and the Well Grow Foundation.



ST. PAUĽS VISIONARY LUNCHEON SERVES UP A GOOD TIME AT ISLAND PRIME!



In late April, the St. Paul's Senior Services Foundation hosted their annual Visionary Luncheon at Island Prime restaurant. Heritage Society Members and Legacy Wall Honorees gathered for a delicious lunch at one of San Diego's top restaurants as St. Paul's President and CEO, Michael McHale, and Foundation CEO, Todd Kaprielian, acknowledged their philanthropy and shared exciting updates and changes happening at St. Paul's Senior Services.

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 ensure a brighter future for seniors in San Diego by designating



St. Paul's Foundation team: (left to right) Craig Smith, Sabrina Carnell-Williams, Todd Kaprielian, Betsy Paige, Stewart Gaddy

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 exclusive resources throughout the year. To learn more about this esteemed group, please contact Craig Smith, Director of Donor Engagement, at csmith@stpaulseniors.org or 619-239-6900.

ST. PAUL'S GIFT TO YOU: RESOURCES FOR YOUR FINANCIAL FUTURE

You know that giving back is important - however, navigating the different ways to give can be overwhelming. Managing your IRA plan, understanding payout rates for Charitable Gift Annuities, or including a bequest in your will is a lot to consider.

St. Paul's Senior Services Foundation is here to help you meet your financial goals, while still creating a lasting legacy for years to come! Our Planned Giving website is a great place to discover new ways to give, find resources on how best to invest your hard-earned money, and ask questions to our team of giving experts. Along with our new site, we also have a monthly newsletter with timely news on topics including financial planning and informational events.

SCAN TO







THANK YOU AMANDA GOIS

Chief Marketing Director, St. Paul's Senior Services

Thank you for 16 years of dedication to St. Paul's Senior Services and the senior care industry. Your influence has brought the needs of San Diego seniors to the forefront of our community.

SAN DIEGO BUSINESS JOURNAL

TOP 50 HONOREE

S





St. Paul's McColl Nursing & Rehabilitation

1. Office chairs for staff

7 @ \$300 = \$2,100

- 2. Laptops for med carts 2 @ \$650 = \$1,300
- 3. AED Defibrillator: \$995
- 4. 60 Gallon fish tank: \$700
- 5. "My Little Pony" Petting Zoo Quarterly @ \$300 each visit = \$1,200
- 6. Snow cone machine: \$178

St. Paul's Manor

- 1. Sea World tickets 15 @ \$110 = \$1,650
- 2. Sound system for common area: \$555
- 3. Reading chair: \$235
- 4. San Diego Padres tickets 15 @ \$30 = \$450
- 5. High intensity reading lamp for library: \$250
- 6. Concert by Candle Light Tickets 15 @ \$50 = \$750

The Villa on Bankers Hill

- 1. Cantilever patio umbrellas w/lights 2 @ \$250 = \$500
- 2. Outdoor ceramic pots 6 @ \$80 = \$480
- 3. Bluetooth Karaoke machine: \$200
- 4. Outdoor projector and screen: \$225
- 5. Singing bowl set for sound healing: \$250
- 6. Rolling vital sign machines 2 @ \$ 1,000 = \$2,000

Human Resources

 Welcome Baby Package for new parents (St. Paul's staff). Each package contains a St. Paul's onesie, knitted hat/blanket and hot/cold pad 20 packages @ \$17 = \$340

St. Paul's Plaza

- 1. Padded recliner chairs for Memory Care Program 4 @ \$250 = \$1,000
- 2. Outdoor patio cushions set (24" x 24" ea.) 10 @ \$70 = \$700
 3. Canopy replacement (beige 10' x 20')
 - 3 @ \$112 = \$336
- 4. Manicure kits for Memory Care Program: \$300
- 5. Flower arrangement classes for Memory Care Program (sensory activity): \$500
- 6. Art & Crafts supplies: \$500

St. Paul's PACE El Cajon

- 1. Adult coloring books 25 @ \$10 = \$250
- 2. Large print crossword puzzles: 10 @ \$20 = \$200
- 3. Stylus iPad pens 25 @ \$3 = \$75
- 4. Wheelchair foot rests
 - 6 pairs @ \$50 = \$300
- 5. Wrist blood pressure monitors 6 @ \$40 = \$240

St. Paul's PACE Chula Vista

- 1. Karaoke machine: \$250
- 2. Adora Cuddle & Coo Interactive Talking Doll "Baby Sweet Dreams" (two brunette hair dolls) 2 @ \$60 = \$120
- 3. Gelish nail polish removal

3 @ \$10 = \$30

4. Hasbro's Joy for All Companion Pet for Seniors "Orange Tabby Cat": \$140

St. Paul's PACE San Diego

- 1. Bluetooth outdoor speaker: \$140
- 2. Cooler: \$40
- 3. Picnic chairs/park chairs 5 @ \$20 = \$100
- 4. Karaoke machine: \$140
- 5. San Diego Padres tickets 20 @ \$50 = \$1,000

St. Paul's PACE Supportive Housing

- 1. JBL Party Box on-the-go: \$229
- 2. Wireless Bluetooth Karaoke machine: \$109
- Old Town Trolley tours
 5 PACE participants @ \$47= \$235
 4. San Diego SEAL tour
 - 5 PACE participants @ \$47 = \$235
- 5. USS Midway Tour 5 PACE participants @ \$26= \$130
- 6. San Diego Botanical Garden 5 PACE participants @ \$18 = \$90
- 7. San Diego Fair 5 PACE participants @ \$15 = \$75
- 8. Birch Aquarium
 - 5 PACE participants @ \$23 = \$115

Please contact Stewart Gaddy at sgaddy@stpaulseniors.org or (619) 239-6900 if you wish to buy the item or make a charitable contribution toward the cost of an item.

Thank you to our donors

GREATEST NEED

Blackrock Midstream LLC Ben Calas Gloria Campbell Donna Feete Jeanette Forrest **Tim Frazier** Stewart Gaddy Kathy & Daniel Govea Sergio Gutierrez Ellen Hargus Cindy Henderson Mary Hunter Mary & Robert Johnson Sophia Lukas Bill Martinez Geri Musser Graciela Quihuis Kateriel Sampang Randall & Margo Sanner Ellen Schmeding Sheila Soules

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ST. PAUL'S COMMUNITY CONNECTION REFLECTING ON JANUARY - APRIL 2023



RESIDENTIAL MEMORY CARE



FINALLY, A MEMORY SUPPORT PROGRAM CUSTOMIZED FOR THE ENTIRE FAMILY



(619) 232-2996 LIC# 370804823

St. Paul's

Plaza

Active Living, Assisted Living, and Reflections Memory Care 1420 East Palomar Street, Chula Vista, CA 91913

(619) 591-0600 LIC# 374603643

Do you know someone seeking residential care for a loved one with memory impairment? Please refer them to Genesis Martinez at St. Paul's Plaza in Chula Vista, or Terri Hancock at The Villa on Banker's Hill. We have several apartments available, all with private bathrooms and of course our award-winning Reflections Pillars of Care for excellence in care.