



COMMUNITY CONNECTION

Leading the transformation of the aging experience



Jesse, St. Paul's Plaza Resident

LEADERS IN SENIOR CARE SINCE 1960

President & CEO Perspective



Over the past year, we have been developing a new strategic plan for St. Paul's that will steer our mission forward for decades. To ensure that this plan comprehensively reflects the needs of our staff and community, we surveyed over 200 employees, residents, and board members for their input on our organization's direction.

One of the most exciting outcomes of this process was the establishment of our new mission statement: **"Leading the transformation of the aging experience."**

The word "leading" signifies the great pride we take in being trailblazers of this industry. At St. Paul's, we want to lead the way by providing new and innovative services for our seniors. The word "transformation" represents our unwavering dedication to progress. We recognize that the "aging experience" is both deeply personal and ever-evolving; that's why we're committed to transforming our approaches as the needs of our seniors change.

To strengthen our mission statement, we also established a set of core values that represent our fundamental beliefs and highest priorities as an organization. These values are **compassion, service, integrity, and courage** — four words that were also chosen with the utmost intention and will be featured in more detail in our next Community Connection.

As we strive to transform the aging experience together, I encourage you to consider what these values look like in action. I truly believe that if we prioritize them as a community, we will be successful.

Thank you to everyone who helped shape this inspiring new framework for St. Paul's. We are paving a road to an exciting future, and I am so grateful to be on this journey with you.

Blessings,

Michael McHale
President & CEO

Giving Thanks To Our Board Of Directors

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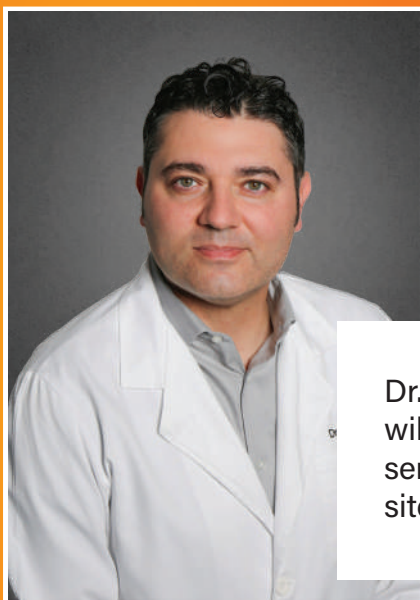
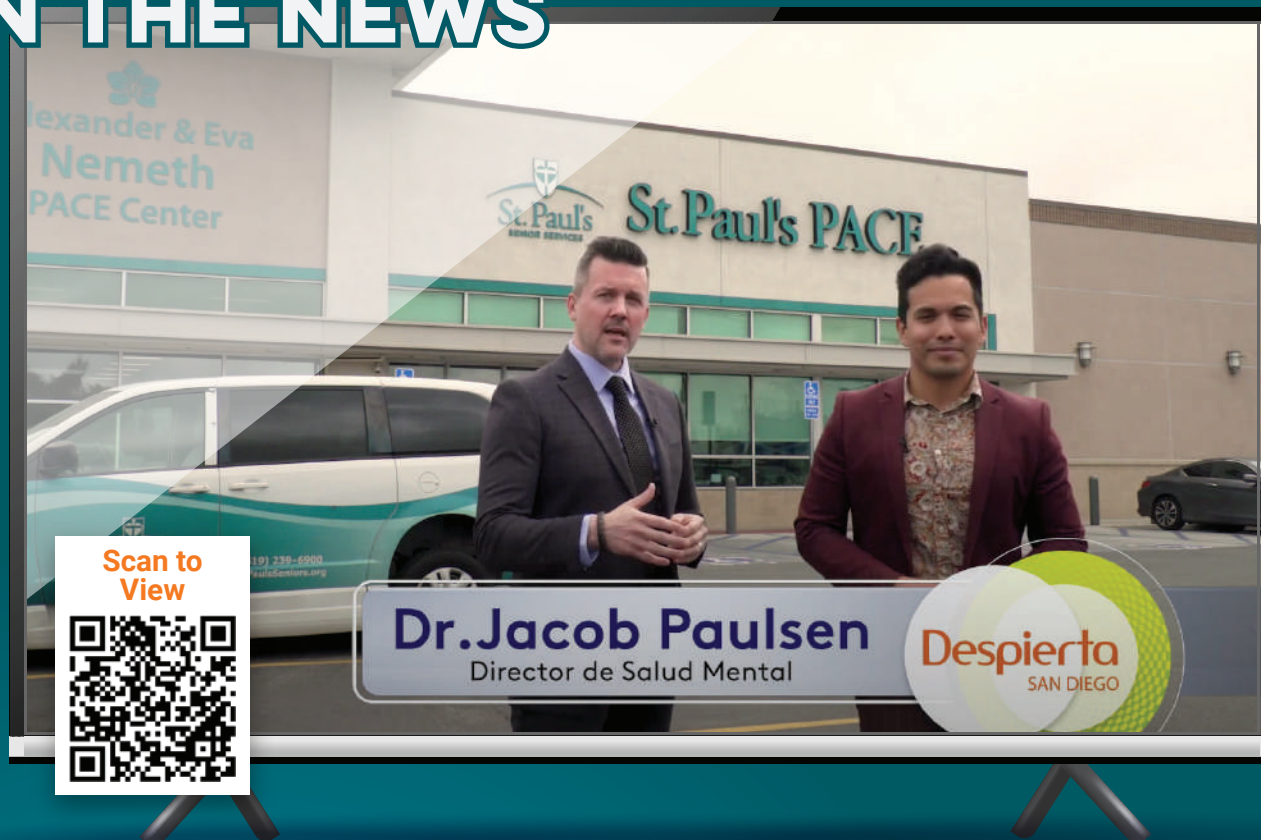


OUR MISSION

Leading the transformation
of the aging experience



IN THE NEWS



WELCOME

**St. Paul's PACE Dentist,
Dr. Ramiz Nasser**

Dr. Nasser is based at PACE Reasner and will be providing a wide range of dental services to PACE participants at all clinic sites to help them maintain good oral health.

**Scan to
Learn More**



Are you in need of dental care and wondering if PACE is for you?
Call 1(833)PACENOW or visit StPaulsPACE.org to see if you qualify.

St. Paul's Senior Services Hosts SANDAG

SPSS hosted the San Diego Association of Governments (SANDAG) and Facilitating Access to Coordinated Transportation (FACT) for a press conference to announce a unique and exciting new transportation service called RideFACTNOW. This on-demand para-transit service will support San Diego County residents who face barriers to mobility, including seniors and people with disabilities. It is accessible now and operates on a same-day basis, with as little as one hour of notice.

The event received significant media coverage and was featured in the San Diego Union-Tribune. Plaza residents Joe and Frances Aguilera (pictured) were the first riders to experience this new service!



County Supervisor Jim Desmond Visits Trinity Place

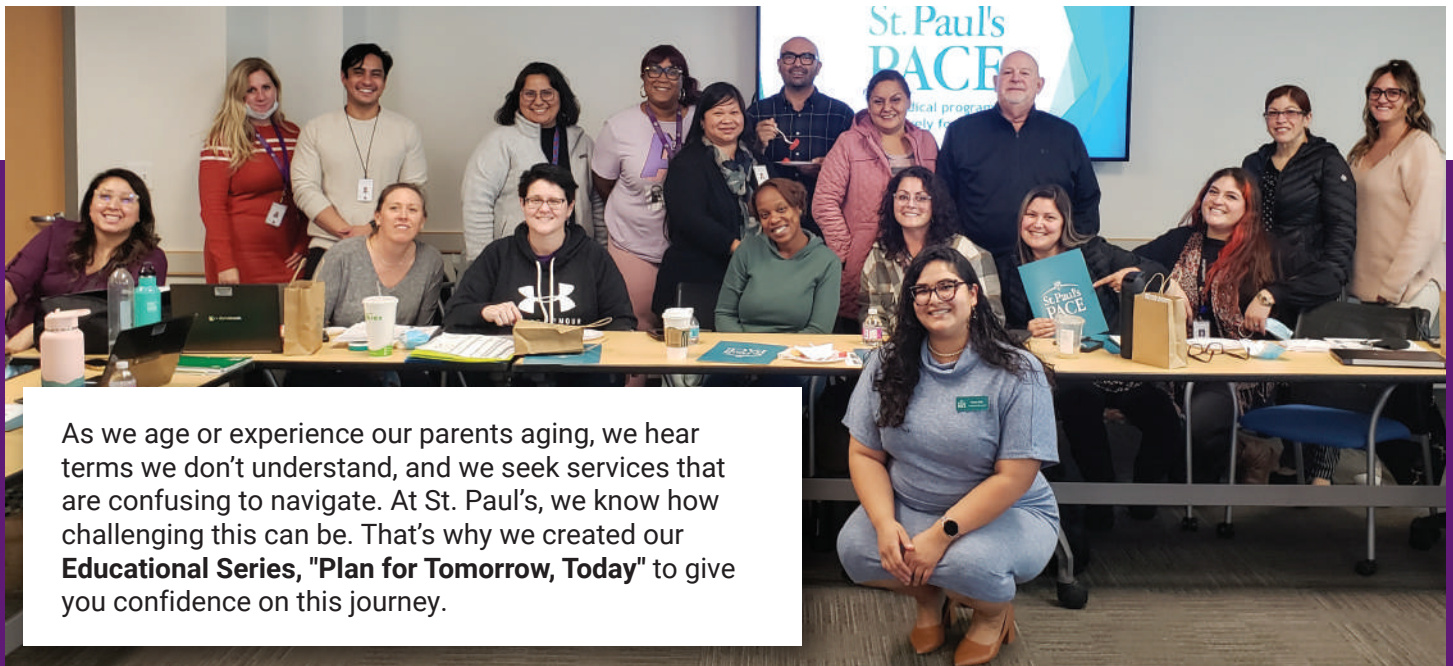
Members of St. Paul's leadership team welcomed San Diego County District 5 Supervisor Jim Desmond for a tour of Trinity Place, a supportive housing community for formerly unhoused seniors with chronic health needs. There are currently 32 PACE participants residing at Trinity Place, thanks to Housing First—an affordable housing and support services model for addressing homelessness.

The tour showcased how our on-site wraparound services help PACE participants [who have chronic medical conditions] live independently and with dignity in their homes. It also highlighted success stories like Melanie O., a formerly unhoused resident and PACE participant. Melanie spoke with Supervisor Desmond about how much PACE has changed her life and how proud she is to have a home with caring neighbors.

Afterward, Supervisor Desmond toured our PACE roving clinic with Dr. Victor Lee to learn more about how PACE reaches the broader San Diego community.



COMMUNITY WORKSHOPS



As we age or experience our parents aging, we hear terms we don't understand, and we seek services that are confusing to navigate. At St. Paul's, we know how challenging this can be. That's why we created our **Educational Series, "Plan for Tomorrow, Today"** to give you confidence on this journey.

This series explored topics surrounding the challenges of aging, such as senior isolation, fall prevention, mental health, and end-of-life planning. Our outreach team hosted four free events in 2023 and will be hosting more in 2024, so stay tuned! Be sure to keep an eye on our website for more information on upcoming workshops and events.

Thank you to our partners in the local senior care industry who continue to help make these events possible!


St. Paul's
PACE

Congratulations



CAROL CASTILLON
Regional Center Director

Nominated by the San Diego Business Journal as one of
San Diego's 2023 Top Latino Business Leaders of Influence!

From all of us at St. Paul's,
Thank you for your dedication to the seniors of San Diego.

StPaulsPACE.org 1(833)PACENOW

ST. PAUL'S SENIOR AND FAMILY RESOURCE FAIR

St. Paul's hosted its annual Senior & Family Resource Fair on June 1st. This highly anticipated event offered local residents the chance to connect with valuable resources and services in the senior care industry. The fair took place at our St. Paul's Conference Center and fostered a supportive environment for networking and community building. We welcomed over 40 vendors and 100+ attendees, making it our most successful resource fair yet!



PACE IN THE PARK EVENT

In honor of National PACE Month, St. Paul's PACE teamed up with Gary and Mary West PACE for our very first "PACE in the Park" joint event!

Participants from both programs came together at Oakcrest Park in Encinitas to connect and celebrate all the ways that PACE has kept them active, healthy, and independent. Participants painted birdhouses, played corn hole, and enjoyed a picnic lunch together. It was an incredible month of honoring the successes of our thriving senior programs!



Around St. Paul's Senior Services



Plaza resident and staff enjoying the outdoors



Resident celebrates birthday at St. Paul's Skilled Nursing & Rehabilitation



Residents & staff enjoy Christmas in July



Ice cream social in Bankers Hill



Villa resident and staff shooting hoops



Manor resident celebrates his 100th birthday



200+ blankets knitted for Plaza residents

Around St. Paul's PACE



PACE Outreach educating community about our services



Community partners enjoy open house at PACE Chula Vista



PACE staff working together during the fan drive at PACE El Cajon



PACE participant enjoys mocktail



PACE participants paint at the park

ST. PAUL'S PACE HYDRATION CAMPAIGN

Every summer, St. Paul's launches our Hydration Campaign to emphasize the importance of staying hydrated during the hot months and encourage seniors to refer friends to St. Paul's. This year, we provided a mix of water bottles, mists, and educational resources to our communities. We also organized two exciting hydration events!

The first event was a popsicle party at St. Paul's Plaza, where we shared tips on how to stay hydrated and beat the heat together. The second event, hosted at PACE El Cajon, invited seniors to sample various fruit and herb-infused waters.

While many participants appreciated the sampling, some joked that they'd rather have margaritas!



ST. PAUL'S PACE FAN DRIVE

The fourth annual Fan Drive at PACE El Cajon was a success, yet again! Enrollment Specialist Monique Fountain has led the initiative each year and attributes the event's success to the great teamwork of staff and continued generosity of community partners. This year, a total of 40 fans were collected at the drive, and donations are still rolling in!



An extra big thank-you to the El Cajon Police Officers Association for their generous donation of 15 fans.

If you or someone you know would like to make a donation, fans are still being collected and can be dropped off at any PACE location.

OPEN HOUSE AND MIXER EVENT AT ST. PAUL'S PACE CHULA VISTA

St. Paul's outreach department hosted a successful open house and mixer event at our PACE Chula Vista location, where over 50 community partners came to learn more about PACE, tour the site, and meet our incredible staff. Attendees were also able to hear from our new center director, Fernando Hernani. The event was a fantastic networking opportunity and fostered so many new connections!



CELEBRATION AT ST. PAUL'S PACE EL CAJON

St. Paul's PACE El Cajon celebrated their fifth anniversary with an open house that welcomed over 60 community members and partners.



They also received a Certificate of Recognition from Supervisor Joel Anderson's office!

SAN DIEGO BUSINESS JOURNAL HEALTHCARE HEROES

This year, the San Diego Business Journal honored three St. Paul's nurses who represent the dedication that our entire care team demonstrates daily.

The honorees were:

Therese Cabigas, Clinic Registered Nurse at St. Paul's PACE Chula Vista

Raquel Goulart, Clinic Registered Nurse at St. Paul's PACE San Diego

Ivonne Nochez, Health and Wellness Director at St. Paul's Plaza



LeadingAge BOLD Conference

Leaders from St. Paul's attended the LeadingAge California BOLD Annual Conference & Expo, held in picturesque Monterey, CA. The event helps industry leaders remain at the forefront of advancements that support the continuum of care for older adults. Attendees had the opportunity to network, build partnerships, and contribute to the future of senior services. We are thrilled that our staff could enhance their skills by attending this conference!



Philanthropy in Action



Thanks across the BOARD!

St. Paul's Skilled Nursing & Rehabilitation (McColl Health Center) residents Wilina S. and Barbara P., along with Chief Administrator Tim Jeffers and Director of Nursing Porche Brown-Edwards, give thanks to the generous donors for the new Treatment Boards.

Altrusa International Receives a Recognition Leaf for their generous support of the PACE Supportive Housing Program

Altrusa International's Susannah Berning and Kathy Girard come to PACE Reasner for the unveiling of their "leaf" on the Tree of Life. They were also treated to a tour of the facility by Center Director LaShaunda Gaines and Foundation CEO Todd Kaprielian.



Left to Right: Todd Kaprielian, Susannah Berning, Kathy Girard & LaShaunda Gaines.



Susannah Berning & Kathy Girard.

St. Dunstan's turns apartments into HOMES for PACE participants living at Celadon

Thank you to St. Dunstan's Episcopal Church volunteers Sandia Tuttle and Diane Jones for helping to make PACE participants like James feel right at home at Celadon, a PACE supportive housing community at 9th & Broadway.



PACE participant James is flanked by his new friends from St. Dunstan's, Sandia and Diane.



St. Dunstan's volunteers Sandia and Diane prepare an apartment for a new PACE participant.

Brown family legacy giving is flying proudly at the St. Paul's Child Care Program

Longtime supporters Sue Johnston and her daughter Rebecca Aubery returned to honor their father and grandfather, Gordy Brown, who donated a flagpole to the St. Paul's Child Care program. Foundation CEO Todd Kaprielian and Child Care Program Director Vanessa Garcia joined them as the children of St. Paul's Child Care Program happily recited the Pledge of Allegiance in loving memory of Gordy.



Sue Johnston and her daughter Rebecca Aubery stand proudly with Foundation CEO Todd Kaprielian and Child Care Program Director Vanessa Garcia beneath the flagpole.



Sue Johnston, Rebecca Aubery, Todd Kaprielian and Vanessa Garcia pose with Child Care Program participants.

Spotlight on Planned Gifts: Bequests



What is a bequest?

A bequest is a gift made through your will or trust. You can include language in your will or trust specifying a gift be made to family, friends or a favorite charity like St. Paul's Senior Services.

What are the benefits of a bequest?

- Leave a lasting legacy to be remembered
- Lessen the tax burden on your family
- Receive estate tax savings

What can you leave a charity in a bequest?

- Specific dollar amount
- % of your estate
- Designate certain assets



Sample language to use in your will or trust?

"I hereby give, devise and bequeath \$ ____ (or ____%) of my total estate, determined as of the date of my death, to St. Paul's Senior Services Foundation, a nonprofit organization located at 328 Maple Street, San Diego, CA, 92103, Federal Tax ID #33-0627795 for general use purposes."

How do I get started?
Please download our free
Estate Planning Guide:

Scan Now



Craig Smith

Director of Donor Engagement
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SUMMERFEST

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CareVention is proud to support St. Paul's PACE

CareVention HealthCare is proud to partner with St. Paul's PACE and support them as they continue to advance the transformation of the aging experience.



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SUMMERFEST 2023

Let the good times roll!

On Saturday, August 26, St. Paul's Senior Services welcomed nearly 400 attendees to celebrate SUMMERFEST, our annual fundraising event at Humphreys by the Bay.

This year, we brought "Bourbon Street on the Bay" with New Orleans-inspired entertainment, food, and decorations. Guests came in their best Mardi Gras colors to enjoy various activities: music and dancing, a photo booth, silent and live auctions, and a tasting room featuring local wine, beer, and chocolate!

The Rt. Rev. Dr. Susan Brown Snook, Bishop of the Episcopal Diocese of San Diego, kicked off the program with an inspiring invocation for the evening. Michael McHale, President & CEO of St. Paul's Senior Services, then shared some thoughtful remarks and eye-opening data: People 85 years and older are our region's fastest-growing age group. Providing resources to older adults on a limited, fixed income is more crucial than ever. With experience from the past and innovation of the future, St. Paul's Senior Services is uniquely positioned to address these emerging needs and prepared to lead the transformation of the aging experience for seniors in San Diego.

St. Paul's independent living community, The Manor, had several residents join on stage to share their stories, life experiences, and advice with the crowd. Manor Resident Council President Lone Broussard closed the program by thanking attendees for supporting the Manor Renovation Campaign, which is nearing completion.

SUMMERFEST broke records: selling out and raising a total of \$250,000 – exceeding our fundraising goal. Thank you to all who sponsored, attended, volunteered, or partnered to make this event happen!

If you're interested in sponsoring or being a part of the planning committee for SUMMERFEST 2024, please email Betsy Paige at bpaige@stpaulseniors.org or call 619-239-6900.

“ We had a ball,
[Manor resident]
speaker Lone was one
of our favorite parts!
”

“ Another fabulous event
– it's always a joy to
support!
”

“ It was a wonderful
evening!
”

“ Great event at a great
location!
”





St. Paul's Senior Services WISH LIST

St. Paul's Nursing & Rehabilitation

1. Office chairs for staff
3 @ \$300 each = \$900 (if possible 7 = \$2,100)
2. Electric Hoyer Lift
1 @ \$1,500 each
3. "My Little Pony" Petting Zoo quarterly visit to residents
4 @ \$300 each visit = \$1,200

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

St. Paul's PACE El Cajon

1. Sony – DVD player with HD - Black
1 @ \$44.99
Large-font size print word search puzzles for seniors
2. 40 @ \$7.32 each = \$292.80
Wrist Accurate Automatic High Blood Pressure
4 @ \$21.99 = \$87.96
3. Rust-Free metal outdoor patio dining set = \$624

St. Paul's PACE Reasner and North County

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

St. Paul's Child Care

1. Kid Kraft Greystone Cottage Playhouse – 1 @ \$435
2. Patio umbrellas for children playground – 3 @ \$108 each
= \$324

Human Resources

1. Themed greeting cards with envelopes for staff gifts
(Get Well, Sympathy, New Baby, Congratulations)
= \$40 or donate the actual cards

The Manor on Bankers Hill

1. San Diego Padres tickets
15 @ \$30 each = \$450
2. A contribution to the Resident Council fund for new books (Suggested donation: \$100-\$200)
3. Concert by Candle Light tickets
15 each @ 50 = \$750

St. Paul's Plaza

1. Puzzle books for Assisted Living and Memory Care
\$75 x 1.25 = \$93.75
2. Fall Trader Joe's Pumpkin's for a crafts project for Assisted Living and Memory Care
50 x \$2.99 = \$149.50
3. (3) Memory Care trips (restaurants): \$600

St. Paul's PACE Chula Vista

1. Adora Cuddle & Coo Interactive Talking Doll
"Baby Sweet Dreams" (two brunette hair dolls)
2 @ \$60 = \$120
2. Gelish nail polish removal
3 @ \$10 = \$30
3. Hasbro's Joy for All Companion Pet for Seniors
"Orange Tabby Cat": \$140

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
5 PACE participants @ \$47 = \$235



Plaza Reflections Memory Care resident Celia enjoys her new companion pet, donated through a prior Wish List request

Thank you to our donors: May 1, 2023 - August 31, 2023

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Jensen's
Todd Kaprielian & Carol Morris
Ann Love

The Market Place
Maurice Car'rie Winery
Michael David Winery
Mike Hess Brewery
Mr. A's
Geri Musser
North Coast Rep
Old Globe Theater
Parc Bistro
Postal Annex
Pure Project Brewery

San Diego Rescue Mission
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