

St. Paul's Plaza collected more than 600 blankets for low-income seniors during the "Motor Mingle Drive-Thru" Event!



ST. PAUL'S COMMUNITY CONNECTION Reflecting on September - December 2020

Eldon Thompson was the first St. Paul's resident to receive the COVID-19 vaccine on December 30th.



CEO Perspective

COVID-19 Vaccine Arrives at St. Paul's



What a year this has been! So now, may we all have a happy AND healthy 2021.

The St. Paul's New Year celebrations kicked off early on December 30, 2020 when a team from CVS Pharmacy arrived at the John A. McColl Family Health Center and provided the COVID-19 vaccine to residents and the employees who serve them.

Mr. Eldon Thompson was our first resident to receive the vaccination in front of seven TV stations and two newspaper journalists. He shared that he was one of the first to receive the Polio vaccine in the 1950s, after both his father and brother contracted Polio. Now, thanks to the dedication of scientists, Mr. Thompson was able to be one of the first seniors in San Diego to receive the COVID-19 vaccine, while Sigrid Aquino, RN, was our first employee to receive the vaccination. St. Paul's is proud to be a part of this historic event and to be one of the first facilities to receive the vaccine.

Over the last few months, St. Paul's has worked tirelessly to advocate at state and national levels to prioritize seniors and long-term care employees to receive the COVID-19 vaccination. We are not done yet, as we continue to work with the State of California to advocate for our St. Paul's PACE participants and employees who were not recognized in the first round of vaccinations; we are currently working hard to enroll St. Paul's PACE in the California COVID-19 Vaccination Program.

We give thanks for the staff who have, and continue to, work tirelessly to keep our seniors safe and free of COVID-19. The safest place for St. Paul's seniors is in our communities or protected by the oversight of PACE. We thank the donors and many volunteers who have helped us weather the COVID-19 storm with Sunshine for Seniors, cards and messages, donations of PPE, and funds to help with purchases of PPE.

Our three Boards of Directors have been an amazing source of support during these challenging times. I am most grateful for their commitment and presence at any and all times to meet, zoom, and teleconference, all to continue our mission and fulfill good business practices.

Our St. Paul's team has and will continue to prevail, and for that I am most humbly grateful.

Please stay well and be safe,

Cheryl

Giving Thanks To Our Board Of Directors

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A 'Shot' of Hope: St. Paul's Receives COVID-19 Vaccine

There was no better way to end 2020 at St. Paul's than with a few dozen "doses of hope" that came in the form of the COVID-19 vaccine. On December 30, 2020, St. Paul's John A. McColl Family Health Center received the vaccine from CVS Pharmacy. St. Paul's other communities – including Manor, Villa and Plaza – are scheduled to receive the first dose in mid-January.

To celebrate this historic moment for St. Paul's, one willing resident, Mr. Eldon Thompson, along with frontline staff and Administrators, were vaccinated in front of several local news stations to show the San Diego community the importance of being vaccinated.

While St. Paul's has faced a challenging year due to COVID-19, there is a glimmer of hope as our seniors and staff anticipate the day when they can hug their loved ones again and share a smile without a mask. December 30, 2020 will be remembered as a day of hope and new beginnings for St. Paul's.

Liza Codina, the Director of Nursing at St. Paul's Nursing and Rehab Center, explained, "It was a day of celebration, with all of the staff members rejoicing, cheering and clapping their hands when they received the vaccine. I felt relieved and so grateful for this opportunity to be one of the early recipients of this vaccine."



Safety First Campaign

Keeping seniors and our care team safe is St. Paul's top priority.

All of the COVID-19 tests and protective equipment comes at a tremendous cost.

The county provides much of these items to St. Paul's, but we must supplement these supplies with purchases of our own.

We need your help.

St. Paul's has spent well over \$300,000 on COVID-19 test kits and safety equipment, and the amount keeps climbing as we continue to test and provide PPE.

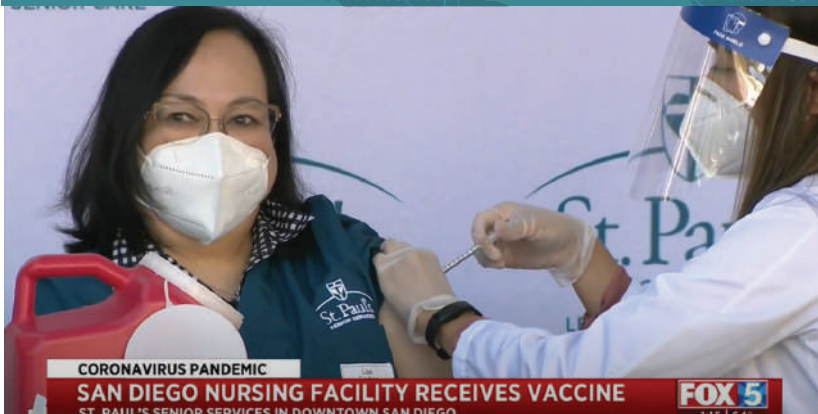
Please make a gift today at stpaulseniors.org/donate to help St. Paul's fight this virus and keep seniors and our healthcare workers safe.

coronavirus



ST. PAUL'S IN THE NEWS

The last few months have been busy with news coverage of St. Paul's efforts to keep our seniors safe, healthy and happy during this challenging time. St. Paul's COVID-19 vaccine rollout at the end of the year was covered extensively by nearly every local news station. St. Paul's is honored to be San Diego's leader and example when it comes to promoting the vaccine for the safety of our seniors.



FOX 5 News

St. Paul's Nursing and Rehabilitation Center received the first dose of the vaccine on December 30, 2020.



CBS 8 News

Vaccine rollout at St. Paul's on December 30, 2020.



ABC 10 News

St. Paul's PACE opens new clinic in North County.



KUSI News

Corporate Marketing Director Amanda Gois spoke with KUSI about St. Paul's Giving Tuesday opportunities.



CBS 8 News

How St. Paul's combats social isolation during the holidays.



KUSI News

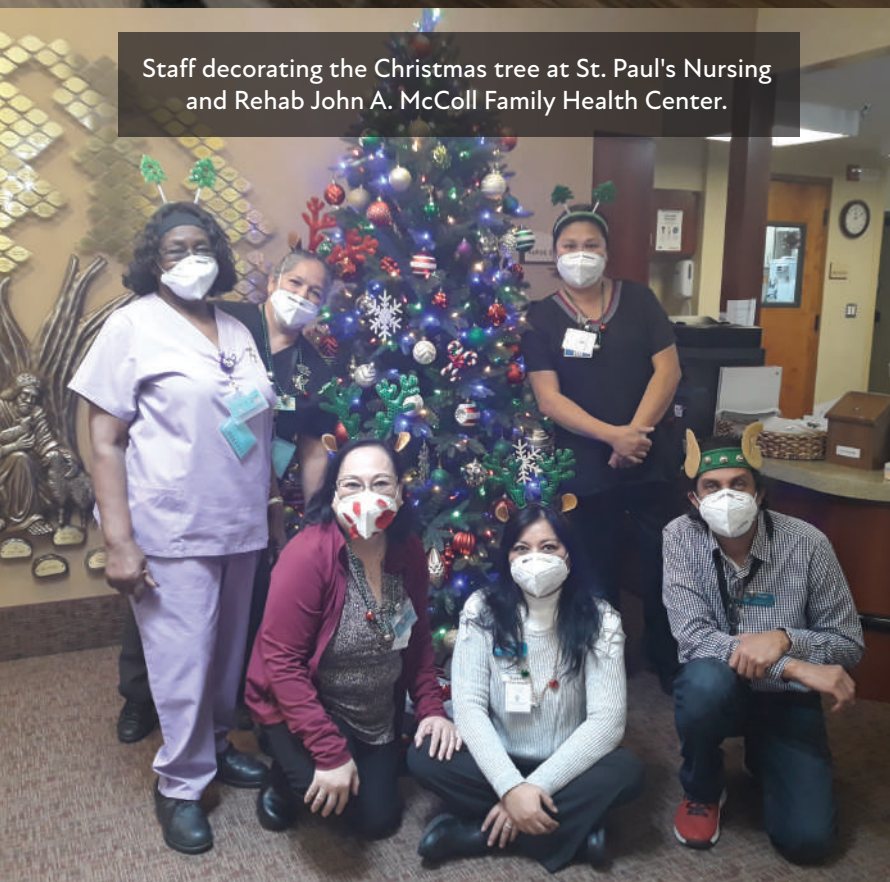
Veterans Day ceremony at St. Paul's Plaza.



St. Paul's Villa staff dressed up in colorful Santa costumes for their holiday tree trimming event.



St. Paul's Manor residents participated in a Breast Cancer Awareness event.



Staff decorating the Christmas tree at St. Paul's Nursing and Rehab John A. McColl Family Health Center.



A St. Paul's PACE Chula Vista participant received a blanket and teddy bear for the holidays.



St. Paul's Plaza hosted a Holiday Car Parade for family members to drive-thru and see their loved ones.



St. Paul's first annual virtual BINGO night was a success as it brought together residents, volunteers, employees and friends of St. Paul's.

St. Paul's PACE Essential Needs "Drive-Thru" Event



St. Paul's PACE collects essential items for low-income seniors through the St. Paul's Essential Needs Drive (S.P.E.N.D.). This campaign allows each PACE clinic to have a year-round supply of every-day goods and personal care items available to give to our participants who have difficulty purchasing things we often take for granted, like soap, tooth paste, socks, and canned goods.

The campaign began on National Make a Difference Day with a drive-thru donation event at St. Paul's PACE Reasner. Friends of St. Paul's, industry partners, donors, and employees came by the clinic

to drop off essential personal care items, making it a great start to an annual campaign. Even local radio personality LaDonna Harvey from Newsradio 600 KOGO came out to support the cause!

The S.P.E.N.D campaign continued from October through December for the community to drop off donations. While many seniors received items for Christmas, more St. Paul's PACE participants will continue to benefit from these donations throughout the year.

St. Paul's PACE Center Director Carol Castillon noted, "We were able to provide items to more than 100 PACE participants with much-needed essential items and food, thanks to the generosity of our partners and community. For some of our seniors, this translated to a sense of hope and togetherness during a time where they feel the most alone and isolated. The smiles on their faces said it all!"

St. Paul's PACE serves more than 1,000 homebound seniors in San Diego, providing health care and supportive services. The S.P.E.N.D. campaign is just another way we serve these amazing people.



Would you like
to donate to

S.P.E.N.D.?



Visit our website to learn how
you can make an online or in
person donation:

www.stpaulseniors.org/spend/





St. Paul's Jingle Motor Mingle 2020: *Reimagining an Annual Tradition*

Since the opening of St. Paul's Plaza in 2015, St. Paul's has hosted an annual Jingle Mingle holiday event. This industry-wide mixer brings together hundreds of San Diego senior care industry professionals to network, celebrate the holidays, enjoy delicious food and libations, and donate blankets for our St. Paul's PACE Participants.

This year, due to the pandemic, our Jingle Mingle was "reimagined" into our very first Motor Mingle drive-thru event! Approximately 100 cars drove through the Plaza, where they were greeted by Santa, Christmas carolers and a splendid array of festive décor and lights, including the Grinch house, holiday teddies, Christmas trees and reindeer.

As each car entered the Plaza, they stopped at the St. Paul's PACE booth to donate a blanket or two (sometimes a whole trunk-load!) to our St. Paul's PACE blanket drive. After looping around the Plaza piazza, each guest received a holiday gift bag filled with treats. We were delighted to see so many decorated and lit-up cars come through the event, and we even had a surprise visit from several "tricked-out" convertibles representing the San Diego Impala Club.

We are very thankful to the community for donating more than 600 blankets, including the Chula Vista Rotary for their generous donation of \$1,000 to purchase additional blankets for our St. Paul's PACE participants. A big thank you to Community Outreach Specialist Mary Johnson for being the creative architect behind this fabulous event. While we plan to enjoy an in-person Jingle Mingle next year, we had so much fun with the Motor Mingle, we just might have to do it again.





Holiday BEAR HUGS Delivered to St. Paul's Seniors!

For San Diegans Patty Duran and Julie (Jules) Maloy, what started out as something positive for two good friends to do during the crazy COVID-19 pandemic, turned into a personal passion for the two of them! The spark began after the ladies visited their parents in assisted living homes. As they explained, "Both of our sweet parents were gifted with a stuffed bear and they immediately saw the benefits and connections they formed. We observed increased calmness and happiness in our parents, while generating nurturing feelings of caring for others and similar benefits to owning an actual pet."

The friends wanted to bring those benefits and connections to more seniors in San Diego. They found St. Paul's through their good friends Laurie and Jeff Fisher, owners of LMA Marketing and Advertising, who are big supporters of our programs and services. In the weeks that followed, Patty and Julie reached out to hundreds of their friends and family members for contributions toward their stuffed bear fund.

After receiving the funds and visiting every Walmart between San Diego and Los Angeles, Patty, Julie, Julie's granddaughter Makenna and friend Laura were ready to tie ribbons around hundreds of bears that read "Stuffed with Love and Ready for Hugs." Soon after, 575 stuffed bears were delivered to St. Paul's by Julie, Patty, Patty's husband Chris, and their son Jason.

The bears found new homes with seniors at St. Paul's Plaza, the McColl Nursing and Rehabilitation Center, and our St. Paul's PACE Centers. Our team witnessed so many smiles and "bear hugs" as these gifts were distributed to our seniors. The activities team at St. Paul's Plaza even created a "Bear Adoption" cart to add an additional layer of fun for the residents, who enjoyed adopting their own bear. A big thank you and virtual "bear hug" to Julie and Patty for these generous donations.





A St. Paul's Child Care Reunion...12 Years in the Making

What started out as a quick and simple holiday donation to St. Paul's from our friends in the Quieter Home Program and Aircraft Noise Mitigation department at the San Diego International Airport turned into a joyful reunion for one St. Paul's Child Care teacher, her former student, and his mom.

On December 17, 2020, when "Santa's helpers" Catherine Darby and her son Bryce delivered holiday goods to St. Paul's Community Care Center, they had no idea they would also be delivering an early Christmas "gift" to one of our long-time pre-school teachers! Knowing Bryce had attended St. Paul's Child Care many years earlier and that "Miss Liliana" was one of his favorite teachers, St. Paul's Craig Smith arranged for Miss Liliana to meet a "fan" in the lobby for a surprise reunion.

Miss Liliana was overwhelmed with emotion to see both Bryce and his mom and had to take a moment to catch her breath. Unfortunately due to COVID-19 restrictions, everyone had to limit their reunion to big smiles, socially-distant conversations, and air hugs. Miss Liliana joked to Bryce that, "While I'm shrinking, he's growing!" Catherine expressed, "It was so great seeing Miss Liliana the day we dropped off the items. It brought back a flood of wonderful memories for Bryce as well."

Bryce enrolled in St. Paul's Child Care in June 2008, when he was nine months old, and graduated from the program in June 2011. Catherine explains why St. Paul's Child Care made such a significant impact on her son saying, "As none of Bryce's grandparents were living in San Diego at that time, we liked the Intergenerational Program where he had experiences with grandparent age folks. I believe, as a result of this program, Bryce developed into an independent thinker. He developed a strong ability to express himself and a curiosity for the world around him that has led to his interest in the sciences, particularly marine biology."

Bryce is now a 14-year-old freshman at Clairemont High School, where he plays on their water polo team. Bryce and his parents, Catherine and Ben, still keep in touch with parents and students they met at St. Paul's, some of whom have become lifelong friends. In fact, two of Bryce's pals now, Stella Tomer and Logan Sharp, who also attend Clairemont High, were part of his class of 2011 at St. Paul's. In addition to her positive personal experience with the intergenerational program, Catherine recommended St. Paul's Senior Services to her department as a donation recipient because of the devastating impact COVID-19 and its restrictions were having on senior communities everywhere. The donation was also her way of acknowledging and taking care of all the seniors in her life and having a chance to say, "Thank you, St. Paul's and St. Paul's teachers, for giving Bryce an amazing start!"



Sheila Soules, a St. Paul's Manor resident, enjoys the festive decorations in the dining room.



A behind-the-scenes look at a commercial shoot at St. Paul's Plaza.



A Villa resident helps decorate for the holidays.



San Diego Rotary Club 33 donated pot pie meals to St. Paul's PACE supportive housing residents.



A St. Paul's Plaza resident shows off her "Fitness Award" for reaching her mental and physical fitness goals.



St. Paul's PACE El Cajon celebrates Dia de Los Muertos with a party!



Residents at St. Paul's Manor received pumpkins for Halloween.



A family member shows love to their parent during a drive-thru car parade at the Plaza.



St. Paul's PACE participants were gifted with turkey dinners for Thanksgiving.



An local Eagle Scout and his friends rebuilt the community garden at the Plaza.



The Grinch enjoying the Macy's Day Parade at St. Paul's Villa.



Staff members showing their appreciation to the Board of Directors for their support during a challenging year.



Making House Calls:

St. Paul's PACE Roving Clinic 2.0 Campaign Reached its Goal!

Thank you to St. Paul's generous supporters "driving" our PACE Roving Clinic 2.0 Campaign donations up; we have finally arrived at our fundraising goal of \$600,000.

None of this would have been possible without the tremendous backing from Dorothea Laub, who underwrote one Roving Clinic with a \$300,000 gift.

The remainder of the proceeds came from our SUMMERFEST "Stay-at-Home" Non-Event that raised approximately \$200,000, as well as our 2020 Holiday and Giving Tuesday Appeals. These funds will allow St. Paul's to acquire two new PACE Roving Clinics in order to serve our home-bound seniors in a safe and fully equipped mobile environment.

Each wheelchair accessible vehicle will be outfitted with state-of-the-art health care diagnostic equipment and a private, comfortable exam space for our seniors. Dr. Victor Lee, St. Paul's PACE Medical Director explains, "We are in discussions with a company located in California about building our first roving clinic. We anticipate receiving the first vehicle sometime in the next few months!"

Carol Castillon, the Center Director for St. Paul's PACE Reasner, adds, "The additional PACE Roving Clinics will allow our health care teams to make even more critical 'house calls' to our frail, home-bound PACE seniors, who even before the COVID-19 pandemic, found it difficult to make it into the clinics for medical care. We are very excited to have this option available to those seniors."



Girl Scouts Donate Hand-Made Activity Mats to St. Paul's Memory Care Residents

The dedicated young women of Girl Scout Troup 4329, located in Serra Mesa, generously donated 33 handmade dementia activity mats for our Memory Care residents at St. Paul's Villa and St. Paul's Plaza.

The special project was a part of the Silver Award, which is the highest award a cadet troop can earn. The Silver Award gives youth a chance to demonstrate they are leaders dedicated to improving and making a difference in their community. Seven troop members created these one-of-a-kind dementia mats with little-to-no help from their parents.

Thank you Troop Leader Callie for being instrumental in making this project happen and to Girl Scout Troup 4329 for helping seniors remember they are loved!



Birthday FUNDS!

Celebrate on FACEBOOK While Supporting St. Paul's Senior Services

For the past two years, St. Paul's Foundation Event Manager Craig Smith has created Facebook fundraising campaigns for St. Paul's Senior Services, raising upwards of \$6,000. Craig explains, "I was donating often to Facebook fundraisers for my friends and family, so after working at St. Paul's for over a year and seeing all the important work we do for our seniors, I decided to create my own fundraiser for St. Paul's Senior Services."

Not knowing what kind of response his outreach would have that first year, Craig set his goal at \$500. To his surprise, his goal was achieved in the first 24 hours! Craig explains, "I had to raise my fundraising goal in the first year six times, and ended up raising \$3,000 in only three weeks. I was overwhelmed by the support I received both in donations and birthday wishes." Craig continued, "This year I started my goal at \$1,000 and raised more than \$3,000."

If you would like to celebrate your birthday on Facebook in 2021 by supporting our seniors, please contact Craig at 619-239-6900 or csmith@stpaulsniors.org.



Thank You



Knitting with LOVE: *St. James by-the-Sea Knits for McColl Residents*

Christmas came early for the residents at the St. Paul's Nursing and Rehabilitation John A. McColl Family Health Center, thanks to the knitting group from St. James by-the-Sea Episcopal Church. The group donated 46 beautiful, hand-made comfort shawls and lap blankets to keep our seniors warm and cozy for the holidays.

Barbara Alcorn and the knitting group usually deliver their gifts directly to the seniors. "We so missed coming by," said Barbara. "The knitting group really enjoy giving them out in person and seeing their bright smiles. Like most things this year, we had to do it from afar. We could only drop off the items and see those appreciative smiles in photos."

These "elves" have certainly brightened the days of many seniors.

St. Paul's Holiday Prayer Gathering 2020: A "Virtual" Success!

St. Paul's Senior Services showed the true meaning of "Keeping the Faith" by hosting the 8th Annual Holiday Interfaith Prayer event virtually on November 12, 2020. The program was hosted by our very own Chief Administrative Officer Tim Frazier. Though we weren't able to gather in person for this celebration of faith, St. Paul's Foundation raised a record \$7,780 for the Chaplain's Fund through sponsorships and donations.

The Presenting Sponsors were Scripps Mercy Hospital, Sharp Memorial Hospital, John and Anastasia McColl, and Silvia McColl Wealth Management. This year's theme was "coming together," and participating faith leaders included Imam Taha Hassane, Rabbi Ian Adler, The Very Reverend Penny Bridges, Bishop Stephen Brunson, and Father Jason Samuel. Each spoke passionately about the importance of unity and fellowship at this time of crisis.

Our keynote speaker, Sister Mary Waskowiak, talked about the marginalization of seniors and how each of us can help by sharing stories of the inspirational seniors who have touched our lives.

New to the event this year was the creation of an online "Book of Inspiration" where St. Paul's supporters could share heartfelt and personal recollections of people, quotes, bible passages, and items that uplift, enlighten and inspire them. We hope to be able to gather in person again in November 2021 for prayers, songs, reflections, and, of course, eggs benedict.





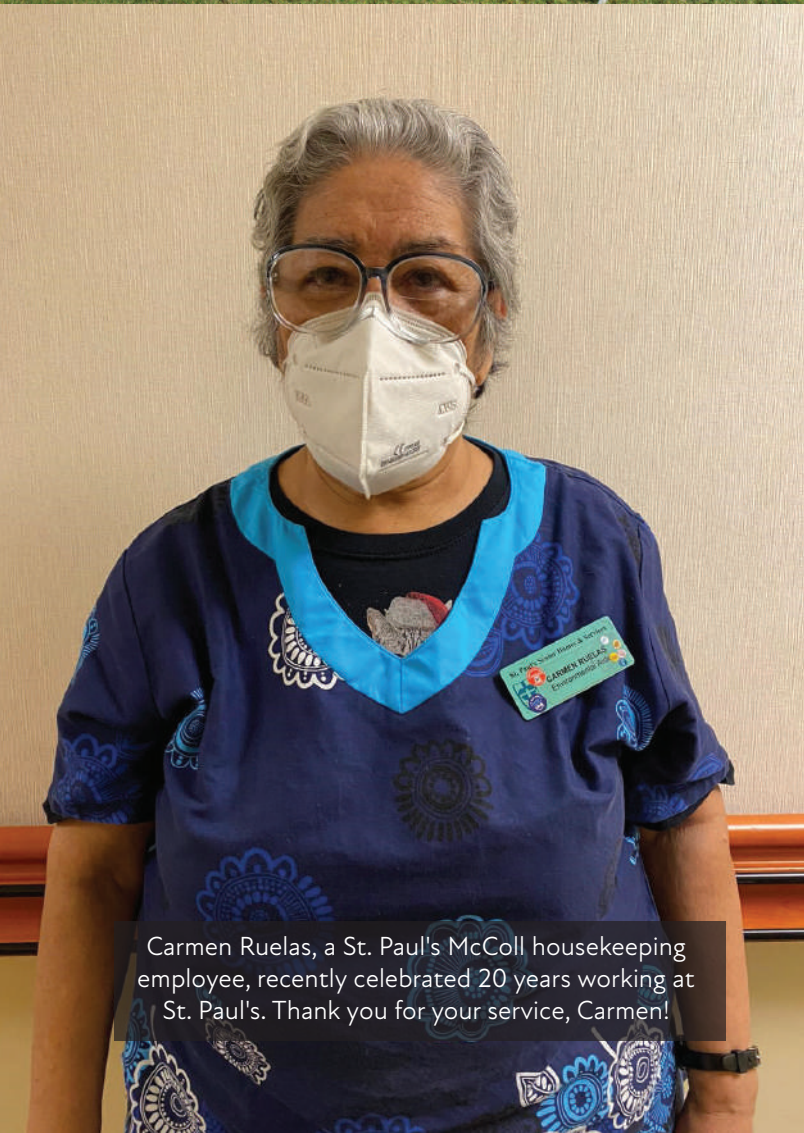
Villa staff dress up for the annual Macy's Day Parade.



Residents participate in a commercial shoot at the Plaza.



Residents at the Plaza learn how to make pumpkin succulent centerpieces for Thanksgiving.



Carmen Ruelas, a St. Paul's McColl housekeeping employee, recently celebrated 20 years working at St. Paul's. Thank you for your service, Carmen!



Plaza residents enjoy a hot cocoa cart during the holidays.



Reflections Memory Care residents enjoy Thanksgiving crafts at the Plaza.

ST. PAUL'S Wishlist

St. Paul's Wish List features items needed in one or several of our locations. Please contact Stewart Gaddy at (619) 239-6900 if you wish to make a charitable contribution towards the cost of an item, or to donate your time and expertise. Your support is greatly appreciated.

Plaza Activities

1. **Crystal Singing Bowls:** A fun activity that harnesses the calming effects of harmonic tones. Set of seven is \$600, but each bowl is \$80 - \$110.
2. **Hand Drums:** Djembe drums produce a wide variety of sounds, making it a most versatile instrument. In concert with several others, the drum can create memorable group activity. Drums range from \$30 - \$100 each depending on the size; the Plaza hopes to have 8 djembe drums.
3. **Hand held percussion instruments:** Adding to the djembe drums, the activities team is also looking for a number of maracas and other similar instruments. \$10 - \$15 per set.

Piano Tuner

We have a number of pianos that can use a tune-up. Can you donate your expertise and provide this service?

Sunshine for Seniors - \$100 x5

During the shelter-in-place order, seniors throughout St. Paul's are in need of large print puzzle books, large piece jigsaw puzzles and art supplies (such as coloring pencils, markers, paint brushes and paints).

Plaza Sound System - \$1,000

The Plaza's Mathes Conference Room is regularly used for resident-focused events as well as support to corporate functions, such as Board meetings and staff retreats. These functions would benefit from an upgrade to the sound system.

Shade Covers - \$400 each = \$4,000

The Plaza needs shade covers for outdoor patios, especially on the 2nd and 4th floors. Residents have been subject to a 'stay at home' order and would like to get out for some sun - however, it is very warm on our decks and some shade is needed. Several matching aluminum solar LED outdoor umbrellas will be used by our residents where we have no shading on our 2nd and 4th floor terraces and in the front of the building on the piazza. One large purchase is recommended so they will all match and enhance the ambiance.

Manor Patio Heaters - \$450 each

Two movable patio heaters to facilitate outdoor gatherings during the pandemic. Cost for each complete with propane tank and cover is \$450.

Thank You To Our Donors - September 1, 2020 - December 31, 2020

GREATEST NEED

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Constantine Bautista
Nicholas & Brigitte Bonomi
Terry Cahill
Ben Calas
Gloria Campbell
Career Builders Toastmasters
Christ Episcopal Church
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PACE ROVING CLINIC 2.0

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Thank You To Our Donors - September 1, 2020 - December 31, 2020

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St. Paul's PACE kicked off the St. Paul's Essential Needs Drive (S.P.E.N.D.) with a drive-thru donation event!

