



St. Paul's Plaza resident, Don, and children from Kids Depot Chula Vista spend time together in the Reflections Memory Care Solarium.



## ST. PAUL'S COMMUNITY CONNECTION

Reflecting on January - March 2019



St. Paul's Chief Executive Officer, Cheryl Wilson, thanked Joan Reese for her philanthropy and community service, while serving as the Cathedral Representative on the Home, Inc. Board of Directors.

# CEO Perspective



Since its inception in 1960, St. Paul's has been a leader in the senior care industry in part due to the commitment to having the best trained professional staff who serve our seniors with kindness and compassion.

Over the years, we have provided many different continuing education opportunities for our staff: a language academy where residents of St. Paul's Manor taught English classes to employees who wished to enhance their linguistic and reading abilities; a leadership academy where mid-level staff could volunteer for supervisory and leadership training (many resulting in promotions and college education); financial reimbursement for any type of ongoing education; mentoring/preceptor programs (Nursing Home Administration etc.); personal skill evaluations and training with the Gallup organization for better performance at all levels; and education through the LeadingAge State and National Association which helped eight management staff complete advanced management training.

Other smaller internal department-led education programs have existed for many years, and a preference for internal promotions and transfers (e.g., promoting a housekeeper to a teacher position) encourage and inspire staff to reach their personal and professional goals. Many of these programs are funded by St. Paul's or through grants for which we are most grateful.

Supporting our staff in their personal and professional growth, while also ensuring the highest quality of service to our residents and participants, has always been a value proposition for St. Paul's Senior Services.

We hope you agree,

*Cheryl Wilson*

## Giving thanks to our Boards of Directors

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# IN THE NEWS



## St. Paul's Plaza Residents walked the runway in a Spring Fashion Show

To kick off the first day of spring and celebrate friendship, St. Paul's Plaza residents participated in a "Fashion with Friends" fashion show. Macy's was there to provide makeup and beautiful outfits for residents who modeled spring fashion. 10News captured all of the fun!



## St. Paul's Plaza celebrated "Read Across America Day" with Kids Depot of Chula Vista

For "Read Across America Day" and Dr. Seuss's birthday, St. Paul's Plaza residents gathered with children from Kids Depot to read books and enjoy green eggs and ham. The CW San Diego/News8 even joined in on the fun. This event was part of the new Intergenerational Program at the Plaza that brings children from local schools together with Plaza residents for various activities.



## St. Paul's Senior Day Program got groovy for the Grammy's

To celebrate the February 2019 Grammy Awards, St. Paul's Senior Day Program put on a celebration full of music, dancing, and fun. Instead of listening to their typical favorite songs, they enjoyed listening to the Grammy-nominated songs. News station CBS8 was there to cover the event and join in on the dancing and fun.



## St. Paul's PACE featured for National Nutrition Month

Dawn Ortiz, a Dietitian with St. Paul's PACE, joined KUSI-TV for an in-studio segment in March which was National Nutrition Month. She explained that eating healthy doesn't have to be expensive and she prepared a few meal examples for the reporter and viewers to see.



## Ballet Classes at St. Paul's Villa hosted by Manor resident

Tyrone McClave, a St. Paul's Manor resident, is a very active volunteer at our St. Paul's communities. He regularly teaches ballet classes, sings and plays guitar, and much more. Tyrone teaches these classes to provide seniors an opportunity to stay active and healthy! Both NBC7 and 10News recently featured Tyrone and his St. Paul's Villa ballet classes.



## St. Paul's COO spoke with NBC7 about recent appointment

St. Paul's COO, Ellen Schmeding, was appointed by former Gov. Jerry Brown to the California Commission on Aging. She joined NBC 7 San Diego in March to discuss her experience in the industry and to provide information about the Commission's current endeavors.

# AROUND ST. PAUL'S



St. Paul's staff pose for a photo at the St. Paul's Nursing and Rehabilitation center renovation celebration with team members from Therapy Specialists.



Tim Frazier, St. Paul's CAO (middle), and Jane King, St. Paul's PACE Operations Director (right), along with Keith Carson and Lisa Rodriguez of Therapy Specialists, met with Todd Gloria, 78th District Assembly member, during the 2019 Leading Age RISE Summit's Legislative Visits segment.



Mary Jo, a St. Paul's Plaza resident, reads a Dr. Seuss book to children from Kids Depot Chula Vista on Read Across America Day.



St. Paul's Plaza resident, Rebecca, (left) and an employee, Mica, (right) share a hug.

Joan (left) and Pat (right) having a good time at a St. Paul's Manor resident social.



A staff member and participant at our Chula Vista center share their love for St. Paul's PACE.

St. Paul's Villa residents enjoyed creating St. Patrick's Day art with the children from the St. Paul's Child Care Program.



St. Paul's PACE San Diego participant, Meiyuan, enjoys painting in the Day Center.



Juana, a St. Paul's Senior Day Program participant, shares her love for St. Paul's.



Congresswoman Susan Davis poses for a photo with Victor, a St. Paul's Plaza resident, during a visit.

Hannah with St. Paul's Child Care Program shares her St. Patrick's Day artwork.



Batool, a St. Paul's PACE El Cajon participant, and Ammar, a Social Worker, pose for a photo in the Day Center.



## The work of Chaplains at St. Paul's Senior Services

St. Paul's Chaplain Services is committed to meeting the spiritual needs of our seniors with informal chats, scheduled visits, chapel services, and liaison with clergy in each seniors' faith tradition. Our services are available at each of our St. Paul's communities and programs, including St. Paul's PACE. It is an honor spending time listening, talking, teaching, and worshipping with people of many cultures and traditions. I was once asked if it is depressing working with seniors; it's the opposite. Seniors are filled with wisdom that needs to be shared and heard. They continue to grow in the challenges of life that we all face every day. As chaplains, we see each senior as a child of God, who is to be loved, respected, and shown dignity without exclusion. I am honored to spend time with our seniors in conversation, time of prayer, or time of

worship. They teach me about the joy of all creation and God's works each day. St. Paul's has its roots in the Episcopal Church of which I am proud to be a part. The legacy of our church calls us to love all people, no exceptions, which has led to fertile ground that gives us freedom to work with Rabbis, Imams, Christian clergy, and other leaders of faith. I am grateful to the leadership of St. Paul's; they know that spirituality is a part of our common humanity. Life continues every day at St. Paul's and I say, "Thanks be to God" for being part of it.

*Fr. Jason W. Samuel*

Lead Chaplain, St. Paul's Senior Services

## St. Paul's PACE wins the County of San Diego's *Live Well San Diego* 18th Annual Public Health Champion Organization Award

In April, St. Paul's Program of All-inclusive Care for the Elderly (PACE) was honored as the Organization Recipient of the 2019 *Live Well San Diego* 18th Annual Public Health Champion Award. According to the acknowledgement letter, "this honor has been bestowed in recognition of the extraordinary achievement in promoting the health of San Diego County residents through the work of St. Paul's PACE to serve over 1,400 low-income, frail seniors, helping them continue to live successfully in their homes and community for the past 11 years." As part of the County of San Diego's celebration of



National Public Health Week, a special award ceremony was held on April 5 which included St. Paul's PACE participant Ricky Lopez; St. Paul's PACE Board Chair, Laury Graves; St. Paul's PACE Board Member, Jane Flaherty; and St. Paul's Foundation Board Member, Pat Kreder; as well as St. Paul's PACE Center Directors Carol Castillon, Angi Mitchell, and Kim Stratman, along with Dr. Victor Lee and Jane King representing St. Paul's PACE Administration. Tim Frazier and Ellen Schmeding represented Carol Hubbard and Cheryl Wilson at the special event and additional St. Paul's PACE team members made it a point to join the event in support of the St. Paul's PACE program. *Live Well San Diego* is the County of San Diego's vision for a region that connects individuals, organizations, and government to help the 3.3 million residents in San Diego County live well through building better health, living safety, and thriving. *Live Well San Diego* involves partner organizations in all sectors – from the government to business, to schools, to faith-based and community organizations – through a shared purpose of improving the lives of San Diegans. St. Paul's was chosen as a *Live Well San Diego* partner in December 2017 for its leadership in San Diego's health sector, its measurable objectives, commitment to sustainable change, and implementation of innovative programs, policies, and practices that support healthy communities. As a recognized partner, St. Paul's is given opportunities to showcase best practice examples and success stories through the web, media, and events. St. Paul's will also join the collaboration of the growing network of *Live Well San Diego* champions and partners for the greatest collective impact in the county.



## St. Paul's PACE represented in Sacramento at CalPACE Champion Awards Event

In February 2019, St. Paul's Chief Executive Officer, Cheryl Wilson, and Chief Community Services Officer, Carol Hubbard, traveled to Sacramento to participate in the CalPACE "Day in the Capitol" event. After visiting with several legislators, they attended the CalPACE Champion Awards presentations event. Each year, CalPACE awards legislators and staff who have assisted and gone above and beyond in supporting CalPACE programs. Cheryl Wilson had the honor of presenting an award to Tatyana Mikitiuk, a Registered Nurse who works for the Department of Health Care Services.



## San Diego Region's Legislative Update with LeadingAge California hosted at St. Paul's Villa

In March 2019, St. Paul's Senior Services hosted the LeadingAge California San Diego Region's Legislative Update breakfast at St. Paul's Villa. This event was organized by St. Paul's Chief Administrative Officer, Tim Frazier, who also serves as the LeadingAge Chair of the San Diego Region Committee.

LeadingAge California's COO, Eric Dowdy, reported on legislative bills that impacted senior living and service providers in 2018. He also gave an update on new bills under discussion at LeadingAge CA for 2019. St. Paul's works closely with Eric and his team on bills that affect all San Diego seniors.

## Introducing St. Paul's Educational Series, "Plan for Tomorrow, Today!"

St. Paul's Education Committee, consisting of the Outreach, Marketing, and Sales departments, successfully launched their "Plan for Tomorrow, Today" Workshop Series on Saturday, February 23, 2019 in the Manor LUV Lounge. The first of five workshops, this event covered topics ranging from "The Challenges of Aging," "The Five Essential Documents," and "How to Have the Conversation."

St. Paul's staff was inspired to begin 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 an educational series to help the aging population prepare for what's ahead. Topics will cover living and care options, finances, insurance, hospitalizations, memory concerns, downsizing, end-of-life wishes, and more.

Each event will address some of the most frequently asked questions and include 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 family members make this journey with confidence.



### Remaining Workshops:

- **Financial Planning and Insurance Coverage**  
Saturday, April 27
- **Living and Care Options**  
Saturday, June 29
- **Physical and Mental Health**  
Saturday, August 17
- **End of Life Planning**  
Saturday, November 2

Want to learn more or RSVP?  
Call Linda Spence at **(619) 239-2097**.

U P C O M I N G

# EVENTS

## Presentation on Homeless Point in Time & St. Paul's PACE Permanent Supportive Housing Initiatives

Date: June 6, 2019

Time: 4-6 p.m.

Location: St. Paul's PACE San Diego  
111 Elm Street, San Diego, CA 92101

*"We look forward to shedding light on the 2019 point in time count numbers from late January so we better understand the extent of homelessness in the region, who is experiencing homelessness across the County and their needs, and identify and build on best-practice strategies to address the problem."*

– Kris Kuntz, Lesar Development

RSVP to Liam Dunfey in the Foundation at [ldunfey@stpaulseniors.org](mailto:ldunfey@stpaulseniors.org) or **619-239-6900**.

## Estate Planning and Long-term Care Workshops

In partnership with the San Diego Planning Partnership, St. Paul's Senior Services will present free, informative workshops on planning for the future. For more information and to RSVP, contact Liam Dunfey at [ldunfey@stpaulseniors.org](mailto:ldunfey@stpaulseniors.org) or **619-239-6900**.

### Workshop Dates:

- July 17-18
- September 10-11
- October 16-17



From L to R: Ronald Greenwald (Greenwald and Gerke Real Estate), Yvonne Amrine (San Diego Planning Partnership), Liam Dunfey (St. Paul's Senior Services Foundation), Susan Valoff (Windward Life Care), Patti Gerke (Greenwald and Gerke Real Estate), and Amy Abrams (Alzheimer's San Diego)





Save the Date

~~ST. PAUL'S LUV GALA~~

# SUMMERFEST 2019

**August 24<sup>th</sup> 5:00pm**  
Saturday Evening

**Humphreys by the Bay**  
Shelter Island

For over 30 years, St. Paul's Senior Services has hosted the LUV Gala. With time comes change and St. Paul's has decided to change up our largest annual fundraising event. This year, instead of a Gala, we want to create a more unique and exciting experience for our guests, while still raising needed funds to grow our mission. We invite you to attend our first LUV Summerfest!

**Q. What can I expect at the event?**

A. FUN! You'll be able to create your own evening, choosing from a variety of entertainment activities and "island themed" culinary experiences.

**Q. What types of activities and entertainment are planned?**

A. We will have a beer, wine, and chocolate tasting room, close encounters and photo opportunities with exotic animals, live music, a wine pull, a karaoke lounge, a live and silent auction, and more!

**Q. What is the attire?**

A. Summer attire – casual and comfortable.

**Q. When do tickets go on sale?**

A. In May! If you would like to be contacted when tickets go on sale, contact Craig Smith at **619-239-6900** or **csmith@stpaulseniors.org**.

**Q. How do I sponsor, donate to, or volunteer at the event?**

A. Contact Craig Smith at **619-239-6900** or **csmith@stpaulseniors.org** for information.

**Q. Where are the proceeds going to this year?**

A. The services and programs of St. Paul's Senior Services.



## St. Paul's Villa Renovation Set to Begin

St. Paul's Villa is scheduled for major renovations beginning this spring at a cost of \$1.2 million.

Located on 4th Avenue, St. Paul's Villa has 135 studio and one-bedroom apartments for seniors needing assisted living and memory care services. "The Villa has a rich community of residents and many amenities for them to enjoy," says Terri Hancock, the Villa's Admissions Specialist. "We have a ballroom for resident activities and events - such as our annual fashion show and exercise programs. We also have a main and private dining room, a multipurpose room, a library, a chapel, and a salon. These amenities mean a lot to our residents, so it's important that we make them special for them."

The updates will include design elements that will create a contemporary feel for residents to enjoy for years to come. The goal is to update the public spaces throughout the building so they are bright, therapeutic, and colorful with new artwork which will stimulate conversation and instill beauty.

St. Paul's Senior Services has been serving seniors for almost six decades. Because of charitable giving, we are able to launch this renovation and make much needed updates to better accommodate our Villa residents and future residents to come.

If you are interested in contributing to this project, consider making a gift. We are offering naming opportunities for the various areas of the Villa that will be renovated. We are also looking for furniture and equipment donations. To learn more, contact Liam Dunfey with the St. Paul's Foundation at [ldunfey@stpaulseniors.org](mailto:ldunfey@stpaulseniors.org).



## GIFT OPPORTUNITIES

	Gift
Building Name	\$2,000,000
Kitchen	\$100,000
Chapel	\$50,000
Living Room	\$50,000
Lobby	\$50,000
Patio	\$50,000
Private Dining Room	\$25,000
Staff Lounge	\$25,000
Library	\$25,000

## EQUIPMENT WISH LIST

Flat screen TV	In-kind
Arm Chairs	\$250
Lounge Chairs	\$500
Tables	\$350 - \$550
Bar Stools	\$600



# St. Paul's Donors January 1 - March 31, 2019

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St. Paul's Community Connection  
Reflecting on January - March 2019



## 2019 Annual Senior and Family Resource Fair

**Wednesday, May 29**

**9 a.m. - Noon**

**St. Paul's Plaza**

1420 E. Palomar Street  
Chula Vista, CA 91913

**40 + Vendors and  
Interactive Exhibits**

**FREE  
EVENT**

for seniors,  
family members,  
and caregivers!

