



COMMUNITY CONNECTION

Reflecting on May - August 2024

LEADING THE TRANSFORMATION OF THE AGING EXPERIENCE



More **SUMMERFEST FUN**
on page 16.

Leaders in Senior Care Since 1960

PRESIDENT & CEO PERSPECTIVE



Last month, we hosted our annual SUMMERFEST fundraiser at Humphreys-by-the-Bay. Thank you to our guests, donors, and volunteers who made this one of our most successful events.

The generous donations from SUMMERFEST will help fund the remodeling of our PACE Reasner building on Elm Street in Downtown San Diego. Since opening in 2008 with just 14 participants, PACE

Reasner has offered vital medical and social services to thousands of local seniors, allowing them to thrive independently in their homes and communities. However, the current layout of our four-story building restricts care services to just two levels.

Thanks to your contributions, we will be able to dedicate all four levels to direct participant care. The renovations will include an entire physical and occupational therapy floor, an expanded social services wing, a medical clinic with 13 exam rooms, a new dental space, and a remodeled Day Center. This transformation will result in a state-of-the-art PACE center that our participants will benefit from for years to come.

Once again, thank you for your continued generosity. Together, we're shaping an even brighter future for the seniors we serve.

Blessings,

Michael McHale
President & CEO

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Shravan Mupparapu

Vice President of PACE Services

Shravan Mupparapu, our new Vice President of PACE Services, will oversee the standardization of all services operating from our new Technology Collaboration Hub (TCH) in Mission Valley. With over a decade of senior leadership experience across various healthcare settings, including hospitals, physician practices, hospice programs, and palliative care, Shravan joins St. Paul's with a strong passion for optimizing healthcare operations and enhancing care quality for seniors. We are thrilled to welcome him aboard.



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

As we age or experience our parent's aging, we hear terms we don't understand, and we seek services that are confusing to navigate. St. Paul's is here to make life's aging journey less stressful through our **Educational Series, "Plan for Tomorrow, Today."**



Workshop 4: Life Planning and Physical Health

Date: 11/12/2024

Location: The Manor on Bankers Hill
2635 2nd Ave, San Diego, CA 92103

Time: 10am - 12pm

Topic 1 - Downsizing Strategies

Topic 2 - Fall Prevention

RSVP



Light breakfast will be served. RSVP to rsvp@stpaulseniors.org or scan QR code.



READ THE
FULL STORY



PLAZA OLYMPICS

Inspired by the 2024 Summer Olympics in Paris, St. Paul's Plaza teamed up with Kids Depot of Otay Ranch to host an intergenerational Senior Olympic Games! Twelve children from Kids Depot competed alongside Plaza residents in a series of mini competitions ranging from relay races and cornhole to adapted bowling and bag tosses. The day culminated in the ceremonial passing of the "Olympic Torch," and everyone received gold medals.

"Living life to the fullest at any age means staying engaged, happy, and motivated," said Janet Blair, Plaza's Fitness and Wellness Coordinator who spearheaded the games. "Intergenerational events like this bring out the best in everyone and create countless new connections in our community."



SENIOR SPOTLIGHT

Meet Peggy, born and raised in Mississippi and current resident at The Villa on Bankers Hill. Peggy was a resident at the Manor for 19 years before transitioning to her new home at the Villa. She is a big fan of St. Paul's, and we are all big fans of her!

"People here feel like they can be themselves, which is harder than you think at this age. But I felt the warmth right away when I moved in. I've met so many great people since then. I just feel so lucky to be here."

-Peggy W.



GRAND OPENING OF LEVANT SENIOR COTTAGES

Levant Senior Cottages is an affordable housing project in Linda Vista featuring 126 rental apartments for low-income seniors ages 55 and older. St. Paul's has partnered with Levant to provide wraparound medical and social services for eligible residents in the community who are interested in PACE.



In June, twelve new PACE enrollees moved into Levant's units allocated for frail seniors. Partnering with supportive housing developers is one of the many ways St. Paul's is proactively addressing the affordable housing crisis seniors face across America.



"It's a wonderful experience to share in the first few years of a child's life and see them off to elementary school," said Vanessa Garcia, St. Paul's Child Care Director. "Parents trust our program to provide a caring and enriching environment for their child to learn and thrive. We wish these children all the best in their continued growth and development."

Cowboy After Hours at PACE Akaloa

PACE Akaloa hosted its popular 'Cowboy After Hours' event, a western-themed dance party where participants and staff dress in their 'country best' for an evening of music, food, and fun. The event is part of the day center's ongoing efforts to create meaningful community-building opportunities that combat senior isolation.



NEW PARTNERSHIP WITH SAN DIEGO FOOD BANK

St. Paul's PACE has partnered with the Jacobs & Cushman San Diego Food Bank to coordinate additional food resources for low-income PACE participants lacking access to nutritious food. The idea was born when Supportive Housing Support Specialist Donna Alley decided to tag along with PACE Diet Technician Myrna Flores Olachea on her routine Food Bank visit to restock PACE Reasner's food pantry.



Together, they collected an extra 600 pounds of fresh produce and delivered it to PACE participants living at the Quality Inn and West Park apartment complexes, two of St. Paul's supportive housing partners. The food was distributed in less than one hour!



Inspired by this success, Myrna and Donna will continue visiting the Food Bank at the end of each month, when many seniors face shortages in CalFresh/EBT funds, to bring fresh produce to PACE participants living at the Quality Inn and West Park.

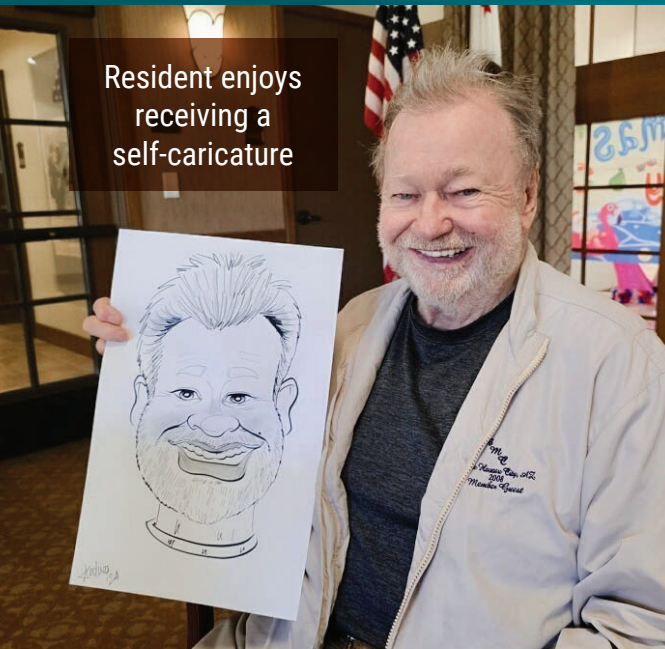


**READ THE
FULL STORY**



AROUND ST. PAUL'S SENIOR SERVICES

Resident enjoys receiving a self-caricature



Plaza resident enjoys water aerobics



Villa Residents and Staff enjoying each others' company



Villa residents enjoy July 4th activities



Therapy dogs bring joy to residents



Manor residents enjoy a walk at Balboa Park



AROUND ST. PAUL'S PACE



Celebrating Mother's Day & Father's Day

Mother's Day

St. Paul's Plaza celebrated Mother's Day with a beautiful luncheon, live music, a free book table, prize giveaways, and a tea party to cap off the weekend.

Scan to learn about
St. Paul's Plaza



Father's Day

For Father's Day, we asked some residents at the Villa for their advice on fatherhood. Here's what Classen said: *"My advice to anyone considering becoming a father would be to marry the right person!"*

Scan to learn about
The Villa on Bankers Hill



ST. PAUL'S AT SAN DIEGO PRIDE PARADE AND FESTIVAL



St. Paul's proudly participated in the 2024 San Diego Pride Parade and Festival, a two-day event in Balboa Park, to demonstrate our support for LGBTQIA+ individuals and seniors in the community. Staff shared information about St. Paul's programs and communities behind two booths located in the festival's Senior Cool Zone, an area set aside to provide shade and resources to seniors throughout the weekend.



HONORARY MENTIONS



Janet Blair Named “Mentor of the Year”

Janet Blair, Fitness & Wellness Coordinator at St. Paul's Plaza, was honored with the Mentor of the Year Award by Cristo Rey San Diego High School. This marks Plaza's third year of partnership with Cristo Rey's Corporate Work Study Program, which helps students gain real-world work experience to prepare them for college and life. Janet's mentorship as Intern Supervisor has been vital to students' professional growth and success.



Craig Smith Named “Toastmaster of the Year”

Craig Smith, Director of Donor Engagement for the St. Paul's Foundation, was named “Toastmaster of the Year” at the Career Builders' Toastmasters Gala held at the St. Paul's Conference Center. Toastmasters is a unique program that provides a supportive learning environment for developing communication and leadership skills. Under Craig's leadership as Vice President of Membership, the club grew to record levels.



Jennifer Romero Graduates from EMERGE

Jennifer Romero, Marketing Director for St. Paul's Senior Services, graduated from LeadingAge California's EMERGE program. EMERGE is a year-long leadership development program designed to help leaders in the senior care industry enhance their skills and successfully lead their organizations. St. Paul's firmly believes in the effectiveness of this program, and we are confident she will make us proud.

HEALTHCARE HEROES

The San Diego Business Journal hosted an award ceremony to honor this year's Healthcare Heroes nominees.

Congratulations to the winners from St. Paul's:



Ahmed Mohsin

Maintenance Technician at
The Manor on Bankers Hill



Divina Salinas, LVN, DON

Director of Nursing at
The Villa on Bankers Hill



Heath Bradley, RN, BSN, WCC

Clinic Manager at
St. Paul's PACE Nemeth

L.E.A.D. PROGRAM GRADUATES

The Leadership Evolution and Development (L.E.A.D) Program at St. Paul's was internally created by Human Resources' Lisa Blalock and Sherry Bourbon to help staff develop future-ready leadership skills in several core areas. The engaging 4-month program fostered strong bonds and collaboration across multiple teams and locations. Congratulations to the 76 leaders who graduated in June!



ST. PAUL'S ANNUAL RESOURCE FAIR

St. Paul's hosted its annual Senior & Family Resource Fair in June, offering local residents the opportunity to connect with valuable resources and services in the senior care industry. The event was held at the St. Paul's Conference Center and brought the community together for networking and relationship-building. With 45+ vendors and over 100 attendees, it was another successful and enjoyable fair for everyone involved.



OPEN HOUSE AT PACE NEMETH IN EL CAJON

PACE Nemeth hosted a successful open house event that welcomed over 60 community members and industry partners to tour the clinic and meet its new Center Director, Aleezah McKenna.



A Special Thank-You

to those who donated fans to help
our seniors stay cool this summer.



SUMMER FEST

St. Paul's Senior Services

2024



St. Paul's said "Aloha" to 400 spirited guests at SUMMERFEST 2024 on Saturday, August 24 at Humphreys by the Bay. In their best Hawaiian attire, guests were treated to complimentary leis, a Polynesian buffet, hula dancers, live music from Republic of Music, an interactive green screen photo experience, silent and live auctions, and a tasting room featuring local beers and fine wine, paired with chocolate!

The Very Rev. Penelope Bridges, Dean of St. Paul's Cathedral, kicked off the program with a moving invocation. Michael McHale, President & CEO of St. Paul's Senior Services, shared an update on the mission of St. Paul's, including the opening of its new Technology Collaboration Hub and a recommitment to serving seniors of modest means. Dennis, a Talmadge Gateway supportive housing resident and PACE participant, took to the stage to share his powerful story and deep gratitude for PACE.

Mahalo to all who sponsored, attended, volunteered, or partnered with St. Paul's to make this event a success! St. Paul's was able to raise over \$225,000 that evening to support the expansion of PACE, ensuring that many more vulnerable seniors will be served by this vital and life-saving program.

If you're interested in sponsoring or being part of the planning committee for SUMMERFEST 2025, please contact the **Foundation** at events@stpaulseniors.org.

PACE PARTICIPANT NOMINATED FOR 2024 RUBY AWARDS

Meet Dennis

Dennis is one of our inspiring PACE participants and supportive housing residents. Thanks to the comprehensive care he received at St. Paul's PACE, Dennis became healthy enough to pursue his dream of becoming an artist. Today, he is an instrumental community advocate and leader of the ARTISToutREACH Team (A.R.T.), a program that uses art-based therapies to alleviate mental health challenges faced by people experiencing homelessness.

His remarkable journey and contributions earned Dennis a nomination for the 'Outstanding Resident Leader Award' at the San Diego Housing Federation's 2024 Ruby Awards, San Diego's largest affordable housing recognition event. His story is a testament to the transformative power of PACE and the incredible resilience of our seniors.

CREATE YOUR ST. PAUL'S LEGACY

By making a bequest or a beneficiary designation gift, you will be investing in your future, while creating a lasting legacy for organizations close to your heart, like St. Paul's Senior Services.



CEO Michael McHale with Heritage Society member Daryl Ferguson

HOW TO MAKE A BEQUEST

A bequest is one of the easiest gifts you can make to significantly impact our work. Simply instruct your estate planning attorney to include a provision in your will that leaves a lasting gift to St. Paul's. Your bequest could be a gift of specific assets, a dollar amount, or a percentage of your estate.

BENEFICIARY DESIGNATION GIFTS

It's easy to designate beneficiaries for assets that are not transferred through a will. For example, you can designate St. Paul's as a beneficiary of your retirement assets, life insurance policy, bank accounts and investment funds by completing a simple form.

BEQUEST BENEFITS

- Your gift costs you nothing today
- Your gift is free of federal and estate tax
- You can change your mind later
- You can still benefit your heirs with specific gifts
- You can leave a legacy

MORE INFO



Let us help you grow your future and create a lasting legacy.
Contact Craig Smith at csmith@stpaulseniors.org or **619-621-3356**.



St. Paul's Senior Services

WISH LIST

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

The Manor on Bankers Hill

1. Home Depot Hampton Bay Patio Umbrellas
5 @ \$99 each = \$495
2. 8qt Commercial Kitchen Aid Mixer = \$1,000
3. Waring WW200 Double Belgian Waffle Maker
2 @ \$720 each = \$1,440
4. Gift cards for staff recognition
100 @ \$25 each = \$2,500
5. San Diego Padres tickets for staff and residents
40 @ \$55 each = \$2,200

St. Paul's PACE Nemeth in El Cajon

1. Sony DVD player with HD (black) = \$45
2. Large-font size print word search puzzles for seniors
40 @ \$7.50 = \$300
3. Wrist Accurate Automatic High Blood Pressure
4 @ \$22 = \$88
4. Rust-free metal outdoor patio dining set = \$624

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 for PACE participants
5 @ \$47 = \$235
4. Sponsor interactive events for PACE participants
(suggested donation = \$250 or \$500)

Human Resources

1. Themed greeting cards with envelopes for staff gifts
(Get Well, Sympathy, New Baby, Congratulations) =
\$40 or donate the actual cards
2. Washable knitted blankets, beanies, or booties for
staff who are expecting a baby

St. Paul's PACE Akaloo in Chula Vista

1. Patio umbrella = \$44
2. Hasbro's Joy for All Companion Pet for seniors
3. "Orange Tabby Cat" = \$140
4. Living Coast Discovery Center tickets for adults (13+)
6 @ \$20 = \$120

St. Paul's Plaza

1. Silk scarf painting supplies = \$500
2. Art supplies for Reflections and Independent Living
= \$1,000
3. Resident outing = \$500
4. Garden bed/supplies project = \$350
5. Fresh Flower arrangements for Reflections
6 months @ \$100 each month = \$600
6. Music Therapy for Reflections
6 months @ \$100 each month = \$600
7. Mexican Enrichment Programs for Reflections
6 months @ \$90 each month = \$540

St. Paul's PACE Reasner and North County

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

St. Paul's Skilled Nursing & Rehabilitation

1. Massage chair for staff = \$1,500
2. Electric Hoyer Lift = \$1,500
3. "My Little Pony" Petting Zoo quarterly visit to residents
4 @ \$300 = \$1,200

St. Paul's Child Care Program

1. Kid Kraft Greystone Cottage Playhouse = \$449
2. Lakeshore Safety Wall Mirror = \$294
3. Lakeshore Touch & Explore Sensory Butterfly = \$355

HOLIDAY INTERFAITH PRAYER BREAKFAST

Kick off the holiday season with a morning
of prayer, music, reflection and fellowship.
All are welcome!

Thursday, November 21st
8:00 AM - 9:30 AM

RSVP: events@stpaulseniors.org

Thank you to our donors: May 1 - August 31, 2024

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Quigley Fine Wines

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St. Paul's Community Connection

Reflecting on May - August 2024

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THE MANOR ON BANKERS HILL

A St. Paul's Senior Services Community

INDEPENDENT LIVING

San Diego's Best Retirement Community for Active Seniors 55+

Four blocks from Balboa Park

Studio apartments starting at
\$2,500/mo.

Includes:
Utilities, housekeeping and a meal plan!



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