



St. Paul's Manor residents spread the joy of the holiday season in their festive attire.



ST. PAUL'S COMMUNITY CONNECTION

Reflecting on October - December 2018



St. Paul's Child Care Program shows their appreciation for our veterans at our annual Veterans Day ceremony.

CEO perspective

The winter months bring the joy of the Christmas season and excitement and hope for what the New Year will bring!

There is excitement in the air - each of our buildings has beautiful decorations everywhere. Special outings are planned for our residents and participants, such as lunch at the Hotel Del Coronado, a performance of the Nutcracker Ballet, a day outing in Julian, and more; happy smiles abound.

St. Paul's hosts many events throughout November and December such as our Prayer Breakfast where all faiths come together each year for a wonderful time of community, prayer, and music.

On November 30, 2018, we held our 19th Annual Legislative Breakfast. We reviewed the 2018 "wins" for the senior community at both the state and national levels and outlined issues to work on in 2019. Representatives from many city, county, state, and federal offices were present.

St. Paul's Plaza hosted its annual Jingle Mingle Mixer & Blanket Drive event which brought senior care professionals together to celebrate the holidays and help St. Paul's PACE by donating much-needed blankets for our participants.

The annual Board Tea was held at St. Paul's Villa this year. Our residents and St. Paul's PACE participants enjoyed champagne, a 5-course meal served by our board members, beautiful music provided by carolers, and dancing the night away.

Of course, what are the holidays without children? Our Child Care Program hosted a Christmas performance, and the seniors joined in for a truly intergenerational event. Proud parents and smiles could be seen everywhere.

Thank you to our staff for your tireless work and dedication to make this time of year special for our residents, participants, and children.

Thank you, residents, family members, participants, and donors - all of this is made possible by generous donations and support for St. Paul's Senior Services; we could not do it without you.

Many blessings to each of you,

Cheryl Wilson



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St. Paul's COO Appointed To State Board And Featured By KUSI-News

In December, St. Paul's Senior Services' Chief Operating Officer, Ellen Schmeding, was appointed by Governor Jerry Brown to the California Commission on Aging. She was featured in-studio with KUSI-News to talk about her new role and how she will provide advice and recommendations to the Governor and California legislature, as well as state and local agencies, on how best to provide services for our State's seniors. Congratulations, Ellen!



Ellen Schmeding (right) discusses her new role on the California Commission on Aging with KUSI-News reporters.

St. Paul's Essential Needs Drive (SPEND) Featured By Several Stations



Liam Dunfey (left) shares how the community can contribute to our SPEND program.

Our St. Paul's Essential Needs Drive (SPEND) got a lot of coverage this past quarter and helped make our SPEND drive a huge success. St. Paul's SPEND drive (formerly "Sundries for Seniors") encourages San Diegans to donate essential need items such as personal care needs, warm clothing and bedding items for our low income PACE participants. Coverage included several in-studio segments and on-site segments at our St. Paul's PACE Wellness Centers, all highlighting the mission of St. Paul's PACE and the importance of these items for our low-income seniors.



Amanda Gois (left) poses with a KUSI-News reporter after an in-studio segment highlighting St. Paul's PACE and our SPEND program.

St. Paul's Chef Androssy Featured For National Comfort Food Day



Chef Androssy Escamilla was featured in a live cooking segment with KUSI-News for National Comfort Food Day.

In honor of National Comfort Food Day this year, St. Paul's very own Chef Androssy Escamilla was featured in two cooking segments with local news stations. Not only did he show how to make delicious comfort food, but he also highlighted a recipe from the St. Paul's Cook Book on our website. This cookbook was created using recipes that were contributed by our very own St. Paul's seniors. Our free, downloadable recipe book can be found on StPaulsSeniors.org under our resource section.



AROUND ST. PAUL'S...

St. Paul's Senior Day Program participant, Jack, enjoys painting a holiday picture in the activity room.



St. Paul's PACE participant, Michelle, gets a friendly visit from a furry friend; a Helen Woodward Animal Center therapy dog.

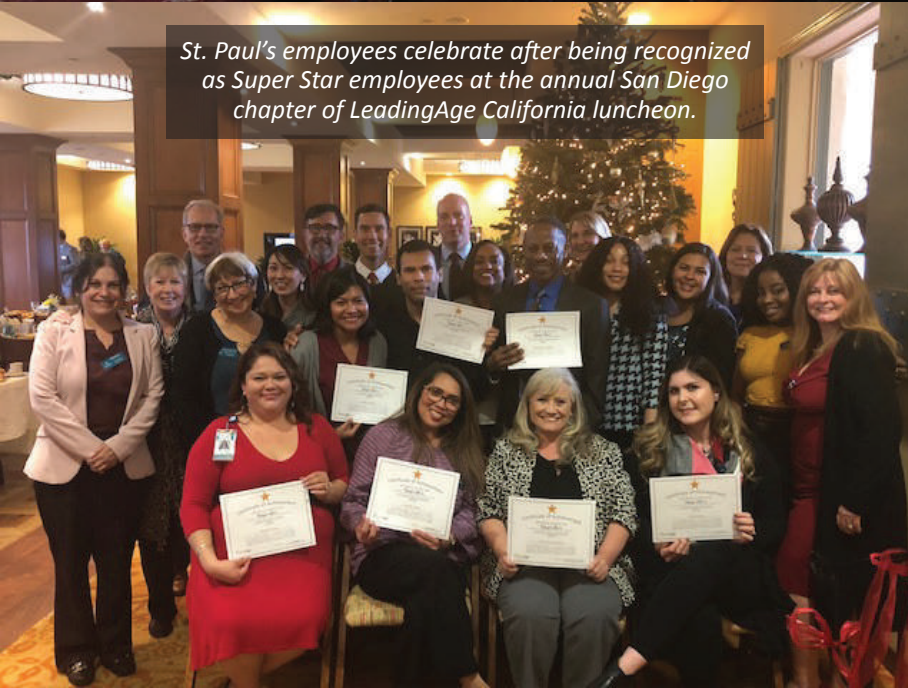


St. Paul's PACE Home Care team celebrates being recognized as one of San Diego's favorite Home Care Programs in the San Diego Union-Tribune Best Readers Poll.



A St. Paul's PACE participant enjoys one of the many music opportunities provided.

St. Paul's employees celebrate after being recognized as Super Star employees at the annual San Diego chapter of LeadingAge California luncheon.



St. Paul's Manor Administrator Brian McBee and Sales Specialist Jean Nagle pose with Manor residents and their 2018 Best of Uptown - Best Retirement Living award from San Diego Uptown News.



Mia poses with one of the many carts needed to distribute holiday gift bags to residents.



A St. Paul's Plaza resident smiles for a holiday photo with her two daughters.



St. Paul's Manor residents prepare for their St. Paul's Light Opera Company (SPLOC) performance of South Pacific directed by Manor resident, Amanda Rines (front right).



St. Paul's Villa resident Yvonne (right) and her daughter Irish (left) enjoy their time together at the Villa.



St. Paul's hosted their first ever Succulent Social at Pigment in North Park to connect with industry partners and have fun! Pictured left to right: Lizett Schulz, Carolina Lopez, Mary Johnson, Lizette Galindo, Stephanie Cardenas, Jean Nagle, Terri Hancock, Jae Nicolas, and Kelly Lapadula.



St. Paul's Child Care Program provided trick-or-treating for the children on Halloween throughout the St. Paul's Community Care Center.



St. Paul's Manor and John A. McColl Family Health Center Chapel Re-dedication

On November 20, 2018, residents and staff from St. Paul's Manor, St. Paul's Senior Services Nursing and Rehabilitation Center, and family of Reverend James Carroll gathered to celebrate the rededication of the newly renovated St. Paul's Manor/St. Paul's Senior Services Nursing and Rehabilitation John A. McColl Family Health Center chapel. This was made possible by the generosity of everyone who attended the 2017 LUV Gala. Not everything was new though, Cheryl Wilson provided a "curator tour" of the many religious items donated to the chapel throughout the years. The Very Reverend James Carroll blessed the chapel with the assistance of Father Jason Samuel. A new plaque was presented to The Very Reverend James Carroll honoring him "for his many years of devoted service to St. Paul's Episcopal Home, Inc." There was a toast, and everyone enjoyed a wonderful reception afterward.



The Very Rev. James Carroll blessed the newly renovated St. Paul's Manor/McColl Family Health Center. Chaplain Jason Samuel assisted him.



Cheryl Wilson presented Very Rev. James Carroll with a new plaque for the St. Paul's Manor/McColl Family Health Center Chapel Re-dedication event held on November 20, 2018.

2018 Board Tea



John and Anastasia McColl hosted this year's annual Board of Directors Tea, held on December 8, 2018 at St. Paul's Villa. Residents from all of St. Paul's communities were invited to attend. John McColl is the Treasure of St. Paul's Foundation Board of Directors.

The theme, "A Season of Joy," was selected by Chairs Anastasia and John McColl for this year's St. Paul's Senior Services Annual Board Tea held on Saturday, December 8, 2018. They set the tone, as "Joy" was evident on this evening as Board of Director members from Home, Inc., Community ElderCare of San Diego, and St. Paul's Foundation, along with 15 staff volunteers, served a delicious five-course meal to 120 residents. Residents from St. Paul's Manor, St. Paul's Villa, St. Paul's Plaza and participants from the St. Paul's PACE program attended. Residents and participants look forward every year to this wonderfully festive holiday gathering. The event starts with each attendee being escorted to a table by a Board Member. Then, everyone is given 5-star service as each course of the meal is served. Guitarist Sandy DeVito provided music throughout the event.

Upstairs, the residents who reside in St. Paul's Villa Memory Care received the same special holiday meal served by board members with music by pianist Trevor Gibson. The evening concluded with everyone joining in to sing Christmas carols.

Thank you to Dining Services for preparing the wonderful meal. Your hard work make this yearly evening memorable for all who attend!



St. Paul's Board Member, The Rev. Canon Wayne Sanders (left), and a St. Paul's Villa resident (right) share a dance and spread the joy of the season.

St. Paul's Hosted 4th Annual Jingle Mingle Mixer & Blanket Drive



St. Paul's employees celebrate another successful Jingle Mingle Mixer & Blanket Drive with the many blankets collected for St. Paul's PACE participants.

Thunder and lightning and rain, OH MY! Our 4th annual Jingle Mingle Mixer & Blanket Drive may have started with an ominous beginning, but it proved to be a rousing success!

Over 110 community and industry partners were in attendance, and thanks to them, we collected nearly 400 blankets for our St. Paul's PACE seniors. Despite the challenges of the weather, these numbers represented new highs. Last year 140 blankets were donated. Thanks to everyone who braved the weather and supported this event; we look forward to seeing you all at next year's event!

St. Paul's Senior Services Hosted Their 19th Annual Legislative Breakfast



St. Paul's employees, St. Paul's PACE participants, and local legislative representatives gather for a group photo following the annual Legislative Breakfast.

On November 30, 2018, we held our 19th Annual Legislative Breakfast, "What a Year." Our CEO, Cheryl Wilson, outlined the many legislative successes of 2018 which included the passage of AB 1811 that allowed SSI/SSP recipients to be eligible for CalFresh benefits. Other items were budget allocations for physician student loan reimbursement, and a one-time-only allocation to reimburse Programs of All-Inclusive Care for the Elderly (PACE) throughout the state of California. On the federal side, H.R. 6561, Comprehensive Care for Seniors Act of 2018, was passed by the House of Representatives and the Older American's Act increased funding for food allocation.

Paul Downey, CEO/President of Serving Seniors, spoke about food for seniors and the challenges of food deserts in urban areas. Debbie Case, CEO/President of Meals on Wheels San Diego County, gave an overview of the challenges and rewarding experiences of delivering food to seniors in rural areas. Bruce C., a St. Paul's PACE participant, spoke about his experience of being homeless and how grateful he is to Serving Seniors for introducing him to the St. Paul's PACE program that now cares for him while living at Talmadge Gateway.



Cheryl Wilson and Rudy Vargas

A recognition award was given to Rudy Vargas, District Director for the San Diego office of U.S. Senator Kamala D. Harris, for his work in helping St. Paul's PACE.

St. Paul's presented a special thank you basket to Senate President Pro Tempore Toni Atkins for her consistent support of St. Paul's Senior Services and St. Paul's PACE, accepted on her behalf by Jason Weisz. Assembly member, Randy Voepel, was recognized for his interest in, and support of, St. Paul's PACE. Cheryl Wilson

wrapped up the meeting by discussing "Top Issues for 2019" to be worked on. The issues revolved around food and ensuring permanent housing for homeless seniors in San Diego, and the success of the Program of All-Inclusive Care for the Elderly (PACE) to provide the wrap-around supportive services needed for this population. She implored the attendees "to help us to help them."

St. Paul's Senior Services Prayer Breakfast 2018

A record number of supporters from San Diego's faith community attended this year's Prayer Breakfast hosted by St. Paul's Senior Services on Thursday, November 15, 2018 at St. Paul's Cathedral. The event is a celebration of St. Paul's Senior Services' mission and community engagement through prayer, music, and fellowship.



The program included much praise, applause, and laughter by more than 80 guests who were inspired, enlightened, and entertained. The event was hosted by St. Paul's Foundation Board Member, the Honorable Peter Gallagher and included the keynote speaker, Dee Sanford, and faith leaders Imam Taha Hassane, Rabbi Ian Adler, and Father Jason Samuel. The music was provided by our very own St. Paul's Musical Ensemble. Thank you to all who made our annual Holiday Prayer Breakfast a success. This year's event was supported by sponsors, A Time to Move Care Placement and Scripps Mercy Hospital, Betty Brayshay and Vicki Kelley.



The event was hosted in the Great Hall at St. Paul's Cathedral in Bankers Hill



St. Paul's welcome team (left to right), Aura Jaimes, Amy Husebye, Stewart Gaddy, and Amanda Gois



St. Paul's Musical Ensemble (left to right) Trevor Gibson, Carol Hubbard, Tim Frazier, Melissa Stinson and Father Jason Samuel perform the inspirational "Let it Be"



Presenting Sponsor, Sydney Kennedy, with Time to Move Care Placement, Erik Erwin, and Supporting Sponsor, Betty Brayshay.



Presenting Sponsor Scripps Mercy Hospital (left to right) Sister Jocel Young, Karen Gammieri, Sister Leonita Metoyer, Babs France, Tom Gammieri, and Sister Rosanne McGrath

St. Paul's Veteran Programs

Throughout the year St. Paul's honors Veterans with special programs and events showing our gratitude for their service to our country. Over the last few months, St. Paul's has hosted Veterans' socials at St. Paul's Villa and our annual Veterans Day observance. St. Paul's is a proud sponsor of Wreaths Across America and Stewart Gaddy, and Liam Dunfey placed wreaths at the grave sites of seniors at events held at Miramar and Greenwood cemeteries.

St. Paul's has also developed programs to support Veterans in need. Recently, Bruce C., a Vietnam Veteran and St. Paul's PACE participant, was a guest speaker at the annual St. Paul's Legislative Breakfast. "I was once homeless," says Bruce. "Ever since I moved to Talmadge Gateway, I feel like I started a new chapter in my life. Coming back from Vietnam wasn't easy for me, and neither were the years before finding St. Paul's. I had some ups and downs. I was once homeless, but now I live safely at home, and my health is getting better." Talmadge Gateway is a permanent supportive housing community that has partnered with St. Paul's PACE to provide all-inclusive healthcare services.

If you'd like to learn more about helping or volunteering with St. Paul's Veterans, contact Stewart Gaddy in the Foundation at (619)-239-6900.



Formerly Homeless Vietnam Veteran and current St. Paul's PACE Participant, Bruce C., speaks at 19th Annual St. Paul's Legislative Breakfast



St. Paul's Foundation employee Stewart Gaddy reflects and says the name of a deceased Veteran at Wreaths Across America



McColl Health Center Resident, Clarice Rothenhaus, attends the 9th Annual Veterans Day Observance Event at St. Paul's Community Care Center

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Community Connection
Reflecting on October - December 2018

St. Paul's Senior Services Nursing and Rehabilitation employees, Ruby and Lupe, spread Christmas cheer.



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OUR NURSES!**

We are hiring, go to
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