

## It's a Small World After All

Connections across Covia's communities go even deeper than the friendships formed between neighbors. Generations of relatives and long-time friends continue the tradition of living well and aging well — and reconnecting within Covia's communities. Some residents have family members who were pioneer residents at a Covia community and have fond memories of visiting their relatives as children and young adults. Others have reconnected with a long-lost friend from their past upon moving into their new home. Still more people choose to make their home at a Covia community because a good friend or family member is thriving at another Covia community. These connections can be found in unexpected places and ways, and they help make Covia a vibrant and welcoming community.

## The Journey Home: Friends Come Full Circle



Laura Darling, Covia Director of Spiritual Care, with mentor Donna Ross.

Donna Ross and Laura Darling met over 30 years ago when they were both getting a new start in Oberlin, Ohio — Donna as the new priest at the Episcopal church, and Laura as a first-year student at Oberlin College. Today, they find themselves again in the same orbit, with Donna and her husband Rob residing at Spring Lake Village and the Reverend Laura Darling serving as Covia's Senior Director of Communications and Spiritual Care.

Donna had a formative role in Laura's vocation as an Episcopal priest. After attending confirmation classes with Donna, Laura started thinking about being ordained an Episcopal priest herself. Donna was the first person Laura told about her call to ministry, though it took almost 10 years before Laura went on to seminary in Berkeley, California. "I remember thinking how long it took you before you actually swallowed the bait," Donna told Laura.

In the meantime, in 1995 Donna accepted a call as the rector of St. Paul's Church in Cambria,

**"I think we really are building community. Rob's just loving it. I am too."**

— Donna Ross, Spring Lake Village Resident

California and Rob began teaching at nearby CalPoly. After seminary, Laura took a position as the Chaplain at Kenyon College in Gambier, Ohio, and invited Donna to preach at her ordination.

The Rosses loved their home in Cambria, with views looking out over the hills of the Central Coast. "We always thought they'd take us out feet first," says Donna. "We gradually realized this is not sustainable. There are no continuing care communities in the whole county, and so we just started thinking maybe we're not going to be here forever."

In early 2017, they called Laura, who had started working for Covia a few years before. Laura told them about the unique character of each of the Covia Communities, but suspected the wine country vibe of Spring Lake Village might be the right one for them. The Rosses took a tour and loved their next new home.

There were other reasons Spring Lake Village was a good fit. "One of the things that I thought Donna might like about it was that there were a number of other retired clergy here," Laura explains. She provided some introductions before they relocated. Now, Donna is part of a clergy group that meets monthly.

It's not only clergy who have been welcoming. "There are four Donnas here, and one of the women, Donna Love, sent out a message, asking if we wanted to have a Donnas lunch," says Donna. "So once a month, we've been having a Donnas lunch."

Rob has also connected to other residents, finding shared interests through the Winemaker Dinners. "Rob's a chemist and he

has kind of switched his life-long interest in chemistry to the chemistry of wine," Donna says.

Laura felt confident inviting Donna and Rob to Spring Lake Village because she believes that every Covia team member represents the organization's values. "It's not just 'here's your service' and you're done," she says.

"I think we really are building community," says Donna. "Rob's just loving it. I am too."

## A Family Home

Ruth Reznikoff and Laura Olson share the distinction of being one of the few mother/daughter pairs living in the same community. In this case the daughter arrived first. Ruth worked as a dietitian in San Diego and raised her family of three daughters. One of her girls, Laura, eventually settled in San Francisco with her husband, Stephen. When Laura and Stephen retired, they chose San Francisco Towers as their home. Four years later, Ruth, then 96, wanted to be closer to her family and live in a place with more security. She moved to San Francisco and also settled in at the Towers. *Continued on page 2*



Laura and Stephen Olson (right) with Laura's mother, Ruth Reznikoff — all San Francisco Towers residents.

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Today, at 101, Ruth still lives independently and remains very active in the SF Towers community, serving on three committees. For Laura, living close to her mother has been a very special time and has even provided critical support. A few years ago, when Stephen had a bad accident and came home after three weeks in the hospital, he couldn't be left alone. When Laura had to be out of the house for critical errands, she was able to call her mom to come downstairs and be with Stephen. "It couldn't have worked out more perfectly!" Laura said.

## Across the Generations

John and Beverly Polt knew St. Paul's Towers long before they made it their home. Beverly's parents, Forrest and Marian Keck, moved to the Towers in 1997 and enjoyed living there

until they passed away — her mother at 96 and her father at 100. John's parents were pioneer residents of St. Paul's Towers, moving in at its opening in 1966. His father passed away shortly thereafter while his mother was an active resident until her death in 2005 at the age of 103.

John and Beverly lived in Oakland and recall fond memories of Sunday brunches and holiday cookouts at the Towers. They saw the wonderful care that their parents received at St. Paul's Towers, living independently with a supportive community of friends. They always thought they might retire there, too.

After thorough research of other retirement communities, John and Beverly confirmed that St. Paul's Towers was indeed the place for them to call home, completing the circle from the day the community opened its doors in 1966 to his parents. ▼



St. Paul's Towers residents Beverly and John Polt.

## Family Roots in Canterbury Woods



Sallie Brun and her dog, Sweetie, both residents of Canterbury Woods.

Sallie Brun has a deep, long-standing connection with Canterbury Woods and the surrounding area. Her grandfather resided across the street from the community and her parents, Henry and Muriel Brun, joined the Canterbury Woods community in 1986. Muriel made her home at Canterbury Woods for 25 years before she passed away at the age of 100.

One of Sallie's most vivid recollections of Canterbury Woods is how the dinner dress code shifted over time. When her parents first moved in, women were required to wear dresses and the men wore coats and ties. A few years later, when women's pantsuits came into fashion, her father's men's coffee group decided that they didn't want to wear ties any more. Sallie remembers this as a pivotal shift in the Canterbury Woods community!

She moved into Canterbury Woods eight years ago, a few years before her mother

**"I have this community in my heart; it's so meaningful to me to be able to provide support for Canterbury Woods through my time and my gifts."**

**— Sallie Brun, Canterbury Woods Resident**

passed. Her parents' decision to live there had everything to do with her decision to move in. "I always knew I'd live in Canterbury Woods," says Sallie. "It was always the plan and this community is now my home — I'm on top of the world living here."

Sallie recently made a gift to the Foundation to support the Canterbury Woods landscaping fund, partly through a distribution from her IRA. "I have this community in my heart; it's so meaningful to me to be able to provide support for Canterbury Woods through my time and my gifts." ▼

## Tax-Savvy Gifts: IRA QCDs

The recent tax reforms made sweeping changes that may have affected your tax return this year. One tax-savvy strategy is to make charitable gifts from an Individual Retirement Account (IRA), particularly if your IRA Required Minimum Distribution is increasing your taxable income. A Qualified Charitable Distribution (QCD) given from your IRA directly to a charity does not add to your taxable income or inflate your Adjusted Gross Income. If this strategy makes sense for you, you may direct your gift to support any of the life-changing services that the Covia Foundation helps to provide.

### Frequently Asked Questions about gifts from your IRA

#### **What is the minimum age for making an IRA Qualified Charitable Distribution?**

You must turn 70½ prior to completing the distribution.

#### **I don't have an IRA. Can I make an IRA QCD from another retirement account?**

Transfers must come directly from an IRA or Roth IRA. However, if you have retirement assets in a different type of account, you may be able to roll those funds into an IRA. Please discuss with your financial advisor.

#### **Are there restrictions on the IRA Qualified Charitable Distribution?**

A QCD from an IRA cannot be used to make gifts when the donor receives a benefit in return (i.e. to attend a fundraising event).

#### **When should I initiate a request for a distribution?**

You may request a distribution at any time. If you intend that your distribution count toward your Required Minimum Distribution for the year, please begin your transfer by early December to allow ample time. ▼

**For more information, contact Covia Foundation Executive Director Katharine Miller at 925.956.7414 or [kmiller@covia.org](mailto:kmiller@covia.org).**



# Market Day: Fresh Food for Healthy Living

Maintaining a healthy diet can be challenging, but Covia is making it easier for over 1,500 seniors each week across the Bay Area. Through the Market Day program, Covia Community Services provides 19 produce markets from Sonoma County to Monterey that provide seniors with fresh fruits and vegetables at wholesale prices. The markets, run primarily by senior volunteers, also offer a convivial gathering, often incorporating information, tastings, and music.

Nearly 25,000 pounds of produce pass through the markets each year, 20% of it donated by local businesses and growers. More than just providing nutritious food at a reasonable price, these markets foster community by giving seniors a great reason to get together with friends. Volunteers and shoppers share conversation, enjoy coffee and pastries, and listen to music at locations ranging from senior housing communities (including Covia Affordable Communities) to senior centers and churches.

Market Day is one of Covia's fastest growing Community Services programs. Two new markets opened in 2018, one at Stevenson

House in Palo Alto and one at the Walnut Creek Senior Center. Three new sites are planned in 2019: Yu Ai Kai in San Jose, Emerson Village in Pomona (the first Market Day site in Southern California), and Shires Memorial, which became a Covia Affordable Community in 2018. New sites are also being explored in Marin, Sonoma, and Los Angeles counties.

In Marin, the Community Services team is piloting a program at Market Day in Novato, helping low-income seniors sign up for and use Cal Fresh, a benefit that helps stretch grocery dollars. Covia Community Services is exploring plans to expand this service to other locations.

Each Market Day is unique, operated by local volunteers and offering a variety of services or activities. Some offer recipes while highlighting the health benefits of certain vegetables. Others provide music from local musicians, seasonal produce tastings, or an informal lunch.

Stoneman Village, an affordable senior housing community in Pittsburg, wanted to provide fresh produce to all its residents, including those who are homebound.



Market Day participants peruse the fresh produce.

All it took was a plan and Gail Kellough, an outstanding volunteer. Volunteers shop for and deliver bags of produce from Market Day to their neighbors who are unable to get out and shop on their own.

Says Colleen Chavez, Covia Market Day Program Director: "I never tire of seeing the positive effect of each Market Day: the joy of seniors coming together, helping one another, having access to such great produce, and being part of the community." ▼

**"What a blessing it is to have the produce market at our site. I do not have transportation to drive to the grocery stores. The produce market gives me the opportunity to get fresh produce and add to the staples I have at home."**

— Market Day Shopper at Brentwood Senior Commons



**The Covia Foundation's 8th Annual Celtic Cup Golf Tournament is Monday, April 29 at a beautiful new location with an exciting special guest!**



This year's golf tournament, dinner, and live auction will be held at the Berkeley Country Club, with breathtaking views of the San Francisco Bay. The club was founded nearly 100 years ago in 1920.

Joining the fun this year is Emmy Award-winning TV and radio personality Liam Mayclem, best known as the host of *Eye On the Bay* on CBS 5 and as "The Foodie Chap" on KCBS Radio. Liam is a sought-after emcee and auctioneer for Bay Area charities,

and has graced the fundraising stage for nonprofits including On Lok, SF & Marin Food Bank, and SF CASA.

Liam also hosts the culinary stage at the annual Bottle Rock Napa Valley Festival. He has made sushi with Chef Morimoto and Snoop Dog, tasted fried chicken made by Flava Flav and enjoyed nitrous cocktails concocted by Chef Dominique Crenn. We are excited to have Liam join us as this year's Celtic Cup emcee and auctioneer.

Funds raised from the annual Celtic Cup benefit Covia Affordable Housing Communities, Covia Community Services, and the thousands of seniors they serve. It's not too late to be a part of this significant event. ▼

**Celtic Cup tickets (for the entire event or evening-only dinner & live auction) are available at [CelticCup.org](http://CelticCup.org)**

# Staff Spotlight



## Rod Moshiri

Executive Director at Webster House

Rod Moshiri recently joined Covia as the Executive Director of Webster House in Palo Alto. Rod previously worked for ASPEN Skilled Healthcare at “The Avenues” community in San Francisco. Rod is enthusiastic about his new role, noting that “Webster House has a good reputation in senior living and I’ve known several employees who are extremely happy working for Covia.” Early in his career, Rod served as an occupational therapist at Lytton Gardens. Rod spends his free time with his wife of 13 years and two young children, including family travel experiencing different ways of life and cultures. You can learn more about Rod on Covia’s blog at [covia.org/news](http://covia.org/news).



## Bill Tobin

After 15 years of dedication and service to Covia in capacities of CFO and General Counsel & Chief Risk Officer, Bill Tobin bid farewell as he retired in December 2018. When asked what initially drew him to Covia, Bill replied, “It was abundantly clear from my interview in 2003 with the CEO and Board

Chair how deeply they cared about helping seniors of all income levels to age with dignity in communities designed to support the whole person in the aging process.”

“The best part of my journey with Covia has been getting to know its residents — their remarkable histories, stories, and accomplishments,” he said, noting that he also valued hearing of their concerns about aging and receiving their input on how Covia can help address the inevitable challenges of aging.



## Carol Ann Moore

Carol Ann Moore, Marin County Senior Resource Director, retired in February after 17 years of dedicated service. She considers her biggest accomplishment with Covia to be “bringing Market Day to Margaret Todd Senior Center so our seniors could have access to healthy affordable foods.”

Carol Ann notes that she has received enormous amounts of positive feedback from seniors who have benefited through Covia’s Well Connected, Social Call, and Home Delivered Grocery Programs — all of which utilize volunteers to provide personal contact, encourage friendship, monitor safety issues, and help to connect seniors to other programs. Carol Ann’s retirement plans include travel with her husband and more time with her children and friends. ▼



## Well Connected Symposium

Well Connected, a Covia Community Services program, recently hosted the second annual *Creative Aging Symposium: Power to Change*. Participants from 10 Covia Communities as well as partner organizations such as Margaret Todd Senior Center and others from across the country joined by phone and video conferencing for three hours of inspiring presentations on the power of creative aging.

Founded on the belief that older adults have the power to transform the world and are looking for ways to have their voices heard, the *Creative Aging Symposium* explored how seniors can create change in their lives and the lives of others. Keynote speakers included Anne Basting, a 2016 MacArthur Fellow and founder of TimeSlips Creative Storytelling; David “Lucky” Goff, an author and community organizer; and Wendy Miller, founder of the Create Therapy Institute and Executive Director of the Washington DC Center on Aging. The symposium also highlighted two other organizations doing creative aging work in the Bay Area: Art with Elders and St. Mary’s Center. ▼

**“It is because of aging, not in spite of, that we have the unique opportunity for growth and innovation.”**

— **Katie Wade, Associate Director of Well Connected**

For more information on Well Connected, please contact us at 877.797.7299, or [coviaconnections@covia.org](mailto:coviaconnections@covia.org).

## Los Gatos Meadows: Ensuring Resident Safety

Los Gatos Meadows opened its doors in 1971, welcoming residents to a hillside home with stunning views of the Santa Cruz Mountains and the surrounding countryside. Covia Communities has long had plans to redevelop the community as it aged and required increasing maintenance. A recent rigorous assessment of Los Gatos Meadows by an independent consultant found numerous areas with significant safety risk, especially for fire. As a consequence, Covia concluded that continuing operations in their present form poses a great risk to resident safety and that staged redevelopment is not a safe option. In February, it was announced that Los Gatos Meadows would close its doors as plans continue for an extensive redevelopment.

Covia staff members are working with each Los Gatos Meadows resident to find the best and most appropriate accommodations, within the Covia family of communities or within a community that fits their needs. Covia is also working closely with staff to place team members in other Covia communities where possible and provide support in the employment process.

“With continued wear and tear on Los Gatos Meadows’ aging infrastructure, we became increasingly concerned that there may be unidentified health and safety risks at the community,” said Chris Ichien, Regional Vice President of Operations and Executive Director of Los Gatos Meadows. ▼

To learn more, please visit [covia.org/lgmannouncement](http://covia.org/lgmannouncement)



# Healthy Connections: Bridging the Generations

Webster House in Palo Alto recently received a “1% for Good” grant for making a difference in community life through its intergenerational program, Healthy Connections.

Brian Chancellor from the Sereno Group presented a check for \$15,000 to Patricia Lau, Director of the Healthy Connections Pre-Medical Student Volunteer Program at Webster House Health Center. Sereno Group, based in the South Bay, provides 1% of gross commissions to a charitable or community-minded group that is making a positive difference in the communities they serve.

Healthy Connections at Webster House Health Center aims to develop reliable and compassionate relationships between older adults facing serious illness and pre-medical students.

The Webster House program collaborates with Stanford University’s Office of Undergraduate Advising Pre-Health Majors to pair students

with senior residents who can benefit from one-on-one relationships to enhance their overall health and well-being. Students commit to 100 volunteer service hours. In exchange, they receive clinical exposure in a skilled nursing environment as they gain awareness of the challenges of aging in modern society. Throughout the program, they are mentored by Dr. Peter Pompei, a geriatrician and clinical professor at Stanford University School of Medicine.

The grant award will support a wide range of Healthy Connections activities that expand the horizons of both the volunteers and the older adults. The program’s Tech Project helps senior residents at the health center learn about and use technology such as smart phones and electronic tablets to connect with their families and friends. One pre-med student volunteer introduced a pair of Google virtual reality (VR) glasses to a resident with limited mobility who can no



Patricia Lau, Director of the Healthy Connections program (holding award), with members of the Sereno Group.

longer travel. With the VR glasses, the resident was able to visit a beach in Hawaii.

Another pre-med student volunteer provided a honey tasting event, sharing with residents an informative presentation and tasting of several different types of honey, including a vegan honey made from apples. Her discussion also included the medicinal uses of honey, including wound care.

Student volunteers often bring board games and puzzles

to enjoy with the residents, which stimulate the mind and encourage conversation. The health center recently purchased large-print books for a book club. Students and residents have also met together to make jewelry or create container gardens with succulents.

“We are so grateful to the Sereno Group for making this grant award possible,” said Patricia Lau. “Our senior residents and pre-medical student volunteers will truly benefit from their generosity.”

**Students commit to 100 volunteer service hours. In exchange, they receive clinical exposure in a skilled nursing environment as they gain awareness of the challenges of aging in modern society.**



**The Covia Foundation partners with Morrison Executive Chefs and their teams to showcase their hospitality and reflect the generosity of Covia Communities at “A Tasteful Affair,” raising funds for the Circle of Friends Assistance Fund.**

## Mark Your Calendars for A Tasteful Affair

*A Tasteful AFFAIR*

**Saturday, August 3, 2019  
11am-2pm  
Spring Lake Village**

**An Event to Benefit the Circle of Friends Fund — Helping to Support Residents who Outlive their Resources**

“A Tasteful Affair” will again bring residents together to make new friends, share an elegant meal and help their neighbors through the Covia Foundation’s Circle of Friends Fund. This year’s event will take advantage of summer’s bounty, providing a sumptuous luncheon with wines that reflect Northern California’s abundance. The Circle of Friends Fund provides vital support for residents at Covia Life Plan Communities — our neighbors and friends — who have outlived their resources.



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**Did You Know?**

Community Matters is available online! You can read it in full here ([covia.org/giving/news](http://covia.org/giving/news)), or you can read or share individual articles from our blog ([covia.org/news](http://covia.org/news)). While you are there, check out the updated Foundation website and read about all the ways you can make a difference. ▼

**Covia: What's in a Name?**



COVIA-1, the newest member of the Covia team, transports residents at St. Paul's Towers to a wide range of activities.

It's been one year since Episcopal Senior Communities (ESC) and its wide range of senior communities, programs, and activities came together under the new name Covia, and the change is bringing the organization closer together.

David Dolan, Senior Housing Administrator at Presidio Gate Apartments, a Covia Affordable Community, says: "I think the single name Covia is a lot clearer for staff and residents. It was always confusing with Lytton Gardens for the affordable communities and ESC for the life plan communities. Having everything under one name is easier to understand."

We continue to be proud of our history as Episcopal Homes Foundation and Episcopal Senior Communities, as we look forward to being recognized for all we do together as Covia, coming together on the path of life. ▼

**Covia: Making a Difference Every Day**

Covia's annual Social Accountability Report outlines the many ways Covia made an impact throughout 2018 in the wider community. This year's report looks at "A Year in the Life," with a sampling of the ways Covia helps people to live well and age well every day of the year. You can read the report online at <https://bit.ly/2TAn4Fe>, or if you'd like a printed copy, please contact Michelle Haines at the Covia Foundation, [mhaines@covia.org](mailto:mhaines@covia.org) or 925.956.7448. ▼



**covia**

Live Well and  
Age Well —  
Anywhere You  
Call Home

**Life Plan Communities**

- Canterbury Woods
- Los Gatos Meadows
- San Francisco Towers
- Spring Lake Village
- St. Paul's Towers
- Webster House

**Affordable Communities**

- Bethany Center
- Jennings Court
- Lytton Gardens
- Oak Center Towers
- Presidio Gate Apartments
- Shires Memorial Center

**Community Services**

- Home Match
- Market Day
- Rotary Home Team
- Social Call
- Well Connected



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