



community matters

covia.org

Tickling the Ivories for the Circle of Friends

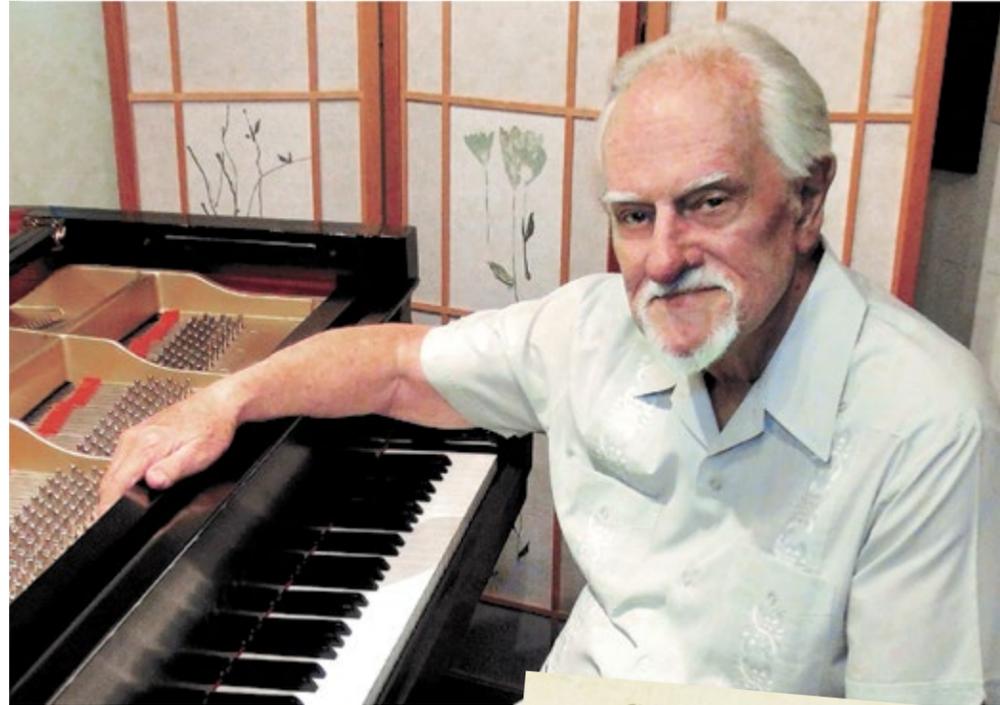
Long-time Spring Lake Village resident and pianist Van Moller shares his joy of music every Saturday morning, playing and singing favorites in the Great Hall for a devoted group of regulars. Van made a DVD of his music for his family. He is providing the DVD to the Covia Foundation for those who make a special gift to support the Circle of Friends.

“I started piano at about age 9. Mom was my teacher. Then came five years of classical piano while living in the East. When we moved to California in 1947, I played ‘popular’ music for five years and spent a few years singing in the Pasadena Boys Choir. In Seattle, where I was stationed in the military as a young man, I frequented a piano bar and asked the pianist if he gave lessons. He did, and I took a bunch.

“After the service, my interest in music continued and I took voice lessons from Llewellyn Roberts, a fine professional singer and voice coach. I also attended Pasadena Playhouse to see if theater was in my future. (Nope, didn’t happen!)

“In the 1970s, my wife Carolyn and I spent six years with the Napa Choral Society where I had a few solo roles, including the title role in Mendelssohn’s oratorio ‘Elijah.’ I occasionally played in piano bars when the regular fellow took a break. (My compensation: a Scotch & soda.)

“Moving to Spring Lake Village in 2004 gave me the opportunity to play and sing more than at any other time in my life. Plus, I get to share my love of music with neighbors and friends.



“Carolyn and others encouraged me to make the DVD ‘for the kids and grandkids.’ The DVD, *I’m Glad There is You*, represents the abundance of support I’ve had from Carolyn over the years and the enjoyment of the times we’ve shared with neighbors and friends at Spring Lake Village.”
— Van Moller ▾

I'm Glad There is You

1. Greeting	2:06
2. I'm Glad There is You	3:37
3. Without a Song	2:28
4. A Nightingale Sang in Berkeley Square	2:25
5. Danny Boy	4:11
6. Climb Ev'ry Mountain	2:57
7. Somewhere	3:46
8. Ave Maria	4:50
9. What a Wonderful World	3:55
10. Moon River	3:34
11. Song for Carolyn	3:25
12. People Will Say We're in Love	2:23
13. Ol' Man River	4:12
14. A Certain Smile	3:25
15. I've Grown Accustomed to Her Face	2:58
16. As Long as She Needs Me	3:20
17. I Believe	2:49
18. My Heart Stood Still	3:38
19. Wave	2:08
20. Draw Near All Ye People	3:52
21. An Affair to Remember	3:15
22. This Is All I Ask	3:05
23. The Lord's Prayer	3:29
24. Once Upon a Time in America	1:46
25. Sometimes a Day Goes By	3:23
26. I Know Why & So Do You	3:18
27. Ebb Tide	3:35
28. Where is Love?	3:50
29. America the Beautiful	4:07

You can share the joy of “I’m Glad There is You” and support the Circle of Friends Fund. Use the enclosed gift envelope to send a gift to the Covia Foundation, note that it is for the Circle of Friends, and we’ll send you Van’s DVD as a small way of saying thank you.

A Circle of Friends at Covia Life Plan Communities

More than 170 residents from Covia communities gathered recently to make new friends and help neighbors in need at the fourth annual Circle of Friends luncheon. The summer luncheon supports the Covia Circle of Friends Fund, which provides essential support for residents in Covia life plan communities who outlive their resources.

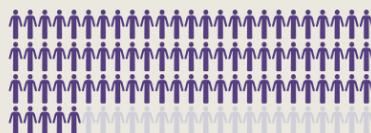
Hosted by Spring Lake Village, the luncheon raised awareness and funds as guests enjoyed food inspired by the Golden State of California. Morrison Dining Services helped sponsor the event and Executive Chefs and their teams from Spring Lake Village, St. Paul’s Towers, and San Francisco Towers prepared the meal. A raffle and wine pull with wines

donated by the Circle of Friends Planning Committee, Covia executive staff, and Kendall Jackson Wineries rounded out the event.

The Circle of Friends Fund supports neighbors and friends who are vital members of the Covia communities where they live. On average, those receiving support have been part of our communities for over 16 years. Their average age is 91 and nearly 40% are no longer able to live independently. The Circle of Friends helps make possible the Covia promise that support is available for life plan residents when needed — and reflects the generosity and genuine caring of residents of Covia Communities. ▾



Most of the residents who receive assistance are in their 90s.



More than 80% are single, primarily women who have outlived their spouses or partners.



They have lived in our communities an average of 16+ years.



Nearly 40% are living in Assisted, Memory, or Skilled Care.

Spreading the Seeds of Creativity



Sally Love Saunders taught poetry and shares her poetry widely today because it is her absolute conviction that “everyone is a poet!”

A poet since she was a young child, San Francisco Towers resident Sally Love Saunders’ eyes light up when she talks about helping others get in touch with their creativity. “I’m doing it for me because I enjoy it,” she says. Sally has been a poet, poet-in-residence and teacher of poetry in a wide range of situations — with kids in schools, in senior centers, and at migrant labor camps. She was instrumental in developing poetry therapy and worked in Philadelphia mental hospitals as a Certified Poetry Therapist for many years.

Sally has six published books of poetry and her work has

appeared in *The New York Times*, *Times International*, *The London Times*, *The Denver Post*, and among over 300 other anthologies, magazines and newspapers. Her lesson plan for teaching poetry writing was published in *The Christian Science Monitor*.

She has shared poetry all her life. From her young days growing up on a farm in Bryn Mawr, Pennsylvania, to her college years on the East Coast, she would muse to herself, “What can I pass on to others?” The answer was poetry. She received many grants to take poetry into underserved areas such as Appalachia and inner-city libraries in Philadelphia, to mention a few.

Her family, like many, is far flung and she was looking for connection with others when she discovered Covia’s Well Connected program. She participates in Well Connected programs, has taught poetry to some Well Connected presenters, and has been a generous supporter of Well Connected creativity programming with a gift to the Covia Foundation.

She has also shared her poetry presentations throughout other Covia communities —

visiting Spring Lake Village in Santa Rosa, Webster House in Palo Alto, St. Paul’s Towers in Oakland, and Presidio Gate Apartments in San Francisco. She looks forward to presenting again at San Francisco Towers this Fall and working with Bethany Center residents in San Francisco soon. She does this all as a volunteer.

It is serendipitous that she relocated to the West Coast. After college, as she was traveling to Japan to study haiku, she had a layover in San Francisco. “As soon as I stepped out of the plane and enjoyed the coastal air, I knew I wanted to live here,” she says.

For many years, she lived a few blocks from San Francisco Towers and saw it under construction as it rose to its current place overlooking the City skyline. Over the years, she

Non Involvement

She goes to the zoo
looks at the animals
but does not feed them.
She goes to the art museum
sees the statues
but doesn’t feel them.
She went to the beach
but never allowed
the salt to sting her.
She shook his hand
but never held it.

— Sally Love Saunders

got to know people and staff from the Towers from poetry workshops. Now, as a resident, “I am a very happy camper.” ▼

Covia recognizes the importance of creativity as a window to curiosity and connectedness, health and purpose. Creativity was long considered by many to be the work of children and artists. However, research is making clear that as we age, our brains continue to develop and work in new ways, ways that make older age a prime season for innovation and imagination. Residents of Covia communities and participants in Covia programs such as Ruth’s Table at Bethany Center and Well Connected are exploring and defining the future of “creative aging.”



San Francisco Towers staff take an undersea journey as they train on the new “IN2L” system.

It’s Never 2 Late

Imagine standing in front of a large flat-screen television and touching a picture that launches you into a tour of the hometown you grew up in, an undersea journey, a video chat with your grandson who’s studying in Japan, or conducting a symphony orchestra playing favorites from your 20s.

“It’s Never 2 Late” or IN2L provides a big touch screen and a content library that helps people to connect with family and friends, explore places and interests, enjoy mind-stimulating activities, and improve hand-eye coordination. Older adults with a wide range of physical and cognitive abilities, most of whom have never used a computer, can enjoy the technology using systems adapted especially for them.

The IN2L system recently debuted at San Francisco Towers. The system will be an integral component of programming to support those with cognitive and memory deficits — helping reduce anxiety, engage in the present, remember the past, and share laughter and time with others. The IN2L system also provides a way for people of all ages and abilities to interact and engage with one another and the world around them. ▼

The IN2L system was made possible by generous gifts to the Covia Foundation. For information on gifts to enhance your community or provide services to older adults, contact Katharine Miller at 925.956.7414 or kmiller@covia.org.

Finding Home Within a Home

Helena loves her San Francisco home, where she has lived for 40 years. She reads beneath her stained glass windows and visits the neighborhood café. When her husband, who was a filmmaker, passed away in 1995, she stored his old film equipment in an extra bedroom and adjusted to her life without him. As the years passed, she found it harder to make ends meet. “More than that,” said Helena, “I wanted company.”

Helena’s case manager at the Curry Senior Center contacted Covia’s Home Match program team to see if there was a way that home-sharing could help Helena stay in her home.

The Home Match team went to work, contacting AmeriCorps volunteers from Rebuilding Together San Francisco (RTSF) to help freshen up the home. The volunteers arrived with fresh paint — “and great pizza,” Helena added. RTSF’s Safe at Home volunteers also installed new grab bars and a wireless door lock. In sum, 100 hours of service, 500 lbs of items removed by Recology, and \$2,500 in resources resulted in a homey bedroom for a new housemate.

Meanwhile, Home Match staff connected Helena with candidates for a possible match. One stood out to Helena. Peter is a filmmaker and they connected over shared interests. But Peter also gained all-important approval from Helena’s cat, Marigold. For Peter, the match came just in time. On top of seeking housing in a Bay Area market of skyrocketing rents, he was busy promoting his new documentary, “Soar, Torian, Soar.”

Helena and Peter are both relieved to have found stability in their shared home. And Marigold is pleased to have twice the attention. ▼



Marigold the cat checks out Helena's new housemate, Peter.

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Home Match: Opening Doors to New Opportunities

Covia’s Home Match program helps homeowners or long-term renters who have extra rooms connect with home seekers who need an affordable place to live, creating a win-win situation. For seniors who live alone, a little help around the house and companionship can make a huge difference.

Home Match interviews prospective homeowners and home seekers to check backgrounds and ensure compatibility, then connects people by researching personal preferences, house types, and interests. In some cases, lower rent is provided in exchange for services, such as driving to the grocery store or lending a hand around the house. With this kind of arrangement, senior homeowners can often continue to be successful in their own home, while lodgers have access to affordable housing so they can remain in the area. Home Match currently has programs in the cities of San Francisco and Fremont, plus Contra Costa and Marin Counties.

Find more information at www.covia.org/services/home-match ▼

Make a Tax-Smart Gift from Your IRA

The IRA charitable distribution is a great way to help your bottom line while supporting the community and services you care about. You can transfer funds directly from your individual retirement accounts to a qualified charity like Covia — and see tax benefits.

After you reach the age of 70½, you are required to take annual minimum withdrawals from your traditional IRAs and employer-sponsored retirement plans. That money is considered taxable income.

Your generous charitable distribution from your IRA directly to Covia helps you avoid that increase in taxable income. This is much more valuable than taking an itemized deduction, which merely lowers taxable income.

A charitable distribution from your IRA lowers your adjusted gross income — and that lower number may allow you to stay in a lower tax bracket, reduce or eliminate the taxation of Social Security or other income, and remain eligible for deductions and credits that might be lost if you had to declare the IRA distribution as income.

There are a few rules to remember about charitable distributions from your IRA:

-  The maximum contribution allowed is \$100,000 (per person, per year).
-  Distributions must be made directly from the IRA to the charity.
-  All distributions must be completed by December 31st.

If you are making an IRA charitable distribution to Covia, please let us know. (The distributions from your account to a charity do not always identify you.) If you have any questions, we can help — just call us at 925.956.7414. ▼

A charitable distribution from your IRA lowers your adjusted gross income — and that lower number may allow you to stay in a lower tax bracket.



Honoring Linnie Rayburn

It's often hard to explain how such rich relationships are borne out of a phone-based community like Covia's Well Connected program. The connections were evident, though, at the very special Memorial Service honoring Linnie Rayburn, who died earlier this year.

Linnie was one of those who inspired the program that became Well Connected. She volunteered in 2005 to be the facilitator of a telephone conference call that brought together a group of people to share their stories. They were a diverse group of seniors. They all wanted to connect with others. And they had a lot to share.

Linnie became the driving force in creating the culture of Well Connected as a program by and for the community. Over the last decade plus, Linnie facilitated hundreds of groups that ranged from funny to philosophical, academic to silly. She had a wicked sense of humor and became family to so many in the Well Connected community.

Those connections were evident as nearly 50 people gathered on the phone in April to honor Linnie and all of her joy, warmth, love, and substance that she brought to Well Connected each and every day. ▼

Well Connected is a Covia Community Services program, providing phone and online activities, education, friendly conversation, and an assortment of classes and support groups to older adults in the comfort of home.

For more information, call 877.797.7299.

Well Connected: Partnering to Build Vibrant Community

Metta Fund

Covia's Well Connected program has grown from a conference call with half a dozen seniors to a year-round catalog of phone and online activities, education, conversation, classes and support groups serving nearly 1,500 older adults in 42 states. Donors and institutional funders have helped the program grow and deepen its offerings with Spanish language programming. One San Francisco funder has been the Metta Fund. We recently spoke with Shalini Iyer Rana, Metta Fund's Chief Program and Evaluation Officer.

Can you tell me a little bit about the history of Metta Fund?

Metta Fund was born out of a merger between San Francisco's Davies Medical Center and California Pacific Medical Center/Sutter Health. When the foundation began grantmaking in 1998, Metta Fund focused on meeting the health needs of underserved people of San Francisco.

Since 1998, we have awarded over \$81 million in grants to support local initiatives. We are honored to be in partnership with incredible organizations, leaders, and coalitions to advance the health and wellbeing of San Franciscans.

Tell me more about Metta Fund's mission and how it has evolved.

Metta Fund's mission has evolved to focus on underserved populations in San Francisco with longer-term commitments focused on systems change to address complex community health issues; general operating support grants; and more partnerships with grant partners, funders, and other stakeholders.

Metta also recently made a 10-year commitment to focus on addressing social isolation among older adults. As we know, San Francisco has a rapidly growing population of older adults, many of whom experience loneliness and social isolation, a growing health epidemic not only here, but nationwide.

In light of this narrowed focus, we updated our mission: Metta Fund identifies, advocates for, and invests in high-quality and innovative organizations to improve the health for all in San Francisco, particularly its aging population and those furthest from access and opportunity.

How do Covia's programs fit the mission of Metta Fund?

San Francisco has a growing population of older people who live alone and experience social isolation. Metta seeks to improve their health, their ability to access adequate supports, and to improve the community and environment in which they live.

Covia's programs to connect older adults are aligned with Metta's goal to increase opportunities for older adults to be socially active in their homes and communities. Metta Fund and Covia have been grant partners for the past two years to support the award-winning Well Connected programs.

In addition to grant funding, what else do you do to further Metta Fund's mission?

Metta Fund is intentional about driving impact beyond grantmaking dollars: leveraged support from other funders, nonprofit convening and networking support, active partnerships, capacity building, and advocacy funding.

Anything else you'd like to share?

Metta is dedicated to supporting dynamic nonprofits that work toward lasting, systemic change. Through deep relationships with our grant partners, we prioritize the expertise of communities in identifying health challenges and developing lasting solutions for a healthier San Francisco. We are deeply grateful for the partnership with our community. ▼



Building Community in Affordable Senior Housing

Created for seniors with financial limitations, Covia's affordable communities set the standard for engaged and affordable living with excellent support services. Covia Affordable Communities include Presidio Gate Apartments (San Francisco), Oak Center Towers (Oakland), Lytton Gardens (Palo Alto), Jennings Court (Santa Rosa), Bethany Center (San Francisco), and Shires Memorial Center (San Jose).

Shires Memorial Center was built in the 1960s by the Episcopal Diocese of California and San Jose's Trinity Episcopal Church as a nonprofit residence for seniors. The Center was named for Bishop Henry H. Shires, who served the Diocese throughout the 1950s. The Rev. Darby Betts, who founded Covia's predecessor organization, was a founding member of the Shires Board of Directors. Shires joined the Covia family in 2018.

A resident of Shires recently shared her gratitude for the life she has built at her community (shown right). ▼

Dear Shires Management,

It has been my pleasure to live in Shires Memorial Center for 5 years. I want to tell you how much I appreciate Sal. His positive attitude and welcoming smile are a comfort to me. When I was still working I had some miserable days but when I walked into the lobby, Sal would always say hello and give me a smile. When I brought groceries home, Sal would open the door for me. A package came for me and Sal knew I couldn't walk, so he delivered it to my door to make sure I got it. I know these are small gestures to some but for me they mean a lot.

My life has drastically changed due to medical issues and I've spent many days without seeing anyone. Recently, I received a wheelchair and I am learning how to drive it. Today, I delivered my rent check on time, collected my mail, and sat in the garden looking at the beautiful flowers, the swaying trees, and the hopping Blue Jays. I felt the sun on my face and the light breeze on my shoulders. When I returned to the lobby, Sal gave me a big smile and we chatted, another neighbor joined us and my across-the-hall neighbor waved and offered her support. I felt part of a circle of friends, again. I've learned from Sal's positive approach to life and it is helping me through my present circumstances. I'm so grateful to know Sal.

Sincerely,

A Shires Memorial Center resident

Celtic Cup: Driving Funds for Services to Seniors

The 8th Annual Celtic Cup, led by title sponsor City Building, Inc., brought together more than 200 people to enjoy a day of golf and networking, culminating in a gala dinner and lively auction to support seniors. This year's event raised a record-breaking \$279,000 for Covia's Affordable Senior Housing Communities and Community Services Programs. ▼



Plan to Join Us for the 9th Annual Celtic Cup

**April 27th, 2020
Berkeley Country Club**



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Double Your Shopping Joy

You can support the work of the Covia Foundation every time you shop, at no cost to you! When you shop at smile.amazon.com, Amazon will donate a portion of the purchase price to the Covia Foundation. Your gifts will support Covia's life-changing services to seniors.



HERE'S HOW:

1. Go to smile.amazon.com and login to your account.
2. Select the Covia Foundation to receive donations from your eligible purchases.

Shop at smile.amazon.com — and smile with the joy of making a difference. ▼

Would You Like to Know Your Secret Admirer?



So would we! A resident remarked to me recently that she was making a gift to the Covia Foundation in her will — but hadn't had the opportunity to tell us. We want to know! Not only do we want to say thank you, we also want to include you on the Honor Roll of Giving.

The Foundation Honor Roll of Giving in each community celebrates Foundation supporters, those who have given so generously to support what they care about — life-changing services to seniors in Covia communities and the community at large. The Heritage Society section of the Honor Roll highlights those who are making a "planned gift" — charitable gift annuities, charitable remainder trusts, or a gift after death from a retirement account, bank account, living trust or will.

If you have included the Covia Foundation in your will or other plans, please let us in on your secret. We'd like to thank you! (And remember, your gift can be designated to be used where the need is greatest, for the *Circle of Friends*, for your community, or for another purpose. We'd be happy to help you determine what works for you.) By remembering the Covia Foundation in your will, you help make a difference.

Please contact me at 925.956.7414 or kmiller@covia.org if I can be of any help — and so I can personally say thank you! ▼

Katharine Miller

Executive Director
Covia Foundation



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
- Senior Resources



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