

Commitment to Covia and its Mission

In today's fast moving world, long-term commitment to a job, a home, or a passion can be difficult to find. At Covia, we are lucky to have many residents, employees, and donors who have been a part of the larger Covia family for many years. It is people who maintain the legacy and values that are intrinsic to the organization since its founding. One former employee returned as a resident because after working here, he knew there was no better place to be. Read on to learn more about why these individuals chose Covia.



Eric Hubert enjoys time with his friends and former colleagues.



Mary Linde, Executive Director of SPT, presents Eric Hubert with his Lifetime Achievement Award.

Celebrating a Pioneer Resident of St. Paul's Towers

In early January, St. Paul's Towers honored Eric Hubert with a Lifetime Achievement Award for 50 years of service. As a former staff member and a long-time resident, Eric's impact on the Towers is deeply felt.

Originally from Orange, Texas, Eric was working as an administrator at an Episcopal church in Oklahoma when he first learned about St. Paul's Towers. During a visit to Los Angeles, he met Father Darby Betts. Dr. Betts, who co-founded Covia (then called Episcopal Homes Foundation), invited Eric to Oakland to see the retirement community that he was building, St. Paul's Towers.

After introducing him to Oakland and his new community, Dr. Betts invited Eric to join the staff at St. Paul's Towers, a decision that would bring him permanently to Oakland, the city he still calls home.

During his first few months on the job, Eric lived with the Betts family in their home in Piedmont while searching for an apartment. It was the start of a lifelong friendship. "We became brothers," Eric notes. "Working with Dr. Betts was the greatest experience."

"We strove to make St. Paul's Towers exemplary. The same philosophy and policies hold today."

— Eric Hubert, St. Paul's Towers resident

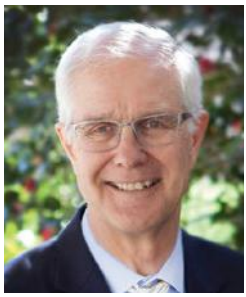
Before St. Paul's Towers was finished, Eric was instrumental in setting up this new community for success. He helped hire the first 100 employees, interviewing each to make sure that they were a good fit for the community and would fully support the residents.

He also laid the groundwork for the wide range of programs residents continue to enjoy. The program that Eric is proudest of is the Monday night music concerts. As with all of the programming that he brought to the community, he worked hard to make sure that he was bringing in experienced professionals to share their craft. Now, as a resident, he enjoys the same quality of music that he helped usher into the community at its start.

Eric not only interviewed staff interested in working in the community, but met with prospective residents as well. The aspect that he always stressed to people considering the community is that St. Paul's Towers is a place where "residents don't lose their independence." In his work as a staff member, Eric made sure that the community was a space where residents could live with the same level of independence they had experienced living in their own homes.

After 23 years working with St. Paul's Episcopal Church and the St. Paul's Towers community, Eric retired. Looking back, he says, "I loved every moment of those 23 years."

After retiring, Eric "wanted to be in the best place" so he took up residence at St. Paul's Towers. "We strove to make St. Paul's Towers exemplary," he says. "The same philosophy and policies hold today." His hard work and dedication are clear within the community, from the enduring programming to his favorite part of the community, "the caring staff." ▾



Dr. Tim Gieseke

Dr. Timothy Gieseke began working at Spring Lake Village when it opened in 1986. He became the first Medical Director for the Health Care Center when the

director of nursing at the time recruited him from a position at another nearby community. "Working at Spring Lake Village really helped me find my calling in the geriatric field," he remembers. Dr. Gieseke recently announced his retirement and was honored for 33 years of service to Spring Lake Village (SLV) residents.

Throughout his career, he also served as Medical Director at four other health care communities or organizations. He left his private practice in 2005 to focus full-time on post-acute and long term care medicine.

"I'm most grateful for the time I was able to spend with my patients. I'm quite proud of the care that I was able to give the residents of Spring Lake Village."

— Dr. Tim Gieseke, former Spring Lake Village Medical Director

He is a past president of the California Association of Long Term Care Medicine (CALTCM) and served two terms as the organization's Chair of Education. He was a member of the Society for Post-Acute and Long Term Care Medicine's Public Policy Committee from 2008-2014 and is an active member of the California CALTCM SNF 2.0 INTERACT program initiative, California Dementia Partnership, the Coalition for

Compassionate Care of California, and the Sonoma County *My Care, My Plan* initiative for improving palliative care. He is an Associate Clinical Professor for UCSF in Family and Community Medicine teaching geriatrics, palliative care, and Post-Acute and Long Term Care medicine.

Dr. Gieseke recently celebrated his retirement with a trip to Hawaii with his wife. However, he continues to reflect on his career at Spring Lake Village. "Medicine has changed a lot since 1986. The leaders and staff that I worked with at SLV have always been open to new ideas around technology and best care practices for their residents," he says. "I'm most grateful for the time I was able to spend with my patients. I could really listen to them and help them with their health. I'm quite proud of the care that I was able to give the residents of Spring Lake Village." ▼



Toni Eslick

Each year, Covia honors employees for their service and commitment to the organization and the people we serve. Toni Eslick, Human Resources Director, recently celebrated her 35th anniversary working for Covia.

"I started working in the sales office for Spring Lake Village in 1984, prior to the start of construction. I served

"Providing support and guidance to our residents and employees has been a rewarding experience for me, and knowing that I've made a difference in the lives of others is a very special feeling."

— Toni Eslick, Human Resources Director

as the administrative support during the transition from a paper recordkeeping system to a computer database," Toni remembers. "I had just graduated from college and moved to Santa Rosa. It was going to be a short-term job while I pursued a career in journalism. You can see how that worked out!"

Today, Toni is a Human Resources Director in Covia's Walnut Creek office. Toni shared that her long-term commitment to Covia has been a huge part of her life. "Covia has changed in many ways, but has also stayed the same. The dedication to the care and well-being of older adults has never wavered, even while growing to include more affordable housing communities and the addition of Community Services and Covia Foundation," she says. "These changes have made Covia an even better organization. Providing support and guidance to our residents and employees has been a rewarding experience for me, and knowing that I've made a difference in the lives of others is a very special feeling." ▼



The 9th Annual Celtic Cup Golf Tournament & Gala Dinner is **POSTPONED**

We are working with Berkeley Country Club on summer dates and will keep you posted.

As you know, the Celtic Cup supports life-saving services for seniors. Older adults are one of the most at-risk groups in the current public health challenges. Your support of the Celtic Cup helps us provide services that reach vulnerable and isolated seniors with emergency support, nutrition, social engagement, and housing.

We hope you and yours are staying healthy and safe in these challenging times – and look forward to coming together later this year.



Ruth's Table: A Legacy Lives On

Ruth's Table, an arts workshop and gallery embedded in Bethany Center, a Covia Affordable Community, sits in the heart of San Francisco's Mission District. Committed to increasing access to creative opportunities for older adults and adults with disabilities, Ruth's Table became a part of Covia Community Services when Bethany Center joined Covia in 2018. The program brings diverse interests and age groups together through a dynamic combination of rotating gallery exhibitions, creative projects and community initiatives.

In 2009, the celebrated artist Ruth Asawa donated her dining table, constructed by her husband, architect Albert Lanier, to Bethany Center. The table, symbolic of gathering, community and creativity, formed the start of an arts initiative at Bethany, named for Ruth Asawa and her gift. Asawa was a renowned sculptor who explored crocheting wire in various abstract forms. She is also well known for her public commissions, particularly in San Francisco and the wider Bay Area. These include the much beloved fountains in Ghirardelli Square (1968) and outside the Grand Hyatt San Francisco (1973), the latter of which includes hundreds of baker's clay images molded by local schoolchildren, friends, and other artists cast in bronze.

Along with the gift of Ruth's table came her wish: for the table to serve as a hearth for creativity. Jerry Brown, former CEO

of Bethany Center, was instrumental in bringing Ruth's vision to life at Bethany Center. "Ruth's Table gives residents, their families and friends, and staff a connection to our neighbors and the greater community at large," Jerry says. "Ruth's Table helps create new friendships to address isolation and energizes daily life at Bethany Center with creative arts." Today, Ruth's Table continues this legacy through fostering social connections and positive change by nurturing an environment where participatory arts are integral to life in our community.

The notion that creativity improves our lives is borne out in research. In the past 15 years, many studies have explored the effects of arts programming with older adults, finding that creative aging programs offer opportunity for self-exploration and connection to community, and result in fewer medical appointments and use of medicine, lower risk of dementia, and decreased feelings of loneliness and isolation.

Covia has long emphasized creative experiences and opportunities in its Community Services programs and residential communities, but the adoption of Ruth's Table marks a new commitment to expand creative aging programming throughout the organization and the communities we serve.

For information on Ruth's Table exhibits and programs, visit RuthsTable.org. ▼



Volunteer with Ruth's Table participant Savita during the Interactive Storytelling session.



Ruth's Table participant Guadalupe showcases her work-in-progress during an intergenerational collage workshop.

Market Day Grows!

Covia Community Services' Market Day program brings fruits and vegetables at wholesale prices to seniors across the Bay Area. Run primarily by senior volunteers, the markets offer access to fresh produce as well as a meeting and gathering space for local seniors. Market Day has 24 markets across the Bay Area, including two new markets that opened recently at Covia Affordable Communities' newest locations.

The grand opening of Market Day at Bethany Center in San Francisco was particularly special, showcasing 28 different types of produce including tangerines, pears, and Chinese broccoli, and featuring a number of creative performances.



A Market Day volunteer shows off the produce to Bethany Center residents.

"From piano players to medical clowns, Market Day created an inspiring atmosphere that brings people together in a meaningful way," says Jessica McCracken, Ruth's Table Director. "It isn't just about buying affordable, nutritious produce," she notes. "It is also the volunteer opportunities that give residents a sense of purpose and creative programming that deepen the experience." The Bethany Center Market Day is open from 10 to 11 a.m. the 1st and 3rd Tuesday of the month.

Market Day also opened in February at Shires Memorial Center in San Jose. The Shires Market Day runs from 11 a.m. to noon the 2nd and 4th Tuesday of the month.

Covia's Market Day team is also working to expand CalFresh access at all markets. CalFresh benefits are California's version of the Supplemental Nutrition Assistance Program (SNAP), previously known as food stamps. Soon, with a simple swipe of their Electronic Benefit Transfer card, market-goers will be able to buy fresh produce at all 24 Market Day locations.

"It wasn't just about buying affordable produce. It was also the volunteer opportunities for residents that deepened the experience."



Ruth's Table Director Jessica McCracken works with a Market Day volunteer and Bethany Center resident.

CalFresh is currently accepted at the Market Days at Cloverdale Senior Center, Jennings Court, Margaret Todd Senior Center, Marin City Senior Center, and the two new locations, Bethany Center and Shires Memorial Center. During the Bethany Center Market Day grand opening, "A dozen shoppers used CalFresh, which is a huge success for the CalFresh rollout," notes Colleen Chavez, Director of Market Day.

For more information on Market Day, including a full list of all of our locations, please visit covia.org/services/market-day. Follow the Market Day Facebook page for updates about the program, including upcoming locations. ▼

Navigating Retirement Account Tax Updates

Many older adults have Individual Retirement Accounts and may have questions about the new rules signed into law in the Secure Act in late 2019.

- One change allows for contributions to individual retirement accounts at any age. Of course, an IRA contribution can be made only if you have compensation, generally from earned income, but now you can add to your IRA past the age of 70½.
- Another measure raised the age when you are required to start taking minimum IRA withdrawals from 70½ to 72 years. (This change is effective only for those who turn 70½ this year or later).
- One significant change in the Secure Act requires most non-spouse beneficiaries of tax-deferred IRAs and retirement plans to use up inherited accounts within 10 years after the account owner's death. This means higher taxes for your heirs. There are some good ways to minimize that problem. Talk to us about some solutions!
- It's important to note one important measure that did not change with the Secure Act: the ability to make Qualified Charitable Deductions from an IRA still begins at age 70½. IRA owners or beneficiaries who are 70½ or older may donate up to \$100,000 annually from their IRA directly to a non-profit. The distribution is counted as part of your Required Minimum Distribution and can be excluded from your taxable income.

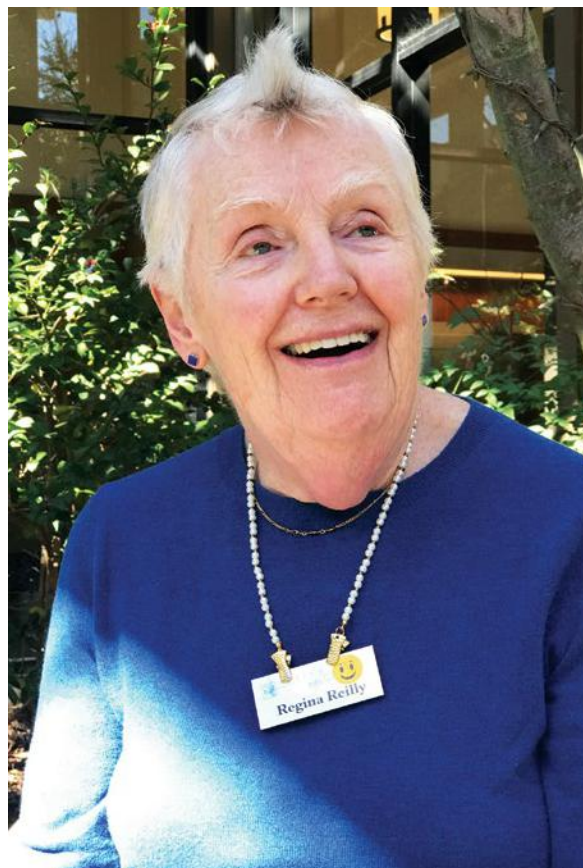
As with all things related to finance and tax planning, consult your individual advisors for specifics on the Secure Act changes and how they will impact your planning. ▼

For information on making a charitable gift using an IRA, contact Covia Foundation Executive Director Katharine Miller at kmiller@covia.org or 925.956.7414.

Compassion Through Generosity

Before Regina Reilly moved to Spring Lake Village in the summer of 2019, she had explored many options for her next place to live. There were three primary reasons that made Spring Lake Village the choice that felt most right.

"I was grateful to find the spiritual support that Spring Lake Village provides," Regina remembers. "As a person committed to a spiritual path for many years, that was deeply important to me. Secondly, I loved the quality and the elegance of the buildings, the attention paid to the food and peoples' dietary needs, and the freedom to move around the campus close to nature. Lastly, there are many activities that relate to retiring and aging in a healthy way in the final chapter of our lives, without pressure to participate, which make life interesting and nourishing, which is what I was hoping for when I chose to live here."



One of the things Regina enjoys most about living at Spring Lake Village are the beautiful spaces to enjoy the outdoors.

Regina learned about the *Circle of Friends* Resident Assistance Fund shortly after joining the Spring Lake Village community. "I was moved by the idea that my neighbors might run out of money through no fault of their own, and they wouldn't be forced to leave their homes. We take care of each other here," Regina says. "It's aligned with compassion which I want to manifest in the world, so when I was choosing an organization to donate my IRA Qualified Charitable Distribution to this year, it felt just right to remember that in essence we are all one and quite natural to contribute to the *Circle of Friends* fund. ▼

Welcome Michael Cataldo

With more than 25 years of hospitality, healthcare, and community building experience, Michael Cataldo joins Spring Lake Village as the new Executive Director. He started his career in the hospitality business in a chef's training program, eventually landing at Marriott in Washington, D.C. where he joined the Senior Living Services group. Most recently, Michael worked at the Sequoias, a Life Plan Community in Portola Valley. "I'm enthusiastic about joining an organization with such a great reputation for senior living," Michael said. ▼



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Mark Your Calendars for the *Circle of Friends Luncheon*

Saturday, August 22, 2020
Spring Lake Village
11:00am to 2:30pm



The Circle of Friends Committee teams up with the Covia Foundation staff to plan this year's event. Members of the 2020 Committee include: From St. Paul's Towers: Bonnie Killip, Hilda Pressman, Mary Sharman. From San Francisco Towers: Ching-Ching Ganley, Connie Marvin Little. From Spring Lake Village: Don & Micke Allison, Jamie Owen, Barbara Riley, Beth Vergin, Raleigh & Patricia Wilson.

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

The 5th Annual *Circle of Friends Luncheon* 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.

community for more than 16 years. Many are living in an advanced level of care.

The *Circle of Friends Luncheon* Committee is committed to raising awareness of and support for this important resource.

Tickets for the Luncheon will be available in June.

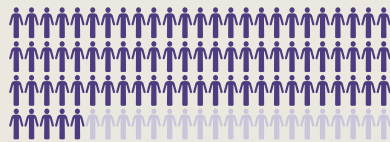


The *Circle of Friends Fund* provides vital support for life plan contract residents at Covia communities — neighbors and friends who have outlived their resources. Most of those served by the fund are in their 90s and have lived in their

Who We Serve through the Circle of Friends



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.

Supporting Healthy Independent Living

Covia Affordable Communities is participating in a three-year pilot program to increase the quality of life and wellbeing of residents in supported housing. The Department of Housing and Urban Development's pilot program provides Resident Wellness Directors and nurses to communities to better address the interdependent health and supportive service needs of older adults. Covia Affordable Communities manages resident services in three Southern California communities that are participating in the pilot, known as Integrated Wellness in Supportive Housing (IWISH).

In the IWISH program, Wellness Directors work alongside nurses to educate residents on healthy ways to live independently. The team assesses and identifies resident needs and develops Individual Healthy Aging Plans. Then, working with community partners, the team brings in a range of health education presentations and workshops, including art therapy sessions and exercise workshops. The directors also connect outside of the planned sessions with residents to provide support in leading a healthier lifestyle.

One resident who participated in the Diabetes Empowerment Education Program says, "I learned more about my body, the risk factors and complications of my condition, and how eating healthy and being physically active can help. With the help of my wellness director and nurse, I've improved my health by making different choices when grocery shopping and cooking."

The IWISH demonstration project is testing a model of housing and supportive services with the potential to delay or avoid nursing home care for low-income elderly residents. The program aims to promote aging in place and improve housing stability, wellbeing,

and health outcomes, and reduce unnecessary or avoidable healthcare utilization associated with high healthcare costs.

Another resident who started participating in an exercise program in the project noted that her energy level has increased. "Before the program, I would spend my days in my room either sleeping or watching TV, which left me feeling isolated and down," she says. "But since I started the exercise program, I've become more active and feel better about myself."

The IWISH demonstration is being piloted in affordable housing communities in California, Illinois, Maryland, Massachusetts, Michigan, New Jersey, and South Carolina. ▼



Resident Wellness Directors Chris and Sara work with resident YonHwa on her wellness plan.

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Social Call

A COVIA COMMUNITY SERVICE

Consider volunteering with Social Call and create a new friendship with an older adult through weekly, 30-minute phone calls. Search for Covia on VolunteerMatch to sign up today.



WINTER 2020
January 1 – April 30

(877) 797-7299
coviconnections@covia.org
covia.org



Social Call
A COVIA COMMUNITY SERVICE



Well Connected
A COVIA COMMUNITY SERVICE

As social events are suspended, seniors face increased isolation. Covia's Well Connected and Social Call programs offer a welcome connection by phone. Please help us spread the word about these important services, now more than ever. Well Connected programs are also available in Spanish through Well Connected Español.

If you or someone you know would benefit from Well Connected or Social Call, please contact us at 877.797.7299 or coviconnections@covia.org.

Por Well Connected Español marque 877.400.5867 o por correo electrónico a coviconnections@covia.org.

Life Plan Communities

Canterbury Woods
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