

Summer Newsletter

Aug 2023

The Power of Choice

With 100 years of experience, ECS opens the door to a life full of possibility. We provide a wide variety of options, so you can live life on your terms. And this summer we celebrate a key pillar in fulfilling our promise - Choice.

Serving today's seniors requires a deep understanding of their needs and desires. Through innovations in care, services, programs, and building design, we have the ability to create exceptional communities that offer Choice.

From the early 1920s through today, ECS has been committed to providing reliable healthcare. Choice Custom Care, ECS's refreshed care model that launched this spring allows residents to receive care where and how they desire. Choice Custom Care provides access to multiple care options based on a resident's unique needs and preferences, including assisted living, memory care, residential health services, care partners, outpatient therapy, Care Suites, and care coordination.

ECS is also committed to serving more seniors. We are proud to have celebrated MonteCedro's Phase II groundbreaking in July and look forward to the upcoming groundbreaking for St. Joseph's affordable housing community in Buena Park. With the desire of the Episcopal Diocese of Los Angeles for additional development services from ECS to build more affordable housing and other community resources on more than 30 properties, ECS is demonstrating our commitment to providing all seniors with Choice in where and how they live.

There are many options for today's seniors. We are honored that over the last century, thousands have made the choice to live in an ECS community.

James Rothrock
President and CEO



Highlights

This newsletter features stories of choice among team members, residents and others.

The Covington

Multitude of choice
— 24-hour care

Twelve Oaks

Sharing joy
— Julian Hernandez

The Canterbury

Swimming in choice
— Jan Burns

MonteCedro

The Grand-Zone
— where families
come together

ECS

New corporate
roles announced



The Covington

Multitude of choice

24-hour care

The Covington offers 24-hour care to residents in Independent Living and Assisted Living, and the peace of mind that opportunity brings.

"In Independent Living, our 24-hour care is provided by Licensed Vocational Nurses," says Nicole Ayala, Director of Residential Health Services at The Covington. Residents can come to the Wellness Center to discuss what is ailing them. "We offer a suite of care services from medication management, wound care and vital checks, to coordinating labs through third parties, or ordering in mobile x-rays or ultrasounds to a resident's home," she says. Residents also have access to a dentist who comes onsite, as well as occupational and physical therapy, a podiatrist and physician, making home care convenient.

In addition to around-the-clock care, there are two other additional care options:

- **One-on-one care, which offers 6 hours minimum of a dedicated caregiver, or**

- **Levels of care, which offers more targeted care from bathing assistance to toileting or helping with tasks.**

Assisted Living residents receive the same care plus additional support services such as help with appointment setups, transportation and a caregiver to accompany them to appointments. "This range of care lets residents truly age in place," Nicole says.

Twelve Oaks

Sharing joy at Twelve Oaks

Julian Hernandez

Julian Hernandez has been volunteering his time and talent at Twelve Oaks for the past five years. His family is in New Orleans, where he met a woman who he grew to call "Mama Rose," because he connected with her like she was his second mother. When Mama Rose moved to Twelve Oaks, he knew he wanted to stay a part of her life.

"I just started helping out by serving dinner in the dining room," he says. Then little by little, he saw other opportunities to contribute. "Christmas came around and the tree



needed decorating," he says. With a background in visual merchandising, he knew he could do something special. And his contributions grew from there — including playing Santa and leading activities such as flower arranging.

When he noticed that a resident's birthday was coming up, he wanted to make sure there was a celebration for the occasion, so he created a stunning cake. "I always think that if God has given you a talent, you need to share it," Julian says. He now makes cakes for residents' birthdays, each one reflecting something distinct about the person. "I always say, we see the snapshot and God sees the whole photo album."

The Canterbury

Swimming in choice

Jan Burns

Bob and Jan Burns moved from Santa Barbara into The Canterbury in December 2021. Jan held several library jobs in her career, most recently as the Director of the Library Systems for 26 cities.

Once she moved to The Canterbury, Jan embraced the Creative Living choices available. She participates in activities such as art classes, Spanish experience, exercise programs and entertainment, as well as attending talks by guest speakers, outings and town hall meetings.



Jan was a strong swimmer as a teenager and took part in an experimental concept for a company planning to start a swimming program from Catalina Island to the mainland. She completed the open-water swim, a distance of about 25 miles. However, given the swim's duration, the company decided against the program. Her swimming skills served her well though, as she was one of the mermaids in the tank at the Marineland of the Pacific.

One of her favorite pastimes is to stroll around the beautiful floral grounds on campus and take photos with her camera. The range of activities at The Canterbury provides Jan with a wealth of choice.

MonteCedro

The Grand-Zone

Where families come together

This summer, MonteCedro is providing even more choice about where to spend time with family. The Grand-Zone is a fun space for residents and their grandchildren (and great-grandchildren).

The new area has an extensive range of art supplies, books, board games, puzzles and even a Wii video console and games. The toys and games are great for children as young as 3 and 4, up to pre-teen and teens. The space is decorated as a beach theme and includes photos of grandchildren and great grandchildren that residents supplied.

"We wanted to create a welcoming place for the grandchildren to enjoy," says Jackie Stevens, Regional Director of Creative Living at MonteCedro. "We provide residents with access to games and toys their grandchildren enjoy, without having to keep the items in their homes. We're also showing movies," she says.

The Grand-Zone opened on July 1 and will be available through Labor Day. The dedicated space is a pilot and may be available again during other school holidays in the year, such as Christmas and Spring Break.



New roles for three key members of our team

We know that our Team Members have a choice as to where they dedicate their time and talent, so we are pleased to recognize those who have demonstrated their leadership and commitment to the organization.



With his extensive understanding of operations and governance activities, as well as marketing and sales experience, Charlie Rahilly has excelled in his role as Senior Vice President of Finance and CFO. We are pleased to announce that he has been appointed as Executive Vice President and CFO. In his new position, Charlie will provide guidance to other vice presidents in the organization, perform the duties of the president if the president is away or unable to do so, and oversee finance, accounting, information technology, sales and marketing.

Continued on back page

Continued from inside page



Sharon Pewtress has demonstrated excellence in her current role as Vice

President of Strategic Business Development and previously as Executive Director of The Canterbury. Sharon is a licensed Residential Care Facility for the Elderly and Nursing Home Administrator and has obtained a Master of Art degree in Gerontology and a Doctorate degree in Behavioral Health.

We are proud to announce that Sharon has been appointed as Senior Vice President and COO. In her new position, Sharon will oversee operations of the life plan, market rate and affordable housing communities, as well as risk management, and the By Your Side program.



Stacie Ocampo has demonstrated an enduring commitment to team members

over her 20 years of service as Vice President of Human

Resources. Through Stacie's efforts multiple funds have been created to allow residents, staff, and others to make contributions towards the growth and well-being of team members. As Vice President of Human Resources and Community Advancement, Stacie will oversee all ECS fund development activities.

We thank Charlie, Sharon, and Stacie for their ongoing commitment to delivering exceptional communities and services for seniors and congratulate them on their new roles.

Our Stories

Michael Bell rejoins ECS to oversee affordable housing development



ECS is pleased to welcome back the Reverend Michael S. Bell in his new role as

Director of Housing and Business Development. He started this newly created position on August 1. Michael is no stranger to ECS. He was the chaplain at The Canterbury for several years before moving to the PIH Health Good Samaritan Hospital.

Sharon Pewtress, Senior Vice President of Operations/COO explains that Bishop John Harvey Taylor's vision is to develop 20-30 affordable housing communities in the coming years to address the housing crisis. "The churches have the desire to be part of the solution in addressing this housing issue, but may not know where to start," she says.

Michael's role is as liaison between developers, parishes, government officials and more. He will identify and support developments such as the 65 units of senior housing that will be completed at Blessed Sacrament Episcopal Church in Placentia

later this year. This program is supported through ECS's Creative Housing & Development Fund and is not financed by resident fees.

"Michael has the heart, passion and talent necessary to succeed in this endeavor," says James Rothrock, President and CEO.

ECS Board Chair Cathy May says, "we are honored to join Bishop Taylor's initiative, and are delighted that the Rev. Michael Bell will lead the charge."

Welcome Michael. We know you will make a large and enduring impact on each individual parish within the diocese, ECS, and our greater communities.