

# RIVER GARDEN NEWS

River Garden Hebrew Home/Wolfson Health & Aging Center

Six-Time Recipient of the Governor's Gold Seal Award for Excellence in Long-Term Care

2002-2004 2004-2006 2006-2008 2008-2010 2010-2012 2012-2014

vol. 68 | Summer 2013

## Motown...Memories & Music - River Garden Gala Special honorees Lilo and Harry Frisch

by Kathy Osterer, Director of Development

The River Garden Gala will be held on Saturday, November 16, 2013, at the Renaissance Resort at World Golf Village. Sponsored by SunTrust Bank, *Motown...Memories & Music* will be an evening that will keep everyone on their feet. **Arlene and Dr. Tony Adelson** and **Diane and Dr. Mitchell Rothstein** are chairing the event. Guests will be treated to cocktails, Motown Alley Silent Auction, dinner and outstanding entertainment from one of Atlanta's hottest bands - **Anita and her Motown Review**.

In addition, River Garden is proud to be honoring 'Our Golden Couple' **Harry and Lilo Frisch**. More than 65 years ago, in what was then British Palestine, a young couple met, married and began to create a dynasty. Harry and his beloved brother Fred had escaped their native Vienna, Austria as teenagers in 1938, just a step ahead of the Nazis. Lilo, a native of Kurdwitz, Germany was able to begin agriculture training through the Hadassah organization.

Thankfully, Hadassah was able to get permission to send Lilo to British Palestine in 1939 for further agriculture education. If not for Hadassah, she surely would have perished in Germany. During WWII, Lilo joined the Royal Air Force. Harry and Lilo were married



Lilo and Harry Frisch

in 1948. In 1953, they left Israel with their two young sons, Ben and Karl, to join Harry's mother and step-father in Jacksonville, Florida. The family had been separated for 16 years.

After a stint in the auto mechanic business, Harry and Lilo joined the family business started by his mother and step-father, Beaver Street Fisheries, in 1953. Together they have worked with four generations of their family in building a small seafood store into a half-billion dollar sales company, employing hundreds in Jacksonville and the Bahamas.

As always, next to a great man is an even greater woman and none can be greater than Lilo. To observe the love between them is like seeing a couple still on their honeymoon. They are blessed to have 4 grandchildren and

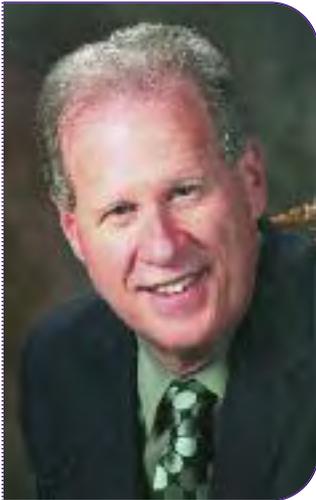
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# inside line

by Martin A. Goetz, MS, MPA, Chief Executive Officer



Over the summer, Florida will begin implementing its long awaited, federally approved “Long Term Care Medicaid Managed Care (MMC) Program.” The Orlando area will be first to enroll nursing home residents and, by this time next year, all of Florida’s nursing home residents who are funded through Medicaid will transition to Medicaid Managed Care. The Jacksonville area and Northeast Florida are the last areas of the state to join the program, with beneficiary

enrollment scheduled for the summer of 2014.

The Florida Legislature’s longstanding desire to rein in the growth of Medicaid costs through implementation of Medicaid Managed Care is not unique to our state. A number of other states with large Medicaid populations are engaged in a similar exercise. Florida’s legislature is convinced that private insurance companies will do a better job of “managing” nursing home utilization and costs than the state can do. Whether the Legislature is accurate or not in that assessment is mostly irrelevant because the issue has been settled and now everyone must prepare for the change.

How will Medicaid Managed Care impact River Garden and our residents? First, understand that in the current Medicaid program it is State of Florida employees who determine a Medicaid applicant’s eligibility, evaluating the applicant’s resources/assets and health needs prior to certifying for Medicaid eligibility. The state also determines under its Medicaid reimbursement program how much River Garden and other nursing homes will be paid for providing care to its covered beneficiaries.

In Medicaid Managed Care the state transfers most of these responsibilities to private insurance companies in the belief that the private sector (in this case insurance companies) will do a better job than the state in managing Medicaid program costs and quality of beneficiary care. By this time next year, nursing home residents applying for Florida Medicaid benefits will do so through one of the approved Medicaid Managed Care providers. And while some implementation details between state government, managed care companies and providers are still being ironed out there is no question that a new layer of bureaucracy and cost has been created and only time will tell if Floridians are being well served by it.



## RIVER GARDEN NEWS

Published by River Garden Senior Services  
11401 Old St. Augustine Road | Jacksonville, Florida 32258  
904-260-1818 | [www.rivergarden.org](http://www.rivergarden.org)

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## OUR MISSION STATEMENT

To provide...

A wide range of quality, cost effective elder care services in residential, outpatient, and community based settings.

To create...

A comfortable, caring, and dignified home for the frail elderly serving both rich and poor with excellence.

To serve...

People of all faiths, while maintaining an environment supportive of Jewish identity and informed by Jewish values.

To act...

As a valuable educational resource in elder care for the entire community.

**Be sure to visit our website for the latest River Garden news and information.**  
[www.rivergarden.org](http://www.rivergarden.org)

## activities

### Nashville to Jacksonville...

by Lisa Poremba, Director of Activities

The newest and greatest age-diverse group of Jacksonville area performers, "The Song Cafe," debuted at River Garden on Sunday, April 21.

**Lorna Greenwood**, a vocalist and musician originally from Nashville, Tennessee, has become a valued colleague and dear friend of River Garden over the past 12 years. A producer and musical director, Lorna brought the most talented vocalists and dancers ranging in age from 8 to 84. From duet vocalists and a Belize dance to an emotional moving solo performance by the youngest vocalist, our residents applauded with great appreciation. Many residents had such wonderful comments, including: "It was star quality," "I was completely moved by the young boy," and "They were so in tune and in sync with one another..."

The Activity Department continues to bring enjoyable performances to our residents every month. For additional information on activities throughout the Home, please email **Lisa Poremba**, Director of Activities: lporemba@rivergarden.org or call 904-886-8416.



Clockwise: Cast members Betty Bell and Jenni Sukovich sing "Side By Side." Cast member Joshua Barber salutes the Army, Navy, Coast Guard, Air Force and Marines with a "Military Medley." The cast of "Song Cafe" perform to a packed room in the Cohen Auditorium.

## A Tasteful Celebration

by Lisa Poremba, Director of Activities

In observance of Israel's Independence Day (Yom Ha'atzma'ut) on the 16th of April, River Garden residents and Coves members gathered in the Cohen Auditorium. All joined together in song with HaTikvah ("The Hope"), the National Anthem of Israel.



Left to right: Donna Hethington looks forward to sampling the tasty assortment of goodies. Marty Goetz: "I got the final falafel!"

The program began with opening comments and prayer led by River Garden Chaplain, **Rabbi Mark Wieder**. **Tina Tadros**, Activities Coordinator, has a special talent of creating delicious middle-eastern cuisine. As part of the Activity team, she spent the morning preparing some of her favorite recipes: hummus, tabouli and falafel served on fresh pita with all the trimmings. As a finishing touch, Tina made her scrumptious flaky baklava dessert.

The "taste of home" was a successful celebration filled with good spirits, hearty laughter and satisfied palates. We look forward to creating and enjoying other "tasteful celebrations" in the future.

## the auxiliary

by Karen Backilman, Auxiliary President

River Garden Auxiliary members spent time together during several enjoyable occasions at the end of the Auxiliary year. If you were at the Special Event, held at the Marriott Southpoint April 25th, you probably took home a wonderful item from the Silent Auction. I've spotted several of you wearing new jewelry. There are beautiful new pictures on your walls and yummy treats in your pantries. **Rhoda Goldstein** and **Sandy Selwitz** planned a memorable occasion. Rhoda has agreed to chair the event again while Sandy is moving on to be Vice President of Fundraising. If you are not already on the committee to help, please volunteer your time.

May brought our closing luncheon chaired by **Michelle Steinfeld** and **Hollie Arnold**. We honored **Judy Paul** as our Minnie Schreiber Award recipient and installed **Naomi Lazar** as our new President. Even though Naomi has a

strong board to support her, we can always find a way for our members to participate; so please let her know how you would like to help.

**Ilene Schinasi** and **Maxine Romo** have a New Members event planned for this summer. I hope many of you will join us then. October 22nd will be our Opening Luncheon.

Once again, the Auxiliary was able to contribute generously to the Home. In May we brought Mother's Day gifts to residents and in June we honored fathers. Our in-kind donations add up throughout the year, and we know the Home also counts on our financial donations. We are proud to announce that this year, thanks to you, we were able to make a contribution of \$39,000.

I want to take this opportunity to thank everyone, especially my board, who has supported RGA the past two years, and for making my tenure as Auxiliary President so rewarding. It has been my honor to serve you.

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## adult day care

by Robin Conway, Manager, Adult Day Care



Everyone enjoyed our "Madhatter's Tea Party." Sunflower treats were a great hit for an afternoon delight to share with all!

Bonjour from the Adult Day Program. How time flies! Spring season may have moved on, but it left many colorful and beautiful blooms here at River Garden. Summer is here, bringing with it picnics on the patio, fishing on the dock, putt-putt on the greens, and the heat which invokes the desire for a cool treat. Ice cream is always hard to beat for a treat.

employ the "fun and surprise" approach. When people have fun and laugh, they often forget the reasons they resist the activity in the first place! The element of surprise is at the core of re-creation. When we experience a fun and pleasurable activity, we want to re-create by doing it over and over again.

Fun props, such as tennis balls, bubbles, sponges, scarves and paper plates add zest to exercise activities. Adding props, instilling motivation and encouraging participation can be magical, and this enhances engagement at a higher level.

Don't be surprised if you come for a visit and see us bending over with our heads hanging for a few seconds. We are simply giving our bodies a health boost. Any time you bring the head lower than your waist, you are "inverting," which helps reduce stress and increase circulation, core strength and flexibility in the upper torso and hips.

Please come and join us in Adult Day - we look forward to welcoming new faces. Have a wonderful summer and remember... a warm smile is the universal language of kindness!

For more information about our wonderful Adult Day Care program, please visit us online: [www.rivergarden.org/adultday](http://www.rivergarden.org/adultday), email: [adultday@rivergarden.org](mailto:adultday@rivergarden.org), or call: 904-288-7858.

We welcome June, July and August with much laughter and open minds. We will celebrate some new programs, including National Country Music Month, Independence Day, National Watermelon Day and S'mores Day. Of course, we continue to promote the value of participation in physical activities.

Many people ask how to increase the level of interest and participation in activities. Our clients share different levels of interest and abilities, and to spark the feeling of engagement we

# chaplain's study

## Dairy Delights

by Rabbi Mark Wieder, Campus Chaplain



At last the countdown was over. It was time for Shavuot. For seven weeks following Passover the omer was counted, and it was time for our multi-level festival. As is the case with our three festivals (*shalosh regalim*) where Jews were originally meant to make a pilgrimage to Jerusalem with an offering in hand (the others are Passover and Sukkot), there is an agricultural component to the holiday—a sense of alignment with the earth's rhythms. In the case of Shavuot, our ancestors brought offerings from the first of their crops.

The later layer of meaning assigned to the festival was marking the giving of Torah to the Jews at Mount Sinai. As learning how to properly slaughter and prepare meat had not been established (i.e., all the pots and pans were not *kosher*, which means “fit for use”), it became traditional to eat dairy meals for the holiday.

This year we added a dairy component to the Kiddush lunch after services. The day before Shavuot, I made three pans of noodle kugel (recipe upon request) in the Adult Day Center. One of these was consumed with relish as an afternoon snack by attendees and others who happened to be around. The other two were served on the two days of the festival – this year Wednesday and Thursday, May 15 and 16. On the second day we also had a couple of pans of blintz soufflé, prepared for us by **Asya Tesler**, who is our primary challah baker as well. I probably don't need to state that these additions to our Kiddush were totally devoured.

We always expect a lot of people on the final day of a festival when we have the Yizkor service, a memorial service for our loved ones who have passed away, but this year both days were very well-attended. As always, this would not be possible without the help of our CNAs and Activity staff, who keep things moving at River Garden.

## Upcoming Events:

Mon., July 15 • Erev Tisha B'Av (No Service)

Tue., July 16 • Tisha B'Av - 9:30 am

Wed., September 4 • Erev Rosh Hashanah - 6:30 pm

Thu., September 5 • 1st day of Rosh Hashanah - 9:00 am

Fri., September 6 • 2nd day of Rosh Hashanah - 9:00 am

Fri., September 13 • Erev Yom Kippur - 6:30 pm

Sat., September 14 • Yom Kippur - 9:00 am

Wed., September 18 • Erev Sukkot - 6:30 pm

Thu., September 19 • 1st day of Sukkot - 9:30 am

Fri., September 20 • 2nd day of Sukkot - 9:30 am

Thu., September 26 • Shemini Atzeret - 9:30 am

Fri., September 27 • Simchat Torah - 9:30 am

## River Garden Gala *continued from page one...*

3 great-grandchildren living in Jacksonville, and a grandson living in South Florida. When Harry was asked for the secret of his success, he said that “Honesty, integrity and service to the people are essential. Another secret is, I'm very fortunate to have a wonderful wife.”

Lilo, a long-time supporter of Hadassah, and Harry have both generously supported countless community not-for-profit organizations with their time, talent and resources. In announcing that River Garden would be honoring Lilo and Harry, **Martin A. Goetz**, CEO said, “They are the quintessential community leaders - they embody all that is good, kind and compassionate in Jacksonville. As champions of our Jewish communal agencies, Lilo and Harry have together modeled for us all what it means to create and nourish a caring community. River Garden is extremely grateful to the entire **Frisch family** for sharing our vision of the future for the Home with their generosity and loving support.”

We honor them for their honesty, integrity, and selflessness; for their love, and for their commitment to their family and their community. We honor them because we love them.

Don't miss out on the fun. The entire community is invited. Sponsorship levels range from \$1,000 to \$20,000. Individual ticket prices begin at \$250, with a special Junior Patron price of \$175 for the 40 and younger crowd. For information or reservations, call **Kathy Osterer** at 904-886-8430 or e-mail [kosterer@rivergarden.org](mailto:kosterer@rivergarden.org). Check out our website - you can even make reservations on line. [rivergardengala.wordpress.com](http://rivergardengala.wordpress.com). Like us at our facebook page: [rivergarden.gala](http://rivergarden.gala).

# 17th Annual River Garden Golf Classic is a Success

by Michelle Branly, Development Associate



Chairs Michael Price and Mark Lodinger.

It was a fabulous day at Deerwood Country Club on Wednesday, April 24 for the 17th Annual River Garden Classic, sponsored by **Hardage-Giddens Funeral Homes & Cemeteries**. Players arrived under crystal clear blue skies, and were greeted by traditional bagpipe music and volunteers dressed in festive western garb. After registration and a delicious deli lunch, golfers took to the course where they had a chance to show their skills at chipping contests and other games. The day ended with a reception and awards presentation emceed by Dignity Memorial's **John Hamel**.

This year's tournament raised more than \$78,000 to benefit The Albert Z. Fleet Geriatric Training Center at River Garden, which provides continuing education for existing staff and is also a Florida licensed not-for-profit postsecondary school offering classes to train Nursing Assistants. Since the tournament's inception in 1997, more than \$1 million has been raised.

A very special *thank you* goes out to long time event Chairs **Mark Lodinger** and **Michael Price** for their leadership and dedication. This marked Price's 13th year as chairman and Lodinger's 17th.

River Garden also extends a special *thank you* to all of our generous sponsors, committee members, volunteers, players and staff who worked together to make this event successful.

To learn more about the River Garden Foundation and our Golf Classic, visit [www.rivergarden.org/foundation](http://www.rivergarden.org/foundation), email **Michelle Branly**: [mbranly@rivergarden.org](mailto:mbranly@rivergarden.org) or call 904-886-8431.

## 17th Annual River Garden Classic

To benefit The Albert Z. Fleet Geriatric Training Center at River Garden

Tournament Chairs:  
Mark Lodinger and Michael Price

Title Sponsor:

Janne and Jody Brandenburg-



Reception Sponsor:  
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Mark Green • Harris Brokerage, Food Sales & Marketing  
*In Memory of Symme Price & Todd Price* - By their Children & Family  
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# rehab & therapy center

## Play It Safe!

by Sheri D. Samuels, Administrative Assistant, River Garden Rehab

Spring and summer undeniably provide time for increased activity. Warmer temperatures and longer days bring with them outdoor events, vacations and opportunities for making special memories. Although fun, this seasonal activity can have the potential to put one at risk for injury. Below are a few basic safety tips to adhere to during this summer season:

- Stay hydrated by drinking plenty of water. Warmer weather causes the body to work harder to keep your body temperature within its normal range. Unfortunately, some older adults do not thirst for liquids in the heat and, therefore, dehydration can go undetected.
- Limit strenuous exercise and activity during the hottest part of the day, usually between noon and 4 pm. Overheating can adversely affect medication and even lead to serious illness such as heat stroke.

- Watch your step! Summer brings increased foot traffic and outdoor obstacles. Be aware of crowded areas where there's a potential to be accidentally bumped or pushed. Also, be on the lookout for hazards in the yard such as water hoses, lawn chairs and garden tools. Consider basic safety tips when walking in common or community areas such as sidewalks, crossing the street, parks or around the pool.
- Protect your vision by wearing sunglasses with UV protection, especially if you have cataracts. Glaring sun can obstruct your vision and increase your risk of falls or injury.

While these are not the only precautions to take, it's a good place to start. Be safe and enjoy your summer!

Have a question? Want to learn more about River Garden Rehab's specialized programs? Visit our website: [www.rivergarden.org/rehab](http://www.rivergarden.org/rehab), email us: [rehab@rivergarden.org](mailto:rehab@rivergarden.org) or call: 904-886-8454. We look forward to hearing from you!

## Exercise the Body, and the Brain Benefits as Well

submitted by Skip Willbach, Director of Marketing & Business Development

### Exercise, Not Puzzles, May Protect Aging Brain - The more you move, the less your brain shrinks, study finds

by Beth Levine, from: *AARP Bulletin*, January 7, 2013

If you want to protect your brain against the effects of aging, a brisk daily walk may do more for you than brain teaser puzzles or social activities, a new study finds.

Researchers with the University of Edinburgh in Scotland, studying nearly 700 people in their early 70s, found that those who were most physically active had less brain shrinkage than those who got less exercise. At the same time, social and intellectually challenging activities, like going to the museum, learning a new language or visiting friends, seemed to have no protective effect on brain changes.

"Those who took more exercise had less brain atrophy, less damage to the wiring of the brain, and greater volumes of grey matter, which are the 'thinking' cells. We did not find any associations between being more socially or intellectually engaged and brain health," says study author Alan Gow, a senior research fellow at the University of Edinburgh.

The research, published in the journal *Neurology*, is part of a long-term study on aging that involves a group of participants

born in 1936. Those involved in this study were given brain MRI scans at age 73. They also filled out questionnaires about their physical activity, ranking it on a six-point scale from "moving only in connection with necessary (household) chores" to "keep fit/heavy exercise or competitive sport several times per week" and rated how often they participated in 15 different leisure activities.

While researchers wrote that exercise seemed to protect against brain shrinkage, they added that it's still unclear exactly how. Is exercise really protective, or is that those experiencing cognitive decline are less likely to exercise? While Gow stops short of recommending exactly how much exercise is best for brain health, Paul Thompson, professor of neurology at UCLA's School of Medicine, says any exercise increases the oxygen level of blood, and that may keep brain tissues healthier. "It's not necessary to run or even lift weights. Walking is just as effective. The bulk of the evidence is really just calories burned."

But don't throw out those brain teaser puzzles yet, says Thompson. They may still have a positive effect on the brain — just one that couldn't be measured by the type of scans the Scottish researchers used.

## the coves

by Dara Giddings, Life Enrichment Coordinator

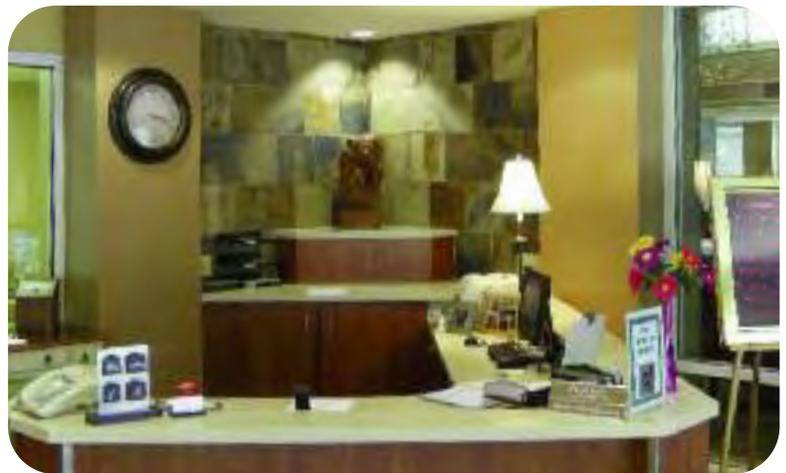
The Coves recently completed a renovation of the Lobby and Dining Room, and Coves members are enjoying the new elegant ambiance. Beautiful Mother's Day and Father's Day buffets held in the dining room were met with praise and enthusiasm as beautiful and delicious food was displayed and enjoyed by all mothers, fathers, children, grandchildren and even a few great grandchildren alike.

In addition to the Coves Clubroom, which was completed in January 2012, the Dining Room and Lobby renovations create a beautiful first impression of The Coves. There is now such a warm and inviting atmosphere for all who visit, and for all those who call The Coves "Home." In the future we plan to continue renovations to the pool, exercise room and the public hallways.

The Coves offers independent but well-serviced living, with access to many amenities and services to facilitate a lifestyle that promotes wellness. Conveniently located minutes from luxury shopping, historic St. Augustine and beautiful downtown Jacksonville, and with a variety of activities and services, fine dining and friendly staff, The Coves provides elegant, yet affordable retirement living for the active senior. To learn more about becoming a member of The Coves, please call **Margaret Davis**, Coves Administrator, at 904-886-8935, send an email to [thecoves@rivergarden.org](mailto:thecoves@rivergarden.org) or visit us at [rivergarden.org/coves](http://rivergarden.org/coves).



*The Coves Dining Room gets an overhaul.*



*The Reception area looks terrific after its recent renovation.*



*The new Dining Room is absolutely beautiful.*

# volunteer program

## Volunteers Love To Give Their “THYME”

by Leslie Held, Volunteer Coordinator

We have a lovely tradition of formally thanking our dedicated volunteers during National Volunteer Month, and the theme of this year’s program was “thyme.” On April 30th more than 75 men and women met in the Cohen Auditorium for our Annual Volunteer Recognition and Awards luncheon.

Beginning with the invitations, everything reflected the theme of “thyme.” The room was beautifully decorated, punctuated by centerpieces of fresh potted herbs which permeated the air with a lemony scent. River Garden’s Food and Nutrition Services staff prepared a delicious gourmet lunch which was served by staff members from a variety of departments to show their appreciation to our dedicated volunteers.

Local Master Gardener **Linda Cunningham** was our guest speaker. She brought in a selection of specialty herbs from her own herb farm and spoke about the care and cultivation of herbs specific to Northeast Florida’s climate. As they left for the day, our guests were given a thyme plant nestled in a silver planter, along with a recipe booklet containing easy recipes using fresh herbs. River Garden residents provided creatively decorated fans as thank-you gifts for our “FAN-TASTIC” volunteers!

I would like to thank this year’s Award Luncheon Committee for assisting with this wonderful event: **Kathleen Campbell, Judy Dushoff, Robert Hayflick, Eliza Israel, Sondra Resnikoff, Cathy Schwartz** and of course **Lisa Poremba**, River Garden Director of Activities.



Top: Posing in front of the new intergenerational wall in the Price Welcome Center.  
Bottom, L and R: Volunteers reconnect at the luncheon.

## Congratulations Graduates!!

by Leslie Held, Volunteer Coordinator

Our largest group to date has graduated! With specialized training from River Garden Speech Therapist **Lynda Gridley**, our graduating class has become certified to feed and/or feed-assist residents. This extra training allows for a relaxed dining experience for residents who require additional time and personalized assistance in the dining room. It also provides staff with more flexibility during meal time.



Learning the skills to become certified feeders.



Applying newly-acquired feeding skills.



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## home healthcare

### It's Official...

*by Sue Leger-Krall, Director, Community Clinical Services / Family Care Support*

It is with great pride that we report to you the grand opening of River Garden's Medicare Home Health agency this spring. We accepted our first Medicare client on May 2nd and have remained busy introducing our community to this expansion of River Garden Senior Services. Of course, we have been licensed by the state of Florida to provide *private duty* home health services since 1999, primarily serving clients living at the Coves Independent Living apartments, as well as people in their own homes in the Mandarin community.

The addition of the new *Medicare* home healthcare component allows River Garden to meet the greater needs of our community. It also positions us to move in the direction of future home- and community-based health care delivery.

A typical home healthcare client is someone who has Medicare insurance, has experienced a recent hospitalization or recent illness and wishes to receive intermittent skilled services at home. They may also require physical or occupational therapy to remain safe in their own residence. In addition, they may benefit from skilled nursing to teach about new medications, a new disease process or exacerbation of an existing chronic illness.

In order to qualify for Medicare home care services, you must have orders from your physician, require skilled services from a professional staff member such as a nurse or therapist and be temporarily homebound.

To receive more information about our 7 day/week services or to discuss your needs with our staff, please call 904-288-7851, or send us an email: [homehealth@rivergarden.org](mailto:homehealth@rivergarden.org). We look forward to introducing you to the newest component of River Garden Senior Services.



*Jan Glassman (l) and Sue Krall (r) are excited as Margaret Rasor, RN gets ready to visit the first River Garden Home Healthcare Medicare client.*