



# RIVER GARDEN

## NEWS

River Garden Hebrew Home/Wolfson Health & Aging Center  
*Seven-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 2014-2016

## Anniversary Day 2015 – Oh, What a Day!

*By Skip Willbach, Director of Communications and Marketing*



*Guests of all ages enjoyed a wonderful Anniversary Day afternoon.*

Fun, laughter and lots of activity best describe the day. River Garden Hebrew Home celebrated its 69th year with a wonderful Anniversary Day festival. What began as a humid, overcast and rain-threatening morning turned into a beautiful day. More than 500 members of the community, ranging in age from infants to seniors, gathered on the River Garden campus to join in the celebration, which included a barbeque, pony rides, face painting and clowns, balloon artistry, games, a bounce house and more. Many also attended the annual meeting of River Garden Senior Services, held in the Cohen Auditorium. During the meeting, officers and trustees of River Garden Senior Services, River Garden Hebrew Home, River Garden Foundation, The

Coves at River Garden and The Albert Z. Fleet Geriatric Training Center were installed. **Ron Elinoff** continues as president of River Garden Senior Services, **Marsha Pollock** begins her second term as president of River Garden Hebrew Home, and **Lois Schlesinger** is in her first term as president of The Coves at River Garden. **Veronica Maybury**, who served on the River Garden Foundation board for 15 years and as president for the past 2 years, passed the torch to incoming president **Jeanine Rogozinski**. In addition to Jeanine's installation as president, **Todd Feintuch**, **Jen Plotkin**, **Russell Selevan**, **Douglas Storch** and **Sheri Trager Weiss** were installed as new members of the River Garden Foundation board.

*continued on page 4*

## Did You Know...?

Sleep is extremely important, but almost nobody gets enough of it.

**Sleep** (slêp), noun: the natural periodic suspension of consciousness during which the powers of the body are restored.

## How Valuable Is Sleep?

Excerpted from "ParentGiving, the ultimate senior care resource"

Everyone has heard the phrase, "I need my beauty sleep." Now we have proof: According to Swedish researchers at Osher Center for Integrative Medicine in Stockholm, sleep deprived people appear less healthy, less attractive and more tired compared with when they are well rested.

Study participants were photographed after a normal night's sleep (eight hours) and after sleep deprivation (31 hours of wakefulness after a night of reduced sleep). Then the photographs were presented in a randomized order and rated by untrained observers for perceived health, attractiveness and tiredness. Sleep deprived people were rated as less healthy and less attractive than after a normal night's sleep. Another reason to get your zzzzzssss.

## INSIDE THIS ISSUE

INSIDE LINE ..... 2

JEWISH LIFE..... 3, 6, 7, 12

AUXILIARY ..... 7

COVES ..... 8

DEVELOPMENT ..... 6-9

CONTRIBUTIONS .....10,11



A beneficiary agency of the  
Jewish Federation of Jacksonville

## OUR MISSION

### 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.

## RIVER GARDEN NEWS

### Published by

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Marsha Pollock,  
*President, River Garden Hebrew Home*

Lois Schlesinger,  
*President, The Coves at River Garden*

Jeanine Rogozinski,  
*President, River Garden Foundation*

Sheldon Gendzier,  
*President, The Albert Z. Fleet  
Geriatric Training Center*

Naomi Lazar,  
*President, River Garden Auxiliary*

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Skip Willbach

Be sure to visit our website for  
the latest River Garden news  
and information.



## INSIDE LINE

by Martin A. Goetz, Chief Executive Officer



River Garden's 69th Anniversary Day celebration is now in the books! Building upon a rich tradition of excellence in senior care programs and services, River Garden presented its annual report to the community and installed new boards and officers. Our entire community owes deep appreciation and gratitude to our leaders, all of whom work tirelessly to ensure that River Garden Senior Services remains Northeast Florida's pre-eminent provider of residential and community based care.

As we look to the future of health care, there remains no serious consensus on how best to prepare for the coming onslaught of seniors. As the Baby Boomer generation retires at the rate of 10,000 daily, our health care system has to transition toward more effective and efficient primary care. This is especially important for seniors, since most will present to their physicians with multiple chronic illnesses, all of which require a sensitive and thoughtful approach to successful management. Therefore, it's especially comforting to know that our colleagues at Baptist Health are grappling with this challenge through Baptist's AgeWell Institute. Most of you are aware that River Garden is now approaching

the third anniversary of its affiliation with Baptist Health, and it continues to be a partnership that serves our entire community with excellence.

As I'm writing this column, the Florida Legislature is in the last weeks of its annual 60 day session. The Legislature will soon pass a budget and send it to Governor Scott, and then the 120 Representatives and 40 Senators will leave Tallahassee and return to their home districts, satisfied that they've responsibly done the people's business. But have they? With the close of this Legislative session, Florida still will have failed to pass Medicaid expansion, and so millions of Floridians will remain disenfranchised from access to basic health care for another year. In a civilized society, fundamental access to health care is not an ideological discussion. It is a basic right. That we have failed to enfranchise so many of our citizens is a *shanda*, and all of us share equally in the shame.

Finally, please remember River Garden and other Jacksonville Jewish Community agencies in your legacy and estate planning. Please feel free to contact me directly or Kathy Osterer, Chief Development Officer, to learn how you can become a community philanthropist.

*I hope you enjoy this issue of the River Garden News.*

## Save this date: Sunday, June 7th 2015

River Garden, along with Shalom Jacksonville, will host a special program about the Kutcher's Hotel and the Catskills borscht belt!

This special program will begin at 11:30am and include brunch.

Be sure to check the website for more information:

[www.rivergarden.org](http://www.rivergarden.org)





# Jewish Community Presence Felt On the River Garden Campus

by Leslie Held, Jewish Life and Volunteer Coordinator

What do *Torah* learning sessions, culinary demonstrations, festive holiday celebrations, musical presentations and one-on-one pastoral visits have in common? The significance of each is enhanced when shared with the larger Jewish community.

We share a few of these recent visits, events and sessions in the words and photos below...

**Rabbi Avi Feigenbaum**, Education Director from Etz Chaim Synagogue, has been presenting monthly learning sessions at both The Coves and River Garden. In addition, Rabbi presents “lunch & learn” programs to those in the Jewish community interested in *Torah* study. These study sessions are very popular and well attended, and River Garden has proven to be a terrific, central location to host the recent one in Mandarin.

Visits from **Rabbi Joshua Lief**, Senior Rabbi at The Temple, have become a monthly staple. Rabbi presides over our Friday *Shabbat* service. Members of The Coves often join River Garden residents in the Parker Chapel for a great start to the *Shabbos* weekend.



Kol Train with Hazzan Holzer (seated at the piano).



Recent “lunch & learn” with Rabbi Feigenbaum (3rd from right).

Rabbi Lief also spends time at The Coves, where members thoroughly enjoy sharing some casual time visiting with him.

**Rabbi Matt Cohen** of The Temple, and **Rabbi Yaakov Fisch** of Etz Chaim Synagogue schedule regular visits to the River Garden campus and spend time with residents, families and short-stay rehab clients.



Rabbi Lief (center) visits The Coves and shares a moment with Pearl Mack (left) and Stella Eison



DuBow preschoolers from The Jacksonville Jewish Center get ready to parade through the halls during a Purim celebration



L to R: Rabbi Fisch and Rabbi Lief bring Purim happiness to River Garden.





*ANNIVERSARY DAY, continued from front page*

**Debby Kaye**, Home Board member, chaired the event, and did an outstanding job coordinating the activities of the day and hosting the annual meeting. "Anniversary Day is a wonderful way to bring our River Garden family - residents, staff members and volunteers - together with the Jacksonville community to celebrate another successful year", commented Kaye. "Since joining the Board three years ago, I have learned so much about River Garden. As part of this year's planning committee, I saw up close the countless hours spent planning the event, ensuring that all guests would have a great time. And as "Chair of the Day", I had an opportunity to be reminded how lucky we are to have this fabulous resource in our community. I am honored to have played a small role in this very special day."

The day's festivities concluded with River Garden Auxiliary's ever-popular and much anticipated annual Tombola drawing, and **Lauren Sloat** won the grand prize. There may be calls from close friends (or distant relatives) in her immediate future...

Thanks to the tireless efforts of the dozens of volunteers and staff who devoted their time, energy and a good deal of hard work, Anniversary Day 2015 proved to be a wonderful afternoon for everyone. Thank you to all who shared in our celebration!









# Have you ever wondered who benefits from the River Garden Golf Classic?

by Michelle Branly, Development Associate



L to R: Kyesha Cohen, Indya Pritchett, Karen Bullock, Alba Castillo, Myrlene Charles, Graciela Ubalde, Jessica Brown, Sky Martin, Irene Smith, Blanca Menjivar



Students watch as Linda Shubert teaches the correct method for adjusting a resident's position.

Certified Nursing Assistants (CNAs) provide the daily, hands-on care for our residents. The Albert Z. Fleet Geriatric Training Center at River Garden is a Florida licensed not-for-profit post-secondary school offering classes to train nursing assistants, providing life-changing opportunities for passionate, caring individuals to get their start in the healthcare industry. Proceeds from the Golf Classic, now in its 19th year, support the Training Center. More than \$1 million has been raised to date, supporting the school by providing scholarships for CNA candidates and continuing education for existing staff. "Having a school on our campus, unique to River Garden, allows us to teach the *why* behind what we do," says **Linda Shubert**, Director of Education. "Our trainees increase their confidence and build skills for a career."

For many students, the opportunity for a CNA certification is a game changer – it is a real opportunity for them to advance in their careers. The program provides both classroom learning and hands-on training; practical experience with residents which gives students an advantage. Our training greatly improves our residents' quality of life. Of the last three classes, averaging around a dozen students each, 100% passed the state exam. Most students begin their CNA careers working at River Garden and we are proud to enjoy a 100% retention rate four months later.

Through the Training Center, and with the support of the annual River Garden Golf Classic, we achieve our commitment to continuous learning and our goal to provide the finest care for the residents of our Home.

## JEWISH LIFE

# Full House

by Leslie Held, Jewish Life and Volunteer Coordinator

On a Sunday afternoon in mid-March, the Cohen Auditorium had over 120 residents and guests come to hear the awesome sounds of **Rak Shalom**, the Jewish *a Capella* group, comprised of an eclectic assemblage of student singers from all across the United States, and from many academic disciplines at the University of Maryland. The auditorium was packed as **Rak Shalom** presented a truly unique and diverse repertoire, spanning American and Israeli pop to oldie classics to traditional Jewish melodies and Hebrew prayers.

Founded in 2005, **Rak Shalom** is one of the most dynamic groups in Jewish *a Cappella* today. The young group has released 3 professional studio albums, and even performed at the White House for President Obama. We were thrilled to arrange for them to make River Garden their first stop – and only North Florida venue – as they travelled throughout Florida on spring break. And we're so glad they did, as they did not disappoint!



# So you want to learn to play *Mah Jongg*?

by Leslie Held, Jewish Life and Volunteer Coordinator

The River Garden Auxiliary presented an offer too great to pass up: for a small donation to Auxiliary you are entitled to a 6-week class learning how to play *Mah Jongg*. And who would lead this class? The best teacher anyone, especially a beginner, could hope for... **Rhoda Goldstein.**



Rhoda Goldstein looks over Debby Kaye's shoulder as Debby plans her next move.

The weeks flew by. Rhoda single-handedly introduced another group of women into the expanding pool of eligible *Mah Jongg* players. Rhoda and her students have had a great time, and River Garden was so pleased to provide the Auxiliary with space. Due to the success of this

program, Rhoda is planning to begin a new class sometime in late spring or early summer.

If you have an interest in learning this fun and, some say addicting game, email Rhoda Goldstein: rhodagoldstein@hotmail.com/

## *Mah Jongg* – some fun facts:

- *Mah Jongg* is a game that originated in China. One myth suggests that Confucius, the Chinese philosopher, developed the game in about 500 BC.
- The game was imported to the United States in the 1920s. Many consider the modern American version a remake of a Jewish game, as many American *Mah Jongg* players are Jewish. The National *Mah Jongg* League (NMJL) was founded by Jewish players and is considered a Jewish organization.
- Similar to the Western card game rummy, *Mah Jongg* is a game of skill, strategy, and calculation and involves a degree of chance. It is commonly played by four players.
- According to a 2007 study by the Department of Medicine, Queen Mary Hospital, Hong Kong, prolonged playing of *Mah Jongg* may trigger epileptic seizures. To date there are 23 reported cases of *Mah Jongg*-induced seizures in the English medical literature.

## AUXILIARY

# New York in Jacksonville with the River Garden Auxiliary

by Barbara Safer, River Garden Auxiliary



Debby Fialkow and Randee Steinburg, fashion show co-chairs, modeling some of the fashions from A'propos Boutique.

a fashion show direct from Fifth Avenue presented by A'propos Boutique. Your friends in the Auxiliary will be walking the runway as the models.

There's no place quite like the "Big Apple", and you can get there without leaving Jacksonville by attending the 19th annual River Garden Auxiliary Special Event to be held on Thursday, April 23rd at the Jacksonville Marriott Hotel.

You'll think you're on Canal Street or trendy stores in Greenwich Village as you shop at the silent auction beginning at 11:00 AM. After lunch at "Shelly's Deli", you'll be treated to

This year we will honor past Auxiliary presidents and past Special Event co-chairs, Betty Abisch and Fran Leibowitz. Betty and Fran chaired this event for many years and turned it into something very special.

Our raffle this year will again include some weekend stays at Marriott Hotels and some special pieces of jewelry. Take a chance on being the winner of one of these prizes by buying raffle tickets.

The special event is co-chaired by Rhoda Goldstein and Ilana Manasse. For further information and reservations, call Rhoda at 268-8124 or Ilana at 733-7765.

The minimum donation to attend is \$50.00. Other sponsorships are available with reserved tables for 8 for \$500.00 "Sponsor" and \$1000.00 "Patron" contributors.

River Garden Auxiliary members work to financially support River Garden and its programs, and volunteer thousands of hours to help provide for the needs of the residents. All monies raised by the Auxiliary are returned to River Garden to enhance the lives of the residents.



# Great Fun Accompanies Membership at The Coves

By Renee Haire, Life Enrichment Coordinator, The Coves

Member participation is key here at The Coves. No matter how big or how small, everything we do involves our members in some way.

Not long ago, we developed a menu committee that meets on a monthly basis to discuss new and innovative meal plans for all to enjoy. Two committee members, **Stella Eison** and **Ginette Mizrahi**, were recently invited into the kitchen to teach our chefs how to prepare their personal recipes so that they can be incorporated into our regular meal rotation. Committee participation will rotate so other “guest chefs” will have the opportunity to share their favorite recipes with Coves members.

Coves members are encouraged to share their personal interests with everyone. **Nancy Dean**, a member of the Audubon Society, provided a presentation about the beautiful birds around us. **Cecile Goetz**, an avid knitter and crafter, taught everyone how to make an infinity scarf out of a simple t-shirt.

One of our longest running activity groups, The Coves Choraleers, is headed by **Pearl Mack** and **Marie Parker**. The Choraleers have performed at least semi-annually, at both The Coves and River Garden, for over 10 years! Members with any singing skills are encouraged to join.

Once a month, we have a town hall meeting where happenings around the campus and fresh activity ideas are discussed. A few members suggested that a pajama party might be fun. So in March we arranged and thoroughly enjoyed the first-ever Coves pajama party! A good time was had by all in attendance.

For more information on all that happens at The Coves, please call **Margaret Davis**, Coves Administrator: 904-886-8935; email us: [thecoves@rivergarden.org](mailto:thecoves@rivergarden.org); or visit us online: [rivergarden.org/coves](http://rivergarden.org/coves).



L to R: Ginette Mizrahi and Stella Eison have a little fun in the kitchen.



Nancy Dean presents the program “Beautiful Birds Around Us”



The Coves Choraleers take five during rehearsal.



Having fun at the pajama party!



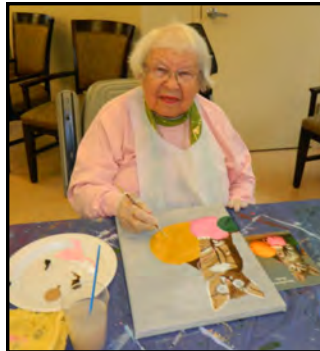
L to R: Cecile Goetz, Lisette Halpern, Celia Bialik and Janet Laine model their beautiful, newly-made “infinity scarves.”



## ARE YOU RIVER GARDEN'S SECRET ADMIRER?

If you've made arrangements to include River Garden in your estate planning, please tell us about it. We can shout it from the rooftop or keep it quiet if you want to stay anonymous. Either way, knowing about your plans will help us better prepare for the future.

Philanthropic support from friends like you helps us provide a comfortable, caring and dignified home for the elderly. Thank you. We couldn't do it without you.



### Guardians of Tomorrow

Guardians of Tomorrow honor those who secure the financial future of River Garden by making a life-income gift or a bequest. We are grateful to the people named below who have indicated to us that River Garden is included in their estate planning.

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Arlene & Evan Yegelwel

\* Of Blessed Memory

We would love to talk with you.

Contact **Beth Wolpoff**, Planned Giving and Special Projects Manager.  
Simply call 904-886-8410, send an email to [bwolpoff@rivergarden.org](mailto:bwolpoff@rivergarden.org); or visit [www.rivergarden.plannedgiving.org](http://www.rivergarden.plannedgiving.org)  
and discover how simple, yet significant, it is to make a gift from your estate.

**Help River Garden provide a comfortable, caring and dignified home for generations to come.**

River Garden is a proud partner in the Create A Jewish Legacy program through the Jewish Community Foundation of Northeast Florida.



# Thanks to you, River Garden continues its Mission of Service to the Community

*Contributions November 2014 - February 2015. Individual Gifts \$25 and above are acknowledged.*

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## FROM ALL OF RIVER GARDEN

Thank you to the **River Garden Auxiliary** for donations to the Home totaling \$1,079,808 since 1989 to benefit our residents.

River Garden is proud to be a beneficiary agency of the **Jewish Federation of Jacksonville**. We are grateful for a pledge of \$192,000 from the 2014 campaign.

River Garden accepts, with appreciation, a grant of \$4,820 from the **Ruby Diamond Foundation** of Tallahassee, Florida.

Thank you to the **Weinberg Foundation** for their ongoing annual support.

Donations may be made by calling 904-886-8432 or visiting [www.rivergarden.org/foundation](http://www.rivergarden.org/foundation).



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## JEWISH LIFE

# Culinary Skills Demonstrated at The Coves

*by Leslie Held, Jewish Life and Volunteer Coordinator*

Sixth grade students from the Martin J. Gottlieb Day School, led by **Edith Horowitz**, arrived with choppers and peelers in hand to create Passover recipes with members of The Coves. The club room became a wonderful gathering spot for the students' visit.

Two popular recipes were being prepared: *charoses* and *matzah* pizza. Edith divided the recipe preparation steps into separate assignments, and each table was assigned a specific responsibility.

Before the tasting began, we shared favorite memories of *seders* past, and the nostalgia was an enjoyable experience. We thoroughly enjoy our activities with the students and have developed a terrific relationship with them.



*6th grade students prepare matzah pizza.*