



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

River Garden Gala – Meet Me in Havana!

by Kathy Osterer, Chief Development Officer, River Garden



Chez-zam returns to rev up the party.

University of North Florida President John Delaney, his wife Gena and the River Garden Gala Committee invite you to join them at the 23rd Annual River Garden Gala. The event, which benefits River Garden residents, will take place Saturday, November 21, 2015 at the Sawgrass Marriott Golf Resort & Spa. *Meet Me in Havana* will revive the vintage days of old Havana as we all join in the *Opening Night at the River Garden Tropicana Club*. SunTrust Bank is very pleased to once again be Premier Gala Sponsor.

President Delaney's initial introduction to River Garden came during his 1995 mayoral campaign, when he visited the campus

and was enthusiastically received. As mayor of Jacksonville, John's passion for the city and its citizens brought us the Better Jacksonville Plan, making possible new public facilities and a refreshed infrastructure. As President of the University of North Florida, John continues to be responsible for the most robust growth in the history of the university.

River Garden and UNF enjoy a multi-faceted relationship: dozens of our staff have graduated from the university; several River Garden board members, both past and present, come from various university departments; and our agency continues to serve as a learning laboratory for UNF students in nursing, therapy, nutrition,

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Did You Know...?

Jewish Holidays are Right Around the Corner!

There are several Jewish holidays which occur in rapid succession in the fall. Here is a schedule of most of the holidays from now through the end of 2015.

Sukkot

September 28-October 4

Shmini Atzeret

October 5

Simchat Torah

October 6

Chanukah

December 7-14

Remember that all holidays begin sundown the evening before.

All of us at River Garden wish for you, your families and loved ones a very sweet, healthy and happy New Year – 5776!

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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

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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



I'm delighted to report that our relationship with Baptist Health continues to grow and with it our ability to provide geriatric care both on our campus and in the community. Under the medical direction of Baptist Health physicians Anna Orman, MD, and Marcela Dobren, MD, we are providing state of the art geriatric care to residents of River Garden and The Coves – and increasingly to members of the community who wish to receive their primary care on our campus. Baptist Health physicians are also providing primary care to many River Garden staff who choose to receive their primary care on our campus.

Last month we were notified by The Players that River Garden was the recipient of a generous grant in support of its Albert Z. Fleet Geriatric Training Center, whose mission is to train students to become certified nursing assistants (CNAs). The grant will allow students who qualify to have their classroom tuition and fees covered for the four-week training program. These students will be known as “The Players Scholars” and will be appropriately recognized at their graduation. We are deeply grateful to The Players for their ongoing commitment to education and for helping to create the next generation of caregivers.

Our outpatient programs in Physical, Occupational and Speech Therapy are booming and our 5,000 square foot therapy center is continuously humming seven days a week. Our Medicare-certified Home Health Care to the Jewish community continues to expand and we expect that, over these next years,

it will represent the largest growth in our care system.

Over the summer we were notified that River Garden has been named one of three skilled nursing facilities in the area to work with Mayo Clinic on a focused project to reduce post-acute care readmissions related to congestive heart failure. The goal of this project is to demonstrate that, by carefully coordinating care, it is possible to reduce unnecessary re-hospitalizations for these patients. This will be an interesting project and we're grateful to Mayo Clinic for its confidence in us.

I want to remind our residents, families and community that my office is located in the Ehrlich Administrative Pavilion and is readily accessible to all. I would love to hear how we're doing – please don't hesitate to give me a shout. I can be reached by phone at 904-886-8409 and through email at mgoetz@rivergarden.org.

I hope you've made your plans to “Meet me in Havana,” the River Garden Foundation Gala on Saturday evening November 21st. It's going to be a wonderful evening. And finally, please choose to remember River Garden and our Jewish community in your estate planning. Your thoughtfulness will make a world of difference.

And finally, as this column goes to press, the summer is fast ending, families are getting ready for the start of a new school year and Jews throughout the country are preparing for the High Holidays. At River Garden, preparations are underway for the holidays, and it's always a special moment when the Shofar sounds and Jews everywhere gather in prayer, remembrance and hope. May the New Year be a good one for all of us, for our country and the world.



Mother's Day in the Garden

by Lisa Poremba, Director of Life Enrichment



Leah Solomon (center) looking festive with a rose in her hair, enjoys the Mother's Day celebration with her children.

Golden leaves, soft glowing lights, earthy green accents and sparkling butterflies set the mood for River Garden's annual Mother's Day celebration. The "Secret Garden"-themed event, accompanied by the peaceful and melodic sounds of chimes, was a beautiful homage to Mothers.

Thank you **River Garden Auxiliary** for providing magical party favors filled with gourmet teas and chocolate kisses. The celebration was further enriched by the creative talents of **Amanda Gallop** of River Garden's Dining Services. Amanda outdid herself, making a decadent tiramisu complete with homemade whipped topping for all to enjoy.

Father's Day... All That Jazz with Dads

by Dzenita "Jenny" Hadzifejzovic, Assistant Director, Life Enrichment

For many of us, our fathers are the champions and guardians of our hearts. We appreciate them for their ever-lasting love and valuable guidance. It is said that "a good father can set an example of strength, honor, sacrifice, and responsibility," so this year we celebrated our Father's Day with the infamous "Jacksonville Community Band." The Jacksonville Community Band is an all-volunteer, non-profit organization created to share the gift of music with the entire community. The band's musicians come from all walks of life and are drawn together by the common bond of musical appreciation and performance that only participation in a traditional Concert Band can provide. The band's background in music has given them the opportunity to perform a vast repertoire of pieces that are both enjoyable and challenging to play.

This year's theme was "All that Jazz with Dads." It was truly an amazing experience for the residents and their families. The Life Enrichment Team brought us back to the roaring twenties with life size vintage decorations of band members with the full jazz ensemble in the auditorium. They even had a classic car on display!

Residents were served refreshments as they enjoyed the show. Everyone left the party happy and satisfied with their own personalized Father's Day gifts.



Dathnea and Eldridge "Buddy" Sink love the jazz music and Father's Day festivities.

THE COVES

Flowers Spring up on the River Garden Campus

by Renee Haire, Life Enrichment Coordinator, The Coves

What do you get when you bring flowers, designers and creative “students” together in one place? If it happens on the River Garden campus, you get a roomful of fun and beautiful floral arrangements!

This spring, Coves members and River Garden residents learned new skills when they participated in a Floral Design class sponsored by *LaMee Florist/Anything with Plants*. Floral designers **Sandra Pfaff** and **Joe Doloher** visited the River Garden campus, and brought with them an array of colorful and fragrant flowers. The floral scents filled the room adding to the creativity. Along with learning to maintain their personally designed arrangements, the designers shared tricks of the trade, and shared the background of this locally owned business. In all, this outreach was a total therapeutic success!



Back Row L to R: Margaret Davis, Esther Michaelson, Celia Bialik, Joe Doloher (*Anything with Plants*), Stella Eison, Evangeline Smith, Lissette Halpern, Fikret Huskic.
Front Row L to R: Sandra Pfaff (*La Mee*), Ev Filkoff, Bea Rogove, Fran Young.

HOME HEALTH CARE

River Garden Home Health – YOUR Medicare Certified Home Health Agency!

by Dr. Sue Leger-Krall, Director of Home and Community-Based Services



Margaret Rasor (right), Home Health Care RN Case Manager, consults with Jack Price at home.

River Garden Senior Services offers the full spectrum of services should you need assistance caring for your elderly loved one. While River Garden is well known for excellent inpatient skilled and long-term care services, we also provide outstanding outpatient rehab and home health care services.

In 2013, our Home Health Care agency achieved accreditation status for Medicare certification, allowing us to offer short-term nursing and rehabilitation services to patients recovering after surgery or illness in their own homes. For years we have offered private duty home health services primarily at The Coves, our independent living community. We are now able to extend nursing case management services to those living off campus, as well.

Nursing case management involves having a Registered Nurse visit patients in their own homes, provide medical assessment and offer frequent follow-up visits to maintain medical stability, especially for those with chronic illness. As a result, the RN becomes an invaluable resource for patients and their families.

Studies have shown that routine professional oversight in the home can often help avoid costly and inconvenient hospitalizations. We are able to discharge patients from our Medicare skilled home health services and continue with private nurse case management services in the home, allowing people to remain at home where they are familiar and comfortable.

Let us answer any questions you may have. We would love to schedule an appointment with you to discuss our array of options. Please call 904-288-7851 for further information.

Lag B'Omer Celebration – Coves-style!

by Renee Haire, Life Enrichment Coordinator, The Coves

Although the anniversary of the death of a righteous person is usually a mournful day, the anniversary of Rabbi Shimon's death on Lag B'Omer is a festive one.

Lag B'Omer commemorates the anniversary of the death of Rabbi Shimon bar Yochai, a famous 1st-century Jewish sage in ancient Israel, who was thought to be one of the greatest teachers of Torah in his generation. Rabbi Shimon's house was said to be filled with fire and light. On the day of his death, the fire subsided. On successive years, his students sought to recreate that experience of light and mystical revelation by kindling bonfires and studying by the light of the flames.

Bonfires are lit all over Israel and people sing and dance by the flames in celebration of Rabbi Shimon's life and legacy. This year, Coves members were able to enjoy this tradition thanks in part to **Rabbi Howard Tilman, Steven Resnick**, and the students of **MAKOM Hebrew High**, with the Jacksonville Jewish Center.

A small LED "fire" burned in the center of the clubroom while Coves members and students filled the air with song. New tunes



Students and teachers from MAKOM Hebrew High joined Coves members for a special Lag B'Omer celebration.

were taught and old ones remembered as this multigenerational group bonded over the soft "fire" light. While this tradition is new to The Coves, it dates back hundreds of years, and we hope to keep it going for many more years to come!

MARATHONER, continued from back page

cancer, and developing a bucket list helped get her through treatment. Among the many items on that list, which included getting healthy again and traveling, was the desire to run a marathon. She figured the training would help her get healthy, and running in different marathons would force her to travel and explore other cities.

After training with a friend for 9 months, Britta ran in, and finished, the Walt Disney Marathon, her first of many to come. Since then, she has competed in marathons in Tallahassee, FL, Duluth, MN, Indianapolis, IN, and even Hamilton, Ontario, Canada. She qualified for, and completed the New York City Marathon once, and the Boston Marathon three times. She has twice completed Jacksonville's "26.2 with Donna", the charity run started by **Donna Deegan**. Britta has also run in many half marathons throughout the country, and even an 'ultra-marathon,' a race of about 32 miles, in Guana State Park in St. Johns County.

Britta says there is no better way to really see a city and learn about new areas than to run in a marathon.

Recently, Britta learned that cancer, although in a different form, has returned. She planned on putting marathons, and running in general, on hold until her current treatment wraps up. However, she was just cleared to exercise in moderation, in tandem with her treatment. For this, Britta is grateful!

Britta's advice for those interested in jogging, running and even participating in marathons:

Beginning Runners

Look into starting a "couch – to – 5K" program. There are several apps and programs available on the internet

Advanced Runners

Never "hurry up" training, especially for a marathon. Be sure to set aside the right amount of time to train.

All Runners

Make sure you have the proper footwear. Consider connecting with a local running store to get properly fitted. Britta runs for 1st Place Sports.

And, lastly, have fun running!

GALA, continued from front page

social services and administration. “Gena and I appreciate the culture and values that River Garden embodies,” said President Delaney. “It is about caring for people and families, and we are delighted that Jacksonville has such an organization in our midst.”

The Gala’s success has a direct impact on the residents of The Home. The Gala supports River Garden’s mission to serve the entire community with caring and excellence. We serve residents from diverse religious and ethnic backgrounds while maintaining an environment supportive of Jewish identity and informed by Jewish values.

Sponsorships are available. Individual ticket prices begin at \$250 with a special Junior Patron price of \$175 for those 40 and younger. For information or reservations, call Kathy Osterer at 904-886-8430 or e-mail kosterer@rivergarden.org. Check out our website - rivergardengala.wordpress.com. Like us on Facebook - River Garden Gala.



UNF President John Delaney and Gena Delaney.

VOLUNTEERS

The Soul of the Home

By Leslie Held, Jewish Life & Volunteer Coordinator

In the River Garden tradition of national acclaim and exceptional care, there is an element crucial to why we are successful in our mission. We are incredibly proud of a program which has been painstakingly built over the years by visionaries and leaders... an original necessity which remains as important today as it was decades before – volunteers, and the development of a very successful volunteer program.

An integral part of River Garden’s identity comes from our volunteers - the “Soul of the Home.” The extraordinary qualities of these special men and women are readily evident in the ways they

connect with, share, accept and embrace our residents. These compassionate, devoted volunteers make a profound difference in the lives of our residents – and in the *life* of River Garden.

Come see for yourself. River Garden is a remarkable Home and you could become part of our family. Whether you would like to volunteer with a regular schedule, or simply occasionally drop in, we welcome you to join our volunteer program. For additional information, please contact Leslie Held at 904-886-8429, email lheld@rivergarden.org or visit <http://www.rivergarden.org/about-us/volunteer-service/>



Lorryne and Volunteer Erika share a joyful moment while working on a puzzle.

VOLUNTEERS

I am Biased...

by Leslie Held, Jewish Life and Volunteer Coordinator

The familiar chain of events unfolds. Students begin calling about the Summer Teen Volunteer program months in advance. *Their* goal is to accumulate community service hours towards Bright Future Scholarship requirements; *my* goal is to find the “diamonds in the rough.”

Each prospect must fill out an application, make an appointment and come in for an interview. This year, of the many who began this process, 20 exhibited that special quality and were ultimately accepted. Ranging in age from thirteen to seventeen, each demonstrated maturity, combined with skills and talents to compose a well-rounded group. Our teen volunteers attend public and private schools throughout Jacksonville and St. John’s County. They are athletes, musicians, artists, writers and poets. They speak Spanish and Hindi and have advanced computer skills. All are motivated and focused, eager for their assignments.

As I said, I think I’m biased, because I *know* we have the BEST teen volunteers, hands down.

We provide a safe, welcoming place for our students to learn new skills, take on leadership roles and expand social networks. Some are introduced to volunteerism for the first time. We offer opportunities for students to unleash and develop their creative energies.

Something marvelous happens as we watch young and old connect and engage in meaningful ways... Our teens come to appreciate and understand the relevance of bringing joy and friendship to others. There is no doubt that such personal interaction with residents many decades older than they are, will likely influence ethical or spiritual decisions they are bound to encounter and grapple with, perhaps regarding their own family members and friends, in future years. It’s wonderful to think they might just be developing such necessary skills right here, at River Garden.



Lee Marks shares a special moment with George.



Drew and Mary Grove enjoy a game of Animal Lotto.



Ready, set, go! Off to exercise.



Armando gets in the spirit as “Mr. Independence”.



Richard Nelson and Elsie plant spinach in the new compost planter.



Shirley Stone instructs Tye on how to string a necklace.



River Garden hosted two separate showings of a wonderful film, 'Welcome to Kutsher's – The Last Catskills Resort'. **Isabel Balotin**, Director of Federation's "Shalom Jacksonville", brought the movie to our attention, and we're glad she did. The Cohen Auditorium was packed as more than 230 people attended the events. Be sure to keep an eye out for more programming like this in the near future.



Harry Shapiro, River Garden's 'Celebrity Chef' has been visiting our Home on a monthly basis to present a demonstration and tasting of delicious recipes. Residents, staff and even visitors enjoyed this month's treat, miniature chocolate crêpe pies, each finished with a sprinkling of freshly grated chocolate!



What began as a thoughtful phone call and generous gift from **Janet Husney** turned into something so much more... Janet had a huge assortment of yarn in need of a home. As it happens, **Marcia Grado**, a devoted River Garden volunteer, LOVES to knit. This very generous donation allowed Marcia to create a number of colorful lap blankets for our residents. We are deeply appreciative to Janet and Marcia for their kindnesses.



With the New Year comes anticipation, preparation and excitement. Two yeshiva students from New York, through arrangements made with **Rivke Kahanov** of Mandarin Chabad, visited the River Garden campus. During the visit, they blew the shofar for residents, and also brought back fond memories by helping **Eric Levy** and others wrap tefillin and recite the special blessings. May you and your loved ones be blessed with health and happiness in the New Year.



Blanche Slott turned 101 years young, and Blanche's children, **Marvin Slott** and **Rene Montaigne**, along with some of her very special her friends, helped her celebrate in style. From left: **Pearl Martin**, **Clara Jaffe**, **Carolyn Krestul**, **Blanche Slott** (seated), **Anita Dittman**, and **Shirley Schemer**.



Barbara Safer (left) leads our weekly ceramics class. She also recently held a "clay creation" session, where **Sandra Weiss** (right) watched as Barbara assisted **Adele Granat** (center) make a free form clay mushroom that was then fired in our kiln and finished with a beautiful coating of paint.



Everyone wins with a Charitable Gift Annuity



You're a winner! (So are we!)

Did you know you can make a gift to River Garden and get something valuable for yourself in return?

It's called a Charitable Gift Annuity, and it sets up stable, fixed payments to you for the rest of your life in return for your gift supporting River Garden.

You get a charitable deduction, above- CD yields, and favorable tax treatment of your annuity payments.

It's no wonder the Charitable Gift Annuity is one of the most popular legacy gift plans.

Everyone benefits!

Learn more: rivergarden.plannedgiving.org

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Guardians of Tomorrow honors 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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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; or visit 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 March 2015 - June 2015. Individual Gifts \$25 and above are acknowledged.

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River Garden is proud to be a beneficiary agency of the **Jewish Federation of Jacksonville**. We are grateful for a pledge of \$195,000 from the 2015 campaign.

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

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REHABILITATION

There's a Marathoner Among Us

by Skip Willbach, Director of Communications & Marketing

There are joggers, and there are runners. And then there are the marathoners... What's the difference? Besides the pace and intensity, the main difference may very well be the reason behind the exercise.

When it comes to jogging and running – a faster, more intense form of jogging – some do it for the exercise, some for fun, and some may even consider it a form of socializing with others.

Those who run marathons – a true marathon is 26.2 miles – might also run for exercise, fun and socialization. However, some also participate as a means to an end.

Such is the case with our very own **Britta Fortson**, Assistant Director of Rehabilitation. When Britta was 19, she was diagnosed with



Britta has that true running form



At the Boston Marathon.

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