



RIVER GARDEN

NEWS

River Garden Hebrew Home/Wolfson Health & Aging Center
Eight-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 2016-2019

River Garden Receives 8th Consecutive Award

by Skip Willbach, Director of Communications and Marketing



(L to R): Marty Goetz, CEO, Jeanine Rogozinski, Foundation Board President and Marsha Pollock, Home Board President receive an unprecedented 8th Gold Seal Award from Florida Senator Aaron Bean.

On Friday, July 29, 2016, River Garden Hebrew Home/Wolfson Health & Aging Center received a very special state honor for the eighth time.

Florida Senator Aaron Bean, representing the 4th District (all of Nassau and a large part of Duval Counties), and Chair of the Florida Senate Committee on Health Policy, visited the River Garden campus to present the agency with an unprecedented 8th consecutive Governor's Gold Seal Award for Excellence in Long Term Care. Senator Bean presented the

award to **Marsha Pollock**, President of the River Garden Home board. **Audrey Moran**, Senior VP for Social Responsibility and Community Advocacy for Baptist Health greeted attendees on behalf of Baptist Health. The event took place in River Garden's Cohen Auditorium and a reception immediately followed.

Of the more than 680 nursing homes in Florida, River Garden is the only free-standing nursing home to earn the award eight consecutive times.

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 holidays from now through the end of 2016.

Remember that all holidays begin sundown the evening before.

Rosh Hashanah
 October 3-4

Yom Kippur
 October 12

Sukkot
 October 17-23

Shmini Atzeret
 October 24

Simchat Torah
 October 25

Chanukah
 December 25-January 1

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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

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



INSIDE LINE

by Martin A. Goetz, Chief Executive Officer



Our lead story highlights River Garden's 8th consecutive Florida Governor's Gold Seal Award for Excellence in Long Term Care. We're especially proud to note that our care community has been consistently designated with "Gold Seal" status since this prestigious award was created by the Florida Legislature in July 2002.

The fact that we have been able to sustain a high level of excellence over so many years is a direct testament to our boards, staff, volunteers and community. Working together, with the unwavering support of a caring community, we make life good for older people, whether they choose to reside in their own homes or on our beautiful 40-acre Mandarin campus.

The Association of Jewish Aging Services (AJAS), based in Washington, DC, represents almost 100 not-for-profit Jewish senior communities throughout North America. We're proud that River Garden is a founding member of this extraordinary group of high quality communities, all of whom are committed to Jewish continuity and excellence in senior care. River Garden's board and staff are

actively involved in AJAS and participate in its conferences and programs. And while organizations will focus on the "business" and "profits" of caring for seniors, our members come together to talk about how best to create care communities that affirm and nourish Jewish communal life. We're grateful to River Garden's Chief Operating Officer, Jim Richman, who chaired this year's annual meeting in St. Petersburg, Florida, which was attended by many of our board members. Florida is indeed fortunate to include AJAS member communities in St. Petersburg, Sarasota, West Palm Beach, Boca Raton, Orlando and Tampa. I urge you to visit the AJAS website (www.ajas.org) to learn more about vibrant Jewish senior communities here in Florida and throughout North America.

Our upcoming River Garden Foundation Gala, to be held Saturday evening, November 12, at the Marriott Sawgrass Resort, has already received over 350 reservations and is well on its way toward being a sellout. If you haven't already made your reservation, please contact our Development office so you don't miss out on a magical evening.

I hope you enjoy this issue of River Garden News.



Family Paint Night a Growing Success

by Chrissy Granados, Expressive Arts Coordinator



"Students" and loved ones proudly display beautiful artwork they created together during a recent Family Paint Night.

Painting class at River Garden began with a core group of about ten people who decided to try their hand at something new, and it soon developed a devoted, reliable following among residents. Most of these men and women had not picked up a paintbrush since elementary school. They never considered themselves to be artists, and they certainly did not imagine they would become one so late in life!

At first, these "students" were hesitant, nervous, and unsure they could produce anything beyond "stick figures." At the conclusion of each class, I held up their work and proudly showed it to the rest of the class. Slowly but surely, they came to realize that they were not only capable, they were impressive in their growing skills and creativity! Flash forward a few months: these artists now line their rooms with colorful, beautiful works of art that they delight in showing off to visitors and staff.

Family Paint Night began as a fun idea to bring together residents and their loved ones in an engaging, artistic way,

providing an opportunity to collaborate and work side-by-side to create a painting that could serve as a treasured keepsake and a testament to the residents' vitality and joy. We asked our dedicated students to invite someone special to join them. Some invited sons or daughters. Some invited friends and one even asked a favorite nurse to attend!

The guests began much like our residents did months ago, concerned that they didn't possess the skills nor talent to create the painting I planned for them. With great confidence, our residents assured their guests that not only would they be able to do it, they would be amazed by how well things would turn out.

This was a fantastic moment to share as their teacher... everyone was thrilled with what they accomplished. They were successful in creating something beautiful, and they were able to share the experience with the people they care about most. It was a wonderful evening, and I know I speak for everyone when I say that I cannot wait for us to do it again!

Hold your breath, Make a wish, Count to three, and Come with us into a world of

Pure Imagination

River Garden Foundation 24th Annual Gala

Saturday, November 12, 2016 | 7:00 p.m.

Sawgrass Marriott Golf Resort & Spa | 1000 PGA TOUR Boulevard | Ponte Vedra Beach

Entertainment by Anita & Party Life Band

Black Tie • Cocktails • Silent Auction • Dinner • Dancing

Presented by  SUNTRUST

To Benefit River Garden Hebrew Home / Wolfson Health & Aging Center

Israeli Teen Visit

by Leslie Held, Jewish Life and Volunteer Coordinator

Each year our community looks forward to hosting Israeli teens from the Hadera Eiron region in Israel. Through arrangements with the Jewish Federation's Israel Partnership Director, **Jill Abel**, The Coves at River Garden was one of many stops during their visit to Jacksonville.

Rabbi Matt Cohen, Associate Rabbi of The Temple, accompanied the teens along with their American host teens and friends. With Rabbi Cohen on guitar, we were tapping and clapping during an evening of lively Israeli songs. The concert they gave was truly memorable. Their bright and enthusiastic personalities brought immense pleasure to appreciative Coves members. After the performance, teens and members socialized with a natural and easy camaraderie.



Several Coves members are captivated by one of the visiting Israeli teens. (Standing, L to R): Celia Bialik, Winifred Libby (Seated, L to R): Bea Rogove, Phyllis Lewis.

Coffee, Superstitions and *Bubbe Meises*...

by Leslie Held, Jewish Life and Volunteer Coordinator



After the presentation, several Jewish Java program attendees visit, and pose, with Rabbi Kentof (standing, 3rd from left) and Alina Kentof (standing 6th from left)

Members of the Jacksonville Jewish community began streaming into River Garden's Cohen Auditorium, eager to hear **Rabbi Dov** and **Alina Kentof** present "Yiddish Superstitions and Curses" while enjoying a catered breakfast during this recent community event. River Garden is proud to partner with Jewish Federation's very popular program, Jewish Java, headed by Shalom Jacksonville Director, **Isabel Balotin**.

The Kentofs, beloved for many decades in our community, presented to over 50 attendees. The program became interactive

when audience members were called on to share their personal *Bubbe Meises*. The ambiance was one of warmth and camaraderie as newcomers announced where they had lived previously before coming to Jacksonville: Brooklyn, the Bronx, New Jersey, Ireland, Poland and even Puerto Rico!

At the event's conclusion, many stayed to meet and greet each other, and share additional stories. A few, new to the area, toured River Garden and The Coves. River Garden will continue to be the local venue for the once a month Jewish Java.

THE COVES

Men's Breakfast Club – The Beginning of a New Tradition?

by Lisa Poremba, Director of Life Enrichment Services.

"It couldn't get any better on a cruise ship..." said **Harry Sherman**, long-time Coves member. The Coves Dining Services and Life Enrichment staff teamed up to create an upscale diner-style social event just for men. With most men living very active lives as family supporters and hard workers this was the perfect way to bring them together.

Norberto Irizarry, Dining Services Manager of The Coves, created a menu suitable for royalty (or close to it!) Let's start with assorted pastries, fluffy golden pancakes paired with fresh berries, eggs cooked perfectly to order, including an array of omelet creations. And don't overlook the seasoned home fries and savory corned beef hash (the signature dish.) Hungry yet?

This new, ongoing program provides the occasion for men at The Coves to reminisce, catch up with their neighbors and make new friends. A warm friendly welcome, the opportunity to enjoy great food and even better company add to the enjoyment. This promises to be one of the most successful events of the year!



Coves hostess Florina Costea writes down breakfast requests from (Seated, L to R): Charles Goldberg, John Donnangelo, Irwin Gendzier and Harry Sherman.

VOLUNTEERS

Smiles Abound for Teens and Residents

by Leslie Held, Jewish Life and Volunteer Coordinator



Waiting for that last Bingo number to announce the winner.

Our Summer Teen Program began mid-June, with over a dozen teen volunteers representing a dozen schools throughout Duval and St. John's Counties. This year's teens comprised a great group, and they certainly hit the ground running. They were assigned projects and activities in many departments throughout our Home.

Favorite activities included assisting residents by: leading games of "Hangman" for a standing room only crowd; teaching how to Skype; and helping with transporting to and from weekly painting and ceramics classes while providing individual attention and assistance as residents created their masterpieces.



Hot baked chocolate chip cookies anyone?



"All girls" morning enjoying the outdoor garden.



Curls are definitely "in" this year.

The Power of Rehabilitation:

National Rehabilitation Awareness Week September 18th – 24th

by Bobbie Jo Mentz, Director of Rehab Therapy

Rehab awareness was first celebrated 40 years ago in 1976 as a small-scale awareness campaign created by Allied Services Health System, a not-for-profit integrated health system in Scranton, Pennsylvania. Since that time, the awareness campaign has grown into “National Rehabilitation Awareness Week” and is celebrated annually across the United States. This observance, falling on the third week of September, promotes the value of rehabilitation, salutes the professionals who provide services to this community, and renews our commitment to meet the needs of people with disabilities.

Rehabilitation helps minimize physical or cognitive disabilities and restore those affected by potentially disabling disease or traumatic injury to health and productivity. Physical, Occupational and Speech Therapists all work together to help individuals overcome obstacles and accomplish normal tasks of daily living.

Physical Therapy

Physical therapists are the experts in the examination and treatment of musculoskeletal and neuromuscular problems that affect peoples' abilities to move and function in their daily lives.

When do you need physical therapy?

- Low back pain
- Neck pain
- Knee, ankle or foot problems
- Sprains and muscle strains
- Arthritis
- Cardiac Rehabilitation
- Rehabilitation after a serious injury
- Chronic respiratory problems
- Stroke rehabilitation
- Shoulder problems
- Problems with balance
- Hip fractures
- Incontinence

Occupational Therapy

Occupational therapy uses goal-directed activity in the evaluation and treatment of persons whose ability to function is impaired by normal aging, illness, injury or developmental disability. Treatment goals in occupational therapy include the promotion of functional independence and prevention of disability.

Who should receive occupational therapy?

- Individuals who have limitations in their abilities to carry out self-care activities
- Individuals whose strength and endurance are at risk
- Individuals whose ability to function in the community has been impaired
- Individuals whose physical, cognitive, or psychological problems prevent them from achieving tasks that are currently meaningful and important to them
- Limitations following a stroke or heart attack
- Arthritis, multiple sclerosis, other chronic conditions, mental health problems including Alzheimer's, schizophrenia and post-traumatic stress

Speech Therapy

Speech language pathology, also known as Speech Therapy, is the study, diagnosis, and treatment of defects and disorders of the voice and of spoken and written communication. Speech therapy also evaluates and treats neurological and physical disorders and conditions caused by an injury or illness.

Who should receive speech therapy?

- Individuals who have swallowing difficulties
- Individuals who have trouble with memory or have increased confusion
- Individuals who cannot follow simple commands or have trouble understanding
- Individuals who cannot formulate words and sentences correctly
- Individuals who have slurred speech, are very hoarse, or strain to talk
- Individuals who are having trouble reading and writing
- Individuals who have lip, mouth or tongue weakness, lack of coordination or decreased range of motion

Learn how therapy can help you or your loved one by talking with your doctor or reaching out to our rehabilitation professionals at River Garden Hebrew Home at 904-886-8450.

Please join your loved ones for holiday services with our River Garden family. All services will be in the Parker Family Chapel.

Erev Rosh Hashanah

Sunday, October 2nd at 6:30 p.m.

1st Day of Rosh Hashanah

Monday, October 3rd at 9:00 a.m.

Tashlich at Lake Lea at 1:00 p.m.

2nd Day of Rosh Hashanah

Tuesday, October 4th at 9:00 a.m.

Kol Nidre Services

Tuesday, October 11th at 6:30 p.m.

Yom Kippur Service with Yizkor

Wednesday, October 12th at 9:00 a.m.

Afternoon and Neilah Services at 4:00 p.m.

1st Day of Sukkot

Monday, October 17th at 9:30 a.m.

2nd Day of Sukkot

Tuesday, October 18th at 9:30 a.m.

Shmini Atzeret with Yizkor

Monday, October 24th at 9:30 a.m.

Simchat Torah

Tuesday, October 25th at 9:30 a.m.

All of us at River Garden wish for you, your families and loved ones a very sweet, healthy and happy New Year – 5777!

JEWISH LIFE

These Handmade Creations are a Labor of Love

by Leslie Held, Jewish Life and Volunteer Coordinator

Phyllis Sprecher's favorite pastime is cross stitching beautiful Judaic creations. Over the years, her fingers have turned multicolored threads into beautiful keepsakes. She is especially proud of the gifts she has created for her Synagogue. Etz Chaim has received two magnificent pieces that are brought out during the High Holidays. The finished art shows Lions of Judah opposite the Ten Commandments with a Golden Crown above. Phyllis is hoping that the third piece (pictured here) will be completed by Rosh Hashanah!



River Garden Senior Services

For all senior living and healthcare needs

Serving our community with excellence for more than 70 years

You have questions. We have answers.

Call us.

904-260-1818

HOME HEALTH CARE

Medicare-Certified, continued from page 12

You might ask why you need a licensed agency to provide these home health services. Every member of our clinical staff that enters your home is licensed, insured and background checked. In addition, since our agency mandates ongoing completion of education requirements, each clinician is up to date in his or her education.

Our nurses are available to educate the patient and caregivers, as well as to provide oversight for various chronic health problems. We also offer advice and support to family members when caring for their loved one. The RN case manager remains in regular contact with our aides and provides medical oversight to them. This is especially helpful when health concerns or changes arise during the course of care delivery.

Sometimes a “little bit” of assistance at home can make the critical difference in being able to remain in your own home and function independently, or at least at the highest functional level of ability. We are also available to provide consultation and assistance when changes to living arrangements become necessary and the family is unsure of next steps, as well as the availability of services in the community.

Do give us a call at 904-288-7851 or email us at homehealth@rivergarden.org. Let's discuss how we can help you and your loved one be in the best place possible – at Home!

When, how and why to plan a gift to River Garden Senior Services

As you begin to plan for your end of year giving consider the variety of ways you can support River Garden. We are so appreciative of our donors who help to ensure River Garden continues to be able to sustain our wonderful care community. Whether you want to write a check, make a gift online or include River Garden in your estate planning we are grateful. Please feel free to contact Beth Wolpoff, Planned Giving Manager at 904-886-8410 if you have any questions or would like to discuss the many ways you can support our care community. You can always make a gift or learn more about the planned giving at www.rivergarden.org/foundation.

	Cash	Bequest	Retirement Plan Assets, IRA	Life Insurance	Charitable Gift Annuity
How does it work?	Give cash	Simplest form of gift planning (plan now, give later)	Name us as beneficiary of the plan	Give old or new policy with us as beneficiary and owner	Simple gift contract that provides lifetime payments to one or two persons
What do you want to do?	Maximize the deduction; minimize the gift details	Make a gift that costs nothing during your lifetime	Avoid double taxation at death; give tax-advantaged assets to heirs	Make a large gift at little cost	Supplement income with steady payments that are partially tax-free
How do you make the gift?	Write a check or give on-line now	Name us in your will or living trust by designating a specific amount or a share of the residue	Name us as whole or partial successor beneficiary on your plan's form	Donate a paid-up policy you no longer need or take out a new policy	Establish a gift annuity contract with us that pays a set amount for life
Donor Benefits					
Reduce estate tax	Removes taxable assets from the estate	Donation exempt from federal estate tax	Donation exempt from federal estate and income tax	Donation exempt from federal estate tax	Removes taxable assets from estate
Reduce income tax	Immediate deduction for full value		Your heirs will avoid income tax	Current income tax deduction for paid-up policy. Future deductions for premium payments on new policy	Deduction for gift portion of asset
Reduce or eliminate capital gains		Complete avoidance			Partial avoidance
Get income back from the gift					Fixed payments for life for one or two individuals
How does it benefit us?	Delivers immediate benefits	Ensures our future strength	Ensures our future strength	Ensures our future strength	Ensures our future strength

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

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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 \$184,000 from the 2016 campaign.

River Garden accepts, with deep appreciation, a grant of \$5,040 from the **Ruby Diamond Foundation** of Tallahassee, Florida.

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

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L'Shana Tova!
5777

HOME HEALTH CARE

River Garden's Medicare-Certified Home Health Care Agency Receives Re-Accreditation

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

River Garden's Home Health Care agency recently completed all requirements to remain accredited through the nationally recognized and respected Accreditation Commission for Health Care (ACHC)!

Our Home Health Care agency offers both Medicare and Private Duty services. Medicare home health care services are offered through our very capable and experienced staff of nurses,

therapists and home health aides. These services are covered by Medicare when one is in need of services requiring a skill (nursing or therapy) that meets Medicare guidelines. Private Duty home care services include assistance with daily living activities by seasoned home health aides as well as a Registered Nurse (RN), available 24/7 for case management and medication management.

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Don't Miss our Open House!

Take a tour, ask questions and learn how River Garden Outpatient Services and Programs help make lives better!

River Garden Rehab: assists you and/or your loved ones regain the strength and skills needed to get back to living life!

River Garden Home Health Care: enables seniors to remain at home and receive supportive care.

River Garden Adult Day Program: provides support for older adults able to live at home yet may require health monitoring, socialization and nutritional guidance.

Please join us Tuesday, September 20th • 4:30 pm to 7:30 pm

Questions? Call us at 904-260-1818

Hope to see you there!