



River Garden News



Inside Line.....	3
Jewish Life.....	4-7
Foundation News.....	8-10
River Garden 'Experienced'	11-15
News You Can Use.....	16-17
The Coves.....	18-19
Upcoming Events and More.....	20-23

CALENDAR HIGHLIGHTS

- Nov 6 Jewish Java
9:00 AM
RSVP (904) 224-1408
- Nov 6 Alissa Swota Presentation
'The Work of Art in Medicine'
6:30 PM
RSVP (904) 886-8429
- Nov 11 Veteran's Day Program
11:00 AM
- Nov 13 Ask Rabbi Shapiro
10:30 AM
RSVP (904) 886-8429
- Nov 13 Jewish Genealogy
6:00 PM
RSVP jgsnefl@gmail.com
- Nov 16 River Garden Gala
'A Night in Shanghai'
- Nov 19 Medicare Presentation
'Open Enrollment Q&A'
by ElderSource
11:30 AM
RSVP (904) 288-7855
- Nov 28 Thanksgiving Dinner (\$25/pp)
Reservations for Resident
Families Only
12:30 PM
RSVP (904) 886-8407

See Page 23 for more events.
Please watch the River Garden website
or Facebook page for details.

Fall-Winter 2019
Volume 77

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.

Front Cover Photo:
2019 River Garden Gala
Chairs Rebekah Selevan
and Talie Zaifert.

Photo credit: Larry Tallis

If you have a resident story or feedback you'd like to share, please let us know. We also welcome opportunities to meet with senior groups in the community to discuss our programs & services.
Please contact Kari Bell.
kbell@rivergarden.org or (904) 288-7855

2018-2019 Officers

River Garden Senior Services

Gloria Einstein, President
Janis Fleet, Vice President
Harvey Schlesinger, Vice President
Mark Lodinger, Secretary
Ed Grenadier, Treasurer

River Garden Hebrew Home

Susan Cohen, President
Larry Goldberg, Vice President, Chair of Admissions
Randy Kammer, Vice President, Co- Chair of Admissions
Debby Kaye, Vice President, Co-Chair of Admissions
Morrie Osterer, Vice President, Chair of the House
Judy Paul, Secretary
Cindy Demri, Treasurer

River Garden Foundation

Sandy Zimmerman, President
Susan DuBow, Vice President
Jeff Edwards, Vice President
Adam Frisch, Vice President
Debbie Parker, Vice President
Andrea Mail, Secretary
Michael Price, Treasurer

The Coves at River Garden

Dennis Lafer, President
Michael Price, Vice President
Shirley Bielski, Vice President
Malcolm Bloom, Secretary
Susan Cohen, Treasurer

The Albert Z. Fleet Geriatric Training Center

Sheldon Gendzier, President
Herman Paul, Secretary/Treasurer

River Garden Auxiliary Officers (2019-2020)

Mimi Kaufman, President
Ellen Rubens, Fundraising
Michele Steinfeld, Membership
Nancy Mizrahi, Treasurer
Betty Fastenberg, Recording Secretary



Friends and Gala chairs, circa 1988

Look where they are now....

Friends and co-workers from the beginning, Rebekah Franzblau Selevan (L) and Talie Bielski Zaifert (R), are this year's Gala Chairs for *A Night in Shanghai*. Rebekah, a Jacksonville native has deep family roots here in Jacksonville and Talie, born in Australia moved here as an infant. They met in grade school and even cheered together at Wolfson High School. They went to Hebrew School together, the same youth groups, attended University of South Florida and married the men of their dreams right here in the city. They each even have a son and daughter of their own. Rebekah, a former school teacher, taught here in Jacksonville as well as in Hong Kong where she and her husband lived for nine years overlooking the family business, Ja-ru, Inc. Talie, runs an active wear and jewelry business from her home, and is married to Dana, owner of three Party City stores. Both these ladies are active in wide charitable organizations and have been on the Gala committee for many years. We are very delighted to have them Chair Gala 2019.

Inside Line

By Martin A. Goetz, Chief Executive Officer

In December, River Garden will observe its 30th anniversary on our beautiful 40-acre Mandarin campus. Located in the heart of the Jacksonville Jewish community, River Garden is proud to be consistently identified as an invaluable arena of Jewish Life. On Tuesday morning, December 10, there will be a reception recognizing this milestone in the life of our agency.

The 27th River Garden Foundation Gala is just around the corner and, with over 600 reservations, promises to be an outstanding evening of auction shopping, fine dining, and entertainment. A very special thanks to Gala Chairs Rebekah Selevan and Talie Zaifert; our premier gala sponsor, SunTrust Bank; and our many sponsors and friends.

River Garden continues to be rated '5 Stars' by the state/federal government and is a preferred provider to area hospitals and insurance companies. We are fully accredited by the Joint Commission on Accreditation of Health Care Organizations (JCAHO) and are currently being evaluated by the Governor's Panel on Excellence in Long Term Care for what will be our 9th Gold Seal Award.

River Garden continues to meet community needs, especially in outpatient programming. Our adult day and home health programs continue to expand as seniors increasingly seek services in their own homes and on an outpatient basis.

The Coves at River Garden remains fully occupied and our Medicare certified Home Health agency continues to expand its offerings to enable members to "age in place" in the comfort of their gracious apartment homes.

Now for some bittersweet news...After 16 years as River Garden's Chief Operating Officer, my dear friend and colleague Jim Richman will be retiring at the end of this year. Jim has been a mainstay in our administration and his work on behalf of our agency has been instrumental in our success. Susan and I, along with the entire board and staff, wish Jim and Deena well as they begin this next chapter in their lives.

Please mark your calendars for River Garden's 74th Anniversary Day on Sunday, March 29, 2020. I hope you enjoy this season's issue of our River Garden News.

Man Tz



Congratulations and thanks go out to Sandra Causey (standing center, red blouse) for her 29 years of service at River Garden. As the Director of Environmental Services, she and her team impact everyone more than you can imagine!

Special Thanks to Jim Richman for His Years of Dedication



Celebrate a **Winter Wonderland** with the River Garden Auxiliary as they host their annual **Donor Luncheon on December 17th** at River Garden. Come show your support for this year's valued honoree, River Garden's own Jim Richman, by joining us for the event. Musical entertainment will be provided by the talented Hazzan Jesse Holzer. Doors open at noon but plan to come early so you can check out the raffle items and socialize before lunch. Tickets are \$40 and there are also various levels of sponsorship that help fund the Auxiliary's mission to help the residents of the River Garden with special quality initiatives. Please remember this is one of the Auxiliary's biggest fundraisers of the year so we hope to have everyone fully support this event. Mark your calendar now and look for your invitation to arrive in early November. Last year's event sold out early, so please make sure your reservation is received by December 10th. If you have a question, feel free to contact Ellen Rubens, event co-chairperson, at 904-651-6607.

JEWISH LIFE



High Holiday Thank You

Mazel Tov to our community friends—especially our leader, Steve Meisel—for bringing inspiration, meaning and warmth to the Days of Awe.

1 st Day Rosh Hashanah	Sermon, Steve Meisel Torah & Haftorah Explanations, Rabbi Martin Sandberg Haftorah, Judge Jack Schemer Shofar Blower, Dr. Edwin Safer
2 nd Day Rosh Hashanah	Sermon, Steve Meisel Torah & Haftorah Explanations, Rabbi Martin Sandberg Shofar Blower, Dr. Edwin Safer
Kol Nidre	Sermon, Fred Tromberg
Yom Kippur (Yizkor)	Sermon, Torah & Haftorah Explanations, Steve Meisel
Yom Kippur (Neilah)	Torah Explanation, Rabbi Martin Sandberg Haftorah, Jeff Marks Shofar Blower, Dr. Edwin Safer
Memory Care Service—October 6	Program Leader, Steven Meisel Shofar Blower, Elliott Palevsky





Steve Meisel, standing far left, leader of the High Holiday Memory Care Service, listens as Elliott Palevsky delivers a sermonette on October 6, 2019. This unique service was developed by Leslie Held, Director of Jewish Life at River Garden. Nearly 30 family and friends attended.



On October 6, 2019, for the second year in a row, River Garden hosted a unique High Holiday service designed especially for residents and members of the community dealing with cognitive impairment. The compact and intimate service included the blowing of the shofar, prayers, and familiar melodies.



Would you like to learn more about our Jewish Programs?

Contact Leslie Held
Director of Jewish Life
and Volunteer Services
904-886-8429
Lheld@rivergarden.org

Our holiday season would not be complete without the Safer family borscht recipe. Here with Tina Tadros and Marty Goetz, Ed Safer (L) enjoys a taste-test to ensure its deliciousness.



The Sukkot holiday is a time to remember the Israelites' wandering in the desert for 40 years following their exodus from Egypt. It is also a time to celebrate the harvest. Thank you to the team at River Garden who helps build our sukkah, the children from Martin J. Gottlieb Day School who help decorate it, and the many friends who visit during the season.

Everyone Can Be A Part of River Garden



Visiting Israeli teen with Herb Plotkin,
member of The Coves.

Every week, there are a variety of activities for our Jewish residents and the community. Would you like to connect with our agency as a volunteer or program participant? If yes, call Leslie Held at 904-886-8429.



(L-R) Rabbi Dov Kentof, Noa Hagiladi,
Leslie Held and Alina Kentof.

ISRAELI TEENS VISIT AT THE COVES

On July 24, 2019, The Coves at River Garden welcomed the P2G Israeli Teen Delegation on our campus. This program of the Jewish Federation and the Jewish Agency for Israel is designed to cultivate people-to-people relationships in a variety of social atmospheres, and our members at The Coves enjoy their annual visits. It's a wonderful time to meet new friends, reminisce about trips to Israel and talk about ancestral history.

BEYOND THE FRACTURE

Thanks to our friends Dov and Alina Kentof, we enjoyed a visit from Noa Hagiladi on September 11, 2019.

Noa's life journey stems from Israel, where she enjoyed a country lifestyle and a deep love for her father. As a multi-disciplinary artist coping with bipolar disorder, she shared the story of her 'personal fracture' and her rise from repeated falls. As mental illness impacts many families, her inspiring tale captivated all.



Pictured here after making apple and honey cakes, members from The Coves enjoyed a giggle-filled morning at The Torah Academy Preschool.



Rena Schochet is an inspirational guest at The Coves.





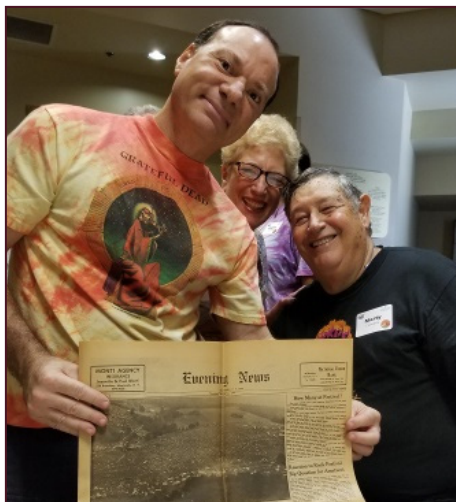
Friends and volunteers meet regularly for lunch and mahjongg in the café.



Steve Chapman (R) performs a unique 'Space Age' program to recognize the 50-years since the Apollo 11 moon mission.



Following Rabbi Shaprio's presentation in the sukkah, the community enjoyed lunch on the patio at River Garden.



The summer of 2019 included the 50-year anniversary of Woodstock. Pictured here:
(L) Kevin Melamed, Marcia Grado, and Marty Edwards reminisce over an original front-page report on Woodstock's impact.
(R) Steve and June Meinstein relive the 60s in our photo booth.



Outdoor fun on our campus: (L-R) Coves' Member Betty Barnes enjoys the Painted Rock Hunt with her great granddaughter. Residents savor pizza in the sukkah with music therapist Minda Gordon. Marsha Pollock's grandson catches a big fish in Lake Lea.

WANT TO SAVE BIG ON YOUR TAX BILL THIS YEAR?

Here are **three giving strategies** that will lower your tax bill and help River Garden do what we do today even better for generations to come.

- 1** Buy low, give high. For a bigger tax break, give appreciated stock. You will receive a charitable deduction based on the fair market value on the date the stock is transferred to us, and you'll completely avoid capital gains tax. So give smart, give stock.
- 2** Max out your charitable deduction. You can deduct up to 50 percent of your adjusted gross income when you make gifts of cash and up to 30 percent for gifts of property.
- 3** Make the gift that pays you back. If you establish a charitable remainder trust and transfer assets to the trust before December 31, you will be eligible for a charitable income tax deduction this year. You also remove these assets from your estate, which can lower estate and inheritance tax.

For more information about how you can make a gift that endures far into the future or for a complimentary will planning guide contact Beth Wolpoff, Annual & Legacy Giving Manager, 904-886-8410 bwolpoff@rivergarden.org

Gowns & Tuxedos: Get Ready for A Night in Shanghai

The River Garden Foundation 27th Annual Gala will be held on Saturday, November 16, 2019

A Night in Shanghai will be held at the Sawgrass Marriott Golf Resort & Spa. The Gala benefits the residents of River Garden Hebrew Home.

River Garden is excited to welcome back our premier sponsor **SunTrust Bank**. This is the 10th year that SunTrust is honoring us with their support. All of us at River Garden deeply appreciate the support of our friends.

The evening is Co-chaired by Rebekah Selevan and Talie Zaifert along with the fabulous Gala committee. They have all been hard at work to bring you an evening that is sure to be a stunning event. Chinese inspired cuisine, authentic lion dancers and The Voltage Brothers Band will come together to truly make us feel like we are in Shanghai.

The Gala is the Foundation's major annual fundraising event in support of River Garden's mission to serve the community with caring and excellence. More than 50 percent of River Garden's residents receive Medicaid and the facility must raise approximately \$1.2 million annually to make up the difference between the cost of care and the amount received from Medicaid. The philanthropic support of caring friends and members of the community is essential to the success of the home. Since its inception in 1993, the Gala has raised more than \$4 million dollars for the elderly of our community.

Don't miss out on the fun. The entire community is invited. Individual ticket prices begin at \$250 and a special Junior Patron price of \$175 for the 40 and younger crowd. Sponsorship levels range from \$1,000 to \$20,000. For more information or reservations, call Kathy Osterer at 904.886.8430 or e-mail kosterer@rivergarden.org.

You can even make reservations on line.
WEBSITE LISTED BELOW



<https://www.rivergarden.org/our-community/river-garden-foundation/river-garden-gala-2/>



Circle of Friends

American Medical Partnership
Dr. Stefani & Josh Ashby
B & C Financial Advisors
Community Hospice & Palliative Care
Concierge Care and
Concierge Home Care
Beth & Harvey Dikter
Susan & Martin Goetz
Hartley Press
Home Depot Pro
Irene & James Jaffa
The Jaffe Group at Morgan Stanley
Jordan and Shirley Ansbacher Family
Foundation, Inc.
Ken Jacobs/GrayRobinson P.A.
Kurtis Creative, Inc.
Medline Industries Inc.
Monique & David Miller
MMI Dining Systems
Modern Periodontics –
Douglas I. Storch, DMD, MS
Kathy & Morrie Osterer
PACCA
Miriam Finegold Price
RehabCare
Dr. & Mrs. Chaim Rogozinski
in honor of our parents
Erik Rostholder/Wells Fargo The
Private Bank
Lorry & Paul Rothstein
Kimberly & Richard Sisisky
Alison & Brent Trager
Troy Spurlin Interiors
Ullman Bursa Law
Dr. Skip Wilson & Judy Wilson
Elli & Charles Zimmerman
Nancy & Seeman Zimmerman
Chase & Morrie Zimmerman

*Chairs Rebekah Selevan & Talie Zaifert
and River Garden
celebrate the generosity of our Gala Sponsors*

PREMIER GALA SPONSOR

SunTrust Bank

Diamond Benefactors

Linda & David Stein

Golden Benefactors

DuBow Family Foundation

Selevan Family

Setzer Family

Royal Benefactors

Frisch Family

Janne and Jody Brandenburg ~ Hardage-Giddens

Funeral Homes & Cemeteries

PRI Productions

Sysco Food Services – Jacksonville

Mrs. Barbara Parker – Mr. & Mrs. Jeff Parker –

Dr. & Mrs. Larry Wilf

Grand Benefactors

HUB International Florida

Partners Pharmacy

Benefactors

Aetna

Baptist Health

Berman Bros., Inc.

bestbet Jacksonville

The Block Families

Mary & Jeff Edwards

Florida Blue

Hanania Automotive Group

Miller Electric Company

UF Health Baymeadows Family

Practice and Pediatrics

Platinum Patrons

Ackerman Cancer Center
Best Value Foods LLC
Merle & Ron Cherry
Sue Eaglstein
Linda & Nathan Franzblau
Miriam & David Honig
Judy H. Mizrahi
Moore Stephens Lovelace
Michelle & Mark Penson
Randi & Sam Rogozinski
Stellar Foundation

Gold Patrons

Arlene & Tony Adelson
Patti & Guy Benrubi
Donna & Greg Berger
Shirley & Abe Bielski
Rachel & Colman Brodsky
Harriet & Ernie Brodsky
Susan & Norman Cohen
Carol D'Onofrio
Michael De Santo
Gloria Einstein
Sue & Ron Elinoff
Dr. & Mrs. Mark Emas
Debby & Alan Fialkow
Mr. & Mrs. Robert Fleckenstein
Beverly & Mel Fruit
Kim Glasgal & Pete Levy
Phyllis & Larry Goldberg
Jackie & Stephen Goldman
Nancy & Mark Green
Paula & Ken Horn
Edith & Bruce Horovitz
Randy Kammer & Jeff Wollitz
Rosely & Robert Kanner
Sharon & Stanley Kantor
Francine & Jim Kempner
Ginny & Dennis Lafer
Dr. & Mrs. H. Ronald Levin
Deanna & Mike Lissner
Anne & Robert Lufrano
Marco Family Foundation
Jo Ellen & Alan Marks
Mauri & Alan Mizrahi
Rachel & Craig Morgenthal
Robin & Jeffery Morris
Northwestern Mutual –
Mike Halloran & Michelle Baker
Donna & Elliott Palevsky
Marsha & Ron Pollock
Dr. Deena & Mr. James Richman
Dr. Harris & Meryl Rittenberg
Kim & David Robbins
Marjie & Abe Rogozinski
Maxine & Don Romo
Ronnie & Jerrold Rosenbaum Family Foundation
Ellen & Alan Rosner
Dr. Emily & Mr. Erik Rostholder
Diane & Mitchell Rothstein
Barbara & Eliot Safer
Dr. & Mrs. Rob Selwitz
Ellen & Barry Setzer
Deborah & Steven Shapiro
Beth & Mark Shorstein
Judy & Stephen Silverman
George Strumlauf
Haley & Jason Trager
Dorothy Verstandig
Risa & Steven Warfield
Drs. Marte & Paul Wasserman
Wells Fargo Advisors – Jeff Wyatt & Jason Hyne
Arlene & Evan Yegelow
Talie & Dana Zaifert
Eunice & Barry Zisser



Become A Guardian of Tomorrow

Legacy gifts and our endowment help support River Garden's services and programs that allow residents and clients to maintain the dignity they deserve as older adults. The **Guardians of Tomorrow** program recognizes those who have indicated that River Garden Senior Services is included in their estate planning or who have made a gift in their will.

Contact the River Garden Foundation today for more information about how you can make a gift that endures far into the future.

Beth Wolpoff, Annual & Legacy Giving Manager, 904-886-8410, bwolpoff@rivergarden.org.

We are grateful to the people listed below who have made the commitment, no matter their financial status, to guarantee River Garden will always be able to mobilize resources for evolving needs of older adults in Northeast Florida.

Anonymous	Phyllis & Robert Fischer	Isador Kaplan*	Sondra Resnikoff
Janet & Norman Allison	Lilo* & Harry Frisch	Mimi and Martin Kaufman	Ina Richter
Josh Ashby	Rose Galin*	Mildred Kaufman*	Jeanine Rogozinski
Helen Avchin	Esther & Samuel Galinsky*	Marilyn & Marvin Kay*	Della Rosenberg*
Karen & Frank Backilman	Sheldon Gendzier	Mrs. Susan Kay	Howard Rosenblatt
Jack I. Bear*	Susie & Marty Goetz	Louis Kottle*	Lorry & Paul Rothstein
Jack Becker*	Michael Gold*	Lillie Ray Levy	Hyman Selber*
Sally & Paul* Becker	Rose Lee Gold*	Rose Lind*	Harriet* & Edwin Safer
Vera & Morton* Benjamin	Hilda & Sol* Goldman	Deanna & Michael Lissner	Marion Schaul*
Frances Berney*	Marguerite Goldstein*	Jill & Mark Lodinger	Bessie Schriebman*
Gary Bloom*	Chary & Michael Greenburg	Alberta Marks	Hannah Setzer*
Rene Bonnett*	Edwin Greenfield*	Gail Meltzer	Beth & Mark Shorstein
Becky & Benjamin Bromberg*	Ann & Ed Grenadier	Irma Michelson*	Marilyn & H. C.* Sims
Laverne & Andy Cantor	Doris Gross*	Mildred Mizrahi*	A. C. Sinclair
Susan & Norman Cohen	Polly & Arthur Gutman*	Evelyn & Ralph Mizrahi*	Irene Sloat
Ronald S. Cohen	Ray Hardy*	Minnie Moss*	Dr. Michael Solloway
Marilyn & Bernie Datz	E.J. Helow	Edith Mohre*	Shirley Stone*
Nancy and Robert Dean	Irma & Joe Horn*	Vincent Narducci*	Martha & Fred Tromberg
Theresa & Fred Dietsch	Leah Horovitz*	D. N. Oppenheimer*	Brent Turbow*
Anne DuBow*	Freda Isenberg*	Carole & Lawrence Ort	Dorothy & Harry* Verstandig
Raymond Ehrlich*	Robert Jacobs*	Lucille & Irving Oster*	Dora Weil*
Gloria Einstein	Sam Janover*	Kathy & Morrie Osterer	Sylvia L. & Isidore Weiss*
Sue & Ron Elinoff	Evelyn & Milt Kaden	Donna & Elliott Palevsky	Beth & Howard Wolpoff
Helen & Joseph Ellis*	Frank Kahn*	Anne & Ed* Presser & Family	Arlene & Evan Yegelwel
Rose & Sidney Entman*	Irving Kaplan	Neil N. Presser*	Eunice & Barry Zisser
Miriam Frist*	Louis Kaplan*	Sue & Ned Price	
Dorrie & Lanny Felder	Josephine J. Kaplan*	Dr. Susan Price	
Leonard Fink*	Randy Kammer	Barbara & Harold* Resnick	

* Of Blessed Memory

If you have remembered River Garden in your estate planning and your name does not appear on this list, please contact us.

Beth Wolpoff
Planned Giving & Special Projects Manager
904-886-8410
bwolpoff@rivergarden.org



24th Annual River Garden Golf Classic

Wednesday, April 29, 2020 ■ Deerwood Country Club
Chairs: Mark Lodinger and Tom Harris

We proudly welcome back Title Sponsor
Janne and Jody Brandenburg ~




Sponsorships Available!
Contact Michelle Branly, 904-886-8431 or email mbranly@rivergarden.org.

Make Your Reservations Today!





RIVER GARDEN EXPERIENCE(D)



Resident Phyllis Sprecher with festive volunteer Jack Bazinsky,
a.k.a. King Mashugana.



Bernie Katzman delights the crowd.

Aloha Day

River Garden residents, visitors and staff enjoyed a Luau style luncheon and festivities this past August. The home resembled a Hawaiian resort with a Jewish flare. Dining Services prepared a savory Polynesian style meal which satisfied all. The residents, volunteers and staff added to the enthusiasm by dressing for the occasion with floral prints and wearing leis (some of them were handmade during craft class) which made the day extra special.

Singo

Talented Bernie Katzman has been a huge hit at River Garden recently with a new game called 'Singo'. As you might imagine, each participant has a sheet with five columns and five rows, but instead of BINGO numbers, each square contains a song title. Reminiscent of 'Name That Tune,' when Bernie plays, players search for the title of the song on their play sheet. The first player to place five covering chips in a line, yells 'Singo!' Bernie's repertoire is simply amazing and his wife, Mindy, is a lovely prize giver.

Student Volunteers



Thank you for bringing so much fun to our campus! See you next year!

The Good Things in Life Keep Us Connected

Any celebration, big or small, is really about taking time to notice the good times in life. These moments of celebration make us pause and be mindful, and that boosts our well-being. According to social psychology, when we stop to savor ‘the good stuff,’ we buffer ourselves against the bad and build resilience. Even mini-celebrations can pump up the positive emotions which make it easier to manage the daily challenges that cause major stress. Live well. Stay connected. Celebrate!

FIND

SOMETHING TO CELEBRATE



The Price Welcome Center is a great place to enjoy family visits. Here, Emma Collings (R) celebrates with friends on her birthday.



In honor of 20 years of service at River Garden, the MMI Dining Services team enjoys a lunch break with their regional executive, Dave McEwen (Standing).



The Red Hat Party is a monthly favorite with lots of great music, dancing, singing and smiles.



The staff at The Coves create a wonderful baby shower surprise for Florina!



Murray Husney (far right) celebrates his birthday with family and friends.

TRIP OF A LIFETIME

David Millstone, 63, grew up in the 1960s and 1970s when rock and roll and Elvis Presley were king.

David collected recordings, attended numerous concerts and became a “historian” on rock and roll. “I had records in the basement.

“The entertainers were very creative. No one told them how to do it. They did their own thing. Elvis had a knack for what he did. Michael Jackson was distinctively Michael Jackson.

“When John Lennon died, I cried for four days.”

For the past year, David has been a resident at River Garden. When his sister and brother-in-law offered to take him to the Rock and Roll Hall of Fame in Cleveland for his birthday, he did not hesitate.

“It was a groovy experience. We spent the whole day there. It was fantastic to see the sights and sounds of rock and roll.”

The trio also visited his earlier home and his relatives in nearby Pennsylvania.

After returning, David’s sister and brother-in-law prepared him a book of photos taken at the Hall of Fame. His brother also got into the act, recently sending him a 10-record Woodstock collection.

“It was good to get away. But its also good to be back. It’s fun to live here. Here is my home. Here (River Garden) the family learns together. We grow together. I love it here and I know they love me.”



Story written by Volunteer Ken Goldman



Packed and ready to go. Jammin’ on the road. Happy to be home.

NOTES FROM OUR PATIENTS & FAMILIES

WE APPRECIATE YOUR KIND WORDS

River Garden met all my expectations. I have recommended [it] to many people.

—*Esther Kahn*—

The coffee, tea and lemonade counter is very welcoming. And, the entire nursing staff, including CNAs, deserves special mention.

—*Dalton Epting*—

Great care.

—*Gail Fitzpatrick*—

.....an outstanding facility. Overall, super impressed.

—*Joann McKinney*—

My family and I want to express our sincere appreciation to everyone who delivered care to our mother, Dorothy Tammaro. During her last days I was so impressed with the compassion and dignity given to my mother. When I came to see her, it was apparent that the staff loved her and was saddened also with her limited time left.

Thank you again. I know she touched many of you. We will miss her dearly. I personally will miss coming to River Garden and visiting the many friends I made.

—*Ellen Sassa*—

.....I made a great choice when choosing River Garden. I would definitely come if I needed to again.

—*Brenda Morris*—

CNAs were helpful, kind, knowledgeable and warm. The doctors were easy to talk to and responsive. The therapy team is incredible.

—*Barbara Stillman*—

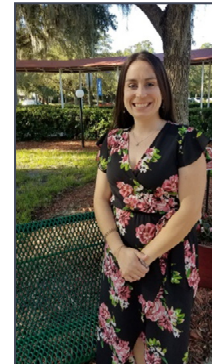
I wanted to express my gratitude for the ongoing care you provided for my mother Verna Boardman during her 9-month residence at River Garden. I especially want to thank the CNAs, nursing, physical therapy and social services staff in section T1 that watched over her, cared for her and befriended her. I was impressed and touched by your compassion, care, professionalism and the friendship that you showed her and me on a daily basis.

—*Ed Boardman*—

Meet Some of Our New Teammates



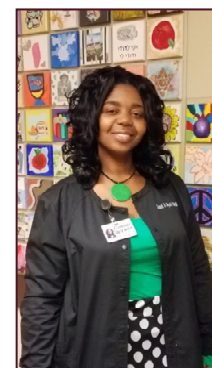
Billye Sullivan
Home Health Care
RN Case Manager



Stephanie Evans
Nurse Manager



Jay Porter
IT Helpdesk Manager



Chanel Wyatt
QA Risk Management
Nurse Manager

"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others." Pericles



Patient Driven Care

ADVOCATE FOR YOUR BEST CARE:

What's Best: Inpatient Short-Stay or Outpatient Rehab?

If you have suffered an injury or have had joint replacement or other complex surgeries, you'll likely be referred to rehab. Here are a few things to keep in mind if you have an option to choose inpatient short-stay vs. outpatient rehab:

1. If you are rehabilitating from a significant cardiovascular event, such as a heart attack or stroke, or have chronic health conditions that may complicate recovery from an injury or illness, staying in an inpatient facility might be wise. Under such circumstances, the close medical monitoring and comprehensive, multidisciplinary care offered in a setting like River Garden will likely help to ensure the safest and most successful recovery.
2. Perhaps you live alone and arthritis or another significant impairment makes returning home impractical or unsafe. A stay in an inpatient rehab program can be just what you need to regain functional ability before you return home.
3. If your recovery is time-sensitive due to obligations at work or home, inpatient rehab program may speed your progress.
4. Outpatient rehab may work if you are able to drive to appointments, or have a robust support system. You also need to be disciplined with self-exercise programs.

If you are unsure about which level of care, your healthcare providers or hospital discharge planners can help you figure things out to your best advantage. You may also call our Admissions Office at 904-886-8420.



CNA Lindsay Guizard (L) helps short-stay patient to the door. Delphine Jablonski (C) is returning home with family.



Marjorie Scott (R), OT, helps short-stay patients regain needed skills like cooking before heading home.

FALL PREVENTION:

'Steady Steps' In-service Helps Our Staff Deliver The Best Care

Falls continue to be the biggest concern for adults over age 65. And there's no quick fix. Managing risks and root causes that lead to falls is key. River Garden's commitment to ongoing staff training is key to the excellent care we deliver.



Leta Kant (C) from RehabCare provides training for CNAs, nurses and therapists.



Administrator Mauri Mizrahi (L) and Mike Hoffman (R), Director of Health Information Management, discuss electronic records, a key to the success of PDPM.

SKILLED NURSING NEWS: Medicare Implements A New Payment Model for Short-Stay

The average person may not be aware of PDPM, but at River Garden it has been top-of-mind for months. PDPM stands for the Patient-Driven Payment Model (PDPM) which is the new Medicare payment model for skilled nursing facilities and it will provide a completely new way of calculating reimbursement. Realistically, patients should not notice any difference, but there's a lot of work behind the scenes.



News Briefs

5 THINGS TO BOOST YOU THROUGH WINTER

1. Get a flu shot.
2. Eating like your health depends on it by having a daily smoothie and chowing down on deep greens like kale and spinach, deep reds like beets, berries and red peppers and oranges like carrots and oranges.
3. Regularly doing exercises you enjoy whether it be Zumba, dancing, swimming, walking or running. Doctors have found that exercise provides a boost to the cells in your body that attack bacteria.
4. Reducing your stress and avoiding chronic stress by reading a book with a light topic, having coffee with a friend, turning off the TV, putting down your smartphone, meditating or taking a bath with essential oils and relaxing salts.
5. Taking a good quality vitamin with a high rate of absorption.
6. Get a flu shot. *Is that a repeat?*

HEARING HELP FOR MOBILE PHONE USERS

Did you know there are ‘apps’ for mobile phones that can help users who have hearing loss?

A recent study from the Pew Research Center found that among seniors ages 65 and above about 85% owned a cell phone. Looks like it’s time to find out more about the apps that can help with real senior issues.

Whether you have an iPhone or Android, do some research. Some apps caption your calls and phone messages so you can read them. Other apps can actually caption people’s voices in real life situations.

P.S. Ask your audiologist for recommendations, too. Depending on your hearing aids—if you have them—some apps work better than others.

A Few Stats From Retirees

- 92% said they enjoy the freedom of a less structured life
- 86% said it is relatively easy to find inexpensive leisure activities to enjoy
- 75% said that health limitations don’t substantially affect their leisure activities
- 61% said who they spend time with was far more important than what they do
- 60% said spending time with grandkids was more fulfilling than spending time with their own children

WHY LIFTING WEIGHTS CAN BE SO POTENT FOR AGING WELL

We already have plenty of evidence, of course, that weight training can help us to age well. By our early 40s, most of us are losing muscle mass, at a rate of about 5 percent a decade, with the decline often precipitating a long slide toward frailty and dependence.

But older people who lift weights can slow or reverse that descent, studies show. In multiple experiments, older people who start to lift weights typically gain muscle mass and strength, as well as better mobility, mental sharpness and metabolic health.

But lifting helps only those who try it, and statistics indicate that barely 17 percent of older Americans regularly lift weights.

People interested in starting to lift weights should look for classes or trainers specializing in beginners and learn to lift safely. You don’t have to lift like a bodybuilder (or look like one) to benefit from resistance training. And the best part is that it’s never too late to get started. Jacksonville’s JCA and YMCA offer a wealth of senior-focused classes.



Alan Chepenik, Ron Elinoff and Sheldon Gendzier enjoy brunch at The Coves.

Community Services



(L-R) Barbara Kazin, Member of The Coves, shares a special connection with CNA Regina Brandenburg. Each morning, Regina visits with Barbara to be sure she's ready for a great day.

Home Health Care

GERIATRIC CARE MANAGEMENT:

Supports 'Aging in Place'

It's nice to know that you can depend on someone to assist if you need extra support at home. That's what the River Garden Home Health Care team delivers, plus a whole lot more.

Unlike most home-based services, River Garden Home Health Care is like hiring a geriatric care management service. In short, a registered nurse coordinates care and can help identify needs of each client.

WHAT DO GERIATRIC CARE MANAGERS DO?

- Discuss difficult topics and complex issues
- Make home visits and suggest needed services
- Address emotional concerns
- Make short- and long-term plans
- Evaluate in-home care needs
- Coordinate medical services
- Evaluate other living arrangements
- Provide caregiver stress relief

'Just in Case' private pay plans start as low as \$125/month. Call our Home Health Care office if you'd like to learn more: 904-288-7851.

Outpatient Rehab

YOUR FUTURE IS OUR PRIORITY

Physical, Speech & Occupational Therapy

The River Garden team of therapists consults with 80+ patients per day, providing an estimated 20,000+ hours of therapy care per month. So, when you need outpatient rehabilitation close to home, you'll be in good hands. Our goal is to help you overcome any limitations, and help you regain your best, healthy, independent lifestyle.

ON AN OUTPATIENT BASIS, RIVER GARDEN THERAPY CAN HELP ADULTS WITH:

- Arthritis/Degenerative Joint Disease
- Back and neck pain
- Carpal tunnel syndrome
- Congenital conditions
- Foot and ankle pain
- Hip, wrist, elbow, pelvic and other fractures
- Osteoporosis
- Plantar Fasciitis
- Post-surgical procedures
- Rotator cuff injuries
- Sacro-iliac joint pain and dysfunctions
- Shoulder impingement syndrome
- Sports injuries
- Sprains, strains and other injuries
- Total joint replacements
- Traumatic injury



Yes, we can help!



Our clients in Adult Day had a special opportunity to enjoy the high holidays. Here, Laura Platzer (L), Jewish Life Assistant, hosts a Jewish Holiday trivia game. Client Audrey Rifkin (R) demonstrated her quick wit and even had an opportunity to hold the Torah.

Please call ahead for insurance verification. 904-886-8454.

KEEPING BUSY AT THE COVES

The summer months have flown by and memories of some wonderful programs and activities at the Coves have been made.

The “Art Walk” was a hit this summer as it gave some of our members the opportunity to display and speak about some of their memorable artifacts that they have collected over the years.

The Israeli Teens visited us again this year and we were able to engage with and get to know some of the wonderful youth that hail from the Holy Land.

Jane Austin enthusiast, executive secretary, Debbie Kummung, reviewed her newly released rendition of *Pride & Prejudice*, “True Love Never Fails”.

The outing to the Cummer Museum was a delight as some Coves members viewed “French Moderns- Monet to Matisse”.

“Lunch with Lois” continues to fill the clubroom, as Lois Chepenik arranges the most informative and interesting speakers; more recently we’ve had Judge Harvey Schlesinger and Rabbi Merrill Shapiro share some amazing insights.

“Painting with a Twist” was enjoyed by all who attended as Chrissy Granados led Coves members in the step by step process of creating their own work of art.

Rena Schochet continues to inspire Coves members with her Empowerment series and before the Holidays, Rabbi Sammy Kahn educated some of us on the details of the Shofar with his talk entitled “The Shofar & Me”.

The Torah Academy students visited our campus to engage in some Rosh Hashanah activities and we visited their preschool with “Bubbies & Buddies” program, making some delicious honey cake.

TO LEARN MORE, LOOK FOR THE COVES ACTIVITY CALENDAR ON THE RIVER GARDEN WEBSITE



Lottie Smith arranges flowers.



Lisa Poremba dances with Bob Dean.



Irene Sloat & Louise Singer visiting.



Sue Krall prepares for a healthy eating demo.



During the hot months, members took fitness walks around The Coves, visiting each other's apartments and talking about their special decorative pieces. Thanks to everyone who participated.

The Coves is an independent living community for members 62 +.
If you'd like a tour or more information, please call 904-292-2683.

Book Reveal: *My Best Year*



Left: Skippy Smith with Volunteer Author Rachel Dranetz.
Top Right: Helane Goldfarb presents her story with Kari Bell at her side.
Bottom Right: Sandy Wolf shows off her copy of the book.

This past summer, we embarked on a journey back through time. We asked ten women of The Coves to join us.

We asked each participant to identify her “best year” by age number and then recorded private interviews with each to learn more about the details of her chosen time. The mini-memoirs were then drafted and reviewed, finally making their way into a short hardcover book entitled *My Best Year*.

The book was officially revealed on October 3, 2019 to a group of family and friends. Each lady read her personal story, now bound for sharing and permanence.

“Everyone had wonderful stories to tell; stories about adventure and family, romance and heartache, grief and perseverance, some of which seemed a bit foreign coming from the mouths of the quaint residents of The Coves. Though every woman’s “best year” was different, every story shed light on the memories, values and people that the storyteller holds most dear,” Rachel Dranetz, the author, said.

Senior Olympics at The Coves

There is a lot you can do to keep yourself healthy and feeling great in your 60s, 70s, and beyond. To prove the point, members of The Coves have been hard at work training for the 4th Annual Olympic Games. This year’s Olympics will debut the first ever team volleyball match in the newly renovated pool at The Coves. Plus, members will also compete in basketball, discus, bowling and team trivia.

All member-athletes participate in the qualifying round in the final week of October, with the top five (5) competitors advancing to the finals on November 1st.

Gold, silver and bronze medals be presented to our finalists; and many spectator prizes will be given away out throughout the competition. The event always provides some great friendly competition and unlimited smiles.

DID YOU KNOW...2020 is a year for summer Olympics. Events will officially kick off with the opening ceremony in Tokyo on July 24, with preliminary softball and soccer matches starting on July 22, and run through August 9. Following a two-week breather, the Paralympics will begin August 25 [also in Tokyo] and conclude September 6.



Sharon Higgins may prove to be a basketball champ at The Coves. Her performance at a recent practice session out-shined eight other members whom she could face in the November Olympic Games.

In Case You Missed It

NOTES FROM OUR SUMMER SERIES 'LUNCH & LEARN' PROGRAMS

Veterans Benefits for Seniors— from June 26

Veterans' resources aren't only for career and end-of-life issues. There are a host of other resources waiting to assist you as you age—don't miss out on any of your benefits. Jeff Faulkner from NAVF specifically addressed additional monetary benefits called "Aid and Attendance".

Q? EMAIL: JFAULKNER@VETSMATTER.ORG

The Adult Opioid Crisis— from July 16

Sherri Cheshire of AHEC talked about commonly prescribed opioids and benzodiazepines (Valium, Xanax etc.), methods of consumption and the hazards of mixing medications, warnings signs of dependency or misuse, and safe storage and disposal.

Q? EMAIL: SCHESHIRE@NORTHFLORIDAAHEC.ORG

Age-Smart Home— from August 13

Technology is fast-emerging to help seniors. Try to open your mind to all the *positive* possibilities. Specifically, we learned from Leslie Vlachos of Design 55+ about the Amazon ECHO and fifteen (15) ways the device can help you stay safe at home.

Q? EMAIL: LVLACHOS@DESIGNFIFTY-FIVE.COM

From Hospital to Home— from August 27

The River Garden team shared step-by-step guidance about what to expect and how to navigate in the event of an hospital visit and the need for post-acute care. Contact us if you'd like more information or a sheet detailing community resources.

Q? EMAIL: KBELL@RIVERGARDEN.ORG

UNDERSTANDING

Medicare



It's That Time!

Fall Open Enrollment is the time of year when you can change your Medicare coverage. This is the time when you can JOIN or SWITCH plans.

Bring your questions to the River Garden Cohen Auditorium on November 19, 2019 for this **Lunch & Learn** presentation:

'Open Enrollment Q&A'

presented by ElderSource

11:30 AM

RSVP (904) 288-7855

LUNCH PROVIDED

BE A PART OF SOMETHING NICE

YEAR-END GIVING: Impact and Results Are Reasons To Give

This season is a wonderful time to be thankful for what you have and give to others.

There are dozens of ways that the River Garden Senior Services staff make a difference in the lives of our residents, clients, families and Coves members every day. The River Garden Employee Holiday Fund is a wonderful way to say "Thank You" this time of the year. By making a contribution to the Employee Holiday Fund you are able to show your gratitude to the 350 staff who ensure that your loved ones is receiving the highest quality care in Northeast Florida.

Your gift will help make it possible for many staff members to have a better holiday, a better family meal or presents for loved ones during the time when gifts are most appreciated. Make a gift by visiting <https://www.rivergarden.org/donate/donate-today/>. Feel free to deliver or mail a check to the River Garden Foundation if you would prefer.



UNDERSTANDING MEDICARE COVERAGE

There is a wide swath of changes to Medicare this year. The traditional 1960s era plan still serves approximately 2/3 of the Americans 65 and older, and the traditional plan is the preferred plan for services at River Garden. The private version of Medicare, relying on HMOs or preferred provider organizations, has been called Medicare Advantage since the early 2000s. This alternate version is 'sold' by many HMO insurance providers.

Some people assume that Medicare will cover long-term care, such as a stay in a skilled care home. But in reality, it doesn't cover much long-term care. So if you're planning for yourself, or caring for an older relative, here's what you need to know.

Many people are surprised to learn that Medicare does not cover long-term skilled nursing care. Medicare also does not cover assisted living or adult daycare. Medicare also does not cover ongoing daily custodial care, such as assistance with eating, bathing and dressing.

WHAT TYPES OF CARE DOES MEDICARE COVER?

Medicare helps to pay for your recovery in a skilled nursing care facility after a three-day hospital stay. Medicare will cover the total cost of skilled nursing care for the first 20 days, after which you'll pay coinsurance per day. After 100 days, Medicare will stop paying and you will be 100% responsible.

Medicare will also pay for short-term skilled care (nurses, therapists, etc.) if you are homebound by an illness or injury, and your doctor says you clinical help. This is not round-the-clock care. Generally, it's for no more than 28 hours per week. With your doctor's recommendation, you may qualify for more.

Medicare covers hospice care. Hospice is care you get to make you more comfortable when you are in the last stage of life with a terminal illness. You're eligible if you are not being treated for your terminal illness, and your doctor certifies that you probably will live no longer than six months. You can get care for longer than that, as long as your doctor says you are still terminally ill.

Learn More About Medicare From ElderSource—Tuesday, November 19 @ 11:30-12:30
Please RSVP for Lunch: 904-288-7855 or kbell@rivergarden.org

SANDWICH GENERATION

Social worker Dorothy Miller, originally coined the term “sandwich generation” back in 1981. Today, the “sandwich generation” definition has morphed to include **both men and women in the age bracket of 40-65 years old.**

While the sandwich generation is busy caring for parents on one end and children on the other, members of this group are working full-time jobs and struggling with self-care. Additionally, this group may have to juggle doctor appointment or an unexpected hospitalization of their loved one while maintaining their career obligations. There is little—if any—respite from their hectic daily routine.

In-person support groups and online Facebook groups offer some help, but Adult Day Programs may be a better option. “Today, we’re seeing more and more choose the Adult Day Program as an answer for self-care. There is a normalcy to their lives that they don’t have to give up; they don’t have to give up their own job and benefits. Having their loved one in our care can often be paid for with their parent’s own Social Security funds so it doesn’t have to be an excessive financial burden on them. Plus, the socialization is great. For many, it’s really a perfect option,” says Sue Krall, Director of Home and Community-Based Services at River Garden. For more information about the program, call 904-288-7858.

Do You Know Someone Who Needs a Driving Evaluation? Driving evaluations are not free. Providers may charge a one-time fee (e.g. \$500) and generally require you schedule an appointment. Some request a referral from a doctor. If you have questions, save the date for **February 18, 2020**: On that day, UF SmartDriver Rehab (352-273-6620) will be at River Garden to explain more about their program. Lunch program begins at 11:30.

Auxiliary



The Auxiliary Game Day this past summer was bigger than ever, with many community friends and smiles.



The River Garden Auxiliary has elected their new officers for the year 2019-2020 and the Board is off and running to another banner year. Our gift shop is flourishing, thanks to our many volunteers. Our Tombola drive is underway and many other great fund-raising events are planned. A very successful opening luncheon and meeting was held in September and we are looking forward to our 'Winter Wonderland' Donor Luncheon in December. We encourage everyone to make reservations and plan on attending. We will be honoring Jim Richman at the luncheon. Plans are also underway for our Special Event in March. All proceeds from our fundraising projects are earmarked for the residents of River Garden.

We encourage everyone to become a member of the auxiliary especially the friends and families of our residents. Membership is \$25 annually or you can become a life member for \$250.00.

The auxiliary's motto is "Helping Hands and Warm Hearts" and we have both in abundance. For further information regarding our activities or membership, please contact Mimi Kaufman, President., at (H) 880-4041 or (C) 626-2472.



TEAM RIVER GARDEN

Do you want to walk with us?

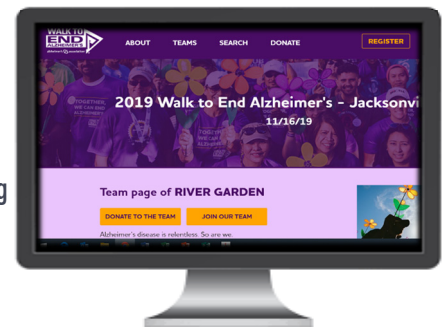


Showing off their spirit, Pam LaMontagne and Linda Waitas lead the River Garden Team for the Walk to End Alzheimer's. The Walk is on the morning of November 16 and all are welcome to come show their support.

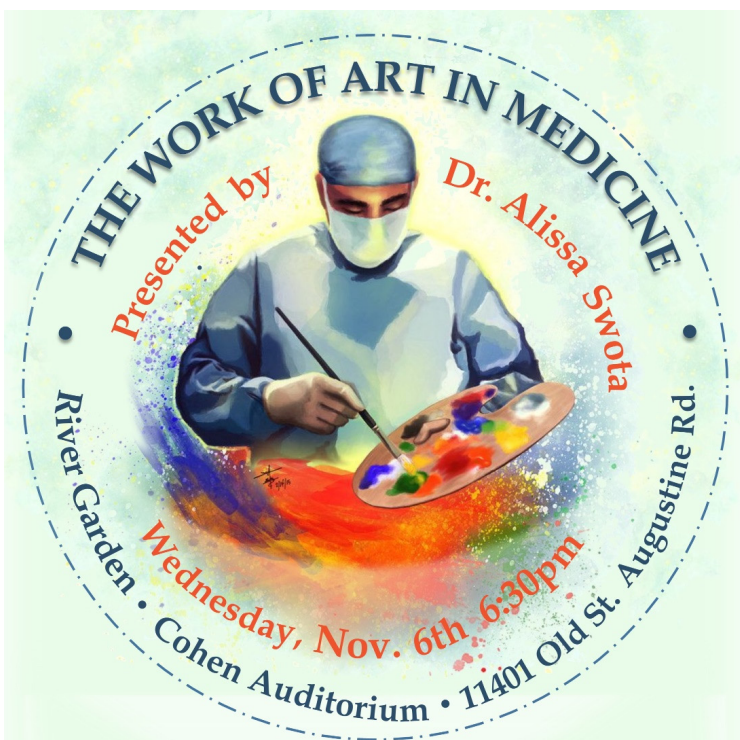
Alzheimer's disease and related dementias affect more than 5.4 million Americans - 5.2 million are senior citizens. Help us fight this dreaded disease with your time or donation for the Jacksonville Alzheimer's Walk on November 16, 2019.

YOU CAN REGISTER ONLINE.

Q? Contact Linda Waitas
Beauty Salon Director
lwaitas@rivergarden.org
904-886-8422



If you know of someone who might benefit from our Support Group or Adult Day Program, please call 904-288-7858.



Join bioethicist **Dr. Swota** as she explores how art and humanities can be used to enhance the delivery of healthcare. She will draw on case studies along with famous paintings to highlight the importance of stories in providing robust patient care. **Refreshments will be served.**



RSVP by 10/28 to Laura Platzer :
lplatzer@rivergarden.org or 904-886-8429

Cindy Edelman Presents



Louis Comfort Tiffany:

His place in art history, and how nature has influenced his many artistic expressions.

Tiffany:

His place in art history, and how nature has influenced his many artistic expressions.

FOR THE LOVE OF ART PT. 1

12.11.19
10:30 AM

RSVP : 886-8429 or lplatzer@rivergarden.org

Upcoming Programs

See Front Cover for Events Prior to December 1st

- Dec 4** **Jewish Java**
9:00 AM
RSVP (904) 224-1408
- Dec 10** **'30 Years In Mandarin'**
River Garden Milestone Celebration
10:30 AM
RSVP (904) 886-8407
- Dec 11** **'For The Love of Art'**
Presented by Cindy Edelman
10:30 AM
RSVP (904) 886-8429
- Dec 11** **Jewish Genealogy**
6:00 PM
RSVP igsnefl@gmail.com
- Dec 15** **Jacksonville Philharmonia Singers**
4:00 PM
- Dec 17** **Auxiliary Donor Lunch**
12:00 PM
RSVP Required
- Dec 18** **'Don't Let The Lights Go Out'**
Presented by Alina Kentof
10:30 AM
RSVP (904) 886-8429
- Dec 22** **Hanukah begins at Sundown**
- Dec 26** **Bernie Katzman Holiday Party**
- Jan 21** **'What You Need to Know to Fight Dementia'**
Dr. Philip W. Tipton, M.D.
Behavioral Neurology Fellow (Mayo)
6:00 PM
RSVP for Dinner (904) 288-7855
- Feb 18** **'Driving Evaluations Q&A'**
Dr. Luther King, DrOT, OTR/L, CDRS, CDI (UF)
11:30 AM



RESIDENTS & THEIR FAMILIES

Thanksgiving Dinner
November 28 @ 12:30 PM
Families Invited
RSVP with Payment Required
by Friday, November 22





River Garden Senior Services
11401 Old St. Augustine Road
Jacksonville, Florida 32258
(904) 260-1818
www.rivergarden.org



AGENCY FOR HEALTH
CARE ADMINISTRATION
**5-STAR RATED
COMMUNITY**
CENTERS FOR MEDICARE
and MEDICAID SERVICES
★ ★ ★ ★ ★



Newsweek Magazine published it's
first —ever 'Best Nursing Home'
rankings at the end of September
2019. Guess who is the #1 large
non-profit care center?
You guessed it! River Garden!



A beneficiary agency of the Jewish Federation and Foundation of Northeast Florida



SAVE THE DATE
'30 Years in Mandarin'
Milestone Anniversary Program
December 10, 2019 at 10:30 AM