



River Garden News



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CALENDAR HIGHLIGHTS

- July 16 Community Lunch & Learn
'The Adult Opioid Crisis'
11:30 AM
RSVP (904) 288-7855
- July 23 Community Lunch & Learn
'Fun with Photos & Facebook'
11:30 AM
RSVP (904) 288-7855
- August 4 Jewish Genealogy Film
10:30 AM
RSVP (904) 886-8429
- August 13 Community Lunch & Learn
'Age-Smart Home'
11:30 AM
RSVP (904) 288-7855
- August 18 Jewish Java 'Woodstock'
10:30 AM
RSVP (904) 224-1408
- August 27 Community Lunch & Learn
'From Hospital to Home'
11:30 AM
RSVP (904) 288-7855
- Sept 4 Jewish Java
9:00 AM
RSVP (904) 224-1408
- Sept 11 Jewish Genealogy
6:00 PM
RSVP (904) 886-8429
- Nov 16 River Garden Gala
'A Night in Shanghai'

HOLIDAY SCHEDULE ON PAGE 7.

Summer 2019
Volume 76

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:
teen volunteer Abril Gomez with resident Judy Reiz. Each Friday, Trader Joe's donates flowers for our residents to arrange and enjoy.
Photo credit: Leslie Held.

Photo credit: Special thanks to Larry Tallis for many Anniversary Day and Golf Tournament photos herein. We appreciate his capturing the 'life' of River Garden through his lens.

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

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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

Shirley Bielski, President
Mimi Kaufman, Fundraising
Michele Steinfeld, Membership
Carol D'Onofrio, Membership
Nancy Mizrahi, Treasurer
Betty Fastenberg, Recording Secretary

Mandarin Garden Club Recognizes River Garden and Coves Member Nancy Dean



(L-R) Wanda Bosworth, Nancy Dean and Kari Bell.

On May 23, 2019, the Mandarin Garden Club formally acknowledged River Garden Senior Services with a 'Business Beautification Award' – a special recognition given to a local organization for its attention to the care and preservation of natural outdoor space. Paired with recognition for the agency, MGC also presented a 'Volunteer Extraordinaire Award' to Nancy Dean, member of The Coves at River Garden. Nancy is a committed gardening volunteer on campus.
"This award-winning five-star facility offers beauty and enjoyment for all," says MGC leader **Wanda Bosworth**. She continues, "Nancy is an incredible lady who gives of her heart and soul to gardening around the personal residences and small common gardens on campus. It is an honor for us to recognize her."

Inside Line

By Martin A. Goetz, Chief Executive Officer

The Florida Legislature recently completed its annual 60-day session and unfortunately I am unable to say anything positive about the outcome. Florida Medicaid reimbursement continues to decline as the state implements its Prospective Payment Reimbursement Plan, a plan that transfers millions of dollars to lower cost nursing homes without any requirement that the additional windfall dollars be used for resident care. At the same time, higher cost providers such as River Garden are faced with a significant decline in Medicaid reimbursement because we *have* invested heavily in high quality staffing. This is what occurs when large corporate nursing home companies invest millions of dollars in highly paid lobbyists. Unfortunately, this will not get better until Floridians insist that legislators put “people over profits.”

The Legislature also voted to eliminate the “Certificate of Need” for hospitals. Certificate of Need, also referred to as CON, came about in the mid-1970s (Public Law 93-641) when the US Congress realized that hospitals and other highly capitalized health facilities served a public interest and that it was important to have a rational mechanism to ensure that they expanded consistent with assessed needs and in support of a public purpose. And while eliminating CON for hospitals doesn’t directly or immediately impact River Garden, it speaks directly to our elected leaders’ failure to fully understand that health care isn’t susceptible to competitive market forces; or, more importantly, to consumers’ need to understand and hold political leaders accountable for the best interests of the community.



(L-R) Marty Goetz with Senator Aaron Bean, Mauri Mizrahi and Jim Richman.



Florida is among the handful of states which continue to reject Medicaid expansion; this is shameful. Our legislature continues to disenfranchise over 400,000 Floridians from the Medicaid program, a program that would actually save Florida money! Failure to act on behalf of so many at-risk Floridians is unconscionable.

While I am very disappointed in the Florida Legislature, all is not hopeless. Many not-for-profit health care providers throughout northeast Florida are working diligently to position themselves for the future. The recently opened Baptist MD Anderson complex is a community treasure. Our strategic partnership with Baptist Health on our campus is flourishing and River Garden continues to shine as a beacon of excellence in elder care programs and services.

A very special thank you to Shirley Bielski, who is completing her term as President of River Garden Auxiliary, and welcome to Mimi Kaufman, who succeeds her. We are blessed with a robust Auxiliary and membership that continues to nurture and sustain our community.

Finally, my deepest gratitude and appreciation to our staff, volunteers and boards. Together we continually affirm the mission, vision and values of our Jewish community. Together we make a difference.

And finally, please remember River Garden and the Jacksonville Jewish community in your legacy and estate planning. I hope you enjoy this issue of The River Garden News.

Marty

Becoming aware of the issues impacting healthcare—specifically for seniors—and maintaining an active relationship with elected officials is important to River Garden. We hope all seniors and rising generations will become more informed about these topics and learn how legislative decisions can impact real people in our community. Please let us know if you ever have questions about how to become involved.

Marty Goetz mgoetz@rivergarden.org

Jim Richman jrichman@rivergarden.org

Mauri Mizrahi mmizrahi@rivergarden.org

A Spectacular Afternoon



At the Annual Meeting, Jeanine Rogozinski, outgoing president of River Garden Foundation, receives recognition from Sandy Zimmerman (R), Chair of the Day and newly elected Foundation president.



Bernie & Marilyn Datz enjoy the day.

TOMBOLA WINNERS!!!

Grand Prize Winner

\$2,500

Dan and Carly Exline and Kyle Haire

2nd Prize Winner

\$1,000

Gayle Bailys

3rd and 4th Prize Winners

\$500 each

Harry Frisch

Sonya Morris



Fran Liebowitz, Betty Abisch and Alice Sherman lead the Auxiliary's annual Tombola fundraiser.



Lottie Smith (2nd from right) with her family.



Bess Saliman with family.



Volunteer Jeff Flaschen (L) and his crew.



Betty Barnes (R) with family.



Board Members make good company.



Grill masters, Charlie & Marc Raitt and Art Sherman.



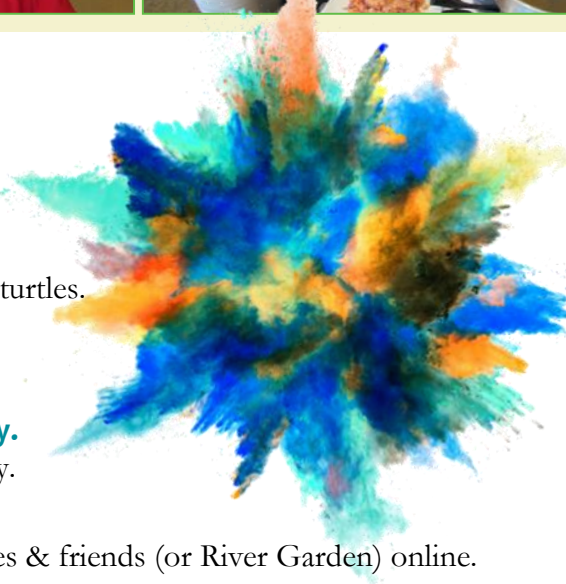
MOTHER'S DAY & FATHER'S DAY

Celebrating Moms & Dads



INSPIRING IDEAS summer FUN LIST

- MO Make Something Monday.**
A puzzle. A recipe. A project.
- TU Take It Easy Tuesday.**
Read. Watch a movie. Feed the turtles.
- WE Whatcha' Doin' Wednesday?**
Call someone. Connect & talk.
- TH Try Something New Thursday.**
A new restaurant. A new activity.
- FR Facebook Friday.**
Try exploring pictures of families & friends (or River Garden) online.
- W/E Wonderful Weekend.**
River Garden and the Jewish community always have a variety of weekend activities. Plus, this is the time to rejuvenate your soul.



The Coves at River Garden offers an exceptional experience in senior living. Members of The Coves are mature, active and independent. Each apartment is well-appointed and spacious. Support services include meals, plans for private care and housekeeping. To learn more or request a tour, contact Margaret Davis, Administrator.
mdavis@rivergarden.org or (904) 886-8935

 **RIVER GARDEN** | The Coves
SENIOR SERVICES | Independent Living

Living Our Faith

Pursuing and engaging in Jewish Life is a means for assuring the continuity of our traditions.

The connection to religion, heritage and community is particularly meaningful in a person's later life. Leslie Held directs the Jewish Life team at River Garden, maintaining an environment supportive of Jewish identity and delivering value for those yearning for connection, celebration and meaning.

In that vein, we welcomed Spring, celebrating our freedom during Pesach through commemorating Israel's Independence with Yom Ha'atzmaut.

Food, prayer and community took center stage as the holidays unfolded one after the other. As with all seasons of joy, participation of friends, family, community members and staff increases the festive feeling.

Our Home was and will continue to be beautifully enhanced through the holidays by a generous and loving gift from Morris Bendit. A remarkable wood crafter, he built a stand for a new silk wall hanging with stitched art representing the five species associated with Israel. The base of the stand is a tiered Star of David, a symbolic reminder of our Jewish foundation.

We welcomed rGen as Rabbi Feigenbaum presented the explanation of 'Why we recline during the seder' followed by families creating appliqued pillows to be used for this purpose. More preparations for the holiday week included a special class on "Decoding Chad Gadya" taught by Laura Platzer and a cooking demonstration at The Coves. Special thanks to June Meinstein for coordinating Passover activities at The Coves.

Students from the Martin J. Gottlieb Day School presented a moving and creative service for Yom Hazikaron, Israel's official Remembrance Day. Through prayers, readings and video, the fallen soldiers of Israel as well as those killed through acts of terrorism were commemorated.

For Yom Ha'atzmaut, Tina Tadros, Adult Day Program Manager, demonstrated her expertise in preparing an array of Middle Eastern dishes to sample for "The Taste of Israel" lunch. Guests, residents and staff were treated to menu items which included knafeh, shakshouka and Jerusalem kodafa cake.

THANK YOU FOR CELEBRATING WITH US



Thank you to Morris Bendit for his 'mitzvah' of crafting a display base and pole for our holiday banner.



Resident Phyllis Sprecher crafts a Passover pillow with RGen family, Dafna and Leora Holzer.



Cheryl Fisch and Lisa Poremba enjoy matzah brei baking together.





Dr. Harry Koslowski with June Meinstein.
Thank you, June, for coordinating many of the Passover events at The Coves.



Students from the Martin J. Gottlieb school join us for Yom Hazikaron.



Leslie Held, Karen Stermann and Dina Mirsky serve up a 'Taste of Israel'.

Do You Have An Ethical Will?

An ethical will is a precious spiritual document unlike a legal will which bequeaths valuables. It is a window into the soul of those who wrote it. It has been described as the "voice of the heart".

Whether the ethical will is a paragraph or a small book, the writing enables you to pass down your life lessons, hopes and dreams for the future and forgiveness with your family and friends.

It is not an easy task to sum up what we have learned in life. How do we express what we want most for and from our children?

In order to begin we must confront ourselves. When we face up to our failures we are able to consider where we found meaning in our lives. What things did we do to act on our values? Who would our letter be addressed to? Who would we forgive or thank? Who would we rebuke?

Terminal patients engage with ethical will writing as a comforting component to their end of life care. It is a way to find meaning and spirituality while engaging with their own mortality. The will may be written, containing photographs, a collage or a video. It can be addressed to anyone: children, grandchildren, a friend or the community. As patients face challenging situations this document becomes a cherished and unique gift.

If you would like to discuss further, we invite you to connect with Leslie Held, Chaplain and Director of Jewish Life
lhheld@rivergarden.org (904) 886-8429

Please watch the River Garden website or Facebook page for information about the UPCOMING HOLIDAYS:

AUGUST

Sat 10..... Erev Tisha B'Av

Sun 11 Tisha B'Av

SEPTEMBER

Sun 29 Erev Rosh Hashana

Mon 30 Rosh Hashana 5780

OCTOBER

Tue 1 Rosh Hashana—Second Day

Sun 6..... High Holiday Service for People with Memory Loss

Tue 8 Erev Yom Kippur

Wed 9 Yom Kippur (Yizkor)

Sun 13 Erev Sukkot

Mon 14 Sukkot

Tue 15 Sukkot—Second Day

Wed 16-20..... Sukkot Intermed. Days

Sun 20 Sukkot (Hoshanah Raba)

Mon 21 Shemini Atzeret (Yizkor)

Tue 22 Simchat Torah

DECEMBER

Sun 22 Hanukah Begins at Sundown

23rd Annual River Garden Golf Classic a Success

It was a great day at Deerwood Country Club—Wednesday, May 1, 2019—for the 23rd Annual River Garden Golf Classic, proudly sponsored once again by **Hardage-Giddens Funeral Homes and Cemeteries/Dignity Memorial**. We appreciate the leadership and dedication of long-time chair **Mark Lodinger** and new co-chair **Tom Harris** of Hardage Giddens. River Garden extends a heartfelt thank you to all of our generous sponsors, committee members, volunteers, players and staff who worked together to make this event successful, and extends special recognition to our long-time reception sponsor, **HUB International Florida**, and returning Hole-in-One Car Sponsor **Jack Hanania's Audi of Jacksonville** and **Audi of Orange Park**.

One hundred and twenty-four (124) players participated in this year's tournament, raising more than \$75,000 to benefit The Albert Z. Fleet Geriatric Training Center at River Garden, which provides training and continuing education for River Garden staff. Since the tournament's inception in 1997, more than \$1.4 million has been raised to support this important aspect of our agency.

To learn more about the River Garden Foundation, the Golf Classic or the Training Center, visit our website, www.RiverGarden.org, or contact Kathy Osterer at kosterer@rivergarden.org, or (904) 886-8430.



Chairs Tom Harris and Mark Lodinger were the true winners of the day.



SunTrust Bank friends, Joshua Radeker and Dan Voellinger.



They won First Place Gross: Eric Levy, Adam Krestalude, Steve Silverman and Chip Greene.



Steve Foody and Paul Rothstein show off their patriotism.



Steve Silverman and Richard Sisisky are ready for a day of fun.



Janne and Jody Brandenburg of Title Sponsor Hardage-Giddens Funeral Homes and Cemeteries/Dignity Memorial.



First Place Net winners Jeff Leach, Michael DuBow, David Bielski and Kyle Moore.



Corporate Sponsors:

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 Elise Bear & William D. Pollak Family
 Charitable Foundation
 MMI Dining Systems
 Betty & Michael Sorna – In Memory
 of Carl Demery
 Stellar Foundation
 Ullmann Brown Wealth Advisors
 Michael & Jill Weiss – In Memory of
 Sylvia & Isador Weiss
 Jeff Wyatt & Jason Hyrne – Wells
 Fargo Advisors
 Zabatt Power Systems

Beverage Cart Sponsors:

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 Ann & Ed Grenadier
 Osterer Construction Company
 The Parts House
 Susan McEwen Watson Realty
 Toney Construction Company

Hole-In-One Car Sponsor:

Audi Jacksonville & Audi
 Orange Park

Beer Sponsor:

Champion Brands

Title Sponsor
Janne and Jody Brandenburg

HARDAGE-GIDDENS
FUNERAL HOMES, CEMETERIES & CREMATIONS



Reception Sponsor:
HUB International Florida

Master Sponsors:

Aetna
 Barber & Associates
 The DuBow Family Foundation, Inc.
 First Coast Security
 Frisch Family
 The Kukelhan Family
 Mark Lodinger & Associates
 Sunrise Fresh Produce
 SunTrust Bank

Par Sponsors:

Sysco Food Services - Jacksonville

Hole Sponsors:

Ameris Bank
 Harriet & Ernie Brodsky
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 Palliative Care
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 Della Porta Agency LLC
 Sue & Ron Elinoff
 Evergreen Cemetery Association
 Larry Gendzier—In Honor of
 Alois Gendzier and In Memory
 of Irwin Gendzier
 Jaffe Group at Morgan Stanley –
 Sandy Zimmerman
 Randy Kammer & Jeff Wollitz
 Mort Kesler
 MARCO
 Margol & Margol, PA
 Modern Periodontics -
 Douglas I. Storch, DMD MS
 Donna & Elliott Palevsky
 Podiatry Assoc. of Florida –
 Efron Division
 Michael Price
 Miriam Finegold Price
 Sue & Ned Price
 Lori & Clint Pyle
 Reliant Yachts
 Deena & Jim Richman
 Kim & David Robbins
 Howard Roey
 Lorry & Paul Rothstein
 SRB & Associates, OB-GYN
 Tree Amigos Outdoor Services



RIVER GARDEN EXPERIENCE(D)

I love River Garden! The care and love my Mother receives goes beyond what I could have ever asked for! Everyone on staff that I have met is kind, patient and diligent! Thank you!! —Judy Cibene



Wonderful environment! When I came here for therapy after having my stroke, many touched my heart forever. Everyone was kind caring and worked hard with me during treatment, encouraging me to reach my goals. Aferdita Mirashi was always smiling and helpful, kind, friendly and hard-working. —Sylvia Beder



Barbara was sent from heaven to help us. —Carol Johnson



The employees were very caring about each individual. They did little things that impressed me like helping open cereal boxes, butter and condiments. —Thomas Peterson



Very kind, compassionate staff of nurses. —Raymond Wistner



My grandmother was one of the original founders and my family has been pleased. On the whole our experiences have been very successful. —Rose Plotkin



I have heard about this place all my life. I taught at Wilson High School and heard about River Garden from teachers, parents and the community. Everything functions here like a magically oiled machine. —Carlotta Ray

Thank You, Volunteers!



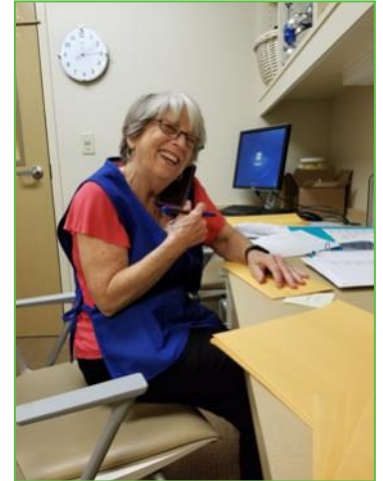
Many of our wonderful volunteers gathered for a photo following the May 2019 luncheon that recognized their annual contribution to our agency.





2019 Recognized Milestones - Lifetime Volunteer Hours

6500 Hours	Sondra Resnikoff
3500 Hours	Bernard Datz
2000 Hours	Nelson Harbin, Ruth Seebol
1500 Hours	Linda Crockford
1000 Hours	Arnold Seebol
500 Hours	Marcia Grado, Mimi Kaufman
100 Hours	Paul Barnes, Rita Chiappetta, Dave Feibischoff, Donald Kupfer, Arlene Rubin, Marilyn Sanger, Karen Sterman





LEFT: Meet 'Jed', also known as Richard Katzman. His music specialty involves up-close drama, as he brings residents on his imaginary cruise ship for a boatload of fun. He croons standard favorites, Broadway and jazz tunes as if you're in a 'Love Song Lounge'. It's absolutely amazing to watch how he captivates his audience.

BELOW: We are already seeing the Music and Memory™ program at River Garden deliver measurable results. Mr. Mibab is living proof that the program works. His personalized music brings him joy, reduces his stress and helps our care team facilitate social connections with him. Overall, he has a greater sense of well-being. We are especially grateful to his family for helping us implement this beneficial program for him.



The Power of Music



Enjoying Art and Each Other

Art has a way of communicating in ways that words cannot always describe, and as experts in healthy aging confirm, expressing ourselves through art is not just good for the soul, it is also very beneficial to our minds and bodies.

“One of the wonderful things about art is that you don’t have to be an artist to enjoy it. Some who have never painted or thought of themselves as artistic can still enjoy its many benefits,” says Chrissy Granados, Expressive Arts Coordinator at River Garden. “The final product is not really that important. The time we spend together give us a purposeful way to connect. It’s a fun way to socialize, share stories and moments in a unique and personal way,” she adds.



Pearl Mack with O'Neil.



Teen volunteer Namitha Yadlapalli with member Sandy Wolf.



The River Garden maintenance team created wooden fish shapes for painting during this art event at The Coves. (L-R) Matt, Ben and O'Neil with Bob Dean and Winnie Libby.

Ceramics Projects Continue to Blossom & Multiply



Sharing the love on Mother's Day.



Over 50 ceramic vases were delivered for moms at Hubbard House.



Jean Dolch receives two piggy banks made by friend, Fran Young.

Some studies suggest the arts can offer health benefits no pill can provide. For those who choose to participate in art projects, enjoy these benefits:

IMPROVED SELF-ESTEEM AND CONFIDENCE
succeeding in a project

RELAXATION
reducing depression and anxiety

SOCIALIZATION
encouraging light-heartedness and a sense of humor

COGNITIVE STIMULATION
awakening the senses and reducing boredom

Sharing Who We Are

On Sunday, April 7th, member Lisette Halpern's daughter in law, Rose Grace, performed in The Coves clubroom. She is a professional pianist and it was a lovely afternoon. Rose Grace also performed some duets with her mother, a classically trained pianist originally from Russia.
Happy Birthday, Lisette!

Ed Safer, former Coves member and presenter extraordinaire, graced us at The Coves to deliver the first in his series of "The Music of Your Lives". With history, humor and upbeat and familiar tunes, he delivered an enjoyable evening to the full house.

We are looking forward to his next presentation!

Twice this Spring, River Garden has welcomed Jerry Seebol, son of members Ruth & Arnold Seebol, and his Jacksonville Acoustic Meet Up Group. This unplugged circle jam [no amplification] is relaxed entertainment for residents and families. All acoustic instruments are welcome and there is a lot of room for listeners, so feel free to join for practice, sharing stories or songs.
Thanks for the added entertainment, Jerry!

'Lunch with Lois' has fast-become a monthly favorite at The Coves. In May, Honorable Harvey Schlesinger, a Senior United States District Judge of the United States District Court for the Middle District of Florida and a River Garden Trustee, shared with us about his court experience, specifically helping us understand the process of a judicial appointment and the role of the Federal judiciary.
This is one smart guy!



If you're working full-time or if your loved one exhibits any of the following, there might be concern for their isolation and/or safety at home alone.

Would River Garden Adult Day help?
Call Tina at (904) 288-7858 to talk.

- Not eating well or forgetting to eat
- Doesn't socialize any longer
- Sleeps most of the day, minimal movement
- Showing signs of short-term memory loss and confusion



In Case You Missed It

Healthy Living for the Brain and Body—May 22

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

One key area we discussed included the research in the areas of diet and nutrition. In short, the new **MIND diet** developed by Rush University Medical Center researchers is associated with a reduced risk for Alzheimer's—up to 88% when followed moderately or strictly. Incorporating these guidelines into your plan for healthy aging is a great place to start on the road to better health:

Eat Daily

Leafy Green Salad

Other Vegetables

Whole Grain

Glass Red Wine

Snack on Nuts

Avoid

Red Meat

Butter & Stick Margarine

Sweets & Pastries

Cheese

Fried & Fast Food

Preserving Independence—Safe at Home—June 12

Overwhelmingly, most seniors want to age-in-place' in the comfort of their own homes. AARP statistics indicate that 90% of people over age 65 want to stay at home for as long as possible. At their statistics estimate that over 12% of seniors 65 and older will need help.

Aside from clinical care, what does 'help' look like? Initially, family and friends can assist with personal care and other services, such as transportation, for free. But as a person's needs increase, paid services may be needed.

In this discussion we reviewed decluttering and safety modifications, medication management and personal care services.

If you'd like a sheet detailing community resources, please reach out to Kari Bell at (904) 288-7855 or kbell@rivergarden.org.



RIVER GARDEN SENIOR SERVICES

LUNCH & LEARN

SUMMER SERIES

You Are Invited

River Garden, Cohen Auditorium

11401 Old St. Augustine Road, 32258

All Dates at 11:30—12:30, RSVP for Lunch

Wednesday, June 26 @ 11:30

Veteran Benefits for Seniors

Presented by Jeff Faulkner, NAVF

Tuesday, July 16 @ 11:30

The Adult Opioid Crisis

Presented by Sherri Cheshire, NEFL AHEC

Tuesday, July 23 @ 11:30

Fun with Photos & Facebook

Presented by the River Garden Summer Teens

Tuesday, August 13 @ 11:30

Age-Smart Home

Presented by Leslie Vlachos, Design 55

Tuesday, August 27 @ 11:30

From Hospital to Home

Presented by Bobbie Jo Mentz, River Garden Rehab

Feel free to bring a friend

RSVP to kbell@rivergarden.org or (904) 288-7855



MAKE YOUR PLAN:

The Cost vs. Benefit of Long-Term, Skilled Care

Making decisions about care for yourself or a loved one who experiences injury, illness and decline in old age is difficult. Yet the projections make it necessary to discuss, as over two-thirds of individuals age 65 and older will require some type of long-term care, according to the U.S. Department of Health and Human Services. No matter what your net-worth category, it's wise to learn about your options.

The idea of nursing home placement is something most people don't even want to consider at first. Certainly, River Garden, too, promotes independent living as long as possible.

Yet when clinical conditions warrant, full-time in-home care can be more costly than you might think. In fact, when needed, a long-term care arrangement from a top-rated Home is likely the best option when someone needs 24-hour, high-quality oversight and nursing.

Consider staffing and security alone. For example, the staff members at River Garden are going to be the ones ensuring your loved one's safety. Employee standards, attitude, expertise and character are extremely important.

Additionally, the costs of long-term care might be more manageable than 24-hour personal care. At first, many older adults pay for care with their own money. They may use personal savings, a pension or other retirement fund,

income from stocks and bonds, or proceeds from the sale of a home. Long-term care benefits may also be utilized. An elder care attorney or financial advisor can guide you best about the varied resources. Even when affordability is not an issue, we encourage families to plan ahead and identify resources for navigating this increasingly common journey.



Surround by a few of her team, (L-R) Bernadeth Palompo, Jorge Tinana, Deborah Gibson and Carina Bautista, Carol Thomas (C) celebrates 28 years of service.

Duval County Emergency Management and Shelter Guide



WWW.JAXREADY.COM

Are you ready? JaxReady—brought to you by the Emergency Preparedness Division and Information Technologies Division of the City of Jacksonville, Florida—will help you monitor weather threats and plan for evacuation in the event of a natural disaster. JaxReady provides access to current threat levels, weather reports, and wildfire updates, as well as up-to-the-minute news feeds for emergency preparedness and evacuation.

EMERGENCY PREPAREDNESS FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

CREATE A NETWORK OF SUPPORT TO HELP YOU IN CASE OF AN EMERGENCY.

- Plan how you will communicate if you have a communication disability.
- Plan for your transportation if you need help evacuating.
- Plan how you will evacuate with any assistive devices.

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- ✓ Contact information for important people and care providers
- ✓ A list of medicines you need, dosage instructions, and any allergies
- ✓ Styles and serial numbers of all medical and assistive devices
- ✓ Need-to-know information for first responders and others who might need to help you



✓ Food, water, and essentials for you and pets or service animals

✓ Medicines, medical supplies, batteries, and chargers

✓ Copies of Medicaid, Medicare, and other insurance cards

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES

- Talk to a health care provider about what to do
- Identify an alternative power source for devices
- Inform your emergency contacts of the plan



Improving Patient Safety Across The Continuum of Care

HELP IS HERE:

Understanding and Engaging in Your Transitional Care

As one ages, a broad spectrum of events can occur. A fall. A complication with medication. A stroke.

Often, an incident brings with it a host of problems and stressors. Families are often caught off-guard and are driven by an emergency room visit or unplanned hospital stay to seek senior care.

Here are a few guidelines for engaging in your care plan:

Typically, traditional Medicare will pay benefits for your emergency room visit or hospital stay. Be sure to check your benefits. Do you have a deductible or limitation on the hospital you choose?

If you have a 'qualifying 3-night stay' you are likely entitled to Medicare benefits at a skilled nursing facility like River Garden. If you do not have a qualifying stay, you will likely be offered Medicare-based home health services for a limited period of time.

While you're in the hospital, in order for River Garden to review your private health records and consider you for admission to our short-stay rehab, **you need to request a referral** be sent by the hospital to River Garden, or to the home health provider you choose. The referral is the means by which your information is shared electronically and this step is usually completed by the Social Worker assigned to you. If you'd like admission to River Garden, please let us know directly! Our Admissions team reviews these hospital referrals regularly throughout the day. Your family can also call our **Admissions office directly at (904) 886-8420** and ask us to 'watch for' the referral.

Discharge from hospital to River Garden or to home requires the successful transfer of information from clinicians to the patient and family to reduce adverse events and prevent readmissions. **Become fully engaged in your health care**, or the healthcare of your loved one. Family involvement can lead to measurable improvements in safety and quality of care.

Ensuring safe care transitions is a primary goal of River Garden. We aim to educate the patient and family in plain language. Here are five key areas to prepare for your best recovery:

- 1) **Describe what life at home will be like:** The location of bedrooms & bathrooms, plans for meal preparation, and availability of emergency services are all worthy of consideration.
- 2) **Review medications:** Mixing of old medications and new medications may cause 'polypharm issues' or 'adverse drug events' that are preventable.
- 3) **Discuss warning signs and problems:** It is estimated that nearly 20% of hospitalized older Medicare patients will be readmitted within 30 days. Be sure you know what might trigger that decision in your personal situation.
- 4) **Understand the prognosis:** While your functional ability is stable and well-enough to be discharged, please understand that you may experience a 'new normal.' You may not be able to do everything you did prior to your hospitalization and rehab stay.
- 5) **Make follow up appointments:** The weeks following hospitalization or rehab remain a particularly challenging time for patients. Closely follow your care plan.



For a bit of fun, our talented rehab nurses dressed in vintage uniforms one day during Nurses Week. Did you know that most nurses stopped wearing this style of uniform in the 1980s? The nurse's white dress soon gave way to pantsuits and then to scrubs, enabling nurses to lift and maneuver patients more easily.

EXCELLENCE IN MANDARIN

Short-Stay Skilled Nursing & Rehabilitation ADMISSIONS (904) 728-5460

If you are in need of post-acute rehabilitation services, you could benefit from River Garden's premier, Medicare-certified programs. We offer private rooms with cable TV and wireless internet included. Our rehab gym provides one-on-one physical, occupational and speech therapies.

- Full-time Medical Staff & Dietician
- 5,000 SQ FT Rehab & Therapy Gym
- 3 Masters-Prepared Social Workers



Here is a list of insurances that we accept as primary payors:

Medicare Parts A & B

Florida Blue

Cigna

Humana

Aetna

NOTE FOR INSURANCE

As of June 2018, we do not have a contract with United Healthcare (UHC). If UHC is your primary insurance, River Garden may be considered 'out of network' and benefits may be limited. We do not bill Workers Comp or Auto insurances. Please have your ID and insurance cards available, so that insurance can be verified and any authorization requirement can be met before performing services.

Dashboard and Metrics

Reported by AHCA (State Inspection Ratings)—Agency for Health Care Administration

Facility	Inspection				Inspection Components				
	Overall Inspection	Quality of Care	Quality of Life	Administration	Nutrition & Hydration	Restraints & Abuse	Pressure Ulcers	Decline	Dignity
RIVER GARDEN HEBREW HOME	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★

Reported by CMS (Federal Inspection Ratings)—Centers for Medicare & Medicaid Services

Facility	General Information			
	Overall Rating	Health Inspection	Staffing	Quality Measures
RIVER GARDEN HEBREW HOME FOR THE AGED	★★★★★	★★★★★	★★★★★	★★★★★

MDS 3.0 Quality Measures Comparison Report

Measure Description	River Garden (%)	Florida (%)	National (%)
Functional Improvement Accomplished (Short Stay)	73.8% *	70.9%	68.2%
Re-Hospitalization After Nursing Home Admission (Short Stay)	26.1%	24.1%	22.3%
Outpatient Emergency Department Visit (Short Stay)	7.1%	10.9%	12.6%
Successful Discharge Back To The Community (Short Stay)	63.4% *	51.9%	53.9%
New/Worse Pressure Ulcers (Short Stay)	1.9%	Not Available	1.7%
Self-Reported Moderate/Severe Pain (Short Stay)	1.5%	9.1%	12.6%
Residents Given Seasonal Influenza Vaccine (Short Stay)	100.0% *	87.8%	82.0%
Anti-Psychotic Medications (Short Stay)	0.3%	2.1%	1.9%

* Higher % is better

74% -- Staff Stability Rate calculated using AHCA criteria // 19% -- Staff with more than 10 years of service with River Garden

98% -- Clients who would recommend River Garden to others

- Full-time Medical Staff
- Full-time Dietician
- 5,000 SQ FT Rehab & Therapy Gym
- Private Rooms
- 3 Masters-Prepared Social Workers
- Access to Programs & Campus Amenities



BEST RATINGS FOR
SHORT-STAY REHAB
LONG-TERM CARE
US NEWS & WORLD REPORT



2018 JOINT COMMISSION
GOLD SEAL OF APPROVAL®
NURSING CARE ACCREDITATION
POST-ACUTE CERTIFICATION



The Best Shows in Town In Front of the Velvet Curtain At The Cohen Auditorium

Quality of life is very important for our residents and guests, and The Life Enrichment Team at River Garden is always planning for our next big event.

Our activity calendars and special events are posted online. Activities are open to our residents, members and families, plus some can accommodate guests from the community. Trust this: Our vibrant campus is made even more lively through performances in the Cohen Auditorium. Hope to see you soon!

<https://www.rivergarden.org/news-calendar/activity-calendars/>





The Auxiliary Closes Out Another Wonderful Year & Welcomes New Board

CLOSING MEETING REMARKS - By Shirley Bielski, Outgoing Auxiliary President

It has been an honor and a pleasure to serve as your Auxiliary president. It has also been a privilege to represent you all on the River Garden board. These past two years went by in the blink of an eye! This past Sunday, my son David, completed his presidency of the Jacksonville Jewish Center. I know he made a difference during his tenure, as I hope I have done, however I also know he did not find his presidency going by as fast as mine did! Definitely not in the blink of an eye! Needless to say I have loved every minute of my term!

I have so much for which to be thankful. I am thankful for a board of committed girlfriends like no other. These women continue to give of themselves with love, dedication and amazing support. We have worked as a most cohesive team, continually adding new and innovative ideas with the goal of enhancing the lives of our residents. You all have a special place in my heart.

Our programs have been varied and different. From learning about mental illness, to the value of adding herbalism and cannabis/cbd oil to our lives. We celebrated Marty's 40th anniversary of service to the home and honored Kathy Osterer during our Tropical Paradise Donor event. We learned about Marsha Pollock's memories of Jacksonville, celebrated 70 Years of Israel and laughed along with Juanita Lolita at our recent Denim Daze special event. We introduced new programming in game days, a social evening, pottery painting, antique valuations, vintage sales and our first-ever calendar which all met with outstanding success. Helping Hands, Tombola, Quarters project, Hospitality for Anniversary Day and holiday events for the residents, plaques, donation cards, used book sales and "let's make a deal" round out all our efforts.

During my term we have given the home a total of \$105,000. It would take too much time to single out every one of you, however I would be remiss if I did not mention Evelyn Peck who took over the gift shop in 2016. She and her incredible group of volunteers have contributed a large part of our contribution to the home. *(By the way, you need to check out the gorgeous new necklaces, summer jewelry and gifts in the shop.)*

The support we have had from the administration has been outstanding. Special gratitude goes to our board liaison, Mauri Mizrahi, who has been invaluable to our board and to me. Thank you so much Mauri for your attention to detail and the love you give to your job. To Kari Bell, thank you so much for all your help. You have been a wonderful addition to the River Garden family. To Kurt Strenger for the wonderful lunches we have enjoyed. He makes it so easy and it such a pleasure to work with him. To our dear Marty for all his encouragement and appreciation of the Auxiliary. There is nothing more exciting than to hand over installment checks to him! Thank you also to our past presidents who have been invaluable cheerleaders with their advice and leadership. Plus, my husband Abe, has been so helpful with his computer advice and all the paper I've "borrowed" from his office.

Mimi, I am thrilled you will be taking over the presidency. I wish you the same joy I have derived from the position. Thank you to your dear husband, Marty, for sharing you with us. You are an inspiration in all that you do and I promise to give you my continued love, respect and support. May you go from strength to strength and may you continue in good health and spirit. Mazel Tov to you, your family and the new board and thank you all!

Shirley



Auxiliary Membership Renews Soon



Barbara Safer with Mimi Kaufman, the new Auxiliary President.



Shirley Bielski presents Marty Goetz with a \$25,000 check.

Since its inception in 1922, the River Garden Auxiliary, then known as the Ladies Hebrew Aid Sheltering Society, has been an integral part of River Garden. The founders would surely be proud of support being delivered to this day!

The River Garden Auxiliary sustains River Garden residents and families through contributions of time and money. Fundraising activities include Tombola, the River Garden gift shop, Donor Luncheon and the Spring Special Event. All proceeds are used to benefit the lives of the residents. Membership is open to all men, women and families whose lives are touched by River Garden. Families of residents are encouraged to join and attend the various events. Volunteering is fun and makes you feel good, but certainly not required.

Membership is just \$25/year. Checks payable to River Garden Auxiliary can be mailed to **Jennie Bermudez, 328 Checkerberry Way, St. Johns, FL, 32259.**

If you need more information about membership, please contact Michele Steinfeld (904) 636-7580 supershoes@aol.com or Carol D'Onofrio (904) 519-0924 caroldonofrio@gmail.com

SAVE THE DATE
Opening Luncheon
September 24, 2019

A bit of laughter is always good for the soul, and the Auxiliary's Special Event entertainer, **Juanita Lolita**, really made us laugh. Her Latin flair and hillbilly background were a crowd favorite. Her comedy focused on observations from everyday life that we can all relate to and she closed out the show with her much anticipated A-to-Z list of 'things she doesn't understand'. Thank you for joining with us for this fun event!



Juanita Lolita (L) with lunch guests Bobbi Miller and Renee Weinstein.

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 to us that River Garden Senior Services is included in their estate planning or who have made a gift to us in their will. If you have remembered River Garden in your estate planning and your name does not appear on this list, please give Beth Wolpoff a call at (904) 886-8410.

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

Anonymous
Janet & Norman Allison
Josh Ashby
Helen Avchin
Jack I. Bear*
Jack Becker*
Sally & Paul* Becker
Vera & Morton* Benjamin
Frances Berney*
Gary Bloom*
Rene Bonnett*
Becky & Benjamin Bromberg*
Laverne & Andy Cantor
Susan & Norman Cohen
Ronald S. Cohen
Marilyn & Bernie Datz
Nancy and Robert Dean
Theresa & Fred Dietsch
Anne DuBow*
Raymond Ehrlich*
Gloria Einstein
Sue & Ron Elinoff
Helen & Joseph Ellis*
Rose & Sidney Entman*
Miriam Frist*
Dorrie & Lanny Felder
Leonard Fink*
Phyllis & Robert Fischer

Lilo* & Harry Frisch
Rose Galin*
Esther & Samuel Galinsky*
Sheldon Gendzier
Susan & Marty Goetz
Michael Gold*
Rose Lee Gold*
Hilda & Sol* Goldman
Marguerite Goldstein*
Chary & Michael Greenburg
Edwin Greenfield*
Ann & Ed Grenadier
Doris Gross*
Polly & Arthur Gutman*
Ray Hardy*
Irma & Joe Horn*
E.J. Helow
Leah Horovitz*
Freda Isenberg*
Robert Jacobs*
Sam Janover*
Evelyn & Milt Kaden
Frank Kahn*
Randy Kammer
Irving Kaplan
Isador Kaplan*
Louis Kaplan*
Josephine J. Kaplan*

Mimi and Martin Kaufman
Mildred Kaufman*
Marilyn & Marvin Kay*
Mrs. Susan Kay
Louis Kottle*
Lillie Ray Levy
Rose Lind*
Deanna & Michael Lissner
Jill & Mark Lodinger
Alberta Marks
Gail Meltzer
Irma Michelson*
Mildred Mizrahi*
Evelyn & Ralph Mizrahi*
Edith Mohre*
Minnie Moss*
Vincent Narducci*
D. N. Oppenheimer*
Carole & Lawrence Ort
Lucille & Irving Oster*
Kathy & Morrie Osterer
Donna & Elliott Palevsky
Anne & Ed* Presser & family
Neil N. Presser*
Sue & Ned Price
Dr. Susan Price
Barbara & Harold* Resnick
Sondra Resnikoff

Ina Richter
Jeanine Rogozinski
Della Rosenberg*
Howard Rosenblatt
Lorry & Paul Rothstein
Hyman Selber*
Harriet & Edwin Safer
Marion Schaul*
Bessie Schriebman*
Hannah Setzer*
Beth & Mark Shorstein
Marilyn & H. C. Sims
A. C. Sinclair
Irene Sloat
Dr. Michael Solloway
Shirley Stone*
Martha & Fred Tromberg
Brent Turbow*
Dorothy & Harry* Verstandig
Dora Weil*
Sylvia L. & Isidore Weiss*
Beth & Howard Wolpoff
Arlene & Evan Yegelwel
Eunice & Barry Zisser

* Of Blessed Memory

RIVER GARDEN EXPERIENCE(D) *Nurturing Our Jewish Treasure*





ALL IT TAKES IS A SIMPLE SIGNATURE

LEAVE YOUR MARK ON THE FUTURE IN ONE STEP

If you've ever opened a bank account, set up a retirement plan, or taken out an insurance policy, you may have completed a form to say who will inherit the money in those accounts someday. Then again, the customer service rep may have forgotten to mention the form.

This opportunity is too good to miss! It's a simple form, done right on the spot, and it keeps your money out of probate. No attorneys, no hassle for your heirs, no extra expenses tacked onto your estate. There's no limit to the amount you can leave someone. And, in addition to naming individuals as your benefactors, you can name a not-for-profit or charity organization. Plus, if your estate is subject to estate and inheritance tax, you may save your heirs up to a 65% tax on your retirement assets!

As you decide who will inherit your accounts, will you please consider including River Garden and our Jacksonville Jewish community along with your loved ones?

It's a simple, yet powerful way to provide long-lasting support for the future of River Garden.

Contact Beth Wolpoff, Annual & Legacy Giving Manager, for more information about how you can make a gift that endures far into the future. It's your money, and you deserve the right to say what happens to it.

bwolpoff@rivergarden.org (904) 886-8410
rivergarden.plannedgiving.org



SAVE THE DATE | RIVER GARDEN FOUNDATION GALA

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.

River Garden is excited to welcome back our presenting 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.

"SunTrust is proud to support River Garden and serve once again as Presenting Sponsor of the River Garden Gala," said Brian Parks, Jacksonville/North Florida Region President. "We share River Garden's commitment to the community and dedication to providing clients with outstanding service and care, and thank you for your support of the important work this organization does in the Jacksonville area."

The evening is co-chaired by Rebekah Selevan and Talie Zaifert along with the fabulous Gala committee. We are honored to have these community-minded, creative and talented young ladies working together to bring you an evening that is sure to be stunning. 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 benefits the residents of River Garden Hebrew Home. For sponsorship details, reservations or more information, please contact Kathy Osterer, Chief Development Officer.

kosterer@rivergarden.org (904) 886-8430

River Garden is a beneficiary agency of the Jewish Federation of Jacksonville





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



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Please remember River Garden and the Jacksonville Jewish Community in your Estate and Legacy Giving

A NIGHT IN *Shanghai*

SATURDAY, NOVEMBER 16, 2019 AT 7:00 P.M.
SAWGRASS MARRIOTT GOLF RESORT & SPA
CHAIRS: REBEKAH SELEVAN & TALIE ZAIFERT

Presented by



BLACK TIE | SILENT AUCTION | DINNER
DANCING | ENTERTAINMENT

RESERVATIONS AND SPONSORSHIPS AVAILABLE NOW

KATHY OSTERER 904-886-8430 OR [KOSTERER@RIVERGARDEN.ORG](mailto:kosterer@rivergarden.org)

WWW.RIVERGARDEN.ORG/GALA-REGISTER  RIVER GARDEN GALA

Get Ready for Gala 2019

You may already have received your 'Save the Date' card in the mail. If not, please mark you calendars now: November 16, 2019 will be the next unforgettable Gala!

Sponsor packages are available now.
Please contact Kathy Osterer for details.
904 886.8430 / kosterer@rivergarden.org

