



River Garden News



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CALENDAR HIGHLIGHTS

- January 22 Auxiliary Donor Lunch at 12:00 PM
- January 23 Planning Ahead at 10:30 AM
- January 30 Cindy Edelman at 10:30 AM
- February 6 Jewish Java at 9:00 AM
- February 7 Rabbi Bahar at 2:00 PM
- February 12 AARP Tek Workshops All Day
- February 13 Rabbi Feigenbaum at 10:30 AM
- February 17 Jewish Genealogy at 10:30 AM
- March 6 Jewish Java at 9:00 AM
- March 7 Rabbi Bahar at 2:00 PM
- March 12 Susan Brandenburg at 10:00 AM
- March 24 Anniversary Day at 3:00 PM
- May 1 River Garden Annual Golf Classic
- May 14 Auxiliary Event 'Denim Daze'

See complete event listing on Page 17.

Winter 2019
Volume 75

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:
Pearl Mack, Member of
The Coves, with Noah
Rosenbaum, Torah
Academy student.

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

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Gloria Einstein, President
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Mark Lodinger, Secretary
Ed Grenadier, Treasurer

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The Coves at River Garden

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

River Garden Receives Professional & Consumer Recognition

Throughout the year, River Garden performance measures are reviewed by key organizations to evaluate our standards of care. In the Fall, we announced our receipt of the Joint Commission accreditation, which is a significant accomplishment. Now, we are pleased to share that our care center has received the highest possible ratings by US News and World Report for both long-term and short-stay services and has been voted 'Bold City Best' by the Jacksonville community.



Insurance accepted as primary payors: Traditional Medicare, Aetna, Florida Blue, Humana, Cigna.

Inside Line

By Martin A. Goetz, Chief Executive Officer

The horrific events that unfolded last year in Pittsburgh will resonate for years within Jewish communities. The randomness of the attack is truly frightening and reminds us that this kind of pure evil could occur anywhere. Indeed, it has. We must look for leaders to build bridges and not walls within our country. And those who refuse, or are incapable of helping us become a more civil society, need to step aside so that others can step-up.

In early April, at the national conference of the Association of Jewish Aging Services (AJAS), Dr. Ronald Elinoff will be recognized as the “2019 AJAS Trustee of the Year.” This is the first time a River Garden board member will receive this award and we are very proud of Ron. We’re especially proud that colleagues from throughout North America have recognized the quality of governance in our community.

We’re also proud to recognize staff member Yvette Neal as the recipient of the “2019 Minnie Schreiber Staff Leadership Award.” Minnie Schreiber was the first female president of our board (1976-78) and a passionate supporter of staff excellence. Yvette is a 20-year member of staff and works in our therapy department. Her portrait will hang for a year in our Price Family Welcome Center.

Our 2018 Foundation Gala, “A Night Under the Big Top” was a smashing success. A very special thank you to Rachel & Colman Brodsky for chairing the event and to a Gala committee that is

the envy of all. All of the funds raised at the Gala are used to help offset the shortfall attributed to inadequate Medicaid funding.

We welcome Sandy Zimmerman as our 73rd Anniversary Day chair. At our annual meeting on Sunday, March 24th, we will be thanking Jeanine Rogozinski, who completes her service as president of River Garden Foundation. Jeanine is an inspirational leader and it has been an honor to work with her. Gloria Einstein continues as president of River Garden Senior Services, Susan Cohen as president of River Garden Hebrew Home and Dennis Lafer as president of The Coves at River Garden. A very special thank you to all of our lay leaders who give so generously of their time and talents.

Congratulations to Myron Flagler, my newly retired colleague at the Jewish Community Alliance, who is being honored by OneJax on April 11th with the prestigious Silver Humanitarian Award.

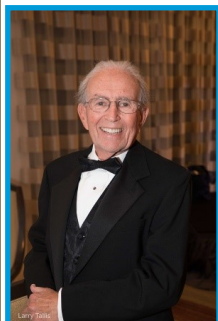
Please mark your calendars to join us for Anniversary Day and the annual meeting of River Garden Senior Services on Sunday afternoon, March 24th. I trust you will enjoy this wonderful event.

I hope you enjoy this issue of River Garden News.



Having your assistance is allowing mom to maintain more independence, and I feel good knowing she is being well taken care of. Your assistance has allowed my husband and me to vacation without worry. Everyone is wonderful caring and kind.

-Julia Pickren, Family Member of Home Health Client



Congratulations to **Dr. Ron Elinoff**, our long-time friend and supporter, on being named Trustee of the Year by the National Association of Jewish Aging Services. Ron will formally accept his award at the 2019 AJAS annual conference in San Diego, California.



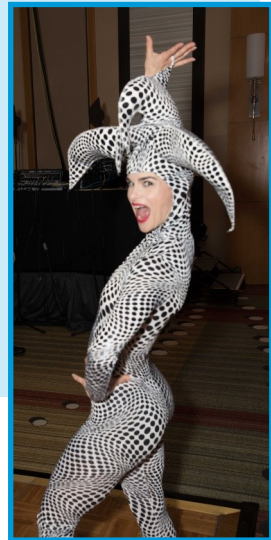
We'd like to extend our heartfelt thanks to **Michael Price** (L) for his many years of golf tournament leadership. Together with Mark Lodinger, Michael has grown this annual event into a key agency fundraiser. Now, he's handing off his responsibilities to Tom Harris, but—not to worry—we'll still see Michael on the course May 1st.

Remembering

'A Night Under The Big Top'

The 2018 River Garden Foundation Gala, **A Night Under The Big Top** was a huge success. Almost 600 guests enjoyed fabulous cocktails, great silent auction finds, dinner, dancing and entertainment galore. Along with the great sounds of the *All In One Band*, attendees were enthralled with the talents of our friends from *Bittersweet Studios*...ladies on silks and lyra, swings in the air, a stilt walker, magicians, jugglers and a contortionist. There was something for everyone. The evening closed with late night dessert, champagne and pizza. More than \$242,000 net was raised to benefit the residents of River Garden.

Thank you to everyone who helped make this evening a wonderful success. Special acknowledgements to our Premier Gala Sponsor **SunTrust**, our Chairs **Rachel and Colman Brodsky** and their wonderful committee. If you want to get in on the fun, save the date for next year **November 16, 2019** at Sawgrass Marriott.



Guests under 40 years old were invited to join the fun at our annual gala with a reduced ticket price of \$175. We were especially excited to see the turnout. This next generation represents a significant piece of our future and developing relationships between young and old is an important part of the River Garden culture.

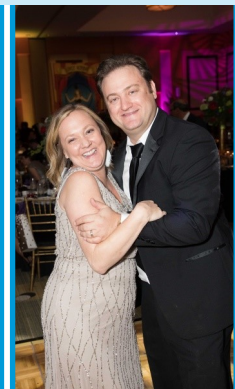
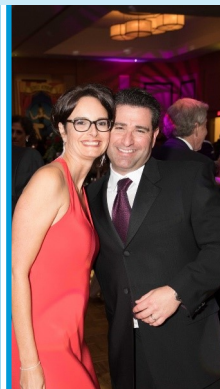


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Nancy & Seeman Zimmerman



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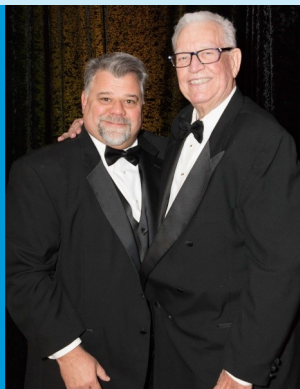
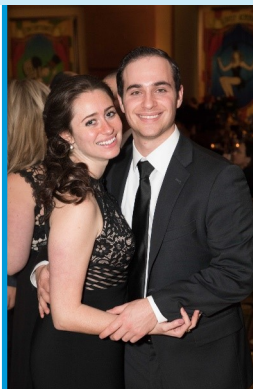
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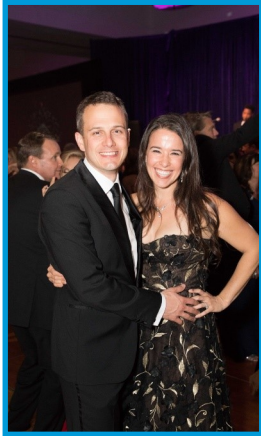
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Maxine & Don Romo	Dr. Skip Wilson & Judy Wilson
Dr. Howard & Muriel Rose	Arlene & Evan Yegelwel





Thank you to all who joined at the 2018 Gala. We'd also like to recognize the River Garden Auxiliary for donations to the Home of \$55,000 for 2018, the Jewish Federation of Jacksonville for an allocation of \$177,607 from the 2018 campaign, The Ruby Diamond Foundation for the generous donation of \$4,800 and the Weinberg Foundation for ongoing annual support.

www.rivergarden.org/foundation



Kathy Osterer
Chief Development Officer
kosterer@rivergarden.org

REGISTER NOW!



23rd Annual River Garden Golf Classic
 Wednesday, May 1, 2019 ■ Deerwood Country Club
 Chairs: Mark Lodinger and Tom Harris

We proudly welcome back Title Sponsor
Janne and Jody Brandenburg ~




Make Your Reservations Today!

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





Michelle Branly
Development Associate
mbranly@rivergarden.org
904-886-8431



Photo Credits: Larry Tallis

rivergarden.org

Are You A Secret Admirer of River Garden?

Please, let us in on your secret!

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

Philanthropic support from people like you helps us ensure that River Garden continues to be the top-rated health care facility for older adults in Florida.

Thank you. We couldn't do it without you!

P.S. We admire you back—no secret about it!



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

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

Guardians of Tomorrow as of November 30, 2018

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					Eunice & Barry Zisser

*Of Blessed Memory



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May 1, 2018 - November 30, 2018

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* Of Blessed Memory

We deeply regret if we inadvertently omitted a donation.





Volunteers were treated to an end of the year gift: A personal tour of the Augusta Savage exhibit at The Cummer Museum. It was the perfect opportunity to share an afternoon with fellow volunteers.

It Takes A Village....

It takes an entire ‘village’ of people in order for the River Garden campus to work well. Excellent employees and financial supporters are critical. But that’s not all. The agency is bolstered by the hands & feet of many people who contribute physical and mental energy—all lending to the superior services we provide.

With that in mind, how **would you like to become involved with River Garden?**

Please contact Leslie Held, Director of **Jewish Life and Volunteer Services**, if you’d like to participate in one of our many programs. She will match your interests with your time and talents, and you’ll be contributing to the greater good in no time! Leslie can be reached via email at LHELD@rivergarden.org or 904-886-8429.

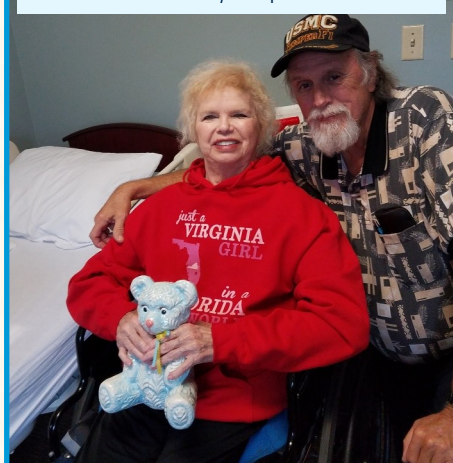
The **River Garden Auxiliary** is another delightful way to engage with River Garden. Throughout the year, the Auxiliary meets for fun and fellowship, always keeping in mind their goal to raise money for the Home.

Most recently, the Auxiliary hosted a ‘Pottery Palooza’ night. One short-stay rehab resident, Anna Miller, wanted to join the party. Together with her husband, Bill, they painted a beautiful blue bear which was delivered to Anna in her room less than a week later. Anna has returned home now—happy & healthy—along with her souvenir bear.

For more information about the River Garden Auxiliary or their upcoming events, contact President Shirley Bielski at SHIRLEY_BIELSKI@yahoo.com or check the River Garden event calendar on Page 17.



Anna & Bill Miller ‘make-and-take’ their teddy bear piece!



(L-R) Auxiliary event leaders Barbara Safer, Rhoda Goldstein and Lois Chepenik.

Minnie Schreiber Staff Leadership Award

At River Garden's annual staff holiday party on Tuesday, December 18, CEO Martin Goetz announced Yvette Neal as the 2019 recipient of the prestigious "Minnie Schreiber Staff Leadership Award."

Yvette is a 20-year member of staff and works in River Garden's award winning Therapy Center as a physical therapy assistant.

About Minnie Schreiber: Minnie Schreiber was president of the River Garden Hebrew Home Board of Directors from 1976-78. The first woman to serve as board president, Minnie was a professional microbiologist by training and a lifelong champion of River Garden. Minnie understood that in order to have excellent resident care you had to have a care staff that always felt cared about. Upon Minnie's death the board established this award in her name to recognize a staff member who would serve as a role model to all in pursuit of excellence in resident care.

During 2019 Yvette's portrait will hang in our Price Welcome Center.

Past Past winners of the Minnie Schreiber Award include Lori Donley, Maria Natovich, Narin Chea, Tina Tadros, Jorge Tinana, Kelli Walker, Maxine Legg, Fadil Huskic.



Yvette Neal has been loyal to River Garden for twenty years. In her spare time, she enjoys singing and participating in her church activities. She is a well-loved sister and daughter.

Key Members of the Team



Dr. Marcella Dobren (L) has been a member of our River Garden medical team for nearly five years.

Dr. Rebecca Andrew (R) joined the River Garden team in November 2018. They manage care for 180 patients in our home & rehab, plus attend to the primary care of many Coves' Members.

Since 2012, River Garden has enjoyed a purposeful and strong alliance with Baptist Health. One primary benefit of partnering with Baptist is having two doctors on-site. All together, we're able provide smooth transitions from one setting to another, delivering the finest care to seniors in the community.



I have been singing your praises to all my family and friends.

-Linda Christie, Former Short-Stay Rehab Patient



Kimberly Jones, HR Assistant



Kristen Hartley, MSW



Susan Schanen, LCSW, MSW
Director of Social Services





The Resident Council at River Garden is pleased to announce its 2019 officers (L-R): President Betty Infeld, Vice President George Klein and Secretary Fran Young. These officers will serve a term of one year. We are very excited about the Residents' most recent philanthropic project—making ceramic piggy banks for the patients at Wolfson Children's Hospital. The banks will be filled with small change and presented in early February. The children use the money to purchase treats from the 'Wolfie-Wagon' snack cart.

Need Short-Stay Rehab? Please Request River Garden

If you've been in Jacksonville a while, you might recall Karyn Phillips delivering fresh bagels and nosh to JCA for her Jacksonville customers. You see, Karyn is a former owner of Best Bagels & Deli.

Her family-run Palm Coast deli had an excellent reputation for varied and top-quality food, along with generous portions. Many from the Jacksonville Jewish community frequented the shop to enjoy its New York-style flavors—including Marty Goetz. Unfortunately, Karyn's family had to close the deli, leaving many customers, including the Goetz family, hankering for its treats.

Fast forward to now.

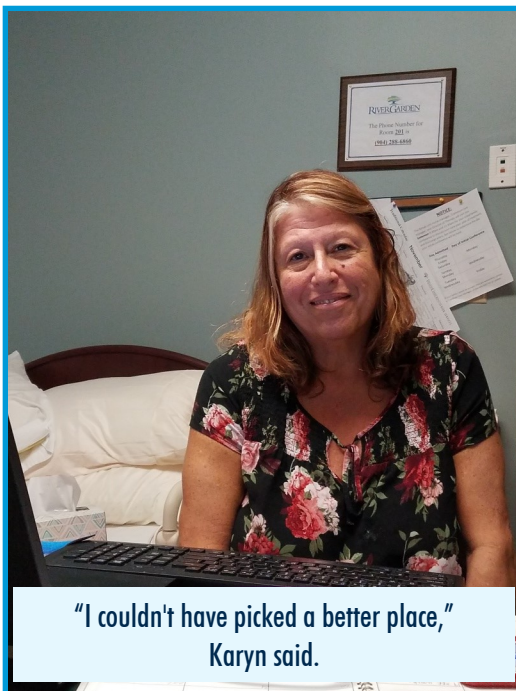
Karyn was visiting a friend in Jacksonville when she took a fall in the shower. Considering her options for rehab, she requested River Garden, recalling its Gold Seal awards and her past customer, Marty Goetz, whom she thought might still work at River Garden.

Marty was glad to receive the call, remembering that back in the day Karyn had delivered excellent food. Now he could return the favor by delivering excellent care at River Garden.

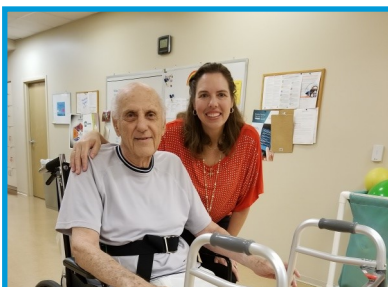
During her stay Karyn completed extensive physical and occupational therapy. She continued working on her laptop while she was here, and she added much fun to her dining table companions. She complimented the caring, clean and empathetic approach. Karyn has returned home now, maintaining a small psychology practice, and working with a Texas-based non-profit based that helps combat wounded military.

Thank you for letting us serve you, Karyn.

Remember, you have a choice where you go for short-stay rehab: Choose River Garden.



*"I couldn't have picked a better place,"
Karyn said.*



Statistics indicate that 25% of Americans over age 65 will fall each year. If you experience a fall and need in- or outpatient rehab, please request River Garden for therapy.

Coming in February



Digitally Connected

February 12, 2019—Choose Your Session
at River Garden Cohen Auditorium

More and more adults are using the online world to stay connected and seek out information. That's why River Garden has partnered with AARP to host **complimentary** "TEK" sessions on February 12, 2019. Sign-ups are managed online by AARP. Please look closely for the specific session you'd like to attend and sign up a.s.a.p., as space for each session is limited.

<https://learn.aarp.org/in-person-learning>

Yes, you may register for both topics.

INTRO TO IPAD

10:00 AM OR 2:30 PM

BEYOND THE BASICS

12:00 PM OR 4:30 PM

FAQ

Who can attend?

Anyone can attend, regardless of age or AARP membership status.

How many guests can I bring?

Attendees can register up to five (5) guests.

Is there a cost for this event?

No, but all participants should pre-register.

What time should I arrive?

We recommend arriving at the event 15 minutes early.

How long does the workshop last for?

The workshops are approximately one (1) hour long.

Should I bring my own device?

No, AARP TEK will issue you a device for hands-on training that is for your use during the class.

Do I need to register for this class?

Yes. Register online, or call 1-866-740-6947.

Can I bring my Child or Grandchild to this workshop?

Please Do Not Bring Small Children. We want to have a quiet learning environment for this workshop.

Does AARP offer a discount if I would like to purchase one of these devices?

Since these classes are a learning experience and not a sales event, these devices cannot be purchased on-site. Some AARP partners do have special discounts on Smartphones and Tablets. Go to www.aarp.org for more information.

How do I become a member of AARP?

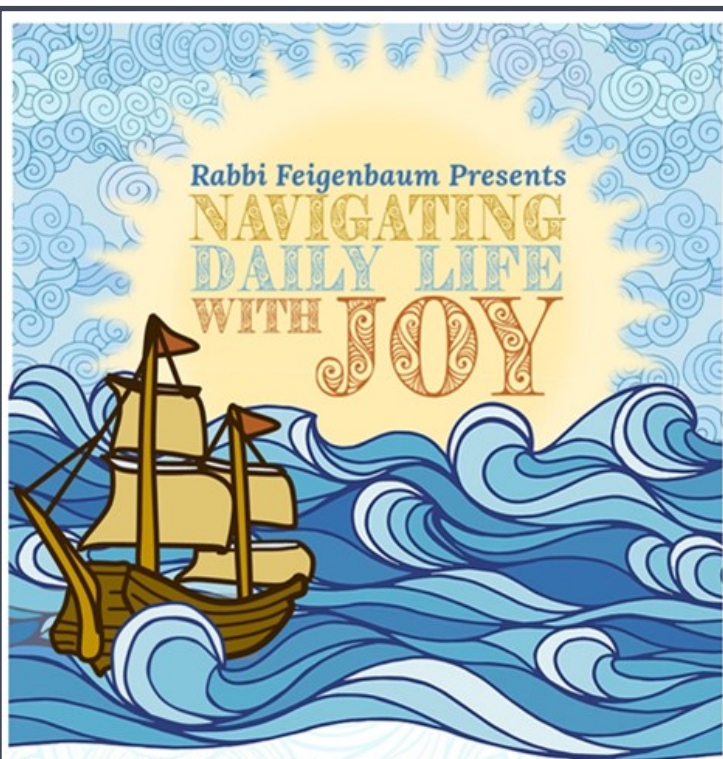
Call AARP at 1-888-OUR-AARP to sign up for an AARP membership or visit our website at www.aarp.org. Membership is not required for registration.

FYI: This event is for iPad only. We may be able to host a follow-up event for Android smartphones in the future.

Coming in March

"Remember Who You Are" with Susan Brandenburg—March 12 at 10:00 AM / Cohen Auditorium

Susan Brandenburg is an award-winning biographer who has partnered with many local leaders to pen personal and family histories, like Use Your Head with Hans "Harry" Frisch. For this community event, she'll be sharing some of her writing techniques so that you, too, can begin writing your autobiography as a legacy.

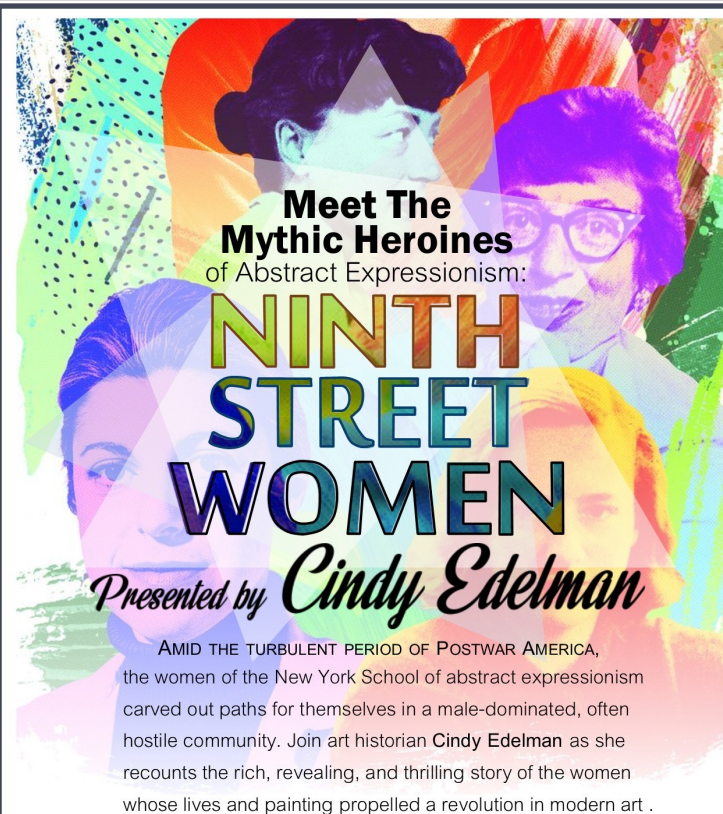


Rabbi Feigenbaum Presents
**NAVIGATING
 DAILY LIFE
 WITH JOY**

This 4-part discussion group led by Rabbi Avi Feigenbaum will provide a framework for infusing greater meaning into our lives.

Join us for Part 1:
The Difference Between Self and Self-Esteem
 Refreshments will be served.
 RSVP by 1-7-19 to Laura Platzer:
 886-8429 or lplatzer@rivergarden.org

JAN. 16th
10:30 AM
 River Garden
 Cohen Auditorium



**Meet The
 Mythic Heroines**
 of Abstract Expressionism:

**NINTH
 STREET
 WOMEN**

Presented by Cindy Edelman

AMID THE TURBULENT PERIOD OF POSTWAR AMERICA, the women of the New York School of abstract expressionism carved out paths for themselves in a male-dominated, often hostile community. Join art historian Cindy Edelman as she recounts the rich, revealing, and thrilling story of the women whose lives and painting propelled a revolution in modern art.

WED. JANUARY 30TH, 2019 \ 10:30 AM

RIVER GARDEN COHEN AUDITORIUM
 11401 OLD ST. AUGUSTINE RD.

RSVP by 1/17/19 to Laura Platzer: lplatzer@rivergarden.org or 886-8429



UPCOMING EVENTS

- January 16 Rabbi Feigenbaum at 10:30 AM
- January 21 Tu B'Shevat
- January 22 Auxiliary Donor Lunch at 12:00 PM
- January 23 Planning Ahead at 10:30 AM
- January 30 Cindy Edelman at 10:30 AM
- February 6 Jewish Java at 9:00 AM
- February 7 Rabbi Bahar at 2:00 PM
- February 12 AARP Tek Workshops All Day
- February 13 Caregiver Support at 3:30 PM
- February 13 Rabbi Feigenbaum at 10:30 AM
- February 17 Jewish Genealogy at 10:30 AM
- February 20 Be Scam Smart: Identity Theft & Cons at 11:00 AM
- March 6 Jewish Java at 9:00 AM
- March 7 Rabbi Bahar at 2:00 PM
- March 12 Susan Brandenburg at 10:00 AM
- March 13 Rabbi Feigenbaum at 10:30 AM
- March 20 Caregiver Support at 3:30 PM
- March 20 Rabbi Rosenblum Purim Presentation at 10:00 AM
- March 21 Purim
- March 21 Megillah Reading with Rabbi Merrill Shapiro at (AM)
- March 24 Anniversary Day at 3:00 PM
- April 3 Jewish Java at 9:00 AM
- April 4 Rabbi Bahar at 2:00 PM
- April 19-27 Passover
- April 29 Entman Seminar featuring Rabbi Dr. Akiva Tatz (AM)
- April 30 Entman Seminar featuring Rabbi Dr. Akiva Tatz (PM)
- May 1 River Garden Annual Golf Classic
- May 14 Auxiliary Spring Event 'Denim Daze'

Tu B'Shevat, the Jewish New Year for the Trees, is a time of appreciation for renewed growth and a reminder of our connection to the land. Just as a tree is nourished through its roots, the vitality of our campus is due to all those who support it. Thank you.

In March, we celebrate **Purim** in recognition of the hidden miracles that allowed Esther and Mordecai to save the Jews from destruction. It is an opportune occasion to reflect on the power of small moments to turn into unexpected blessings.



Getting Older: Healthcare 411

Fall Prevention

As you probably know, falls are quite common for older adults. Especially for women, falls can occur beginning in their 50s. General statistics show that 1-in-4 Americans over age 65 falls each year and a growing number of older adults **fear falling**, hence limiting their activities and social engagements.

Falls, with or without injury, carry a heavy quality of life impact, and fear of falling can result in further physical decline, depression, social isolation and feelings of helplessness.

The best preventative for falls is staying active. Take walks, do strengthening exercises or practice balance techniques. Check your eyesight and your footwear. This is a wonderful time to assess your situation and set yourself on a positive course for a happy and safe new year.

Ask about Rehab or Fall Assessment services: 904-886-8454

Some Facts About Dementia

Dementia is not a specific disease. Instead, dementia describes a **group of symptoms** affecting memory, thinking and social abilities severely enough to interfere with daily functioning. More specifically, dementia indicates problems with at least **two** brain functions, such as memory loss *and* impaired judgment or language *and* the inability to perform some daily activities such as paying bills or becoming lost while driving. Though memory loss generally occurs in dementia, **memory loss alone doesn't mean you have dementia.**

Memory loss that is a normal part of aging might be noted by your physician as Normal Age-Related Forgetfulness (NARF) or Mild Cognitive Impairment (MCI). However, with extended symptoms, a doctor or neurologist might diagnose one of many progressive dementias.

Alzheimer's disease is the most common cause associated with progressive dementia. Other dementias that worsen over time include vascular dementia, Lewy body dementia and frontotemporal dementia. Additionally, dementia can be linked to these other conditions:

- Huntington's disease;
- Creutzfeldt-Jakob disease;
- Traumatic brain injury;
- Parkinson's disease.

Lastly, if you or a loved one is experiencing some dementia-like symptoms, don't jump to conclusions, as symptoms may wane with treatment. Infections and immune disorders, metabolic problems and endocrine abnormalities, nutritional deficiencies, reactions to medications, poisoning, alcohol or recreational drugs abuse, brain tumors and anoxia/hypoxia can sometimes present similar symptoms. **Bring your questions: Adult Day & Caregiver Support 904-288-7858 - River Garden Frisch Pavilion**



Critical Information to Talk About

Often adult children do not become aware of their parents' healthcare needs until they are in the midst of crisis. It's the classic "you don't know what you don't know" scenario, when you are caught in a situation where you have to learn new vocabulary, access new resources, meet new medical specialists and more.

If you're over 40, it's definitely time to start talking to your parents and friends about your next season of life—whether you like it or not. It's a good practice to know of and learn about any conditions that might run in your family and learn how to treat those ailments before they become problematic.

Try not to be embarrassed. Even discussing simple conditions like joint pains, worsening bladder control or the need for nutritional supplements can be helpful. Later in life, whether caring for a loved one or yourself, you may be able to build on information you learn. **Start here: January 23rd at 10:30 AM "Planning Ahead" - River Garden Cohen Auditorium**



Creative Minds Program Begins at The Coves

The Life Enrichment Team at River Garden and The Coves is simply fantastic! In their newest venture, Cheryl Fisch (Coves Coordinator) is teaming up with Kristin Spinner (Wellness Coordinator) to deliver a Friday morning series called 'Creative Minds'. The focus of group will be expressive art.

At the core of expressive arts is the concept of "poiesis", a Greek word that is the root of the word poetry, which refers to the natural process of moving from everyday expectations into the world of imagination and creativity. That said, a person who practices expressive arts is not required to have any artistic ability. Rather, it is through the use of the individual's senses that the imagination can process, flourish and invigorate. Creativity becomes a new road to emotional health.

Classes will be held weekly, mostly on Fridays, at 11:00 AM in The Coves Club Room. The activities will be varied and fun, encouraging Members to learn new and different ways to self-express. If you have questions about this new program, please contact Cheryl Fisch at 904-886-8936 or CFISCH@rivergarden.org.



River Garden Hebrew Home team is pleased to announce its recent certification as **MUSIC & MEMORY®** Program providers. The program is based on research detailing the therapeutic benefits of personalized music and demonstrates yet another River Garden commitment to person-centered care. The first 'pilot group' will begin in January 2019, with additional residents engaged throughout the year. If you would like to learn more about this initiative, please contact Lisa Poremba, Director of Life Enrichment, at LPOREMBA@rivergarden.org.



Thanks to the many groups, like the Jacksonville Children's Chorus (pictured here), who share their musical talents.

Home Health: A Trusted Team To Support You



As you age at The Coves, you or your family may find tasks that were once simple often become difficult to complete without assistance. Or, you may have a medical condition that requires support. In order that you can enjoy life in your familiar apartment setting, please reach out to the River Garden Home Health team for help. The River Garden nurses and caregivers are top-quality, skilled professionals who will work with Members and families to develop a plan for care that suits the situation.

Home Health Care 904-288-7851

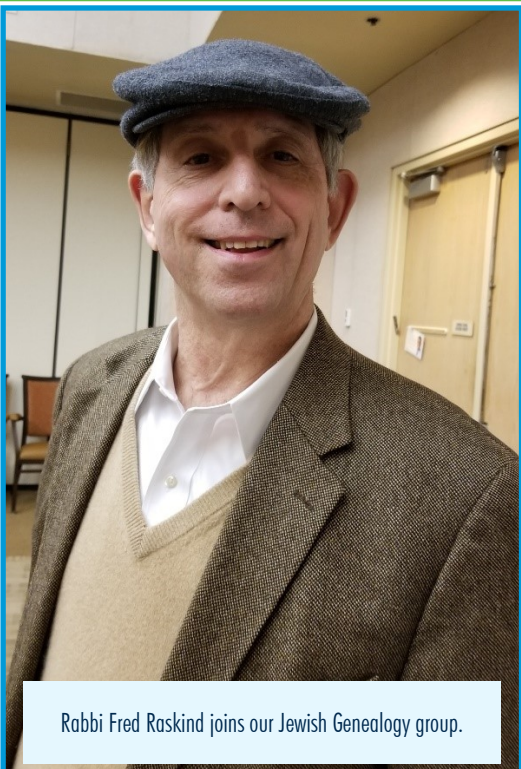




Rabbis from the Kollel bring their families and joyful music to the Residents.



Families from the Jacksonville Jewish Center spend their Mitzvah Day with Residents.



Rabbi Fred Raskind joins our Jewish Genealogy group.



Hanukkah Bingo at The Coves. Thanks to the youth from Jacksonville Jewish Center and The Temple for making us laugh. Somehow, these games never get old.



DuBow Preschoolers feast on jelly donuts after delivering an adorable Hanukkah performance



Laura Platzer, Assistant for Jewish Life and Volunteer Services, leads a weekly 'Torah Portion' study group.

River Garden has a goal to share what we do best—senior life & care—with our neighbors both in and out of the Jewish community. If you know of a group that would benefit from our services or that would like to attend our educational events, please let us know. We'd be happy to make a connection.

Leslie Held
904-886-8429 or LHELD@rivergarden.org

Kari Bell
904-288-7855 or KBELL@rivergarden.org



Calling All B'nai Tzedek Fundholders

If someone in your family is a B'Nai Tzedek fundholder, you should have received a ballot in early December from the Jewish Federation of Jacksonville. The fundholders are asked to vote for one of three community projects submitted by local Jewish agencies, including River Garden, to receive a Life and Legacy Grant. Voting can only be done by paper ballot, so if your

family member did not receive a ballot, call the Federation and request one. You can read the full grant proposals at

JEWISHJACKSONVILLE.ORG/NEXTGENGRANTS

Please complete the ballot and return it no later than January 30, 2019, to the Life and Legacy Office at 8505 San Jose Blvd, Jacksonville, FL 32217.

Q? Kellie Smith 904-512-3796

jewishjacksonville.org/nextgengrants



New For Medicare 2019

PLEASE READ

As you probably know, the initial Medicare open enrollment period ended on December 7, 2018. But, did you know that you still have time to change your mind? Starting in 2019, there's more time to enroll (or disenroll). A new *Medicare Advantage Open Enrollment Period* will run from January 1 – March 31, 2019, so even if you've already enrolled, you still have a one-time opportunity to:

- Drop your Medicare Advantage plan and **return to Original Medicare, Part A and Part B;**
- **Sign up for a stand-alone Medicare Part D Prescription Drug Plan only if you return to Original Medicare;**
- **Switch to a different Medicare Advantage plan.** (You cannot switch from Original Medicare to a Medicare Advantage plan.)

Generally, River Garden thinks Original Medicare delivers the best benefits. However, everyone with Medicare, family members and caregivers should visit Medicare.gov, the Official U.S. Government site, for the latest information on Medicare enrollment, benefits and other helpful tools.

In addition to private pay, **River Garden accepts**
Original Medicare, Aetna, Florida Blue,
Humana and Cigna plans as primary payors.



SOURCE: <https://www.cms.gov> and [Medicare & You 2019](#)
pages 57-58, 65-66, 69-72.



RIVERGARDEN | SENIOR SERVICES

Rehabilitation | Adult Day Care | Home Health Care | Long-Term Care | Memory Care | Independent Living

Dashboard and Metrics

Updated December 26, 2018

Skilled Nursing Facility Inspection Ratings

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)	77.3%*	70.5%	68.0%
Re-Hospitalization After Nursing Home Admission (Short Stay)	24.3%	23.8%	21.9%
Outpatient Emergency Department Visit (Short Stay)	6.2%	10.6%	12.4%
Successful Discharge Back To The Community (Short Stay)	63.7%*	52.0%	54.0%
New/Worse Pressure Ulcers (Short Stay)	1.5%	0.5%	0.9%
UTI - Urinary Tract Infections (Long Term)	2.2%	2.9%	3.0%
Physical Restraints (Long Term)	0.0%	0.3%	0.4%
Worsening Ability to Move Independently (Long Term)	12.6%	16.9%	18.2%
Excess Weight Loss (Long Term)	3.9%	7.1%	7.0%
Anti-Anxiety or Hypnotic Medication (Long Term)	21.0%	25.5%	21.6%
Self-Reported Moderate/Severe Pain (Short Stay)	1.7%	9.3%	12.8%
Self-Reported Moderate/Severe Pain (Long Term)	0.2%	3.6%	5.7%
Residents Given Seasonal Influenza Vaccine (Short Stay)	100.0%*	87.3%	81.8%
Residents Given Seasonal Influenza Vaccine (Long Term)	98.9%*	94.4%	95.2%
Anti-Psychotic Medications (Short Stay)	0.3%	2.1%	1.9%
Anti-Psychotic Medications (Long Term)	11.1%	14.5%	15.0%

* Higher % is better

No clinical care deficiencies -- 6 consecutive annual AHCA/CMS inspections

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



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



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



EIGHT-TIME RECIPIENT OF THE PRESTIGIOUS
GOVERNOR'S GOLD SEAL AWARD
FOR EXCELLENCE IN LONG-TERM CARE



Meaningful Relationships



Members of The Cores Welcome 2019

The 2nd Annual Vintage Heirlooms and Jewelry Sale is on Anniversary Day, March 24, 2019.

Last year's event was a H U G E success!! Thanks to all who graciously donated goods and helped with the sale.

In order to have another fun event, we need merchandise to sell.

We are looking for jewelry (costume, designer, or whatever heirlooms you care to donate), purses, scarves, perfumes—anything that will make someone else happy that you no longer wish to keep for yourself.

Please take some time to go through your closets, drawers, garages and wherever else you have things that

you no longer use. Kindly mark your items "Vintage Sale-Betty Fastenberg" and bring them to the River Garden Gift Shop.

For more information, contact.

Betty Fastenberg

904-655-4164

befastenberg@gmail.com



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



Rachel & Colman Brodsky,
Chairs for the 2018 Gala,
orchestrated a wonderful
'Night Under The Big Top'
for nearly 600 guests.
With the support of their
Committee and the
generosity of sponsors,
donors and bidders,
they raised more than
\$242,000 for River Garden
Hebrew Home. These funds
help support residents in our
home who may not otherwise
be able to afford our care.

Thank You!

"It is possible to give without loving, but it is impossible to love without giving." — Author Richard Braunstein