



# River Garden News



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## CALENDAR HIGHLIGHTS

- Feb 5 Jewish Java  
9:00 AM  
RSVP (904) 224-1408—Isabel
- Feb 9-10 Tu B'Shevat
- Feb 12 Caregiver Support  
with Dr. Sue Krall  
3:30 PM
- Feb 12 Jewish Genealogy  
6:00 PM  
RSVP jgsnefl@gmail.com
- Feb 18 'Driving Evaluations Q&A'  
Dr. Luther King (UF)  
11:30 AM  
RSVP for Lunch (904) 288-7855
- Feb 23 Congregation Ahavath Chesed  
Talent Show  
2:00 PM  
RSVP (904) 886-8429
- Feb 26 'For the Love of Art: Love Letters'  
Cindy Edelman  
10:30 AM  
RSVP (904) 886-8429
- Feb 27 'All About Ortho'  
Dr. Phillip Bell (JOI)  
11:30 AM  
RSVP for Lunch (904) 288-7855
- Feb 28 Shabbat with Hazzan Holzer  
and Kol Train  
4:00 PM

See Page 26-27 for more events.  
Please watch the River Garden website  
or Facebook page for details.



## 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**  
**guests Barry & Eunice**  
**Zisser.**

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](mailto:kbell@rivergarden.org) or  
(904) 288-7855

## Boards and 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

## 2020 Resident Council Officers

The Resident Council meets monthly to discuss activities and collaborates to positively impact the lives of all residents in the Home.



"Hand in hand, sharing and caring, we meet each new day together. How successful we are and how sweet it continues to be. We are a family of friends."

~ Judy Paul

*Hebrew Home Board Member and  
Representative to the Resident Council*

George Klein, President (Seated)  
Jean Euler, Vice President (C)  
Emma Collings, Secretary (R)  
Janice Hayflick, Treasurer (L)

## Inside Line

By Martin A. Goetz, Chief Executive Officer

While we are continually reminded that the American economy is doing well, the situation for health care providers is anything but certain. With declining reimbursements, increasing government regulations, and a nursing shortage that has risen to a national crisis, virtually every sector in health care is under stress. Especially troubling has been the number of not-for-profit providers – hospitals and nursing homes alike, including some that are Jewishly sponsored – that have been sold to private interests or simply closed. Not-for-profit care communities such as River Garden require ongoing community support and excellent leadership. Our boards, volunteers and staff are united in support of our mission, vision and values.

As River Garden completes its 74<sup>th</sup> year, we need everyone to stand with us in nourishing and supporting our agency. And so if you are not yet a donor, please make a contribution to River Garden Home. And if you haven't joined the River Garden Auxiliary, then please become a member or better yet, a life member. Most importantly, if you haven't yet included River Garden and the Jacksonville Jewish community in your estate plans please do so. Our agencies are only as strong as the community that supports and nourishes us.

As this issue of the River Garden News was about to go to press, we were notified by the Agency for Health Care Administration (AHCA) that Governor Ron DeSantis has awarded River Garden an unprecedented 9<sup>th</sup> "Gold Seal Award

for Excellence in Long Term Care." River Garden has been designated as a Gold Seal Home every year since the award was created in 2002. A very special thank you to our extraordinary staff, boards, residents and supporters for making River Garden such a fine care community.

Please mark your calendar to join us on Sunday, March 29, for the Annual Meeting of River Garden Senior Services and the 74<sup>th</sup> Anniversary of River Garden Hebrew Home. River Garden board member Gayle Bailys is chairing the annual meeting and a fun-filled afternoon is planned for the entire community. At our annual meeting, we will be thanking Susan Cohen, who has served as president of River Garden Hebrew Home for the last three years, and welcoming Dr. Larry Goldberg as incoming board president.

We are excited to welcome Bobbie Jo Mentz as the newest member of River Garden's administration following Jim Richman's retirement at the end of last year. Bobbie Jo has been Director of our Therapy Department for the last six years and with this appointment she will take on new administrative responsibilities.

We hope you enjoy this issue of the River Garden News.



### Welcome Bobbie Jo Mentz



Effective in January 2020, Bobbie Jo Mentz, Director of Therapy at River Garden, joins the River Garden leadership team as an Associate Administrator. She will continue to have oversight responsibilities for the Therapy Department while also overseeing new departments, including the Medical Clinic, Social Services, Environmental Services, Health Information Management, Life Enrichment, Plant Operations and the Beauty Shop.

Mentz began working at River Garden in 2013 as the Director of Rehab Therapy, a key resource for the clinical team. She has played a critical part in River Garden's Joint Commission Accreditation and has taken a lead role preparing for and implementing PDPM and PDGM, the new Medicare payment models for Medicare short-stay rehab and home health care, respectively.

Mentz lives in Mandarin, is married and has two young-adult children. "We are excited Bobbie Jo will be joining the Administrative team. She brings a wealth of knowledge and experience, and she is an absolute pleasure to work with," says Mauri Mizrahi, Associate Administrator.





# An Arena of JEWISH LIFE

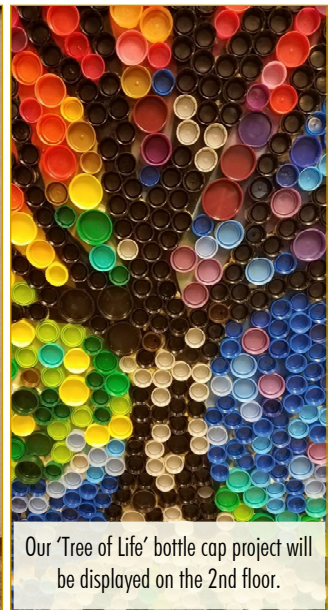
Every January, it is Florida Jewish History Month, and we had a fun time celebrating with students from The Temple on January 12. We made a roadmap depicting significant events for Jews in Florida, and also worked to complete a 'Tree of Life' using recycled bottle caps.

Thirty-three years ago there was very little known about Florida Jewish history. Scholars did not take it seriously – it was not New York – and most all said that Florida just had a “bunch of 20th century condo commandos.” Today we know that Jews have been living in Florida since 1763 – when they were first allowed to live here – and have contributed greatly to the development of the entire state.

Florida Jewish History Month has been observed since 2003, when then Gov. Jeb Bush signed a bill declaring the statewide observance. Florida is the first state in the nation to have a month dedicated to the tremendous contributions of Jews in its growth.



Leslie Held and Fran Young admire the finished work of the Jewish History project.



Our 'Tree of Life' bottle cap project will be displayed on the 2nd floor.

For more information, visit <http://jmf.fiu.edu/collections-timelines/timelines/fla-jew/florida-jewish-history-month/>



Cindy Edelman's presentation 'For the Love of Art Part One: Tiffany' was enjoyed by all. Be sure to mark your calendar for 'For the Love of Art Part Two: Love Letters' on February 26.

INSET: The Mitzvah Day program on December 25 brought many community families to River Garden. Together, we enjoyed music, dancing, cookie decorating and candle-making.







'Ask The Rabbi' has become a popular program at River Garden. Thank you, Rabbi Merrill Shapiro, for answering questions big and small about Judaism and its relevance in our modern world.

The community is welcome to attend.

Pictured (L-R): Judge Marvin Gillman, Greg Arnold and Rabbi Merrill Shapiro



Now is the time to apply for the 2020 Summer Teen Volunteer Program.

*Spots fill up fast, so act now!*

P.S. Adults are always invited to volunteer, too! Please call 904-886-8429.



Girl Scouts from The Temple visited in December to make snowmen and deliver blankets to our residents. We really enjoyed spending the afternoon with you.

Please let us know if you have a community group that would like to visit.



River Garden hosts many Jewish programs each month, including a weekly Shabbat service on Fridays at 4 PM and Saturdays at 9:30 AM. All are welcome.



In partnership with the Federation, Jewish Java is held the first Wednesday of every month at 9 AM in the Cohen Auditorium.



The ever-growing Jewish Genealogy Society of NE Florida generally meets on the 2nd Wednesday evening of each month. Please join us if interested.

*To learn more about our Jewish programs*

Contact Leslie Held  
Director of Jewish Life  
and Volunteer Services  
(904) 886-8429  
[LHELD@rivergarden.org](mailto:LHELD@rivergarden.org)



## SUPPORTING CAREGIVERS IN THE WORKPLACE

With 1 in 6 Americans reporting caring for an elderly or disabled relative or friend, employees miss an average of 6.6 work days and contribute to more than \$25 billion in lost productivity. In late January, ElderSource and the Jacksonville Business Journal hosted a discussion about how companies can prepare for the influx of their employees being impacted by caregiving responsibilities. Here are some alarming truths demonstrating how caregivers neglect their needs to care for others:

- Time off from work is spent for doctor appointments of others, instead of doing their own activities;
- Caregivers use retirement savings or accumulate debt to fill the financial void of lost work;
- It is estimated that over 25% of caregivers leave their jobs, losing income, access to benefits, 401k plans or receiving paid time off.

If you know a working caregiver, please encourage him/her to their Employee Assistance Program or call River Garden for help before quitting work. (904) 288-7858

Unlike a standard senior center, the Adult Day Program (ADP) at River Garden can be a scheduled resource for those needing more care. It is affordable, and social security or long-term care insurance are accepted payment sources. Having your loved one in a safe, caring environment returns much needed time for work, personal business or a day of relaxation.

Thank you to our employees and families who supported the 2019 Walk to End Alzheimer's.

Held annually in more than 600 communities nationwide, Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

*We appreciate your support!*



## BREAKFAST COOKIES WITH DR. SUE KRALL

**Cream together butter and sugars. Add vanilla and eggs.**

- 1 cup butter (1/2 coconut oil + 1/2 butter)
- 3/4 cup brown sugar
- 3/4 cup white sugar
- 2 eggs
- 1 tsp vanilla

**Sift dry ingredients and add to butter-sugar mixture.**

- 2 cups flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt

**Stir in cereal, oats, coconut, raisins and roll into small 1" balls. Place dough balls on greased (or parchment) cookie sheet and press with fork to flatten.**

- 2 cups cornflakes
- 2 cups oats
- 1 cup coconut
- 1 cup raisins

**Bake at 325 degrees for 10-12 minutes. Cool on wire racks. Store in cookie tin. Makes approx. 40 cookies.**



These cookies contain all the 'fixins' for a good breakfast, hence the name 'Breakfast Cookies'.







## Chayele 'Chaya' Palevsky featured in new movie, at the New York Jewish Film Festival 2020

Member of The Coves at River Garden and mother to River Garden CEO Emeritus Elliott Palevsky, Chayele 'Chaya' Palevsky, is featured in film at the 2020 New York Jewish Film Festival.

*Four Winters: A Story of Jewish Partisan Resistance and Bravery in WWII*, is a documentary that tells the stories of the Jewish partisans who took up arms against Hitler's war machine. Despite extraordinary odds, over 25,000 Jews fought the Nazis and their collaborators from deep within the forests of Eastern Europe. The last surviving partisans, including Palevsky, tell their stories to director Julia Mintz who shines a spotlight on their bravery through interviews, archival footage, and historic war records. *Four Winters* is a stunning, heartfelt narrative of heroism and resilience.

A piece of Chaya's story that is featured in the film is also on display at the Museum of Jewish Heritage in their Auschwitz exhibit.

When the family was put on a train, bound, they believed, for Kaunas, Chaya made a split-second decision to jump off. She later learned that nearly everyone aboard, including her own family, had been murdered at Ponar.

Chaya sneaked into the Vilna ghetto, where a friend who had been tasked with sorting bodies at Ponar presented her with an embroidered blouse. It was a hand-embroidered floral blouse Chaya had made for her older sister Rachel Porus, a nurse who kept many people alive in the Švenčionys ghetto.

Chaya became a partisan, and wore the blouse while on missions to blow up power stations, derail trains and raid German weapons depots. Like her sister, Chaya also served as a nurse, tending to the wounds, both physical and psychological, of her fellow partisans.

According to son Elliott, "My mom, a privileged, romantic and sheltered teen joined the Partisans after her family had already been murdered. She became a true hero. My father a Partisan resistance leader took her under his protective wing when her boyfriend fell into Nazi hands and suicided to prevent giving up any information. My father was older and had already lost a wife and child in a Ghetto roundup while he was on a mission coming and going through the sewer system."

After liberation Chaya married Simon Palevsky, a fellow partisan, and moved to New York, where she cofounded "Nusekh Vilne," an organization dedicated to preserving the cultural legacy of Lithuanian Jewry. "They both lived active lives of social significance after coming to the US in 1946. My brother and I try to live up to that legacy," adds Elliott.

<https://forward.com/culture/436595/chaya-porus-palevsky-lithuanian-partisan-hero/>

## THE HOLIDAYS ARE COMING



WATCH OUR CALENDAR ONLINE OR ON FACEBOOK FOR UPCOMING HOLIDAY EVENTS:

|          |                                     |
|----------|-------------------------------------|
| Feb 9-10 | Tu B'Shevat                         |
| Mar 9-10 | Purim                               |
| Mar 10   | Megillah Reading with Rabbi Shapiro |
| Apr 8-16 | Passover                            |
| Apr 21   | Yom HaShoah                         |
| Apr 28   | Yom Hazikeron                       |
| Apr 29   | Yom Ha'atzmaut                      |





## Unique Gifts

### Vintage Jewelry & Accessories

Donations are being accepted by the Auxiliary NOW thru March 20<sup>th</sup>. Please bring items directly to the Gift Shop.

On December 1, 2019, the Auxiliary honored Jim Richman and presented a \$10,000 donation check to Marty Goetz.

River Garden is continually grateful to the Auxiliary for all the efforts of its members. Thank you!



## The River Garden Auxiliary Special Event Is Just Around The Corner

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 Hebrew Home and the greater Jacksonville area communities. River Garden Auxiliary provides support through financial contributions and hundreds of volunteer hours. They also host wonderful events for the community.

On **March 3, 2020**, the Auxiliary's annual Special Event will be hosted at the Jacksonville Jewish Center. Themed as 'A Day in the Park', it will be a perfect time to enjoy the company of friends and, of course, shop & see a fashion show. The delicious picnic-style food will be catered by Margo's Catering. Tickets are \$50 and additional prize opportunities are available for \$5/each. For more information or to RSVP, please email or call Rhoda Goldstein: [RHODAGOLDSTEIN@hotmail.com](mailto:RHODAGOLDSTEIN@hotmail.com) or (904) 268-8124. You can also pay online at

<https://rivergardenauxiliary.square.site/>

### Please Join Us



The River Garden Auxiliary invites you to join us for our  
Annual Special Event

**'A Day in the Park'**

**Tuesday, March 3, 2020**

Hosted indoors at The Jacksonville Jewish Center  
3662 Crown Point Rd, Jacksonville, FL 32257

Doors open at 11:00—Program begins at 12:00

Fashions by Katherine Way Beach Boutique, Global Island Treasures and The Snob  
plus Shopping, Lunch & Prizes

**RSVP Required by February 25, 2020**

NEW for 2020: Tickets for our annual raffle will be available at the event,  
\$5/each or 6 for \$25. Tickets for the raffle will not be mailed.

You can also make your reservation and payment online, <https://rivergardenauxiliary.square.site/>





# In Case You Missed It — What You Need To Know To Fight Dementia

Philip W. Tipton, M.D., Behavioral Neurology Fellow | Assistant Professor of Neurology | Department of Neurology, Mayo



On January 21, 2020, we welcomed Dr. Philip Tipton from Mayo Clinic for a 'Dinner with a Doc' presentation. This was the first presentation in our new 'REMARKABLE SUPPORT' series designed for caregivers. In case you missed it, consider visiting Dr. Tipton's YouTube site or listening to his podcasts.

Neurodegenerative diseases such as Alzheimer's and Parkinson's are the epidemic of our time. These diseases are particularly cruel and can impair how a person moves, thinks and responds to their environment. Dr. Tipton's goal is to address society's lack of awareness for these diseases and the abundance of inaccurate information about them. We hope to host him again. In the meantime, if you'd like to register for any of our other caregiver support events, please contact Kari Bell @ (904) 288-7855 or [kbell@rivergarden.org](mailto:kbell@rivergarden.org).



YOUTUBE: <https://www.youtube.com/channel/UCli00cyrLoMmEmFHNjhiJdg> | PODCAST: *Long Live The Brains*



The creative juices of River Garden begin right at the front receptionist desk, where Elizabeth 'Liz' Jackson can often be found knitting or crocheting. And, from that point on, no matter whether you are in the Frisch Pavilion or Freida's Place, you'll find the handiwork of many.

~ Pictured L-R: Liz Jackson, Cecile Goetz, guest from the Mandarin Senior Center, Linda Woitas, Berta Proctor and Deinya Mautz. ~



The Jacksonville Philharmonia Singers delivered a fabulous performance on December 15 for all to enjoy. Several students and teachers of Chinese joined the 'East Meets West' program, which featured tunes that blended Asian and American tunes. The director and pianist began the group in 2019 as a way for friends to gather and sing. Now, they have 17 performers.



# A Great Place To Work

## Quality, Employees are Key to our Success



Ashley Adams, the 2020 Minnie Schreiber Staff Leadership Award recipient, is a 9-year member of staff and currently works in River Garden's accounting department as the Payroll & Accounting Clerk. She started working at River Garden when she was 20, and says she has 'grown up professionally' thanks to the leadership here. Presently, she is pursuing an accounting degree. She is married and has two young children. In her spare time, she enjoys reading and cooking.



Carol Thomas, Edwine Hemedi and Marty Goetz.

Edwine is dependable and I can always count on her to get the job done. She is compassionate and caring with her residents and they let it be known that they appreciate her.

~ Debbie Gibson, Nurse Manager ~



Bernadeth Palompo, Jorge Tinana, Maria Natovich and Marty Goetz.

Maria is great to work with. Residents love her as she is very calm, speaks softly, and has that tender and caring touch.

~ Jorge Tinana, Nurse Manager ~



James Ritter, Elizabeth 'Liz' Kwarteng and Carole Thomas

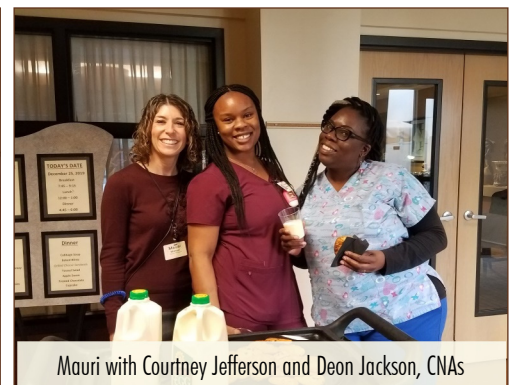
Elizabeth's professional life as a teacher and as a nurse demonstrates her love and care for the betterment of people. I have always sensed her compassion for our residents and I believe the residents do to.

~ James Ritter, Nurse Manager ~

River Garden is a 24/7 care community, so when it comes to the holidays, we are especially grateful for our employees who commit to serving our resident sand patients. Here, Mauri Mizrahi, Associate Administrator, delivers eggnog and cookies to those working on Christmas morning.



Mauri Mizrahi with Kristen Hartley, MSW



Mauri with Courtney Jefferson and Deon Jackson, CNAs





## With Amazing People

### Meet Ruth Berry

Ruth was born and raised in Jacksonville. At 23, she married James Berry, an electrical engineer in the Army Air Corps. After brief moves to Chicago and Birmingham, they returned to Jacksonville where they settled and Jim pursued private practice engineering.

Ruth worked as a part-time emergency nurse with St. Vincent's hospital for seven years. Once in 1956 she recalls having Elvis Presley in one of her rooms. Elvis was a 'non-patient', but due to compromised security at his tour hotel, he was directed to spend the night at the hospital. She jokes, "Elvis slept with me."

She raised five children and was a Girl Scout leader. From 1995-1997, she was regent for the Fort San Nicholas chapter of the Daughters of the American Revolution, a group that started with just 30 women and has now grown to nearly 150 members. She loved traveling and still says she'll have her bags packed should another opportunity present itself. In 2002, she lost her husband of 54 years; he had battled with Parkinson's disease.

Over time the requirements for Ruth's care increased. Eventually, she moved in with her son, Brian. "While she loved living with us, her quality of life was decreasing. She watched TV, read and napped, but days were becoming more difficult," Brian says.

Ruth has seen many layers of River Garden. She recalls River Garden from having been a nurse at St. Vincent's, and she was a short-stay patient in 2014.



Brian Berry, enjoys an afternoon at River Garden with his mom, Ruth.  
Her words of advice for life: "Just keep putting one foot in front of the other."

After her stay in rehab, she benefitted from River Garden Home Health Care services.

Now 94, she returned to River Garden for long-term care in August 2019. She recognizes quality care and loves knowing her family enjoys peace of mind with her being here.

## Do You Know Someone Turning 100?

Turning 100 is quite an achievement! We have five centarians on the River Garden campus. If you know someone who achieves this milestone, get them some recognition! Here's how: **Please send the following information in writing three to four weeks in advance.**

- Name of honoree, include Mr., Ms., Mrs., Dr., Miss, etc.
- Home address of honoree
- Birthday (month, day, year) of honoree
- Age of honoree
- Anything of interest about the honoree
- Please include a photograph (color or B&W copy) that does not need to be returned
- Your name (as the requestor) and your daytime phone number
- Any specific mailing instructions if other than to honoree's address

#### To the President

The White House  
Attn: Greetings Office  
Washington, D.C. 20502-0039

#### To the TODAY show

Willard Scott Birthdays  
TODAY show, NBC News  
4001 Nebraska Avenue  
Washington, DC 20016  
Attn: Lessandra Machamer

## What's Your Word for 2020?

Rather than making a 'resolution' for the New Year, what if you chose to focus on one theme—or one word—all year, helping you set your intentions for the year ahead?

That's the question we asked members of The Coves at the New Year's Eve celebration. One of the most common replies was 'health', but many chose inspiring words that define what they would like to see 2020 bring to their life or to the world. May these words be anchors for a wonderful year ahead.



## Celebrating 25 Years at The Coves at River Garden

On January 15, 2020, The Coves at River Garden celebrated its 25th anniversary. Members of The Coves, along with friends and guests, enjoyed an elegant dinner party with entertainment by Bella Voce.



"The Coves is a unique apartment rental community for independent seniors. There's nothing quite like it in Jacksonville. It offers a high quality of life where members are active and engaged; and where they can 'age in place' confidently knowing that overlay support services are available to them through River Garden," says Marty Goetz, River Garden CEO. "This community meets the needs for those who can manage on their own, but enjoy the closeness of friends and supportive care nearby. We are very pleased with its success and expect another wonderful 25 years together!"

The Coves was added to River Garden's Mandarin campus 25 years ago. At that time, most retirement communities required a large, up-front payment prior to moving in. There was an obvious need for something different in the Jacksonville community, especially to serve our Jewish families. The Coves is 100% occupied and has an additional waiting list. Approximately 75% of the members are Jewish.

If you'd like more information, please contact Margaret Davis, Coves Administrator at (904) 886-8935 or [mdavis@rivergarden.org](mailto:mdavis@rivergarden.org).



Harvey & Lois Schlessinger (L) with Ginny & Denny Lafer (R).  
Lois is the immediate past President of The Coves Board.  
Denny is the current President of The Coves Board.



(Center) Margaret Davis, Administrator, with Norberto Irizarry, Dining Services Manager.  
(R) Dot Verstandig then and now. Dot served as the Administrator at The Coves from 1995—2008.





# Member-Inspired Programs



Hope McMath shares about her passions: Yellow House, civic activism and community engagement.



Pictured here greeting Marilyn Stein, Elliot Rosenbaum shares his '12 Keys to Mastering Happiness'.



Karen Dukes (L) from JSO talks about crime prevention for seniors. She is pictured here with Lois Chepenik.

Since moving to The Coves, Lois Chepenik continues to make a positive impact. Every month, Lois hosts a special guest speaker for 'Lunch with Lois' at The Coves. She coordinates interesting and relevant speakers, and plans a light lunch with the help of Life Enrichment Coordinator Cheryl Fisch and the Dining Services team at The Coves. 'Lunch with Lois' is one of the most well-attended programs at The Coves.

A new 'brain child' program of Lois' for 2020 is called 'The Schmooze.' For this hour, Lois is joined by a special guest panelist and she moderates a discussion based on a particular topic. In January, the question posed was "Are you optimistic or pessimistic about 2020?" Special guest panelist Jack Sawinski delivered a great perspective, based in part on a recent essay he had read in the Wall Street Journal entitled *For the New Year, Say No to Negativity*.

In the WSJ article, authors John Tierney and Roy F. Baumeister describe why bad experiences affect us much more powerfully than good ones, and they encourage ways to deal with this destructive bias and overcome it. "We focus so much on bad news, especially in a digital world that magnifies its power, that we don't realize how much better life is becoming for people around the world," the writers say. Later, they add "the public [has] learned lots about psychoses and depression but precious little about the mind's resilience and capacity for happiness."

They suggest a **low bad diet**. Here are their five strategies:

- ❶ **Do No Harm**  
*Avoid bad behavior.*
- ❷ **Remember the 'Rule of Four'**  
*It takes four good things to overcome one bad.*
- ❸ **Put Bad Moments to Good Use**  
*Instead of despairing a setback, look for a useful lesson.*
- ❹ **Capitalize on the Good Moments**  
*Make sure and share good news to boost your happiness and the happiness of others.*
- ❺ **See the Big Picture**  
*Look at long-term trends. Don't wallow in the immediate gloom.*



(L-R) Lois Chepenik, Cheryl Fisch and Jack Sawinski host 'The Schmooze'

# Accolades & Advocacy

## NOTES FROM ROBERT SNYDER

Designated Gold Seal Site Visitor—  
Excerpt from His Recommendation Letter

River Garden enjoys a reputation of being one of the top nursing home facilities in the state and country. They are rated '5-star' by CMS and fully accredited by the Joint Commission and this is their 9th application for the Gold Seal Award.

On the 8th of November visit, I was greeted by Marty Goetz, the Administrator and members of his very experienced and competent management team. River Garden is designed well and feels more like a home with numerous features, interior design elements that integrate the clinical into the social and residential relaxed, welcoming environment.

Everyone I met spoke highly of River Garden and would live nowhere else. One employee described the working conditions as superb and shared that she loved working at River Garden because it possesses something special and has a 'Soul'. I have never heard a facility described in such a way.

Approximately 80% of the resident rooms are private and great effort was made to bring the outside in with views in most places of the grounds and gardens. I was impressed with multiple gathering, activity and social spaces.

River Garden has long believed that the greatest determinant to quality care is stability in staffing. Many managers and staff have longevity with the organization. The commitment to staff is reflected through competitive salaries, generous benefits, and free meals when working. There are staff and volunteer recognition programs and senior management is good about writing personal thank you notes when acknowledging anniversaries and notes of appreciation.

In summary, I have no hesitation in recommending the Gold Seal Award for the 9th time to River Garden Hebrew Home for the Aged. They have earned this recognition.

NINE-TIME RECIPIENT  
**GOVERNOR'S GOLD SEAL AWARD**  
FOR EXCELLENCE IN LONG-TERM CARE



## NOTES FOR OUR EMPLOYEES

Recent MeritGrams

ABOUT NORBERTO IRIZARRY & THE  
COVES DINING SERVICES STAFF:

We want to express our deepest congratulations and appreciation for the lovely 25th Anniversary celebration. The atmosphere was very festive & the food was so delicious and elegantly presented. The service was outstanding as was the seating. You are to be commended for an outstanding evening!! Thank you ~ Ernest & Betty Barnes



ABOUT BRIAN FREEL:

We have all been so impressed by Brian Freel and his work on the Memory Care unit. Brian is very diligent, neat, organized and always helpful and kind to residents and staff. He is always smiling and hard-working. Thank you ~ Dori Norman



ABOUT THE RIVER GARDEN REHAB CARE TEAM:

Debbie Hester anticipates my needs and is always responsive. Amina Marrah is helpful and always pleasant to be around. Madhu Singh is wonderful, caring, responsive and knowledgeable. It's been such a pleasure... Thank you ~ Roberta Harmon

ABOUT HOPE DEARTH:

Hope is a very kind and caring CNA. She is mindful of residents, their families and all of their wishes. She is an active listener who respects and works well with fellow staff members. She will assist Life Enrichment by encouraging and transporting residents to and from activities on a daily basis. We love Hope! Thank you ~ Jenny Hadzifejzovic





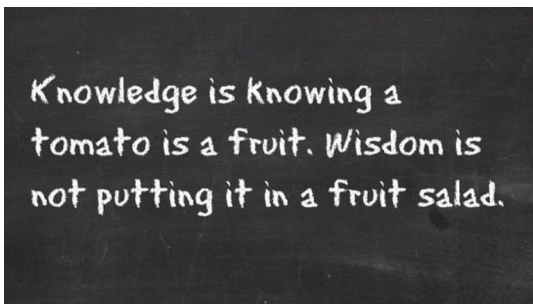


Here with Supervisor of Elections, Mike Hogan, members of The Coves hear about the upcoming elections, and specifically election and ballot security. (L-R) Cheryl Fisch, Karen Nelson, Mike Hogan, Cecile Goetz, Miriam Goldstein, Marilyn Stein, Evelyn Peck, Sheldon Gendzier, Lois Chepenik and Sandi Driben.

## River Garden encourages all eligible voters to vote!

River Garden is not an early voting site, but we do assist members of The Coves with transportation to voting sites and we coordinate supervised voting for residents of the Home. As a reminder: if you plan to vote by mail, be sure to request your ballot ten (10) or more days BEFORE the election date, and be sure to return the completed ballot by 7:00 PM on the day of the election.

| The elections for 2020 are:     | Election Date | Early Voting            |
|---------------------------------|---------------|-------------------------|
| Presidential Preference Primary | March 17      | March 2 - 15            |
| Primary Election                | August 18     | August 3 - 16           |
| General Election                | November 3    | October 19 - November 1 |



### Have You Heard of 'Solo Agers'?

It is estimated that approximately 22 percent of older adults in the United States are growing old without a spouse or children. Circumstances vary, but who will let them know when it's time to stop driving? Who will notice signs of physical or cognitive decline and find appropriate help? Who will pay their bills, or monitor their financial business? Who will hire and supervise caretakers, or oversee needed care?

Sara Zeff Geber is an author and speaker on the subject of solo aging. "[Solo agers] need to be thinking about how to stay safe and happy and satisfied with their life and connected throughout their life," says Geber.

For planning purposes, solo agers are wise to consider their plans for emotional support, residential decisions and transactions, investments



Marty Goetz with Sam Price at The Coves Men's Breakfast on January 30, 2020. This is once-a-month meal is a great time for guys only: It is rumored that they talk about women, sports and politics.

and financial decisions, legal representation, money handling and bill paying, and medication management.

As a first step, Geber recommends building a community. She explains, "People who don't expand their social networks can find themselves isolated and lonely as friends die or move closer to their grandkids. Strengthening ties with relatives and making new friends can counteract that trend...so can cultivating relationships with neighbors, coffee shop buddies and other acquaintances." **Solo agers are always welcome at River Garden for our community activities!**

*If you'd like to learn more, Geber's articles and information can be found on her website and online at YouTube, WSJ.com and PBS Next Avenue.org.*





# 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](mailto: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.

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Eunice & Barry Zisser

\* Of Blessed Memory

List as of 1/2/2020

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

Beth Wolpoff  
Annual & Legacy Giving Manager  
904-886-8410  
[bwolpoff@rivergarden.org](mailto:bwolpoff@rivergarden.org)  
[www.rivergarden.org/foundation](http://www.rivergarden.org/foundation)

## We'd like to recognize...

...the River Garden Auxiliary for donations to the Home of \$60,000 for 2019;

...the Jewish Federation and Foundation of Northeast Florida for an allocation of \$177,700 from the 2019 campaign;

...The Ruby Diamond Foundation for the generous donation of \$4,900 for 2019; and

...the Weinberg Foundation for invaluable annual support.



# UNDERSTANDING PLANNED GIFTS AND THEIR BENEFITS

Planned giving is a way for you to integrate your personal, financial and estate planning by making lifetime or testamentary charitable gifts. Below are some common types of planned gifts and their benefits. Contact Beth Wolpoff, 904.886.8410 or [bwolpoff@rivergarden.org](mailto:bwolpoff@rivergarden.org). You can also visit our website [www.rivergardengiving.org](http://www.rivergardengiving.org) for more information.

## BEQUEST

A bequest is a gift made through your will or trust. A bequest is the simplest type of planned gift for you to make and one of the easiest to implement.

### BENEFITS OF BEQUEST

You may desire to support River Garden but are unable to make gifts during your lifetime. For example, you may have property that is needed during life to cover your living expenses or health care costs.

## CHARITABLE GIFT ANNUITY (CGA)

You make a gift of cash or property to us and we agree to make fixed payments for one or two lives.

### BENEFITS OF CGA

You want to make a gift to our River Garden and receive fixed income for the future. This plan works well with your gift of cash or appreciated stock that is providing little or no income.

## CHARITABLE REMAINDER TRUST (CRT)

You transfer your cash or property to fund a trust that makes payments for your lifetime or a number of years and then passes what remains to our organization.

### BENEFITS OF CRT

You own appreciated property that produces little or no income and would like to sell without paying capital gains tax. You may be desiring income for retirement.

## FAMILY LEAD TRUST

You transfer your cash or property to a trust that makes payments to our organization for a number of years and then passes the trust property to your family with no additional tax.

### BENEFITS OF CLT

You want to pass specific property to your family without paying a lot of gift estate tax.

## LIFE ESTATE RESERVED

You transfer your personal residence or farm to us and retain the right to use the property for your lifetime.

### BENEFITS OF LIFE ESTATE

You want to remain living in your home and desire a current income tax deduction.

## BARGAIN SALE

We purchase your property for less than fair market value. You receive cash or debt relief and a charitable deduction.

### BENEFITS OF BARGAIN SALE

You own appreciated property and want to support River Garden, but need a benefit in return.



## A Night in Shanghai: Our 2019 Annual Foundation Gala



Left: Co-Chairs Talie Zaifert (L) and Rebekah Selevan (R) greet guests as they enter 'A Night in Shanghai'.  
Right: Sandy Zimmerman (L), Foundation Board President, recognizes SunTrust Bank and executive Tom Beames.

On November 16, the River Garden Foundation hosted their 27th Annual Gala, *A Night in Shanghai*, at the Sawgrass Marriott Golf Resort & Spa. The evening, co-chaired by Rebekah Selevan and Talie Zaifert was an outstanding success and raised more than \$230,000. Thank you to Premier Sponsor SunTrust Bank and our many sponsors, donors and friends.

PRI Productions did an amazing job transforming the Marriott into Shanghai. As guests arrived they were greeted with a Shanghai moon, red carpet treatment and were amazed by the beauty of dozens of silk Chinese lanterns lighting the cocktail and silent auction area.

The 631 attendees were enchanted by authentic Chinese lion dancers and music as they were led into the stunning ballroom. A giant Buddha graced the stage, which was flanked by two glowing red trees, setting the mood for a very festive evening. The Voltage Brothers Band played to the dancing crowd until midnight. The evening was capped off with a luscious dessert bar, champagne and pizza.

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 each year approximately \$1.2 million must be made to make up the difference between the cost of care and the amount received from Medicaid. This philanthropic support of caring friends and members of the community is essential to the success of River Garden.

The evening was such a success that many sponsors have already committed for next year. Save the date for November 14, 2020. For more information, call Kathy Osterer at 904.886.8430 or e-mail [kosterer@rivergarden.org](mailto:kosterer@rivergarden.org).

**Photo credits:** Larry Tallis. Check out more photos by Tallis Photography at <https://www.flickr.com/photos/149677245@N05/>  
More photos available at **PRI photography** at <https://www.priproductions.com/gallery/river-garden-gala-a-night-in-shanghai/>





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celebrate the generosity of our Gala Sponsors*

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# THANKS TO YOU

## River Garden continues its Mission of Service to the Community.

Contributions January 1, 2019—December 31, 2019. Individual gifts \$25 and above are acknowledged.

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We deeply regret if we inadvertently omitted a donor.

### Please Share Your Story

Do you have a story about how River Garden has impacted your life?  
Or, would you like to share about how your family has been touched by  
River Garden?

We'd love to feature your personal comments in our communication pieces.

Please contact the River Garden Foundation.

[foundation@rivergarden.org](mailto:foundation@rivergarden.org)

### Are you a Match Maker?

Matching gifts can double your support to River Garden Senior Services! Many companies and corporations offer programs that will match employee and retired employee donations. If you are a volunteer at River Garden, your company may also provide a grant to River Garden as a way to recognize your volunteerism. Matching gifts and volunteer grants are an important source of revenue for our agency. Speak to your HR department, visit the River Garden Foundation page on our website, <https://www.rivergarden.org/our-community/river-garden-foundation/> or contact Beth Wolpoff, Annual & Legacy Giving Manager, (904) 886-8410 to find out if your company will match your donation and to access the appropriate forms and guidelines.

## In the News: Telehealth

Technology is fast changing personal healthcare. Most people are familiar with the Fitbit which collects a variety of metrics for wellness, like the number of steps you take, your distance traveled, calories burned, weight, heart rate, sleep stages, and more. Other tech watches or wearables are now available for medication reminders, sound amplification and fall notification. As it relates to pharmaceuticals, pill pack services are available from retail giants like Amazon and pill-pack mail order services are becoming more popular.

Telehealth is the next step in the arena of medical efficiencies. Telehealth encompasses a variety of technologies and tactics: live video conferencing, storing and forwarding recorded health history, remote patient monitoring, and mobile health. Certainly for seniors, telehealth can improve communication between providers and patients, can remove barriers of mobility, and can help relieve caregiver stress.

In a recent survey published by AARP, seniors, however, have been slow to embrace the concept, citing an uncertainty with the effectiveness or quality of the care that could be delivered through telehealth and technology. Many respondents were also uncertain about the insurance or Medicare coverage for these services.

We recommend taking the time to familiarize yourself with telehealth. You can be sure we'll be hearing more about this in the coming years.



Sometimes older drivers and their families need to make appropriate decision regarding the future of one's driving career. If the individual is a safe driver, there may be teachable strategies for remaining a safe driver. For others, you may need to discuss alternatives or resources, and plan a transition from the driver's seat to the passenger seat.

Diminishing driving skills related to the aging process is a sensitive subject. Few want to relinquish the independence of driving. As a first step, think about ways to compensate for waning skills and continue driving safely. This program will provide you with the ability to identify areas of concern involving older drivers and will assist in the development of attainable lifestyle changes for the older driver that will keep him or her safe.

**'Driving Evaluations Q&A' with Dr. Luther King (Univ. Florida)**  
**Tuesday, February 18, 2020 @ 11:30 AM**  
**RSVP for Lunch (904) 288-7855 or kbell@rivergarden.org**

*See You Soon!*

**Inaugural Community Wide Talent Show At River Garden**

Please join us to be entertained at River Garden. It is sure to be an amazing afternoon full of talent!

**February 23rd, 2020 from 2-4pm**  
 Our youth from around Jacksonville will be showcasing their amazing talents. Refreshments will be provided as well as a lot of fun and enjoyment!  
 Come and let us know if you will share in this great event!  
 lplatzer@rivergarden.org  
 (904) 886-8429

**THE TEMPLE**  
 Congregation Ahavath Chesed

**RIVER GARDEN** | Hebrew Home  
 SENIOR SERVICES | Wellness Health & Aging Center

*Antonia, I love you. The voice that I heard...*

**Cindy Edelman presents**  
**Love Letters of Art**

Art historian Cindy Edelman will present expressions of love in art, including her favorite nudes and other intriguing images

**Wednesday, February 26th**  
**10:30 am**  
 Cohen Auditorium  
 River Garden Hebrew Home  
 11401 Old St. Augustine Rd.  
 Light refreshments served.  
 RSVP by 2/17 to Laura:  
 lplatzer@rivergarden.org  
 or 886.8429



# It's Time To Swing Into Golf Season

Co-chairs Mark Lodinger and Tom Harris and the Golf Committee have been hard at work planning the 24th Annual River Garden Golf Classic. The event, proudly sponsored by Hardage-Giddens Funeral Homes & Cemeteries, is scheduled for Wednesday, April 29<sup>th</sup> at Deerwood Country Club. Registration for sponsors and players is currently open.

All player spots include a delicious lunch prior to the 12:00 PM shotgun start and an evening Awards Reception with heavy hors d'oeuvres, a participation gift, and the opportunity to participate in contests throughout the course with skill prizes awarded on every hole. Sponsors receive signage on one hole.

Contact Michelle Branly, (904) 886-8431 or [mbranly@rivergarden.org](mailto:mbranly@rivergarden.org), for more information, or go to <https://www.rivergarden.org/our-community/river-garden-foundation/golf-classic/>



## 24<sup>th</sup> 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 ~**



**Make Your Reservations Today!**

Sponsorships Available!  
Contact Michelle Branly, 904-886-8431 or  
email [mbranly@rivergarden.org](mailto:mbranly@rivergarden.org).



## More Upcoming Programs & Holidays

- Feb 28** Shabbat Services  
with Hazzan Holzer and Kol Train  
4:00 PM  
Community Invited
- Mar 3** Auxiliary Special Event Luncheon  
12:00 PM  
Ticket Required (904) 742-8155, Rhoda
- Mar 3** AARP Smartphone Tek & Smart DriverTek  
10:00 AM, Noon, and 3:00 PM  
Register on AARP website
- Mar 4** Jewish Java  
9:00 AM  
RSVP (904) 224-1408
- Mar 7** River Garden Welcomes Hadassah for Shabbos Services  
9:30 AM
- Mar 9-10** Purim
- Mar 10** Megillah Reading with Rabbi Shapiro  
10:00 AM  
Community Invited

- Mar 15** Jewish Genealogy Film  
10:00 AM  
RSVP [jgsnefl@gmail.com](mailto:jgsnefl@gmail.com)
- Mar 25** 'LiterARTure'  
Stacey Goldring & Cindy Edelman  
10:00 AM  
RSVP (904) 886-8429
- Mar 29** 74<sup>th</sup> Anniversary Day  
3:00-6:00 PM  
Community Invited
- April 1** Jewish Java  
9:00 AM  
RSVP (904) 224-1408
- Apr 8-16** Passover
- Apr 21** Yom HaShoah
- Apr 28** Yom Hazikeron
- Apr 29** Yom Ha'atzmaut
- Apr 29** River Garden Golf Classic  
Shotgun Start at Noon  
Registration Required (904) 886-8431



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



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NINE-TIME RECIPIENT  
**GOVERNOR'S GOLD SEAL AWARD**  
FOR EXCELLENCE IN LONG-TERM CARE



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



SAVE THE DATE

*74<sup>th</sup> Anniversary Day*

**March 29, 2020**

**3:00 PM—6:00 PM**

**AN AFTERNOON OF FOOD, FAMILIES & FUN**

**AT RIVER GARDEN**

**11401 OLD ST. AUGUSTINE ROAD**

**JACKSONVILLE, FL 32258**