



River Garden News



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MARK YOUR CALENDAR

- ...November 7—Jewish Java at 9:00 AM
- ...November 11—Author Kurt Wallach Presents 'Heroes of the Past' at 2:00 PM
- ...November 12—Author Marc Agronin Presents 'End of Old Age' at 7:00 PM (JCA)
- ...November 13—UNF Jazz Ensemble 'Big Band Jazz' Performance at 3:00 PM
- ...November 13—Auxiliary Membership Event at 7:00 PM
- ...November 14—Rabbi Bahar 'Pirkei Avot' at 10:30 AM
- ...November 14—Medicare Q&A Lunch at 11:30 AM
- ...November 14—Dementia Caregiver Support Group at 3:30 PM
- ...November 17—Gala 'Under The Big Top' at 7:00 PM
- ...December 5—Jewish Java at 9:00 AM
- ...December 11—Auxiliary Fall Fundraiser 'Pick n' Paint Pottery Palooza' at 6:30 PM
- ...December 19—Lunch with a Doc: Cardiologist Dr. R. Galani at 11:30 AM
- ...March 24, 2019—Anniversary Day
- ...May 1, 2019—Annual Golf Tournament

Plus More Events on Pages 4, 9, 10 & 23

Fall 2018
Volume 74

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: Ginette and Charles Mizrahi, Members of The Coves.

The Mizrahis are also featured in the River Garden Auxiliary calendar. For more information, please see Page 20.

If you have a resident story or feedback you'd like to share, please let us know. We also welcome opportunities to meet with senior groups in the community to discuss our programs & services.

Please contact Kari Bell.

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

2018-2019 Officers

River Garden Senior Services

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

River Garden Hebrew Home

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

River Garden Foundation

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

The Coves at River Garden

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

The Albert Z. Fleet Geriatric Training Center

Sheldon Gendzier, President
Herman Paul, Secretary/Treasurer

River Garden Auxiliary Officers

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

River Garden In The News

River Garden has enjoyed several media opportunities in recent months. We are proud to share our expertise about senior-related topics and enjoy telling about our community and services. Links to all the programs can be found on our website, www.rivergarden.org.



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



Inside Line

By Martin A. Goetz, Chief Executive Officer

It feels like only yesterday that we welcomed in 2018 and the start of a new year. As I reflect on what has been a whirlwind of change, I marvel that the year has gone by so quickly and that we're knocking at the door of 2019.

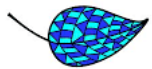
River Garden continues to meet community needs, especially in outpatient programming.

- ... Our adult day and home health programs will continue to expand as seniors increasingly seek services in their own homes and on an outpatient basis.
- ... The Coves at River Garden remains fully occupied and our Medicare Certified Home Health Agency has expanded its offerings to enable members to "age in place" in the comfort of their gracious apartment homes. Our leadership continues to evaluate adding residential programs on the campus, including Assisted Living/Memory Care.
- ... River Garden Hebrew Home has recently been recognized with the full three year Nursing Care Center Accreditation and Post-Acute Care Certification from the prestigious Joint Commission on Accreditation of Health Care Organizations.

I hope you enjoy this Fall issue of our River Garden News. Please remember to mark your calendars for River Garden's **73rd Anniversary Day on Sunday, March 24th**.



Martin A. Goetz



As this issue of River Garden News was going to press we've learned of the horrific attack on the Pittsburgh Jewish Community during Shabbat services at The Tree of Life synagogue. Many have died and been injured. We stand united with Pittsburgh in condemning violence and the voices that give rise to this unconscionable behavior.

Joint Commission Accreditation Completed—River Garden Recognized for Excellence

After nearly one year of planning and preparation, River Garden Hebrew Home announced on October 10, 2018 that it has earned The Joint Commission's Gold Seal of Approval® for Nursing Care Center Accreditation and Post-Acute Care Certification. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective patient and resident care. It is earned by demonstrating continuous compliance with established performance standards.

River Garden underwent a rigorous on-site survey August 28-30, 2018. During the review, Joint Commission expert surveyors evaluated compliance with nursing care center standards related to several areas, including assistance with activities of daily living, coordination of care, and staff education and training. Surveyors also conducted on-site observations and interviews with leaders and staff of the organization.

Mauri Mizrahi, Associate Administrator at River Garden, championed the certification project. She says, "Our Director of Nursing and clinical care team are critical to our success. It is a pleasure to work with staff from who continue to work together to develop and implement strategies that improve care for our patients and residents." As an eight-time recipient of the *Governor's Gold Seal Award for Excellence in Long-Term Care*, River Garden is well known for top-rated senior care.

"River Garden is delighted to receive accreditation and certification from The Joint Commission, the premier health care quality improvement and accrediting body in the nation. Along with our other awards, Joint Commission accreditation serves as validation of the excellence of our programs, and it is a testament to the ongoing support of the Jacksonville Jewish community," adds Martin A. Goetz, Chief Executive Officer.

Established in 1966, The Joint Commission's Nursing Care Center Accreditation Program accredits organizations from across the country that offer nursing and other long term care services. The Post-Acute Care Certification award was launched in 2013 by The Joint Commission to recognize nursing homes that demonstrate advanced competencies in the provision of post-acute care to patients and residents recently hospitalized. Only fourteen (14) other care centers in Florida match the level of accreditation earned by River Garden Hebrew Home.

The accreditation and certification programs are awarded for a three-year period.



High Holiday Thank You

Mazel Tov to Steve Meisel for leading our holiday services and for inviting our community participants:

1 st Day Rosh Hashanah	Haftorah, Judge Jack Schemer Torah & Haftorah Explanations, Rabbi Martin Sandberg Shofar Blower, Dr. Edwin Safer
2 nd Day Rosh Hashanah	Torah & Haftorah Explanations, Rabbi Martin Sandberg Shofar Blower, Dr. Edwin Safer
Kol Nidre	Sermon, Fred Tromberg
Yom Kippur (Yizkor)	Sermon, Torah & Haftorah Explanations, Rabbi Martin Sandberg
Yom Kippur (Neilah)	Haftorah, Jeff Marks Torah Explanation, Rabbi Martin Sandberg Shofar Blower, Dr. Edwin Safer
Dementia Service—September 16	Torah & Haftorah Explanations, Steven Meisel Shofar Blower, Eric Held



An Arena of Jewish Life

River Garden recognizes the importance of supporting our vibrant Jewish culture and community. We are always grateful for those who enthusiastically share their exciting programs. The community is always invited.

Leslie Held
Director of Jewish Life
904-886-8429



Rabbi Bahar with Leslie Held during a recent Pirkei Avot class.

UPCOMING EVENTS

- ... November 7 & December 5
Jewish Java at 9:00 AM
- ... November 11—Author Kurt Wallach presents "Heroes of the Past" at 2:00 PM
- ... November 14 & 28—Rabbi Bahar Presents at 10:30 AM
- ... November 14 & December 19
Jewish Genealogy at 6:00 PM
- ... November 17—Annual Gala at 7:00 PM
- ... December 4—Hanukah Concert at 6:30 PM
- ... January 16—Rabbi Feigenbaum Presents at 10:30 AM
- ... January 30—Cindy Edelman Presents at 10:30 AM



Stacey Goldring facilitates The Coves Book Club.



The Price Welcome Center continues to be a hub for friends to meet for lunch & mahjongg.



River Garden is home to the Federations's Jewish Java on the first Wednesday of every month. (L) Dan Kossoff invites guests to sing their way down memory lane. (R) Michelle Pargman engages the group with her 'bird' personality self-quiz.



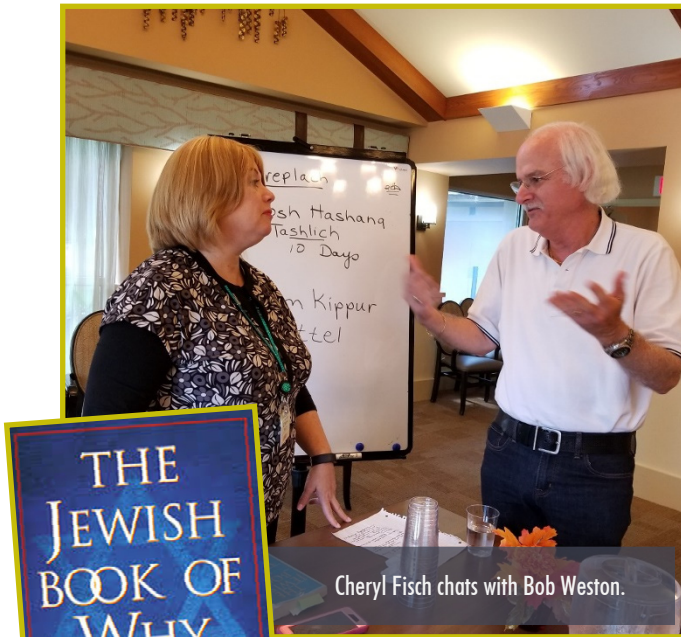
Honoring Our Jewish Traditions

At our “Jewish Book of Why” program in early September, we enjoyed an interactive discussion about the customs of the Jewish New Year. Symbolic foods were served as we made a blessing on each one. Fond memories were evoked as we spoke about our traditions.

Some of the foods that we tasted and discussed included:

- | | |
|-----------------------|--|
| Honey
(of course!) | How better to wish for a Shana Tova U'Metukah -- a good and sweet new year -- than to eat one of nature's sweetest foods? |
| Pomegranates | Just as the fruits are full of seeds, we hope we'll be similarly full of merits in the coming year. |
| Carrots
(Gezer) | The Hebrew word for carrot sounds very much like <i>g'zur</i> , the Hebrew word for decree. Eating carrots on Rosh Hashanah is meant to express our desire that G-d will nullify any negative decrees against us. Interestingly, the Yiddish words for 'carrots' and 'more' -- <i>mern</i> and <i>mer</i> , respectively -- are strikingly similar. So among Yiddish speakers, carrots symbolize the desire for blessings in the new year. |
| Beets | The Hebrew word for beets, <i>selek</i> , is similar to the word for 'remove.' Beets are eaten to express the hope that our enemies will depart. |
| Gefilte Fish | The notion that fish are ever-vigilant and swim constantly is linked to this symbolic food and reflects the desire to be constantly aware of G-d and of opportunities to do good. |

Source: www.thespruceeats.com



Cheryl Fisch chats with Bob Weston.



Libbie & Manfred Katz

Rosh Hashanah

In the spirit of the Rosh Hashanah season, The Coves hosted a wonderful program of music, apples & honey. The Coves Members were dancing, toe tapping, clapping and swaying to the upbeat music of Steve Sternberg, after which a variety of apples were dipped into four different types of honey—from domestic to the exotic—reminding us of our hopes and prayers for a sweet new year. Thank you to Leslie Held, Director of Jewish Life, and Cheryl Fisch, Life Enrichment Coordinator for The Coves, for collaborating on this project.



Ray Palevsky (front), Esther Michelson (center) and Bess Saliman (left)



(L) Marty Goetz with business executive from Partners Pharmacy sampling the organic honey & apples. (R) Steve Sternberg adds flair & fun to the event.



Torah Academy students and Members of The Coves craft decorations for the sukkah.



Rabbi Shapiro leads the program in the sukkah.



The River Garden team decorates the sukkah.



The Kaufmans enjoy the sukkah program. Following Rabbi Shapiro's presentation, all enjoyed a fresh outdoor lunch buffet.



Laura Platzer of River Garden shares her perspective with guests about why she chose Moses as her most interesting guest.



Martin J. Gottlieb Day School students decorate the sukkah.

Sukkot

On September 26, we enjoyed a beautiful day in our sukkah with Rabbi Shapiro. His program, "Ushpizin and the Great American Sukkah: How Our 7 Guests Teach Us About Liberty and Justice for All" included a contemplative decision: If one guest visited your sukkah each day, whose visit would you most enjoy?

Choices, listed with the divine attributes they represent, included:

- Abraham..... representing Chesed, Love
- Isaac representing Discipline
- Jacob representing Harmony, Truth
- Moses..... representing Endurance
- Aaron representing Humility
- Joseph representing Foundation
- David representing Leadership

Ushpizin—Aramaic for 'Guests'



High Holiday Service for Our Memory Care Families



Lew Meisel with son, Steve Meisel.
Special thanks to Steve for leading our service.



Hilda Goldstein with daughter, Evelyn Moskovitz



Hannah Gavronsky with daughter & grandson

The care team at River Garden has a wealth of experience and knowledge to share if you or someone you know needs help with any type of dementia or Alzheimer's condition. The doors of the Adult Day program and the support group are always open. Talking through the circumstances and learning about available resources may help.

Support Group 2nd Wednesdays @ 3:30 PM

At River Garden, excellent care and faith-based values are at the heart of all that we do. That's what motivated Leslie Held, Director of Jewish Life and Volunteer Services, to plan an inaugural event. On Sunday, September 16, Held hosted a unique High Holiday service specifically for those with dementia and their families to celebrate the New Year.

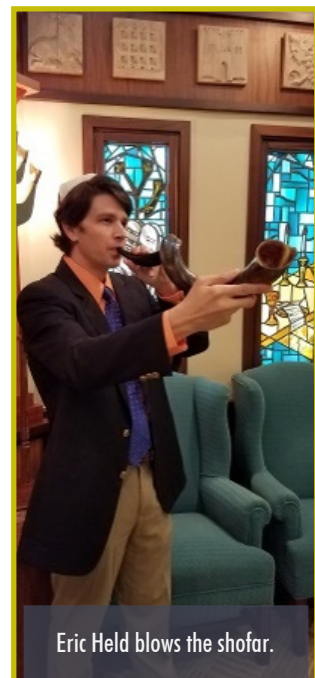
Held says, "So much of who we are as a person is rooted in our faith; the traditions, prayers and songs are like a part of our soul. Our goal was to create a respectful and dignified holy service so that those who may feel isolated from the community of faith would have a real, genuine opportunity for High Holiday worship."

Every experience dealing with dementia is different, and many facing this difficult disease have specific needs due to the condition. The disease often creates a set of symptoms that make social engagements challenging. In addition to cognitive or physical impairment, people living with dementia may have a heightened sense of emotions and may suffer from hallucinations or delusions. They may also have language difficulties, visual challenges and surprising behavior. Families may withdraw or isolate themselves because of embarrassment. Or, it might just be easier to stay at home, minimizing the risk of 'something bad' happening in public.

"Throughout the Jewish community, we are continually striving to find new ways to support those who are living with the challenges of dementia. Our special 45-minute service focused on familiar music and prayers to stimulate memory and create a relaxed, accepting environment. We're glad so many were able to attend," Held says.



Janet Laine, with daughter & son-in-law



Eric Held blows the shofar.

Respectful of the holidays, all photos were taken on Sunday, September 16, 2018.





Making the annual Borscht: Tina Tadros, Adult Day Manager, with Ed Safer.

Yom Kippur—Break the Fast

Yom Kippur is a holiday of reflection, repentance and prayer. From sundown to sundown, it all takes place while fasting. At the end of the holiday, Jews traditionally share a joyful break-fast with family and friends.

It is customary to break the fast with a comforting, easy-on-the-stomach meal. The menu traditionally includes lighter foods that mimic a brunch.

Celebrating this holiday at River Garden comes with an added tradition that is worthy of mention. Thank you, Ed Safer for your making of borscht—everyone loves your family recipe!

Jewish Genealogy

For many years now, genealogy has been rated as one of the fastest growing hobbies in the United States. Information, resources and databases are readily accessible online. Relatives who are living longer than before are eager to share their stories. The researching and detailing of family history that may once have been deemed tedious has turned to a fun, social discovery.

This mainstream interest is coming more alive in the Jewish community. Myths about the impossibilities of successfully tracing a Jewish family tree are being dispelled. If you'd like to learn more about Jewish Genealogy, please join us on November 14th or December 19th at the River Garden Cohen Auditorium. Feel free to arrive early (5:30) to enjoy a light dinner from the Baker Deli Café.



ALWAYS REMEMBER
WHERE YOU CAME FROM



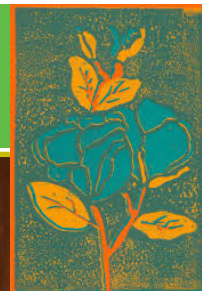
Special thanks to our friends from the NE FL Conservatory & Jacksonville University College of Fine Arts for their recent performances. Our residents, Members and community at-large always enjoy your visits!

Save the Date for our next Community musical performance: Recycles Orchestra—January 8 at 2 PM



Every intergenerational experience on our campus brings a deep warmth and sense of love.

These are the days we'll remember forever.



Photos taken by Larry Tallis on Grandparents' Day, Sunday, September 9, 2018.

Thinking Ahead

Critical Information To Talk About

In the world of senior care, families are often faced with moment of stress, and they may terribly uncertain about the course ahead. We're here to help.

Save the date of **January 23, 2019** and make plans to join us for an informative program about legal and care planning that will benefit you and your loved ones.

Some of the topics we'll discuss and clarify include:

- ... Power of Attorney
- ... Living Will vs. Estate Planning
- ... Advance Care Planning
- ... Health Care Surrogate

It's never too soon (or too late) to begin talking about these topics. Your investment of time now will be a blessing to your family in the future.

Details coming soon on our website and Facebook.

Supporting Positive Aging

Welcome, Author Marc Agronin

River Garden is delighted to co-sponsor Marc Agronin for the upcoming JCA Cultural Arts event November 1-15, 2018.

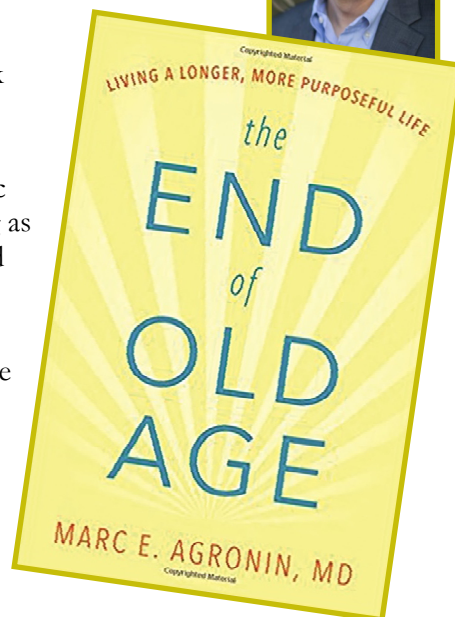
Specifically, Agronin's talk will be on Monday, November 12 at 7:00 PM.

His book offers a dynamic and positive view of aging as 'a badge of distinction and honor.'

A brief excerpt from *The End of Old Age* details these encouraging words:

"Aging brings strength...We must learn how to age in a creative manner that is both the antidote to feeling old and the elixir of aging well."

We hope to see you there.



Honoring Veterans

On November 11th and 12th, River Garden will be doing two special activities to honor our veterans.

First, on November 11, Author Kurt Wallach will be presenting 'Heroes of the Past', a autobiographical review of the tragic events of World War II through the lens of his family's personal struggle to survive. Wallach is a Navy veteran and Holocaust survivor. The presentation begins at 2:00 PM and is open to the public.

Then, on November 12, Kathy Minton, Deinya Mautz & Janet Brown will be presenting handmade, patriotic-themed quilts to the over 30 veterans who reside in our long-term care center.



Each year, River Garden employees, families & friends join the Jacksonville Walk To End Alzheimer's.

Date: Sat., November 3, 2018
Times: Registration starts at 8 AM
Opening Ceremony at 9 AM
Walk starts at 9:30 AM
Place: Times-Union Center
Jacksonville Riverwalk
300 Water Street, Jacksonville, 32202

If you would like to walk with us or make a contribution, please contact
Pam LaMontagne at
plamontagne@rivergarden.org,
or find Team River Garden on www.alz.org



Adult Day

Fun Days Shared with Friends

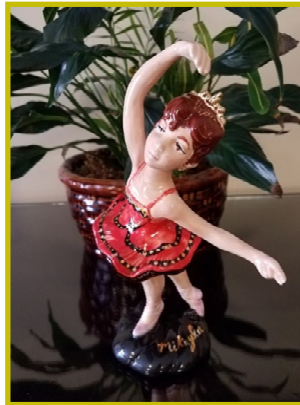


If you're working full-time and need a loving place for your parent, Adult Day in the Frisch Pavilion is a wonderful option.
Call for information. 904-288-7858



Ceramics

Tuesday morning ceramics class is one of River Garden's most popular resident activities. Our full production studio creates pottery pieces from start to finish, beginning with volunteer crafted bisque ware, and ending with colorful kiln-fired works of art. Residents choose to give their finished pieces as gifts, use them as room decor, or sell them in our yearly fundraiser. Feel free to stop by the Frisch Pavilion on Tuesdays at 10:00 AM to get a glimpse of our artists at work!



Members of The Coves also enjoy the ceramics programs.



Mrs. Hayflick shows off her vase.



George made a look-a-like container. Wonder what he'll store inside of it?



**River Garden Auxiliary
invites you to participate in
an evening of painting, pottery, and fun!**

**Tuesday, December 11th at 6:30 PM
River Garden Frisch Pavilion
See Page 20 for details.**

River Garden Auxiliary
Fall Fundraiser

Pick & Paint
POTTERY PALOOZA

Got Food? Well, Yes. We Sure Do!



River Garden would not be the same without our dedicated Dining Services team. Starting at the crack of dawn, the Dining Services team knows just what it takes to keep our residents, patients, employees and families happy. And, in case you're wondering, meal preparation for our campus isn't easy. In addition to the kosher standards we uphold, the staff prepares nearly 1,000 meals daily, often accommodating the diverse nutritional needs of our patients and residents. Next time you can, please thank them for their work.

Priority Access To River Garden Services for Members of The Coves

As a Coves Member, our goal is to help you maintain your independence for as long as possible. When it comes to hiring help in your home, the River Garden Home Health Care team is a wise choice based on our experience and reliability. We offer five discreet packages ranging from minimal to maximum assistance. Call us to discuss our **'overlay services'** and how we can create a private, personalized support system. The Home Health Care team can be reached at 904-288-7851.

River Garden's rehab center is also a superb choice for anyone who needs outpatient therapy. The outpatient program accepts a variety of insurance plans. Plus, they can coordinate with the home care team to provide skilled home health services based on orders from a doctor. As one of the largest rehabilitation programs in the city with over 5,500 square feet, this is a great benefit! Please call 904-886-8454 for more information about rehab services.



Thank You For Sharing Your Stories

Our care team and rehab professionals spend many hours getting to know our patients and families as we help them through difficult times.

Every story matters, as they help us connect with each other differently.

Thank you for staying in touch.

Mr. Martin
River Garden Hebrew Home
11401 Old St. Augustine Road
Jacksonville, FL 32258

Dear Mr. Goetz,

My mother, Shirley Drummond, passed away on September 1st. I live in NJ and I regularly flew down to visit her. This letter is to express appreciation for the wonderful staff at River Garden that I observed on those visits.

The staff is just outstanding. There's a consistency and standard of care that I was not used to. I was with caring people whom she knew as opposed to another facility. With the danger of missing someone and everyone when I visited, I'd like to list some of the names of the staff.

It starts with Suzanne Lyda, who always greeted me when I visited. She was so attentive to details and treated Mom like she would treat her own mother.

Mom was on T2 and Debbie Gibson went above and beyond in being very responsive to my calls. When Mom was failing she was able to connect me with Dr. Dobren if needed.

The nurses were great. Tatyana Margaryan, in particular, was excellent. She took special care of her wound and other ailments, really taking care of Mom's needs. The night my mom died there was a night nurse, amazing help and comfort to my brother, Ben, and his wife when they said "Good-bye" to Mom.

Then there are the aides – the real front line and the ones who work hard to make Mom's care and well-being. I can't say enough about Sissy Love who was always from touching and bantered with her. I needed. Sissy was a regular caregiver and very competent. I was the same caring

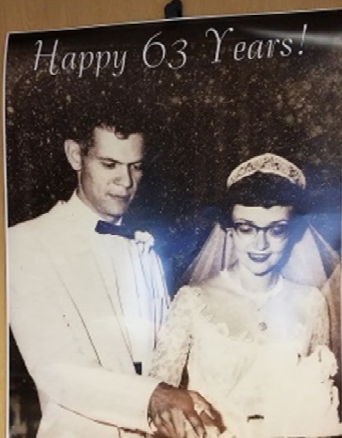
RE: Robert R. Bachmann, 7/28/2018- 8/1/2018

Dear River Garden Senior Service Staff,

I wanted to let you know how I really felt after my experience at River Garden Traditional 3 / Rehab Care. I have completed your Survey but did not feel that it really shows my satisfaction and feelings for the superlative care, that I received. The care and treatment exceeded any expectations that I had. From the moment of arrival to the walking out after discharge, I felt very reassured, comfortable, relaxed, after the outstanding personal care by your staff. I felt I was not a patient but part of the River Garden family. No question in my mind that I had experienced and received the best care and treatment there is, yes, there is none better!

In completing the survey, it is difficult to differentiate between "exceeding" and "far exceeding" in answering some of the individual questions having my only experiences in hospital care, which is not a sound basis for comparison. Even so, there is only one word I have for my experience in River Garden and that is "Superlative" care and treatment. Just sit in the dining area and watch the staff from nurses, NRA's, assistant NRA's, and kitchen staff, a very caring helpful serving "family" with all the patients.

The rehabilitation process and staff were just as caring, helpful and certainly made the experiences, fun while achieving the goals of returning my balance and ability to walk without support in a very short time. My wife and I both think it was far exceeding our expectations. The techniques and skills taught and experienced has allowed me to pass my 84th year of life while returning to a "normal" life very quickly. I am in cardiac rehab at Baptist South hospital program with the goal of development of my stamina and endurance.



Recently the Hogshead family shared their parents' 63rd wedding anniversary at River Garden. Now, Mom has completed rehab & has returned home.



At 104, Mrs. Giorgetti has raised 3 children & is still going strong.



It's always a pleasure to care for those who have a long history with River Garden. Mrs. Reddick worked at River Garden in Riverside.

Clinical Care Team

A Great Place To Work: Our Excellent Care Team

The clinical team at River Garden is certainly key to our success and multi-level awards. Led by Carol Thomas and Bernadeth Palompo, our caregivers are among the hardest working professionals in the house. Always with smiles, they comfort families, manage complex care plans, tackle paperwork and answer countless questions.

We know that health and wellness is a team effort that involves patients, families, loved ones, CNAs, nurses, doctors and other professionals involved with your care.

If there is anything we can do to connect you with the proper resources, such as a case worker, mental health professional, social worker or chaplain, please let us know.

With 50 years of combined service, nursing leaders Bernadeth Palompo and Carol Thomas say, "We are fortunate to have such a staff of outstanding 'superheroes' who care for our patients with skill and compassion. They prioritize health and safety, bringing everyone the best service possible."

Thank you for making a difference in the lives of people!





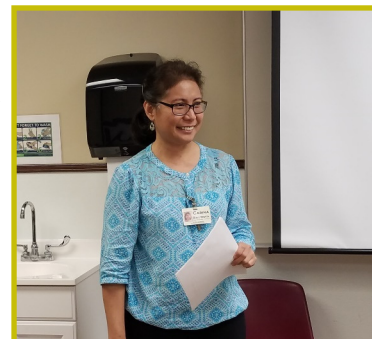
Gail Brannon (T) celebrates 32 years with River Garden and Sandra Causey (B) celebrates 28 years of service.



When You Join The Team

River Garden aims to hire top-notch dedicated employees. We are ready to on-board and ramp-up new hires with thorough training and ongoing support.

When you join the River Garden family, Carina Bautista, our Staff Development Coordinator, will be by your side facilitating new employee orientation and following up with ongoing training and support. All of her efforts contribute to the River Garden culture of safety and excellence.



Carina Bautista helps new employees along the road to success.

Reducing Costs Without Compromising Care

Introducing Passport™

Sometimes technology gives us the opportunity to make new strides, become more efficient and do our jobs better. That is the goal of Passport™.

Effective October 1st, River Garden began using PassPort™, a fully automated, constantly monitored, pharmacy dispensing system that packages medication in both single and multi-dose envelopes by resident and room number. The PassPort™ provides incredible nursing efficiency, increases medication accuracy, reduces medication waste and reduces cost to all payers. We think it is the most technologically sophisticated, fully integrated and cost-effective in-house pharmacy platform for the safe management of medication in sub-acute nursing environment.

CEO Marty Goetz shares, "Taking the step to close our pharmacy has not been easy for me, but I know that this type of innovation is moving our agency in the right direction. One main goal is to enable our nurses to spend more time on direct patient care and less on med pass, med destruction, and other routine functions."

Partners Pharmacy, a company based out of central Florida, owns the equipment. The system is monitored visually and diagnostically 24/7 via their on-call pharmacy team.

The PassPort™ provides a variety of workflow efficiencies, some of which the care team is still adjusting to. Betty Sorna, CFO, is keen to recognize the financial benefits. She says, "This technology enables us to contain our medication costs without compromising outcomes."



Only authorized nurses can access the secure, alarmed unit. Onsite training was provided by Partners Pharmacy, plus there is ongoing 24/7 response to nurses' questions and concerns.



Each shift cartridge and pill-pack are verified with a bar code & packaged by resident-specific room numbers.



Inside the machine: vacuum technology 'picks' individual medications and inserts them into a resident-specific, labeled envelope. This photo shows the process with 'test meds' like Skittles, M&Ms and gummy candies.

Plenty of food and fun at The Coves



Who Would Have Gessed?

Drumming Our Way To Wellness



Together with about 15 Coves Members, Wellness Coordinator Kristin Spinner leads the Drum Circle through routines & beats choreographed to music from all decades.

Aging is inevitable, but a new 'buzz word' for seniors is WELLNESS, and it incorporates more than just diet, exercise and medications. Two big additions to the concept of wellness are social interaction and mental health. That's what drumming can do!

The Coves Drum Circle is a new and exciting group that meets once per month in the Clubroom. Drumming is not only fun, it is also great for cardiovascular health, upper body range of motion and brain health.

Additional research indicates that drumming can boost the immune system and produce feelings of well-being. It can also provide a release of emotional stress, help with fatigue, anxiety, hypertension, asthma, chronic pain, arthritis, mental illness, migraines, cancer, multiple sclerosis, Parkinson's disease, stroke, paralysis, emotional disorders, and a wide range of physical disabilities. More still, drumming is reported to induce deep relaxation and lower blood pressure.

Give drumming a try! Like other music therapy techniques, the body benefits are worth it and the social scene is quite entertaining.



Member-Led Programs Bring New Energy

The Coves at River Garden is a comfortable place of leisure and activity. Some Members choose to play cards or shoot pool, while others work with Kristin Spinner to define and achieve wellness. For group fun, Cheryl Fisch, our Life Enrichment Coordinator, has something for everyone. Overall, it's a socially rich campus.

Some of the most exciting additions to the activity calendar have been the Member-led programs. These programs feature our very own residents presenting or leading discussions about a topic of their own personal expertise.

Life is full of adventures and we're finding some very engaging and talented Coves Members!

- ... Thank you, **Nancy Dean**, for your recent presentation about 'Wildlife in Yellowstone National Park.' We also appreciate you [and your sister, Chris] sharing your love for gardening with us.
- ... Would you like to learn a little conversational French? Join with **Janice Knack** each week, as she leads a group on Tuesdays @ 3:15 PM. You never know when you might be invited on a trip to Paris!
- ... Watch the calendar for **Evelyn Peck's** 'Book Review & English Tea'. Evelyn is a gifted leader.
- ... Finally, we'd also like to recognize **John Donnangelo** for his book detailing the history of The Coves and **Charlotte Berson** for her beautiful handiwork. River Garden appreciates your contributions.

If you have any questions about the activities or life at The Coves please call.

Margaret Davis, The Coves Administrator

904- 886-8935

Cheryl Fisch, The Coves Life Enrichment Coordinator

904-886-8936



A social fabric of nurturing connections....



We're trying to share more regularly on our Facebook page. Find **RiverGardenSeniorServices** 'Like' our page and feel free to share posts with friends.



If you have any questions about the services available from our neighborhood Walgreen's pharmacy, please let us know.



John Verdi, Walgreens Pharmacy Manager
Phone 904-288-0652



Ladies and Gents ...Step Right Up and Get Your Tickets Today...

Join the River Garden Foundation at the 'Greatest Gala on Earth.' **A Night Under the Big Top**, benefits the residents of River Garden Hebrew Home/Wolfson Health & Aging Center. This extraordinary event sponsored by **SunTrust** will be held on, **Saturday, November 17, 2018** at the Sawgrass Marriott Golf Resort & Spa. In addition to cocktails, a silent auction, dinner and dancing, the black tie event will feature entertainment beyond an ordinary night out. Be prepared to be entertained, have fun and dance the night away. Six hundred people are expected to attend this amazing evening.

This year we are delighted to have **Rachel and Colman Brodsky** chair the Gala. Colman serves on the board of the River Garden Foundation and both are involved in many aspects of the community. Together this dynamic duo is leading the best committee in town. Over 80 members strong the committee is made up of members that have served for many, many years— even as far back as the first Gala—and every year new members join. We appreciate all the efforts of our valued volunteers.

The Gala has become known as one of the finest annual events in town. It has helped educate the general community about the unique nature of River Garden, its national reputation as a model elder-care agency and what a special role it plays in our community.

River Garden is extremely grateful to our **Premier Sponsor SunTrust** and all our very generous donors. It is that special support of our friends that truly makes a difference. Thank you.

Reservations and sponsorships are available on line at www.rivergarden.org/our-community/river-garden-foundation/river-garden-gala-2/ or contact Kathy Osterer 904-886-8430 or kosterer@rivergarden.org.



Rachel & Colman Brodsky, Event Chairs

Time is running out!
Step right up & get your tickets!



A NIGHT UNDER THE BIG TOP

Saturday, November 17, 2018 at 7:00 p.m.

Sawgrass Marriott Golf Resort & Spa

Chairs: Rachel and Colman Brodsky

Presented by



Black Tie • Cocktails & Silent Auction • Dinner • Entertainment • Dancing

Reservations and sponsorships available now

Kathy Osterer 904-886-8430 or kosterer@rivergarden.org

www.rivergarden.org/gala  River Garden Gala

To Benefit River Garden Hebrew Home/Wolfson Health & Aging Center
Appreciation to Kurtis Creative for Design | Printing Provided by The Hartley Press

Thank You For Your Support

Besides our unwavering standard of care, it is the people that support River Garden that make us exceptional. There is story after story of volunteers, board members and donors who have dedicated time and financial resources to River Garden throughout our past 72 years. Later, in their own time of need—whether for short-term rehab, memory care or long-term skilled nursing—we have been privileged to serve them with the quality of care that they helped mold.

None of this would be possible without you. With your help we are able to continue on a path of excellence, serving generations of families and friends. Thank You.

Guardians of Tomorrow

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.

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

*Of Blessed Memory

Investing a Gift for the Future

The River Garden **Charitable Gift Annuity** provides a guaranteed paycheck for life in return for your mission-supporting gift. We'd love to talk with you about how the program works.

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

The River Garden **Employee Holiday Fund** is a wonderful way to say "Thank you" this time of the year. River Garden's policy does not permit staff to accept tips or gifts in any form. By contributing to the Employee Holiday Fund you are able to show your gratitude to the 300+ staff members who are involved in ensuring that your loved one is receiving the highest quality care in Northeast Florida.

The monies contributed to the Employee Holiday Fund are distributed equitably among the employees in the form of supermarket gift certificates based upon time worked during the year. Your gift will help make it possible for many staff members to have a better holiday, a better family meal, or presents for loved ones during the time when gifts are most appreciated.

www.rivergarden.org/foundation



River Garden Auxiliary Presents Contemporary 'Remakes' of Classic Films in Their Calendar

The Auxiliary members at River Garden are always full of great ideas that benefit our agency. In early 2019, they brainstormed a new fundraising project that was completed and 'unveiled' in August at a premiere evening event.

Specifically, the project included the creation of a movie-themed calendar, featuring residents from The Coves costumed and recreating scenes from major blockbuster movie films.

Proceeds from calendar sales will benefit the residents of River Garden. Be sure to buy your personal or gift copy at the River Garden Gift Shop. Each calendar costs \$20 and all

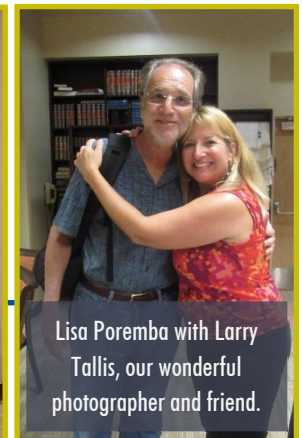
proceeds directly benefit River Garden residents.

For more information about this project or other fundraising initiatives, please contact

Mimi Kaufman (626-2472) or Michelle Steinfeld (636-7580).



'The Blue Brothers' feature is a crowd favorite.



Lisa Poremba with Larry Tallis, our wonderful photographer and friend.



Marsha Pollock presented 'My Jacksonville' at the Auxiliary Opening Meeting on October 30. What a nice walk down memory lane!

Auxiliary Events

November 13—Paid Up Membership Event

It will be our pleasure to welcome Andy Baker from the Antique Fox as well as Karel Moerings from Nicolaas Alexander LTD. All paid up members as well as all Life Members will be able to get a verbal appraisal done on one treasured item or one piece of jewelry. Limited one item per person. Please RSVP by Monday, November 5th to Michele Steinfeld 636-7580. RSVP greatly appreciated.

December 11 – Fall Fundraiser: Pick n' Paint Pottery Palooza

Bring your artistic spirit for a fun evening of ceramics at River Garden. We have hundreds of ceramics pieces ready for you to create your very own masterpiece. After just a couple hours of painting and socializing, you will have created a wonderful work of art. After final firing, your handiwork will be ready for pick-up within 7-14 days. Refreshments provided. Please make your reservation a.s.a.p., as space is limited. \$25.00 per person.

Barbara Safer— 268-1329 or barbsafer@aol.com.

Dashboard and Metrics

Updated September 19, 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	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1

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	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1	1 1 1 1 1

MDS 3.0 Quality Measures Comparison Report

Measure Description	River Garden (%)	Florida (%)	National (%)
Functional Improvement Accomplished (Short Stay)	80.5%*	70.2%	67.9%
Re-Hospitalization After Nursing Home Admission (Short Stay)	24.4%	24.4%	22.4%
Outpatient Emergency Department Visit (Short Stay)	7.2%	10.5%	12.3%
Successful Discharge Back To The Community (Short Stay)	64.9%*	55.6%	56.4%
New/Worse Pressure Ulcers (Short Stay)	1.3%	0.5%	0.9%
UTI - Urinary Tract Infections (Long Term)	1.3%	3.2%	3.2%
Physical Restraints (Long Term)	0.0%	0.3%	0.4%
Worsening Ability to Move Independently (Long Term)	12.3%	17.0%	18.3%
Excess Weight Loss (Long Term)	3.2%	7.2%	7.0%
Anti-Anxiety or Hypnotic Medication (Long Term)	21.6%	26.0%	22.1%
Self-Reported Moderate/Severe Pain (Short Stay)	1.6%	9.5%	13.1%
Self-Reported Moderate/Severe Pain (Long Term)	0.7%	3.5%	5.6%
Residents Given Seasonal Influenza Vaccine (Short Stay)	100.0%*	86.9%	81.6%
Residents Given Seasonal Influenza Vaccine (Long Term)	99.1%*	94.1%	95.1%
Anti-Psychotic Medications (Short Stay)	0.3%	2.1%	1.9%
Anti-Psychotic Medications (Long Term)	11.0%	14.7%	15.2%

* 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

... 2 Masters-Prepared Social Workers

... Access to Programs & Campus Amenities



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

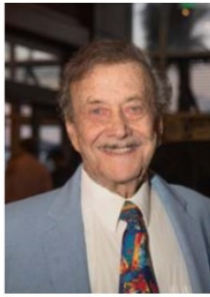
EIGHT-TIME RECIPIENT OF THE PRESTIGIOUS
GOVERNOR'S GOLD SEAL AWARD
FOR EXCELLENCE IN LONG-TERM CARE



RECOGNIZED
AS THE #1 NURSING HOME
IN THE STATE OF FLORIDA



HEROES OF THE PAST



Join Navy Veteran, Holocaust survivor, and author Kurt Wallach as he highlights the tragic events of World War II through the lens of his family's personal struggle to survive. *Books available for purchase; all proceeds donated to US Holocaust Memorial Museum.*

with Navy Veteran
Kurt Wallach

RIVER GARDEN 
COHEN AUDITORIUM
11401 OLD ST. AUGUSTINE RD.

SUNDAY, 2PM
NOVEMBER 11TH

RSVP to Laura Platzer by 11/5:
lplatzer@rivergarden.org
or 886-8429

Confused About Medicare?

Need to talk to someone about your health care needs?

Wednesday, November 14th

11:30—1:00 p.m.

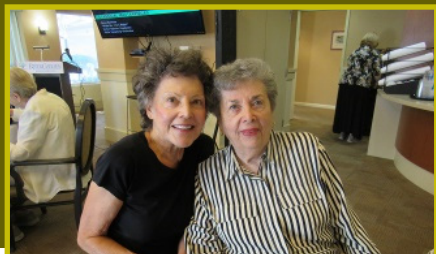
at River Garden Cohen Auditorium

Come enjoy lunch with a local *ElderSource* expert. You'll receive free and unbiased guidance about 2019 Medicare benefits, information about which Medicare prescription drug plan best fits your needs, and answers about Medigap, long-term care insurance and other health insurance programs for seniors. We'll also discuss home health benefits and Medicare claims and appeals.

Please RSVP for lunch. 288-7855



Enjoy Campus Life



River Garden Is A Unique Place To Be



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 ~



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

**Make Your Reservations
Today!**





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

Please remember River Garden as part of
your year-end giving plans.
With the help of the community
we can continue to make a
difference in the world.

Thank You!

"It does not matter what one says, but rather what one does that makes all the difference in the world." ~ Pirkei Avot