



# River Garden News



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Summer 2023

Volume 85



## 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:

Alois Gendzier, member of The Coves, and Karen Futch, receptionist, show off their goofy fashions on 'Mix-Up Monday'.

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

## 2023-2024 Boards and Officers

### River Garden Senior Services

Janis Fleet, President  
Susan Cohen, Vice President  
Sandy Zimmerman, Vice President  
Marsha Pollock, Secretary  
Ed Grenadier, Treasurer

### River Garden Hebrew Home

Randy Kammer, President  
Debby Kaye, Vice President, Chair of Admissions  
Bruce Horovitz, Vice President, Co-Chair of Admissions  
Michael Paul, Vice President, Co-Chair of Admissions  
Morrie Osterer, Vice President, Chair of House  
Rachelle Gottlieb, Secretary  
Cindy Demri, Treasurer

### River Garden Auxiliary Officers

Ellen Rubens, President  
Carol D'Onofrio, President Elect  
Carol D'Onofrio, Membership VP  
Michelle Steinfeld, Fundraising VP  
Shirley Bielski, Recording Secretary  
Renee Weinstein - Social Secretary  
Nancy Mizrahi, Treasurer

### River Garden Foundation

Sandy Zimmerman, President  
Adam Frisch, Vice President  
Tom Harris, Vice President  
Ken Jacobs, Vice President  
Jennifer Plotkin, Vice President  
Andrea Mail, Secretary  
Shari Shuman, Treasurer

### The Coves at River Garden

Michael Price, President  
Malcolm Bloom, Vice President  
Shirley Bielski, Vice President  
Susan Cohen, Secretary  
Judy Paul, Treasurer

## River Garden 77<sup>th</sup> Anniversary Day Includes Presentation of 10<sup>th</sup> Governor's Gold Seal Award for Excellence in Long Term Care



Thank you to our staff, Board members, families and friends for helping us celebrate a lovely 77<sup>th</sup> Anniversary Day!



## Inside Line

By Mauri Witten Mizrahi, Chief Executive Officer

Summer at River Garden is filled with beautiful sunsets, blooming flowers, barbecues, picnics, swimming, bike rides, music, teen volunteers, Olympic Games and more.

It is hard to believe that last summer, one year ago, the River Garden Senior Services Board hosted an 'All Boards Retreat'. The ideas generated from the retreat have guided this year's work of the Senior Services Strategic Planning Committee. Janis Fleet, Senior Services' president and Strategic Planning Committee chair, has led us through a comprehensive Request for Proposal (RFP) process which has resulted in choosing the Haskell Company to develop the River Garden Campus Master Plan. We will welcome the community's feedback, participation and support in the enhancement of River Garden as an arena of Jewish life and a leader in senior living.

Thank you to Nathan Goldman, Chairperson of River Garden's 77<sup>th</sup> Anniversary Day on March 26, 2023, for doing an excellent job hosting the River Garden Senior Services Annual Meeting.

Nathan had the pleasure of warmly welcoming Kim Smoak, Deputy Secretary Health Care Policy and Oversight for the Agency for Health Care Administration, who presented River Garden with our 10<sup>th</sup> Governor's Gold Seal Award for Excellence in Long Term Care. River Garden has received this prestigious award every year since its inception in 2002. Another highlight of the meeting was the installation of Randy Kammer as the Home's board president.

Golfing and summer always go together. River Garden benefits during the summer and throughout the year from the \$129,000 raised by the 27<sup>th</sup> Annual River Garden Classic, chaired by Tom Harris and sponsored by Hardage-Giddens Funeral Homes & Cemeteries along with Jody and Janne Brandenburg.

This summer, the River Garden Foundation is finalizing plans for the 31<sup>st</sup> Annual River Garden Foundation Gala—Pura Vida—which will be November 18, 2023, at the Marriott Sawgrass and

will recognize Baptist Health as our community partner honoree. Gala Chairs Danielle Leader and Lauren Setzer and the Gala Committee are creating an evening inspired by the meaning of Pura Vida—"an optimistic, happy life"—and life at River Garden.

We are pleased to announce that July 1, 2023, Justin Bowman, MSN, RN, HACCP-CMS will become Director of Nursing and Laura Johnson, RN the Assistant Director of Nursing. We are grateful to Carol Thomas, Chief Nursing Officer, for preparing Justin and Laura for their new leadership roles. Carol will remain as River Garden's Risk Manager.

August 1, 2023, PointClickCare (PCC), River Garden's new clinical and billing software, will be "going live". We look forward to the enhanced features and capabilities it will provide.

River Garden continues to be rated "5 Stars" by the Federal and State government and is a preferred provider to area hospitals and insurance companies. The nursing care center and the short stay post-acute care rehabilitation program are accredited by The Joint Commission. If you need skilled nursing rehabilitation after a hospital stay, please speak to your case manager and request River Garden.

Summer is the last season of the Jewish year. As we savor the slower pace of longer days and reflect on what we have overcome and achieved, we continue to prepare for an exciting future.

Our future is bright.

*Mauri*

Throughout summer, we have many young volunteers offering special programs for our residents. Pictured here, Max Mizrahi pilots his mom and our CEO, Mauri, on The Duet, our specialty wheelchair bicycle. Resident rides are available on Mondays and Fridays. Judy Mizrahi, Max's grandmother and Auxiliary volunteer, steps in to share the moment.







**Nancy Davis**  
**Director of Jewish Life**  
 ndavis@rivergarden.org

## Everyone Is A Part of Jewish Life!

We are proud to welcome Nancy Davis as our new Director of Jewish Life. Nancy's warm nature and enthusiasm for Judaism makes it easy for her to continue and expand Jewish learning and Jewish experiences for our River Garden residents, members of The Coves and the greater Jacksonville Jewish community. Laura Platzer remains in her role as Jewish Life assistant, and the two have already formed a great working relationship. Leslie Held is continuing as Chaplain.



Purim was celebrated in style this year with everyone on staff dressed in costumes for the holiday. Our annual Megillah reading took place in the Parker Chapel, recounting how Queen Esther saved the Jewish people from Haman's evil plot. A big thank you to Rabbi Shapiro, Rabbi Glasser and Cantor Barry for reading Megillah with us. Residents enjoyed a Purim parade of adorable preschoolers from The Laurie School at the Jacksonville Jewish Center as part of the festivities, followed by lots of yummy hamantaschen.

Passover is an exciting time on the River Garden campus. Steve Meisel, our service leader, led a beautiful Seder for the River Garden residents and their families and June and Steve Meinstein with the help of their children, Mr. and Mrs. Dani Kadosh, coordinated and led a lively Seder at The Coves.

Members of The Coves also were treated to a delicious and creative chocolate Seder with Martin J. Gottlieb Day School students. Each of the traditional foods found on the Seder plate was reimagined using sweet treats, and a wonderful time was had by all! Later in the week, Jim Richman, assisted by Cheryl Fisch, served as head matzo brei chef in The Coves clubroom.

At the Home, the aroma of delicious matzo brei could be found wafting through the halls as our CEO, Mauri Mizrahi, and COO, Bobbie Jo Mentz, fried up the holiday treat in our Frisch Pavilion and our own Elliott Palevsky lovingly led an interactive Seder with our Memory Care residents. Guitar in hand, Elliott fulfilled the commandment to retell the Passover story as residents and family members sampled the traditional foods found on the Seder plate.







Our River Garden residents continued to enjoy their monthly visits from Torah Academy (TA) High School girls, which are always opportunities for both learning and fun. The TA girls also were an integral part of our annual Yom Hashoah (Holocaust Remembrance Day) program. Those in attendance were moved by their meaningful readings on loss, survival and hope.



To celebrate Israel's independence day, Yom Ha'atzmaut, our residents, members of The Coves, staff and families enjoyed our annual Taste of Israel buffet. Dining Services knocked it out of the park with delicious falafel, eggplant salad, tabbouleh, couscous and more.

As we moved toward the festival of Shavuot, commemorating the Israelites receiving the Torah at Mount Sinai, we celebrated Lag B'Omer with a cookout-style lunch across our campus. In keeping with the spirit of the holiday, River Garden residents and members of The Coves enjoyed a Patio Party in the afternoon, complete with live guitar music, outdoor games like ring toss and corn hole, plus plenty of frozen treats to round out the celebration.



To finish our spring season, River Garden residents and members of The Coves alike enjoyed a Shavuot program that was one part learning, one part crafting and totally delicious. Because dairy foods like blintzes, bagels with cream cheese and noodle kugel are traditionally eaten at Shavuot, our program ended with a cheesecake tasting complete with a selection of toppings ranging from caramel to blueberries to crushed Oreos.



Last but not least, Torah Study sessions have resumed on Fridays this spring. The weekly sessions alternate between River Garden and The Coves.

Additionally, we are grateful to Steve Meisel for his capable leading of our Shabbat services for residents and members of The Coves. Services are held on Friday afternoons, Saturday mornings and on holidays. Families of residents and members of The Coves are also welcome to join us. We hope to see you there!





We were delighted to host the 27<sup>th</sup> Annual River Garden Classic on April 19, 2023, at Deerwood Country Club. The tournament was again sponsored by Hardage-Giddens Funeral Homes and Cemeteries and chaired by Tom Harris. We are incredibly grateful for their continued partnership and support.

There were 106 players who participated in the tournament and a record total of \$129,365 raised. Tournament proceeds benefit educational programs to train and validate skills and competencies of the hundreds of staff working at River Garden. The River Garden Classic was a success on a number of levels, not only raising significant funds but also the opportunity to build awareness of the exceptional care we provide and the pride we take in serving the seniors of our community.



Jumping for Joy! Terry Johnson, Ulises Caraballo, Tommy Fletcher and Alec McGehee



1<sup>st</sup> Place Gross: Dan Butterworth, Ed Grenadier, Brookes Burkhardt and Jon Lee



1<sup>st</sup> Place Net: Jake Olsen, Stephen Jordan and Eric Schmidt



Cheers from the course! Allen Morris, Ben Setzer, Clay Kromberg and Benjay Kempner



Shielah Overholser, Marsha Pollock and Bobby Nebel



Michael Price and Paula Kukelhan



Jody Brandenburg with volunteers at the Margarita Stand



Event Photo Gallery can be found online at <https://www.rivergarden.org/gallery/golf-2023/>



Special thanks to tournament Chair Tom Harris, committee members, generous sponsors, volunteers, players and staff who contributed to the success of this event. We are deeply grateful to you all!

### **Title Sponsor**

Janne and Jody Brandenburg

## **HARDAGE-GIDDENS**

FUNERAL HOMES, CEMETERIES & CREMATIONS



### **Reception Sponsor**

HUB International Florida

### **Master Sponsors**

DuBow Family Foundation | First Coast Security | Ann & Ed Grenadier  
Setzer Family | Lauren & Brandon Trager | WELLS FARGO Advisors

### **Corporate Sponsors**

Hauck Enterprise | Jaffe Group at Morgan Stanley – Sandy Zimmerman | The Kukelhan Family  
MMI Dining Systems | Northern Trust | Robert's Tree Service | Betty & Michael Sorna

### **Beverage Cart Sponsors**

Ameris Bank | Elise Bear & William D. Pollak Family Charitable Foundation | PQH Group | Howard Roey

### **Hole Sponsors**

Harriet & Ernie Brodsky | Duss Kenney Safer Hampton & Joos, PA  
Susan & Ron Elinoff | Evergreen Cemetery Association | First Coast Mortuary Service  
Paula & Ken Horn | Joseph J. Maltese Financial Services, LLC | Randy Kammer & Jeff Wollitz  
Mort Kesler | Kingdom Magazine | Jill & Mark Lodinger | Marco Family Foundation  
Milton J. Wood Fire Protection, Inc. | Mauri & Alan Mizrahi | Annmarie & Mat Nemeth  
Osterer Construction | Donna & Elliott Palevsky | Price Realty Group | River Oaks Dental  
Price Family In Memory of Symme Price, Todd Price, Sam Price and Jonathan Price  
Kim & David Robbins | Susan McEwen Watson Realty | SRB & Associates | Trane  
Tree Amigos Outdoor Services, Inc. | Jill & Michael Weiss in memory of Isadore & Sylvia Weiss

### **Beer Sponsor**

Champion Brands



Alan and Mauri Mizrahi



Greg Miller and AJ Romano from Trane foursome



Tom Harris and Stephen Casino

**Mark Your Calendars for the 28<sup>th</sup> River Garden Classic: April 10, 2024**







# Pura Vida

We are looking forward to the **31<sup>st</sup> River Garden Foundation Gala, “Pura Vida,”** led by our wonderful Co-chairs, Danielle Leder and Lauren Setzer. The Gala will be held on November 18, 2023, at the Sawgrass Marriott Golf Resort & Spa.

In Costa Rica, “Pura Vida” literally translates to “Pure Life,” or a “real living,” that reflects happiness, well-being, and satisfaction. This philosophy on life is reflected in the high level, compassionate care that River Garden provides its residents every day.

This year we are pleased to recognize Baptist Health as our Community Partner Honoree for their incredible relationship in providing exceptional skilled care to the seniors we serve. The alignment of our mission and values enables us to serve the community together with excellence.

The Gala is particularly meaningful, as funds raised supplement the cost of providing the highest quality of care for every resident regardless of their economic position.

We hope you will join us for an evening of tropical elegance celebrating River Garden on November 18, 2023. Sponsorship opportunities are available. Please contact Christina Levine at [clevine@rivergarden.org](mailto:clevine@rivergarden.org) or call (904) 886-8430 for more information.



Gala Committee members gather for photo on the beautiful River Garden campus.







Kate Sager, Lauren Rickoff, Danielle Leder, and Lauren Setzer; Judy Silverman, Allison Jacobs, and Kathy Osterer; Suzie Becker, Edrea Porter and Michelle Branly

## GETTING READY FOR GALA

SAVE THE DATE

**Pura Vida**

**31<sup>ST</sup> RIVER GARDEN  
FOUNDATION GALA**

**NOVEMBER 18, 2023**  
SAWGRASS MARRIOTT GOLF RESORT & SPA

COMMUNITY PARTNER HONOREE - BAPTIST HEALTH  
CO-CHAIRS - DANIELLE LEDER & LAUREN SETZER

FOR INFORMATION AND SPONSORSHIP OPPORTUNITIES VISIT:  
**[RIVERGARDEN.ORG/GALA](https://rivergarden.org/gala)**





Samantha Derrick, Carol Gurzi, Alan Singer and Dorie Norman

# Live. Laugh. Leave a Legacy.

## Activity Parlor Named in Memory of Terri Singer

Alan Singer made a generous gift to River Garden naming the Memory Care Activity Parlor in memory of his beloved wife, Terri Singer. Terri loved participating in all activities at River Garden. Alan was deeply touched by the loving care she received from the staff and thought it fitting to pay tribute to Terri and express his gratitude to the staff through this special gift. A small reception with friends of the Singers and the staff who cared for Terri was held in late May revealing the new **Terri Singer Activity Parlor**.

## Guardians of Tomorrow

Legacy giving, also referred to as planned giving, reflects a person's desire to make a lasting contribution and impact society long beyond their lifetime. When you include River Garden in your estate plan, your generosity enables us to provide the highest quality of care to all seniors we serve for years to come. For more information, please contact Christina Levine at (904) 886-8430.

## Treasure the memory of your loved one with a Yahrzeit Plaque at River Garden.



With a gift of \$500 to the River Garden Foundation, your loved one's name and Yahrzeit date will be inscribed on a plaque and placed on the memorial wall in the Parker Chapel.

For further information contact Michelle Branly at (904) 886-8431 or [mbranly@rivergarden.org](mailto:mbranly@rivergarden.org)





We always welcome new members—especially families of residents—and Gift Shop Volunteers. Please join our efforts to support River Garden Hebrew Home. Information can be found online. <https://www.rivergarden.org/river-garden-auxiliary/>

### Message from Mimi Kaufman

*Outgoing River Garden Auxiliary President*

It seems like just yesterday that I took office as President of the Auxiliary, but it was four years ago! Where did the time go? They say that time flies when you are having fun. And the past four years were fun!

This group of women who make up the Board of the Auxiliary are the most amazing, dedicated women you will ever meet. Their devotion to the Home and the residents is boundless. I feel privileged to have served as their President and am so grateful for their support and commitment.

The past four years were challenging and I will forever be remembered as the President who served during the COVID-19 pandemic! But we thrived with the tireless efforts of Evelyn Peck and her group of volunteers who managed to keep our gift shop open; and Fran Leibowitz and Rachel Brodsky managed to lead a very successful Tombola fundraiser. I thank all the board members for their commitment to raising the funds necessary for the benefit of our residents.

I wish Ellen Rubens and her incoming board members good luck and a successful term in the coming years.

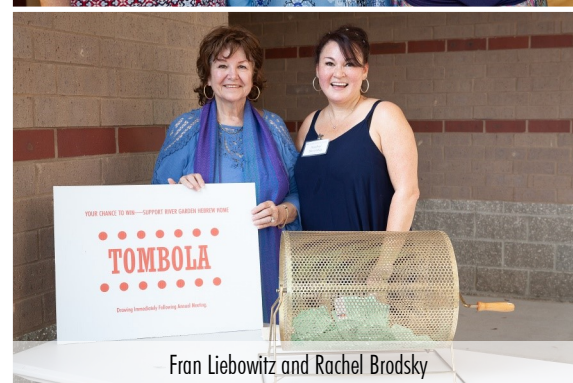
### Message from Ellen Rubens

*Incoming River Garden Auxiliary President*

As the newly elected President of the River Garden Auxiliary for 2023-2025, I want to express how thrilled I am to be able to serve this organization and the River Garden community in this capacity. While the main mantra of the Auxiliary identifies us as Keepers of the Fifth Commandment to Honor our Mothers and Fathers through supporting service projects for the residents, my emphasis this year is to grow the organization in a multifaceted way. I have had some extraordinary individuals to teach me how to do that throughout the years. I've embraced our creative sides, utilizing those experiences to offer alternative ways in which to keep our goals of service and fellowship moving forward. We need to attract members of a younger generation to join us. We need to attract a body of diverse, informed, and motivated people who want to keep the goals of the auxiliary alive and flourishing in our community by providing fun, personally rewarding, and profitable experiences. The auxiliary has served our community for over 100 years. Please join me in keeping the dream alive for many, many years to come. Thank you for your support and involvement.



Evelyn Peck, Mimi Kaufman and Carol D'onofrio



Fran Leibowitz and Rachel Brodsky



Ellen Rubens and Elaine Hodz



# Education and Support

## SUPPORT GROUP



Do you care for someone diagnosed with Alzheimer's disease or dementia? Are you looking for information and support? Please join us.

### 2<sup>ND</sup> WEDNESDAYS

JUL 12 | AUG 9 | SEP 13 | OCT 11

**3:30 PM**

AT RIVER GARDEN PARKER CHAPEL

Questions? CALL (904) 288-7851  
EMAIL [jglassman@rivergarden.org](mailto:jglassman@rivergarden.org)

## JOIN TEAM RIVER GARDEN



The Alzheimer's Walk recurs every year and this year Team River Garden is already working hard to raise support. Visit the Team website or join the fun of one of the upcoming raffles. All are welcome to walk on **November 4<sup>th</sup>**.

Basket Theme	Tickets Sold	Drawing Date
Beach	Jul 10-14	Jul 14
Back-To-School	Aug 14-18	Aug 18
Autumn	Sep 11-15	Sep 15
Multiple Themes Donated by Various Departments	Oct 16-20	Oct 20

All tickets sold 11:30AM-1:00PM  
Drawings will be on Friday 3:30PM  
Tickets are \$5.00/each or \$20.00/5 tickets  
Checks or online payment only—no cash



*Presented by River Garden*

## UPCOMING EVENTS AT THE JCA

No cost for JCA Members and Non-Members.

**SEPTEMBER 6, 2023 | 11:45 AM**

AT JEWISH COMMUNITY ALLIANCE

### Navigating the Senior Network

As we age, planning and caring for ourselves or an aging loved one – including knowing which type of care is needed and how to obtain it – can be overwhelming. A team from River Garden is here to share their expertise. As a trusted community partner, they will provide practical tips and information so that you will be more equipped to navigate the waters, no matter what life delivers.



**OCTOBER 18, 2023 | 11:45 AM**

AT JEWISH COMMUNITY ALLIANCE

### Preserving Independence | Staying Safe At Home

Retaining independence benefits older adults in many ways. It can help their physical and mental health, and improve their sense of purpose and quality of life. For most older people, independence is largely tied to being able to stay in their own homes. This discussion will focus on tips and strategies for enjoying your best life, safe at home.

PLEASE RSVP FOR COMPLIMENTARY LUNCH.

KARI BELL | (904) 288-7855 | [KBELL@RIVERGARDEN.ORG](mailto:KBELL@RIVERGARDEN.ORG)  
or HEATHER TERRILL | [HEATHER.TERRILL@JCAJAX.ORG](mailto:HEATHER.TERRILL@JCAJAX.ORG)





## Making Informed Choices

Melanie Ruggiero, Director of Home Health and Community Based Services, welcomed Dr. Sue Krall, to The Coves for an informative presentation about making informed choices.

When you are very ill or injured, your health care providers may be unclear as to what type of care you would prefer. Your family members may be uncertain or disagree about the type of medical care you should receive.



Dr. Sue reviewed the meanings and implications of CPR, DNR and AND. Recognizing these can be hard choices for you and those who are close to you; she encouraged thinking about these decisions sooner rather than later—while you are still able to decide your preference for yourself. There is no hard and fast rule about what you may choose. Here are three key takeaways:

- 1) Talk to your doctor about the pros and cons of CPR (cardiopulmonary resuscitation). Older adults can be injured from CPR. If you do want to receive CPR, you do not have to do anything. If you do not want CPR, talk with your doctor about a DNR order.
- 2) A DNR (do not resuscitate) order means that no CPR, chest compressions, defibrillation, endotracheal intubation, assisted ventilation, or cardiotoxic drugs will be administered. It does not mean that no medical assistance will be given. For example, emergency care and/or other health care providers may continue to administer oxygen therapy, control bleeding, position for comfort, and provide pain medication and emotional support.
- 3) A newer term to know is AND—Allow Natural Death. An AND order is meant to ensure that only comfort measures are provided. The goal of the AND order is to allow the dying process to occur as comfortably as possible, so that ongoing treatments are not painful or burdensome for you.

### ABCs of Caregiver Support

ACCOMMODATE needs, including your own! ASSESS the needs and ACCLIMATE with them. | BUILD a continuous, strong relationship. | COMMIT to providing the best care possible, all while CONSIDERING the best care for yourself. | DELIVERY meal services offer well-balanced, flavorful meals straight to seniors' doorsteps. | EVOLVE with the change rather than resisting it. ENJOY the time with your loved one, even in periods of frustration and sadness. | FORGIVE yourself for accidents and FOLLOW coping strategies to better overcome them. | GIVE seniors opportunities to remain active and independent. | HOUSING requirements may need adapted. | INITIATE new practices as identified and needed, especially when it comes to the safety and health of the senior. | JOKE and find JOY with one another, as laughing has shown to be the best medicine! | KINDLY approach all situations, as aggression and anger can be incredibly discouraging to seniors. | LISTEN to seniors, LEARN as much as you can, and LOVE them deeply. | MOVE and stay active when possible. Exercise is continuously touted for strength and balance maintenance in seniors. | "NO" can be an appropriate answer to questions. NEVER settle for recommendations you may feel uncomfortable with and continue to advocate for your loved one. | OFFER both help and autonomy, as seniors may welcome a helping hand or desire a chance to act independently. | PROMISE to offer the best care by being PROACTIVE and gain knowledge from healthcare professionals. | QUIT focusing on past mishaps, but rather learn from each experience. | RESOLVE issues rather than avoiding them, as finding a RESOLUTION can strengthen the RELATIONSHIP and trust between you and your loved one. | SEEK out SUPPORT. Remember, you are not (and do not need to be) alone! Join caregiver support groups for motivation and tips. | TURN to others for help; there is no shame in doing so. | URGE seniors to remain active, both mentally and physically. Assist in exercises as needed and provide mind-stimulating activities. | VOICE any concerns to healthcare providers, as they can guide you to appropriate skills and knowledge to best accommodate your loved one. | WARNING signs of mental and physical decline may be associated to early symptoms of dementia. Knowing and understanding them is extremely valuable to introduce appropriate care. | XEROX or scan and keep all important documents. | YEARLY checkups, and staying proactive, can identify problems before they start and YIELD improved treatments and a longer, healthier life. | Maintain a ZEST for life with energy, generosity, and love!



## Well Balanced Living—How is your PEPSSI balance?

At River Garden, our Life Enrichment and Adult Day Program teams strive to deliver a balance of activities and events that touch on six dimensions of wellness that were initially identified in 1948 by Dr. Bill Hettler, co-founder of the National Wellness Institute. These dimensions can be remembered as the acronym PEPSSI: physical, emotional, purposeful, social, spiritual and intellectual. Using the PEPSSI model can help everyone – young and old – enjoy their best life.

**P**

It's important to stay active regularly, so that your body continues to work as it was designed. **Physical** wellness is also about ensuring that you are choosing food and drinks that are nutritious, promoting the growth and maintenance of your body

**E**

The **emotional** dimension of wellness focuses on activities that deliver feelings of being valued and loved. These activities might bolster optimism and create inner calm, making it easier to manage life's ups and downs.

**P**

The **purposeful** dimension may also be called 'occupational' wellness. This area relates to making good use of your skills and talents leading to greater fulfillment and a sense of purpose. Most often, this includes work, service or accomplishing a project that delivers a sense of achievement and satisfaction.

**S**

Isolation is proven to jeopardize physical and mental health. The **social** dimension of wellness emphasizes the importance of connectedness with people.

**S**

**Spiritual** wellness is being deeply connected to your purpose and understanding your irreplaceable role in the world. For some, spiritual wellness is found in religion, but that's not the only source of spirituality. More broadly, this dimension encourages understanding one's earthly mission and how to identify ways to positively impact the world around you.

**I**

Keeping one's mind sharp is achieved in many ways. We never stop learning, and the **intellectual** dimension of wellness encourages mind-expanding adventures, problem-solving and hobbies.



Jewish Songs & Stories with Elliott



Tai Chi with Ron



BINGO with Big Frog



## Recognizing Our Nursing Leadership

River Garden Hebrew Home is a 180-bed skilled nursing center offering traditional long-term care, memory care and rehabilitation. ‘Hats off’ to our nursing leadership team who understand the importance of excellent patient care.

Justin Bowman	Director of Nursing
Laura Johnson	Assistant Director of Nursing
Pam LaMontagne	Nurse Manager Traditional Care—T1
Darla Williams	Nurse Manager Traditional Care—T2
Jorge Tinana	Nurse Manager Memory Care
Marian Mustafa	Nurse Manager Rehab Care—R1 and R2



Carina, Alina, Jorge, Joy, Laura, Marian, Carol, Pam, Justin, Patty and Darla



## Introducing Point Click Care

In the Home, we have started the transition process from American Health Care, our electronic medical record and billing system, American Health Care, to Point Click Care (PCC). The ‘go live’ date for PCC is August 1, 2023.

## Hebrew Home Trivia

Did you know that Dan Uhl, Assistant Director of Dining Services, and his team prepare **5,500 meals per week**? Wow! Staff, residents and families thank you for keeping us well-fed!



Kim's Chair Exercise



The Recycles Band with Ernest

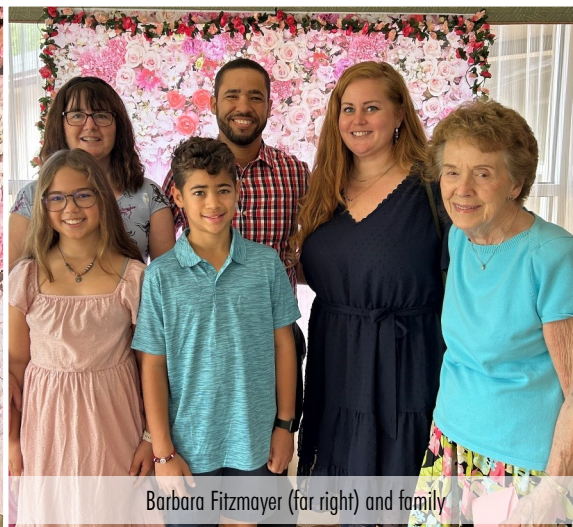


# Honoring Our Mothers and Our Fathers

"Honor your father and your mother, so that you may live long in the land the Lord your God is giving you" (Exodus 20:12).



Roz Berg (center) and family



Barbara Fitzmayer (far right) and family

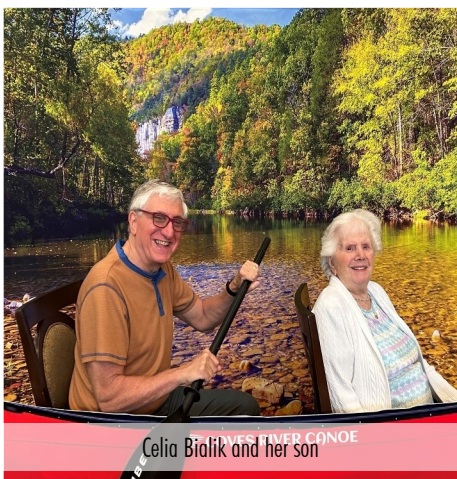


Debby Katz (far right) and family

*River Garden holds the Fifth Commandment at the center of our work every day, and when Mother's Day and Father's Day roll around each year, we enjoy celebrating with families.*



Don Young & Jane McManus



Celia Bialik and her son



Sandi Driben & Betty Meltzer





# Enjoying Youth and Enthusiasm

## RIVER GARDEN TEENS



Here are a few members of RGT 2023:  
Back Row: Adhitya, Justin, Tim, Deepan, Abhinav, Jacob  
Front Row: Esther Raffol (Leader), Tiffani, Mary, Carina, Maria, Aarohi

## ISRAELI SCOUTS



The Israel Scouts Friendship Caravan began in 1973 bringing messages of joy, peace, and friendship from Israel to audiences across the United States. Each troupe of singers/dancers is made up of five girls and five boys and their two leaders. They undergo an extensive audition and rehearsal process before spending an exciting summer in the U.S. River Garden, the Jacksonville Jewish Center, The Temple and the Jewish Community Alliance sponsored their visit to Jacksonville.



# Living The Good Life

## Red Hat Party

Live, laugh—love to wear my red hat!

Ladies at The Coves enjoyed hors d'oeuvres and each other at the Red Hat Tea Party.



Anne Baur and Betty Meltzer

## Cinco de Mayo

Family and friends from the Martin J. Gottlieb Day School celebrated a colorful, fun and festive Cinco de Mayo at The Coves.

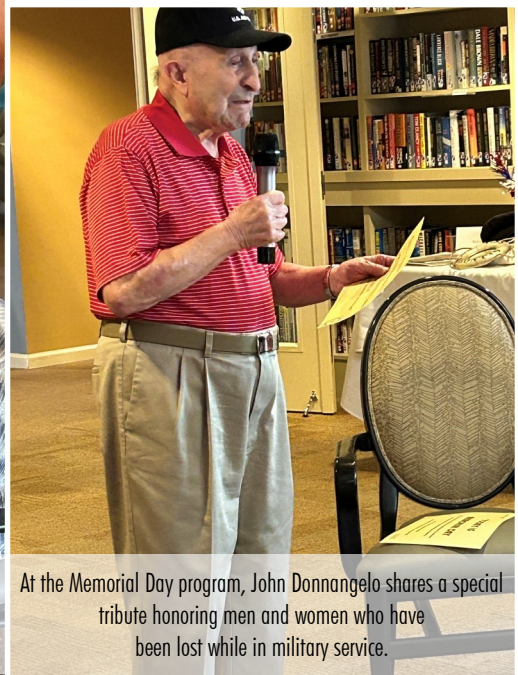


## Unique Meals and Memories

As a special occasion, members of The Coves have the opportunity to make reservations for **Elegant Chef's Table Dining** in the clubroom. A multi-course dinner is plated and served, complete with wine and a decadent dessert.



Left Row: Jo Marks, Evelyn Peck, Ann King, Rande Richman and Margaret Moody  
End: Marcia Nelson  
Right Row: Louise Leve, Libby Katz, Manfred Katz, Roz Berg and Celia Bialik



At the Memorial Day program, John Donnangelo shares a special tribute honoring men and women who have been lost while in military service.





# Life at The Coves

## Beach Outing

Every day should be a beach day! Plus, the lunch at Margaritaville added to the fun in the sun.

## Mix-Up Monday

Two different shoes or socks? Plaid pants and striped shirt? You decide! On Mix-Up Monday, the quirkier the outfit, the better. Plus, the mix-up seating for dinner added an extra level of interest.

## Kentucky Derby Day

Off to the races! Members enjoyed Kentucky Derby Day, complete with mint juleps.

## Surprised By The Dogs—Hotdogs, That Is

Breakfast, drinks or an afternoon nosh are welcome treats, as Chef Norberto Irizarry and his staff have been surprising members of The Coves with occasional ‘pop-up’ snack service.



Roz Berg



Francine Friedman and Sarah Dymond



Janet Demb and her horse, Lucky, winning first place.



Lois Chepenik enjoys an outing to The Cummer Museum.



Elijah Grizzard, Lilian Miller, and Norberto Irizarry

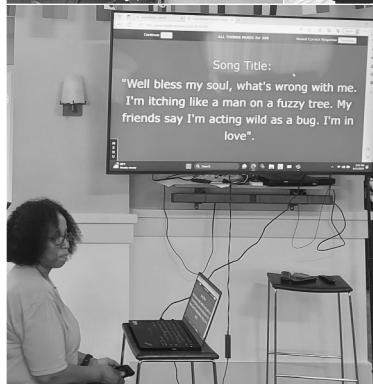


# THE COVES O

BASKETBALL | DUCK HUNTING | GOLF

*Way To Go,*

Francine Friedman | Ellen Leiman | Irene Danisiewicz | Randee Richman | June Meinstein  
Rita Kozak | Sandi Driben | Barbara Fitzmayer | Elaine Overstreet | Roslyn Berg | Janet Der



*Did someone*

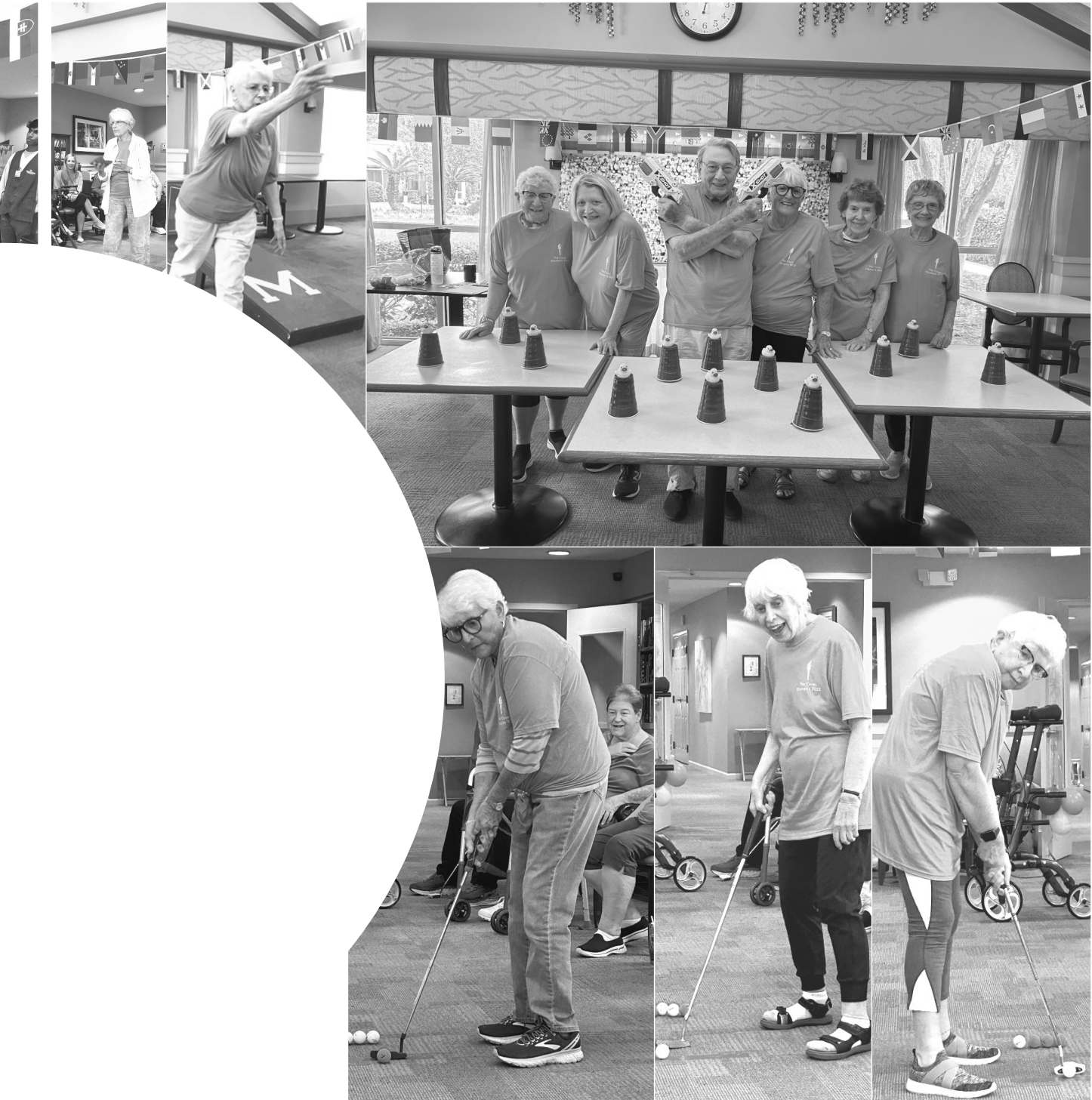


# OLYMPICS 2023

F | TRIVIA | CORN HOLE | BOWLING

*Team!*

| Don Young | Anne Baur | Toby Ringel | Sharon Higgins | Marshall Stern | Bunny Witten  
mb | Lanny Zimmerman | Debby Katz | Steve Meinstein | Margaret Moody | Elaine Bricault



*say Paris 2024?*



## Our Culture of Excellence

The personal values that guide each and every member of the River Garden staff are key to our success.

Our Merit Gram program is a way of distinguishing those who go above and beyond. These accolades help our staff feel valued, connected, fulfilled and empowered to continue doing their best work. Recognize the positive. Write a Merit Gram.



### MERIT GRAM

Benji has proven to be a strong, skilled nurse here at River Garden. He has great critical thinking and problem solving skills. I have received several compliments from patients regarding his calm, caring and gentle bedside manner.



### MERIT GRAM

Resilda is to be commended for her outstanding work. She is dedicated to her residents while in the dining room and always makes their voices heard. She is punctual, neat, responsible and very helpful at all times. She is dedicated and trustworthy...professionalism is a manner of being...



### MERIT GRAM

Luce and Vera are in our rooms every day hanging up our clothes. They do this with a smile and kind manner. It is a job we take for granted. We never want to forget their value to each of us and this nursing home.



### MERIT GRAM

I want to thank Julie for providing care and friendship to all whom she serves with loving hands. She is very special.



### MERIT GRAM

Jeanette goes above and beyond every day. She is our nurse, but she jumps in on anything and everything. You know you can go to her and she will take care of needs. She is always happy to help. And, she still manages to deliver medications on time.



### MERIT GRAM

Anneda has been so kind, patient and calming with my husband. I always feel like he is safe on your watch. You are a wonderful asset to the River Garden staff.

Recognize the Positive. Write a Merit Gram.



Recognize the Positive. Write a Merit Gram.





## CNAs Help Mentor Visiting UNF Nursing Students

We'd like to share a special 'shout-out' to all our CNAs who have served as mentors to the UNF nursing students: Elizabeth

Waldo, Yvonne House, Graciela Ubalde, Crystal Singleton, Morgan Langtry, Taylor Hornbostel, Sandra Picard, Hillary Gildea, Jakishia Grant, Julie Jones and Jenifer Dailey. Your contributions to the future of excellent caregiving is valued!

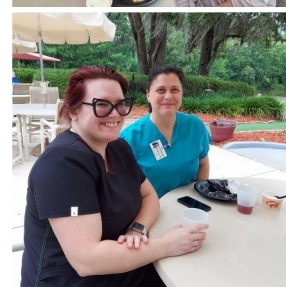
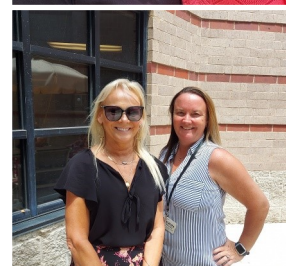


First-Year UNF Nursing students with their teacher visit River Garden for six weeks of initial training.

*Yay! Let's Party!*

*The Public Health Emergency  
Is Over*

May 11, 2023



## Service Awards and Staff Celebrations



Cheryl Weidner, 29 Years



Soun Daranykone, 18 Years (Retirement)



Mike Hoffman, 25 Years



Lauri Kruszynski, 14 Years (Retirement)



Edwina Hemedy, 29 Years



Kelli Keeley, 26 Years



Lisa Poremba, 29 Years



Vezire Sylva, 14 Years (Retirement)



Khadijah Burns, 36 Years



Betty Sorna, 28 Years



Lori Donley, 38 Years



Carol Thomas, 32 Years





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



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

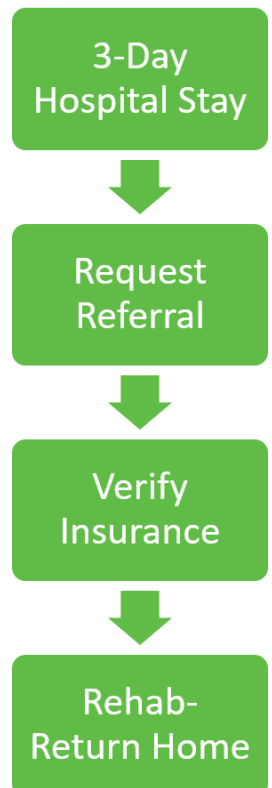


LIKE US ON FACEBOOK | SEND US A STORY | PROVIDE 5-STAR REVIEW ON GOOGLE

## How To Access Services for Short-Term Rehab

If you have an upcoming procedure planned, contact our Admissions Office early to make your arrangements. If you are unable to plan ahead, here are a few guidelines:

- Your inpatient hospital stay must be at **least three (3) consecutive nights** to be eligible for coverage by Medicare or most insurance plans. Observation days do not count.
- Please advise your hospital care team that you **specifically request River Garden** for short-term rehab. **Your case manager or social worker will then send us a referral.** If we can meet your care needs, our Admissions team and the hospital will coordinate transition to River Garden.
- Medicare covers the cost of short-term rehab services for qualified beneficiaries who meet criteria for skilled nursing facility care. Medicare Advantage and other insurance plans provide varying coverage for short-term rehab. **Our Admission Team will assist with verifying coverage** for you.
- Once admitted to River Garden, the clinical team will work with you to **determine the best discharge plan** for you.



## REQUEST RIVER GARDEN

ADMISSIONS OFFICE (904) 886-8420 | [ADMISSIONS@RIVERGARDEN.ORG](mailto:ADMISSIONS@RIVERGARDEN.ORG)