

899 Charleston  
Preview Center

Shedding Light on  
Memory Loss

Donors Touch and  
Change Lives

# Jewish Senior Living

Summer 2007



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# Jewish Senior Living

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ENRICHING THE QUALITY OF LIFE OF OLDER ADULTS





“We have led a journey of exploration and evaluation as we considered the changing lifestyles of older adults and their evolving healthcare needs.”

## DANIEL RUTH

We live in an ever-changing, dynamic world. Over the past two years, through a collaborative and comprehensive process, the Jewish Home of San Francisco has led a journey of exploration and evaluation as we considered the changing lifestyles of older adults and their evolving healthcare needs.

During this journey, we took a close look at how the Home delivers services, and our ability to refine and improve those services. We also considered ways to expand our outreach to be responsive to older adults who are looking for a senior care environment, but who do not need a high level of medical services. We began this visioning process specifically focusing on strategic planning for the Jewish Home. However, in response to what we heard from so many of you, our vision was broadened to encompass the development of a senior living services' network that will serve older adults throughout the Bay Area.

The Home continues to develop partnerships that allow us to serve the diverse needs of older Jewish adults. In the South Peninsula, under the stewardship of the Jewish Community Federation, we carry on our innovative work with the Oshman Family Jewish Community Center to create the Taube-Koret Campus for Jewish Life. Our vision for an intergenerational campus is coming to fruition. We are thrilled with the high level of excitement and interest that has been expressed to date, with members of the South Bay community having reserved over 60 apartments since we started taking deposits in early January. (Learn more about our progressive senior living community, 899 Charleston, on page 8.)

This is indeed an exciting time to build on the Home's successes and to position the Home for the future. To that end, the Home will continue exploring additional possibilities to ensure that our programs, services, and facilities remain relevant, essential, and non-duplicative from a community perspective.

So that we may effectively respond to change, plans are currently underway to reposition our organizational arrangement through the development of a new governance structure. I am delighted that David Friedman, Paul Gordon, Alvin Levitt, Gale Mondry, Mark Myers, Jeff Nguyen, Mary Powell, Richard Rosenberg, and Martin Stein have agreed to work with the Home's lay leaders and senior staff to shape this new governance structure. I look forward to sharing more with you in the near future about our progress in this endeavor.

Since its founding during the Gold Rush, our local Jewish community, supported and coordinated by the Jewish Community Federation, has been a pacesetter and innovator in planning for the needs of its members. And as you know, the Jewish Home is unsurpassed in the pivotal role it plays in addressing the needs of our older adults, irrespective of their financial resources. We will continue in this proud tradition as we build foundations – literally and figuratively – for a new generation of older adults.

**DANIEL RUTH**  
*President & Chief Executive Officer,  
Jewish Home of San Francisco*

It has been a most rewarding opportunity to serve for the past two years as chair of the San Francisco Jewish Home's board of trustees. I am grateful to play a role in growing an institution that has such history and tradition, and that has been an integral part of our community for more than 135 years.

Since I was elected chair of our board, I have seen a gaping hole in the ground become the Home's newest addition – the outstanding Barbara and Richard Rosenberg Family Center. I have seen our plans for 899 Charleston, our senior living community on the Taube-Koret Campus for Jewish Life in Palo Alto, come to fruition. The designs are complete and the sales office is open for business! And I have seen the establishment of the Jewish Home & Senior Living Foundation, a new approach to securing the financial future of the Jewish Home.



“When you serve the community, you become a stakeholder in it. You help to make a difference in the present and set a plan in action for the future.”

In each of these endeavors, I have had the honor of working hand-in-hand with dedicated, caring, and visionary volunteers and professional leaders. We have collaborated to find solutions to problems. We have brainstormed and achieved innovative strategies. And perhaps most important, we have learned from one another in an exciting and creative environment.

It has not always been easy, though. Providing the best care we can to our community's elders, while continuing to strengthen the foundation for the future, is sometimes a daunting challenge. But it is a challenge that our board and staff have taken on with both determination and pleasure, and with the knowledge that through partnerships, we can deliver results that will best benefit our community.

The Jewish Home has been a passion of the Friedman family for as long as I can remember. In fact, I sometimes wonder if I inherited it genetically! I learned from my father and mother that taking on responsibility in the community is a reasonable and worthy expectation. Through involvement, we

learn and grow. And in my experience, the rewards – the friendships forged and the satisfaction gained from giving back – grow exponentially as participation deepens.

When you serve the community, you become a stakeholder in it. You help to make a difference in the present and set a plan in action for the future.

I would like to encourage your involvement in the Jewish Home of San Francisco. Whether that means getting to know our residents through regular visits, attending a special event, serving on a committee or on the board, you, too, will become a stakeholder.

As I complete the final months of my term as chair of the board, I would like to invite you to contact me and chat about how you can get involved. I believe it will be as gratifying for you as it has been for me. I look forward to our conversation.

**DAVID FRIEDMAN**  
*Chair, Board of Trustees,  
Jewish Home of San Francisco*

## ARLENE KRIEGER



Whether or not they were observant in their younger years, spirituality is a significant element in the lives of many of our residents. For some, it is a way to explore and study. For others, it is a step back to long ago, perhaps to memories of parents or even grandparents. And for a great number, it is a continuation of traditions and practices they have brought along from the lives they led before moving to the Home.

This is as it should be, for we were founded to provide not only a home for the care and comfort of our elders, but also a place that reflects the social, cultural, and spiritual values of Jewish tradition.

“Our wonderful spiritual programs reflect the Home’s philosophy of being a community. It is a place with many opportunities for residents to be engaged with one another, with their families, and with their traditions.”

Have you ever been a part of a Shabbat service or holiday celebration at the Jewish Home of San Francisco? If so, you have seen for yourself how important such occasions are to so many of our residents. Providing opportunities to keep traditions and practice rituals is a particularly poignant and meaningful component of the activities for our residents.

To mark the Passover festival in April, for example, Seders took place on all 11 residential environments of the Home. This means that each resident who wished to was able to participate – to be in touch with his or her heritage. Family members were invited to join in, and many did, making the celebration of this festival even more familiar and spiritually uplifting.

In our kosher kitchen, holiday foods were prepared. The sight and smell of traditional dishes – the sweet *charoses* or pungent horseradish, two of the symbolic foods of a Seder – enhanced the experience.

The Jewish Home is indeed most fortunate to have on staff Rabbi Sheldon Marder, who serves as director of the Department of Jewish Life. Rabbi Marder has a special knack for touching one’s spiritual core. He offers a variety of approaches for seeking consolation and peace in one’s later years, and helps residents and their families through the end-of-life process. He provides a chance to learn more about Judaism in formal study sessions, and holds weekly Shabbat services and appropriate observances for holidays such as Passover and Rosh Hashanah. In fact, he has put together a prayer book specifically for our residents, one that has large type and that is easy for them to hold.

Our rabbi and our wonderful spiritual programs reflect the Home’s philosophy of being a community. It is a place with many opportunities for residents to be engaged with one another, with their families, and with their traditions. I want to thank our donors for being part of the community. As supporters of the Home’s Annual Fund, your acts of loving kindness in caring for our community’s frail, elderly, and vulnerable are deeply appreciated.

**ARLENE KRIEGER**  
*Chair, Board of Trustees,  
Jewish Home & Senior Living Foundation*

## ENGAGED AND INVOLVED:

# The 899 Charleston Lifestyle

SENIOR LIVING

If two words could sum up the lifestyle soon to be available to older adults at 899 Charleston, they would be ‘engaged’ and ‘involved.’ Built into every aspect of 899 Charleston is a focus on helping seniors continue to lead the dynamic lifestyles they are choosing for themselves.

As part of the Taube-Koret Campus for Jewish Life (TKCJL) at Charleston and San Antonio roads in Palo Alto, 899 Charleston will be the first senior living community with a Jewish orientation in the South Peninsula. 899 Charleston is an initiative of the Jewish Home of San Francisco, and offers private, maintenance-free living in apartments interspersed throughout the buildings of the pedestrian-friendly TKCJL campus.

“The goal of 899 Charleston is to provide the framework that supports and embraces the types of vibrant lifestyles that have been shown to be key to

care, if ever needed. Personalized assisted living services will be available, and the community will include memory-support residences on campus. Residents are also afforded priority access to skilled nursing care through an affiliation with the Jewish Home of San Francisco.

899 Charleston’s overall community design encourages residents to make social connections with people of all ages. Residents may enjoy fine dining with friends; a bistro at which to sip coffee with neighbors; a fireside lounge for relaxing conversations; common spaces for classes, meetings, and activities; and regularly scheduled social get-togethers within the community and the campus.

In addition to social events, cultural and learning opportunities will be a regular part of the 899 Charleston lifestyle. The campus and community provide access to the cultural and arts center, an arts studio, library, business center, and continuing education classes and programs.

With the connection to the TKCJL, occasions to participate in Jewish community life will be

“The goal of 899 Charleston is to provide the framework that supports and embraces the types of vibrant lifestyles that have been shown to be key to successful aging.”

successful aging,” says Daniel Ruth, president and CEO of the Jewish Home of San Francisco. “Residents are surrounded by activities and amenities that cater to almost any interest or hobby an individual wants to pursue.”

### Staying engaged

Helping residents remain engaged as part of their daily lives is a major ambition for 899 Charleston, and community planners understand that a full, vital life takes different forms for different people. The community will help residents expand the physical, social, intellectual, cultural, and spiritual aspects of their lives, based on what is most important to them.

To encourage 899 Charleston residents to care for their physical well-being, they will have access to an on-campus fitness and aquatic center, wellness classes and programs, a variety of restaurant-style meals, a spa and salon, and a walking-friendly campus with pathways and landscaped courtyards.

As a continuing care retirement community, 899 Charleston will provide for residents’ future health



899 Charleston offers the best in progressive retirement living.

The thriving campus environment will be a gathering place for all generations of people in the South Bay Area.



conveniently available for residents. The campus will include the Oshman Family Jewish Community Center, space for religious classes, activities and celebrations, and offices for other local Jewish non-profit organizations.

### Opportunities abound for involvement

Residents at 899 Charleston will have opportunities to improve not only their own lives, but they will be surrounded by ways to contribute their time, talents, and experience to the overall community as well. Residents may serve as leaders or volunteers for the various Jewish organizations and activities located on the campus and the myriad civic organizations around the Palo Alto area. The unique setting of the TKCJL fosters intergenerational connections, leading to occasions for residents to share their valuable life experiences with others or to serve as mentors for children and young adults.

“The campus will be a vibrant neighborhood filled with the potential for daily interactions with children, families, adults, and seniors on campus for events, meetings or classes,” says Ruth. “We envision 899 Charleston as a place where residents can lead a class, volunteer to read to children, spend a few hours helping a charitable organization, or share their faith with others. We are creating the best of both worlds for older adults as we combine the community of 899 Charleston with the activities and amenities that living on the TKCJL will provide.”

Because of the maintenance-free lifestyle at 899 Charleston, Ruth says residents may find they have more time to devote to those community activities that are important to them.

### Spacious apartment homes

Older adults who are interested in the lifestyle offered at 899 Charleston can now reserve one of the 182 private apartments. The variety of spacious floor plans range from one bedroom with a bath, to three bedrooms with two baths and a powder room. Apartments are located on dedicated residential floors in various buildings throughout the TKCJL.

Each residence at 899 Charleston is designed for the utmost in comfort and convenience, including quality features such as granite countertops, stainless steel appliances, and hardwood flooring. Interior, exterior, and grounds maintenance is part of the monthly service package. The maintenance-free living also features lifestyle amenities that include housekeeping, linen services, concierge services, underground valet parking, scheduled transportation, and 24-hour security.

“We really want older adults in the Palo Alto area to have a full understanding of and appreciation for the lifestyle we are building at 899 Charleston,” says Ruth. “With our new preview center, people can further explore what is waiting for them at this beautiful, vibrant community. Right now is the time for those interested in living at 899 Charleston to learn more and reserve the residence of their choice.”

The new 899 Charleston preview center is open at 366 Cambridge Avenue in Palo Alto, one block north of California Avenue at the intersection of Birch Street and Cambridge Avenue. Individuals may schedule an appointment or get more information by calling 650.321.3188. Additional information is also available on the Internet at [www.899Charleston.org](http://www.899Charleston.org). ■

## 899 CHARLESTON PREVIEW CENTER SHOWCASES COMMUNITY

The engaged and involved lifestyle available for vibrant older adults at 899 Charleston is now on full display at the new preview center, located at 366 Cambridge Avenue in Palo Alto. Appointments to visit the center are available by calling 650.321.3188.

“As more people are inquiring about living at 899 Charleston, the preview center provides the best illustration of what future residents can expect,” says Stephanie Rees, 899 Charleston’s director of Marketing. “After a short visit, people can better visualize the innovative concepts in senior living that will be built into 899 Charleston.”

The preview center features a scale model of the community, a site plan showing how 899 Charleston is integrated into the Taube-Koret Campus for Jewish Life (TKCJL), and floor plans for the spacious apartments.

“People can see the layout of the one-, two- and three-bedroom apartments and understand how the private residences are designed within the various campus buildings,” says Rees. “They can also get an idea of all the various amenities that both 899 Charleston and the TKCJL offer.”

At the preview center, individuals may discuss the community with 899 Charleston senior living counselors and get answers to questions about residences, amenities, and access to future health care, if ever needed.

“Senior living has changed greatly in the past few years, and 899 Charleston is continuing to redefine the concept,” says Rees. “We want older adults, their families, and friends to have a complete understanding of the benefits of living at 899 Charleston and how it fits into their overall lifestyle. If you are interested in living your life to the fullest, you owe it to yourself to learn more about the 899 Charleston lifestyle.”



# Circle of Caring

A broad interdisciplinary force complements the role of the Jewish Home's nursing staff. L. to R. Mary Bonnar, director of Nursing; Bill Pierson, recreation coordinator; Rabbi Sheldon Marder, director of the Department of Jewish Life; Nataliya Daragan, RN; Nancy Wiley, occupational therapist.

**6:45 a.m. Mary Bonnar arrives at the Jewish Home of San Francisco, ready to begin her day. This is the first shift – the day shift – at the Home, a skilled nursing facility where 24-hour care for residents is expected and delivered.**

Mary is the director of Nursing. She supervises a staff of 355 – made up of RNs (registered nurses), LVNs (licensed vocational nurses), and CNAs (certified nursing assistants) – that cares for residents around the clock.

“Our goal is to deliver health care that enhances the resident’s condition,” Mary says. “We don’t see ourselves as health maintenance, but rather as enhancers. We want to maximize what each resident is able to do and try to offset some of the deterioration of aging.”

It is this philosophy – some may call it a culture – that infuses the nursing staff with warmth and compassion, and creates a close connection among nurses, residents, and family members. It is a relationship that is obvious to even the most casual visitor to the Home. For the nursing staff, it makes caring for the elderly in the last stages of their lives deeply satisfying.

“I advise our staff to treat every resident as though he or she is a person you love in your life,” explains Mary. “Nursing is not an easy job, but what keeps us going is the knowledge that we can enhance and contribute to that person’s life.”

Supporting the nurses in their day-to-day care of residents and providing levels of expertise to meet

the complex and changing needs of the elderly are assistant directors of nursing, nursing supervisors, family and geriatric nurse practitioners, physicians, psychiatrists, an integrative medicine practitioner, and a physician’s assistant. Furthermore, the services of the Home’s broad interdisciplinary force – including, but not limited to, clinicians, creative arts staff, nutritionists, occupational and physical therapists, pharmacists, a full-time rabbi, recreation staff, social workers, and translators – complements the role of the nursing staff to provide comprehensive care and programs to the Home’s 430 residents and short-term care patients.

“I love having the privacy of my own room, but it’s comforting to know that there is always excellent care available for me at any time of the day or night,” says resident Helen Snyder. Her daughter, Karen Mead, concurs: “There is nothing more reassuring than knowing my mother is being cared for 24 hours a day by people who really seem to be concerned about her as a person.”

The four residential buildings and 12 nursing units at the Jewish Home offer services and provide treatments that cover the range from lighter to total care. Some residents may simply require assistance

with their medication, while others may be bedridden and unaware of their surroundings. The majority fall somewhere along the continuum. Whatever the residents' needs, the nursing staff attends to them. Mary is on hand as a resource and decision-maker.

At 3:00 p.m., the evening shift, supervised by Barbara Newman, takes over. The first thing Barbara does is make the rounds of all 12 units to ensure they are staffed properly to accommodate any changes or new situations involving residents. It is the function of the CNAs to make certain that residents eat dinner. Then bedtime preparations begin.

"Every resident is attended to by one of our CNAs before they retire for the night," Barbara says. "The CNAs do treatments, and if more assistance is required, help residents to the bathroom and get

**"We don't see ourselves as health maintenance, but rather as enhancers. We want to maximize what each resident is able to do."**

them ready for bed." In keeping with regulations for a skilled nursing facility, all medications are administered by a nurse. Healthier residents, however, may visit a nursing station to receive their medicines rather than wait for them in their room.

"We encourage residents to participate in their own care, to do as much as they can," Mary notes.

The night shift – the quiet one, according to Eden Gasphar, night supervisor – begins at 11:00 p.m. By then most residents are asleep, but, Eden says, the same excellent quality of nursing care continues. CNAs make rounds every two hours, checking on each resident.

"If necessary, CNAs turn residents in bed so they won't develop stress wounds from lying in the same position," Eden explains. "If residents are incontinent, CNAs change their protective pads and make sure they're clean and dry to prevent skin problems."

Some residents do not sleep much, especially those with Alzheimer's disease, so the nursing staff will provide activities for them throughout the night. Eden adds: "We take the time and concern to get to know our residents so that we may predict what they want, even when they are not able to articulate their needs."

As morning dawns, nurses are at hand to assist residents with getting up, showering, getting dressed, and ready for breakfast. At 7:30 a.m. the night shift is ready to leave, and the 24-hour circle of care begins anew. ■

DIGNITY IS DERIVED FROM  
AN ENVIRONMENT THAT DOES  
NOT SACRIFICE THE HUMAN  
NEEDS OF THE RESIDENT...  
A NON-INSTITUTIONAL PLACE  
THAT THE RESIDENT  
RECOGNIZES AS *Home*.

HOWARD A. FRIEDMAN

## KOL HANESHAMA

A unique program at the Jewish Home of San Francisco is providing special companionship and spiritual support to residents in the last months of their lives. *Kol Haneshama* – the name is derived from the last verse in the book of Psalms and means "all that breathes" – trains volunteers and staff to connect with residents through meditation, Jewish spiritual content, and friendship. The program is a collaboration with the Home, the Bay Area Jewish Healing Center, and the Zen Hospice Project.

Jewish Home's Rabbi Sheldon Marder envisioned a program such as *Kol Haneshama* from the time he joined the Home eight years ago. "There are so many residents who no longer have close relationships at the end of their lives," he says. "They need someone they can develop a friendship with and really talk to about anything, including dying."

A grant from the San Francisco Jewish Community Endowment's Newhouse Fund enabled Marder to begin recruiting interested staff and volunteers. Training takes 40 hours, and includes personal as well as professional components. "It's very powerful. We think about our own lives, grief, loss, and even our own death," says the rabbi.

## Volunteers and staff connect with residents through meditation, Jewish spiritual content, and friendship.

'Spiritual care partners,' as they are called, are different from friendly visitors because of the intensity of the relationship and the spiritual element. During their time together, the partner and resident may sit, talk, sing, read poetry, pray, or simply hold hands.

Spiritual care partners make a year-long commitment to share a weekly four-hour period with residents. They attend monthly continuing education sessions and have access to counselors when needed.

Jean Santo, a Jewish Home recreation coordinator who recently completed the training, sums it up: "This training helped me to know that even when people are dying, they are living."

# TAUBE FOUNDATION

With support from the Taube Foundation for Jewish Life and Culture, Jewish Home residents will have more opportunities to connect to their Jewish heritage through worship, study, and holiday celebrations.

A \$100,000 grant to the Jewish Home – \$25,000 per year for four years – represents the commitment of the Taube Foundation to the Jewish Home as a major institution in the community, says Stephen Dobbs, executive director of the Taube Foundation.

A \$100,000 grant to the Jewish Home represents the commitment of the Taube Foundation to the Home as a major institution in the community.

“The Jewish Home offers a high quality environment for our community’s elders and we are pleased to support the work of this venerable institution,” says Tad Taube, chairman of the Taube Philanthropies.

The Taube Foundation for Jewish Life and Culture was established in 2001 by Tad and Dianne Taube to help ensure the survival of Jewish life and culture, strengthen Jewish identity, and celebrate Jewish achievement.



Tad Taube, chairman of the Taube Philanthropies



# Baubles, Bangles,

Marian Blechman models the earrings she designed and created in the popular weekly jewelry-making class.

“Residents are able to experiment with colors, shapes, and textures, and produce something in an hour-and-a-half that is beautiful and that they can use and share.”



Lillian Klein and Anne Margolin make their bead selections.

## RESIDENT PROGRAMS

### “Challenge yourself creatively!”

The words ring out in the atrium of the Friedman Pavilion where a group of 18 residents – 17 women and one man – are gathered around long tables. Construction noises from the Home’s extensive renovation project have brought this weekly jewelry-making class out of the creative arts studio, along with their instructor, Steven James. They are definitely getting attention from the passersby!

“Claire, are you putting in your spacing beads?” Steven reminds Claire Shor, 87. A variety of beads are laid in front of Claire and she is in the midst of choosing the ones she likes best, arranging them on a beading tray in a design that appeals to her sense of beauty.

“I picked these beads because they’re sparkly,” she explains, her enthusiasm bubbling forth.

“Everyone has a bead personality,” Steven says as he moves around the tables, making suggestions and reminding people not to pick up their trays and so drop the beads.

Claire is wearing two bracelets and two necklaces that she made in earlier classes and says she has “more at home than I love.” She lost her husband of 63 years seven months ago. “I love this program because it makes us feel we’re being constructive,” she comments. Before she began beading, she did some painting in the creative arts studio where she “put my emotions into my painting.” She is making jewelry for fun.

Harry Singer, the sole man in the class, is carefully and thoughtfully lining up glass beads. He has chosen clear elongated cube-shaped beads and is interspersing them with red barrel-shaped pieces. He decided to take this class, he explains quietly, because early in his working days he was an apprentice in the jewelry business. He is not sure what he will do with the finished necklace, but is enjoying the process.

# And Beads

“This class is good for residents because they are able to experiment with colors, shapes, and textures, and produce something in an hour-and-a-half that is beautiful and that they can use and share,” says Steven. He believes that there is creativity in everyone, and this is one way of expressing it. “We can all design. It’s internal; it’s just a matter of bringing it out.”

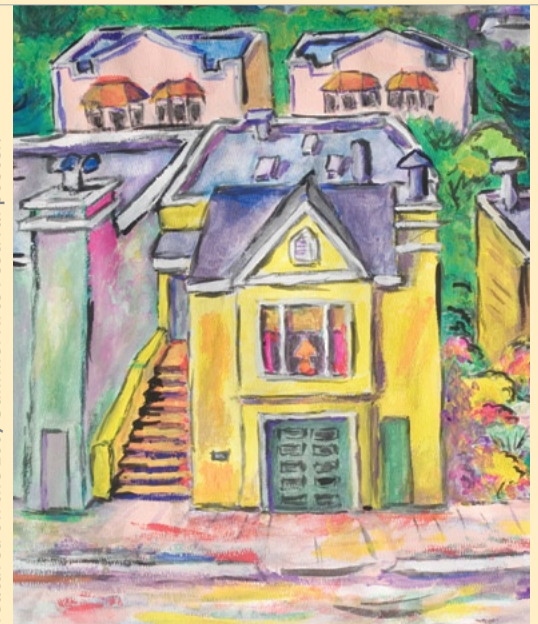
When it comes to stringing the beads, dexterity issues may be a challenge for some of the seniors, Steven says. He resolves this by utilizing the assistance of volunteers and inviting his students to help one another. “I encourage you to lend a hand if someone needs help with stringing their beads,” Steven suggests to the class.

Besides giving the residents an outlet for creativity, the class is a conduit for socialization. There is a buzz going around the area as participants share ideas and offer opinions.

Explaining that she likes bright colors, Dulce Martinez places a big green flowered bead on her board. She confers with her neighbor, Fran Hament. “We advise each other,” Fran says. “We’re very amiable.” ■



Resident Arnold Grossman’s original painting will be featured on the 2007 Summer Arts Festival poster.



## THE SOUNDS OF MUSIC, AND MORE

If it’s summer, it’s time for the Summer Arts Festival. And that means three months of extra special entertainment and culture for residents at the Jewish Home of San Francisco.

“We always say our programs are the icing on the cake,” says Mark Friedlander, director of Resident Programs and Services, about the plethora of activities and classes available year-round for residents. “The Summer Arts Festival is the cherry on the top.”

The festival began seven years ago as a way for residents to participate in the rich array of events and cultural activities that go on in the Bay Area throughout the summer season. For most residents, a trek to a festival site was not possible, so the Home decided to bring the festival to them. A variety of lectures, films, live music (including in-person appearances by the singing Yiddish cowboy), special outings to the Jewish Museum, and more, were scheduled for the summer months.

“It was a great success,” says Friedlander. “We were also very fortunate that George Saxe, who was serving on the Home’s board of trustees at the time, and his wife, Dorothy, saw how much it meant to our residents, and generously offered to sponsor the festival the following year. They continue to fund it, which enables us to expand the number of programs we offer.”

Another focal point of the festival is the colorful original poster that is created each year from a resident’s artwork. This year’s poster features a painting by resident Arnold Grossman. The posters decorate hallways and are made into postcards that residents may send to family and friends, inviting them to join the festivities. “This puts a spotlight on the wonderful work done in our Creative Arts department, as well as on a resident,” Friedlander notes. And that is a bonus!

# Volunteering Hands-On

When Nina Weil talks about the Jewish Home, her passion is audible. For nearly 10 years she has been a dedicated volunteer, using her many skills to add to the lives of residents.

“I absolutely love being there,” she exudes. “It’s a wonderful environment and a great place to hang out with residents and staff.”

Nina’s connection with the Home began when she worked in the family business, Fantasia, a well-known San Francisco bakery. Each year at Chanukah, Fantasia donated cookies to the Home. A bakery customer, who sat on the Home’s board of trustees, raved about the Home to her. “In the back of my mind, I decided that when I had more time, I would volunteer there,” Nina remembers.

And she did. In 1998, she began volunteering at the Home’s coffee bar, distributing snacks and socializing with residents. Shortly afterwards she started visiting residents who did not have families and providing one-on-one companionship to them.

“It’s great being around wise people,” she says about her many conversations with residents. “Older people know how to be present and engaged.”

Over the years, Nina has expanded her involvement, touching the Home on multiple levels, says Carole Burns, director of Volunteer Services. For example, with her food background, Nina began collecting recipes from residents and worked with the Jewish Home’s chefs to include these in the meals. The residents’ names are listed on the menu when their recipes are served. It is a boost to their self-esteem, notes Carole.

In addition, Nina chaired the Home’s Chanukah Festival for four years, coordinating the talent show and distribution of gifts, and making it a particularly meaningful time for the residents.

In 2000, she was invited to join the board of trustees, where she served for six years. Her personal relationships with residents, along with a degree in economics and background in finance, provided a unique ability to balance the fiscal needs of the Home alongside the needs of the residents. “Nina tries, as far as possible, to place the residents’ well-being above dollars,” Carole says.

Recently, Nina became a certified Healing Touch practitioner, and she has brought this revolutionary ‘heart-centered, compassionate’ style of massage to the Home. Healing Touch uses gentle, non-invasive hands-on touch and energy techniques to balance and align the human energy field. “It promotes very deep relaxation and one’s own sense of well-being, as well as relieving pain in many cases,” Nina explains. “It is a wonderful complement to Western medicine.”

With the approval of Dr. Jay Luxenberg, the Home’s director of Medical Services, Nina secured a grant and arranged Healing Touch training for 20 staff members and six volunteers. In 2006, the group provided 326 Healing Touch sessions – the equivalent of \$20,000 in ‘in-kind’ donations, says Carole.

Nina has found that Healing Touch is a particularly good tool for decreasing agitation in residents with dementia or Alzheimer’s disease. “I would love to do research on the efficacy of Healing Touch, as well as expand care utilizing this technique,” Nina says. “The Home is one of the first facilities to use it. We are at the forefront, and I think that is really exciting!” ■



Resident Pearl Szollosi receives the Healing Touch technique massage.

“It’s great being around older, wise people. They know how to be present and engaged.”

# Q+A

## MEMORY LOSS OR GRACEFUL AGING? MEMORY LOSS OR GRACEFUL AGING?

*Most of us have had the experience of walking into a room, then wondering what we went in for. If we have reached that 'certain age,' we worry: Am I losing my memory? Is it a sign of Alzheimer's disease? Dr. Jay Luxenberg, the Jewish Home's director of Medical Services, and an authority on brain aging and dementia, sheds some light on the topic.*

### **Jewish Senior Living:** What changes in my memory can I expect as I age?

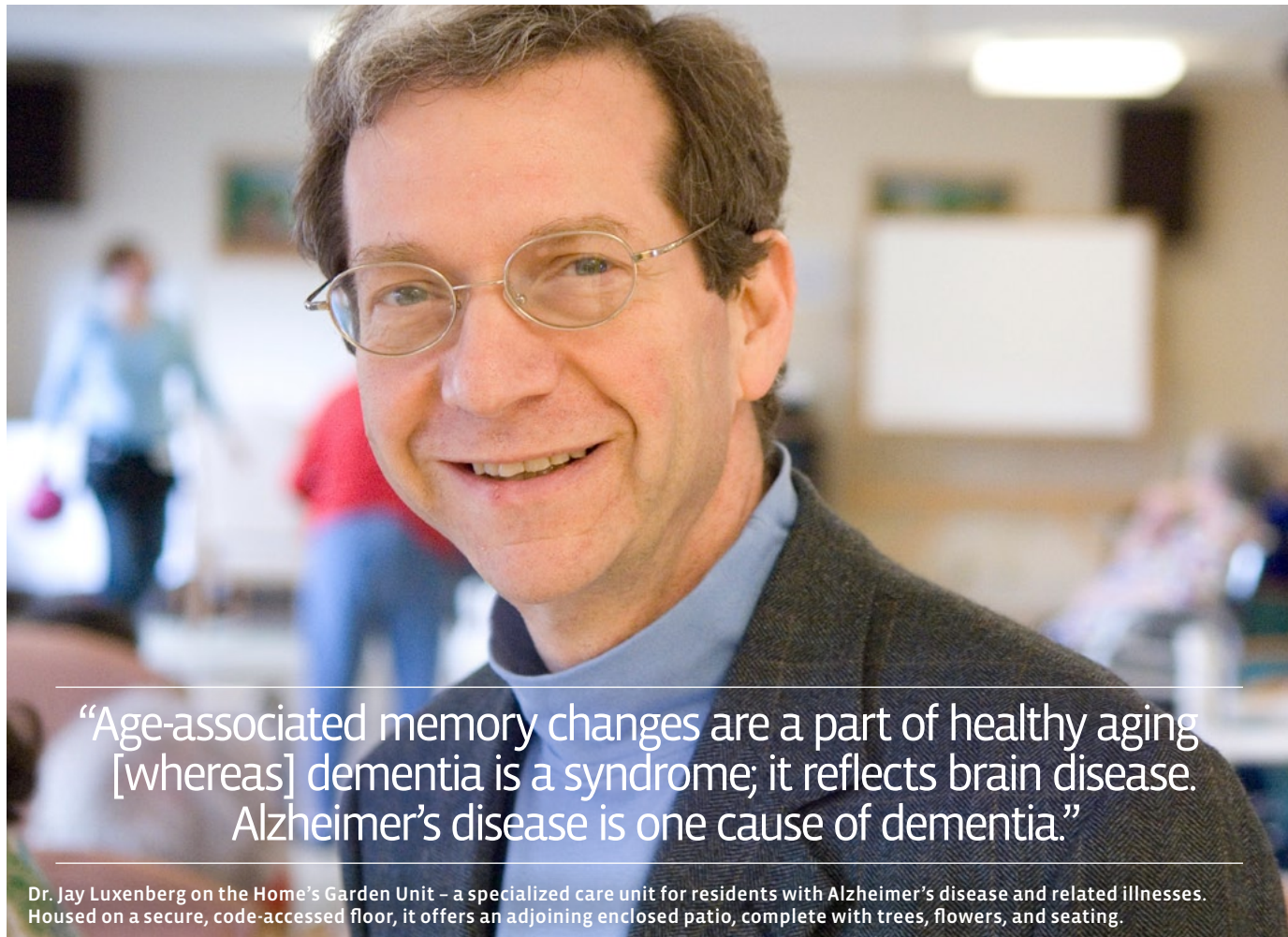
**Dr. Jay Luxenberg:** Age-associated memory changes are a part of healthy aging and will not interfere with your ability to function. I wish we could give a 70-year-old the speedy recall of a 20-year-old, but so far we cannot. Doing crossword puzzles and engaging in activities that exercise and stimulate the mind may be helpful, but we do not know how to reverse or prevent mild, age-associated memory loss.

When you and I are introduced to a person at a cocktail party and 10 minutes later we cannot remember his name, we may be embarrassed, but it does not mean we have the severe memory loss associated with Alzheimer's disease or other dementias.

### **JSL:** What is the difference between the two?

**Luxenberg:** Dementia is a syndrome; it reflects brain disease. It means a loss of function in multiple types of brain tasks, such as language, judgment, and memory. Alzheimer's disease is one cause of dementia. Dementia may result from multiple strokes, a brain tumor, Parkinson's disease, and Alzheimer's, to name a few of the many possible causes.

While its first symptoms may be loss of memory, Alzheimer's involves many areas of the brain. It affects one's judgment, insight, speech, calculation, and even ability to dress oneself, eat and walk. If memory loss is caused by a stroke or brain tumor, the effect is more localized. >



“Age-associated memory changes are a part of healthy aging [whereas] dementia is a syndrome; it reflects brain disease. Alzheimer's disease is one cause of dementia.”

Dr. Jay Luxenberg on the Home's Garden Unit – a specialized care unit for residents with Alzheimer's disease and related illnesses. Housed on a secure, code-accessed floor, it offers an adjoining enclosed patio, complete with trees, flowers, and seating.

NINA WEIL

DR. JAY LUXENBERG

**JSL:** How do you care for residents with dementia or Alzheimer's at the Jewish Home?

**Luxenberg:** There are people with dementia on every living environment of the Jewish Home. Some have mild dementia that does not interfere in a major way with their ability to function. Other residents need to be in one of our areas that provides for the special needs of those with dementia. For example, there may be a risk that residents with Alzheimer's will wander, so for their safety the area is "egress controlled" or secured. The main thing is to provide care that accommodates impaired brain function, but takes into account that residents may be relatively healthy physically and need to walk around and exercise, as well as be involved in activities. In each of our accommodations for residents with dementia we offer special pursuits and programming tailored to those with memory impairment. Music, for example, can be enjoyed without relying on memory.

**JSL:** Can dementia be treated or reversed?

**Luxenberg:** A great deal of research is going on today in this field and we have made some progress. We have drugs that we did not have 20 years ago that are mildly effective. These will improve one's memory a tiny bit, but do not keep it from deteriorating. Brain function will inevitably get worse.

**JSL:** Is there a test we can take to tell us if we will get Alzheimer's disease?

**Luxenberg:** A number of experimental imaging studies look promising, but it is not likely anyone would advocate them because there is no cure for the disease at this time. There are genetic tests that may be done for those who have a strong family history of dementia, but these tests are also considered experimental.

**JSL:** Is there anything we can do to avoid Alzheimer's disease or dementia?

**Luxenberg:** Some evidence indicates that certain cases of Alzheimer's disease are genetic. High blood pressure, high cholesterol, and diabetes, for example, are risk factors for several forms of dementia. The best things we can do are to control those conditions with exercise, diet, medication and, in general, follow a healthy lifestyle. There is also evidence that keeping our minds active, as well as our bodies, will minimize our chances of getting dementia. Then there are intriguing suggestions that eating a good amount of fish, which contains certain essential forms of fat, may help prevent Alzheimer's. While more research is going on in this area, I do think it is a good idea to enjoy fish at least twice a week, or to take fish oil supplements. ■

Q+A WITH DR. JAY LUXENBERG



After cooking three meals a day for 430 residents in a kitchen built many years ago to serve but 120 residents, George Donellan, Jewish Home executive chef, is in heaven. That is because the Home's new kitchen is big and bright and equipped with state-of-the-art *everything*.

The kitchen (located in the new Barbara and Richard Rosenberg Family Center) is spacious enough to create meals for residents and staff, manage the catering the staff does for the Jewish Community Center of San Francisco each day, and see to the variety of special events that take place at the Home. But most important, it enables George and his crew of 55 to provide residents with fresher, tastier, and more nutritious food.

"We've tripled our refrigeration space and that means everything can be stored better, which is one of the most important features for us in this kitchen," Donellan says. "With the new equipment, we can do things in a more modern and safe way. For example, we have new blast chillers that cool food at a rapid rate, which reduces the chances of bacteria. We have room for a proper brassier – that's a gigantic skillet – and bigger stockpots, so now everything can be cooked from scratch."

The new design also enhances the kitchen's ability to adhere to the laws that govern kosher food. "We used to have to scrub down



L. to R. Nita Divina, George Donellan, Joe Damato, and Laura Nieberding in the Home's new kitchen, which is big and bright, with state-of-the-art equipment.

“What is unique about the Home is that we provide a lot of alternate menu items. There is not just one set menu.”

# DREAM

each station before and after every meal,” says production manager Joe Damato, who oversees the cooks, among his other duties. “Now, with separate equipment for meat and dairy items, crews can prepare either kind at the same time. In addition, we have three huge walk-in refrigerators – one for meat, one for dairy, and one for produce.”

Having a separate refrigeration unit for produce has enabled the staff to store larger quantities of fresh fruits and vegetables, foodstuffs the residents requested, notes Laura Nieberding, clinical nutrition manager. She solicits feedback about residents’ preferences and then includes such items on the menus. “What is unique about the Home is that we provide a lot of alternate menu items. There is not just one set menu.”

This is important, Nieberding explains, because one of staff’s major concerns is that residents are satisfied with their meals. “We want to make sure residents eat, so we start with heart-healthy items,

and then liberalize the diets.”

Making sure food looks and smells appealing is paramount to encouraging people to eat. Before the new kitchen, food was transported to the Home’s 11 dining rooms and then transferred to steam tables to keep warm. The steam tables are a thing of the past and meals are now delivered on hot carts. “The food looks much more appetizing now,” Nieberding confirms.

Nita Divina, a registered dietician, works with residents and their families to ensure residents are getting what they want, and that they can tolerate the food listed on the menus. “I check for food allergies and review any doctors’ orders,” she says.

And what do the residents want? “Their favorites are traditional Jewish dishes,” responds Chef Donellan. “Blintzes, matzah ball soup, knishes, lox and bagels. I’ve been here six years and those favorites have not changed.” ■

## UKRAINIAN BORSCHT

### Ingredients for 4-6 servings:

8 cups chicken or vegetable stock  
 2 ½ cups freshly cooked or canned beets  
 1 lb. diced russet potatoes  
 ¼ head green cabbage, roughly chopped  
 ⅓ cup each of diced onion, celery, carrots  
 1 tbs. sugar or honey  
 ¾ cup apple cider vinegar  
 1 bay leaf  
 2 tbs. minced garlic  
 2 tbs. extra virgin olive oil  
 2 oz. tomato paste  
 Salt & pepper to taste  
 Chopped cilantro for garnish

### Ingredients for 430 servings:

30 gallons chicken stock or 30 gallons water combined with 4 lbs. vegetable base to create vegetable stock  
 6 one-gallon cans (1 case) diced beets  
 30 lbs. diced russet potatoes  
 10 heads green cabbage, roughly chopped  
 5 lbs. each of diced onion, celery, carrots  
 ½ gallon sugar or honey  
 ½ gallon apple cider vinegar  
 12 bay leaves  
 3 cups minced garlic  
 1 qt. extra virgin olive oil  
 32 oz. tomato paste  
 Salt & pepper to taste  
 Chopped cilantro for garnish



### Method:

Sauté the onions, carrots, and celery in olive oil until tender. Add the garlic and cook for about 2 minutes just to release the oils. Do not brown the garlic.

Add all the remaining ingredients and simmer until the potatoes are tender.

Finish by tasting and adjusting the seasoning if necessary. Garnish with the chopped cilantro.

### Serving suggestion:

Serve the borscht with pumpernickel toast points or a good, crusty sourdough bread.

# A LASTING TRADITION



Susan Lowenberg, president, Mount Zion Health Fund

Susan Lowenberg says she grew up running around the halls of the Jewish Home of San Francisco. In fact, she jokes, “My cheeks are still a little sore from being pinched.”

At that time, Susan’s father, Bill Lowenberg, was president of the Home, and Mount Zion Hospital, ‘the Jewish hospital,’ was where residents went when they required hospital care.

“The Jewish Home is certainly part of my personal history and has a great place in my heart,” Susan says. “My great-aunt lived there, as did many family friends. I still visit often.”

Today, Susan is president of the 17-member board of directors of Mount Zion Health Fund (MZHF) that helps sustain the Jewish Home of San Francisco. MZHF is a supporting foundation of the Jewish Community Endowment Fund.

medications, once supported by the state, is now federally sponsored with the advent of Medicare Part D and its complexities. Mount Zion Health Fund has helped the Home navigate the changed landscape so that we can keep our focus where it should be – on best serving the Home’s residents.”

“There is a great need to support the Jewish Home in giving its residents the highest quality of care,” says Susan. “It fits into the mission and intent of the donors.”

Over the years, MZHF has given more than \$1 million. Other grants have gone toward the funding of Russian/English translators, continuing education for the nursing staff, the Home’s comprehensive campaign, and the new cardiology clinic in the Barbara and Richard Rosenberg Family Center.

Mount Zion Health Fund’s support for the new cardiology clinic is significant. With more than one-third of the Home’s residents using the cardiology clinic each year, MZHF’s funding brings a renowned heart specialist to the Home, so that residents may continue to receive expert treatment and care on site.

Like the Jewish Home, MZHF can trace its origins to the 19<sup>th</sup> century when Mount Zion Hospital was established to serve the Jewish and broader communities. (It is interesting to note that Ziona, the first baby born at Mount Zion Hospital, became a resident of the Jewish Home in her later years.) Endowment grants supported traditional needs of the hospital. This included assistance for Russian émigrés’ healthcare needs, the chaplaincy program, and specialized medical equipment.

As a supporting foundation of the Jewish Community Endowment Fund of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties, Mount Zion Health Fund continues to preserve the traditions of Mount Zion Hospital and oversee the interests of donors – past, present, and future. Says Susan: “We are committed to seeing that this legacy and history will be maintained.” ■



“The commitment to the Jewish Home is part of Mount Zion Health Fund’s legacy to fund the Jewish community.”

Pharmacy director Jane Chan and pharmacist Al Stefani in the Home’s pharmacy, which will be modernized thanks to a grant from the Mount Zion Health Fund.

“The commitment to the Jewish Home is part of Mount Zion Health Fund’s legacy to fund the Jewish community,” Susan says. “We have the ability to fund within the guidelines of the foundation. This enables us to continue supporting the Jewish community as we did in the past through the hospital.”

Last year, MZHF awarded the Jewish Home a very important grant for modernizing the pharmacy. “We are extremely grateful to Mount Zion Health Fund for their history of support,” says Daniel Ruth, president and CEO of the Home. “The environment in which pharmacies operate today has changed radically in recent years. Technology has transformed pharmacy practices, and funding for seniors’



Victor Marcus (front, center) with members of the Jewish Home of San Francisco's board, September 1977.

## TIME CAPSULE

*This is the first in an ongoing series about the history of the Jewish Home of San Francisco, as told by individuals whose dedication and leadership have added significantly to the Home's 136-year legacy. Throughout these years the Home has adhered to a basic promise: the Jewish Home will always provide the elderly in the community with a place to call 'home' – a caring place where they can live their final years with dignity. Victor L. Marcus' involvement with the Home spans 45 years, including serving as its president in 1976 and 1977. He reflects on what the Home achieved during his tenure to keep this promise.*

**Moving into the Jewish Home is a major step, says Victor Marcus. That is why he believes it is the job of the Home's leadership to do everything they can to make the transition easy and comfortable.**

VICTOR MARCUS

"We must enable people to keep their dignity," he states emphatically.

It is this strong belief that impelled him to implement two major changes at the Home during his tenure as president in the mid-1970s: single rooms for every resident and on-site medical clinics.

Sharing a room with a complete stranger, as was often the case when a resident entered the Home in the early 1970s, was not acceptable to Victor. He insisted that whenever possible, residents should have single rooms, allowing them to retain a sense of privacy while receiving the care they needed. A major renovation, along with the construction of the Koret Center in 1984, added resident rooms so that doubling-up became more a matter of choice.

In his 'President's Message' in September 1977, Victor explained: "The Home has made a concentrated effort to provide greater comfort and more privacy to our residents by remodeling their rooms and converting them to single occupancy."

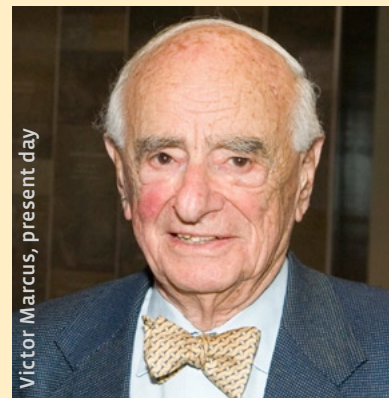
It was a change, Victor is proud to say, that continued with the opening of the 120-bed Friedman Pavilion in 1995. Ensuring that residents

can express their individuality and live in dignity is fundamental, Victor believes.

The addition of medical clinics to the Jewish Home's campus is another change he points to with pride. In earlier days, residents traveled across town to Mount Zion Hospital for an appointment with a doctor. This was awkward for even the most able residents, and extremely difficult for those who were less able. Furthermore, residents were treated by whichever doctor was on duty at the time – frequently someone they had not seen before. A personal connection was missing. "To me it was degrading," Victor comments.

This all changed with the establishment of fully-staffed on-site medical clinics. Residents and medical personnel were no longer strangers to one another, and going to the doctor for routine care became a simple visit to a different area of the Home. Today, the state-of-the-art medical clinics located in the new Barbara and Richard Rosenberg Family Center offer residents even greater quality care and services.

These changes, Victor believes, contribute to the Home maintaining its standing as "one of the best homes for seniors in the country." ■



Victor Marcus, present day

The importance and impact of the on-site clinics established during Victor Marcus' tenure as president in the 1970s can be seen in residents' usage statistics for 2006.

- Audiology: 241 visits
- Cardiology: 148 patients/year with multiple visits
- Dental: 2,842 visits/year
- Dermatology: 183 visits/year
- Gynecology: 49 patients/multiple visits
- Ophthalmology: 511 visits
- Optometry: 263 visits
- Podiatry: 1,868 visits
- Radiology: over 2,500 X-rays taken per year
- Urology: 38 patients, and over 2,000 bladder scans performed
- Alternative Medicine (acupuncture, herbal medicines and Healing Touch technique): 1,561 visits
- Massage therapy: 674 visits
- Occupational therapy: 1,454 sessions
- Physical therapy: 1,662 sessions
- Restorative physical therapy: 21,823 sessions
- Speech therapy: 288 sessions



“Gifts from residents’ family members are among the most gratifying. They say, ‘Because the Home cares, we care.’”

Paul May and Frank Stein stand in the lobby they named in appreciation for the care Frank’s sister (of blessed memory) received at the Jewish Home.

## IN APPRECIATION

Frank Stein’s sister spent only three months at the Jewish Home of San Francisco, but he and his partner, Paul May, were so pleased with the care she received in the final months of her life that, in appreciation, they made a generous gift to the Home.

FRANK STEIN AND PAUL MAY

The Home’s main lobby, the entrance for visitors, is now named the Frank Stein & Paul May Lobby.

After Frank’s sister had passed away, he recollected the excellent treatment she had received at the Home and the compassionate nurses and staff who had cared for her. “It stood out in my mind how wonderful the Home was and I wanted to do something,” he explains.

After meeting with Jewish Home president and CEO Daniel Ruth, and considering several different naming opportunities, Frank and Paul selected the lobby. “This struck us as quite different and unique, as it is the first area one sees when entering the Home,” Frank says.

Frank had initially placed his sister, who was quite ill, in another nursing facility that he believed would be the right place for her. “It turned out not to be so,” he recalls.

The two had heard about the Jewish Home over the years and knew people who had spoken highly of it and whose family members were residents. They decided to move Frank’s sister there.

At the Jewish Home, Frank and Paul found the

accommodations and surroundings to be very comfortable and cheerful, without the feeling of being in a hospital. Medical staff and caregivers were accessible and available, and treated the whole family with kindness and understanding.

Besides being pleased with the excellent treatment Frank’s sister received, both Paul and Frank were impressed that residents at the Home seemed to enjoy their lives, and were active and involved.

“I normally hate going to a convalescent facility,” Paul says, “but the Jewish Home has never had that effect on me. I’ll stop by to drop off gifts and I can see that the residents feel as comfortable as their individual circumstances allow.”

“The residents seem happy,” agrees Frank. “The food looks good, and there is a variety of entertainment and activities. The paintings done by the residents that are displayed throughout the Home are quite lovely.”

“There are even computers there for residents’ use,” adds Paul, noting that it gives residents the ability to communicate with children and grandchildren by e-mail.

“We are so grateful to Frank and Paul,” says Mark Denton, the Home’s director of Development. “Their generosity helps the Home continue its mission of caring for our community’s elders. Gifts from residents’ family members are among the most gratifying. They say, ‘Because the Home cares, we care.’” ■

# THE ANNUAL FUND



The Jewish Home's Annual Fund fuels the heart and soul of our community's promise to honor our mothers, fathers and elders, and responds to one of the basic tenets of Judaism, *tzedakah* or righteous giving.

Contributions to the Annual Fund support music concerts, ensuring that pianist Jeffrey Gaeto may continue tinkling the ivories for the enjoyment of Jewish Home residents.

A contribution to the Annual Fund helps us provide our residents with the highest quality, state-of-the-art medical care through our on-site clinics, and supports creative arts, music concerts, spiritual celebrations, nutritional services, and special lifestyle-enhancing programs.

We are home to 430 deserving individuals, each with their own significant life stories. But they all have one thing in common: they have reached a time when they need care, which our remarkable staff provides consistently and compassionately, whenever and wherever it is needed.

With your meaningful support, the Jewish Home of San Francisco will remain that very special place our community has known and trusted for 136 years. A home that provides each and every one of our residents with what they so richly deserve – the very best in loving care and the utmost in human dignity.

No gift is too small and every contribution is welcomed with gratitude.

# WAYS OF GIVING



## The Tree of Life

*“As my ancestors planted for me before I was born, so do I plant for those who will come after me.”*

The Tree of Life is a beautiful wooden sculpture that hangs prominently in the Jewish Home. Each leaf on the tree bears an inscription as a tribute or memorial to a loved one. Leaves may be purchased for a \$1,800 gift to the Home. A special certificate acknowledging the Tree of Life gift is provided to the donor or sent to the honoree as directed.



## Sponsoring Birthday Celebrations

With a contribution of \$500, you can support this joyous event and ensure that our residents celebrate their special days in style. As the birthday host, you too are honored, and receive eight invitations so that your family and friends may attend to celebrate with the residents. There is live music, a raffle, even some dancing and, of course, an opportunity to join in the singing of “Happy Birthday.” This gift is so meaningful for it honors those individuals who are very dear to all of us – the Home’s residents.



## Tributes to Friends and Family

Those who wish to honor an important occasion or the memory of a loved one are invited to use the Home’s tribute card service. With a gift of \$18 or more, the Home sends a beautiful card, created from art produced by our Jewish Home residents, to the individual who should know of your generosity and caring. With a \$100 donation or more, the loved one’s and the donor’s names are inscribed in the Home’s *Tribute Book*.

*For information about giving to the Jewish Home, please contact Susan Morenstein at 415.406.1458.*

## Giving Circles:

<b>Hope Circle</b>	\$25,000+
<b>Builder's Circle</b>	\$10,000 - \$24,999
<b>President's Circle</b>	\$5,000 - \$9,999
<b>Gold Circle</b>	\$2,500 - \$4,999
<b>Silver Circle</b>	\$1,000 - \$2,499
<b>Honor Circle</b>	\$500 - \$999
<b>Mitzvah Circle</b>	\$100 - \$499
<b>Chai Circle</b>	\$1 - \$99

*The following names reflect gifts received from July 1, 2005 through June 30, 2006. Donors who have an asterisk following their name have given to the Jewish Home's Annual Fund for 5 years or more.*

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Barbara and Gerson Bakar\*  
Ira and Leonore Gershwin  
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– Jean and Michael Strunsky\*  
Nancy and Stephen Grand  
Philanthropic Fund  
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The Lisa and John Pritzker Family\*  
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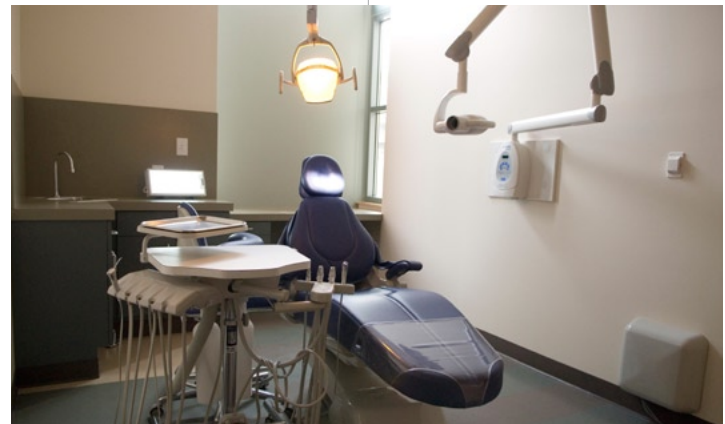
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## Leaving an Enduring Legacy

The Captain Julius Friedman Society honors those who have remembered the Jewish Home of San Francisco in their estate plans. Julius Friedman's generous bequest at the turn of the last century enabled the establishment of the current Jewish Home, by providing the land as well as a portion of the costs for building and furnishing a new facility. Friedman's gift created a momentum that has carried the Home to the forefront of long-term care and research.

Many people are inspired by the same thoughtfulness that motivated Friedman and have included the Home in their will or other estate plans. Through their support and dedication, our benefactors shape the Jewish Home's future, ensuring that it will always be here for all of those who need it.

*More information about the Captain Julius Friedman Society may be obtained by calling Heather Kroupa or Mark Denton at 415.406.1107.*



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Giving comes in many forms. In-kind gifts may be donations to fundraising events, contributions of medical supplies and equipment, or any items that improve and enhance the lives of the seniors of our community.

The following individuals, businesses, and organizations have contributed goods and services to the Jewish Home of San Francisco from July 1, 2005 through June 30, 2006. We deeply value their support.

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Sidney Waxman  
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John Whitlinger  
Tom Yamaguchi



Keith Katz and the team from Lexus of Serramonte have supported the Jewish Home's Golf & Tennis Tournament with in-kind and cash sponsorship since 1999.

David Goldstein has the compassion; he is a former social worker. He has linguistic ability; he is fluent in several languages, including English, Russian, and Yiddish. He is connected to the community; he is a volunteer leader at Temple B'nai Emunah and heads their Social Action Committee.

David takes all the talents he has – and gives of himself, simply for the love of giving. He facilitates two weekly group activities at the Jewish Home of San

Francisco (one for Russian-speaking residents, and one for English-speaking residents), when discussions run the gamut of current events, politics, Jewish life and customs. He organizes monthly group visits by congregants from Temple B'nai Emunah so they may participate in Sabbath services with Jewish Home residents. He shares his love of music in his weekly music group that includes songs from vaudeville to American Yiddish tunes. He is a volunteer companion, a tutor of English to Russian residents, and when he has a spare moment, he may be found assisting staff at the monthly meetings of the Jewish Home's Council of Residents or at ice cream socials.



DAVID GOLDSTEIN

With the support and commitment of volunteers such as David, the Jewish Home is able to continue providing residents with the highest quality of care, services, and programs.

We gratefully recognize the following individuals and organizations, and the generous donation of their time and talents to enriching the lives of our older adults.

Todd Aarons – Tierra Sur  
 Nura Abdu  
 Kahssa Abraha  
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 Achieve  
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Giving of their time at the Home's coffee bar are volunteers Maria Rosario Barnos (far left) and Rob Reicher, Rachel Sackman and William Chou (far right), with Alford Patrick (center), Jewish Home garden café assistant.

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 Yakov Schwartz  
 Regina Scolaro  
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 Stefanie Sedell  
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We gratefully acknowledge the following community organizations, agencies, and facilities whose active involvement and collaboration during the past year have greatly enhanced the care, programs, and services offered by the Jewish Home of San Francisco.

Albert L. Schultz Jewish Community Center of Palo Alto  
 Alzheimer's Association of the Greater San Francisco Bay Area  
 American College of Traditional Chinese Medicine  
 American Society on Aging  
 Bay Area Cluster Group of Professional Geriatric Care Managers  
 Bay Area Jewish Healing Center  
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 San Francisco Jewish Film Festival  
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