



THE OLIVE PRESS

BY RHODA GOLDMAN PLAZA

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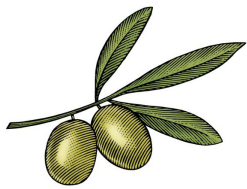
The Healing Power of Nature



An RGP resident enjoys the view at the Presidio Tunnel Tops Park near Chrissy Field.

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President's Message- Bob Demchick

As president of your new Residents' Executive Board, I was asked to write an article defining what we hoped to accomplish during our term. As I was pondering my assignment I had to go to the hospital for treatment that I couldn't get at home. I was gone only a few hours, but, expecting me to stay overnight, Phylis returned home where she was asked repeatedly about my status.

The word was out. I don't know how. But lots of people cared. And upon getting back to RGP I was immediately met by people who wanted to know how I was feeling and who actually cared about the answer. As I entered the dining room the next morning I received a flood of well wishes. What an incredible feeling! *What an incredible community!*

Suddenly there was my subject. How lucky we are to be surrounded by people who care about us. Two years ago, we lived on the twenty-second floor of an apartment complex surrounded by hundreds of people, few of whom would even have noticed my absence. But here there's an administrative staff which not only takes care of our physical needs, but which also cares about us as individuals. And we're surrounded by neighbors who are concerned about our wellbeing. *What an incredible community!*

That got me thinking (no small effort). "Let's share that feeling." What if each of us reached out to someone who always eats alone. Or to someone you know has remained isolated even though Covid restrictions have been greatly relieved? Knock on the door. Try chatting. Suggest dining together. Your success with just one person will mean a lot.

If you know of someone like that but are uncomfortable initiating the contact just ask me or the Hospitality chairs, Jack and Toba. When you and the board, Evelyn, Len, Mary, Lydia and I have drawn even a few neighbors into the mix, we will have made our year in office worthwhile.

Residents of the Month—Jack and Toba Herman

“Both Toba and I have spent a lot of time in nature,” Jack said. Toba related “my family has a history of camping; although you could not call a cabin the mountains really camping, My father loved to fish—so he bought a cabin at Mammoth Lake. As a child, we would “go camping” at the cabin, I remember when I was a kid, my job was to hang up fish.”



Jack reminisced... “Before we moved up here (to Northern California), I wanted to learn to fly fish. I took lessons from a teacher and one of our first trips was to Montana, famous for fly fishing and brown trout. We went to the Big Horn River where all you had to do was to put a hook in the water and you would catch a fish. Fly fishing was new to us—to learn how to manipulate the rod and line, to cast correctly, to use the right-colored fly. Toba was a better fly fisherman than I was.

After we moved to Northern California, we went on fishing trips up to British Columbia. There was a particular fish—the Kamloops trout which was famous. These trout were huge—about 1.5 feet and famous for their fighting spirit. Once you hooked them, they fought and wouldn’t give up. (“The Pennask strain has long made the Kamloops area famous due to their aerial acrobatics, and ability to make long runs; this combination provides ample excitement for a fly angler.”)*

We didn’t fish from a boat; we used a float tube (like an inflatable tire) with swimming fins. The beauty of the tube was that I was almost eye level with the fish. The secret to catching fish was to find where the fish were feeding. Loons.... the loons knew where the fish were feeding, so we went where they congregated and caught fish. I would spend all day on the lake. It was so beautiful to be in the middle of the wilderness.

Three-quarters of going fishing is to get out into the wilderness; only one quarter is actually catching fish...The Big Thing was to be away from people, be alone, floating in the water, enjoying the silence. The silences and the sounds of loons calling each other. The eagles, the osprey...listening to the silence or the sound of insects. I often became lost in how beautiful it was.

Once, in that mood, I drifted, just fishing. Without realizing

it, I reached land at the end of the lake. I was so hypnotized by the expanse of the lake in front of me that I didn’t look behind my back. I almost ran into a huge moose who was drinking water and was also oblivious to what was in front of him! I quickly got out of there!!!

The discipline of fishing—a big change from everyday habits. First you had to be patient; you had to know what equipment and which fly to use, and know the feeding habits of fish. Your success depended on how you presented the fly in the water, to get the fish to believe that it was real. Then once hooked, how would you bring it in? Sometimes the fish would explode in the air and come down fighting, you had to give it more line and let it run and gradually reel in the line and pick it up with a net. Taking the hook out, had to be done so as not to hurt the fish.

There were moments when I felt one with nature. Especially catching a live animal which was fighting to save its life. It was a battle between you and the animal. The fish was a living creature. Just like I am. Sometimes if the fish put up a huge fight, was a magnificent fighter, I let the fish go. That felt good too.

We had to watch out for thunderstorms and get out of the water. But the thrill of being in the water during a storm, seeing the rain, and feeling cold breeze... it was so beautiful just to watch it and be part of it. The experience was worth it even if you hadn’t caught anything.”

**<https://www.tourismkamloops.com/blog/post/a-look-at-the-rainbow-trout-of-kamloops/>*

Nature is Healing

The healing power of nature, I thought, was common knowledge. I know I feel happier after taking a walk in Golden Gate Park, visiting the many small parks in the city, enjoying tree-lined streets and people's extravagant gardens which mitigate the sterility of the city concrete and asphalt. I have suspected that plants are a beneficial presence in a subliminal sort of way... still, common knowledge.

So, I thought this Olive Press edition would be easy. But what I thought was an uncomplicated subject became a complex field of discovery. I have run across *Friluftsliv*, (fresh air living) the Norwegian way of connecting with nature, *Shinrin yoku* Japanese forest bathing, Theodore Roszak on Ecopsychology, and M. Amos Clifford on Forest Therapy. I interviewed Jen Borrow a Forest Bathing guide who enlightened me on the philosophical foundations and the healing properties of nature. In fact, research on the healing power of nature has opened up a trove of uncommon knowledge. Uncommon knowledge—that forests and nature can bring wellness in ways that we do not know and from maladies we are not aware of through reconnection to the natural world. The experience of being in nature and of forest bathing in particular reconnects people to nature, healing the separation so prevalent in modern society, engendering wellness rather than health *per se*.

"This disconnectedness from nature also alienates us from ourselves. When our lives are insulated from the elements and from natural cycles, we become anesthetized, deadened to our senses and finding it increasingly difficult to connect to the sensual processes that allow us to feel joy, delight, and surprise. Our life force is diminished," wrote M. Amos Clifford in *Your Guide to Forest Bathing*. "Yet an antidote is as near as the closest natural place. Forest bathing is a reliable way to reawaken our senses."

In this edition we are not trying to convert residents into forest bathers (it's not what you might imagine...), but rather to encourage residents to open up to the possibilities for reconnection and wellness through deeply experiencing naturally green places.

What is Forest Bathing?

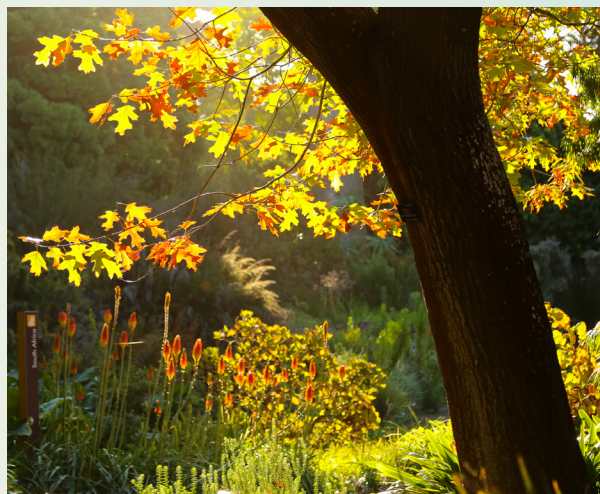
At the most physical level—A guided walk in a forest. At a deeper level—an opportunity to experience the forest with all five senses, to slow down, to practice being fully present in the forest, and to reconnect with Nature.

A guide will encourage each person to be present, to let go of worries, anxieties. To open their senses—all the them—to the smells, sights, sounds, feel, taste, and perception of the forest.

"In the practice of forest bathing we immerse our senses in the special qualities of the fluid, oceanic ambiance of the woodlands. We walk slowly so we can focus our senses on the myriad ways the living forest surrounds and touches us. Feel the breeze on your skin, hear the gurgling voices of the brooks and the calls of birds, see the movement of the trees in the wind. By giving attention to your senses you turn down the volume on the cacophony of inner thoughts. Your senses bring you to the present moment where you can take in all the forest has to offer, welcoming it, letting it settle inside you. When the forest is allowed its place within you, it supports your body's natural capacity for wellness and healing."

Your Guide to Forest Bathing

by M. Amos Clifford



Plants and Gardens at RGP



“I love plants. Look! You can see the inspiration for Persian rugs—the symmetry. Plants are the gifts of nature.”

“Walking in nature has such an effect! Inhale fresh air and the perfume of nature penetrates every cell you have. There is nothing like walking in nature.”

Freda Reider

We observe the cycle of nature everyday if we only take a moment to step outside of ourselves. The wind blows, photosynthesis happens, oceans ebb and flow, pollination occurs, growth, life of all the various species occurs as we watch. The aging of nature and our lives. Leaf's flutter, grasses wave, corn fields glisten gold and water evaporates and falls. These are the daily conversations and actions of nature. Plants talk to you; do you talk back to your plants?

Carl Kerwick

Outings and Gardening Activities

September 8

Outing: Bonsai Garden at Lake Merritt

September 13

Outing: Marin Headlands Scenic Drive

September 19

Plant Review & Renew—Plant Hospital

September Birthdays

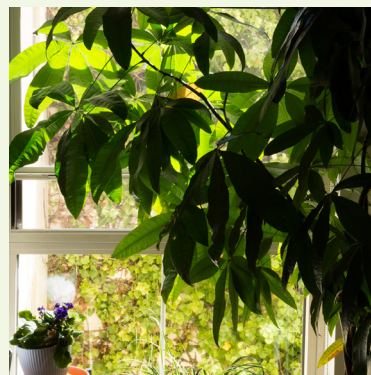
Phylis Demchick	5
Raisa Bukhovsky	18
Margo Chicoine	23
Jane Cutler	24
Jo Staub	29
Betty Brassington	30



Our California Native Plant garden out on the patio, planted only a few months ago, will take time to mature. In its first year of life, it has shown us beauty and growth. It has so much more to share with us as it matures, the roots grow deeper, new sprouts form, and new branches/segments develop to bring new forms and colors to the patio. Just like our children, friends, and family our native plants will develop and mature. Please take a moment to see and be part of nature and allow it to bring newness into your life.

Carl Kerwick

Most plants add oxygen to your space and absorb carbon dioxide just the opposite of us humans.



Some plants act as an air purifier by reducing some toxins like formaldehyde, xylene, and toluene. Studies have shown that indoor plants can provide added benefits, such as lowered stress levels and elevated moods, help us feel more relaxed and calmer, and can also improve concentration and productivity.

If you are considering adding a plant to your space, you can chat with someone from the Gardening Committee.

Carl Kerwick



Emma Davis
Director of Programming and Counseling

Ecotherapy

When I was a teenager, my dad used to joke that my favorite kind of outdoors was between stores. While he might have been right at the time (I did love to shop!), I grew up in Maine and the outdoors was part of my upbringing—camping, playing outside, swimming in the summer and sledding in the winter. I took being outside for granted but as I grow older, I see the value in nature. One of my favorite daily activities are my lunch time walks with my friend and co-worker Elizabeth. Sometimes I take a detour on my way home and stop at Ocean Beach. Spending even five minutes feeling the ocean breeze and taking in the Pacific reduces my tension. When I have a difficulty sleeping, I'll play the sound of rain. All of these small acts bring nature into my life.

But incorporating nature into your life has a much bigger impact than one might realize, particularly on mental health. Far beyond Freud, there are many different fields and theories of psychology. One field known as Ecoterapy, also known as nature therapy or green therapy, was developed by Theodore Roszak and is based on the belief that people are connected to and impacted by the natural environment.¹ Ecoterapy can take many different forms including nature-based meditation and mindfulness, horticultural therapy, animal-assisted therapy, and wilderness-based work. More and more studies are being conducted regarding the effectiveness of eco-based therapies. One such study showed that following a task designed to induce mental fatigue, participants who spent forty minutes on a nature preserve reported less anger and more positive emotions than those participants who read a magazine or listened to music following the task.² Other studies show that even exposure to nature sounds and images can reduce stress. One study showed that participants who listened to nature sounds such as running water

or bird calls lowered symptoms of psychological stress faster than participants who listened to traffic sounds.³ Another study by Roger Ulrich found that surgical patients in a hospital with a window view of trees showed reduced anxiety and less pain medication use than patients with a window view of a brown brick wall.⁴

As the Director of Programming, my training as marriage and family therapist influences many of the programs at RGP. I am also guided by a variety of therapeutic principles and modalities including ecoterapy. Examples of appreciation of the benefits of nature are our gardening program on Memory Care and outings to various open green spaces in the Bay Area. I suppose you could say one positive of the pandemic was the fact that it highlighted the value of getting outside—one of our first outings following the lockdown of the pandemic was to Chrissy Field and the elation at being outside was evident on every resident's face!

¹ GoodTherapy Editor Team. "Ecoterapy / Nature Therapy." GoodTherapy – Find the Right Therapist, GoodTherapy, 2009 Autumn 9 AD, <https://www.goodtherapy.org/learn-about-therapy/types/econature-therapy>.

² Clay, Rebecca. "Green is good for you." American Psychological Association, Monitor on Psychology, Apr. 2001, www.apa.org

³ Millard, Elizabeth. "Why Nature Sounds Are So Good for Health and Well-being." EverydayHealth.com, Everyday Health, 9 Apr. 2021, <https://www.everydayhealth.com/self-care/why-the-sounds-of-nature-are-so-good-for-health-and-wellbeing/#:~:text=New%20data%20finds%20that%20even,stress%2C%20and%20even%20lessen%20pain.&text=According%20to%20new%20data%2C%20listening%20to%20bird-song%20helped%20decrease%20stress>.

⁴ Ulrich, Roger. (1984). View Through a Window May Influence Recovery from Surgery. Science (New York, N.Y.). 224. 420-1. 10.1126/science.6143402.



Candiece Milford,
Managing Director of Marketing

Cladoptosis Is Healthy

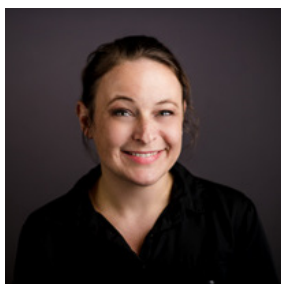


I've been fretting about how, in my marketing role, I could possibly find anything in "forest bathing" that is relatable to my work. I have been fascinated by this concept for some time and when I suggested it as a theme for this month's Olive Press, I didn't realize the challenge I had set up for myself.

However, the solution was found in a tiny book called "The Healing Magic of Forest Bathing" by Julia Plevin. Chapter by chapter and a bit over half-way through the book, there it was . . . a chapter called "let it go" and I quote: "In nature, certain species of trees go through a process called cladoptosis. They self-prune, shedding branches that are shaded or diseased, as they grow toward the light. As part of the beautiful cycle of all things in nature, the branches that were a drain of resources for the tree decompose to become offerings of mineral-rich detritus to feed the earth. When we let go of what's no longer serving us, we create spaciousness in our lives to nourish what we really want (or need) to cultivate."

For the sixteen years I've been working in housing for older adults, the mantra I hear is the very natural objection to moving from one's home. Material things seem to root us there with all the memories imbued in the items. Imagining letting go of these familiar comforts is threatening. How can we give away a watch that may have belonged to your mother, a tie from a deceased spouse, a piece of furniture that you inherited from your grandmother? The minute you touch them, the memories grab onto your heart and say "no, don't let me go!" However, that is probably one of the most healing things to do despite the anxiety this may produce. As the author says, "with a big exhale, drop the stick or leaf back onto the ground and release your worried energy into the earth. Don't be concerned about dropping your energetic baggage onto Earth—she recycles energy that's no longer serving you."

This is where forest bathing and downsizing a life converge. Both the forest and our life's accumulations need pruning later in life. You will feel lighter for it, although while doing it, it can be daunting. When we had our home remodeled, the person helping us said all our furniture had to go. What?!! After we recovered, we did it. Then we left the house for over six months, only returning occasionally to check on progress. We put our faith in the designer and contractor and didn't stress it. The ultimate result is a home that has little furniture in it, very carefully curated pieces of art hung in a re-envisioned, beautiful Zen-like place that exudes peace. We discovered that releasing the material load that no longer served us, gave us a sense of control and lightness we never expected.



Health Notes

Adrienne Fair, MSN, RN,
Assistant Executive Director

Au Naturel

The term “natural” can be a bit tricky with regards to healthcare, prescriptions, and supplements. Just because something is natural, doesn’t necessarily mean that it is safe or effective. Supplements don’t undergo the same testing as medications—but supplements can bring a host of side effects, even if they are so-called “natural.”

¹ The American Cancer Society points out that over 70,000 calls to Poison Control in 2019 were due to supplements or herbal preparations. ²

Prescription medications do, in essence, also come from nature. Something like morphine, for example, comes from the opium poppy plant (*papaver somniferum*). You can see how something that is natural can also be very potent and potentially dangerous. Morphine is incredibly helpful for pain management, especially at the end of life. I don’t want to demonize the use of opiates and other medications or supplements, but I would point out that natural can also be incredibly powerful.

But let’s move away from what we are consuming in the name of health. What about the influence of the natural environment? What about green, natural spaces—as opposed to urban, man-made spaces? San Francisco has 220 city parks—just in the city itself. ³ San Francisco is also rated number 7 in the United States by the Trust for Public Land on the ParkScore Index. Seventeen point nine percent (17.9%) of the land in San Francisco is used for parks. ⁴ Even in our little RGP bubble, we have some lovely spaces in which to enjoy nature: the Fern Court off the first floor, the third floor outdoor patio with the native plant garden, and even the fifth floor potted plants which are beautifully maintained by residents.

Getting outside in nature can benefit your mental and physical health. This is not just a truism, but is actually based on scientific studies. An article out of Yale University nicely summarizes some of the science-backed benefits of spending at least two hours a week in green/natural spaces: reduced anxiety, more Vitamin D, increased exercise and circulation, better sleep and immunity, decreased blood pressure, and decreased levels of stress hormones. ⁵ I am so lucky to live a block from Ocean Beach and this is really my happy place. What a joy to sit on warm sand and look out at the ocean waves. How wonderful to be alive on this beautiful nurturing planet!

¹ National Institutes of Health (2022). Natural doesn’t necessarily mean safer or better. <https://www.nccih.nih.gov/health/know-science/natural-doesnt-mean-better>

² American Cancer Society (2022). Are dietary supplements safe? <https://www.cancer.org/treatment/treatments-and-side-effects/treatment-types/complementary-and-integrative-medicine/dietary-supplements/safety.html>

³ San Francisco Recreation and Parks. <https://sfrecpark.org/384/EXPLORE-OUR-PARKS>

⁴ Trust for Public Land (2022). <https://www.tpl.org/city/san-francisco-california>

⁵ Yale School of the Environment (2020). <https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>



Elizabeth Wyma-Hughes
Director of Resident Services

Priorities

Isn't it amazing how you can know with complete certainty that an activity will be good for you and that you'll enjoy it, but somehow fail to do it and procrastinate endlessly? That's been my experience with getting outside for most of the past two and half years. Between COVID, moving to a new home, and more chronic feelings of busyness, I found myself pretty well hunkered down in the not-so-great indoors.

In the past several months, however, I've been making a few changes to to get some outside time. In January, during the umpteenth surge of COVID, Emma and I started taking a walk during our lunch rather than eating in my underground office. Even as the COVID ebbed and flowed, the habit formed. Little by little, I found myself prioritizing my wellbeing through time outside. Our daily mile and a half walk during the week motivated me to spend more time outside on the weekend. Now I find myself golfing with my dad most Friday mornings (according to him it's a wonderful way to ruin a walk) and have been exploring some of Oakland's regional parks with my husband.

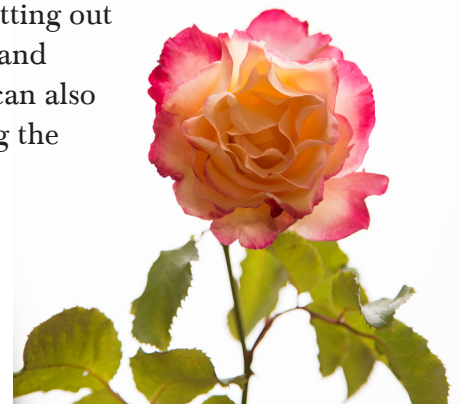
I know plenty of residents have found themselves in the same rut, so I will take this opportunity to enthuse about the many options available at or through RGP and to encourage residents to get outside. Outings to local parks (we just took residents to the Salesforce Transit Park) are a fabulous way to take in some of the beauty of the San Francisco Bay Area. If that isn't your speed, we have a walking group that meets daily and goes for a jaunt in the neighborhood. Everyone is welcome! We also have the third floor patio—an oasis— available

that has been carefully planned, planted, and cared for by fellow residents for you to enjoy. Bring a sweater and sunglasses (it is San Francisco, after all) and the worst-case scenario is you'll have a change of scenery.

It is easy to get caught in the inertia that the past couple years has wrought; I know I certainly did. I'm grateful that Emma has been such a willing companion on our walks and that Katheryn and Christine are willing to join me when Emma has the audacity to take a day off (I can't seem to motivate myself to go alone).

For residents who are similarly disinclined to get outside by themselves, inviting a new resident, or someone you don't know well, to take a walk around the block or to continue a conversation on the patio is a wonderful way to build community and get yourself outside. I know that I am more refreshed, focused, and generally happier after my daily walks and hope that residents have a similar experience. It also serves as an opportunity to appreciate the beauty we are surrounded by. The top of the hill on Steiner Street rewards you with breathtaking views of the bay; Alta Plaza Park is full of dogs running around, and countless houses boast beautiful gardens where you can quite literally stop and smell the roses. The trees at the Public Library on Sacramento Street are blooming a flaming red, an unusual visual event in this locale.

We often think that getting out to nature is a difficult and strenuous task, but it can also be as simple as smelling the roses on the terrace.



Employee of the Month— Man Wai Ma



Man Wai Ma, Maintenance Assistant, joined RGP in September 2018 after working for twenty years at another local community for older adults. He assists Thomas Ho, Maintenance Manager, with all aspects of maintenance work including installing lights, fixing doors, painting, plumbing, and construction work.

Man was born in Taishan, Guangdong, China where he finished high school. His grandmother, who had left China before 1949, was living in Hong Kong and was able to sponsor the family; they immigrated there in 1989. He lived in Hong Kong for ten years where he worked in construction and became an electrical technician. He met his wife while she was visiting Hong Kong from the USA. They married in Hong Kong and came to the USA in 1990. He continued working as a handyman in order to get enough experience to get a license and later worked in construction for private companies. He heard about an open position at a community for older adults and applied.

“I am very happy to work with all my co-workers and the residents. It is a nice environment,” Man said. Samson Legesse, Director of Facilities stated “Man is a great resource, he exhibits a positive and supportive attitude, and is dedicated to fulfilling his job responsibilities.”

Man likes cooking for family celebrations. In China, in villages and small towns, he explained, when there is a family event, the men cook for the guests. Women cook every day, but when there are a lot of guests, the big pots needed to hold food for many people are too heavy for the women. So that’s why men cook.”

Reprinted from the July 2019 Olive Press



Forest Bathing Walk at SF
Botanical Gardens
with Jennifer Borrow
September 22

Experience the magic of forest bathing—a deep slowing down, reconnecting, and building partnership with nature through a series of guided invitations that are simple, open and sensory. The walk will be one and a half hours long and will include periods of rest. Please note that this is a guided group activity led by Jennifer Borrow, a certified Forest Therapy guide member of the Association of Nature and Forest Therapy. She also has with a Masters in Transpersonal Ecopsychology.



Flu Shot Clinic
September 20th, Tuesday
9:00am to 3:00pm

Health Services staff will
contact residents to schedule
vaccination times.

Jewish New Year

This article is taken from the 18 Doors website: What is the Meaning of Rosh HaShanah?

Rosh Hashanah (literally “Head of the Year” in Hebrew) is the Jewish New Year. *Rosh Hashanah* is the first of the High Holy Days (or Jewish High Holidays), beginning a 10-day period of soul searching and contemplation that concludes with Yom Kippur. Traditionally, this period of 10 days, the Days of Awe in Hebrew—*Yamim Nora'im*—are for thinking about our behavior during the previous year, asking forgiveness from those we may have wronged, and pledging to make positive changes for the coming year.

<https://18doors.org/what-is-the-meaning-of-rosh-hashanah/>



Rosh HaShanah Schedule

Sunday, September 25

Erev Rosh Hashanah

3:30 Erev Rosh Hashanah Service
with Mark Levy in the Olive Room

Monday, September 26

Rosh Hashanah

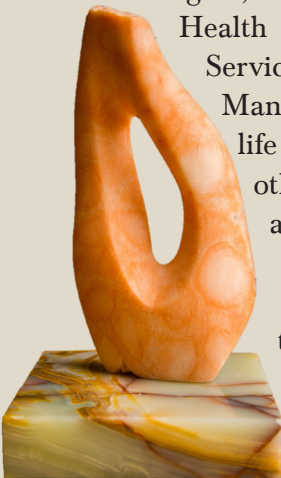
10:00 Rosh Hashanah Service
with Mark Levy in the Olive Room

Melanie Miguel's Sculptures

The alabaster sculptures in the glass case outside the Activity Room were created by Melanie Miguel, Health

Services

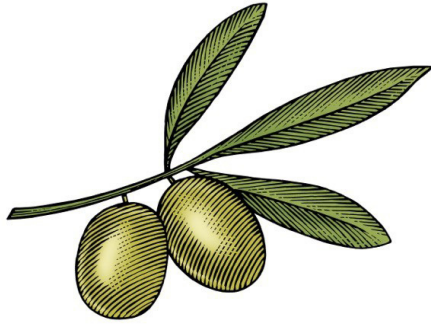
Manager who in real life is a sculptor. The other sculptures around the building were also done by Melanie including the ceramic wall sculptures outside the dining room.



Mark Levy has performed and taught in the San Francisco Bay area for forty years at temples, synagogues, JCC's, Lehrhaus Judaica, Workmen's Circle, and other Jewish groups. He has

appeared throughout the country, in Europe and Israel and is a singer and lecturer who specializes in older Judaic folk music in Yiddish, Hebrew, and Ladino, Klezmer history and theory, and Jewish music history in general. He has performed for Yeshiva University Sephardic Dept.'s Semana Sepharad in New York, and as a cantorial soloist in California. He has released a fourth album of Jewish music entitled *Bin Ikh Mir A Shnayderl: Yiddish Work Songs*, in commemoration of the 100th birthday of Workmen's Circle, a fraternal order of Jewish workers.

The admin/business office will be closed Monday, September 26th for Rosh HaShanah.



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*Founded by Jewish Family and Children's
Services and Mount Zion Health Fund*

RHODA GOLDMAN PLAZA

The appeal of Rhoda Goldman Plaza is undeniable. Older adults and their families prefer our unsurpassed assisted living and memory care community enriched by culture and tradition.

Residents enjoy superb, “made-from-scratch” cuisine that is always well reviewed by our most vocal critics; our residents! While our dining selections please the appetite, accommodations showcase spacious, private apartments designed to maximize space and comfort. In fact, we’re re-defining your life as Living Well With Assistance—we believe our community is every bit as good as a five-star hotel. And, professionally trained, courteous staff promotes your health and well-being with choices of activity programs both on and off-site.

Our Terrace Memory program provides specialized memory care to residents through therapeutic activities that enhance physical, mental, and emotional health. Both privacy and companionship are afforded on our self-contained Terrace.

Living Well With Assistance is more than a promise, but a way of life for our like-minded residents and staff who share the vision of our upscale community.

Visit Rhoda Goldman Plaza today by calling 415.345.5072.

Founded by Jewish Family and Children's Services and Mt. Zion Health Fund in 2000, Rhoda Goldman Plaza (RGP) was established as a non-profit assisted living facility to provide a better and more secure life for older adults.