



THE OLIVE PRESS

BY RHODA GOLDMAN PLAZA

NOVEMBER 2022

CHESHVAN-KISLEV 5783

VOL 22 NO 8

A homage to our favorite grocery store's flyer which prefaces deals and new products with "Did you know?"



We offer *Tips and Tricks*

(good-to-know information for RGP residents)

RGP has a Notary Service.

Please Notice This



Transportation

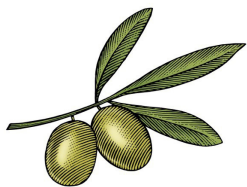
To-go bags are
available for all
meals.

.....Please Keep This for Reference.....

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RHODA GOLDMAN PLAZA

2180 Post Street
San Francisco, CA 94115

415.345.5060; 415.345.5061 (fax)

www.RGPlaza.org

RCFE #385600125

STAFF

Emma Davis,
Director of Programming 415-345-5098

Adrienne Fair,
Assistant Executive Director 415-345-5077

Ira Kurtz,
Executive Director 415-345-5080

Eric Luu,
Chief Financial Officer 415-345-5083

Christine Leung,
Business Office Manager 415-345-5073

Samson Legesse,
Director of Facilities 415-345-5088

Candiece Milford,
Managing Director of Marketing 415-345-5072

Marianne Ehrenfeld,
Director of Food Services 415-415-5086

Elizabeth Wyma-Hughes,
Director of Resident Services 415-345-5085

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President's Message- Bob Demchick

I asked, "What's the topic for this month's issue?" "Do whatever you wish," Katheryn said to me. The other contributors to the Olive Press have a topic, but I'm left on my own. What do I wish? Well, first I wish someone else would write this column. But that won't happen.

I wish that the Eagles would win the Super Bowl. I wish that every night we could see either a comedy or an action movie. I wish for a return of the "exceptional" dining experience. I wish I could win the lottery. I wish that I might lose twenty pounds. (I wish that I could do that without giving up ice cream or bagels and lox.) I wish that I was once again able to walk three miles.

I wish that I might get serious for a moment. I wish I could explain to the friends that we've found here just how much I relish their friendship. And I wish that working together we could reach out to those residents who still have remained isolated. I wish we could make them realize just how pleasant it is to be with us in the dining room. I wish we could get them to join in some of the many activities available to them.

I wish that we all will have a wonderful holiday season beginning with Thanksgiving and going all the way through Hanukkah, Christmas, Kwanzaa, New Year, Chinese New Year and Ramadan. I wish for that time to be the beginning of a happy, healthy year.

I wish most of all for everyone to recognize that real happiness does not come from getting what you wish for, but rather it comes from appreciating what you have. And, oh yeah! By the way, did I mention that I wish that the Eagles would win the Super Bowl?

Resident of the Month—Carmen Kollerbohm

“I was born and grew up in Costa Rica. When I was three months old, my father died, and my grandfather became like a father to me. From him I learned to swim, and dance, and traveled with him to Barcelona, Spain and Venice, Italy. My grandfather had a ranch; he grew crops but he also loved orchids. I also love orchids too, and keep them in my room. To my sorrow, by the time I finished high school both my grandparents had passed away. My uncle who lived in San Francisco invited me to come here to attend the College of Notre Dame in Belmont.

While I was at college, I met my husband Fred at a party in Tiburon. It was really one of those “coincidences” that make you believe that people are fated to meet. Amazingly, I had met him in Costa Rica many years before. It turned out, as we began talking, that his grandmother and my grandmother were neighbors and I had met him at my cousins coming out party! We decided to get married about three weeks later. We spent our honeymoon in Brazil where he began his new job and we spent about seven years there. A few years later, we were posted to Nigeria where we spent six years. In Lagos, I worked with Alice Pickering, the wife of Ambassador Thomas Pickering, and was involved with charity work through the American Womens Association. I loved the Nigerians who initially may have seemed unfriendly, but have hearts as big as Mt. Fuji!

“I had always wanted to be Jewish,” Carmen said. “I had many Jewish friends growing up, but I knew my family was Catholic and we were from Costa Rica. We never talked about our family history. I wouldn’t say my family was secretive, but they did not talk about the past. I remember though, that



when I was young, I was visiting my Aunt Luz who was not feeling well. She asked me to get some Tylenol from a drawer in her room. Inside the drawer was the Tylenol and also some pretty velvety material with something wrapped up in it. I unwrapped it and saw what I know today was a menorah. I was surprised since I had never seen anything like it before. I brought it in to show my aunt. She said, “my great-grandmother gave it to

me. You can play with it, but only here in the house.” Many years later when my husband and I were in the Old City in Jerusalem, I saw the same menorah. My husband suggested that I get it as a present for my aunt. I bought it and when we returned to Costa Rica, I gave it to her. I expected her to be happy, but she became very nervous and upset. She said nothing, “closed the incident,” and never spoke about it again. Then, I had no idea why she became so uneasy. Our family was Catholic.

“In 2021, I moved into Rhoda Goldman Plaza. My Jewish son-in-law chose RGP for me and my daughter made the move-in arrangements. I met and became friendly with fellow residents. I told a neighbor that my cousin, Doreen Carvajal, a writer for the NYTimes, wrote an article about our family. He found and printed the article for me. Doreen wrote about finding out that our family was *anousim* or Marranos—Jews who pretended to convert to Catholicism during the Inquisition in Spain, but remained Jewish—“silent Jews who lived double lives”. Then, I remembered our family dynamics, my grandparents reticence about family history and things began to make sense.

“Life is very strange. How would I have ever found out that I am really Jewish? But here I am at RGP and enjoy my breakfast of hash browns and sunny side up eggs. It’s good to be here!”

Food and Meals

Mealtimes

Breakfast Hours: 7:30AM – 9:00 AM
Lunch Hours: 11:30AM – 1:00 PM
Dinner Hours: 4:30PM – 6:00PM

Shopping—Or how to get the food you crave (dark chocolate, licorice, ice cream, etc., etc., etc.)

Local Shopping



You can take the RGP bus on Tuesdays and Thursdays. to Safeway, Walgreens, Laurel Village and Trader Joes (TJ's is Thursdays only). Sign up at the front desk.

Shopping Delivery

You can order food or non-prescription pharmacy items from Walgreens and Safeway every other week on Wednesdays for a \$10 fee. Residents must submit their list to Activities by 9:00am on the shopping delivery day. Shopping delivery days are noted on the monthly calendar. Grocery and pharmacy items are delivered to you!

Need a quick nosh at a walkable distance?

The Pacific Food Mart is located one block away at 2199 Sutter Street for freshly-made sandwiches, bread, breakfast cereal, ice cream, etc. Open from 10am to 9pm, seven days a week. Call 415.901.9030 if you have questions about products.



Need Ice?

The ice machine is on the second floor, on your right as you face the elevators

To-Go Bags



Well, maybe not that big....

To-go bags are also available for breakfast and lunch to be picked up from the Cafe.

- Breakfast to-go bags are available starting at 8:30AM
- Lunch to-go bags are available starting at 11:00AM
- Dinner to-go bags will be available at the host stand in the Dining Room starting at 4:30PM

The Cafe

The Café is open from 8:30AM – 4:00PM daily

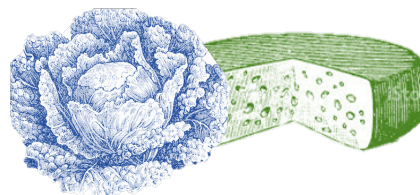
- Coffee, tea, frozen yogurt, fruit salads.
- To-go meals can be eaten in the Cafe
- Stay tuned for Cafe menu innovations!!!!

Not feeling great or feel like going to the dining room? Want a **meal tray** in your room? Please call the Front Desk. (If you are not feeling well, the Charge Nurse will review your request for a tray at no cost. Otherwise, tray room service costs \$15.)

Guest Meals are \$12 for Breakfast; \$18 for Lunch; and \$25 for Dinner. Please call the Front Desk and they will transfer the call to dining.

Dining Committee

If you want to make suggestions or ask questions regarding the menu or other aspects of your dining experience, please attend a Dining Committee meeting. The committee meets the second Monday of the month at 3:00pm in the Activity Room.



Activities

How do you get on the outings list?

Turn in your outing sign-up sheet at the Administration office. There is a box outside the door. Outing participants are selected via lottery system.

How It Works:

Submit your outing selections by the designated date . Names are drawn through a random computerized system to determine the outing list (including the order of the waitlist). Residents who sign up on time have equal opportunities for outings. On the day of an outing, if there is space available, Activities staff will contact you.

- It is okay to come and check an activity out to see if you like it and it's OK to leave if you decide the activity is not for you.
- If you have an idea for an activity or know of someone who offers an exciting/new/different/ subject matter, see Emma Davis.
- Committee meetings are open to all residents. This is your opportunity to make your voice heard. Attend the [Hospitality, Activities, Dining, Movie Committees](#) as you prefer.
- Our Activities staff can assist with computer and phone technical problems, reset (daylight saving time) clocks and watches. Call 415.345.5084 to make an appointment.



Calendars

You will receive paper copies of the monthly calendar in your mailbox on the last Wednesday of each month. Copies are also available in the Admin office.

If you, family members, or friends want a digital copy of the monthly calendar, email your request to Emma Davis at emmad@rgplaza.org.

Transportation



Did you know? Our RGP van will take you to medical appointments on Mondays, Wednesdays and Fridays from 8:30 am to 4 pm within a 2.5-mile radius of Rhoda Goldman Plaza. Wheelchair accessible rides are available on Mondays and Fridays. You can also take a friend or family member with you on the van to assist you during your appointment. You can make a transportation appointment by calling the front desk.

We offer transportation to Mission Bay and the Veterans Hospital on Mondays and Fridays but appointments must be made a week in advance.

If we are unable to provide transportation during **regularly available hours**, we will provide a taxi voucher free of charge. Please talk to Emma Davis if you have any questions.

Need to pick up a prescription? We are happy to drive you to pick up a prescription. Contact Activities to schedule.

The monthly calendar includes a quick guide to transportation including local shopping. If you have questions, please call the Front Desk.

Getting Things Done at the Front Desk

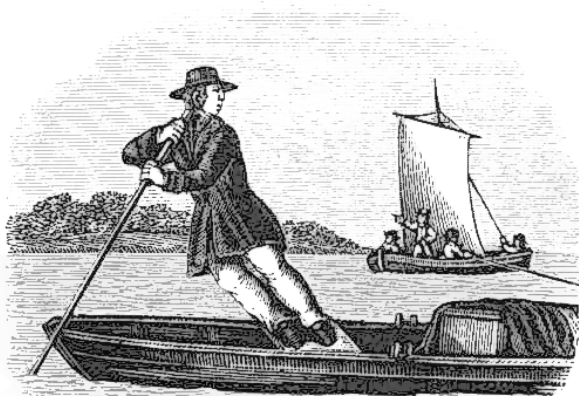
- Check for your lost or missing items. The **Lost and found** is located at the Front Desk. Items not claimed after six months will be donated.
- Pick up and drop off your **Dry cleaning**. Your cleaning is picked up and delivered twice a week on Tuesdays and Thursdays. Inquire at the Front Desk for details.
- Get a Resident phone list at the Front Desk.
- Schedule a podiatry appointment at the Front Desk
- Submit work orders regarding problems in your apartment
- Make transportation arrangements
- Recycle used batteries at the Front Desk
- Call the Front Desk for newspaper delivery issues.
- Pick up, fill out, and return **Thank-U Grams** at the Front Desk. For those who may not know, Thank-U Grams are a means of expressing appreciation to employees for their assistance, kindness, and good deeds.



Did you know?

For those who have to catch an early flight or get to a doctor's appointment

You can schedule a Wake-up Call from the Front Desk.



Right! Got it! Next time the toilet overflows, I'll call the Front Desk immediately.

Please call the Front Desk for

non-urgent concerns. The Front Desk will write a work order for routine maintenance and miscellaneous requests and forward it to the appropriate department.

- Opening a window
- Repairs in your apartment
- Changing a light bulb
- Plumbing concerns
- Power/electrical/connection issues with your computer.



Another Way to Thank Employees....

Employee Appreciation Fund

Residents can contribute to the Employee Appreciation Fund (EAF) to express their appreciation for our staff. This fund is distributed to hourly employees at the end of the year based on the number of hours worked. Contributions are completely voluntary, although the Residents' Council suggests a donation of \$4/day/resident. These bonuses are distributed to housekeepers, caregivers, servers, maintenance workers, kitchen staff, front desk attendants, and activity coordinators. Management is excluded from the EAF.

- Checks for the EAF can be made out to The RGP Residents Council and left in the payment box in the Game Room or dropped off with accounting.

- Contributions must be received by November 30, 2022.

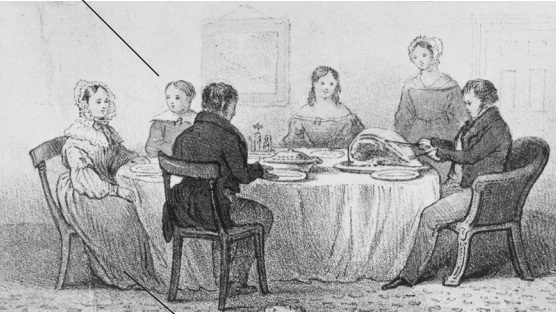


What do you do when your only pen rolls under the bed?

Call the Front Desk!!!

What's on the website?

We made our dinner reservations on the website.



And we reserved guest suites for this important gathering on the website too.

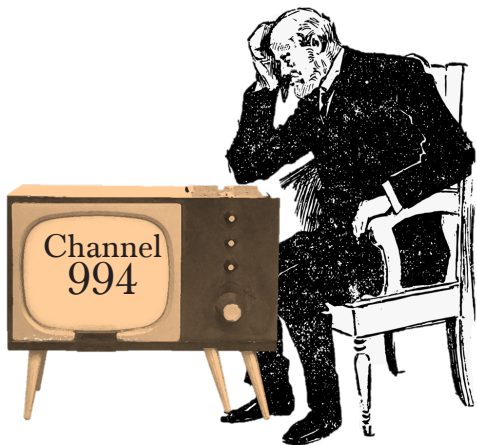
- Calendars
Memory Care and Assisted Living
- Interesting blogs
- Short videos about RGP

Channel 994

Residents with cable can access Channel 994 in their apartments.

You can find:

- Daily Activity Schedules
- Upcoming events
- Recorded programs/lectures
- Pre-recorded Shabbat Service
- Outing lists
- Weather



Wow! Since I turned on Channel 994, I realize I have so much to do ! And I don't have to get dressed to find out!!!

Things you can get done in the Administration Office



• Have Documents Notarized

To make an appointment call Dorie Workman, Notary Public, at 415-345-5099 or email her at doriew@rgplaza.org.

• Buy Stamps

Buy from Elizabeth Wyma-Hughes, from Sunday to Thursday.

• Calculate Postage

Domestic or international (13 ounces and under), ask Katheryn Allen-Katz.

• Shred Confidential Documents

Can be done each year; one bag only; ask Katheryn Allen-Katz.

• Ship Packages

We can take your package to the UPS store and bill your account.

• Recycle empty toner cartridges

See Katheryn Allen-Katz.

• Pay rent or check your bill

Talk to Christine Leung. Give checks to Christine Leung or put in the payment box in the Game Room.

• Get a tax letter.

See Eric Luu, CFO.

• Make Photocopies, fax, and scan

See Katheryn Allen-Katz.

FedEx and UPS Drop Off Boxes

There are a UPS and FedEx drop off boxes at Copy Net on Sutter Street, about two blocks away. Last pickup is 4:00PM. Completely labeled and ready for posting boxes/envelopes only. Not for large boxes, but envelopes and narrow boxes (i.e. 2") are ok.



Can you help me? I need to send a fax to my accountant!!!

Health

Zoom Medical Appointments

Our Health Service Director can help you with a Zoom medical appointment or virtual appointment. Please talk to Adrienne Fair or Samantha Curro. If needed, we have an iPad for you to use.

Wellness Clinic

Wondering about your **blood pressure** or your **weight**? Our Health Service staff can take a full set of vital signs for you. They also have a chair scale to check your weight. They are available in the nursing stations by the elevator on the following days.

- | | | |
|-------------|------------|--------------|
| • 3rd floor | Mondays | 3:30-4:00 pm |
| • 5th floor | Tuesdays | 3:30-4:00 pm |
| • 6th floor | Wednesdays | 3:30-4:00 pm |
| • 7th floor | Thursdays | 3:30-4:00 pm |



I am very grateful for the weekly blood pressure and weight check. I went every day for the past fifteen years, but I wanted to warn you that the scale is ten pounds light.

Need a little extra help?

Adrienne Fair, Director of Nursing, can provide a list of referrals of medical advocates and care managers for residents who temporarily need extra help, need a care plan, or just need someone to accompany them to medical appointments.

Covid-related Assistance

- If you are feeling unwell and suspect you may have been exposed to Covid, call the Front Desk and ask for a charge nurse.
- If you need a copy of your vaccination card or have lost it, go to the main nursing office in #324 and ask for a copy.
- Face masks are available throughout the building at the Front Desk, Admin Office, Dining, or at any nursing station.

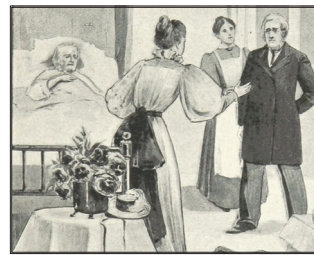
Push your call button for Health Services assistance.

The call button is for Emergencies.

- A fall
- Chest pain
- Other sudden pain or health concern. Health Services staff will come ASAP and may also call 911 depending on the severity of the issue.

And for Immediate Urgent Needs. Residents who need this type of service rely on their call button to alert care staff for:

- Toileting assistance
- Escorting assistance



“That’s amazing, doctor! You arrived even before she pressed her pendant!!!!”

Housekeeping Notes

Did you know....?

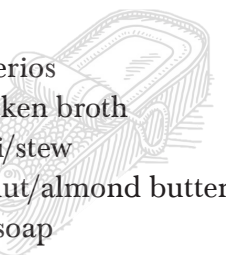
- Compost bins are located in common area bathrooms on each residential floor.
- Talk to housekeeping about getting a compost bin in your apartment..
- Spills? Did you spill coffee, wine, other liquids? Call the Front Desk immediately.

Let’s donate to the **JFCS Food Bank** to make sure that our neighbors have enough food this holiday season. Starting in November, a JFCS food donation barrel can be found in the lobby.

Please donate:

Canned meat & fish
Canned black beans/
Canned chickpeas
Macaroni & cheese
Toothpaste
Grocery bags with handles

Cheerios
Chicken broth
Chili/stew
Peanut/almond butter
Bar soap



Wellness

Did you know that you can enjoy a massage, acupuncture, and podiatry here at RGP?

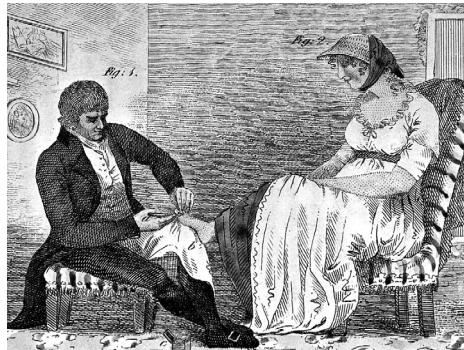
Massage: Sally Carpenter CMT
carpenter.sally@gmail.com or 415-260-9883

Reflexology: Robin Varga
ReflexologySF.com Robinmvarga@gmail.com
510.928.7001

Acupuncture: Jana Axelrad L.Ac
chinesedoc@gmail.com (Fridays) 415-317-3411
<https://janaaxelrad.com/>

Podiatry:

A podiatrist comes to RGP once a month on Saturday. Please call the Front Desk to determine the date and to sign up. Residents make their own appointments. The podiatrist takes insurance, although not Kaiser. For Terrace residents' appointments, please contact Emma Davis.



"Hmmm. I see you've been wearing those pointy shoes again. Try wearing Birkenstock for a few months."

The Gym

A certified trainer can help you with an exercise program and show you how to use the exercise equipment. He is in the gym from 10 to noon every Friday.

Residents who have doctor's permission may use the gym independently. Please check with Health Services to get a doctor's letter.



I'm telling you—It's easy. I went to the gym and followed the trainer's instructions!!!

Hair Salon Beauticians

Mary Simona

Services Provided: Hair Only: Wash, set, cut, color
Days of Operation: Tuesday & Friday
*other days by special request
Phone: 415-638-7721

Ana Argumendo

Phone: 415-817-1026
Email: bcakes2003@gmail.com
Services Provided Hair Only: Wash, set, cut, color
*Nail trims by request
Days of Operation: Wednesday & Thursday
*other days by special request

It's so convenient that I don't have to go outside in all that terrible wind and fog after my hair appointment!



And for people and places you were wondering about.....we offer Marketing Camouflaged

Residents whose children made the arrangements to move into RGP, may have not had the pleasure of meeting Candiece Milford, the Managing Director of Marketing. You may wonder whose office is situated at the bottom of the ramp on the first floor. Well, there are two important reasons for this location:

- Provides the space for a “three-point-turn” when long/large equipment can’t make a sharp right turn
- Due to unique slant of the ramp, about 38°, any unattended and empty wheeled vehicles whose brakes have not been set will roll directly down the ramp into the marketing office.

The location of the office was quite intentional; residents who were new or lost could easily find themselves at that important juncture and meet Candiece—

- The person to come to when you don’t know the right person to ask

AND



- The person to come to when you want to up-size, downsize, move closer to the elevator, or simply to change your apartment.
- And the person who can send information about RGP—brochures, marketing materials—or the Olive Press to friends or family. You can ask Candiece Milford to put them on her mailing list.
- But Candiece’s other responsibilities could have been discovered by early bird residents who, on Monday mornings would have seen Candiece carrying large buckets of flowers into the Art Room and exiting with glorious flower arrangements that enliven and foment an appreciation of the beauty of fresh-cut flowers tastefully and creatively arranged. She has also led very popular flower arranging classes too. So if you are a **flower-arrangement aficionado**, please talk to Candiece.
- For residents who have been here for a while and still have places to organize, reduce, etc., Candiece is a fountain of information about resources to help people move including organizers and de-clutterers across the US. She can connect you with the people we have worked with successfully over the years.



Given Candiece’s art background, she is involved with the the “look” of RGP both internally and on the website.

- She is one of the producers of the changing art exhibitions in our gallery
- She oversees RGP’s art collection and the placement/replacement of new art work

AND



- Fashion consultant (but only when asked).
- Occasional mender of clothing (she takes them home and makes them right again by hand or machine).

Employee of the Month—Kat Fiesta

Assistant Activities Coordinator



“I believe that exercise is the best medicine and I want to spread that knowledge to everyone,” Kat explained. “I grew up with a love of sports, played basketball and volleyball since middle school, participated in track

and field, and coached and refereed middle school basketball and volleyball. But not only sports; through my church, I have also been involved with planning and leading church-sponsored activities in Delano and statewide.” “I became interested in exercise while growing up,” Kat said. “I lived in Delano, a town near Bakersfield, where many people were low income and it was difficult for them to provide healthy food for their children. I saw that kids were becoming obese because they ate junk food which was cheaper than healthy food and they did not exercise. I wanted to help people understand that exercise isn’t just running, and decided to study kinesiology.

I completed high school in Delano and graduated from Cal State Bakersfield with a BS in Kinesiology. (Kinesiologists study the biomechanical processes of the body, exploring how managing those processes can contribute to human health. They then prescribe exercise-related practices as medicine for their client.) (kinesiology definition - Google Search).

After graduating from college in December 2019, I wanted to continue my education and attain a Masters or Doctorate in Occupational Therapy. Unfortunately, Covid appeared. As a result, most of the graduate courses were switched to virtual classes. I felt it was important to have hands-on learning so I

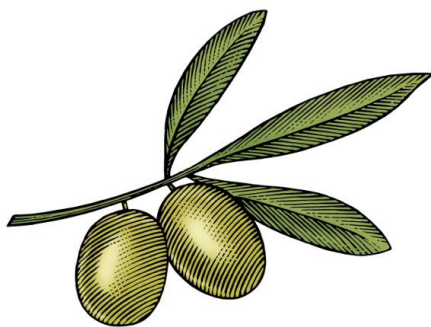
decided to get a job instead. I worked at a running store and as a physical therapy aide/research assistant in a physical therapy clinic. I knew for quite a while that the Bakersfield area could not provide the opportunities I wanted and decided to move to the Bay Area where I would have more choices. The Bay Area is a bastion of opportunity for growth,” Kat exclaimed. “Since moving here, I have been looking at options and am in the process of figuring out what I want from my life. I realize I will need to get certifications and another degree to work in my field. Sometimes I think I would enjoy being a PE teacher.... It’s never too late to go back to school...”

Asked what she liked about working at RGP, Kat replied, “co-workers are very welcoming. It’s true ‘Here, you are like family’. I feel this familiness from the residents who treat me as if I were their granddaughter. They give me advice and share their knowledge and wisdom. It makes me happy seeing other people happy and knowing that I contributed to it.”

Emma Davis added “Kat has great energy; she is always willing to help. She also has a great desire to learn and grow. I’m grateful to her that she is part of our team and I can’t wait to see how she continues to progress as part of the RGP family!”

November Birthdays

Eva Kashkooli	3
Eva Muttenthaler	3
Gordon Stewart	3
Bernie Haas	8
Lydia Seebach	9
Toba Herman	9
Marjorie Grayson	14
Maurice Edelstein	20
Sylvia Kaye	20
Joan Haskin	21
Amy Hittner	24
Marcella Nardi	30



RHODA GOLDMAN PLAZA
2180 Post Street
San Francisco, CA 94115

415.345.5060
415.345.5061 (fax)

www.RGPlaza.org

RCFE #385600125

*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.