

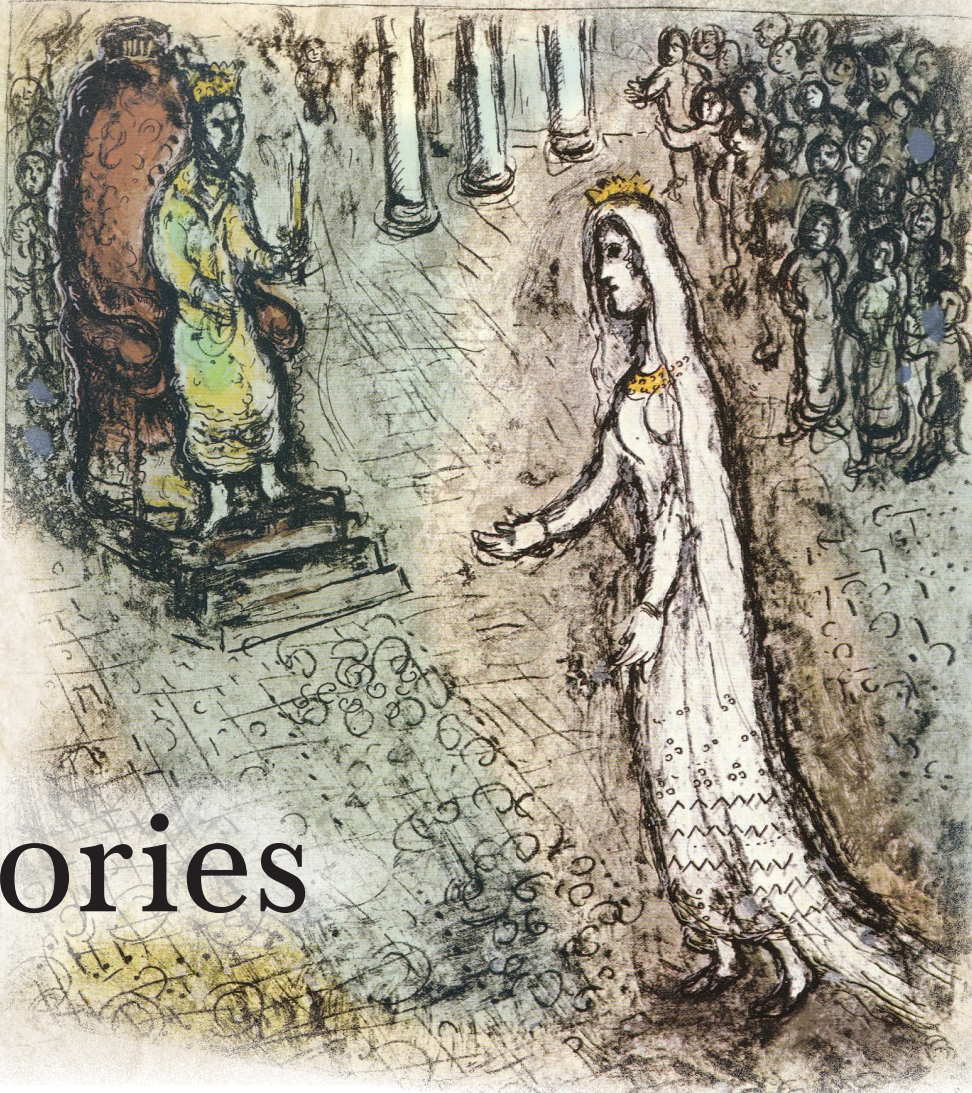
THE OLIVE PRESS

BY RHODA GOLDMAN PLAZA

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Stories

Esther By Marc Chagall

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Six score and seven weeks ago there was brought forth upon this continent, a new challenge conceived overseas and dedicated to the proposition that not all viruses are created equal.

Then we were engaged in a great battle, testing whether this nation, or any nation so dedicated, can long endure.

And at Rhoda Goldman Plaza, we began living by a whole new set of and ever changing rules.

Following the regulations set out by the CDC (Center for Disease Control), DSS (Department of Social Services) and DPH (Department of Public Health), RGP was required to change processes and procedures to ensure the health of residents.

We residents complained about these restrictions, and the administration suffered the slings and arrows of outrageous complaints. We saw all of this—dining in our apartments, wearing face masks—and blamed them.

But federal, state, and city Coved-related regulations and management's enforcement of them kept us safe. We couldn't spend time with our friends or families, and we griped at the administrators who didn't back down.

And they kept us safe.

So here we are, nearly three years later and most of us came through unscathed.

We often don't agree with management's decisions, and we say so. We let them know how we feel.

They always listen, although sometimes they don't or can't do as we ask. But during Covid-19,

They kept us safe.

There are still things that we might like to see changed, but let's not lose sight of how much more unpleasant these past three years could have been. I don't want to seem like a Pollyanna, and we can keep pushing, but a word of thanks to the administrators and staff would not be out of order.

Try it. After all,

We are all in this together
and they did keep us safe.

Resident of the Month—John Harrison

"I left my job with my father's advertising agency when I was twenty-five and came West," John Harrison explained. "I was looking for alternatives to *The Good Life*. If I had continued working at my father's ad agency, I would have spent my whole life working for my father and playing golf on weekends. I would have died at seventy.

I came to San Francisco from New York right in the middle of the personal growth movement. There were all kinds of alternative life styles and experimental therapy going on—LifeSpring, Synanon, Esalen, drugs, and much more. Like many others I wanted to find out who I was and what life was all about.

I was also a person who stuttered. I wanted to identify and define what causes stuttering and blocking. I wanted to know how to grow beyond it and how to disappear it. During the next twenty years, through a lot of observation of myself and others, participating in experimental therapy groups, asking questions, by observing and not accepting the mindset of traditional speech therapists, I understood that stuttering was a problem that had been misconceptualized. In the process, I had to develop a new paradigm.

As I began defining what this problem is about, I realized that the experts were wrong. People say it is a speech problem. It is a problem in that it involves speech, but it is a whole person problem. Stuttering is really about holding back; it's not just a physical problem, or emotional problem. I had to develop a way of thinking about how stuttering has been defined and treated, and subsequently created a new paradigm which was focused on disappearing stuttering.

My articles, lectures, speeches on this subject became a book—*Redefining Stuttering What the struggle to speak is really all about*. It is filled with stories—my stories, people's stories... Stories are essential," John explained. "They make



experience relatable and personal, make information interesting and unforgettable, they take the abstract and make it human. Without human stories, the new paradigm is only an intellectual adventure.

What have I learned in the process? Pay attention to your experience; don't jump to conclusions; ask a lot of questions; keep looking, question everything, and have fun. I mean by having

fun that you are being the most yourself, and when you are being the most yourself, you are the most in touch with your resources and personal power. People think that fun is the icing on the cake—what you do after work is finished. But Fun is really the cake itself. I'm not taking about playing checkers, baseball or eating ice cream. I mean fun is using your personal resources to the greatest advantage. I am doing what I want in the way I want to do it. For example, I like public speaking. I can express who I am, express myself the way I want to express myself. Of course, talking to someone over a cup of coffee is fun, but speaking to a crowd of 2,000 is quantitatively and qualitatively different. It feels different; it's a lot more intense. You invest yourself totally in the experience, being totally present in what you are doing. It's the difference between playing the piano or having the piano play you. We need more fun in our lives...

Today, here at RGP, I continue to do what I have always done—I help people. These days I am on the computer a lot. I like to talk to people all over the world, to speech therapists, people in the stuttering world. I coach people on occasion, talk with people who want to learn. I still write. I continue to be involved with the National Stuttering Association (NSA) where I am a member." (John was inducted into the NSA Hall of Fame in 2000.)

Redefining Stuttering What the struggle to speak is really all about is available as a PDF free download. <chrome-extension://efaidnbmninnibpcapjpcglclefindmkaj/http://www.masteringstuttering.com/wordpress/wp-content/uploads/Redefining-Stuttering-2011.pdf>

Why Stories?

One of my favorite stories concerns my uncle who at the age of 75 or 80 would row (or paddle) from his home near Shell Beach in Inverness across Tomales Bay. What is special in that? Well, there was a hole in the boat (canoe) which according to my uncle's calculation allowed water into the boat at a rate that would fill the boat after a certain period of time. He knew the "rate of fill", but with wind and unusual tides, he could miscalculate and his boat might sink, or he would have to start bailing before he got to the other side. (I doubt that he carried a life jacket ...) My uncle, being the let's-see-what-will-happen-this-time kind of person, a Don Quixote, and whimsical observer of human nature, loved challenges like this. But my aunt who did not like water and who obsessively collected facts, absolutes, rules, and certainty was not amused. She finally persuaded him to stop "tempting fate," as she called it. He reluctantly gave up his sport, although admitting privately that he was getting a little too old to continue.

I love this story. To me, it elevates my uncle to hero status, not because he defied his formidable wife, but because he was willing and even eager to test the unknown, to respect unpredictability, and allow it to flourish in the pursuit of life. How, even in the opposition to a wife who wanted life to be certain and safe, my uncle made it unpredictable. I remember my uncle when I need courage.

Another favorite story is *Megillat Esther*, the Purim story whose theme is heroes—revealed and hidden. This hiddenness is hinted to in the heroine's name—Esther (which means hidden or secret). In the beginning of the story, Esther is an orphan, one of the Jews exiled to Persia; her guardian is Mordecai, her uncle. She is, simply, a member of the exiled Jewish community in Shushan, and the role and position of Mordecai too is seemingly unremarkable.

As the story unfolds, beginning with the King Achashverosh's party and Queen Vashti's defiance, Esther becomes queen, yet she hides her true Jewish identity. Mordecai's role as the one who revealed the plot to kill the king was forgotten. Only when the villain Haman's power grows and he is given the power to kill all the Jews, does Esther reveal her true

identity and Mordechai's role in saving the king's life become known.

Initially Esther is hesitant to act, but Mordecai tells her,

"Do not think that you will escape [the fate of] all the Jews by being in the king's palace."

*"For if you will remain silent at this time, relief and salvation will come to the Jews from another source, and you and the house of your father will be lost. And who knows if it is not for just such a time that you reached this royal position." **

Esther takes up the challenge, prays, fasts, and appears unbidden before the king even though such an action might cost her life. She becomes the revealed heroine.

The sequence of events leading to Haman's downfall are told as if they were coincidental and the salvation of the Jews is not related as a miracle. Nowhere in the story is G-d's name mentioned; His actions are not revealed. We know that two people became heroes, the Jewish people were saved, but we are left to uncover the hints and reflect on the deeper meanings and message of the story.

Two stories—one is a family story, the other has sustained the Jewish people. We can appreciate these stories of heroism, stories of "chance," and remember others who overcame all odds and triumphed. Stories to inspire and to reflect on.

Why stories? We need them.

Katheryn Allen-Katz, Editor

*(https://www.chabad.org/holidays/in-depth/default_cdo/aid/39643/jewish/Megillah-with-Commentary.htm)



I was asked to tell a personal story for the Olive Press. At 86 years old, there are so many stories to tell. I chose to tell the following one. John Dellar

Little Did We Know

Little did the Dellars know becoming residents
 At Rhoda Goldman would become precedents
 Of friends and people with whom we are connected
 From our past and present was unexpected.
 Two and a half years ago my wife moved to the Terrace floor
 Where she is assisted by a loving staff and well cared for.
 She was inadvertently seated at meals as they served the soup
 With a friend from a former book club and walking group.
 And at an adjoining table, away a few chairs
 Was a woman she once knew at charity affairs.
 A year later a dear family friend became her new neighbor
 In the apartment suite—enough coincidences, I won't belabor.

Now for me (John) who moved here a year ago and my coincidences.
 Little did I know my past would find me through unusual chances.
 I already knew five to six residents from my affiliated synagogue.
 But had no idea I would connect with new friends and fill a catalogue.
 At dinner the first week I began to talk
 To a woman at the next table alas who grew up around the block
 From me in L.A.—this was most unusual
 And we shared memories from the same grammar school.
 A month later I dined with another lady from L.A.
 When I was married with kids and her family lived a few blocks away.
 Once again in the dining room at a table of four
 I talked with a resident who lived next door to me when we were students at Cal.
 Wow! From teens to our 80's living at the same locale.
 Little did I know another resident with two sons
 Would be connected to me. Am I connected to everyone?
 One son came to have lunch with his mother here.
 And surprise—he and I both counsel small businesses as a volunteer.
 At an organization called SCORE
 And a week later I met the other son at the RGP front door.
 Right folks, you've heard this story before.
 He worked years ago with my daughter on the same office floor.

And speaking of SCORE, another volunteer member
 Moved here to the Terrace in mid December.
 Little did I know when I opened my apartment door last fall
 To see a wonderful friend moving in just across the hall.
 Yes, it's most unusual my past would find me at Rhoda Goldman
 I feel blessed and so fortunate as a CITY old man.
 Little did we know. Little did I know.

Correction

Ingrid Bergman, not Lauren Bacall, starred in *Casablanca*.

Maxene Kotin

This correction issue arose because I wrote about Morocco as the most interesting country I have visited for the February Olive Press. I loved this country that my husband Merritt and I visited—a North African country complete with all its intrigue and mountainous sand dunes and the location of the movie *Casablanca*.

We all make mistakes that appear in print that get corrected like the NYTimes *et al*; mine was identifying the movie *Casablanca*'s lead woman opposite Humphrey Bogart as Lauren Bacall when it should have been Ingrid Bergman; thanks to RGP astute readers who caught that.

Without giving a thought to the beautiful Bergman, I always felt that the chemistry between Humphrey Bogart belonged together with Lauren Bacall, thus my *faux pas*. So turn the page.

Their scandalous love affair began while they were working together in *To Have and Have Not* when she was just seventeen and he was forty-three. The gossip writers hot topic was their scandalous love affair while Bogie still married to actress Mayo Methot who overtly became intensely jealous ultimately leading to her cinematic and personal downfall.

To all those who remember this apocryphal movie produced in 1942 as one of the greatest love stories of all time, the quotations significantly remain, too. *Casablanca*'s iconic theme song "As Time Goes By" and the line "Play It Again Sam" (although the original movie line is "Play It Sam") are unforgettable. Another line is when Nazi German officer (Claude Rains) asks Rick (Bogart) what his nationality is, he contemptuously answers, "I'm a drunkard".

Never to be forgotten, as the movie ends with a tearful goodbye close up of Bergman when Bogart says farewell to his former lover and her husband as they enplane to Lisbon, he says, "Here's looking at you kid," incidentally is a line that Bogart added to the original script.

Tears flowed from the audience, too.



Purim Humor

Books in Grief: New releases for the Jewish library

Mouses at the Red Sea: Micky and Minnie go on vacation

Embracing the Strangler: The scourge of Boston finds teshuvah

The Bar Meats Va: Life on a Jewish Cattle Ranch

Celibate Hanukkah: A manual for self-denial

Complete Jewish Weeding Planner: Improve your gardening skills

The Half-Dollar Service: A do-it yourself for Jews who can't afford to join a Synagogue

Jewish Holiday Kitch: Tacky arts and crafts for the whole family

Jewish Mediation: How to get along with your rabbi

Mangled Roots: Confusion between maror and haroset

Lentil: A legume crashes the Seder disguised as a potato

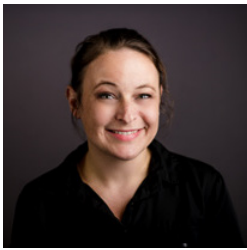
Torah, Torah, Torah: Hillel converts the Japanese Air Force

Wrestling With Angles: Geometry for Jewish teens

Courtesy of Dorothy Auerbach

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Health Notes

Adrienne Fair, MSN, RN,
Assistant Executive Director

Telling the Story of Your Health

To make it to an advanced age, especially to the status of “oldest old”, you must be mentally and physically resilient. “Oldest old”, by the way is an actual medical term for anyone aged eighty-five and older. Each unique individual has arrived at this current point in time along their own, varied, challenging path. When we reflect on our lives’ narratives, we of course think of our families, career, travels, education, and social lives. It is interesting, also, to think of the narrative of our health journey.

It is amazing how much our bodies adapt and change over the years – and how many challenges they can overcome. Each person’s story is different. My body has seen a cesarean section, a lumbar spine fracture, acid reflux, asthma, trigger finger, and various other aches, pains, and lacerations. What types of challenges has your body faced? What were your strategies for coping with these challenges?

I am reminded of a jazz musician acquaintance whose Parkinson’s Disease gradually made it impossible for him to play guitar or piano. He continued to sing as long as he could, and notably sang about his relationship with “Mr. P”. In other words, his diagnosis became a character in his health story. Needless to say, he had a fraught relationship with Mr. P. You can find the “Mr. P Sessions” on Spotify or YouTube if you are curious to take a listen.¹

Narrative Medicine² is a perspective on healthcare in which primary providers take the time to really listen to their patients’ stories and understand their point of view. The “seven C’s” of narrative medicine are

interesting to consider – whether you are talking to your doctor or reflecting on your own health story. These are paraphrased from John Launer’s Narrative Based Primary Care³:

- Conversations: Express your story in your own words and explore connections.
- Curiosity: Take a genuine interest in your health story.
- Context: This includes family, work, community, spirituality, beliefs and values.
- Complexity: When something changes, a ripple effect is created; interconnectedness.
- Challenge: It is important to challenge oneself to consider new ideas and changes.
- Caution: Maintain awareness of one’s limitations.
- Care: Care requires being nonjudgmental and genuine.

Through understanding our own health story, we are better equipped to make a road-map for our health future. Some of the questions a healthcare provider might ask in a narrative health conversation include... Is there something that you are worried about? Has this ever happened before? What does this mean for you? What do you think might be causing this? What needs to happen for the situation to change? What will happen if nothing changes?¹

Let’s take some time to appreciate our own, fascinating, unique health stories– and take a moment of gratitude for our amazing bodies that have carried us thus far in life.

¹ McClenaghan, Z.(2014) <https://www.allaboutjazz.com/sangeeta-michael-berardi-the-mr-p-sessions-by-dan-mcclenaghan>

² Zaharias G. (2018) What is narrative-based medicine? Can Fam Physician. 2018;64(3):176-180.

³ Launer, J. (2002) Narrative-based primary care. Abington, UK: Radcliffe Medical Press.



Emma Davis
Director of Programming and Counseling

Stories

Stories are part of the fabric of our lives; shaped by our experiences, emotions, relationships, and memories. Humans have been telling stories before writing was invented for many purposes; to educate, to entertain, to instigate, to remember. Stories can be based on truth, on desire, on imagination.

Often, we think of stories as being told to others such as a grandmother telling her grandchild the story of her youth, but a story can also be something that we tell ourselves. Stories also change and evolve; from this came the idea that we can use our own stories or narratives to create change and personal growth. Thus, narrative therapy was formed.

Michael White and David Epston first developed narrative therapy in the 1980's. The basis of this type of therapy is that events in one's life are viewed as stories. This allows the person a different perspective: rather than seeing oneself as good or bad in the story, one can identify patterns or behavior in their own stories. By recognizing the meaning we attach to our stories and creating some separation through storytelling, one can feel more empowered to make changes or rewrite the narrative to reflect their true self.

Here are some of the core aspects of narrative therapy:

- Deconstructing problematic and dominant storylines or narratives
- Breaking the narrative into smaller and more manageable chunks
- Rewriting the script of the problematic and dominant storylines
- Broadening your view and moving toward healthier storylines (this is also called the unique outcomes technique, which may help us better understand our experiences and emotions)

- Realizing that is true for one person may not be true for another person
- Externalizing the problem because you are not your problem
- Developing a healthy narrative will also help us make meaning and see purpose

Source: Psychology Today

Have you ever heard the expression, “There are always three versions of a story—your version, my version and the truth”? People can experience the same event and have wildly different versions of what happened. My belief is that our past experiences influence how we view future experiences, and this is evident through the variation in the stories we tell. How a story is framed can change our perception and it can also change how we approach future events. We can rewrite our personal story to develop a more satisfying future.

Many of the core aspects of narrative therapy are also applicable in a community setting like RGP. In a sense, as we tell our personal story, we are also telling a community story. As the person narrating a story, we also become a story creator and recognize that we have the power to change a narrative. Take a moment to be mindful of how that story may impact others. Can your story contribute to the positive development of the community we live in?



Candiece Milford,
Managing Director of Marketing

The Stories We Tell

After seventeen years of interviewing potential residents, I have heard thousands of family and personal stories. I hear life stories, of hopes and accomplishments, but few people tell stories of their long-term plans of moving into assisted living. Sadly, many people have developed or heard negative stories about assisted living and don't understand the value of community living. In most cases, moving to a community is not part of anyone's plans since 99% of us want to age in place at home. So I listen to hear the subtext of their stories to sense whether they will reconsider, or whether they will or won't change their minds.

The stories begin at the table in my office where we initially become acquainted, listening for why they or their loved one has decided to move, and what they did in their lives. I learn about marriages, divorces (you'd be surprised how many people become advocates for their ex's!), travels, professional accomplishments, and pure, wonderful wisdom and joy. I filter age denial, age acceptance, belligerence (against an adult child who is encouraging a move), anger, *joie de vivre* (just being grateful to be alive at an advanced age), and on and on.

To illustrate RGP's benefits, I use stories about living at RGP as the best way to engage prospective residents. True stories of people who have retained their independence, or have found new friends, or interests. I've even made



connections between people who just met as residents at RGP. In one case, they discovered they were born eleven miles apart in Poland more than eighty years earlier. I set up a lunch and their surprise and delight turned into Hebrew and Polish. This kind of story is far more powerful than any marketing method ever invented.

I encourage people to be open and flexible in the life story they are writing and show them how to revise their story in the face of new experiences. The convergence of life events is what usually conspires for a change of their life story. The flood of people who have been moving in during this first quarter of 2023 is a direct result of Covid and the social isolation it caused. Many who promised never to move except "feet first" from their homes, are now living here.

Further, once ensconced in our community, many new relationships and stories are born. Lovely, serendipitous meetings (and even romance!) of like-minded people sharing new interests rejuvenates our souls and helps weave new tales. I was delighted, when a resident who was three days into a Respite stay at RGP announced that they knew that they had 30-days to make up their mind, but they loved it here and were staying.

Not even I could make up that story!!!



Elizabeth Wyma-Hughes
Director of Resident Services

How Our Stories Become Canon

Experiences are one thing, but they are framed by our emotions and beliefs. That is to say, the story we tell ourselves and others does not always reflect reality and is sometimes bent to fit our prior attitudes. Was that experience a tragedy, a comedy, a grand romance? It's all in how we tell the story.

My grandparents' retirement to a tropical paradise followed by a recent experience with assisted living is a perfect example of this. Retirement in the sunshine had long been the goal for my New York grandparents. However, my grandmother, a fiercely independent woman, had a number of health set backs that dramatically changed how she would be spending her retirement in Florida. As her ability to drive, cook, and travel without help diminished, her frustration with her ranch style bungalow, "in retirement paradise" (700 miles from her closest child) increased.

Unprepared for his new role as a caregiver, my grandfather's experience of the situation was certainly not all roses either. Never the homemaker, taking on cooking and cleaning responsibilities was uncharted territory, and not necessarily a welcome new adventure. Although my grandfather held onto the image of retirees with their toes in the sand, his reality strayed further from that idyllic picture.

Endless days at home eating Swanson dinners began to wear on my grandmother; she implored her grown children to help find some other living options. My aunt set to work on looking at assisted living communities in Connecticut, where she and her three adult children were all settled. While this change was daunting, my grandmother was cautiously optimistic and willing to try. My grandfather, however, was vehemently and vocally opposed.

So, nearly two years ago my grandmother opted to try out assisted living herself with the hope that my grandfather would get on board. Since then, she has

primarily been residing in Connecticut, but still flies back to Florida a couple of times a year, especially in the winter. In Connecticut, she is absolutely thriving! She attends exercise classes each day, has a group of women she enjoys her meals with, and has been close enough to family to enjoy her first great-grandchild's first year.

After about eighteen months of outright refusal to visit the assisted living, let alone stay a night, my grandfather agreed to come and stay in the community for two weeks around Thanksgiving. He attended some of the classes, was honored at a Veteran's Day celebration, attended his great grandson's christening with our large extended family, and had Thanksgiving dinner with family. When asked what he thought about his stay, he said "It was terrible! All the people living at the facility were drooling and I barely saw any family." Wow! My grandmother had some choice words following that assessment.

My grandfather's narrative was determined long before he set foot in the community and wasn't going to change after a two week stay. That being said, he has recently decided that a move is inevitable and will be making the move up to the assisted living relatively soon.

For my grandmother, this move gave her back her independence, provided social support, and allowed her to be close to family without being dependent on them. It was also her chance to develop her own narrative about her life and what she wants. It's a comeback story of resilience and hope! My grandfather, on the other hand, sees the move as giving up on the dream retirement and is a story of loss.

Employee of the Month—Gumer Ledres

“Working at RGP as a custodian is much much less stressful than my previous profession,” explained Gumer.” I retired as Master (ship captain) in 2019, after working more than thirty-six years in the merchant marine. There is a huge amount of responsibility as well as many opportunities for disaster on ships traveling worldwide. So in comparison, being a custodian, is much less stressful. I really enjoy my new job and have learned a lot. Attention to detail, a skill I needed in my previous job, is important in this job too.



I was born on the island of Samal in the South Mindanao Archipelago in the Philippines. After I finished high school, my family wanted me to study agriculture. But my cousin told me about the merchant marine which looked much more interesting than working on a farm. I chose the University of Visayas, a maritime school and graduated with a BS in Marine Transportation. In 1980, I began my career as an (AB) ordinary seaman. The first two years were difficult because I always got seasick during storms. Coworkers advised me not to take seasick medicine, and urged me to overcome it. I finally did.

During the next twenty years, I climbed the professional maritime ladder, (it was a slow climb since there was a lot of competition). I began as ordinary seaman, then rose to third officer, second officer, chief officer, to master (captain). Since I was on ships which traveled various trade routes, regular vacations were non-existent. I would work for six months, then have two months off. In the beginning I worked on small ships transporting bananas, then on tankers carrying iron ore, benzene, diesel, crude oil, some carrying ethanol. Obviously, no smoking was allowed on the ship.

As chief officer, I was responsible for overseeing loading of the ship; I was on call 24 hours/day.

It was the highest priority to ensure that the ship was balanced; otherwise it could capsize. I had to balance the weight of the incoming load against the ballast (water kept in ballast tanks to stabilize the ship). As captain I worked on small tankers transporting crude oil from Scotland and Finland to refineries in Rotterdam. Luckily, we seldom had to carry iron ore which is an extremely heavy load (those routes run from Brazil and West Africa to Europe). In fact, ships carrying

iron ore have been known to break in half because of the weight, regardless of whether it was properly loaded. They also sink very quickly. There are a lot of calculations required to make sure the ship is balanced correctly. Only once, in Romania, the computer on ship malfunctioned on a load of ethanol. Luckily we caught it before loading was done.

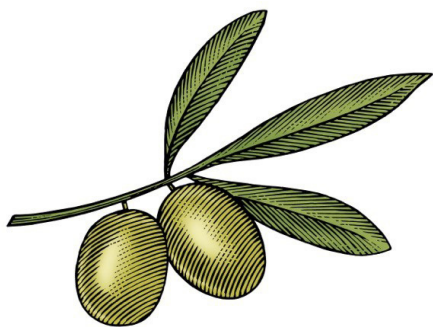
So you can imagine, that working as a custodian, I do not have the level of responsibility I had as a ship captain. Paulo has been my mentor and has helped me learn all the new job skills.

My wife and I immigrated to the USA in 2020. My two children are both medical doctors; my son is a psychiatric doctor in the Philippines, my daughter is a pediatrician and will soon move to Dubai. Luckily we have family here in the Bay Area.

After so many years of seafaring life, I am glad to be here.

Year End Tax Letter

RGP prepares a year-end tax letter outlining Health Services proportion of RGP's operating expenses; this information may be requested by tax preparers or accountants. If you would like to receive this letter, please contact Christine Leung (ChristineL@rgplaza.org) or Eric Luu (EricL@rgplaza.org).



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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.