

# THE OLIVE PRESS

BY RHODA GOLDMAN PLAZA

JUNE 2023

SIVAN-TAMMUZ 5783

VOL 23 NO 6

## Sound.....Silence.....Music....Good Vibes

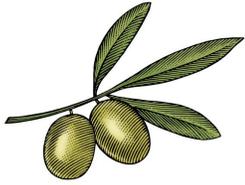


*The Sound Garden is  
an invitation to Slow Down - for all of us.  
We are entering and becoming  
part of an existing ecosystem, finding  
our place, noticing what is around us.  
It is designed for you to both pause in  
stillness and to circulate throughout the  
space, as things unfold, on your own.*

<https://waveletscreative.org/prairie-woods-sound-garden/>

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Sound and Silence

Sound immerses us although we don't often pay conscious attention to it. When it becomes too loud, too strange, or absent altogether, we pay more attention. Usually we take it for granted without thinking too much about it.

But, all who were present at the first fire alarm test can remember the blasting, excruciating, inescapable blaring. This horrible experience deranged us all. Then suddenly the alarm stopped! It was silent. Blessedly silent.

On the other hand, the Sound Garden, a pop-up event on the third-floor Terrace was delightful, engaging, and enticing. Sound created a different "place," an added dimension to the silent terrace. The sounds (not music) were hard to identify; randomly occurring; speakers were unobtrusively situated throughout the Terrace, producing a variety of sounds, making the garden come alive. People could wander along the Terrace with their ears instead of their eyes. It was such a wonderful experience that we are thinking about working with the creator, JG Everest, to make the Sound Garden a permanent installation at RGP.

A third event scheduled for June is the Tibetan Singing Bowls. The vibrations /frequencies are purported to heal, relax, change brain wave frequencies. Good vibes.

As I researched sound, I discovered many unexplored and unknown (to me) properties and modalities. I discovered the Wave Organ at the Marina jetty which I never knew existed. And that silence can grow brain cells. And how music connects us. And how sound vibrations can heal us. Who knew!

I hope this edition will re-sound (resonate) in a way that residents will more consciously seek sounds and silence for their well-being.

## Resident of the Month—Marilyn Mercur

Floored! Ecstatic! That's how I felt when we won the Peabody Award for San Francisco Opera Radio Broadcasts! It was so unexpected; after all, we had been producing the Radio Opera series for more than nine years before we won this award. Of course, our entire department was involved and we were all thrilled.



As producer of the live radio broadcasts which were heard during the opera intermissions, I came up with interesting and novel ideas that went beyond standard interviews. I was involved with the production and the planning of programming which would enhance the audience's interest in opera in general and the specific opera which was being broadcast. I did some interviewing and all of the sound editing with my trusty razor blade (which was our editing procedure, back in the days of quarter-inch magnetic tape that had to be physically cut and spliced.) I set up interviews with some of the opera luminaries, like Pavarotti, Joan Sutherland, Domingo, and Sills—dynamic and bigger-than-life presences on stage. Interviewing operatic greats were all in a day's work, and for those of us who loved music and worked for the SF opera, it was simply the world we lived in.

When preparing for the interviews, I remembered my mother's advice "Don't sweat the small stuff." This advice allowed me to focus on what I needed to do to get the job done. I don't let anything bother me, let myself get pulled into things, or get sidetracked....

I was fortunate to be working at the SF Opera during the second golden age of opera under Herbert Adler, the SF Opera's General Director.

He brought relatively unknown singers from Europe who subsequently became famous. I had worked for Mr. Adler as a secretary for about five years, but wanting to do other things, I did some administrative work, including fundraising, and in 1972, I began working on SF Opera's live radio broadcasts.

But long before I worked at the opera, music had been an important part of my life. Both my parents loved music and played instruments. I was precocious musically—playing the piano beginning at five years of age. I attended Chatham

College where I majored in piano and studied piano under Johanna Harris, the wife of Roy Harris, a well-known American composer. In my senior year at Chatham, I started taking voice lessons and realized that I liked singing more than playing piano (I didn't have to practice so much). Because I loved performing and being on stage, I switched from piano to opera and performed in several productions. I am a light lyric soprano; however, my options to make a significant career in opera were limited. But not wanting to leave the opera world, I looked for other openings there. While studying opera, I was working as a secretary for the Chancellor of the Jewish Theological Seminary and had developed administrative and secretarial skills. An opera coach with whom I was working at the time told me, "The general director of the SF opera always needs a secretary. Why don't you apply?" I got the job, and happily for me, moved cross country from New York City to San Francisco in 1968.

I love opera, but I can't explain why; and the fact that other people love it too is a mystery. But thank goodness that so many people do!

I also love living at RGP, it's the ambiance, and the people. I also love the food here.

Marilyn's long-time friend writes: *Marilyn is one of the most positive people I know. She never complains about anything, is always optimistic, enjoys people, is curious about the world, is a kind and generous friend and a patient listener, and she never holds a grudge, which is what I admire most about her. In the more than forty-five years that I've known Marilyn, she has never been discouraged, negative, or angry. She has a wonderful disposition. Her move to RGP has been one more adventure in a life she has always enjoyed and continues to enjoy.*



Roberto Pellegrino  
*Director of Food Services*

## Good Vibes in Dining

How do we create good vibes in dining? Through humor, for one. Friendliness. Connection. We greet people as they enter the dining room. Say hello. Smile when residents come to the café. The initial interaction often determines how customers perceive whether a place is inviting or not. I encourage my staff to be polite, inviting, and focused. Our staff, many of whom have been at RGP for many years, are attuned to the needs of residents and know what individuals like.

A blonde went for a pizza. The chef said, “would you like it cut into four slices or eight?”  
The blonde said. “Four, please. There is no way I could eat eight slices.”

As for the “look,” of the dining room—tables should be neat and decorated with fresh colorful flowers, cutlery must be correctly placed, and condiments available. All of these elements create a good dining ambiance, aka good vibes.

The cafe offers a different atmosphere. While the dining room is more formal, the cafe is consciously not. It is casual—a gathering place where the smell of espresso, the sight of delicious pastries, and warm morning sun is intended to generate a lot of good vibes. We plan to have more snacks, real anise biscotti, and espresso drinks. We are thinking about adding music to the café, not a lot, just a whiff of music to make the café into a place, like a neighborhood coffee shop, where people know each other and chat over coffee and a “small bite of something.” We haven’t decided what kind of music yet; it is still a thought in my head, but I hope we will roll it out one of these days. We want to create a

comfortable cafe feel ... so that it becomes an even more popular destination for residents to relax and connect with others.

What other ways do we create good vibes? Not surprisingly, by the food. We try to serve residents what they like. When you think of institutional cooking—canned vegetables, instant mashed potatoes, TV-dinner kind of meat, a meal which messages uniformity, inedibility, drabness, and served by a robot, you might decide not to eat at all and certainly not enjoy the vibes. Good vibes come with the care food is presented on the plate, the colors, the sequence of courses. Colorful plates are more inviting, friendlier.... Good vibes result from delicious meals.....

What else instigates good vibes but the anticipation of fresh summer fruit and vegetables—corn, peaches, cherries, local tomatoes, melons, and asparagus, appearing in soups, salads, fruit crisps, cobblers and sauces. We know that residents like fresh fruit and vegetables, so we are planning our menus to reflect them. As we mentioned in our Dining Committee meeting, we try to use as little processed food as possible. Especially in the months ahead, we can look forward to a lot of FRESH—corn chowder, heirloom tomatoes, and asparagus salads, stone fruit crisp cobblers.



## Health Notes

Adrienne Fair, MSN, RN,  
*Assistant Executive Director*

### Harmonics Around Us

Rhoda Goldman Plaza is, in my opinion, quite calm and tranquil most of the time. We aren't a raucous bunch—and residents for the most part are mindful of each other's personal auditory space. On top of that, our new Care Predict system has helped cut down on staff noise—we no longer use walkie-talkies in Health Services. We are able to silently text each other via the Care Predict system, which is quite handy.

About two years ago, a Master's nursing student completed a study in our Memory Care, measuring noise levels. We maintained low decibels particularly in comparison to a hospital setting. She set up a device called a "Yacker Tracker" that looked like a stoplight. When the volume got particularly high, the red light would illuminate.

I would point out that life is rarely very silent. Particularly in a city setting there are sounds of traffic, HVAC systems, birds, distant conversations, airplanes, and insects. I think that this sort of background noise can be soothing and relaxing. It is interesting to be quiet and listen: tuning in to the sounds around you to feel part of this particular moment in time.

I personally am a bit wary of complete silence aka "sensory deprivation". Restricted environmental stimulation therapy (REST) occurs in special salt-water tanks where you can float, feeling weightless, while sounds are completely blocked out<sup>1</sup>. It reportedly has some health and healing benefits, particularly to relieve pain and stress. People also report hallucinations—complete silence can be quite a trip.

My father is a piano tuner and I grew up with the repetitive chords that he played as he adjusted the strings with his tuning fork. He tunes piano by ear, which is becoming a lost art as more people use digital devices for tuning. There is a nuanced technique for achieving the proper temperament and harmonics for a piano. The repeated chords as he brings the sound wavelengths into alignment are magically soothing to me—perhaps even more so than listening to music.

Lastly, why not enjoy some nice music—whether a live RGP concert, or your favorite recording? Classical music has been studied in particular—it can relieve pain and stress and boost your parasympathetic (aka "rest and digest") nervous system<sup>2</sup>. Like the old saying "music has charms to soothe the savage beast." William Congreve coined that phrase in 1697 before we understood much about the nervous system, perhaps—but the metaphor still stands today.

<sup>1</sup> Zoubi et al (2021) Taking the body off the mind: Decreased functional connectivity between somatomotor and default mode networks following Floatation/REST. Human Brain Mapping

<sup>2</sup> Harvard Medical School "Music and Health" (2021) [https://www.health.harvard.edu/newsletter\\_article/music-and-health](https://www.health.harvard.edu/newsletter_article/music-and-health)

#### Do you need an audiologist?

There is a great non-profit Hearing and Speech Center right around the corner!

They are also a great resource for hearing aid questions and repair.

1234 Divisadero St. (415) 921-7658

<https://www.hearingspeech.org/>

## Being in the Hear and Now: Conversation with JG Everest, Sound Garden Creator\*



Composer / Director JG Everest hangs a felt speaker “pod” in one of his outdoor Sound Gardens .

Minneapolis-based composer/designer JG Everest visited Rhoda Goldman Plaza and brought along one of his “Sound Garden” spatial sound installations to share with RGP residents and staff. “Creating magical experiences for people has been a lifelong pursuit—since childhood—being inspired by artists such as Fred, “Mr.” Rodgers, and Jim Henson,” JG explained. In his early years, he put on elaborate puppet shows in his family’s living room and turned ordinary book reports into multi-media productions at school.

“I became interested in the placement of sound while working with the Catalyst dance company for more than a decade on immersive productions with unconventional seating and layouts. For the last several years, I have been developing my new “Sound Garden” model—immersive outdoor events which work to integrate art, artists, and communities with the natural world. For these events, I have composed and designed Sound Garden themes to celebrate water, the seasons, and specific outdoor sites. My work with sound is quite experimental, so I am always in the process of adjusting, learning, listening, and taking chances; it requires a lot of process, creativity, and inspiration.

You may ask, what is a Sound Garden? It is a spatially designed arrangement of speakers and recorded sound, spread throughout a space. James G Everest, on his website, describes a Sound Garden—“This unique environment and experience is created by using Everest’s “custom spatial speaker sets, designed to create immersive ecosystems of sound that layer and mingle with existing sounds in nature. Each speaker plays a different part of the whole piece of music, so that as the garden-walker goes through the garden, every step, every turn of the head, every bird song and shifting breeze results in a different mix and arrangement of the music. The listener is the “dancer” and their self-guided paths, pauses, and movements are the choreography that is part of the larger “dance” we’re all joining together.”\*

“But even before I was born, I heard music because my mother sang to me. She also fostered a sense of playful curiosity, creativity, and improvisation. I owe most of my artistic and musical abilities to her.

As it turned out, music and sound were a lifeline for our family when my mother was diagnosed with dementia eleven years ago. We were fortunate that music had always been an integral part of our lives. After my mom’s diagnosis, we were blessed to get connected with the Minnesota Alzheimer Association, a resource organization for families facing this challenge. Through a series of workshops, we learned many things about this condition, and I was fascinated to learn that music has a unique power to light up the brain in people with dementia and other neurological conditions. I made sure that from that point on, our family events were woven through with music—sing-alongs and song—and it was remarkable how lucid and connected mom felt if we kept that thread running. Even in the later stages of dementia, when she struggled with verbal communication and cognition, she still knew all the words and melodies from *The Sound of Music*. It was a true blessing to be able to sing with mom in her later years and give back this gift she had given to me and my siblings when we were growing up. And as adults, it really kept us connected as her condition declined.

It was during these years that I began developing my

Sound Garden model, finding that Sound Gardens provided a similar “place” for connection too, for many people. The Sound Garden, it turns out, has particular impact on the nervous system. My father brought my mother to visit one of my early Sound Gardens at a park along the banks of the Mississippi River in Minnesota in 2018. After spending over an hour wandering through the three-acre Sound Garden, dad pushing mom in her wheelchair, they came to me, with tears of joy and immense gratitude, sharing what a wonderful experience it had been... finding something that they could share and both enjoy together, able to connect with each other and this beautiful natural space, despite her dementia, through their shared experience.

What is the experience of a Sound Garden? From the garden-walker’s perspective, it is a unique experience of connection and relaxation, that unfolds and deepens over time. Here is a sampling of how some Sound Garden participants have described their experience:

““I felt calm, senses awake and like life should always be like this”

“I felt peaceful and curious; I liked how the remote speakers provided different sound layers as I walked back and forth”

“It was magical. I didn’t know where the sound was coming from. I liked that there were created forest structural elements. It felt like a visceral experience. Really like I was enveloped within a different world. When you moved through the Sound Garden the sound changed- you would have different aural experiences. Even if you were sitting in one place, people would bring the sounds near or away from you and it was layered.”

“An amazing experience. Peaceful, free, connecting with nature and other people.”

Analyzing the Sound Garden experience cannot recreate the sense of peace and delight; it is a non-verbal, non-conceptual and non-transferable event. James says, “Trust your experience, don’t try to analyze it. I myself do not know exactly why or how the sounds and music affect people in this way, but it seems that by using three-dimensional sound, people triangulate their location on a subconscious level in the brain. As they do that, they are taken into an older level of consciousness and spatial hearing. In that part of the brain, the fight/flight response also exists, but somehow listening to spatially arranged sound creates relaxation and mindfulness. For some reason, when the sound is distributed spatially, it becomes a lot more dynamic and profound. We become more connected to and aware of the landscape and environment around us. The brain uses its locative facility to profoundly center and to energize.

“In the Sound Garden, I am framing sounds that were already there,” James explained. “I am not trying to drown out the sounds around us. I want people to realize that there is a concert happening in nature all the time and is always available, if we slow down and listen, pay attention. And I try to create an accompaniment for that dance, that performance, that concert. Sometimes, even birds change their songs to the sound of the music...!”

“As an artist, I ask what can I do to make the world a better place? At the root of it, I am trying to liberate people from their habitual ways of living/being in the world. I want to energize people and to empower them. I want them to embrace the power of improvisation and creativity. The world has been hard on us the past few years and I hope that I can offer some healing spaces. I think that I have succeeded when sound-garden-walkers forget their cell phones and become deeply immersed in the experience, reconnect with each other and the natural world.”

\* <https://jgeverest.com/sound-gardens/>

For more information on Sound Gardens go to <https://waveletscreative.org/>



Emma Davis  
*Director of Programming and Counseling*

## Lest We Take Sound For Granted

Sound and Silence. Both have unique benefits and consequences. How interesting that two opposing things have the power to elicit similar emotions: both silence and sound can be calming. Silence after a long day can be refreshing, but silence also has the power to make someone feel isolated and lonely. Many of us take sound and the ability to hear sound for granted. But as many of our residents know, good hearing throughout life is not a guarantee.

As we age, often our ability to hear can change. According to the National Institute on Aging, about one third of older adults have hearing loss and the chance to develop hearing loss increases with age. Hearing loss has been linked to increased falls and depression. Studies have also shown that older adults with hearing loss are at a greater risk for developing dementia than older adults with normal hearing. Dementia and brain change can also affect our ability to process sound and language. An individual may hear the sound, but the brain cannot interpret it. Studies show that individuals with moderate to severe dementia only process every third word. Imagine having a conversation with someone when you can only hear every third word they are saying. If someone with dementia is having trouble hearing or understanding, try rephrasing what you are saying rather than just repeating at a louder volume.

So what resources are available to someone with hearing loss? Several years ago, we upgraded our audio-visual system in the Activity Room to include Hearing Loop Technology. For individuals with T-coil equipped hearing aids, the technology connects the hearing aid or cochlear implant directly to the system to deliver clear customized sound directly through the individual's hearing device. While T-coil devices are more expensive, residents who have them insist they are worth the investment.

Another resource that we have had great success with at RGP is Ava, a live captioning service. Ava offers a variety of options through both free and paid subscriptions and can be used with smart phones, tablets, and computers. Ava's mission is to empower the deaf and hard of hearing to make the world totally accessible. We have a resident who is able to open the app on her phone which transcribes conversation in real time. The resident uses it in the dining room, during activities, and even on docent-led tours at museums! I keep the app installed on my phone so I can use it with residents at any time.

Many residents have utilized services through the Hearing and Speech Center, which offers a range of services including audiology services, education programs, and counseling. The San Francisco Public Library also has the Deaf Services Center which offers support for persons with hearing loss including educational materials, assisted listening devices, and services in American Sign Language.

It is easy for those of us with good hearing to take sound for granted. But for those who have hearing problems, the advances in technology make more and more hearing resources available every day. While the loss of hearing and sound can have a profound impact on a person's life, there are many things we can do to empower those with hearing loss.

*Did you know that RGP donates unused hearing aids to the HCOA (Hearing Charities of America)?*



Candiece Milford,  
*Managing Director of Marketing*

## Good Vibrations

For those of you who grew up in the 60's, you may remember the Beach Boys Song *Good Vibrations* (which dates me for sure). In the very first stanza, I am struck how the description of the young woman was three dimensional in form: from sight (the colorful clothes she wears and the sunlight playing on her hair), sound (of a gentle word on the wind), to smell (her perfume in the air). These all created “good vibrations” for Brian Wilson who wrote the song.



Similarly, “good vibes” are felt when you first enter the building through those gorgeous bronze gates on Post Street. Coupled with the initial impact of the two-story, light-filled lobby, one FEELS

immediately that this is where life is being lived. It exudes a visceral warmth and sense of welcoming . . . aka “good vibes”. This is the result of thoughtful architectural planners who designed for the kind of people who gravitate to RGP—people full of life and who enjoy participating in activities and interacting with others.

There are many examples of how the architectural design of RGP creates good vibes. Starting in the lobby, the building opens up into an inviting space; visitors immediately see the cafe above, hear people chatting, hear

the clank of plates and coffee cups, and smell coffee and soup being made—all comforting sights and sounds that create a friendly introduction to a building which is much like a European plaza with sidewalk cafés. Upstairs, the café allows for excellent people-watching as residents, guests, and family members flow in and out of the building. One resident even sits in the café for the opportunity to sketch people.

Then there are the gardens—the Fern Garden on the first floor for those who want to enjoy its peaceful stillness and the third-floor garden abundant with sunshine, flowers, and canopied areas to sit and read a book or enjoy a meal with a friend. What a pleasant repast right on site and more good vibes!



All of this is very important as about ten percent of the community comes from outside San Francisco—either other Bay Area cities or outside of California. Helping these transplanted people to feel our good vibes is the hospitable welcome from our residents, particularly if they made a major transcontinental move to be closer to family. Our Hospitality Committee and Resident Services are also responsible for helping assimilate people into the “Rhoda Goldman Family”.

Now, go on-line and check out that song *Good Vibrations* and get in the mood!

The next Olive Press may appear  
around August 15th.

## Silence

Silence is like white space on a page—it gives the brain a rest. Just as too much information and blaring graphics are confusing, too much noise overwhelms the mind too. But how do we get silence?

It's amazing how many gadgets people have to take off to get a little personal silence—a myriad of electronic GPS systems—cell phones, ear buds, head phones, apple watches, health meters, and who knows what else. And that's only what we wear daily. What about ambient noise?

I've heard that some places like the Altiplano in South America, in the Arctic, or in Antarctica (far away from the penguins), are so quiet that people can hear their own heart beating. We can never attain that level of silence in SF, but we can find quiet(er) places like Golden Gate Park or other less populated green space.

Why would anyone pursue silence?

“According to *Psychology Today*, silence has plenty of benefits. Busy (and loud) senior living communities can increase stress levels, while silence can actually create new brain cells.

Beyond new brain growth, silence can also decrease blood pressure, encourage healthier sleep patterns, and decrease heart disease. Silence can also create better social connections, helping to foster active listening and responses. Who would have guessed that silence can help us connect with others?”<sup>1</sup>

There are benefits to silence. The challenge is to create it, sit in it, and appreciate it.

<sup>1</sup><https://www.goldencarers.com/the-benefits-of-silence-in-senior-care/5841/#:~:text=According%20to%20Psychology%20Today%2C%20silence,patterns%2C%20and%20decrease%20heart%20disease.>

## Klezmercise



‘Klezmercise,’ created and taught by Bruce Bierman, is more than just exercise—it is like musical chicken soup for the soul! Bruce sees first-hand how music, singing and easy natural movement can transform all of us

regardless of age and background. It is an ancient method for the release of dopamine. (Dopamine is a neurotransmitter made in your brain which influences many functions including memory and how people feel pleasure.)

Music, singing and movement together can also increase socialization. In the exercise class, residents do simple movements that physically connect them to the others in the room. Participants also share the love and memory of many of the lyrics and music played during class. Whereas they might struggle with their memories in other situations, they usually remember music. The exercises strengthen cognitive functions by stimulating the brain and promoting neural plasticity through rhythm and clapping patterns, cross lateral movements and lyric remembering games.

In Bruce’s work with Memory Care patients, (his father, Frank Bierman passed away from Alzheimer's in 2016), he has witnessed countless people who come to his class agitated and disorientated and within minutes of singing and moving to a carefully designed musical soundtrack, begin immediately to experience calmness and often will crack a smile.

“Music with exercise are a fun/amazing/powerful way to get people to connect,” Bruce concluded.

*Bruce has been a leading pioneer in the field of Creative Aging since joining the faculty of stAGEbridge in Oakland. There he designed and taught the company’s first musical theater and movement and dance workshops for seniors with various types of abilities.*

## Employee of the Month—Connie Bonilla, Front Desk



“I like differences—to look at, listen to, and think about, especially how different cultures interact. For example, I go to the SF Symphony at least two or three times during the season. But the concert that totally

amazed me was the combination of the big rock band Metallica and the SF Symphony which backed up the band. Really interesting!! I also really enjoy special guest conductors from various countries—Venezuela, or France, Mexico, or Spain—who bring their own musical interpretations to audiences.”

Going to the symphony is a great experience... if you listen to the music, it can take you away, your mind goes to places it would not otherwise go. It's a cheap form of travel.”

Talking about traveling.... Connie has traveled extensively—Iceland, England, Italy, Germany, Scandinavia, Puerto Rico, Cuba, Mexico, Central America, Colombia, and Peru. Connie explained, “I like meeting new people. I travel to learn about the country, to understand the culture; I want to taste the local food, and see how people live. I travel by the Metro (i.e. use public transportation), talk to people and get their advice on where to go and what to see. I like to see how different cultures have met and mingled; you can see it in the architecture.... For example, the Spanish influence on Mexican architecture. Also, I like to go to historical sites and museums and learn about what happened in the past. When I was in Amsterdam, I went to the Ann Frank Museum, and visited the Van Gough Museum. When I was in Norway, I visited the Oslo Jewish Museum and found out that during World War II, Jews were deported out of Norway.

Connie was born in San Francisco and attended Mission Dolores and the Immaculate Conception Academy. She also attended SF City College and began her career in the medical field in patient relations. She has been working at RGP on the

Front Desk, afternoon shift, for more than ten years.

“I love working at RGP,” Connie said, “I love all my adopted grandparents and families too. Working the afternoon shift, I have been able to develop personal relationships and interact with people in a relaxed way. I hear updates on how residents are doing, stories of residents’ lives, and gain an understanding of how life was for them in other places and times.

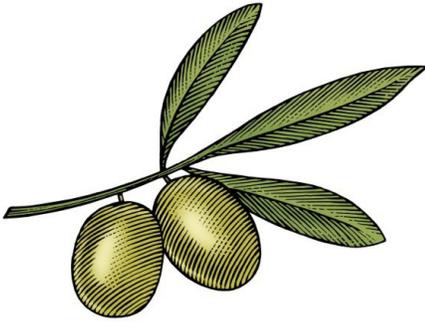
### June Birthdays

Dorothy Buxbaum	3
Tsuneko Hellerstein	9
Herbert Perliss	9
Sle Pickman	12
Dorothy Harkavy	14
Patricia Goldfine	15
Hannah Cohen	18
Don Wierpert	19
Vera Gertler	23
Peter Markstein	27
Nuala Vignoles	30

### Jesse Stark's Singing Bowls Healing June 14 at RGP

Stark’s approach is unique because the sounds he taps into resonate harmonically with the human body, and he plays them in a very specific approach in alignment with the body. He integrates singing bowls and other natural tools into guided meditations—visualizing the planet, Mother Nature and animals, as well as the energy within our bodies. Stark’s goal with Singing Bowl Healing is to create peaceful, meditative experiences that offer profound feelings of spiritual wellness and recalibration.

[SingingBowlHealing.com](http://SingingBowlHealing.com)



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RCFE #385600125

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

# RHODA GOLDMAN PLAZA

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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.*