



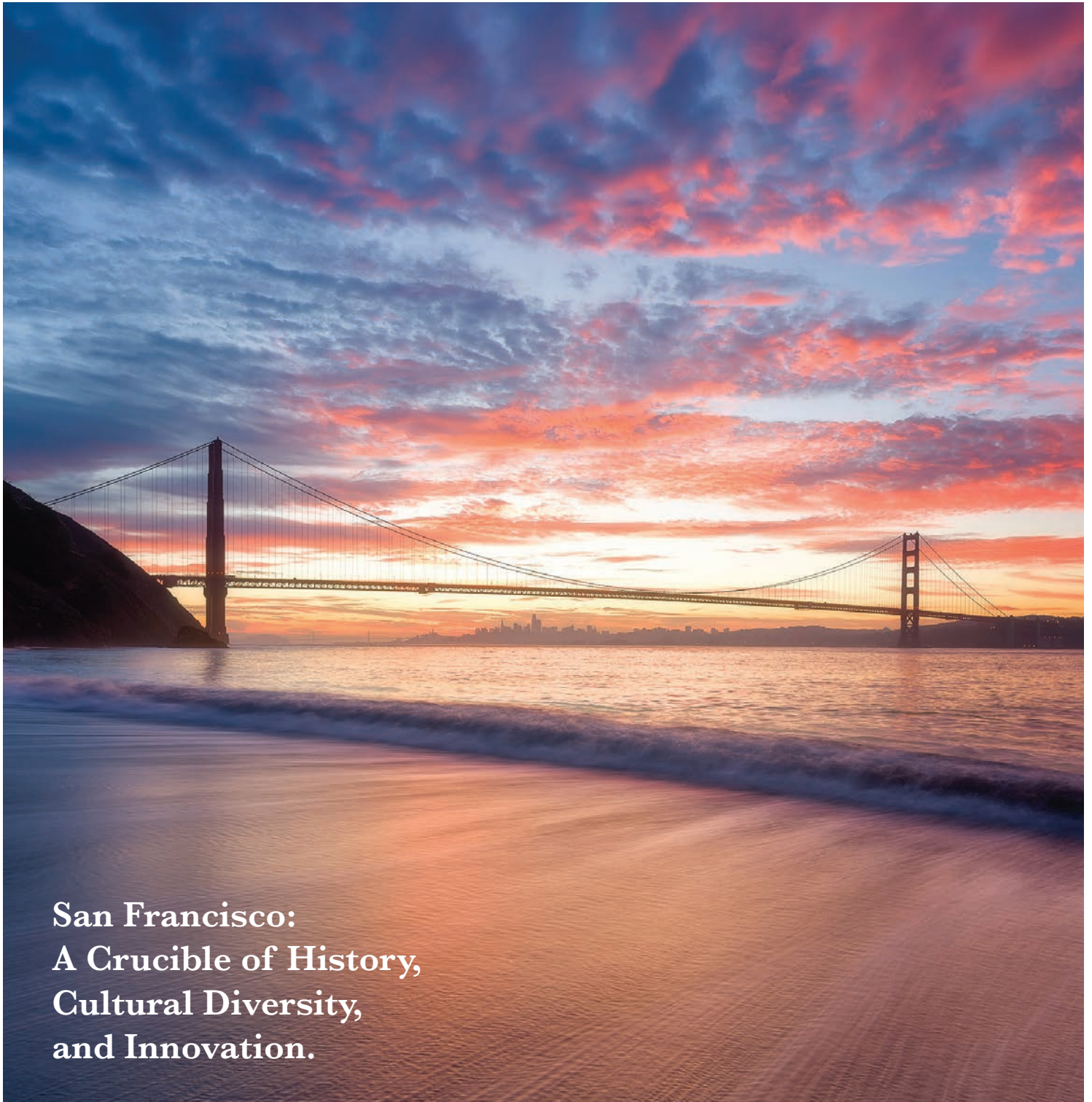
# THE OLIVE PRESS

BY RHODA GOLDMAN PLAZA

MAR/APR 2024

ADAR-NISAN- 5784

VOL 23 N°11



**San Francisco:  
A Crucible of History,  
Cultural Diversity,  
and Innovation.**

## Thoughts From RGP Residents, Native San Franciscans or From Elsewhere.

**D**espite the problems that trouble this beautiful city, those of us who live and work here still have fond memories and favorite places tucked into our hearts about this most interesting city. This issue is focusing on the positive attributes in full knowledge of its dark side.

To be a true native, you must actually have been born in San Francisco. You are not a native even if you have lived here 47 years like I have. To be a pioneer, your family must have come here around 1849 which aligns with the Gold Rush.

Interestingly, the first Jewish people arrived in the 1850s and by 1870, they constituted more than 10% of San Francisco's 150,000 residents. Jewish Family and Children's Services was

founded in 1850.

However, all of us non-natives still have explored the quirky neighborhoods full of history and charming architecture, hidden staircases (with 43 major hills and steep streets, there are over 600 staircases often decorated with mosaics), an explosion of culinary choice (there are 13 countries represented on Lombard Street alone), world renowned museums and galleries and so much more . . . it's hard to have a favorite in any category. So let's see what our residents and staff have to share about the city we all love.



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Find out the interesting history of this notable 109 year old building on page 4.

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## Resident Corner

**D**orothy Auerbach, a SF native, grew up in a time when San Francisco felt like a much smaller town. As a child, Dorothy had a penchant for rising early and taking long walks from her Outer Richmond home, going out to Ocean Beach or through Golden Gate Park. These walks let her appreciate what a beautiful city San Francisco is with incredible vistas to behold at the top of any hill.

Dorothy was brought up through the San Francisco public school system and graduated from Lowell High School. She met her husband, Hal, at Lowell and got to know him in several shared classes and through chatting on the streetcar they both took to get home. They went on to marry and raise their five children in San Francisco as well.

Growing up, Dorothy remembers hopping on odd bus lines with a friend and riding them to the end of the line as a way of exploring the city. The robust transit system could take her anywhere and allowed Dorothy to get to know San Francisco in a much different way.

She also appreciates what a socially conscious city San Francisco has always been. Dorothy has a fond memory from when she was four years old, going into the voting booth with her father and him letting her pull the lever to vote for President Roosevelt and the excitement she felt. She hopes to see this civic engagement reinvigorated and for San Franciscans to have the pride in their city.



Dorothy Auerbach, resident since 2014.



Dorothy Auerbach, 15 years old.



A grove of redwood trees grows at the base of the Transamerica Pyramid in San Francisco on Dec. 6, 2022.

## Storytelling

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### In Our Neighborhood: Two of My Favorite Places

As San Francisco's neighborhoods and skyline have morphed into dense commercial and residential spaces, I applaud that some of the great architecture, classic eating venues, and Golden Gate Park still stand as anchors for this fascinating city.

In our own neighborhood, be sure to walk by what is now Kokoro Assisted Living on Bush at Laguna. This 109-year-old building was constructed in 1895 as Temple Ohabai Shalom ("lovers of peace") for the city's nascent Jewish community. It became a Buddhist temple in 1934 and eventually, Kokoro. The exterior is redwood, carved to emulate stone carvings and the arcade above the entrance may have been inspired by the Doge's palace in Venice.

My other favorite place is the Redwood Park in the Financial District at the base of the iconic Pyramid building.

From 1853 – 1959, the land was home of the Bohemian Monkey Block and was San Francisco's first fireproof and earthquake resistant building. It was also called Halleck's Folly as the 4 story building was the highest West of the Mississippi at the time and was built on a wooden raft. It came to be known as a Bohemian center, from the late 19th to the middle of the 20th-century hosting many artists and literati including Jack London, Lola Montez, Lotta Crabtree, Maynard Dixon, Ambrose Bierce, Bret Harte, Mark Twain and others.

Purchased in 2020 by Michael Shivo (born in Israel and first saw it as a 7 year old immigrant child), he plans to renew both the park and the ground level restaurant areas. This delightful Redwood forest in a high density downtown area is incredibly peaceful to sit in, enjoy lunch, conversation or a book, while marveling at our amazing City by the Bay.



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## Wellness

### San Francisco Health-o-Rama!

RGP is truly located in an ideal area for medical care in San Francisco. We are only two blocks from UCSF Mt. Zion, three blocks from Kaiser Hospital, and a short ride to primary care providers across the city. The RGP van is available three days a week for medical appointments. We are also a short walk from LabCorp, Kaiser and Mt. Zion laboratories.

RGP Health Services maintains communication with many different primary care providers throughout the city—including, often, UCSF Geriatrics and UCSF House-calls. UCSF is on the 2023-24 US News and World Report “Honor Roll” for the nation’s best hospitals for adult care (1). UCSF is also a teaching institution—and each fall for the past several years, second-year medical students from UCSF have spent a day at RGP as part of their “Models of Care Site Visits”. This is a great opportunity for students to see first-hand what Assisted Living is like—and of course meet RGP residents in person.

San Francisco State University is my Nursing alma mater—and where, for the past few years, I have been teaching first semester nursing clinical rotations. Although we are primarily based in a rehabilitation facility, we do come visit RGP, and students are always so impressed by the community-- and by the personality, humor, and joie de vivre of the residents they meet.



*“I hope I go to Heaven, and when I do, I’m going to do what every San Franciscan does when he gets there. He looks around and says ‘It ain’t bad, but it ain’t San Francisco.’” -Herb Caen*

This semester, I am also teaching my first lecture at SFSU for the Gerontology program: a course called “Aging and Continuum of Care”. My group of nine master’s students are coming to Gerontology from a wide variety of backgrounds and professions. I couldn’t be more excited to share with them my love of senior care—and also to explore together new and exciting ideas for promoting health and well-being with age.

Side note: did you know that San Francisco was rated the healthiest city in the nation in 2023? This was based on green space, food, healthcare, and fitness. (2) Not too shabby!

<https://www.ucsf.edu/news/2023/07/425836/ucsf-medical-center-among-nations-top-hospitals-2023-24>

<https://healthexec.com/topics/healthcare-management/healthcare-quality/healthiest-and-unhealthiest-us-cities>



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## Activities

This is an Activity Director's love letter to San Francisco. Living and working in such a cultural hub makes my life as Director of Programming so much easier. There is a plethora of places to visit and explore. Our ability to provide such a rich array of outing options is extremely beneficial for the social, mental and physical health of our residents.

Of course, there are the SF classics such The Legion of Honor Museum, de Young Museum or SF MOMA which always have new world class artists and exhibits. Or Golden Gate Park which offers its own array of options from walks around Blue Heron Lake, docent tours through The Conservatory of Flowers or sketching at The Queen Wilhelmina Tulip Garden.

Since the pandemic, many residents enjoy outings to the various parks in San Francisco. One of the things I love about SF is that for such an urban area, there is so much green! Residents have enjoyed outdoor walks at The Presidio Tunnel Tops, Salesforce Transit Park, Crissy Field, Sutro Heights, Botanical Gardens, Francisco Park and Palace of Fine Arts. And those are just the ones in the city!

Let's not forget the many different foods available to us in the Bay Area. Lunch outings are consistently popular among residents. When planning a lunch outing, I take all my suggestions from residents or other staff. Some of our most popular outings are those to restaurants such as FISH. in Sausalito or The Presidio Social Club in SF.

Music is also alive and well in San Francisco. There is a wonderful program



Residents attended Open Rehearsal at the SF Symphony on January 25th where Michael Tilson Thomas conducted for one of the last times!

called Noontime Concerts at Old Saint Mary's Cathedral that offers weekly free concerts with world class musicians. At the end of January, residents attended an open rehearsal of the SF Symphony and listened to Michael Tilson Thomas conduct for one of the last times.

And just when I think we've seen it all, I get a call from a colleague at JFCS offering a tour of the Masonic Memorial Temple, which unbeknownst to me has quite a Jewish connection! Or recently Elizabeth found The San Francisco Center for the Book which we will be visiting in March, a center of inspiration for the book arts world, featuring the art & craft of letterpress printing, bookbinding, and artists bookmaking. And coming soon, Cuddle Club with Muttville, a San Francisco rescue dedicated to senior dogs.

Where will we go next? Just wait and see! Well as Dr. Suess said "Oh the places you'll go! There is fun to be done!...You're off to Great Places!"



Emma Davis  
Director of Programming  
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Residents Sylvia and Phylis at Blue Heron Lake in Golden Gate Park.



Residents learn about the process of making chocolate at Dandelion Chocolate Factory.



Resident Evelyn and Tsuneko during chocolate tasting at Dandelion Chocolate Factory.



Resident Carol sketching at The Queen Wilhelmina Tulip Garden.



Resident Judith at art opening in the community art gallery.



Resident Mr. Barkley is everyone's favorite dog.



## Community Life

My experience of San Francisco is that of hidden gems. One of my favorite ice breakers in getting to know residents is to ask about their relationship to San Francisco.

For our locals, the conversation quickly turns to the neighborhoods they were from or frequented, and the myriad restaurants, cafes, and shops they made the neighborhood beloved to them. For those coming from out of town, it is often proximity to family or friends that prompts a move, but there is usually a level of excitement to be in a city that offers so much in the way of food, culture, and natural beauty.

For the most part, people moving to RGP are not from the Lower Pac Heights neighborhood specifically, so the opportunities for exploration abound for our new residents. While you can't beat the convenience of the RGP dining room, our neighborhood is chocked full of great options for those who want to explore outside the building too.

- 5 blocks from RGP: Routier- a beautiful French restaurant opened by the folks who run b. Patisserie. Look for the Dungeness crab pavè on the appetizer menu. (California and Divisadero)
- 3 blocks from RGP: Jane the Bakery- a fabulous local bakery that focuses on fresh goods made from scratch. Look for the kouign amans and morning buns (Geary and Steiner).



Interior of Noosh Restaurant on Fillmore.

- 6 blocks from RGP: Noosh- a warm and welcoming eastern Mediterranean restaurant with a California twist. Look for the plentiful flat bread options (Filmore and Pine)

With moves, I've found one of the quickest ways to truly feel at home is to get to know the local restaurants and find a couple reliable favorites. Not only is it a good way to explore a neighborhood, but it is also a nice departure from your routine.

Local restaurant favorites of residents and staff are often the destinations for our lunch outings, so suggestions are truly appreciated. Take the opportunity to share the spots that made your old neighborhood special or places you're excited to try. There's no need for these gems to stay hidden!



Elizabeth Wyma-Hughes  
Director of Resident Services  
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Tom Gehrig, "Proposal for a New Constellation, 20" x 48", oil on canvas with mixed media.

## The Art Show

Feel free to stop by during business hours and check in at the front desk to see this remarkable show. (Digital prints also available for purchase.)

**DATES** February 4—March 28

Tom Gehrig is a Bay Area artist whose work is influenced by many genre, including the Tonalist School of California landscape painting. Tom's beautifully painted work references the human condition — the fact that we alter the surface of the planet in both strange and beautiful ways.



## Employee Spotlight

Monique Lunsford is a Caregiver and a San Francisco native who grew up in the Western Addition. She attended middle school (right across from RGP) with mayor London Breed and graduated from Galileo High School. She has two children and is thrilled to be a first time Grandmother in June.

Monique gives full credit to her Great Grandmother who inspired her to care for others. Monique's great grandmother was a kind person who often said, "If you see someone without a smile give them yours". She has wonderful memories of taking care of her while eating fig newtons and staying up late.

Monique finds caregiving to be rewarding and fun. She is always compassionate while providing excellent care and works in both Memory Care and Assisted Living. However, she is not only a caregiver but also helps in Activities. You can always find her joining her favorite class, Roryography. Monique stated she loves the residents and has made lifelong friends since starting at RGP in 2021.

When asked what advice would you give to new staff? Monique said "Listen and be nice, don't be afraid to ask questions-also have fun. I dance and sing all day long!".

## Food

There's never been a better time to be a Chef in the San Francisco Bay Area. San Francisco boasts a diverse range of produce and products due to its proximity to fertile regions. Farmers markets like the Ferry Plaza offer locally sourced fruits, vegetables, and artisanal products.

The city's culinary scene benefits from a mild climate, supporting a year-round harvest of fresh, organic ingredients.

Additionally, the emphasis on sustainable practices in the Bay Area contributes to a wide array of high-quality, seasonal produce available to chefs.

Seasonal produce significantly influences a menu by dictating ingredient availability and freshness. Chefs often design menus around seasonal offerings. This not only enhances flavor but supports local agriculture and reduces environmental impact through shorter supply chains. Seasonal changes bring a variety to menus, creating a dynamic culinary experience that aligns with nature's natural cycles.

*"RGP gives our Executive Chef the freedom to choose the best of the freshest ingredients available for our residents."*



Roberto Pellegrino  
Food and Beverage Director  
[RobertoP@rgplaza.org](mailto:RobertoP@rgplaza.org)



Pear with cherry sauce. Yum.



Chicken Salad. Yes, please.





## Welcome Allison Rodman!

With over 15 years' experience in housing for older adults, Allison will step into Candiece Milford's shoes as our new Sales and Marketing Director. She brings deep industry knowledge/resources, skillful relationship and occupancy building, and most of all, a warm heart and an excellent listener.

I am proud to introduce her to our family at Rhoda Goldman Plaza.

*"Very happy to be here and I welcome your conversations, dear residents."*

- Allison Rodman, [allisonr@rgplaza.org](mailto:allisonr@rgplaza.org)

## Let's Celebrate Candiece's Retirement

**When:** Thursday, February 21,  
1:30pm- 2:30pm PST

**Where:** In person, Main Library  
on 2nd Floor

**Food:** Refreshments and joy  
will be served!



## Art Project and Conversation with Young Adult Volunteers

Please join us for an afternoon of creating art and making new friends!

**When:** Sunday, March 3,  
3:00pm–4:30pm PST

**Where:** In-person in the Olive Room  
at Rhoda Goldman Plaza

**Food:** Snacks and refreshments  
will be served.

RGP residents are invited to join us for a fun afternoon as we welcome volunteers from the JFCS Young Adult Community Connection program. Special guest Vavi Toran will lead us in an art project of building self-portraits using unconventional items. Vavi is passionate about art and influenced by the work of Israeli artists.

The JFCS Community Connection program is for young professionals looking to contribute to their community, learn from others, and connect through service. Let's give them a warm welcome!

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RHODA  
GOLDMAN  
PLAZA



Residents enjoy the classic Legion of Honor art exhibitions.

Rhoda Goldman Plaza (RGP) was established in 2000 as a non-profit Assisted Living and Memory Caring community to enhance the quality of life for older adults.

RGP, the unsurpassed Assisted Living and Memory Caring community in San Francisco, provides the benchmark for lifestyle with culture, tradition, and high-quality amenities/services.

Our residents enjoy spacious light-filled, private apartments, access to additional in-home care services, and homemade cuisine, while our tenured staff and Terrace Memory Caring program ensure health and wellbeing.

To experience our vibrant community where 'Living Well With Assistance' is a shared vision, call us at 415.345.5072 to learn more.