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**Finding Beauty
In Imperfection**

“Quiet” by Mary Swope

The Olive Press is ever evolving, like nature.

This issue's topic "***Finding Beauty in Imperfection***" features two RPG residents, one a visual artist and the other a wordsmith. And presents questions to you the reader.

How do you achieve peace amidst the turmoil? How do you discover beauty?

Reclaim gratitude? Is it easier with age and wisdom?

Allison Rodman
Director of Sales & Marketing



Comments welcome
Email me AllisonR@argplaza.org

WABI SABI

An Essay by Jacques Marchand

Not the cosmetic surgeon's handiwork
 raised cheekbones, uplifted boobs, tucked butt, transplanted hair
Rather a lined face in its 90's
 the owner pushing a walker, defies gravity
A gnarled sidewalk tree
 scarred where wind broke off branches
The carefully groomed gray mustache
 above a jaw's flecked jowls
An English daisy growing in mud
 at the edge of a sewer
Conversation in a dining room
 among those who struggle to remember
 and then do
 or don't
Brown moss in a crack at the base of a stucco wall
 awaiting rain to turn it green
 briefly
The serried ranks of an attentive audience at an afternoon concert
 wheelchairs and walkers not withstanding
An off-center bowl with brown and black tenmoku glaze
 the base chipped
Laughter in the fading light of a winter's afternoon
 Enough for now

THANK YOU TO ALL CONTRIBUTORS

The outstanding RGP Team, Linda Knab & Peggy O'Brien for editing support.

Tim Paschke of Tim Paschke Design



Miki at one of her favorite spots, which reminds her of her Grandfather, Heinz Lamm, who was a virtuoso pianist.

Administrator's Desk

The beauty in imperfection

As we navigate the journey of life, we often encounter moments of imperfection that by their very nature shape our understanding of beauty. In fact it is in the imperfect moments where true beauty lies.

It's easy to ignore the beauty in imperfection. But upon looking closer, we realize that this quality often possesses unique charm and character.

From the crooked smile of a loved one to the wrinkled hands that have weathered life's storms, each imperfection tells a story of resilience and love.

Imperfections are not flaws to be hidden, but rather facets of our shared lives, no matter how imperfect.



Miki Lamm
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Resident Corner

Mo Ahern originally from Cambridge, Massachusetts came to California to be closer to her nieces. She has very much enjoyed getting to know San Francisco over the past two-and -a-half years.

"I especially enjoy the lack of snow!", she says. Mo worked in publishing at Bantam books before she moved on to real estate.

She enjoys painting which she found especially therapeutic after a stroke a few years ago. Her paintings are about whatever comes to mind, and several of her pieces in this year's art show feature elements from nature including flowers and landscapes.

She prefers to work in watercolor, and she looks forward to returning to that medium soon.

When Mo is not creating art, she likes to stay active when she has a chance. And you often find her walking in the neighborhood.



"Pastoral"



Mo Ahern
Resident

Wellness

A Spoonful of Sugar

March 25th, Health Services Manager Samantha Curro and I went up to Memory Care with Safeway Pharmacy staff. Masked, official-looking pharmacists with syringes, vials, and sharps containers this could have been a frightening experience for residents, but Samantha, our caregivers and I created an atmosphere of light hearted fun.

We were cracking jokes about “shots” before lunch, complimented resident fashion, and talked about lunch. In short, the latest COVID vaccine was administered without a hitch.

So many residents said “thank you so much”. This is, in my opinion, such a testament to how kindness and positive interactions can really outweigh the physical challenges of healthcare.

Kindness benefits both the giver and the receiver. A 2020 meta-analysis of wide-ranging research on prosociality (behavior that benefits others) was published by the American Psychological Association. It shows that the prosociable person (the helper) experienced increased well-being. The greatest benefit was happiness achieved through meaning and purpose.

What a gift it is for all of us (residents, staff, families) to support each other and continue to learn and improve—and cultivate the well-being of others and ourselves.

Hui, B. P. H., Ng, J. C. K., Berzaghi, E., Cunningham-Amos, L. A., & Kogan, A. (2020). Rewards of kindness? A meta-analysis of the link between prosociality and well-being. *Psychological Bulletin*, 146(12), 1084–1116. <https://doi.org/10.1037/bul0000298>



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Community Life

A New Friend Can Make Life's Imperfections Fade

People decide to make a move to Assisted Living for a myriad of reasons when life at home just isn't working anymore. Boredom, safety in a multi-story house, the need for care are common reasons. But it is the warmth of RGP's residents that new residents are most pleasantly surprised by.

There are many layers of relationships within a community like RGP. Some folks become fast friends, developing strong ties with those who have similar life stories. Other interactions may be more surface level, but differently meaningful. Often at memorial services, a resident will share that they did not know the deceased well, but always enjoyed their hellos at the elevator.

It is this variety in relationships, not just those with other residents but those forged with staff, that make community.

Our social networks change as we age, more often they shrink. Moving into a community presents an opportunity that most people haven't had since they were college freshmen, or in their early working days.



Elizabeth Wyma-Hughes
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Activities



Hal sporting his hat



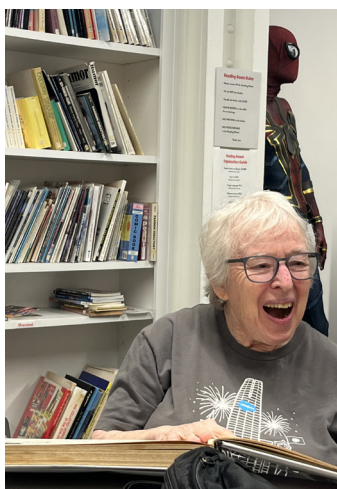
Sylvia, Tsuneko &
Phyllis at Asian Art
Museum



Art Show with
Natalie & Kimberley



Barbara at FISH



Phyllis at Cartoon
Museum

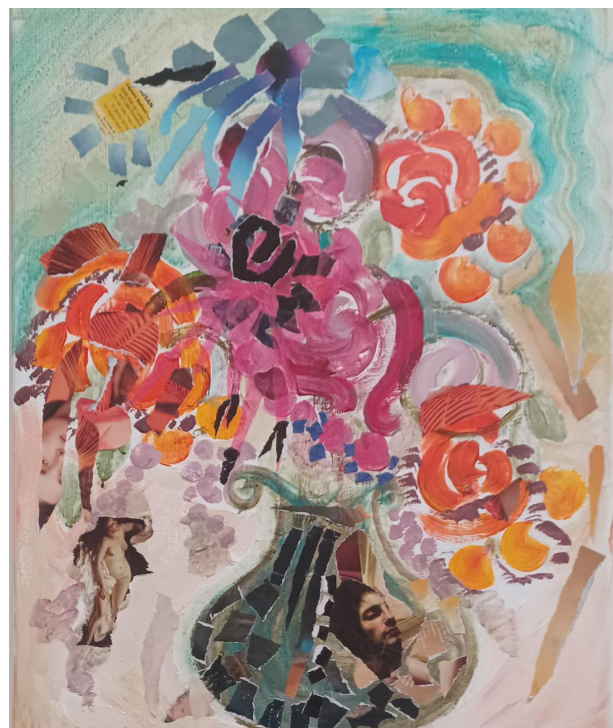


Sylvia & Bonnie at
the Tulip Garden

Infinite Imagination Resident Art show

With more than thirty resident artists and over one hundred paintings, this year's Annual Resident Art Show was indeed a representation of its name; Infinite Imagination! Pieces range from portraits, landscapes, still-life's and abstracts with mediums from acrylic to pastels to food coloring! What a range of creativity!

On Sunday April 7th, residents, friends and family gathered to celebrate these wonderful artists. Many residents marveled at the talent of their fellow community members. If you haven't had a chance to come check out the show, it will be on display until mid-June.



Patty Farber, "Flower in a Vase"



Emma Davis
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Food

Finding perfection in imperfection

Discover the allure of imperfect produce! In a world obsessed with perfection, embracing the quirks of misshapen fruits and veggies unveils a new standard of beauty.

Utilizing imperfect produce not only reduces food waste but also celebrates nature's diversity. It's a delicious rebellion against societal norms, fostering appreciation for the unique and unexpected in every bite.

One of my stops throughout my career, was a job as a Produce Specialist with a large local San Francisco produce company. We had a program that was called UBU (Unusual but Useable). UBU hit the ground at full speed, selling MILLIONS of pounds of produce within seconds in 2016 and has flourished since.



Unusual but useable carrots



Roberto Pellegrino
Food and Beverage Director
RobertoP@rgplaza.org

Employee Spotlight

Fantabulousness

Merlyn Cancino has been working at RGP for six years, first in the dining room and café and now primarily on the 4th floor. She has dedicated her whole life to taking care of others.

Originally from the Philippines, Merlyn took care of her sons and family until her sister sponsored her to come to San Francisco. "I was excited and nervous!" Merlyn said. Once here, she met a friend who worked at RGP, who encouraged her to apply for a job, because it was, "a nice place to work".

Merlyn was thrilled about the opportunity and once hired had to learn a lot quickly. Merlyn says, "I like the residents and my co-workers. I get a lot of joy helping others and I worry about the residents when I don't see them". She knows the residents well and is invested in their well-being, especially about dietary changes, sometimes expressing concerns to Health Services.

Roberto Pellegrino, Director of Food Service added that Merlyn is a very attentive and responsible server, and he feels lucky to have her on his team.

She feels a sense of pride seeing the changes to the Terrace Dining Room, like the new tablecloths which make it feel like fine dining. "It's a cleaner more elegant look which has made the residents happy, which makes us all happy."

Lastly, Merlyn is very thankful to Roberto, Polly and Tsitsi and her coworkers. She says, "I feel successful at work because of the great teamwork."



Samantha Curro
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Employee Spotlight, Merlyn Cancino

Birthday's

May

1 Joseph Yuen
4 Sandra Rosenbaum
6 Brenda Brody
18 Rose Hane
20 Mary Swope
20 Mark Garrett
23 Joan Silverstein
23 Morris Spector
23 Kathleen B. Ferrer
25 Kaye Olinger
29 Hedy Krasnobrod
31 Mike Brassington
31 Patricia Farber

June

3 Deborah Gerson
6 Estelle Safier
5 Katheryn R. Blum
9 Herbert Perliss
9 Tsuneko Hellerstein
14 Dorothy Harkavy
15 Patricia Goldfine
18 Paul Concus
18 Hannah Cohen
20 Jane Goldsmith
23 Vera Gertler
26 George Wiepert
27 Peter Markstein
30 Nuala Vignoles



Invitation to Our Waitlist & Interested Friends

Chef Tsitsi's Scrumptious Bagel Brunch

Enjoy Art Show, The Flowers and RGP

Sunday, May 26th 12:00 noon

RSVP Call Allison 415.345.5072



Even Ripe Almonds by Rabbi Me'irah Iliinsky

A Drop of Torah

The Kotzker Rebbe was known for demanding honesty from his disciples. One of his followers came to him one day "If God is good and loving, and all powerful, why is there so much unfairness and misery in the world?" The Kotzker barked at him, "Do you think you could design a better world?" The disciple hesitated, but knowing he must respond ruthlessly honestly, he whimpered "yes..." The Rebbe took hold of the pupil's lapels, threw him against the wall, and said, "SO BEGIN!"

The three ways we can orient ourselves imperfection within us, or the world around us, are:

- 1) lament and blame others
- 2) find peacefulness with the status quo
- 3) engage ourselves to make a tikun, a correction.

SO BEGIN!



Blessings,
Rabbi Me'irah Iliinsky

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The jewel of the San Francisco's assisted living communities. Rhoda Goldman Plaza (RGP) was founded in 2000 as a not-for-profit community based on Jewish principles. Named in loving honor of Rhoda Haas Goldman as a tribute to her lifelong humanitarian service.

Residents enjoy the classic Legion of Honor art exhibitions.

Unsurpassed RGP is where our residents age extraordinarily with benchmark amenities and services at the ideal address. Culture, stimulating range of activities, outstanding care services, light filled apartments, homemade cuisine. Call 415.345.5072 to learn more. rgplaza.org