

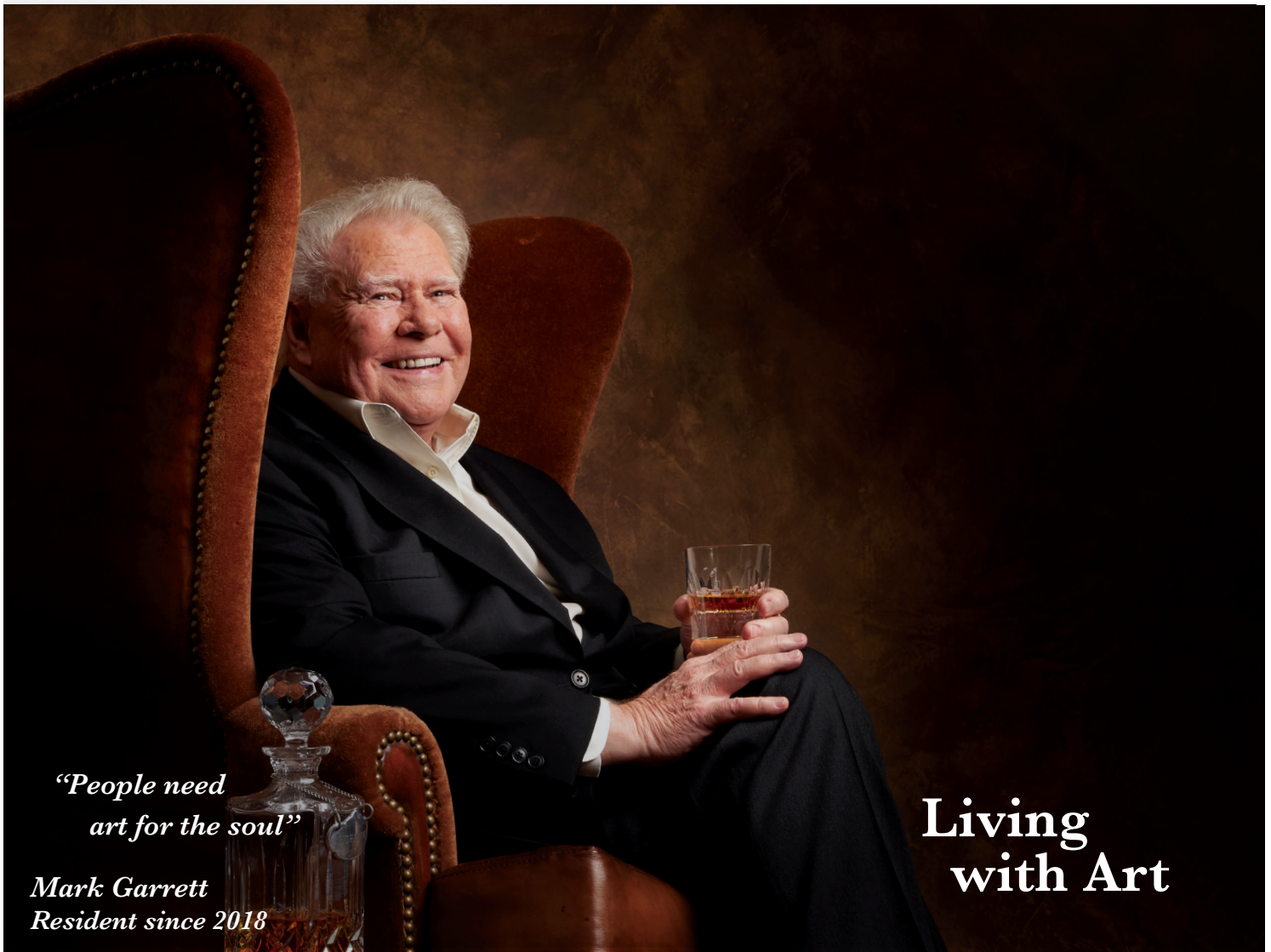
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*"People need
art for the soul"*

*Mark Garrett
Resident since 2018*

**Living
with Art**



Mark's Artful Apartment



We ask the question,
What does it mean to Age Extraordinarily?

Art, Food, Love come to mind. So, starting with art, we dedicate this issue to Living with Art. Why it feels good and healing to immerse yourself in an environment of color, and how we sing the song of art every day here at Rhoda Goldman.

Allison Rodman
Director of Sales & Marketing



Comments welcome
Email me AllisonR@rgplaza.org

Interview with Mark Garrett
by Linda Knab

I sat at an ornate wood desk, admiring its golden curlicues and corners. Looking around, I saw walls of painted portraits in all sizes, elegantly framed. Some were modern and splashed with color. Others, older and less contemporary, were darker and minutely detailed. One in particular caught my eye—it's of a young boy, tenderly painted, looking intently at something or someone outside the frame.

This is the room of Mark Garrett, here at RGP, and this extraordinary collection is his.

Sitting comfortably in a large, black leather chair, Mark surveyed his artistic kingdom with quiet pride and was filled with the desire to talk about his favorite thing: art.

"When I was a little boy," Mark said, "I tagged along with my mother on her shopping trips as she roamed the art galleries and furniture shops in Nashville, where I grew up. Our house was filled with beautiful objects."

"I learned from her how to distinguish the originals from the copies, for example," he continued. "That ability stayed with me all my

life, as I worked in different areas of the country, both East and West. I was a business major and an arts minor in college. Both studies served me well as I became an art and furniture dealer."

I asked him what advice he would give to someone who has never been to a museum or looked at art all. Where would one start?

He thought for a moment. "See what speaks to you," he replied. "Walk down a gallery, slowly, and then walk back. Along the way something will catch your eye. Maybe it's a splash of brilliant color or the searching expression in the eyes of the old man in the picture. You can find out who painted it, and why, and then"—he paused—"the whole world of painting opens up to you."

"Why is art important?" I asked, finally.

"People need art for the soul," he said.

"You can sit down and look at a portrait and transport yourself into a painting."

"Life," he said, "becomes just a little easier with art."

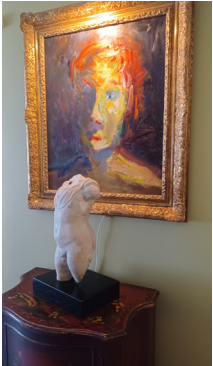
THANK YOU TO ALL CONTRIBUTORS

The outstanding RGP Team. Marketing Dept of JFCS. Tim Paschke Design.

Art Imitating Art

A Story of Art, Inspiration and Friendship

This is a story of art, inspiration, and friendship and how we share with those we admire. For the people we feel are of like mind share the pleasure of gift giving and emulation.



As you first enter Mark Garrett's apartment you see a stunning large acrylic painting, he calls "Androgeny." It is one of the most admired paintings in his collection on his walls.

It was so admired by Connie Manning, fellow 7th floor resident and friend, she painted her own version in art class.



Next, the painting was chosen for the recent Annual Resident Art Show and Mark had a copy made to put on his bedroom wall. So he lives with art and art imitating art.

But the story continues, Mark was inspired to have a custom bag of Connie's painting created to give to Connie.

Is this the end of the story?

Time will tell.



Morris, 100 years

Birthdays

July

3 John Dellar
17 Joyce Goldstein
17 Victoria Markstein
18 Robert Demchick
18 Sara Sweet
19 Alice Lamont
21 Marilyn Mercur
22 Jacques Marchand
27 Janice O'Dell
29 Fred Wozniak
31 Celia Concus

August

1 Natalie Dandekar
3 Alice Lowenstein
7 Stanley Mandell
9 Judith Litvich
12 Dorothy Auerbach
18 Carmen Kollerbohm
20 Sharon Herman
21 Fred Levinson

Life at Rhoda

"As one of the newest residents at Rhoda Goldman, the emphasis on the arts and creativity as an integral part of daily lives was immediately obvious to me.

The many art pieces on display everywhere are not just decorations but more importantly, part of the heartbeat of the RGP community—a bridge between diverse backgrounds, ages, and life experiences.

As I settle in, I'm excited that RGP isn't merely a residence but more significantly a "canvas" enabling us to share our life's stories with one another."

—New Resident, Rennie Lindner

Wellness

Art Is Good for You

There is a lot of research on art and health—and all signs point to YES, art is good for you!

A 2017 study followed close to 2,000 older adults for four years. The people who engaged in hands-on art activities developed less MCI (mild cognitive impairment).

Notably, this study found that making art was even more beneficial for cognition than reading. This was also true for participants who had the APOE-e4 gene (which predisposes for Alzheimer's disease).⁽¹⁾

Did you know that making art will also lower your stress level? The process of making art is engaging and relaxing. A Drexel University study measured cortisol levels of 39 participants before and after making art for 45 minutes. Their cortisol levels were 14% lower on average after creating art.⁽²⁾

An aesthetic environment can aid with healing, mood, and positive outlook, for residents and also staff. A Finnish study in a hospital ward found that arts programs helped improve nurses' well-being and mood as well as bolstering engagement and patient-nurse relationships.⁽³⁾

In a residential environment like RGP, we all (staff and residents alike) get to appreciate art every day. To live and work in a harmonious, aesthetic environment surrounded by artwork is really a pleasure.

(1) Krell-Roesch, J, Venuri P, Pink A, et al. (2017) "Association between mentally stimulating activities in late life and the outcome of incident mild cognitive impairment, with an analysis of the APOE ε4 genotype." JAMA Neurol. 2017;74(3):332-338. (2) Kainulainen G, Ray K, & Maniz J (2016) "Reduction of cortisol levels and participants' responses following art making." Art Therapy. Journal of the American Art Therapy Association. 33. 74-80. (3) Wikström, B, Westerlund, E & Erkkilä J (2012). "The healthcare environment—the importance of aesthetic surroundings: Health professionals' experiences from a surgical ward in Finland." Open Journal of Nursing. 02. 188-195.



Adrienne Fair, MSN, RN
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Director of Health Services**
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Community Life

Meeting new residents and acculturating them into the RGP community is one of the tasks of Resident Services.

A wonderful starting point for these conversations begins with the art hanging in the resident's apartment.

It is such a privilege to be welcomed into a resident's new home and get a glimpse into their lives through the items they have decided to bring with them.

These pieces, whether paintings, sculptures, or a wall full of family photos, give us insight into what matters most to a person and help us get to know them.

Art is also orienting in many ways, but oftentimes quite literally here at RGP. The residential floors look very similar in layout. The colorful vases, sculptures, and couches delineate the different floors and are important landmarks to help folks navigate, especially when they are new!

We are always looking for ways to find common areas of interest between new residents and people who have been here for a while.

We know how daunting it must seem for new residents to find their way around and to start conversations, so we are glad when we can find an interest, an avocation, or a passion for something that we know is shared by other residents.



Elizabeth Wyma-Hughes
Director of Resident Services
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Food

Enhancing the Dining Experience with Art



At Rhoda Goldman, I have been moving paintings from one corner of the dining room to the other to stimulate conversation and provide a visual focal point to enhance the room's aesthetic appeal and elevate mood.

Next, we have added drapes with a bold, red band to bring the eye up. And soon, swinging doors to visually hide the entry to the utilitarian kitchen will be installed.

Lastly, the table flowers bring the design elements like furniture and table settings alive. This visual harmony makes the dining space more pleasurable and engaging, creating an inviting atmosphere that encourages relaxation and enjoyment.

I do hear that some residents like a calm, serene environment, while others enjoy a bold, vibrant selection of art which stimulates lively conversation and energy. This has been an interesting experiment in our large dining room with its many sections.



Roberto Pellegrino
Food and Beverage Director
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Overheards

Collected by Mary Swope

“And now what we do is wait.”
“I’m very good at that.”

“Why are you wearing slippers?”
“They’re comfortable.”

“I lost my touch years ago (puzzles).”

“I can’t hear you very well.”

“You could take your jacket off.”

“I don’t hear you”

“Meanwhile, I have my puzzles.”

“Where are you going?”

“I don’t know.”

“You’re in a good mood today.”

“I guess I like to be doing something; at least my mind is busy.”

“Whatever will be will be, que sera sera . . .”

“Singing, ‘Will I be rich . . . will I be handsome?’”

“Your hands are warm.”

“I don’t worry about things I can’t fix.”

“You’re wonderful.”

“I’m not upset.”
“That’s good.”

“Where were you?”

“Busy doing nothing.”

“You’re tired; you ought to rest more.”

“It’s what you call L-A-Z-Y.”

“What did I do with my life?”

“My birthday is like a Polish wedding party after party.”

“Yes, very quietly—but steadily.”

Activities



Charlotte Prozan and Jane Goldsmith, Book Talk Authors.



Deborah in Art Class “Best part of my week”



Alice and Lion Dancers



Mr. Barkley with Sam



Games on the Terrace

Living with Art

There are many different opportunities to create art at Rhoda Goldman Plaza, from our painting classes, ceramics classes, beading and jewelry making, and the occasional collage class.

More than that, there are many opportunities to appreciate the art that surrounds us. Some of our most popular outings are to the major museums in SF: Legion of Honor, de Young, SF MOMA, Asian Art Museum. So popular in fact that we usually plan two consecutive trips! Docents from the museums often come to RGP to give lectures about the exhibits before outings.

But art is not just a painting—there are many different art forms. Books and writing are a form of art. Past outings have taken residents to Arion Press, Mechanic’s Institute and we recently visited the SF Center for the Book, where the group learned about the book making process.

On our second floor, there is a display case with a number of resident-authored books. Recently, a different resident author has been giving a book talk each week, where they read from their book and talk about their process of creation.

Many resident apartments are filled with art. One resident recently said to me: “I’m not always a social person, but in my home surrounded by my art, I am surrounded by wonderful memories.”

Art tells a story, whether it is our own story, past stories or someone else’s story.



Emma Davis
Director of Programming
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Out'n About



Barbara at Fioli



Margo and Tony at Piattis



Phylis and Sylvia
at Paradise Beach



Jim and Rose
at Paradise Beach

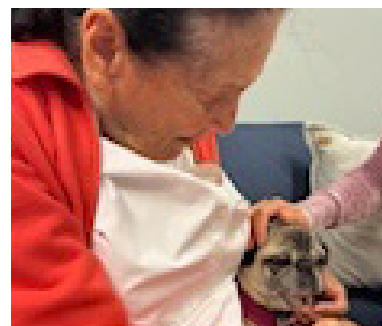
Cuddle at Muttville



Ruthie, Tsuneko and Deborah



Ruthie



Priscilla



Pride Shabbat at Sha'av Zahav



Jane at the De Young Irving Penn Exhibit

Aging Well Together: My Art Collection and Me

By Judith Litvich, Resident

At the time I didn't know that I was starting an art collection. It was the late 1950s, and I had moved from Boston to New York City.

My sister had started buying art from a recently formed nonprofit, whose goal was to upgrade the status of fine art prints and make them accessible to the public.

At the cost of between \$12.50 and \$37.50, four times a year, one could browse through a catalogue and select from a carefully curated collection of etchings, lithographs, and screen prints. And so I was on my way to becoming a collector. A quarter century later, I would have my own art gallery in San Francisco, with an emphasis on fine art prints.

My art and I have grown old. Every day I enjoy my prints and other art works—mostly sculpture and ceramics pieces. We are old friends.

My collection feels as fresh today as it was when first acquired. We have had many happy years together, but like the art, I don't feel 'old.' My art collection and I have aged very well.



Judith's Art Collection



A Statement of Quality

*By Candiece Milford,
Retired RPG Sales & Marketing Director*

I challenge you to find any other residential community like Rhoda Goldman Plaza (RGP) that has assembled a high-quality collection of original art and is committed to a changing exhibition of art in its gallery. Sure, you'll easily find decorator art that reflects current design trends and matches the furniture, but it is usually mass-produced and not original.

And by original, I mean etchings, intaglio, woodblock prints, lithographs, photography, painting, watercolors, and drawings.

Enriching the collection's diversity are two commissions: a hand-painted mural in the café by Ruby Newman and a sculpture called *Coming Together* by Archie Held in the Scott Street garden outside the dining room.

The depth and variety of art are all pulled together by the same maple framing that mirrors the quality of the architectural design.

This commitment to original art to enhance public spaces reflects the concern of RGP's founders to provide not only quality services but also an aesthetic environment to bring delight to the daily lives of our residents.

From the collection



Edward Curtis, "Indian in Canoe",
Photographic print



John Arbuckle "Water Lily"



R.C. Gorman "Woman"



Art Show:

Illuminate What the Eyes Don't See by Leah Korican

Presented by

Rhoda Goldman Plaza Art Gallery

July 7 to Sept 26, 2024

Artist Reception:

Sunday, July 7th 2:00-4:00pm

Food + beverages will be served

Artist Talk: Friday, July 12th 10:30am

Hear Leah Korican speak about her creative process. Enjoy listening to her read a selection from her memoir in progress about growing up on a hippie commune. Engage in conversation with this multi-talented artist.

Leah Korican is interested in imagery that is complex and that contains repeating variations.

Her subject matter includes doilies, murmurations, and natural imagery, among other repeated forms drawn and painted on intricately cut-out backgrounds. The cutouts create optical effects through cast shadows and reflected colors.

The work creates a luminous, meditative space in which the viewer finds renewal.

Leah's work has been exhibited nationally, and she has many public art commissions including the Nashville International Airport, Kehilla Community Synagogue, and Rumsey Engineers, Oakland

For More Info: Call Allison 415.345.5072
or E-mail AllisonR@rgplaza.org



Employee Corner

Thy Phaing

Seven years ago, Facilities Director Samson noticed hard-working Thy Phaing in the RGP kitchen. And in 2022, Thy joined the maintenance crew. Ever since, Thy has been painting the RGP interior, like the Golden Gate Bridge, over and over, keeping our beautiful building clean and well kept.

Thy was born 40 years ago in Cambodia and soon emigrated with his family to San Francisco. Thy, his mother, father, and three sisters all continue to live in SF. They are a close family that enjoys camping in the Sierras, boating on Lake Valdez, and barbecuing.

Manager Samson describes Thy “as consistently demonstrating exceptional performance as a Preventive Maintenance Painter. His hard work, dedication, and attitude have made a significant impact on the team and have contributed to the department’s achievements.”

When asked what he likes about his work, Thy said, “It is a good job for me because I like to continually learn new skills, and I can continually grow in my career.”

About the residents, he says, “I enjoy the friendly residents; they always say hi and know my name, and it makes me feel comfortable by their kindness.”

Come by the Admin Office and say hello to Danielle Bennett, our new Office Manager.

She is a woman with a kaleidoscope of interests, such as art, cuisine, and service of elders. Her home is shared with her creatively-inclined husband and four children.

Welcome, Danielle!



Young talent is in the house.

Two interns from the JFCS Summer Internship Program have joined us at RPG in Programming & Marketing through end of July.

Alejandro Rosales, Freshman/9th Grade
Archbishop Riordan

Stella Rosen, Senior/12th Grade
Jewish Community High School





When a Personal Assistant is Just What You Need

At 92, Naomi lives in a senior living community. She is very independent, but macular degeneration makes some household chores more difficult.

Her daughter-in-law, Sara, visits weekly and she does her best to help. “I’d come over and we’d start on her to-do list,” Sara said. “But we’d end up chitchatting and nothing would get done. It’s more fun to chat!”

Sara knew her mother-in-law didn’t need home care, but admitted having some sort of professional help would be useful. She reached out to Seniors At Home, and Naomi was matched with a personal assistant, Mary Kay.

Even the most independent older adults need an occasional helping hand, and Seniors At Home is here to help with exceptional, concierge-level service. A personal assistant can help set up your new computer or tablet, organize your household paperwork, accompany you to appointments and errands, and more depending on what you need.

“When she’s here to help, it keeps me from getting frustrated,” Naomi says of Mary Kay. “She’s more than a helper. She’s a friend.”

Explore what a personal assistant can do for you. **Contact Seniors At Home at 415-449-3700.**

Living with Art

As our bodies begin to retire from all the work they have done for us throughout our lives, and we know that physical healing will have its limits, we turn instead to health and healing of the spirit. What brings us joy? What lifts our heart? What makes us want to strive to carry on and meet a new day?

In Hebrew, the verb “creating” (*Briah*), can only take God as the subject! But the very fact of our being part of the Grand Creation is that we humans, ourselves, have abilities to make art, music, dance, song, poetry, story. In these ways, we, like our Creator, continue to pay forward the life process into the world.



Belle’s Hamsa

Why do I say this? Because we know that as we participate in viewing paintings, singing, or dancing, or as we listen to music, poetry, or a good story, we feel our spirits become energized. Right?

Pay attention and see if what I am saying resonates with your experience.

Thank goodness, Rhoda Goldman Plaza brings us so many opportunities to live with these arts in our surroundings, a healing balm for our collective spirit.



Blessings,
Rabbi Me’irah Iliinsky

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A DIVISION OF JEWISH FAMILY
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RHODA
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PLAZA



An Invitation to our Waitlist & Friends!

One Sunday each month enjoy
Chef Tsitsi's **Scrumpitious Bagel Brunch**
The Art Show, the Flowers,
The Sunday Concert

Sundays

7/21 Noah Frank Jazz Duo
8/11 Swing Shift Trio
9/11 Ronny Michael Greenberg piano

Tour at 11:30
Brunch at 12:30
Concert at 2:00

RSVP Only AllisonR@rgplaza.org