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BY RHODA GOLDMAN PLAZA

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Inspiring
Generations

“Life affords no greater responsibility, no greater privilege,
than the raising of the next generation”

– *C. Everett Koop*

My Mother, Hedy Krasnobrod

by Michael Krasnobrod

Most of you know her as a gentle spirit, a woman who exudes a grace borne from her upbringing in the 'old country', Vienna, Austria. My son, Sam, and I are very much the product of her influence, certainly.

Her love of nature is her primary gift. Secondly, is science and how science informs the appreciation of the natural world and its wonders. Thanks to my mother, Sam pursued an education in science and now works in Environmental Sustainability!

We, Sam and I, must add to her influence the infusion of the arts in our lives. Music from the Baroque to the Classical Period and beyond. Trips to museums when we were young, first me then the repetition of the pattern with Sam; perhaps not an active learning process about art but the constant presence of it fostered our continued exploration and enjoyment.



Hedy with grandson, Sam.

There was a darkroom in the house when I was young. It was my dad's. It was he who inspired my love of photography which became my life's journey. I in turn introduced my son Sam, who has a very good eye for image capture and currently incorporates photography in his work.

So, there you have it, transgenerational gifts.

Michael Krasnobrod, San Francisco photographic artist known for stunning landscapes and cityscapes that are visual poetry. A past artist for our RGP Art Gallery.

Bonnie Shaikun



Bonnie Shaikun was born and raised in Brooklyn, New York, but spent 55 years in Louisville, KY where she made her home in a warm and welcoming community.

She was very involved in the Louisville Jewish community. Bonnie worked for the Bureau of Jewish Education, where she met her husband of 45 years. After getting married, she went to work with her husband in his family business, selling baby and children's furniture and accessories. At 65 they decided to retire and sell the business, but Bonnie went on to volunteer and then work for her synagogue. During that time, she learned Hebrew and had her bat mitzvah at age 70.

Bonnie moved to San Francisco to be close to her son and grandson last year after her husband passed away unexpectedly. She is especially close with her 4 kids and 10 grandchildren and enjoys their regular check-ins and visits. Bonnie has made the most of her move to the Bay Area and has enjoyed getting to know San Francisco and meeting new people at RGP. She was recently elected to the Resident Council Executive Board and is serving as Vice President.



Elizabeth Wyma-Hughes
Director of Resident Services

Celebrate the Legacy of our Elders

In a world where the wisdom of the past often feels overshadowed by the urgency of the present, National Assisted Living Week (NALW) invites us to pause and celebrate the legacy of our elders. This year's theme, "Inspiring Generations," aligns beautifully with the Jewish value of *L'dor V'dor*, emphasizing the strength we gain from honoring and learning from those who came before us.

L'dor V'dor, translated as from generation to generation, grounds our lives and reminds us that our community's strength lies in intergenerational connections. Like a beacon, the wisdom of our elders lights our way through the challenges of modern life. By fostering these bonds, we honor the past and nurture the future, creating a resilient community for all.

At RGP, the value of *L'dor V'dor* is front and center. We witness the beauty and strength that come from nurturing intergenerational bonds as residents pass down their wisdom, stories, and values. This exchange is a vital thread weaving our community together.

This year, we celebrate NALW from September 8 to 14. This observance recognizes the vital role that these communities play in helping older adults in America "age extraordinarily." It serves as an opportunity to honor all who make RGP a true community — our residents, their families, our staff, and volunteers. May this year's NALW remind us that our strength lies in intergenerational bonds and that our future is enriched by a lifetime of experience.



Miki Lamm, MSW

Associate Director, Seniors at Home

From Loss to Sacred Memory

by Martin Tannenbaum

Before we close the books on Yom Kippur, we are commanded to observe *Yizkor* — "to remember."

From our losses, we hope to fashion memories. To remember is an essential act of our tradition. As Abraham Joshua Heschel wrote, "To us, recollection is a holy act; we sanctify the present by remembering the past."

Just prior to being awarded the Nobel Peace Prize, the Dalai Lama met with six Jewish scholars. As the leader of a people who had been displaced, he wanted to learn the "Jewish secret" of surviving in exile. After all, he reasoned, the Jews had the expertise: 2,000 years of living in

the Diaspora, all the while preserving a distinct culture, heritage, and religion. Surely the Tibetan people could benefit from the Jewish experience. After hours of questions and clarifications, the Dalai Lama summed it up this way:

"Always remember.

And turn that memory into something sacred."

And so, we remember those we have lost. We hold onto precious possessions. We tell stories about their lives. We try to live in a way that honors their legacy. And in remembering them, we weave their memory into our lives, into something sacred.

G'mar Chatimah Tova.

Martin's great-grandparents Haddy and Moses. Photo taken in Salt Lake City, Utah, circa 1920.



The RGP Family Tree

Sam Curro (Health Services Manager) has been noticing how many of our staff are related to each other. We thought it was time to elucidate the RGP Family Tree!

Parents; children... There are three mother-daughter duos working at RGP: Linda and Jing in Health Services; Connie and Amalia at the Front Desk; Med-tech Judy and Resident Services Manager Dorie. CFO Eric's daughter, Jamie, works at Front Desk, and in the kitchen, we have the mother-son duo Ye and James.

Siblings... Charge Nurse Liza started in 2000 and her sister, Mila is now working at the front desk. New caregivers, Narayani and Alisha are sisters from Nepal. Dining has two sibling pairs: Bainia and Lian; Jun and Merlyn.

In-laws et al... In Health Services, Leonora and Rosalie are sisters-in-law. Merlyn (Dining) has two in-laws at RGP: Judith (Dining) & Gumer (Housekeeping). Caregiver Aylen's cousin is Sabrina in Activities. Did you know that Polly (Dining) and Christine (Accounting) will soon be cousins-in-law?

And resident parents of staff... Toni's daughter, Peggy, is at the Front Desk. Our late resident Sheldon's daughter Karen is leading a Library project. And I couldn't imagine an RGP family tree without the late Ron and Ruth, parents of Melanie, longtime Health Services coordinator.

Feeling inspired by our inter-generational, familial group of staff and residents? (I am!)



Adrienne Fair, MSN, RN
Director of Health Services

Building Bridges Across Generations: How Volunteering at RGP Enriches Lives

Volunteering offers a unique and vital intergenerational opportunity at RGP that benefits both residents and volunteers; participants build connections and friendships, develop a sense of purpose and fulfill the human desire to feel confident, useful and capable.

At RGP, we have volunteers from all walks of life! Ari Nemenman, 15 years old, comes biweekly to visit with residents, play Rummikub and even chat in Russian!

Grace Keenan is a college student who comes weekly to help with our popular flower arranging group. When asked why she chose to volunteer at Rhoda Goldman, she said "I just really like helping people and socializing and I think there is so much to learn from people who are older and wiser than us".

Karen Strauss, whose father was a resident of RGP, wanted to stay connected to the community so she asked if she could volunteer! Karen accompanies us on outings, but she has also been working on organizing our floor libraries- "I'm enjoying engaging with residents while I'm working [on the library project]. I'm getting good ideas from talking with them. And it's lovely to see people — including staff — going about their day."

If you are interested in volunteering, please contact me at EmmaD@rgplaza.org!



Emma Davis, LMFT
Director of Programming



Jeanne at the Plant Hospital.



Phylis, Carl and Jeanne.



Jane at SFMOMA.



Cecila and Paul at Happy Hour.



Priscilla at KitTea Cafe.



Paulette, Panorama Park.



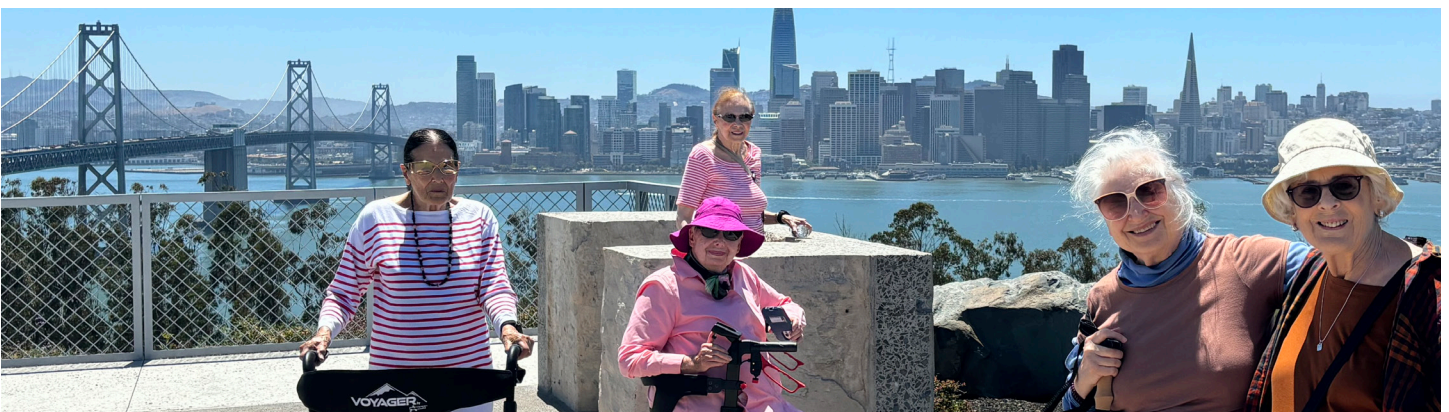
Mary and Valentine, Drag Bingo.



Linda, Book Talk Author.



Ruth enjoys a visit from SFSPCA.



Residents enjoy the city views at Panorama Park.

How Families Create Cherished Memories at RGP

The sense of community that is fostered by regular visits from loved ones is one of the first things I remember noticing when I started working at RGP. You see many of the same family members coming by throughout the week and they are just as much a part of the fabric of our community as the staff and residents.

I recall being moved by the RGP team's commitment to being a place that families can gather when we helped facilitate a small wedding in our Fern Court the first summer I worked at RGP. One of our residents had begun hospice services and his grandson was due to get married in a large celebration many months later. When it became clear that the resident would not be able to attend the larger ceremony, his grandson worked with our team to arrange an intimate ceremony at RGP that his beloved grandfather could participate in.

We have the privilege to bear witness to special moments for our residents and their loved ones, and these moments are one of the great joys of our community.



Image: Fern Court at RGP.



Elizabeth Wyma-Hughes
Director of Resident Services

Inspiring Generations Through Food



Roberto Pellegrino and family.

As a young man growing up in New York, I have very fond memories of my Uncle Carlos house with my extended family sharing the truly honored tradition of Sunday dinner.

The seven-course meal was complimented with my uncle's homemade wine. The love, creativity and tradition going into every dish still makes my mouth water to this day.

These kinds of memories often leave a lasting impact and can be incredibly inspiring when thinking about how to continue the traditions or create new ones in the future.

A family favorite and an Italian staple at gatherings, is an Italian-style roulade, a rolled and stuffed meat (photo below). This traditional dish is sure to bring young old and new together.



Roberto Pellegrino
Food and Beverage Director

Living at RGP is Extraordinary

We have original art throughout the building, and our own art gallery! Every three months a large new show takes over the whole 1st floor with art that is truly interesting, and stimulating, creating a rich and singular environment for our residents.

The next show is by artist, Mary Swope. Her exhibit reflects her witty, irreverent, character and comes from a life lived observing people. She has created an inspired visual language that tells of her love of humanity, and her delight in all who come into her sphere. Childhood drawings, photo books, line drawings, collage boxes and print making that span lithography, wood block, etchings, and engravings. The topics range from body builders, the 1989 San Francisco earthquake, city life, subways, and civil rights work in the American South.



Allison Rodman
Director of Sales & Marketing

Art Show:

**O wonderful,
wonderful...and
yet again
wonderful**



Artist, Mary Swope

Ongoing exhibit open to the public from:
September 29, 2024 – January 7, 2025.

Artist Reception | Serving Food + Drinks
Sunday, September 29 from, 2:00–4:00 p.m.

Artist Talk | Wednesday, October 16 at, 2:00 p.m.

RSVP for Artist Reception & Artist Talk:
Allison 415.345.5072 | AllisonR@rgplaza.



Illustration of RGP resident Betty, by Carly Francis.

Portraiture Life Stories Project

The idea for this project came from San Francisco artist and JFCS volunteer, Carly Francis, who proposed drawing portraits of Rhoda Goldman Plaza residents. Then Danit Hetsroni, SF Volunteer and Outreach Manager, took it a step further and proposed having JFCS Young Adult volunteers interview residents and write a mini biography to accompany the portrait. All RGP had to do was say yes!

The project has since blossomed, and we have been able to connect fifteen RGP residents with different young adult volunteers. Each intergenerational pair met 2-3 times in which they got to know each other and the volunteers have been working diligently translating the interviews into written biographies.

We will unveil the portraits and biographies at a special reception. We invite residents, friends and family to join us as we celebrate intergenerational connection and honor the stories of Rhoda Goldman residents!

Please Join Us!

September 22, at 2 p.m.

Library | 2nd floor



Emma Davis, LMFT
Director of Programming



Residents

September

- 5 Phylis D.
- 11 Eva D.
- 18 Raisa B.
- 23 Marguerite C.
- 24 Jane C.
- 25 Bonnie F.
- 27 Harriet I.
- 28 Arthur F.
- 29 Josephine S.
- 30 Betty B.
- 30 Linda K.

October

- 2 Rose H.
- 4 Paulette A.
- 10 Sara G.
- 18 Eleanore L.
- 19 Samuel K.
- 21 Carl K.
- 24 Leonard S.
- 27 Arlene M.
- 29 Syed H.

Staff

September

- 1 Jasmine B.
- 3 Xiu Zhen G.
- 6 Teodoro S.
- 8 YanYan F.
- 10 Shao Yan Z.
- 12 Suphot J.
- 14 Mary Grace P.
- 14 Jiasmin D.
- 17 Sheryll R.
- 17 Ana V.
- 24 Roberto P.
- 26 Yan Yao L.

October

- 1 Kate P.
- 2 Maria M.
- 3 Margaret S.
- 9 Amalia R.
- 9 Dileen C.
- 12 Hong Bing R.
- 15 Leonid S.
- 17 Emma D.
- 18 AJ D.
- 21 Judith W.
- 22 Jorge M.
- 22 Xingzhen H.
- 23 Jamie L.
- 23 Narayani R.
- 23 Rosalie L.
- 24 Sol Q.
- 24 Rafaela A.
- 27 Amor K.

Employee of the Month

Soledad Remulla, CNA

Soledad Remulla, CNA, has been working at RGP since 2003, primarily on the 5th floor. Soledad is originally from the Philippines and prior to moving to San Francisco, she traveled the world as a nanny for the royal family of Oman, meeting many dignitaries. *Fun fact:* she once assisted Henry Kissinger with his lower leg wraps!

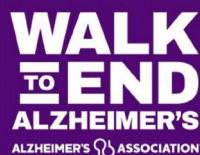


Soledad is beloved by her fellow caregivers. Here is what some of her nominators said: "She is the queen of the 5th floor and goes above and beyond for her resi-

dents." "She is always like a mother, sister, friend to everyone." "When she is on vacation, her residents ask for her."

Charge Nurse Liza Manuilova even adds: "When Soledad helps a resident, they look 10 years younger and happy!"

When asked for her secret to her long career as a caregiver, Soledad said: "I'm happy being happy. You have to love your job." We are so very happy Soledad is here with us at RGP!



Please Join Us | Saturday, October 19, 2024

Rhoda Goldman Plaza | Jewish Family & Children Services

Registration at 8:30 AM | Ceremony at 10:00 AM | Walk at 10:30 AM

Pier 27, The Embarcadero, San Francisco, CA 94111

<http://act.alz.org/goto/RhodaGoldmanPlaza>