

THE OLIVE PRESS

BY RHODA GOLDMAN PLAZA

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Getting Things Done at the Front Desk

- Check for your lost or missing items. The **Lost and Found** is located at the Front Desk. Items not claimed after six months will be donated.
- Pick up and drop off your **Dry Cleaning**. Your cleaning is picked up and delivered twice a week on Tuesdays and Thursdays. *Inquire at the Front Desk for details.*
- Get a **Resident Phone List** at the Front Desk
- Schedule a **Podiatry Appointment** at the Front Desk.
- Submit **Work Orders** regarding issues in your apartment.
- Make **Transportation Arrangements**
- Recycle used batteries at the Front Desk
- Call the Front Desk for **Newspaper Delivery issues**.
- Pick up, fill out, and return **Thank-U Grams** at the Front Desk. For those who may not know, Thank-U Grams are a means of expressing appreciation to employees for their assistance, kindness, and good deeds.

Please call the Front Desk for:

Non-urgent concerns. The Front Desk will write a work order for routine maintenance and miscellaneous requests and forward it to the appropriate department.

- Opening a window
- Repairs in your apartment
- Changing a light bulb
- Plumbing concerns
- Power, electrical and connection issues with your computer

Things You Can Get Done in the Administration Office

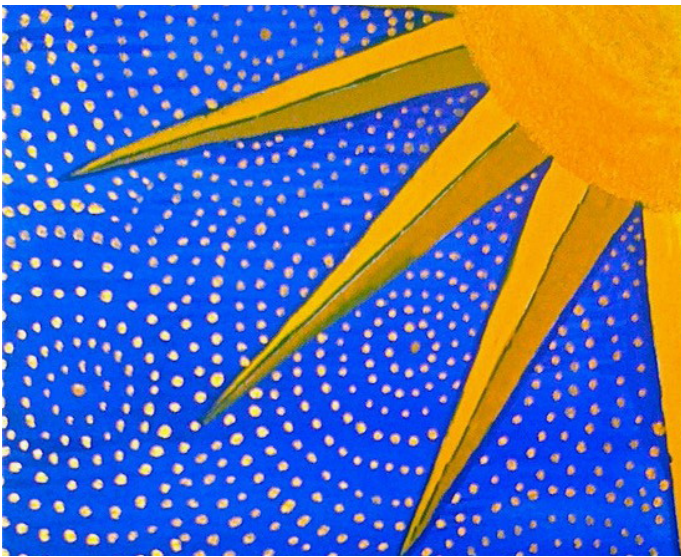
- Have Documents Notarized. To make an appointment call Dorie Workman, Notary Public, at 415-345-5099 or email her at doriew@rgplaza.org.
- Buy Stamps. Available in the Administration office. Calculate Postage. Domestic or international (13 ounces and under).
- Shred Confidential Documents. Can be done each year; one bag only.
- Ship Packages
- Make Photocopies and Fax
- Recycle empty toner cartridges
- To pay rent check your bill or get a tax letter. Give checks to Christine Leung or put in the payment box in the Game Room.

FedEx and UPS Drop Off Boxes

There are a UPS and FedEx drop off boxes at Copy Net on Sutter Street, about two blocks away. Last pickup is 4:00PM. Completely labeled and ready for posting boxes or envelopes only. Not for large boxes, but envelopes and narrow boxes, i.e., up to 2 inches is okay.

Shopping Delivery

You can order food or non-prescription pharmacy items from Walgreens and Safeway every other week on Wednesdays for a \$10 fee. Residents must submit their list to Activities by 9:00am on the shopping delivery day. Shopping delivery days are noted on the monthly calendar. Grocery and pharmacy items are delivered to you!



From the Rabbi

Tips & Tricks for...what? If we are talking about the Jewish endeavor, that would be tips and tricks for living a righteous life. The Torah, of course, is our first guidebook, but over the centuries, various summaries of law or poetry or moral guides have been composed based on Torah teachings.

A favorite is *Pirke Avot, Verses of the Ancestors*, which gives pithy sayings condensed from lifetimes of our sages' thought. Here's a really good one, a real tip on how live life:

Ben Zoma said: Who is wise? He who learns from every person. Who is mighty? One who subdues their evil inclination. Who is rich? One who rejoices in what they have. Who is honored? One who honors others.

Gives you something to think about...and come back to from time to time.

Enjoy!

Rabbi Me'irah

Art photographed above by Rabbi Me'irah Iliinsky



Rabbi Me'irah Iliinsky

Community Rabbi, Rhoda Goldman Plaza

How To Get on the RGP Outings list?

Turn in your outing sign-up sheet at the Administration office by the date listed on the form to be entered in the lottery. There is a box outside the door. Outing participants are selected via lottery system.

How The Lottery Works

Submit your outing selections by the designated date. Names are drawn through a random computerized system to determine the outing list (including the order of the waitlist). Residents who sign up on time have equal opportunities for outings. On the day of an outing, if there is space available, Activities staff will contact you.

In General

- It is okay to come and check an activity out to see if you like it and it's okay to leave if you decide the activity is not for you.
- If you have an idea for an activity or know of someone who offers an exciting, new or different subject matter, come to the Activities Committee! Or give your suggestions to Emma Davis.
- Committee meetings are open to all residents. This is your opportunity to make your voice heard. Attend the Hospitality, Activities, Dining, Movie Committees as you prefer.
- Our Activities staff can assist with computer and phone technical problems, reset (daylight saving time) clocks and watches. Call 415.345.5084 to make an appointment.



Did You Know?

Our RGP van will take you to medical appointments on **Monday, Tuesday afternoons, Wednesday, and Friday** from **8:30 am to 5 pm** within 2.5-mile radius of RGP. Wheelchair accessible rides are on Monday, Wednesday and Friday. You can also take a friend or family member with you on the van to assist during the ride and appointment. You can only make transportation appointments through the Front Desk or Cubigo.

We offer **transportation to Mission Bay** and the **Veterans Hospital** on Monday, Wednesday and Friday, but appointments must be made a week in advance.

If we are unable to provide transportation during regularly available hours, we will provide a **Taxi Voucher** free of charge. Please talk to Emma Davis if you have any questions.

Need to pick up a prescription? We are happy to drive you to pick up a prescription. Contact Activities to schedule.

Local Shopping offered Tuesday and Thursday. Check the calendar for times. Call the Front Desk to sign up.

Dining Services

Dining Mealtimes

- Breakfast Hours: 7:30 AM - 9:30 AM
- Lunch Hours: 11:30 AM - 1:30 PM
- Dinner Hours: 4:30 PM - 6:30 PM

Food To-Go Bags

Call ahead to place order for To-go bags to be picked up from the Cafe.

- **Breakfast to-go bags** are available starting at 8:30AM
- **Lunch to-go bags** are available starting at 11:00AM

The Cafe is Open from 8:00 AM – 3:45 PM Daily

- Coffee, tea, frozen yogurt, fruit salads
- To-go meals can be eaten in the Cafe
- Stay tuned for Cafe menu innovations!

Tray Service

Not feeling great or feel like going to the dining room? Want a meal tray in your room? Please call the Front Desk. (If you are not feeling well, the Charge Nurse will review your request for a tray at no cost. Otherwise, tray room service costs \$15)

Guest Meals

Are \$12 for Breakfast; \$18 for Lunch; and \$25 for Dinner. Please call the Front Desk and they will transfer the call to dining.

Dining Feedback

Suggestions can be placed in the Dining Suggestion Box outside the Dining Room.

Need a quick nosh at a walkable distance?

The Pacific Food Mart is located one block away at 2199 Sutter Street for freshly-made sandwiches, bread, breakfast cereal, ice cream, etc.

Open from 10am to 9pm.

Push Your Care Predict Call Button for Health Services Assistance

The call button is for Emergencies.

- A fall
- Chest pain
- Other sudden pain or health concern. Health Services staff will come ASAP and may also call 911 depending on the severity of the issue.

And for Immediate Urgent Needs. Residents who need this type of service rely on their call button to alert care staff for:

- Toileting assistance
- Escorting assistance



Did you Know?

The Care Predict also tracks your interactions with other residents? We use this for contact tracing in case of an outbreak.

1. Press and hold button for 3 seconds.
2. You will see a purple light and hear a chime
3. You will also hear a message that says, "Assistance request submitted".
4. When a caregiver acknowledges the call, you will hear a message that says, "Someone is responding to your request".
5. The caregiver will clear your pendant when they arrive.

Wellness Clinic

Wondering about your blood pressure or your weight? Our Health Service staff can take a full set of vital signs for you. They also have a chair scale to check your weight. They are available in the nursing stations by the elevator on the following days:

- 3rd floor Mondays 3:30 PM - 4:00 PM
- 5th floor Tuesdays 3:30 PM - 4:00 PM
- 6rd floor Wednesdays 3:30 PM - 4:00 PM
- 7th floor Thursdays 3:30 PM - 4:00 PM

Zoom Medical Appointments

Our Health Service Director can help you with a Zoom medical appointment or virtual appointment. Please talk to Adrienne Fair or Samantha Curro. If needed, we have an iPad for you to use.

Did you know that you can enjoy a massage, acupuncture, and podiatry here at RGP?

Massage: Sally Carpenter

Email: Sally@gmail.com

Tel: 415.260.9883

Reflexology: Robin Varga

Email: Robinmvarga@gmail.com

Tel: 510.928.7001

Acupuncture: Jana Axelrad

Email: Chinesedoc@gmail.com

Tel: 415.317.3411

Podiatry: a podiatrist comes to RGP once a month on Saturday. Please call the Front Desk to determine the date and to sign up. Residents make their own appointments. The podiatrist takes insurance, although not Kaiser. For Terrace residents' appointments, contact Emma Davis.



Did You Know?

We have an App for your cell phone called Cubigo. You can do the following:

- Activities – explore daily, weekly, monthly calendars.
- Dining – make dining reservations, browse menus
- Billing – can view only your bill and current charges
- Transportation – schedule and manage appointments
- Housekeeping/Maintenance – submit service requests

Calendars

You will receive paper copies of the monthly calendar in your mailbox on the last Wednesday of each month. Copies are also available in the Administrative office. If you, family members, or friends want a digital copy of the monthly calendar, email your request to Emma Davis at emmad@rgplaza.org

Downloadable copies also available on Cubigo.

Channel 1981

Residents with televisions can access channel 1981 in their apartments, where you will find:

- Daily Activities
- Upcoming events
- Recorded programs & lectures
- Outing Information
- Weather

Housekeeping News

Compost bins are located in common area bathrooms on each residential floor. Compost bins by request; talk to housekeeping

Spills? Did you spill coffee, wine, other liquids? Call the Front Desk immediately. (Please pour a little water on it to keep it moist so it will be easier to clean up.)

The Gym

On the 3rd floor is our gym and there is a certified trainer, Johnathan Santos who can help you with an exercise program and show you how to use the equipment.

He is in the gym Fridays 10:00 to noon every Friday for open gym time. Residents who have a doctor's permission may use the gym independently. Check with Health Services if you want to get started.

Hair Styling & Manicures

- **Mary Simona**
Services: Hair only. Wash, set, cut & color
Days of Operation: Tuesdays & Fridays
To make appointment: 415.638.7721
- **Ana Argumendo**
Services: Hair only. Wash, set, cut & color
Days of Operation: Wednesdays & Thursdays
To make appointment: 415.817.1026
Email: bcakes2003@gmail.com
- **Maggie Mon**
Services: Hair only. Wash, set, cut & color
Days of Operation: Mondays
To make appointment: 415.527.9162
- **Mandy**
Services: manicures, pedicures
Days of Operation: Saturdays



Wish them a Happy Birthday!

February Birthdays

Residents

- | | |
|--------------|-------------|
| 2 Bonnie S. | 19 Joan L. |
| 4 Stephen C. | 22 Ruth G. |
| 7 Barbara G. | 26 Joan W. |
| 15 Paul E. | 27 Allen C. |
| 18 Inga A. | |

Staff

- | | |
|--------------|-------------|
| Aung K. | Yue Mei Z. |
| Aida T. | Janet C. |
| Chito O. | Yan H. |
| Roxana C. | Karla P. |
| Kebede B. | Tallulah G. |
| Jenn O. | Alisha G. |
| Rv Andrew V. | |
| Christine M. | |

Ha Tran

Ha Tran has been working as a server here at RGP since 2024. She was born in Ho Chi Minh City and immigrated from Vietnam to SF in 2000 because

she liked what America had to offer her. Her family is still in Vietnam and before Covid Ha used to visit them every 2 years, but because of the pandemic it's been almost 5 years since returning home. She



loves being a server here at RGP, because of the way it feels like family and home. Ha grew up with not a lot of family and used to take care of her elder family members. Working here, she gets to take care of the residents like they are her own family. She loves making the residents smile and loves working as a team with the dining staff. In her spare time, Ha likes to keep active and has been and avid runner for 15 years. Many residents rave about her thoughtfulness and consideration, always eager to help others and eager to serve the residents. Manager Polly says, “she is very deserving of Employee of the Month!”

Employee Appreciation Fund

Residents can contribute to the Employee Appreciation Fund to express their appreciation for our staff. The fund is distributed to hourly employees at the end of the year based on hours worked. Contributions are voluntary. Resident’s Council suggests a donation of \$6 /per day /per resident. These bonuses are distributed to housekeepers, caregivers, servers, maintenance workers, kitchen staff, front desk attendants, and Life Enrichment coordinators. Managers are excluded.

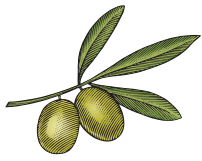
Checks for the fund can be made out to The RGP Residents Council and left in the payment box in the Game Room or dropped at accounting. Contributions must be received by November 30th.

2180 Post Street
San Francisco, CA 94115

415.345.5060
rgplaza.org

A DIVISION OF JEWISH FAMILY
AND CHILDREN'S SERVICES

RCFE #385600125



RHODA
GOLDMAN
PLAZA



RGP Art Gallery

Coast to Coast, artist Caroline Blum

From delicate petals to the textured bark of ancient trees, Caroline's art blurs the boundaries between familiar and the surreal. Drawings using ink, watercolor, colored pencil, acrylic and collage on graph paper.

Ongoing Exhibit Open to the Public | January 12–March 26, 2025

RPG Art Gallery Established in 2019

Specializing in San Francisco Bay Area artists. Four shows yearly. Founded to enliven resident life.

**For more information and to schedule a visit please contact,
Allison Rodman, Director of Sales & Marketing, AllisonR@jfcs.org | Tel: 415-345-5072**