



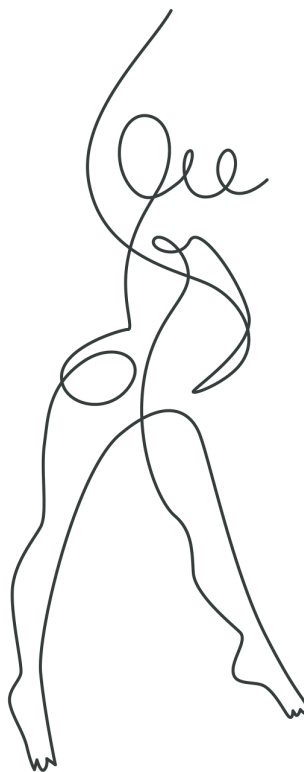
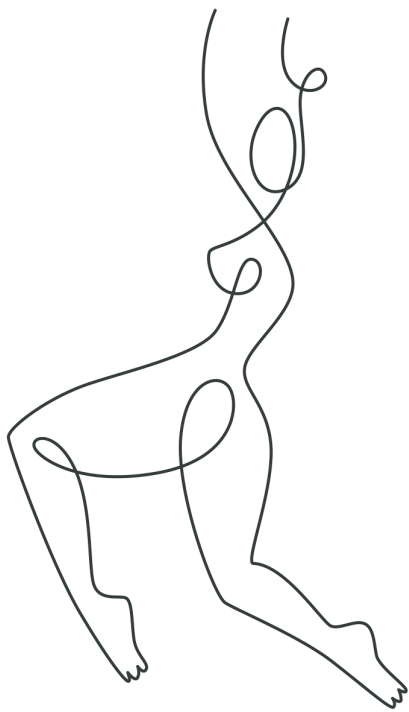
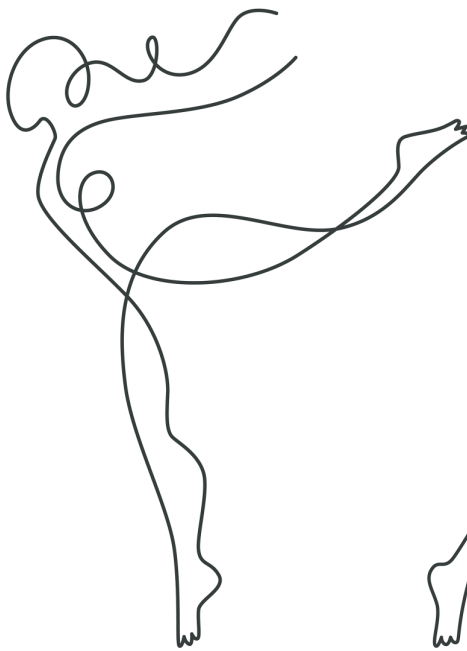
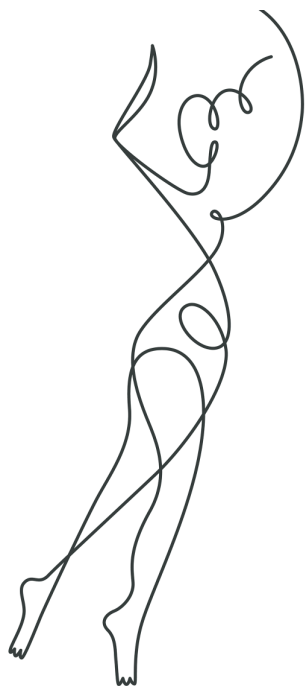
THE OLIVE PRESS

BY RHODA GOLDMAN PLAZA

JUNE 2025

SIVAN - TAMUZ 5785

VOL 25 Nº 6



June Theme “Transportation, Mobility, and Freedom”

A Short History of the 504 Sit-In by Kitty Cone, Abridged

Published by the Disability Rights Education and Defense Fund (DREDF), a leading national civil rights law and policy center, directed by individuals with disabilities and parents who have children with disabilities.



In 1973 the first federal civil rights protection for people with disabilities, Section 504 of the Rehabilitation Act was signed into law. Essentially it said no program receiving federal funds could discriminate against a person with a disability.

After the 1973 protections were put in place there was little compliance through the mid and late 1970's. As a result, the American Coalition of Citizens with Disabilities (ACCD) a national cross section of disability groups was formed. The ACCD became deeply involved in leading the effort to make demands for reform and regulations to strengthen the law to The Department of Health Education Welfare (HEW). Demands were not met, so the ACCD called for sit-ins on April 5th, 1977 at eight HEW regional headquarters.

The San Francisco federal building sit in, the only one that endured, lasted 26 days and was critical in forcing the signing of the regulations almost unchanged. It began with a rally outside the federal building, then we marched inside where between 1 and 200 people would remain until the end. The composition of the sit-in represented the spectrum of the disability community with participation from people with a wide variety of disabilities, from different racial, social and economic backgrounds, and ages from adults to kids with disabilities and their parents. At every moment, we felt ourselves the descendants of the civil rights movement of the '60s.

After more protests in Washington, on April 28, 1977, the regulations were signed into law. Within months of the sit-in, noticeable changes began to take place. Cities instituted curb cuts from street to sidewalk. Federal buildings installed ramps and wider restroom stalls. The 504 regulations ushered in a new era of accessibility, that led to the passage of Americans with Disabilities Act in 1990.

Addendum:

H. Stephen Kaye, President and Chair of DREDF is the son of resident Sylvia Kaye.



Allison Rodman
Director of Sales & Marketing



Comments on the Olive Press are welcome
Email: AllisonR@rgplaza.org

Phys·i·cal Ther·a·py

Physical therapy (PT) helps those who have physical or functional limitations. It is the perfect topic to explore for this issue's theme of Transportation, Mobility and Freedom.

We have an excellent resource here at RGP with Jon Santos, P.T. Jon earned a bachelor's in physical therapy in 2001 before coming to California from the Philippines and then moving to the Bay Area in 2008. In 2020, Emma, the RGP Life Enrichment Director invited Jon to do a weekly open gym time on Fridays, 10:00 to 12:00. Jon also works individually.

Jon develops a personalized program for each client, knowing that what works for one person may not for the next. He brings a creative and compassionate approach, gently leading people through their exercises, even when they are used to "being the boss". His work with Dementia clients has an extra dimension of coaxing those with an institutionalized mind set to experience greater flexibility, opening them to feeling better through movement.

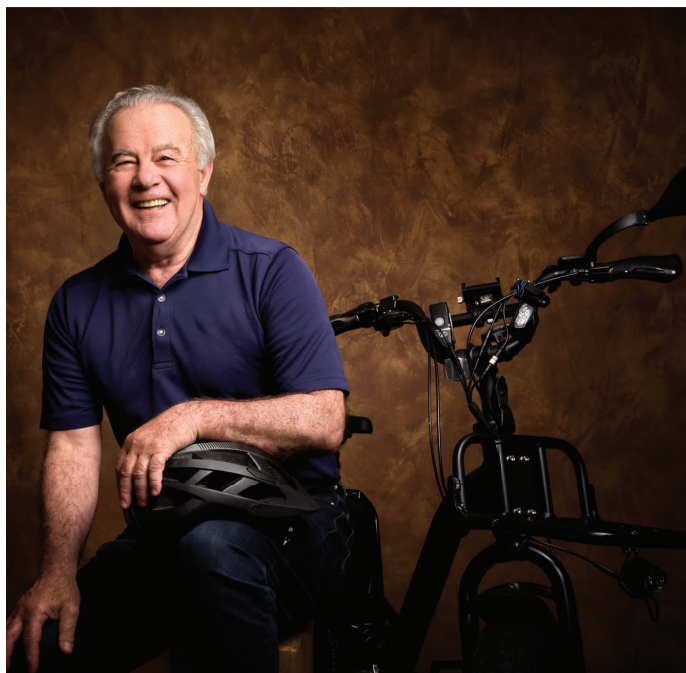


Contact Jon to feel better!
Jonisantos@yahoo.com
 805-358-5151

Jim Pallari

Jim Pallari is a San Francisco native, born and raised. He also had a rather brief stint in Marin, but he has lived in the city his whole life.

Jim went to City College, where he got his EMT license.



He spent many years working for various Ambulance companies. One of his highlights is that he worked as an EMT with the National Ski Patrol. Jim has also worked for the Longshoremen, people in the maritime industry, as a night dispatcher for twenty years. Something that Jim loves is that he is an avid cyclist. His passion has him constantly on the go and you will often see him coming and going with his electric bike. Jim has been a resident since 2022 and is currently serving on the Resident Council Executive Board.



Elizabeth Wyma-Hughes
 Director of Resident Services

House-calls

My grandfather, a family physician in Missouri, had a big black leather bag with all sorts of compartments for his medications, supplies, and equipment. He used it for house-calls, sometimes travelling long distances to reach patient.

Transportation can be challenging. The more you need to see your doctor, the more difficult it is to get to the doctor's office. Here are some of the house-call services available:

Concierge physicians charge higher rates than office-visit physicians, but they do come directly to your apartment and take their time to get to know you.

House-call programs (such as UCSF Care at Home and Kaiser Community Care) utilize Medicare for patients who qualify as "home-bound".

RGP has a visiting **podiatrist** once a month-- sign up is at the front desk. Dr. Lam takes most insurance (but not Kaiser).

Home health physical therapy, occupational therapy, and nursing is often covered by your health insurance after a hospitalization or change of condition.

You can set up a house-call from a **certified massage therapist or licensed acupuncturist** – not to mention our beauty salon on site.

Some **dentists** offer house-call cleanings and check-ups.

In addition to their exceptional care managers, JFCS Seniors at Home also offers **personal assistants, fiduciaries, therapists and psychologists**. We really do have a wealth of services right at our doorstep.



Adrienne Fair, MSN, RN
Director of Health Services

On The Go!



My time at RGP has given me a unique perspective on mobility devices - I love them! I have seen the positive impact of a cane, walker, and wheelchair in the lives of so many residents over the years.

When embraced, these devices can mean freedom for the user. Using a walker with a seat lets a person keep up their daily walks in the neighborhood with the ability to take a break when needed. A wheelchair can mean trips to the museum that is now too strenuous to be walked.

A few days before her hundredth birthday, a former resident asked me how long it took her to get around the block. She took off with her walker and came back through the door a little over ten minutes later, thrilled that she had shaved off nearly a minute from her time the week before.

So often I see the adage, "use it or lose it" in real time and know how quickly mobility can be lost and just how hard it is to regain once lost. I hope that I can follow the example of those that I have seen gracefully adopt these devices when I find myself needing them.



Elizabeth Wyma-Hughes
Director of Resident Services



Game night with Shupin Club. Bottom left: Rita. Upper left: Jim. Upper right: Paul, Bottom right: Bob



Barbara enjoying her Sunday treat!

Ellie and Mark stop for the camera



Jim, Phylis, and Sylvia arriving at the Queen Wilhelmina Garden



Joanne, Jane, Lydia, and Paula



Bob taking a break



Barbara and Priscilla



Lydia, Barbara, and Jo



Stephen enjoying the tulips

Freedom of Choice Dining at Rhoda Goldman Plaza

One of the coolest changes in assisted living over the years is how dining has become more flexible and personalized. Gone are the days of rigid mealtimes and fixed menus. Residents are offered flexible dining hours, multiple meal options, and the ability to dine with others or in private settings.

RGP offers restaurant-style dining, diverse items on the menu, and even grab-and-go options in our Cafe. It is more like dining out than a cafeteria vibe, and that helps residents feel more at home and in control of their daily lives, starting with something as essential and enjoyable as food. We even consider special diets or cultural preferences, which adds a nice, individualized touch.

This shift toward freedom of choice does not just improve mealtimes, it boosts overall happiness and independence. Making those small daily decisions matters. After all, food is comforting, and having control over it makes a substantial difference in feeling respected and cared for.



Roberto Pellegrino
Food and Beverage Director

I've Got Wheels!

RGP is happy to provide transportation—including wheelchair-accessible rides—to medical appointments on Mondays, Wednesdays, and Fridays. Did you know we also have an Uber Health account? This means that when RGP vehicles aren't available, we can still arrange an Uber ride for you to ensure you get to your appointment safely and on time. Uber also offers WAV (Wheelchair Accessible Vehicle) rides making transportation easier for those who use wheelchairs.



Driver Jason assisting Paul off the RGP Bus

No need to use the Uber app—just give your destination address to the front desk, and we'll take care of the rest. Please note: rides scheduled outside of our regular transportation hours will be billed directly to your account. Want to know more about your transportation options? Ask us for a Transportation Cheat Sheet! We're here to help you get where you need to go.



Emma Davis, LMFT
Director of Life Enrichment

To Drive or Not to Drive?, That is the Question



I often ask the question when interviewing potential residents: “Will you be bringing your car?” For some, there is no question that their driving days are over. For others, they equate keeping their car with independence and their only way to stay connected with family, friends, and community. Or, that driving is not just a means of transportation but a symbol of self-control.

However, the decision must be thought through. Stepping away from the driver’s seat can save a life, even your own. The Centers for Disease Control and Prevention reports that as of 2024, in the U. S. each day almost 540 older adult drivers are injured and more than 20 are killed in auto accidents.

You can have a parking spot in our garage, but think twice. The cost of gas, maintenance, insurance, cleaning can be given up with all the transportation services we have at RGP.



Allison Rodman
Director of Sales & Marketing

Shavuot: Egypt to Mt. Sinai

Spring, in Jewish tradition, bursts forth with our most well-known holiday: Passover, the commemoration of our miraculous escape from slavery in Egypt. Seven weeks later link Passover to our least known holiday, Shavuot. But it is Shavuot that gives meaning and purpose to Passover, because Shavuot commemorates the receiving of the Torah, the sacred teaching on how to live an upright life. What worth is it to be freed from slavery, without the guidance of how to structure a just society within which to live our freedom?

Shavuot is likened to a wedding, the sealing of a covenant between God and the Jewish people. When Moses tells the people of God’s offering the Torah, all the people responded in one voice: “All that the Lord has spoken, we will do.” Our main activity on this holiday occurs in the synagogue, the place where we gather as a whole. It consists of reading the moving and frightening Torah account of the encounter with God on Mt. Sinai.

We understand the Torah to be a gift of love from God on how to live a worthy life; thus these two pivotal events, escape from slavery, and receiving Torah form the foundation of Judaism. But we can’t have a Jewish holiday without special foods! And since this holiday occurs in the late spring, when cows and goats have recently calved, all sorts of dairy foods, especially blintzes and cheesecake are the fare of the day!



Rabbi Me'irah Iliinsky
Community Rabbi, Rhoda Goldman Plaza



Residents

3	Deborah G.	20	Paul C.
5	Kathy B.	26	Jane G.
6	Estelle S.	27	Peter M.
14	Dorothy H.	27	Judy B.
15	Patricia G.	30	Nuala V.
18	Hannah C.		

Staff

1	Lori N.	12	Hla Y.
3	Mohmed J.	13	Glenn Z.
7	Polly Y.	27	Connie B.
11	Adrian Z.	28	Mellisa J.

At what time of the day are you like an automobile wheel?

At night, when you are tired.

Who was the fastest runner in the world?

Adam.

He was the first in the human race.

What has four wheels and flies?

A garbage truck

Shaoling “Michelle” Situ, Cook

Shaoling “Michelle” Situ has been a cook here at RGP for 6 years. Over these 6 years, she’s done a myriad of jobs in the kitchen ranging from salad station, breakfast and Dinner Line Cook, Pastry and Challah Bread, and most recently, Kosher Meals on Wheels cook. Michelle resonates deeply with RGP’s motto, “Here, you’re like family”. She believes that the people you work with are people you spend most of your time with, sometimes more than your own family. She believes that by working together, we can all achieve the same goal: taking care of others. Born in Guangdong,



China, she immigrated to San Francisco with her husband who is from Hong Kong and has a son who is gearing up for college. In her spare time, she loves to spend time with friends by getting dim

sum almost weekly or grocery shopping on the busy streets of Chinatown. Sous Chef Perriesha Byrd highlights that Michelle is a joy to work with and is the cook behind some of the residents’ favorite meals such as Beef Cabbage Rolls (and many more).



Roberto Pellegrino
Food and Beverage Director

2180 Post Street
San Francisco, CA 94115

415.345.5060
rgplaza.org

A DIVISION OF JEWISH FAMILY
AND CHILDREN'S SERVICES
RCFE #385600125



Yellow River, 2002 by Laura Ryle



LA Stripes, 2002 by Claudia Shearer

RGP Art Gallery Opening

Threaded Connections: Contemporary Art Quilts by Laura Ryle and Claudia Shearer

This show of contemporary art quilts celebrates the creative connection between two sisters and the visual dialogue between their stitchery. The sisters are daughters of current RGP resident Carol John and the late Walter John.

Artist Reception | Sunday, June 30th | 2:00 pm – 4:00 pm with Refreshments

Artist Talk Saturday, August at 9th at 1:30pm

Ongoing Exhibit Open to the Public | June 30th to October 8th

RSVP for Artist Reception & Artist Talk: AllisonR@jfccs.org | 415.345.5072