



THE OLIVE PRESS

BY RHODA GOLDMAN PLAZA

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Never have so many of us lived into our 80's, we are pioneers! Setting new ways. Refusing to be defined by physical limitations. Celebrating the continued life. Living with an unwavering desire for independence.

What's Good About Aging? Let's find out.

Allison Rodman
Director of Sales & Marketing



Comments regarding the Olive Press are welcome
Email: allisonr@jfc.org

“Accepting Aging with Poems by Maya Angelou and Shel Silverstein”

by Joshua Sampson (abridged) published in The Writing Post

It's true about simmering down as you get older. Those wild nights of imbibing in life's pleasures until the wee hours of the morning are mostly over. Aging has a way of negatively impacting our hobbies and interests. In this post, we are going to analyze how writers Maya Angelou and Shel Silverstein contend with aging.

Angelou's poem about aging gives not a reason for pity or disregard, but to have a chapter of life to be lived with pride and appreciation for the journey. Shel Silverstein's take on aging is about aging backwards, rediscovering the joy of our early years and finding yourself in brave self reflection with a twist humor.

In conclusion; Maya Angelou and Shel Silverstein can teach us about being in the last chapter. Aging, in a way, that makes us more human, more ourselves.

On Aging by Maya Angelou

When you see me sitting quietly,
like a sack upon a shelf,
Don't think I need your chattering.
I'm listening to myself.
Hold! Stop! Don't pity me!
Hold! Stop your sympathy!
Understanding if you got it
otherwise I'll do without it!
When my bones are stiff and aching
and my feet won't climb the stair,
I will only ask one favor:
Don't bring me no rocking chair.
When you see me walking, stumbling,
don't study and get it wrong.
'Cause tired don't mean lazy
and every goodbye ain't gone.
I'm the same person I was back then,
a little less hair, a little less chin,
A lot less lungs and much less wind.
But ain't I lucky I can still breathe in.

OURCHESTRA by Shel Silverstein

So you haven't got a drum, just beat your belly.
So I haven't got a horn—I'll play my nose.
So we haven't any cymbals—
We'll just slap our hands together,
And though there may be orchestras
That sound a little better
With their fancy shiny instruments
That cost an awful lot—
Hey, we're making music twice as good
By playing what we've got!



Cover Art: Residents of RGP

From Sam's Desk

The best parts of aging include gaining wisdom and experience, developing emotional stability and self-awareness, and enjoying deeper relationships and a greater sense of peace. Many also appreciate the freedom from societal pressures, the time to pursue passions, and the opportunity to leave a positive legacy. Here's a look at the benefits:

Emotional Stability and Self-Control:

With age comes increased emotional regulation, meaning seniors are less likely to be reactive or impulsive and more likely to manage their emotions effectively.

Deeper Relationships: As we age, relationships with loved ones often deepen, with a greater appreciation for shared history and meaningful connections.

THEY SAY WITH AGE,
COMES WISDOM.



(ONE OUT OF TWO AIN'T BAD.)

Freedom from Societal Pressures: Many find liberation from worrying about what others think, allowing them to embrace their true selves and pursue their own interests.

Leaving a Legacy: Older adults often find purpose in reflecting on their life's impact and finding ways to contribute to the well-being of future generations.



Sam Faye
Community Director

Judith Litvich

While many of us know Judith Litvich as a fine arts dealer, she did not start that part of her career until she was over 40. Originally from Revere Beach, MA, Judith first worked as an elementary school teacher and elementary school textbook editor before starting her business as an artist representative. Her focus was primarily on fine art prints, though she worked with artists of other mediums as well.



Before opening her own gallery in the San Francisco Design Center, Judith hosted exhibitions out of her Noe Valley home. She cultivated strong relationships with her artists and brought the skills

she had sharpened in her earlier careers to establish a successful business. Upon moving to RGP in 2022, Judith graciously shared some of the pieces from her extensive art collection in the common spaces at RGP. She worked closely with Candiece to place the pieces throughout the building, allowing her to continue her passion for sharing fine art with her community.

She has stayed tied to the arts, attending our quarterly art shows and participating in ceramics classes. Judith often uses her keen eye to snap photos of events at RGP, which are gratefully used here in the Olive Press.



Elizabeth Wyma-Hughes
Director of Resident Services

Better with Age?

Aging may involve aches and pains, high blood pressure, grey hair, and wrinkles – but there are also some notable benefits to getting older.

Crystallized

Intelligence: A 2015 study published in *Psychological Science* analyzed cognitive tests of 48,537 participants and looked at what types of intelligence



Emotional Stability: A UC Irvine study spanning two decades followed 1000 participants' emotional well-being⁽²⁾. The study showed that we do become measurably happier with age.

Social Expertise: An interesting NIH-funded meta-study (2011) showed how levels of social satisfaction improve with age.⁽³⁾ With age, we gain “social expertise” which allows us to identify harmful social partners and maintain relationships with positive social partners. “As the time left to spend with a social partner narrows, people may recognize this diminished horizon and focus increasingly on emotional harmony as opposed to other non-emotional goals”⁽³⁾.

Another year older, another year wiser.

1. Hartshorne & Germine (2015). When does cognitive functioning peak? The asynchronous rise and fall of different cognitive abilities across the lifespan. *Psychological Science* 26(4).

2. Charles, S. T. et al (2023). Growing old and being old: Emotional well-being across adulthood. *Journal of Personality and Social Psychology*, 125(2).

3. Luong, G., Charles, S. T., & Fingerman, K. L. (2011). Better with age: Social relationships across adulthood. *Journal of Social and Personal Relationships*, 28(1).



Adrienne Fair, MSN, RN
Director of Health Services

Love and Loss

While it may be trite to say that wisdom is the good part about aging, it is no less true. The stories of others can provide valuable advice and knowledge, but they often fall short of the insight and perspective that come from one's own lived experience.

I write this on my birthday, and while I clearly have fewer decades under my belt than our residents, I find myself reflecting on all that I have had the privilege to experience. My ability to experience joy and the abundance in my life is linked to the losses I've grieved.

Love and loss exist in a unique tension to one another. This tension is beautifully explored in a conversation about grief between Anderson Cooper and Stephen Colbert for Cooper's podcast⁽¹⁾. In the podcast Colbert says,

“I want to be the most human I can be, and that involves acknowledging and ultimately being grateful for the things that I wish didn't happen because they gave me a gift.”

Colbert's ability to channel tremendous grief into a point of connection with others and appreciation for his life is aspirational.

We move through our lives in relationship to others. These relationships are inevitably complex, but if we're lucky, they are on the whole, ones filled with love. Aging affords each of us the opportunity to forge meaningful connections with others and to gain perspective through those connections.

1. Cooper, Anderson, host. Stephen Colbert: “Grateful for Grief.” *All There Is*, CNN, 21 Sept. 2022. <https://www.cnn.com/audio/podcasts/all-there-is-with-anderson-cooper/episodes/ae2f9ebb-1bc6-4d47-b0f0-af17008dcd0c>



Elizabeth Wyma-Hughes
Director of Resident Services

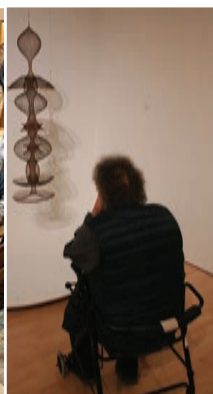


Trip to Salesforce Park

Left to Right: Eileen, Phylis, Jane, Joan, Paula, Zo, Deborah



Resident Council Elections with Elizabeth, supporting fair elections



SFMOMA - Ruth Asawa Exhibit

Left to Right: Ellie, Priscilla, Jaques, Tim, Ellie, Jane



NEXT Village toured and partied at RGP with Bartender Sam



Quilt Artists, Claudia and Laura at art reception



Left: Mary teaches a Drawing Class

Right: Fred and Rose at Mary's class



Emma's Bon Voyage



Engaging Aging By Bob Demchick

Since aging is engaging
When you live extended time,
It's particularly exciting
When the story comes in rhyme.

If this silly composition
Gives you cause for briefly grinning
Then you're in a grand position
To adopt a new beginning.

Getting old is getting old.
I would really like to hold.
But every way that I can see
The grass ends up on top of me.

Things improve with age, we're told.
And I'd like to think it's true.

I hope that I am not too bold
To wish it both for me and you.
As the candles on my cake increase
And the hours I'm awake go down
The light those candles will release
Show me clearly as a clown.

While seeking help from doctor's wiles
An upbeat view's the game to play.
Taking strength from friends with smiles.
Will help you keep the blues away.

My mind still functions (most of the time)
And I still remember faces.

Though physically things ain't so good,
I still can tie my laces.

Sitting at the table my brain begins to grind.
With great effort I rise up from the chair.
As I start to walk two questions cross my mind.

Where am I going and what do I want there?
So I'll relax and enjoy each day
As weeks and months roll by.

I'll deal with whatever comes my way
And hope my pants stay dry.

If things in fact improve with age
If that's as true as it was meant
I'm pleased we've all reached the stage
Where we approach magnificent.

In Tribute & Remembrance

With gratitude, JFCS acknowledges these recent tribute gifts, designated for Rhoda Goldman Plaza.

In memory of Ellen Benjamin z"l

William Cameron

Marsha Sacks

Shari & Robert Thompson

Valerie Westen & Daniel Bedford

In memory of Jobyna Dellar z"l

June Cunningham

Barbara & Ron Kaufman

Gaye G. Seiler

Paula Smith

Tribute gifts ensure that the Rhoda Goldman residents have access to compassionate care, enriching programs, and a vibrant community. The donations can provide assistance to residents who have outlived their resources.



If you would like to make a gift in honor or in memory of someone important to you at any time, we will gratefully send a personalized notification card on your behalf.

Ways to make a gift:

- Online: donate.jfcs.org/rgp
- By phone: 415-449-1256
- By check: Donation envelopes at RGP Front Desk

Barbara Farber, Director of Development and Planned Giving JFCS 415-449-3858
BarbaraF@jfcs.org www.jfcs.org/give

Election Results are in!

Welcome the incoming Executive Board members of the Rhoda Goldman Plaza Resident Council.

President: Bonnie Shaikun

Vice President: Tim Cunningham

Secretary: Jennifer Lahlou

Treasurer: Judith Rafael

Member-at-Large: Max Robinowitz

The group will be taking office Aug 1st.

Last year's strong and hardworking Resident Council, was led by Bonnie and accomplished much which speaks to the vitality of resident life here at 2180 Post Street. When interviewed about last year's successes President Bonnie spoke about the following;

- Record fundraising for Employee Appreciation
- The Mazeltones, our community chorus
- Weekly Oneg, with resident leadership

Looking ahead to what she would like to accomplish. President Bonnie wants to bring greater variety of post dinner activities like Bingo, Canasta and other card games. Add to the Life Enrichment monthly calendar with trips to the Casino, Torah class, and more afternoon exercise classes.

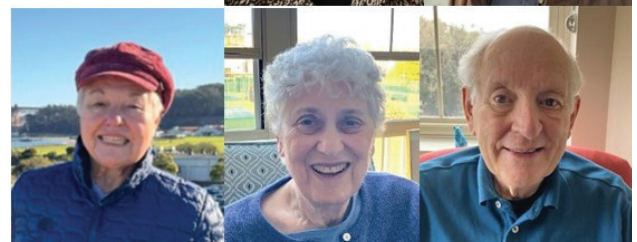
2025-26

Resident

Council

Executive

Board



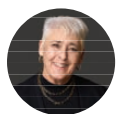
Lights, Action, Camera!

Did you take a moment to study this issue's front cover, a collage of resident photos taken at a recent photo shoot. The photos sparkle, they leap off the page. Life at RGP has been captured once again by photographer Thomas Strand, under the art direction of Tim Paschke.

For over a decade Tom and Tim have created photo campaigns that define Rhoda Goldman Plaza. Inspirational images of our residents both in portrait and daily life which are authentic and heartfelt.

Many of these photos are on a gallery in my office. Not a day goes by, without a resident stopping in and having an affectionate moment when they see their friends photos on the wall.

Aging with friends, that's what's good about aging.



Allison Rodman
Director of Sales & Marketing

"Ari on the street" asks the question.
What's so good about aging?

Eva/Glenn: "It provides an opportunity to be retrospective about your life"

Don: "I never did aging till now, but it's a very interesting experience"

Mary: "Better than the alternative"

Ruth: "You have less responsibility. You don't have to go to work."

Ellie: "It's a remarkable place to be here. I've been here for three years, and I've been happy since day one."

Jane: "Having a lot of time to read without being interrupted by life."

With a Great Love, You Have Loved Us

Our Gregorian Calendar of August closely aligns with our Jewish Calendar month of Av this year. Av is a difficult month. Our saddest day, Tisha B'Av, in which we recall the twice destruction of the Jerusalem Temple, begins on Saturday night, August 2.

On the evening of August 9, is Tu B'Av, known as The Day of Love! In ancient times, young women, dressed in white, would dance together on this full-moon night. Beckoning a life partner to choose them, based on enduring qualities, not on looks. The sense behind linking the two holidays, is that in experiencing inevitable and tragic life happenings, our awareness of the preciousness of life grows. This very Jewish



A Great Love/Ahavah Rabbah
By Rabbi Meirah Iliinsky

feature of linking grief and love brings me what is good about aging, and, specifically what is good about loving in older age. I posit that we know how to love

much better as we age. We understand that loving someone is choosing a loving orientation toward them, allowing the other to be who they are, not necessarily exactly who we want them to be.

And through these deeper loving relationships, we feel the Holy One's love and patience and accompaniment of us.



Rabbi Me'irah Iliinsky
Community Rabbi, Rhoda Goldman Plaza



Residents

9 Judith L.	20 Sharon H.
11 Max R.	21 Fred L.
18 Carmen K.	21 Renee P.

Staff

1 Adrienne F.	11 Xiujuan Y.
3 Victorino F.	13 Thelma J.
7 Lang H.	

Our Super Summer Interns

Meet Aaron "Ari" Nemenmen and Kat Balfor, our summer interns from the JFCS' Summer Internship Program. Ari is assisting Allison in marketing alongside making a short film for his internship project. Kat is assisting in life enrichment and has been a great help at the front desk. Her internship project is a poetry workshop.



Ye Xiujuan, Cook

Ye Xiujuan-Cook Originally from the city of Xinhui in China. Ye came to the United States in 2019 in search of better opportunities for herself and her six siblings. Shortly after arriving, she was hired at Rhoda Goldman Plaza on October 29. after a friend told her about an opening for a cook. Since then, Ye has brought dedication, consistency, and heart to her role in the kitchen. With over five years



of experience at RGP, she takes immense pride in her work and is deeply valued by both her team and by residents alike. Ye, loves her job and is happy to be part of the community.



Roberto Pellegrino
Food and Beverage Director



The braces are off! Alayna - Front Desk

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RHODA
GOLDMAN
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175

YEARS

Jewish
Family and
Children's
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SAVE *the* DATE

Join Us for a 25th Anniversary Celebration

RHODA GOLDMAN PLAZA

OCTOBER

SUNDAY

12th

12:00PM



12:00 TO 4:00PM OPEN HOUSE

RSVP: AllisonR@jfcs.