ewish Senior Living

UCSF and the Jewish Home partner for research

A world of interests at Moldaw Family Residences Rehabbing the Jewish Home's rehab center

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ON THE HOME FRONT

At the Jewish Home of San Francisco, we are gearing up for big changes.

We are talking about an innovative

transformation of our campus on Silver Avenue to accommodate the diverse and changing needs and interests of our community's seniors – now and in the future.

We are looking at a new Jewish Home that will offer a range of living situations, and that will continue, as we have since our founding in 1871, to provide the best care and services possible to our key population of frail elders.

This plan will alter, in fact it will revolutionize, the way our community serves its older adults.

We are in initial planning phases now and we are very excited. We want to share our vision with you, our community and our stakeholders, so that you can join in our excitement and play a role in its development.

We are calling this our site re-master plan. I admit that this is not the most compelling name for a pioneering initiative, but I want you to be familiar with the name now, as we begin to reach out to you for your thoughts and ideas. There will be many opportunities to get involved in the next six years as the plan comes to fruition.

We have begun the background work. In August 2009, the boards of trustees of the Jewish Home, Moldaw Family Residences, and Jewish Home & Senior Living Foundation; the Home's senior management; leaders from our sister organizations; consultants; and lay leadership met to review the progress that has been made thus far. The results of a recent survey were discussed, and we learned that individuals considering moving into a Jewish-sponsored senior community want to bring along a car and a computer. They are interested in community life and wellness programs, as well as the ability to move from independent living to assisted living to skilled nursing in the same facility. This is clearly a change from the model at the Home today.

Many questions arose at the August retreat, and as we proceed, we must answer them. Among the questions:

- What should we do with respect to the Home's aging infrastructure?
- What can we afford to do so that buildings or areas on our campus fit their functions?

- What does our Silver Avenue campus want to be, and what does it need to be over the next 5 to 10, 15 to 20 years?
- How can we best serve our current population and future clients, and how should we do so in a way going forward?
- How do we remain viable in the short-term while we are developing and executing the site re-master plan?

There is much work to be done. In the next year, we will continue to refine our options. We will look at how architects re-imagine Silver Avenue. We will seek input from city planners, neighbors and the Jewish community, and test the feasibility of varying scenarios.

In the meantime, we must ensure that the Jewish Home is financially viable. In light of economic forces and uncertainties, we have an obligation to be laser-focused on the expanding gap between declining reimbursements and rising costs. We must look at ways to change our business model, reduce costs, and find new sources of income.

With this in mind, we have already taken steps to develop existing facilities to make them a stronger revenue source for the Home. For example, our two new short-term units – the renovated acute psychiatric unit and STARS (short-term and rehabilitation) – serve an expanded patient-base, with definitive reimbursement for services. (You can learn more about these units in this magazine.)

This is a beginning. As we consider significant changes to Silver Avenue, it will be essential for you, our community stakeholders, to be fully engaged in the thinking, planning, and vision for the future. We will not succeed without your intellectual, emotional, and financial investment.

I look forward to hearing from you and working with you to continue our 138-year-old tradition of proudly providing a dynamic organization that fulfills the desires and needs of our community's seniors.

Daniel Ruth

President & Chief Executive Officer Jewish Home of San Francisco



Each time I visit the Jewish Home – and I do it often – I am enriched by the greetings from the residents and the range of their activities. Maybe they are getting their daily exercise in the Herbst Fitness Center, taking a class with Rabbi Sheldon Marder in the synagogue, or chatting with friends over a snack in the garden café. Of course, many of our residents are not as mobile, and it is equally heartwarming for me to see our caring staff and volunteers attend to the needs of these individuals.

Yes, I am happy when I witness firsthand the wonderful home for our elders that our community has provided for nearly a century and a half. I feel good knowing that so many men and women can spend their final years receiving outstanding care in a warm, 'haimishe' (home) environment. residents but also families, and indeed, the whole community.

They range in diversity from the continued generous support of Susan Koret and the Koret Foundation, to Jessia Hoffman and Daphna Torbati, two incredible teens who were instrumental in a

"I am highly aware of how the crisis in our nation's economy is affecting the Jewish Home. ... It is [our community's] support ... that allows us to provide the extraordinary care that makes the Home rate among the top ... in the country."

But I am also worried. As chair of Jewish Home & Senior Living Foundation, I am highly aware of how the crisis in our nation's economy is affecting the Jewish Home.

As you may know, we depend on reimbursement from state and federal agencies to pay for care and services for a majority of our residents. Those funds, which do not cover expenses to start with, continue to decline. So we must continue to turn to our community for help.

It is your support – your generosity – that allows us to provide the extraordinary care that makes our Jewish Home of San Francisco rate among the top nursing homes in the country.

You will not be surprised when I tell you that your help is important, now more than ever. If you have any questions about the difference your contribution can make in people's lives, just turn to the articles in this issue of *Jewish Senior Living*. You will find testimonies from a wide variety of individuals and supporters of the Jewish Home who understand how their donations benefit not only grant being awarded to the Home. You will also learn about the contributions of our remarkable service volunteers in a story about Linda Kalinowski, a spiritual care partner.

I encourage you to read about the Home in this issue and support it with a gift to Jewish Home & Senior Living Foundation. I also invite you to visit our campus and leave, as I do, with a warm heart because you know our community helps us provide the best home possible for our elders.

Arlene Krieger

Chair, Board of Trustees Jewish Home & Senior Living Foundation \sim

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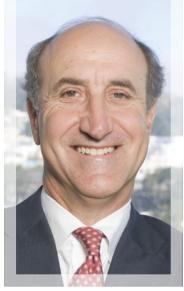
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PASSING THE GAVEL

MARK MYERS

MICHAEL ADLER

As Mark Myers, chair of the Jewish Home of San Francisco's board of trustees for the past two years, passes the gavel to Michael Adler, the Home enters a new era of building for the future. The two leaders talked to *Jewish Senior Living* about their past involvement, the Home's ongoing challenges, and their thoughts about the future.

Jewish Senior Living: You've both been connected with the Jewish Home for a number of years, but your roads to involvement were quite different. Can you talk a bit about this?

Mark Myers: Jim Davis and David Friedman, my predecessors, and I are all native San Franciscans, and each of us had fathers who were presidents of the Home. We grew up knowing about the Jewish Home. You could almost say that getting involved was part of our legacy. Michael didn't grow up here and his connection is fairly recent. But he brings a whole lot to the table – professionally with his background in construction, and personally with his strong commitment to the Home. He's immensely to say the least, to follow Mark and the other second-generation board chairs. Mark has been passionate and committed to protecting the legacy of the Home, and has a keen eye on the Home's fiscal health. It's a cliché, but I have big shoes to fill.

My involvement with the Home began after I got a call from board member Mike Strunsky, which resulted in my joining the construction committee for the Home's Barbara & Richard Rosenberg Family Center, which opened in 2006. That segued into participating as a member of the construction committee for Moldaw Family Residences on the Taube Koret Campus for Jewish Life in Palo Alto, and a position on the Home's board of trustees.

"This is an incredibly exciting and challenging time for the Home. With the first of the baby boom generation reaching 65, a huge wave of seniors is about to descend on us and our society isn't equipped to deal with it. Our country will be struggling over the next 20 years. The Home is part of that struggle and we want to be part of the solution." -Michael Adler, incoming chair, Jewish Home's board of trustees

> capable and will provide us with great leadership. If there's ever a person to break that legacy, Michael is the one.

> **Michael Adler:** I hold my predecessors in the highest regard possible and I hope I can live up to the standards they've set. It's a little intimidating,

JSL: What are the challenges you foresee and how will the Home deal with them?

Adler: This is an incredibly exciting and challenging time for the Home. With the first of the baby boom generation reaching 65, a huge wave of seniors is about to descend on us and our society isn't

equipped to deal with it. Our country will be struggling over the next 20 years. The Home is part of that struggle and we want to be part of the solution.

The way we deliver care today is different. As a result of medical and societal advances, people are staying healthier and active longer. From current scientific and social investigation, we know that environment can play a large part in the individual's quality of life. Older people live independently longer, and they remain in assisted living longer before they turn to skilled nursing.

Myers: Moldaw Family Residences has stretched the boundaries of the Home in a lot of ways, both in terms of expanding the Home physically and broadening its resources for our community. Our site re-master plan, which deals with the Jewish Home's Silver Avenue campus, and which we're in the midst of now, is critical for us. It'll take the Home's ability to serve seniors to the next stage.

Perhaps our biggest challenge has been and continues to be how to balance the economic realities of the Jewish Home with its mission and responsibility to the community.

Adler: We must look very carefully at how we use our resources. We must do so wisely, always working within the context of Jewish values.

JSL: What are some highlights of the past couple years for each of you?

Myers: In the last two years, I've seen the Home up close and I've got a much better sense of all the great things it does. I've also got to know the staff, from top to bottom and everyone in between. It's been such a pleasure. The quality and commitment, and the love they have for the residents, is extraordinary. It's something you don't have the privilege of seeing simply by going to board meetings once a month. I'll always be grateful for the support and leadership of the staff and my colleagues on the board.

Adler: I can't speak too strongly about the Jewish Home's staff and the phenomenal lay leadership as well. They are dedicated, passionate people doing something they care about. They are motivating and inspiring.

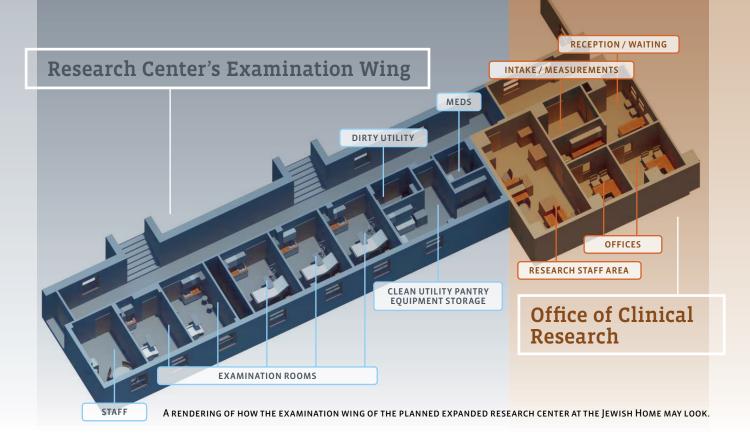


DR. JANICE SCHWARTZ, JEWISH HOME'S DIRECTOR OF RESEARCH (RIGHT), WITH LYNN KANE, LABORATORY AND RESEARCH COORDINATOR.

PARTNERS IN RESEARCH

AN EXCITING NEW RESEARCH PARTNERSHIP BETWEEN THE UNIVERSITY OF CALIFORNIA AT SAN FRANCISCO (UCSF) AND THE JEWISH HOME, WHICH WILL LEAD TO ADVANCES IN THE CARE AND TREATMENT OF OLDER ADULTS, IS ABOUT TO GET UNDERWAY.

The two organizations have finalized an agreement to join forces in translating the latest medical research into new treatments for seniors. It is the product of years of planning and research studies at the Home, beginning in 1997 when the Home introduced a research agenda with the formation of the Long-Term Care Research Center, in collaboration with the former Goldman Institute on Aging. In 2005, under the directorship of Dr. Janice Schwartz, the Home established an independent research department, and with a grant from the National Institutes of Health, began studying the effects of medicines on seniors.



A dedicated space for an expanded research center was included in the Home's new Barbara & Richard Rosenberg Family Center. Jewish Home & Senior Living Foundation (which assists the Jewish Home in fulfilling its mission primarily by making grants to the Home) has launched a \$5 million campaign to develop offices and laboratories for the research team, and to help endow a professorship to explore new and improved therapies for aging adults. The Dr. Harris M. Fishbon Fund of the Mount Zion Health Fund has joined the Jewish Home in this effort with an initial gift to partially endow the UCSF Harris M. Fishbon Distinguished Professorship for Clinical Translational Research in Aging, to be based at the Jewish Home.

Herbst Foundation

The Herbst Foundation, Inc. has pledged a generous gift for the Jewish Home's new research center. This is the second grant the Foundation has made to the Home. The Foundation, which focuses on new construction, or bricks and mortar, funded the Home's new fitness center. The Herbst name can be seen throughout the Bay Area, most notably in the Herbst Pavilion at Fort Mason Center and the Herbst Theatre, located in San Francisco's War Memorial Veterans Building. "Our needs can be defined by the four *P*'s," says Dr. Schwartz, director of the Home's Research department. "*Place*, that is, a physical space to do the work, the completed research center; *People*, endowed positions for researchers, including visiting scholars and graduate students in geriatric medicine; *Programs*, support for the science of the research center; and *Partners*, our academic partners in research, primarily UCSF."

The need for research to develop new therapies for disorders of aging, diseases of the elderly, and prevention of age-associated diseases is even more relevant today. Statistics show that people are living longer; in 30 years, researchers believe there will be as many people older than 80 as there are under 5 years old. Geriatric care has changed; it now focuses on quality of life – helping individuals retain their physical and mental capacities so that they can engage in activities as long as possible. This is reflected in the care and activities provided at the Jewish Home.

"We have very little definitive information on how to best manage health-related disorders in the very oldest age groups," says Dr. Schwartz. "This is because they've been excluded from clinical trials that test the safety and efficacy of treatments and medications. Also, in general, therapies were directed toward extending life but not necessarily toward enhancing its quality."

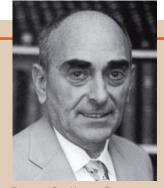
Dr. Schwartz's studies at the Jewish Home have shown that this age group is different from the general population in terms of their reaction to medication therapies, and should be dealt with as a separate and discrete test group. "It's now acknowledged that the needs of people between the ages of 65 and 75, and those older than 75, are quite different.

"The goal of our research center is to discover and disseminate information that'll result in improved care of older people," she explains. This includes converting scientific discoveries from laboratories into practical medical advances for patients, known as translational science. UCSF won an award for its work in this area in 2006, which supports a large part of the activities of its Clinical Translational Sciences Institute. The Jewish Home became an affiliate of UCSF's Clinical Translational Sciences Institute in 2008.

Dr. Schwartz believes that the new center's research will help in the following areas:

- Providing better medical therapies for depression and dementia, and the testing of new therapies and diagnostic modalities
- Developing new therapies such as vitamin D for lowering cholesterol instead of or in combination with statins, resulting in lowering of certain side effects
- Determining if genetics can help to improve medication therapy
- Improving end-of-life care training, including the development of improved palliative care methods
- Developing ways to address caregiver burden
- Understanding why older people get more infections
- Improving behavior of patients with dementia, especially by promoting nighttime sleep

With an average resident age of 86, the Jewish Home provides UCSF with the ideal setting for a clinical research center devoted to the very oldest patients, as well as a training ground for healthcare professionals. "The Home is unique because you can study interventions, diet, exercise, or the exposure





THE LATE DR. HARRIS FISHBON

DR. HERMAN UHLEY

Harris M. Fishbon Fund

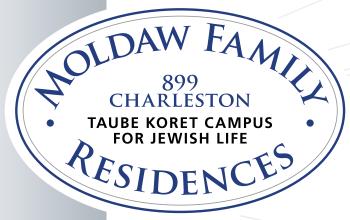
Although his field was internal medicine, Harris M. Fishbon was a doctor's doctor, "the man physicians turned to when they needed medical help," says Dr. Herman Uhley, Fishbon's partner for more than 20 years. Dr. Fishbon practiced for 42 years at Mount Zion Hospital (now UCSF Medical Center at Mount Zion) and served as chief of medicine from 1966-68. When he died in 1979, the Harris M. Fishbon Fund was established to enhance the practice of medicine through fellowships, dedicated chairs, and improving laboratories. Drs. Uhley, Russell Tat, and Jeff Pearl are trustees of the Fund.

of individuals to bright light, for example, in the environment in which they live, and see what changes can be made to improve their lives," Dr. Schwartz says.

"The Jewish Home's partnership with UCSF comes at a crucial time," she concludes. "It'll allow us to recruit additional experts and shine a spotlight on advances in care that are critical to improving the health of older adults. We not only need to make new discoveries, but to translate that knowledge into clinical care. It's a perfect opportunity for this effort."

National Institutes of Health (NIH) "challenge" grant is awarded to the Jewish Home of San Francisco

Almost 20,000 applications were received in 2009 for the 229 National Institutes of Health (NIH) "challenge" grants in health and science research, being funded through the American Recovery and Reinvestment Act (ARRA). And one of them was awarded to Dr. Janice Schwartz, research director at the Jewish Home of San Francisco and clinical professor of medicine and pharmaceutical sciences at the University of California, San Francisco (UCSF), and her co-investigator, Dr. Michael Steinman, of UCSF's division of geriatrics. They will receive two years of support totaling almost \$900,000 to address the problems associated with medications in older Americans. To read the full article, visit our website: www.jhsf.org/research.



OUTSIDE YOUR DOOR IS A WORLD OF INTERESTS

START TALKING TO THE NEW RESIDENTS MOVING TO MOLDAW FAMILY RESIDENCES AT 899 CHARLESTON IN PALO ALTO, CALIF., AND THE COMMON THEME HEARD OVER AND OVER AGAIN IS "EXPLORING." THE ELEMENTS OF THIS SENIOR LIVING COMMUNITY EACH RESIDENT WANTS TO DISCOVER MAY BE DIFFERENT, BUT THE APPEAL OF NEW EXPERIENCES IS SHARED.

Perhaps the reason exploration is part of everyone's plan is that the unique Moldaw Family Residences, located on the Taube Koret Campus for Jewish Life, combines a world of interests just outside each person's door. Because its private residences are intertwined among the various buildings and amenities of the campus, Moldaw Family Residences offers a wide range of opportunities and activities few senior living communities in the nation can match.

"Something we're really interested in is the multigenerational interactions between the senior residents and the different people using the Oshman Family Jewish Community Center," says Henry Burger, who is moving from Los Altos, Calif., to Moldaw Family Residences with his wife, Lottie. "We'll be with youngsters and seniors. We'll certainly

Social gathering spots abound across Moldaw Family Residences and the campus, making it a thriving environment...

use the health club and we're looking forward to the numerous lectures as part of the OFJCC, as well as the concerts and speakers at the cultural arts hall."

"One of the hallmarks of this community is the flexibility and many options residents have – for participation with multiple generations on the campus, while off-campus, there are programs we're developing through area resources such as Stanford University," says Daniel Ruth, executive vice president of Moldaw Family Residences and president & CEO of the Jewish Home of San Francisco, which is centrally involved in the development of Moldaw Family Residences. "Our residents feel life is an ongoing evolution, ongoing growth, and ongoing education. We're providing an environment that stimulates these aspects, regardless of age."



... WHERE GENERATIONS CONNECT, DISCOVER COMMON INTERESTS, MAKE NEW FRIENDS, AND STRENGTHEN EXISTING RELATIONSHIPS.

Indoors or outdoors, collectively or individually, physically or intellectually, Moldaw Family Residences' choices of interests, programs, and pursuits are as diverse as the people calling the community home.

"We recognize that each of our residents brings a distinct personality and background to our community," says Marilyn Israel, Moldaw Family Residences' executive director. "Residents love the variety of activities in all the different settings, spaces, and venues of the campus. They want a mix of participating, attending and instructing, so they have the opportunity to share their skills and teach what they know. We're building on what the residents themselves bring to this community."

For the Burgers, living at Moldaw Family Residences is as much about who they can meet >>> EXCITING AND ENTREPRENEURIAL

David Friedman says his connection with the Jewish Home "runs long and deep." He now turns over the chair of the board of trustees of Moldaw Family Residences to Larry Marks, who has served on the Jewish Home's board of trustees for 10 years, as well as on the board of Jewish Home & Senior Living Foundation. Both have been involved with the new complex since its inception.

Jewish Senior Living: Moldaw Family Residences is open and people are moving in. How does it feel?



Larry Marks: Wonderful! It fulfills our desire to have a Jewish living complex on the South Peninsula, along with a phenomenal opportunity to bring youth and elderly together on the Taube Koret Campus for Jewish Life. And the project was completed on time and on budget, and that's remarkable.



David Friedman: I agree. It's an incredible accomplishment. It's exactly what we're looking for to expand the services of the Jewish Home. The concept of a multigenerational facility, such as the new campus, was exciting and entrepreneurial. Nothing like it existed across the country.

I'm extremely proud of the Jewish Home's board for understanding that this was exactly the right venture to take on, even with many other things on our plate.

LM: We do have our challenges. One is the real estate market. When we started the project, it was a seller's market. Today, it's taking people more time to sell their homes in order to have the equity for entry into Moldaw Family Residences.

DF: Even so, I have the utmost confidence that Larry will lead this board forward. He's passionate about the new facility, and his background in real estate management makes him the perfect person to serve as chair of Moldaw Family Residences' board.



THE APARTMENTS THAT COMPRISE MOLDAW FAMILY RESIDENCES ARE INTEGRATED BOTH HORIZONTALLY AND VERTICALLY INTO THE TAUBE KORET CAMPUS ..

... AND OFFER VIEWS OF THE MULTIGENERATIONAL COMMUNITY, AND BEYOND.

on campus as it is about what they can choose to take part in.

"We already have three close, long-standing friends moving here, so it'll be easier to get together with them," says Lottie Burger. "We're looking forward to the companionship of having others around, and not having to travel to see our friends. This'll make us more 'green' because we won't have to drive as much."

Social gathering spaces abound across Moldaw Family Residences and the Taube Koret Campus. The Burgers can meet friends for an evening meal in the community's full-service restaurant, either dining indoors or on the extended outdoor terrace. They can grab a bite at the campus café, or carry out food for a picnic in one of the adjacent courtyard gardens. Campus walkways and cross-bridges will lead them to children playing in front of the on-campus daycare center, or they can gather with other residents in one of the exclusive 'pearl' meeting spaces near each apartment. Center for Adult Living and Learning, and the Albert & Janet Schultz Cultural Arts Hall. These sites will host guest lecturers, plays, concerts, group meetings, and community gatherings and celebrations.

"If we didn't have the level of philanthropic support we've had to date, there would be no campus," says Ruth. "The South Peninsula and San Francisco Jewish communities have been extraordinarily supportive. This has made our vision come to fruition. Moldaw Family Residences has been enriched by the level of involvement and support we've enjoyed."

In fact, it was a \$10 million gift in April 2008 from the Moldaw Family Supporting Foundation that led to the name of the community. Moldaw Family Residences has 193 maintenance-free apartments; 182 for independent living and 11 for specialized memory support. As a continuing care retirement community, Moldaw Family Residences will also provide for residents' future health care, if ever needed. Assisted living services are

Indoors or outdoors, collectively or individually, physically or intellectually, Moldaw Family Residences' choices of interests, programs, and pursuits are as diverse as the people calling the community home.

Thanks to the generous support Moldaw Family Residences and the Taube Koret Campus have received from the greater community, residents will enjoy venues dedicated to their personal enrichment and fulfillment. They can walk to the Oshman Family Jewish Community Center, which features the Richard and Rhoda Goldman available, and residents have priority access to skilled nursing care through an affiliation with the Jewish Home of San Francisco.

Other generous gifts have helped Moldaw Family Residences create a strong wellness focus. Residents can work on their personal fitness goals at the Goldman Sports and Wellness Complex, which houses a stateof-the-art fitness center, indoor and outdoor pools and gymnasium, and at a smaller, complementary fitness area exclusively for residents.

"I like the fact that there's such a variety of things geared toward people our age, giving us choices based on what we need and our capabilities," says Paul Werner, who is moving to the community from Sunnyvale, Calif. "One of the classes I'm taking through Stanford is stretching exercises, which will be starting at the OFJCC on campus."

Even as the only Jewish-sponsored senior living community in the South Peninsula, Moldaw Family Residences is perfect for people of all faiths.

"Moldaw Family Residences isn't religiously based, but it is culturally based," says Israel. "We'll celebrate Jewish holidays, as well as other holidays, because we have a diverse population. The OFJCC will have classes for residents wanting to delve more into the Jewish religion, whether it's their faith or not. Similarly, we have kosher dining available, as well as our chef presenting dishes from other cultures."

The setting of Moldaw Family Residences is also filled with opportunities to explore the Jewish faith and its rich traditions, as a number of Jewish organizations call the Taube Koret Campus home. Campus design elements incorporate a color scheme based on the Land of Israel, tile patterns representing the 12 tribes of Israel, and gardens and landscaping that are native to that country.

Ruth says one of the most important elements of Moldaw Family Residences is that, while residents have choices in all aspects of the community, they also have a voice in what offerings develop around the campus.

"When we first started the community's design and development, we asked ourselves what's best for seniors," he explains. "Now our intent is to implement programs and services that are meaningful to residents' lives. We want them to be active participants in shaping its ongoing growth and direction."

Moldaw Family Residences has a variety of apartment sizes and floor plans available, although it continues to fill up quickly. For more information on how this community fits your lifestyle and your diverse interests, please call 650.433.3629. Private tours of Moldaw Family Residences, located at East Charleston and San Antonio roads in Palo Alto, are available by appointment. Community information is also available at www.899charleston.org.

GRAND OPENING CELEBRATIONS TAUBE KORET CAMPUS FOR JEWISH LIFE





L. TO R. JAMES KOSHLAND, PHYLLIS MOLDAW, AND CATHERINE KOSHLAND.



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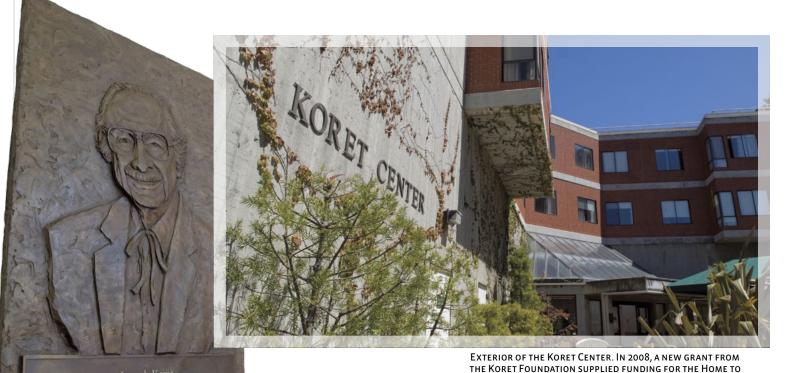
L. TO R. HARRY AND CAROL SAAL, SUSAN STEINER, AND NATE SAAL.

Profile in Commitment

A VIVACIOUS AND WARM SUSAN KORET ARRIVES FOR HER PHOTO SHOOT AT THE]EWISH HOME BEARING GIFTS - PACKAGES OF DANISH PASTRIES, ONE FOR THE STAFF WITH WHOM SHE WILL BE MEETING AND ANOTHER FOR STANLEY HERZSTEIN, A]EWISH HOME RESIDENT AND LONGTIME MEMBER OF THE KORET FOUNDATION'S BOARD, WHOM SHE WILL VISIT. "HE'S AN OLD FRIEND," SHE SAYS, "AND HE WORKED WITH MY HUSBAND LONGER THAN ANYONE ELSE."

The widow of Joseph Koret and the board chair for life of the Koret Foundation, Susan is visiting the place that was one of her husband's favorite organizations. "Supporting the Jewish Home is exactly what he would want," she says. "It's in keeping with his values."

Through the years, the Koret Foundation has been extremely generous to the Home. When the Koret Foundation was established in 1979, the Jewish Home was the recipient of one of the Foundation's first grants. "It's been a love affair ever since," says Susan. "The Foundation is proud to be a part of the Jewish Home family." >>>



In memory of Joseph Koret, eading Bay Area business leader, philanthropist of generous benefactor to the Jewish Home

A PLAQUE MEMORIALIZING JOSEPH KORET'S PHILANTHROPY GRACES THE LOBBY OF THE JEWISH HOME'S KORET CENTER.

The widow of Joseph Koret and the board chair for life of the Koret Foundation, Susan Koret is visiting the place that was one of her husband's favorite organizations. "Supporting the Jewish Home is exactly what he would want," she says. "It's in keeping with his values."

> With help from the Koret Foundation, the Home serves residents needing maximum nursing care in its Koret Center. In 2008, a new grant from the Foundation for \$1.5 million supplied funding for the Home to renovate units within the center. "The refurbished Koret wing will support a better quality of life for our elderly," Susan comments. "It's so important to provide the best care for our elderly family members."

> Susan grew up in Seoul, South Korea, and came to the United States in 1974. She married Joe in 1979 and the two were devoted to one another. She remembers overhearing Joe tell a friend, 'I wake up in the morning and think, What can I do for my Susie today?' That's the kind of relationship I had with my husband. We always looked out for one another."

Susan converted to Judaism when she married Joe. "He was a good man," she says of her husband. She recalls visiting Israel with him – a first time for both of them – and how excited he was. When Joe designated her as board chair of the Koret Foundation, Susan remembers being a bit uncomfortable at first. But today she is so glad and proud of the role she plays carrying out her husband's wishes. "My husband cared about the little people, the people who don't know how to ask for help," she says. "He felt that no one should go to bed hungry." He also loved animals and funded the Koret School of Veterinary Medicine at Hebrew University, the only veterinary school in the Middle East.

RENOVATE UNITS WITHIN THE CENTER.

Besides her deep involvement in the work of the Foundation, Susan serves as an ear and shoulder to her friends. "We share problems and we laugh together," says the woman who loves to laugh. She is also something of an expert on restaurants.

May we call for restaurant recommendations? "Absolutely," she laughs.

100 Years of Pride and Joy

To celebrate his 90th birthday ten years ago, Theodore 'Ted' Rosenberg arranged to have a fireworks display in the ballroom of San Francisco's Palace Hotel where the party took place. For his 100th birthday in January 2009, actor and performer Joel Gray entertained guests who had gathered at the Opera House for another of Ted's "once-in-a-lifetime" events.

"My wife, Rose, says for my 101st birthday we're going to McDonald's," laughs Ted, who, as this article is written, is only three months away from eating his first Big Mac. >>>

Ted and Rose have been celebrating his centennial all year. Coincidentally, 2009 is also the 100th birthday of American Building Maintenance – now known as ABM Industries Incorporated (NYSE:ABM) – the company his father, Morris, founded the year Ted was born. In honor of both birthdays, Ted rang the closing bell above the floor of the New York Stock Exchange on September 9.

"It was quite thrilling, and brought back many wonderful memories," he tells. Ted also rang the closing bell when ABM was first listed on the exchange in 1971.

"I've had a wonderful life," he says from the home he built 35 years ago in Atherton, Calif. Rose, his darling wife of 11 years, is sitting nearby, and Sushi, the Shih Tzu puppy she gave him on their anniversary three years ago, keeps them company.

Ted resigned from ABM's board of directors last March, after 82 years with the company. At that time, he was the oldest and longest-serving director on the board of any NYSE-listed company. His career with ABM actually began immediately after his graduation from Polytechnic High School in the vicinity of Golden Gate Park. His father wanted him to go to college, but Ted insisted on going to work. In turn, Morris insisted his son learn the business

Morris Rosenberg insisted his son, Ted, learn the business "from the floor up" and sent him off to what was then a rural academic institution, Stanford University – to be a janitor.

> "from the floor up" and sent him off to what was then a rural academic institution, Stanford University – to be a janitor. ABM had contracted with the university to clean their facilities, and had even constructed a dormitory for its workers on campus, which is where Ted ate and slept alongside the other janitors. "I lasted about two weeks, and then told Dad I was ready to learn the business aspects of the business," he recounts.

> After a short stint at Heald Business College, Ted embarked on his real education. He sat across from his father and followed him around. That firsthand training served him well, for eight years later, when Ted was just 26 years old, Morris died and Ted became president of the company. Meanwhile, Ted's younger brother, Sydney, went off to college – first Stanford, then Harvard Business School – and thereafter joined Ted at the helm of the company.

ABM grew exponentially over the years, and today is the largest company of its kind in the country, with more than 100,000 employees and sales of \$3.6 billion. Along the way, when the Bay Bridge was built, ABM installed the lighting and Ted's mother, Gussie, was the first person to turn on the lights, the night before the governor of California made it official. With so many dignitaries in attendance at the 1936 opening of the bridge, the powers-that-be wanted ABM to test the system beforehand, so they called on Gussie for a memorable dry run. "Everything went perfectly – both times," Ted recollects.

Sadly, 17 ABM employees were killed when the World Trade Center in New York City was attacked by terrorists on September 11, 2001. At that time, ABM employed more than 300 janitors, window washers, electricians, and other building maintenance personnel at the WTC site, most of whom worked nights and weekends to serve the facility 24/7. ABM employees, suppliers, and other friends of the company donated over \$500,000 to help the families who had lost loved ones.

Although no one from Ted's family has been a Jewish Home resident, he has been a generous supporter for many years. Ted and Rose made a special gift to the Home in honor of his 100th birthday.

"My own impression is that being in the company of others instead of being isolated encourages people to remain more active and productive, which adds quality and happiness to their lives," Ted says. "I'm very grateful to the Jewish Home for providing exceptional service to such deserving residents."



DR. JAY LUXENBERG, THE HOME'S MEDICAL DIRECTOR (LEFT), AND DR. MICHAEL GEISER, CHIEF OF PSYCHIATRY, KEEP AN EYE ON RENOVATIONS TO THE ACUTE PSYCHIATRIC WING. WHEN IT OPENS, IT WILL BECOME THE ONLY PSYCHIATRIC UNIT IN THE CITY DEDICATED TO SERVING THOSE AGED 65 AND OLDER.

THE GAP

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A B B B

"It's ironic that we're talking today," said Dr. Mary DeMay, a geriatric psychiatrist at the Jewish Home of San Francisco. That was in August 2009 and she had been on the phone for several hours trying to find a placement for an elderly patient with a neuro-degenerative illness, who needed immediate hospitalization – to no avail. California Pacific Medical Center, the only hospital that served this population, had closed its unit. Other facilities, that are less appropriate for seniors, were full.

When the Jewish Home's new acute psychiatric wing opens, it will became the only psychiatric unit in the city dedicated to serving those aged 65 and older. With new licensing, permitting the Home to admit both voluntary and involuntary patients for acute, short-stay needs, the Home is filling a huge gap in medical care for elders. >>>



For some time, the Home has contracted with Kaiser Permanente to receive senior patients agreeing to be admitted to the Home for acute psychiatric services. "With the change in licensing," notes Dr. Michael Geiser, the Home's chief of psychiatry, "we'll serve a large population of people who, for whatever reasons – maybe it's the severity of their illness – can't give consent."

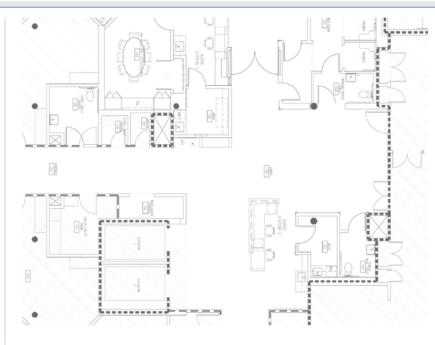
With funding in full from the Koret Foundation, a major renovation project associated with the Home's Koret Center began in April 2009.

"We'll now have a clearly identifiable 12-person acute psychiatric unit that is egress-controlled, with up-todate monitoring equipment, nursing stations, and patient rooms," says Dr. Geiser.

"In other words, it's a hospital," explains Dr. Jay Luxenberg, the Home's medical director. "People in the community want to be admitted to a hospital when they're ill, not a nursing home."

Under the direction of Sasha Glezerman, RN, associate director of acute psychiatry, staff at the Home – from nurses and social workers, to security, maintenance and housekeeping, anyone who might work on the unit – has undergone special training on how to manage various types of patient behavior. Notes Dr. Luxenberg: "We've taken the time to train all levels of staff to serve a different population."

The establishment of a special psychiatric unit to treat elderly patients at the Jewish Home, where doctors and staff specialize in the care of the elderly, and where the environment is more conducive to healing, makes sense.



Psychiatric disorders in the elderly may be the result of complex medical illnesses such as Parkinson's disease. Dementia, paranoia, depression, anxiety, and confusion are also among the many issues that are dealt with.

The establishment of a special psychiatric unit to treat elderly patients at the Jewish Home, where doctors and staff specialize in the care of the elderly, and where the environment is more conducive to healing, makes sense, according to Dr. Luxenberg.

"A general hospital psychiatric unit is often loud, and populated by people with substance-abuse problems or the potential for physical violence. Just as elderly people wouldn't do well at a rap concert, for instance, the kind of environment at a general hospital's psych unit is wrong for a fragile older person. Our acute psychiatric unit enables the Jewish Home to serve those who haven't been well-served in the past."

Mitzvah Maker



"My father had some time on his hands, so he began to volunteer at the Home."

That is how Neil Blumenthal remembers the beginning of his late father Harry's – in fact, the whole Blumenthal family's – enduring connection with the Jewish Home.

For Harry, that first volunteer job was the beginning of many years of both dedicated support and service to the Jewish Home, including a six-year stint, from 1985 to 1991, on the Home's board of directors.

"He really loved it," Neil recalls. "He got such joy out of helping others."

Harry not only contributed to the Home through his volunteerism, he was also a generous financial supporter. For many years he sponsored two annual birthday luncheons for the residents – one celebrating his wife Dorothy's birthday and one his own. And he encouraged others to support the Home as well, says >>>



Neil. As a result, both of Harry's children – Neil and his sister, Carole Shostak – along with Harry's brother, Hillie, now 92, have followed in his footsteps.

Harry also established the Harry and Dorothy Blumenthal Mitzvah Fund, which filled a variety of needs at the Home for many years. Noting that his father was a close friend of Jerry Levine, the Home's former longtime executive director, Neil recollects: "If the Home needed something small, such as a hairdryer or a piece of equipment, Jerry could turn to my dad and the Mitzvah Fund. The money was there for it."

Although Harry died in 2002, the fund remains an important part of his legacy. "When it gets low, I fill it up a bit," Neil says.

Harry never lived at the Jewish Home himself, but his sister, Eva Robinson, did. "My Aunt Eva, who passed away a few years ago at the age of 103, loved it there," says Neil. He relates a story about one particular visit he made to his aunt at the Home. "She couldn't wait to show me the painting she'd done in the Home's creative arts center. I was so surprised Aunt Eva was now a painter that my first response was, 'Where did you learn to do that?' She was so proud!"

While Harry's legacy continues to provide for residents through the Mitzvah Fund, it is also apparent in the beautiful Tree of Life sculpture he donated in 1999 in honor of his wife, and which graces a corridor in the Home. Recently, Neil and Carole donated a second Tree of Life sculpture in memory of their beloved parents.

"My father was a wonderful man," says Neil, "and he was a firm believer in the Jewish Home."

HARRY BLUMENTHAL DONATED A TREE OF LIFE SCULPTURE IN 1999 IN HONOR OF HIS WIFE, DOROTHY. RECENTLY, A SECOND TREE OF LIFE WAS DONATED BY HIS CHILDREN, NEIL BLUMENTHAL AND CAROLE SHOSTAK.





Excerpts from the keynote address given by the Jewish Home's Rabbi Sheldon Marder at Temple Chai, Phoenix, Ariz., April 26, 2009.

... WE NEED TO ACKNOWLEDGE WHY IT IS SO DIFFICULT TO TALK ABOUT FAITH, HOPE, AND GOD IN THE MIDST OF DEMENTIA. ALZHEIMER'S DISEASE IS RELENTLESS IN PUTTING OUR RELIGION AND OUR THEOLOGIES TO THE TEST. ONE WRITER HAS EVEN NAMED ALZHEIMER'S "THE THEOLOGICAL DISEASE," BECAUSE OF THE FIERCE CHALLENGES IT POSES TO OUR BELIEFS ABOUT WHAT IT MEANS TO BE A HUMAN BEING CREATED BY GOD. >>> с́



Even as his father neared the end of his life, Rabbi Sheldon Marder found a way to "remain in relationship."

For Jews in particular, dementia raises thorny theological issues. One that especially troubles me is our self-image as "the people of the Book" – a people to whom learning and literacy are central. What happens to a Jew who can no longer read the Book? What becomes of her relationship to the Jewish people, to Jewish history, and to God when she cannot read the Bible, the prayers, or the Haggadah?

MPATHY

... According to Maimonides, when God said, "Let us make man in our image," God was referring to the intellect. Our What else does our tradition have to offer? In a little gem of a book about Jewish spirituality, Rabbi Samuel Dresner takes the emphasis off the mind and directs our attention to another precious sign of the image of God – the human soul. In *Prayer, Humility and Compassion* (1957), he writes:

"Man is like a cord tied at two ends: bound to the earth through his body and to heaven through his soul. He is partly animal through the physical aspect of his being and partly angel through the spiritual aspect of his being. He is mortal yet immortal, transient yet eternal, filled at once with misery and grandeur. ..."

... How, then, do we touch the soul, the divine element in every human being? How can we find the grandeur amidst so much misery?

... Empathy, relationship, creativity. These are my three doorways into the land of dementia, my three suggestions for touching the divine soul of the man or woman in "the valley of trouble." Each doorway is

"Empathy, relationship, and creativity. These are the ingredients of a Judaism that is habilitative for people with dementia, a Judaism that can help a person hold on to what remains, for as long as possible."

likeness to God, he said, is not physical, it is mental. Does this mean that the person with dementia becomes, in the course of his illness, an increasingly flawed and, in the words of Rabbi Hershel Matt, "fading image of God"?

... And then there is the loss of memory. What is the Jewish religion without the memory of the exodus from Egypt? ... What is Judaism without *yizkor* and *kaddish*, our cherished prayers of remembrance? Who are we if we no longer remember the Sabbath day, to keep it holy? If we no longer remember the evil wrought by Haman and Hitler? Who are we when we cannot share the collective Jewish memory of slavery in the land of Egypt?

... We are a people of the book, a people of intellect, a people of memory. Learning and remembrance have been effective Jewish survival strategies for centuries. But we also have to recognize that these strategies, which place the mind at the center of religious life, cannot function for a Jew facing dementia.

RELATIONSHIP

a *petach tikvah* – an opening of hope. None of these doorways depend on the learning, literacy, and memory so central to the Judaism most of us practice. Therefore, I want to suggest that dementia requires a different kind of Judaism.

Poet Tess Gallagher, who was the caregiver during her mother's 17 years of Alzheimer's, writes that during that time she and her mother achieved something surprising: "We moved beyond forgetting. ... From stage to stage I kept insisting, until I did manage to stimulate both doctors and caregivers toward the sense that, even though her condition might be 'hopeless' in the ultimate sense of what medicine could offer, there were still unexplored things we could do to make life better for her." (*Beyond Forgetting*, ed. Holly J. Hughes, 2009) This daughter hoped for something better for her mother: a life that was less confusing, more secure, and more attentive to her mother's feelings. Tess Gallagher's relationship with her mother during those 17 years is a beautiful example of what professionals in this field call habilitative care. The goal of rehabilitation is to restore abilities and skills in a person who has lost them. Habilitative care focuses on preserving what remains. A person who can paint, knit or enjoy word games is encouraged to do these activities regularly; missing one day of activity can mean losing the skill forever. Habilitative care is life-affirming and hopeful.

When I think about caregivers like Tess (and I have known many like her), I feel that we need a better name

for what they do. In Hebrew, we do have a term for spiritual caregivers, people who tend to the souls of others. We call such people *k'lei kodesh* – vessels of holiness. For them, caregiving is more than an obligation, it is a calling.

Empathy, relationship, and creativity. These are the ingredients of a Judaism that is habilitative for people with dementia, a Judaism that can help a person hold on to what remains, for as long as possible. Rather than allow Judaism to fail us when we need it most, "habilitative Judaism" – with a focus on touching

the soul – makes our religion relevant in our care for people with dementia.

smallest neighborhood branch, was like a sanctuary for him – my father's holy of holies. ... So now, in the middle of his illness, in the middle of his dementia, we began our weekly visits to the library. It always felt like a pilgrimage.

... One morning, during one of these outings, my father became very serious and said he wanted to tell me something about his illness. I remember it clearly because this happened only once. And here is what he said: "Shelly, I feel as though there is a veil between me and the rest of the world. Everything seems hazy. I just can't break through the veil."

> My father couldn't break through the veil; his illness wouldn't let him. I cried when he said those words to me. I cried because I realized how upset he was, and because my father hardly ever shared his deepest feelings with me. I realized that he was giving me the best gift, the only gift, he could offer me in the midst of his anguish and fear. My father was opening his heart. He could not break through, but he was inviting me to join him behind the veil.

Ever since that day, I've been trying to figure out how to do that,

searching for ways we can join the people we love in their loneliness and solitude behind the veil. After many

"My father was opening his heart. He could not break through, but he was inviting me to join him behind the veil."

THE HOME'S RABBI SHELDON MARDER.

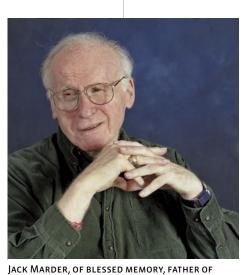
My father was diagnosed with Parkinson's disease before he was 60. ... Later, he was given another diagnosis, dementia with Lewy bodies. My father lived with the illness for more than 20 years. He spent the last few of those years at the Jewish Home, happily creating bright and colorful abstract paintings in the Home's creative arts program. ...

Somewhere in the middle of his illness, when he could no longer travel even short distances by himself, he asked a favor of me, something he rarely did. What was the favor? He wanted me to drive him to the public library near his apartment. ... Any library, even the

CREATIVITY

years of trying, I know it is possible. Given enough time, and patience and compassion, we can find a way in. We can remain in relationship, even as life changes and illness progresses. We can continue to see the image of God within the human being before us. Even in dark places there can be moments of beauty and dignity. Believe me when I tell you there are openings in the veil. Doorways of hope.

> -Rabbi Sheldon Marder Director of Jewish Life, Jewish Home of San Francisco



THEY'RE STARS IN HER EYES

JEANETTE BROOKS HAD ONLY SPENT PART OF ONE DAY AT THE JEWISH HOME BUT SHE WAS ALREADY SINGING ITS PRAISES.

"When my son and I visited my mother the night after she was admitted, she started telling me how wonderful it was," says Alexa Suslow. "They were going to bring her two different dishes for dinner. She was thrilled."

That was the beginning of an ongoing campaign by the Home's staff – worthy of any Jewish mother – "to fatten up my mother," continues Alexa.

Jeanette was admitted to the Jewish Home's STARS unit (short-term and rehabilitation services) for rehabilitation after her hospital treatment for a recurrence of metastatic breast cancer. The plan was for Jeanette to stay for a week or two so that she could regain her strength before returning to her Noe Valley home. Unfortunately, Jeanette did not recover, and spent the remaining months of her life at the Home.

"My mother had a tough time in the last year and a half of her life," relates Alexa. "It was such a blessing she went to the Jewish Home. It was the only reason I could sleep at night. I knew she was there, that she'd be treated well, and would have excellent care."

The staff was kind to Alexa and her family as well, she notes. "They comforted us. They took us under their wing and tried to make it as easy as possible. And they also worried about whether we were eating enough."

Alexa vaguely remembered the Jewish Home from years before, when her husband's grandmother had been a resident, but it had not occurred to her that it might be a good place for her mother to receive care. Jeanette's doctors knew the Jewish Home had opened a unit for transitional care for seniors leaving a hospital, but who were not quite ready to return home. They recommended it for Jeanette.

"When my son and I walked onto the unit, everything was immaculate," recalls Alexa of their first visit. There was a well-rounded program of rehabilitative care, including in-place physical therapy designed to return her mother to self-sufficiency.





That was the beginning of an ongoing campaign by the Home's staff – worthy of any Jewish mother – "to fatten up my mother."

Even though STARS is designed for temporary care, when the team realized Jeanette would not be able to return home, she remained on this unit. "My mother had the same people caring for her from admission to the end of her life," says a grateful Alexa.

Jeanette wanted the Jewish Home to be named as a beneficiary in her obituary. "My mother worked in the medical field for many years," Alexa says. "She'd helped others and she recognized she was in a place where people cared so well for her."



JEANETTE BROOKS PICTURED AT A WEDDING RECEPTION IN 2005, WITH HER SON-IN-LAW, LAMONT SUSLOW.

Alexa Suslow (center) visited the Jewish Home's STARS unit to thank RN Arlene Palencia (left) and CNA Beth Nguyen (right) for the wonderful care they gave her mother, Jeanette Brooks.

GOLF TOURNAMENT, DINNER AND AUCTION 2009

Above Par

At the Jewish Home's 15th Annual Golf Tournament, held at the beautiful Lake Merced Golf Club in May 2009, close to 200 supporters of the Home teed off for golf, then celebrated their triumphs (or perhaps analyzed their near-wins) during the delicious dinner and fun auction that followed the day on the green.



Benefactor sponsors Cupertino Electric. L. to R. David Nielsen, Terry Bartlett, Serge Karageorgiou, and Tom McIntosh.

"Great people, great food, and a fantastic time!" is how Terry Bartlett summed up his experience of the tournament.



Bonnie Pearlman (above) and Don Pearlman (right), 2009 tournament tee sponsors. Bonnie served on the committee and Don played the role of auctioneer to perfection – raising his gavel to encourage greater acts of generosity, raising the level of enjoyment with his line of patter, and raising over \$15,000 at the auction for the Jewish Home.





Committee member Ben Anixter made sure the 2009 tournament was even more exciting and effective by introducing a raffle component, which generated \$10,000 for the Home. Not only did Ben underwrite the administration of the raffle, but he donated the prize – a timelessly elegant men's Rolex watch.

WITH THANKS TO THE TREMENDOUSLY HARDWORKING TOURNAMENT COMMITTEE, OUR SPONSORS AND ALL TOURNAMENT PARTICIPANTS, THE EVENT RAISED OVER \$190,000 - THE MOST IN THE TOURNAMENT'S HISTORY - TO SUPPORT THE ACTIVITIES AND PROGRAMS THAT MAKE THE]EWISH HOME RENOWNED FOR THE CARE IT PROVIDES SENIORS.



Presenting sponsors Lea and Allen Orwitz flank their nephew, Mark Myers, 2007 – 2009 chair of the Jewish Home's board of trustees.



Patron sponsor Pieter Kruit (left) shows off his mixing talents. Pieter and colleague Joanna Considine (center), of Pieter Kruit Painting, volunteered their time at the Tarantula Tequila bar. Jacob Levy (right) enjoys a blue margarita, courtesy of Tarantula Tequila and Terye Levy, who donated the well-patronized beverage station.



Peter Pollat, 2009 tournament chair. Peter can take enormous pride and pleasure in having chaired the Home's most successful tournament to date.



SHIRLEY AND BEN EISLER, 2009 TOURNAMENT COMMITTEE MEMBERS AND TEE SPONSORS.

Up to the Challenge

"GOLF IS THE MOST REWARDING YET MOST CHALLENGING THING I'VE TAKEN UP IN THE PAST 10 YEARS," STATES BEN EISLER.

He also believes the Jewish Home's annual golf tournament, dinner, and auction is an excellent idea. "It's a great event for people who may not otherwise be aware of the Home, and it's a good way to reach out to the community."

"This tournament was the best I've ever been in," says Ben's wife, Shirley, whose impressive score gave her first place, low net foursome, in B flight play. Ben and Shirley have been connected with the Jewish Home since Ben's grandfather became a resident when he was 92. "He liked it there," recalls Shirley, "and staff took good care of him."

Today, Ben serves on the Home's board of trustees. He finds changes in the medical world and keeping a non-profit afloat are among the many challenges for the board. But the goal – to provide

"This tournament was the best I've ever been in," says Shirley Eisler, whose impressive score gave her first place, low net foursome, in B flight play.

> "It's a fun, happy day. You can play golf, or just come to the dinner and auction that follow," she adds. Volunteers extraordinaire, the Eislers also served on the tournament committee and were tee sponsors of the event. While Shirley focused her skills on the dinner and décor, Ben rounded up tournament sponsors.

quality of life and meaning for seniors – is one the Jewish Home meets.

"The Jewish Home is a worthwhile, heartwarming, and satisfying organization. It has all the elements, and Shirley and I are happy to contribute in some small way."



PICTURED AT THE 2009 EVENT ARE (LEFT TO RIGHT) TEE SPONSORS BONNIE PEARLMAN AND SHIRLEY EISLER; MARCIA EISNER, VICKI KLAPPER, JOANNE BERNSTEIN, AND GAYLE BLUM.

The 2010 golf tournament committee invites non-golfers to attend the dinner banquet on Monday, May 10, 5:30 p.m. at The Peninsula Golf & Country Club. "This stand-alone event is a wonderful opportunity to get together with old friends in the Jewish Home's community," says banquet chair Shirley Eisler. "Come enjoy the festive cocktail hour, elegant and delicious fare, and exciting auction. We're looking forward to seeing you there!"





JIM WESLOW, JEWISH HOME'S DIRECTOR OF REHABILITATION SERVICES (ABOVE LEFT), WANTS THE RENOVATED REHABILITATION CENTER TO BE THE PREMIER PLACE IN THE BAY AREA.

DESIGN FOR LIFE

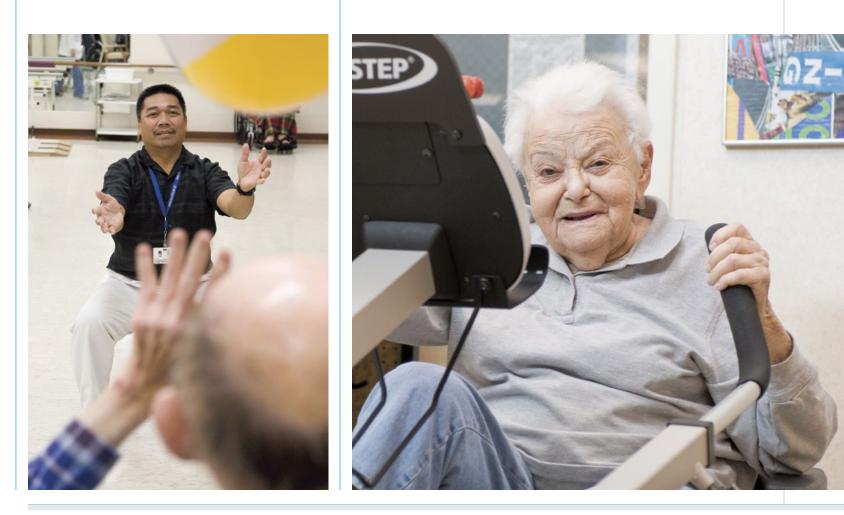
IMAGINE MOVING INTO A SMALL APARTMENT AS NEWLYWEDS, THEN TRYING TO ACCOMMODATE A GROWING FAMILY AND ITS ACCOMPANYING PARAPHERNALIA IN THE SAME SPACE.

> That could be an analogy for the situation the Jewish Home's rehabilitation department is in at present. The rehabilitation center is 40 years old. And while the equipment has been updated over the years, the space allotted to this essential medical service – critical to the well-being of residents – has remained the same.

The Home is about to change this with the launching of an initiative to raise \$2.3 million to increase the size of the rehabilitation center by 3,500 square feet.

"The rehabilitation center is showing its age, outgrowing its capacity to fully contain the breadth of services necessary to serve both our long-term residents and the growing number of short-term rehabilitation patients in our new STARS unit," says Jim Weslow, MPA, PT, director of Rehabilitation Services. The center's 9,000 square feet, developed in 1969, provides areas for physical, occupational, and speech therapies; fitness training; minimal storage; and three small offices for the department's staff of 18. Increasing the center's size will allow for spaces where the therapists will do their private, individual evaluations or work with people who are easily distracted, and quiet areas where the speech therapists will work on patients' communication skills.

At the Jewish Home, a significant portion of elder care is focused on helping residents retain both their physical and mental capabilities that support active engagement in the world around them. Rehabilitation therapy plays a key role in helping the elderly achieve their highest level of independence and quality of life. One threat to the well-being of the elderly is falling; poor balance and muscle weakness, major factors that contribute to



On any given day, some 200 residents and 30 short-term rehabilitation patients will be working under the supervision of trained therapists to develop their strength, balance, and activities related to daily-living skills.

bad falls, can be addressed by increasing physical strength, improving balance, and promoting flexibility through rehabilitative treatment.

Resident Rudy Hooremans, 85, could be held up as a model for the rehabilitation center. When he arrived at the Home over five years ago, he could not walk, move his arms, or care for himself. He had lost all hope. His treatment regimen, which he dubbed his "daily torture," began at once. Two years later he could move his arms, take care of himself, and walk with the aid of a walker.

"Thanks to the Home's physical, occupational and speech therapists, and some hard work on my part, my body has regenerated," says Rudy. Nowadays he is painting in the Home's Eugene Friend & Julian Davis Creative Arts Center, volunteering in the garden café, playing cards with friends, walking to the neighborhood drug store, and most importantly, taking his granddaughter out for a hamburger. On any given day, some 200 residents and 30 short-term rehabilitation patients will be working under the supervision of trained therapists to develop their strength, balance, and activities related to daily-living skills. One person may be walking with a specialized cane to ensure he can maintain his gait after a stroke, another may be doing balance exercises for fall-prevention, while someone else may be practicing retrieving objects from different surfaces to improve fine motor skills. "The bottom line is, we're trying to improve each individual's quality of life," explains Jim.

Upgrading the rehabilitation center's space will enable the Home to fully support the entire spectrum of rehabilitation needs of each of its residents and short-term patients. "Our goal," states Jim, "is for the renovated rehabilitation center to be the premier place for skilled nursing care in the Bay Area."

DESIGN FOR LIFE

PLANNED GIVING

LEAVING A LEGACY

THE JEWISH HOME'S LEGACY GIFT SOCIETY RECOGNIZES INDIVIDUALS WHOSE VISIONARY PHILANTHROPY IN THEIR ESTATE PLANNING WILL HELP PROVIDE A SECURE FUTURE FOR THE JEWISH HOME OF SAN FRANCISCO AND ITS MISSION TO ENRICH THE QUALITY OF LIFE OF OLDER ADULTS. THE SOCIETY BRINGS THESE INDIVIDUALS TOGETHER WITH THOSE WHOSE LEGACIES HAVE BEEN ASSURED AFTER THEIR PASSING.

We especially remember Captain Julius Friedman. He was one of the Jewish Home's earliest benefactors and showed particular concern for the elderly Jews of San Francisco. Proceeds from his estate provided the first major legacy gift for the Home, resulting in the acquisition of the land and subsequent construction in 1923 of the pillared building on the Home's Silver Avenue campus.

BECOMING A MEMBER OF THE SOCIETY IS A SIMPLE TWO-STEP PROCESS:

- 1. Include the Jewish Home in your estate plans by bequest in your will or trust; beneficiary designation of your retirement plan or life insurance; or life income gift.
- 2. Inform us of the plans you have made.

For more information, please contact Daniel Hoebeke, planned giving officer, at 415.406.1434, or via e-mail to dhoebeke@jhsf.org.



Joan Sachs

Neither Joan Sachs nor her husband, Roger, who predeceased her, or their family members, had ever lived at the Jewish Home. In fact, there is no record of any relationship with the organization. But when Joan died in 2009 at the age of 92, she left her entire estate to the Jewish Home.

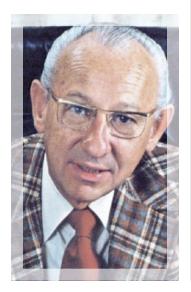
Joan was born in Germany and escaped Hitler's army when she was able to immigrate to the United States in the early 1940s. Her brother and father were not so fortunate, and they died in Germany. She worked for Koret of California from 1944 to 1948.

Roger had moved to France in the 1930s and fought with the resistance. When he moved to San Francisco, he met and married Joan, and opened a fabric store on Geary Blvd., near Union Square.

In 1981, the couple made their wills. They did not have family and decided to leave their estate – and their legacy – to the Jewish Home.

WE THANK THE FOLLOWING MEMBERS OF THE **CAPTAIN JULIUS FRIEDMAN SOCIETY** FOR THEIR GOODHEARTEDNESS AND FORESIGHT.

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Arthur Zimmerman

Arthur Zimmerman kept a list of sayings he liked in his Palm Pilot. Among them, says his daughter, Nancy Zimmerman Pechner, were two that particularly described his outlook on philanthropy: "The joy is in the giving." "He who gives when he lives also knows where it goes."

Arthur was the founder of Zim's restaurants, a real-estate entrepreneur, and a Jewish community leader. He was known for his warmth and gregariousness, as well as for his generosity. He was brought up in San Francisco by immigrant parents who modeled *tzedakah* (righteous giving). "You should always be as charitable as your circumstances may permit," they counseled him.

In their lifetimes, Arthur and his wife, Alice, created a living trust, establishing a charitable remainder trust in Alice's name, which included the Jewish Home as a beneficiary. "It was important for my dad to give back to the community, especially the Jewish community," says Nancy. "Being Jewish was the strongest part of his identity."

Through their charitable trust, the Jewish Home will benefit from Arthur and Alice's generosity for many years to come.

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Gail S. Grossman



Diane and William Ehrlich

Diane Ehrlich's mother lived at the Jewish Home for more than five years. "We chose it because of its reputation," Diane says.

After Diane's father died, her mother decided to put her name on the Home's waiting list for the future. "When my mom fell and broke her hip, she was able to move into the Home," Diane continues. The Home offered a range of treatments for her mother's physical problems, as well as recreational programs. The adjustment was initially hard for her mother, Diane recollects, "but then she got involved in activities, and she played the piano every day for as long as she wanted."

Diane was so pleased with the care her mother received that she has included the Jewish Home as a beneficiary in her will.

"I know that meeting the budget these days is difficult, but hopefully the Home won't get my gift for a while," Diane quips.

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PLANNED GIVING



Liane Ofenham-Hall

Liane Ofenham-Hall wanted to make a contribution to the Jewish Home that would last, so she set up a perpetual endowment through the Jewish Community Federation's Endowment Fund in the names of her parents, Ben and Reva Iscoff, and late husband, Michael Ofenham. She designated it for recreational activities at the Home and she funds it annually. She also intends to include the Home in her estate plans.

"It's not a million dollars," she says modestly of her ongoing beneficence, "but it's enough to go on an outing every year."

The Jewish Home has been a part of Liane's life for many years. It began when an aunt, her father's sister, became a resident. "My father went to see her often and began visiting others, too. He then decided to set up a blackjack game for residents, as another way for them to socialize and have fun," she recalls. "My mother was also involved, and then my husband and I ran a bingo game one night a week."

Liane's father received numerous awards from the Home for his volunteer activities and his name is on a plaque in the Home's galleria. Thanks to Liane, her family's name and dedication to the Home will remain in perpetuity through the family's fund.

CAPTAIN JULIUS FRIEDMAN SOCIETY

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Raymond Levy

Raymond Levy has been practicing law in San Francisco for 55 years and in that time, he says, he has worked with a great number of people. When the topic of charity comes up during an estate-planning discussion, "I can't tell people which charities to designate," he remarks, "but I'm at liberty to mention the Jewish Home."

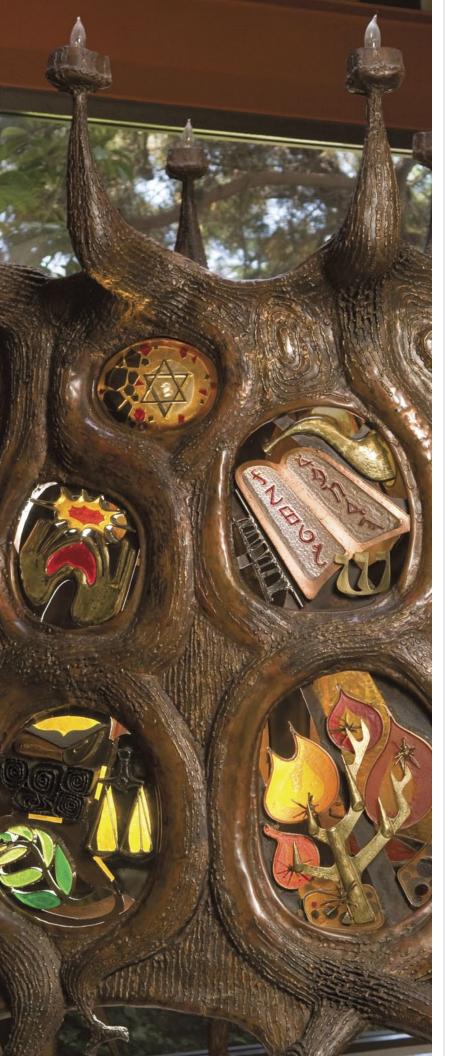
Raymond is very familiar with the Jewish Home. Over the years, nearly a dozen friends, relatives, and clients of his have resided there. "I know full well the Home's care and cordiality, how attentive the staff is, how courteous they are at all times."

His mother-in-law was one of the residents he visited. "She would take us to the coffee shop, and as she had an account there, she could treat us to lunch or a snack. It gave her a sense of independence."

Affirming that he is "sufficiently positive" about the Home, Raymond mentions another connection: his oldest son used to perform magic shows for the residents.

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Our Donors The ANNUAL FUND

As a not-for-profit organization, the Jewish Home of San Francisco relies on community generosity to maintain the high standard of its care and services. Contributions to the Jewish Home's Annual Fund fuel the heart and soul of our community's promise to honor our mothers, fathers and elders, and responds to one of the basic tenets of Judaism, *tzedakah*, or righteous giving.

Your contribution to the Annual Fund helps us provide our residents with the highest quality, state-of-the-art medical care through our on-site clinics; nurtures their spiritual needs; and supports our creative arts, music concerts, nutritional services, and lifestyle-enhancing programs.

We are home to more than 420 deserving individuals, each with their own significant life stories. But they all have one thing in common: they have reached a time when they need care, which our remarkable staff provides consistently and compassionately, whenever and wherever it is needed.

With your meaningful support, the Jewish Home will remain that special place our community has known and trusted for 138 years. A home that provides each and every one of our residents with what they so richly deserve – the best in loving care and the utmost in human dignity.

Your tax-deductible gift to the Jewish Home not only demonstrates how much you care, but it is also truly g'milut chasadim – an act of loving kindness.

No gift is too small and every contribution is greatly appreciated.

For information about giving to the Jewish Home, please contact Joan Libman, major gifts officer, at 415.469.2137.

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THE FOLLOWING NAMES REFLECT GIFTS RECEIVED FROM JULY 1, 2008 THROUGH JUNE 30, 2009. DONORS WHO HAVE AN ASTERISK FOLLOWING THEIR NAME HAVE GIVEN TO THE JEWISH HOME'S ANNUAL FUND FOR 5 YEARS OR MORE.

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"I have the warmest thoughts of the Jewish Home. By the time my mother suffered a stroke, my two sisters had died and I was working full-time. I don't know what I would have done had my mother not been able to spend years at the Home. It's my pleasure to make a substantial donation." -Harry Erlich

Supporting Excellent Care » With a contribution of \$5,000 you help support our on-site medical and dental clinics. Our in-house team of physicians is at the Home six days a week, which means our residents do not have to travel to a doctor off-campus, and then wait to be seen and cared for by strangers. Our 13 on-site clinics offer eye care, dentistry, physical therapy, cardiology, podiatry, acupuncture, and therapeutic massage, among others.

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"The Tree of Life is such a meaningful image. I wanted to remember my dad with a leaf on a tree at the Home because it felt so good to have Dad living in a place where he received such wonderful care from a very warm, friendly, and caring staff. The leaf helps me remember the quality of his life with all the Home's superb activities, and all the precious time I was able to spend with him." –Nina Lawit

The Tree of Life >> The Tree of Life is a beautiful wooden sculpture that hangs prominently in the Jewish Home. Each leaf on the tree bears an inscription as a tribute or memorial to a loved one. Leaves may be purchased for a \$1,200 gift to the Home. A certificate acknowledging the Tree of Life gift is provided to the donor or sent to the honoree, as directed.

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"My late mother-in-law, Lucille Gabriel, introduced me to the Home in 1968. She always sponsored birthday luncheons, which are so meaningful for the residents. It's been a great joy for me to continue this sweet, longtime family tradition." -Ida E. Schwartz

Sponsoring Birthday Celebrations >> With a contribution of \$613, you can support this joyous event and ensure that our residents – the people who are very dear to all of us – celebrate their special days in style. As the birthday host, you are honored as well, receiving eight invitations so that your family and friends may attend to celebrate with the residents. There is live music, a raffle, even some dancing and, of course, an opportunity to join in the singing of "Happy Birthday."

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Tributes to Friends and Family » Those who wish to honor an important occasion or the memory of a loved one are invited to use the Home's tribute card service. With a gift of \$18 or more, the Home sends a beautiful card, created from art produced by our residents, to the individual who should know of your generosity and caring. With a \$100 donation or more, the loved one's and the donor's names are inscribed in Home's Tribute Book.

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That's the Spirit

When she walks into the Jewish Home, Linda Kalinowski does not have unrealistic expectations. After nearly four years of volunteering as a spiritual care partner, she knows to be "ready to roll with the punches, to be with the residents in their experience at the moment."

Linda is a volunteer in the award-winning, nationally-recognized *Kol Haneshema* program, a unique collaboration of the Jewish Home, the Bay Area Jewish Healing Center, and the Zen Hospice Project, which trains volunteers to spend time with residents in the final months and days of their lives. Linda was among the first group of volunteers in the program.

Volunteering is part of her family's culture. Her family moved around a lot when she was growing up because of her father's career, but wherever they lived, her mother was a community volunteer. Once Linda had completed her education (she has a B.A. in biology, an M.A. in public health, and a law degree from Hastings), married and started her own family, volunteering became a major aspect of her life. She spent many years on committees and boards of Jewish and other organizations. At the same time, she delved into a variety of adult education opportunities, including Torah study through a 'rosh chodesh,' a women's study group.

"About five years ago, I realized that board and committee obligations were outweighing my adult education or spiritual pursuits," she says. "I decided I needed to change course. I wanted to focus on direct volunteering. I didn't know what I was going to do, but one day I opened up j., the Jewish news weekly of Northern California, and there it was: the Bay Area Jewish Healing Center was looking for hospice volunteers. I knew that was it."

At least once a week, Linda devotes time to residents at the Jewish Home. She may visit a particular resident with whom she has been 'partnered' for a while, or someone she is just getting to know. She might engage in conversation, listen to stories, or just sit quietly, perhaps holding the resident's hand. She has experienced grief

JEWISH HOME SERVICE VOLUNTEERS



She has experienced grief and sadness, as well as happiness, humor, and love. And she has gained a new appreciation for the unique beauty and meaning of each individual's life.

and sadness, as well as happiness, humor, and love. And she has gained a new appreciation for the unique beauty and meaning of each individual's life.

Recently, Linda has been partnered with 93-year-old Betty London. "When I spend time with Betty, I take note of the little hidden gems I hear from her, her maxims," Linda recounts. "For example, Betty said, 'God made mothers because God can't be everywhere.'"

Betty's daughter, Madeline London, is grateful for Linda's caring nature and attention. "Linda has so much heart. She genuinely shares herself with my mom, and my mom feels blessed by that."

Being involved with *Kol Haneshema* and interacting with seniors in the last months of their lives has provided tools for her own life, Linda observes. For one thing, it helped her deal with her father's death. "When my father was actively dying, it was terribly sad, but I

knew what was happening. I could sit at his bedside, and I could talk my mother through it."

And it has taught her to slow down. "When I'm feeling particularly stressed or harried, I'll remind myself to try to take on my 'Jewish Home self.'

"I've always been concerned about how to make an impact on this world," says Linda. "When I'm at the Home, I hear people's stories. Every person has some kind of a story, and every one is extraordinary. It makes me appreciate my own stories, and that's the greatest gift the residents have given me."

If you would like to explore serving as a Kol Haneshama volunteer spiritual care partner, please call either Rabbi Jon Sommer at the Bay Area Jewish Healing Center, 415.750.4198, or Rabbi Sheldon Marder at the Jewish Home, 415.469.2254. Volunteers receive ongoing support and education that deepens both their personal experience and their service to others.

JEWISH HOME SERVICE VOLUNTEERS

JULY 2008 - JUNE 2009

WE GRATEFULLY RECOGNIZE THE FOLLOWING INDIVIDUALS AND THE GENEROUS DONATION OF THEIR TIME, TALENTS, AND ABILITIES TO ENRICHING THE LIVES OF OUR OLDER ADULTS.

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COMMUNITY

TEENS FOR TIKKUN OLAM

JESSIA HOFFMAN, 16, OF SAN MATEO, REMEMBERS THE IMPACT SHE HAD AS A YOUNGSTER when she visited residents at the Jewish Home. "It seemed to brighten their day," she says. Daphna Torbati, also 16, says that her grandmother, who lives near her family in Foster City, is a great inspiration to her.

It is these reasons – and more – that motivated Jessia and Daphna to include the Jewish Home as a 2009 recipient of a \$2,000 grant from the North Peninsula Jewish Community Teen Foundation (NPJCTF).

The NPJCTF is an innovative program of the Jewish Community Endowment Fund of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties designed to develop an understanding of philanthropy in teens. There are four Teen Foundation boards in the Bay Area, each comprised of a select group of members.

"It was really cool to be with teens who have the same passion to fix the world."

As part of the NPJCTF board of 24, Jessia and Daphna helped to create the group's mission, and evaluated grant proposals from dozens of organizations to determine which would receive funds from the \$42,000 raised by team members.

The group decided to fund nine Jewish nonprofits that address medical needs, with the goal of self-sufficiency. The two teens agreed that the Jewish Home fit the group's mission, and were determined to make their case.

"This resulted in quite a debate," observes Sheila Devore, director of the teen group. "The board wanted to support the most vulnerable in our community. Jessia and Daphna had to convince the others that the Jewish Home was one of the top nine of the many potential recipients from whom they'd received proposals."

Ultimately, it was the activities at the Home promoting self-sufficiency that swayed the group. "I was really impressed with the Home's music programs, art and discussion groups, and even opportunities for residents to go to classes at a nearby university," says Jessia. "These keep residents active and in tune with the community, and give them a real sense of independence and



JESSIA HOFFMAN (LEFT) AND DAPHNA TORBATI OF THE NORTH PENINSULA JEWISH COMMUNITY TEEN FOUNDATION PRESENT THEIR GROUP'S GRANT CHECK TO THE JEWISH HOME.

self-sufficiency, even when they can't do some of the things they used to."

While the Home's activities were paramount in the discussion, the group decided not to direct their grant to a particular program at the Home, and instead provided operating funds. "Everything in the organization needs to be paid for, even if it's just keeping the lights on," notes Daphna.

For both teens, participating in the NPJCTF was a remarkable learning experience. "It was really cool to be with teens who have the same passion to fix the world," Jessia explains, "who care as much as I do."

Adds Daphna: "It was probably one of the most worthwhile and life-changing experiences l've had."

COMMUNITY PARTNERS

WE GRATEFULLY ACKNOWLEDGE THE FOLLOWING COMMUNITY ORGANIZATIONS, AGENCIES, AND FACILITIES WHOSE ACTIVE INVOLVEMENT AND COLLABORATION DURING THE PAST YEAR HAVE GREATLY ENHANCED THE CARE, PROGRAMS, AND SERVICES OFFERED BY THE JEWISH HOME OF SAN FRANCISCO.

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ON THE WEB

Jewish Home of San Francisco

Take a visual tour through our nine-acre campus. Read about our comprehensive services for seniors. Give a helping hand by joining our corps of volunteers. Learn how to plan for your legacy, and that of the Jewish Home's, through planned giving. Discover what is new in our Research department. www.jhsf.org

Jewish Home & Senior Living Foundation

Established in 2004, this charitable foundation promotes and supports the mission and activities associated with the Jewish Home of San Francisco and network affiliates. Primarily by making grants to the Jewish Home, the Foundation assists the Home in fulfilling its commitment to serving seniors as they age. Visit the Foundation's website, where you can take advantage of the opportunity to donate online. www.jhslf.org

E-communications

Join our e-mail list to get the latest news and developments at the Jewish Home of San Francisco; Jewish Home & Senior Living Foundation; Moldaw Family Residences at 899 Charleston; Taube Koret Campus for Jewish Life; strategic visioning; corporate matters. www.jhsf.org/e-news

STARS

The same high standards of interdisciplinary care and services available to residents of the Jewish Home are offered to those requiring short-term specialized medical and rehabilitation services, usually following their stay in an acute hospital, with the goal of returning to the general community. Admission is not limited by religious or cultural affiliation. Learn more about STARS, our new Jewish Home center of excellence. www.jhsf.org/stars

Coming up: Jewish Home's annual Chanukah show. Join us!

If you think *American Idol*, the TV reality competition that discovers new solo musical talent, is a success, just wait until you see *American Chai-dol* – the Jewish Home's annual Chanukah show that showcases residents' star qualities and musical flair.

Community show performance: 2:00 p.m., Sunday, December 13, 2009 in the Lynne & Roy Frank Family Lounge, Jewish Home of San Francisco. Additional information is available at **www.jhsf.org/chanukah** and by calling 415.469.2248

