

THE OLIVE PRESS

BY RHODA GOLDMAN PLAZA

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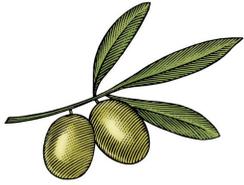
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Avail Opportunity



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President’s Message-
Bob Demchick

Rand McNally defines a desert as an area receiving less than nine inch of rain each year. Let me throw some numbers at you. The average rainfall in San Francisco for the last twenty years was 23.9 inches. But for the last three years it was only 11.7. And in 2021, 8.97 inches.

Welcome to the San Francisco Desert! Our reservoirs are at one-third of their capacity. Can any one of us solve the problem? Hardly. But can we as a group make a dent? It’s worth a try. It’s important that you stay hydrated, of course, but if you’re only going to drink half a glass of water or half a cup of coffee try ordering just a half a glass or cup. If we all did that at each meal we’d save over 67,000 gallons a year. And if we each flush the toilet less often (only in your own apartment, please) that’s nearly 228,000 gallons. What’s the old adage? “If it’s yellow...” I know—gross! But with the lid closed, who knows?

How about running only full loads in the washer? That’s another 125,000 gallons. So, we’ve saved a lot and that doesn’t even include shutting off the water while you’re brushing your teeth or soaping up in the shower. Add that to what might be saved if we encourage the Dining and Housekeeping staff and the Aides to follow our path and we’ve drawn a half-million gallon less from the water supply.

And all of that’s just from RGP. Think of what this desert could survive if everyone would follow suit. Maybe we should take our show on the road. Start talking it up as we visit various establishments around town. Of course, that could never happen. Or could it?

What’s causing the drought? Rapid climate change? Probably. But that’s an issue for another issue. In the meantime, think about our current “troubled waters.”

Resident of the Month—Mary Swope

I moved into RGP for a few reasons; I had broken my hip and had given up my car. During Covid, I felt isolated and recognized that I needed help with things. My friends and family suggested that I move to RGP. So I did. Although I



got rid of many possessions, I did not focus on the loss. I knew I was bringing what was important to me—paintings, photos, prints, books... And I would continue to be in touch with family and friends. A readjustment and a continuum.

I started settling in. One day, I dropped by Candiece's office, told her that I wanted to add more color to my drab wardrobe. She said she could help and has given me a colorful array of scarves. She has opened me up to colorful possibilities. It was always within me and this encouragement has brought it out.

I taught art to children grades one through six at Katherine Delmar Burke School for many years. I enjoyed it very much, since I was given the freedom to determine the art curriculum. I was able to encourage students to express themselves, to be creative through art, in somewhat untraditional ways. I am convinced that everyone has some talent for art— it is already there, not something bestowed from the outside; sometimes it takes another person to bring it out.

Knowing that children will take to art in different ways, I had them do a variety of art projects and varied the lessons.. One lesson

I called the “nearly your own day” when students could come with an idea and they would experiment how to express it. A completely creative day. The other day was called “old-fashioned day”

when I taught a class the old way—I gave students a picture and they had to copy it. The important things is to offer a range of experiences.

I have always drawn and painted since I was quite young. My family, especially my grandmother, encouraged my creative abilities. She even saved all my pictures and took them to the curator of the Museum of Modern Art in New York. He looked through them and said “What’s remarkable is there’s so many”. In fact, I will continue to do what I have always done—take photos, draw, and write.

And now, here I am at RGP. A place that I have chosen with assistance and encouragement from my friends.

What does this mean to me now? I plan this place to be my last earthly existence.

What do I want it to be?

I plan to put into coherent order my writings and photographs and to deal with the disposition of my possessions.

Every day I realize that this is the right place for me. I relish that I have so many choices, activities, meals, expeditions, and so much more.

In short, I am happy to be here!

Avail Opportunity!

The last big availing happened about five years ago, when Adrienne mentioned, apropos of something I don't remember, that her mother was taking a tour with of a group of textile professors to Uzbekistan. I thought "Wow! I'd love to go!" Despite misgivings of price, time, and lots of hesitation and persistence, six months later I joined the tour in Uzbekistan. We visited cities of Tashkent, Samarkand, Bukhara.... Silk Road cities which had fascinated me since childhood. Two years later I went again, on my own, and added Turkmenistan. I felt fulfilled by finally visiting places I had only dreamed about. Not a bucket list item, but an event to incorporate into my life.

Mary Swope enunciated the idea that the origin of opportunity, what ever it is, exists not only "out there"—it lies within us. We find it by reflection. Sometimes by repentance. The origin—the desire to learn, to express oneself, to do new things, to become a better person, learn to dance or swim—is our own. My theory is that the desire (whether it is conscious or not) connects synchronistically to the "thing" in the world. The connection is sometimes through the tail-end of a half-heard sentence.... a newspaper item.... a comment, an encouragement, a photograph... propelling us into things we always wanted to do, but didn't. Or something we repented and wanted to repair....Or never thought about.

I love to read *Guardian* articles on "A new start after 60, stories from people who pursued new passions later in life." I am impressed, inspired, and emboldened by their examples... and reminded that it's never too late to do things you always wanted to do. Some contributors were much older than sixty.... One woman got micro-bladed eyebrows at 66 and wrote " And it's given me the confidence to try other things as well. The "other things" include salsa dancing, wild swimming and standup paddle boarding. Further successes from her list include "achieving fudge that sets" and trying to make a difference—she has shared her home with a Ukrainian refugee."*

Another person wrote: "I became the artist I always felt I was", another wrote: "I was fired at 64 –so I faced my fears and started my first company." Another said "I began to dance at 75..."

On the other hand, we can use a specific time of the year to avail opportunity. For example, the High Holy Days—THE time to focus on the spiritual and our role in the world. Rosh HaShanah to Yom Kippur are ten days of reflection and repentance. Actually the repentance begins at the beginning of the month of Elul with daily reading of Selichot, penitential prayers.

Judaism provides a beautiful tradition, prayers, and synagogue services for this process. The ten days establish a period of time to be inspired and as a community, to reflect, and repent, and reorient ourselves— coming to Tikkun Olam (Repairing the World) or restoring good family relationships.

Reflect, repent, renew.

Avail opportunity of the New Year.

* *Mon 8 Aug 2022 02.0 The Guardian, by Paula Coccozza*

October Birthdays

Phyllis Laufer	1
Rose Heide	2
Rachel Rappaport	2
Paulette Aroesty	4
Dorothy Auerbach	7
Harold Auerbach	7
Sara Grossman	10
Ellie Levine	18
Carl Kerwick	21
Len Sperry	24
Arlene Miller	27
Syed Hasib	29

Opportunity and the Jewish High Holidays

By Hal and Dorothy Auerbach

On some level we all want to be better than we are. Irrespective of our particular religious beliefs, or even if we don't recognize that we have any religious beliefs at all, we know when we do something "wrong", we regret it and want to do better next time. But we are so encumbered by everyday cares that this feeling sometimes sinks to the bottom of our awareness, becoming vague discontented murmurs from our conscience. If we only had an opportunity to pause from our routine pursuits, think about how we have behaved in the past, what could be the consequence of that behavior and what we can do to behave better from now on. In Judaism, we are given that opportunity. That is the real purpose of the Jewish High Holidays, Rosh Hashanah and Yom Kippur.

Whether taken as revealed truth or as poetic allegory, the prayers, chants and songs for these holidays paint a picture of a divine hand recording in a great book each person's every deed, an annual evaluation of those deeds, and, based on that evaluation, a judgment whether that person will be sick or well, will thrive or fail, or will live or die in the year following. That judgment is made on the first day of the new year, Rosh Hashanah, but does not become final until the end of Yom Kippur, the Day of Atonement, ten days later. During the interim the penitent seeks to ameliorate his otherwise harsh fate by prayerful petition for mercy and by confession, atonement, and charity. The confession here is public and general, it is made aloud, and confesses to all sins committed by anyone in the community because in Judaism each has some responsibility for the circumstances leading to the other's shortcomings.

What is relevant here to everyone is the opportunity given: the time to step back, take a look at what we are and what we want to be, imagine what we could do to be better and embark upon those changes which should bring those results. What we do with that opportunity is up to us.

Renewal—a major theme of the High Holidays

Renewal is one of the major themes of the High Holidays. That we can renew ourselves continually is built into Jewish tradition. In the Rosh Hashanah liturgy, God is called "the One who renews Creation day after day." We're acknowledging that this is the way life moves: it constantly evolves. So too, on Rosh Hashanah we recognize the way our own lives are continually changing. It may seem like the patterns in our lives—patterns of thinking and behaving, of emotional states, of relating to ourselves and others—are set in stone. It may seem like difficult health, social, or financial conditions will never change. But Rosh Hashanah comes to teach us that, in truth, change is possible, both for ourselves and for the world around us.

This message of change is a hopeful one. It is an antidote to despair and the fear that our lives, and the circumstances that surround us, are static and cannot change. Hope is a tremendous Jewish value; it is no accident that "*Hatikva*," or "The Hope," is the name of Israel's national anthem. And providing hope to those that seek our support at JFCS is a tremendous service. In helping people through the challenges in their lives, through human connections with clients that strengthen their own capacities to support themselves, we are in essence helping them envision a hopeful future: life can always change for the better!

May the holiday season provide us all with this deep sense of hope in the future and that you all experience renewal in the year to come.

Rabbi Daniel Isaacson

Director of Spiritual Care, JFCS



Health Notes

Adrienne Fair, MSN, RN,
Assistant Executive Director

Finding Opportunities for Prosociality

We are so lucky at RGP to have staff longevity—hourly staff such as servers and caregivers as well as managers and directors. This allows us the opportunity to make changes over time, and to see the results of our ideas for improvement. In the spirit of Rosh Hashanah (and throughout the year), we strive to recognize our mistakes and not repeat them in the future. Having been at RGP for seven years, I have witnessed and supported steady changes over time – for the better. We have instituted new technologies for medications, brought in Wi-Fi, created a more robust training program, brought in a consulting dietician, streamlined our COVID testing and vaccination processes, and ironed out countless care details specific to residents’ needs. There is a continual process of recognizing where we can improve together. The support of families, friends, and residents is also essential for change. Having such dynamic, interesting, proactive residents and families really goes a long way towards positive change and the best possible quality of life

So much of nursing care is intrinsically intrusive, and potentially painful. Care staff find amazing opportunities for positive interaction when helping with care needs that could easily be awkward or invasive. They are able to foster human connection, conversation, and humor with residents while assisting with their basic daily routine. I am so impressed by this and really appreciate the relationships between caregivers and residents. Although it is difficult to rely on someone to help you with your daily routine, this becomes a chance to really get to know your caregiver and chat with them each day – a silver lining of sorts.

On Sept. 20th, Health Services Manager Samantha Curro and I went up to Memory Care just with a group of four Safeway Pharmacy staff. Masked, official-looking pharmacists pushed carts with syringes, vials, and Sharps containers. This could have been a

frightening experience for residents, but Samantha and I and RGP caregivers did our best to make the atmosphere fun and light-hearted. We emphasized how great it was that the vaccines were available today, and that we would all have some “shots” before lunch. We were singing, complimenting resident fashion, and anticipating a delicious meal being served. In short, the vaccinations (both Flu and the COVID bivalent booster) were administered without a hitch. The consensus among residents was that we were having a fun event. So many residents said “thank you so much” to the pharmacist after the injections. This is, in my opinion, a testament to how kindness and positive interactions can really outweigh the physical insults of healthcare.

We strive to provide care and services with the maximum degree of kindness—to counterbalance the stings and stressors of aging and mortality (including injections!) Besides staff, residents are also immensely kind to each other. I see daily how much the residents interact and share advice, stories, and support. It is important to note that kindness benefits both the giver and the receiver. A 2020 meta-analysis of wide-ranging research on prosociality (behavior that benefits others) was published by the American Psychological Association. The meta-analysis showed that the prosociable person (the helper) experienced increased well-being. Hedonic benefits (pleasure, enjoyment) were increased overall, but the greatest benefit was towards eudaimonic well-being, or the happiness achieved through finding meaning and purpose. What a gift it is for all of us (residents, staff, families) to support each other continuing the well-being of others and ourselves.

Hui, B. P. H., Ng, J. C. K., Berzaghi, E., Cunningham-Amos, L. A., & Kogan, A. (2020). Rewards of kindness? A meta-analysis of the link between prosociality and well-being. *Psychological Bulletin*, 146(12), 1084–1116. <https://doi.org/10.1037/bul0000298>



Candiece Milford,
Managing Director of Marketing

Avail Opportunity



Waking Up, 1973, torn paper
and pastel

I have this posted on my computer screen to remind me that opportunity abounds if we can recognize it when it appears. Sometimes we don't believe we have opportunity in our lives as we age . . . but we DO, though maybe not in the same abundance

as when we were younger (which could be a self-defining choice.) It may be more of an internal revelation, so we need to be alert for it as it can come in many forms, or suddenly as with an epiphany.

Epiphany. I immediately dismissed this as something I coveted, but never experienced. But wait. . . I DID have an epiphany, an opportunity, when I was 20 years old. It came five years after the death of my mother when looking out some French windows at the sky and sycamore trees across the street. What I saw was color, vivid, brilliant color, and my world changed in that specific instant. What I didn't realize before that unbidden moment, was that the world felt very grey before then,

as grim as I felt. But in that moment, I realized I had a choice, and I was flooded with hope and joy. I smiled from my depths. That was a new beginning for me, and it was a conscious choice. I availed the opportunity.

In my work with people making life changing decisions can be grueling, I witness many different responses to it from resistance to an "a-ha!". Decisions are stealth opportunities and people often resort to the known. It's safe. However, making a life-changing decision is also an opportunity to turn the page, experience the next chapter and discover a nuance of living your life that perhaps you didn't even consider.

Just this month, this specific moment occurred with a person who first came to RGP on behalf of a dear friend. As she walked around and absorbed our beautiful community, a subtle, invisible shift occurred in her. I didn't realize this until I got a call telling me that she, herself, wanted to move in. *Bashert** came into action and an apartment she coveted, but had been contracted by someone else, suddenly became available. She jumped at it, moved in, in record time, and is now part of the Rhoda Goldman "family." Yes, the move was tiring, but her joy worth the price.

Avail the opportunity!

**Bashert means "inevitable" or "preordained".*

For Age Is Opportunity No Less . . .
Than youth itself, though in another dress,
And as the evening twilight fades away
The sky is filled with stars, invisible by day.

Henry Wadsworth Longfellow



Emma Davis
Director of Programming and Counseling

Resilience and Acceptance

Resilience in the face of adversity can produce change and if we are lucky, opportunity for new possibilities. The American Psychological Association defines resilience as “the process and outcomes of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands”. It is my belief that going through the hard stuff allows us to develop resilience. Through reflection and hard work, we can channel our deepest pain into the opportunity for renewal. Often when a loved one dies, we feel a renewed desire to make the most of the time we have with the people we love. Sometimes it takes a period of adversity to force us to stop and refresh.

It’s not easy to overcome adversity—whether it’s loss, illness, addiction—it is often slow, hard work. And to overcome doesn’t mean that everything is peachy—pain travels with us. Pain becomes one of the bricks that make our foundations strong—still present but part of a larger building of life. To acknowledge each brick in the foundation and care for each one is to strengthen the foundation.

So how do we do this? There is no one way.

I facilitate a Memory Loss Support Group for residents. Memory loss and brain change is an adversity that many older adults face. Often residents come to the group for the first time wanting to know what I can do to help them ‘fix’ their memory loss. Unfortunately, I don’t have those answers, but I can help them face their brain change with honesty and courage. And to know

that they are not alone, and all of their experiences and feelings are valid. Recently, I asked a resident what helps them when they are frustrated, and they replied “I try to remember ‘it is what it is’ and I don’t have to be perfect. I can be frustrated and that’s okay.” This simple statement demonstrates to me the role of acceptance in overcoming adversity. You can still have your perhaps negative feelings and still have acceptance of your situation simultaneously.

One of the first steps in developing resilience is accepting oneself and the situation. Another aspect is to acknowledge pain as an opportunity to change patterns, routines, and even our core values. I know this is very difficult and talking with close friends may help further the process.

Furthermore, you can take the opportunity to reevaluate what brings you joy, comfort, contentment, etc. In my opinion, this reevaluation defines resilience in the face of adversity. This ability to not only find acceptance but adapt, change, and grow based on your experience. We can learn about resilience and practice it before times of trouble and loss—prepare for “the hard stuff.”



Elizabeth Wyma-Hughes
Director of Resident Services

New and Old Resident Opportunities

Each year when Rosh Hashanah approaches, Katheryn reminds Olive Press writers that this is a time for reflection and reassessing how we want to move into the next year. In a perfect world, we would do this work on a regular basis—stopping, reflecting, and changing. Alas, that is rarely the case, but having good intentions is half the battle!

In Resident Services, we see new resident moves as a huge catalyst for this sort of reflection. As with all major life changes, people reassess their patterns and routines as they chart a new path. The best-case scenario—residents use a chance to put their best foot forward and reconnect with their better habits. It is beautiful to witness a person embrace new experiences and jump right into activities and social life at RGP.

While some new residents are ready to embrace change right away, many take a little longer to try out new things. It is often enough to just be able to keep track of which closet is now home to favorite pants, the location of the dining room, and trying to remember the name of the nice person who comes in to take your temperature each afternoon.

For this reason, I always encourage people to look over the activity calendar and try to prioritize what they would most like to start incorporating in their routine, even if it is just one thing. For some people, a desire to remain active or become more active means that exercise classes are first on their list of things to try. Others want to stay engaged with a love of music, and decide that our Sunday concerts are a good place to start engaging with the community.

After settling in, new residents can move past triaging the most important needs and start reflecting about what they want to get out of their experience at RGP. Often this is when people will start trying out our outings and venturing into the larger San Francisco community. Folks will also try out things they are a little less familiar with, maybe an art class or script reading to engage in more creative pursuits.

This sort of reflection and reassessment is unavoidable for our newbies, and is part of the big move. While it can be uncomfortable to upend patterns and routines, it does come with the benefit of new experiences and sometimes unexpected new pursuits. I would encourage our longer-term residents to take the newcomer mindset and consider some of the options available.

There are so many variations to the experience possible at RGP. Do you usually enjoy the newspaper in your apartment each morning? Bring it out to the café or the patio while we still have nice weather and say hello to neighbors. Need a book recommendation? Check in with the Book Cub and consider joining their monthly discussion as well.

Sometimes it can be challenging to try new things out on your own gumption, so use your curiosity as an excuse to invite another resident. You never know who might also be needing a push to try something new.

Employee of the Month—

Miroslava Manilova



In Ukraine, two generations or more lived together and daughters took care of their parents. So traditionally, we were all caregivers in some way or another, Mila said. “I took care of my mother for seven years here in the USA. The CNA certificate I had previously received was, of course, helpful...”

Mila was born in Kiev, Ukraine completed high school and worked in a military factory for fifteen years in Kiev. She said the work was interesting and enjoyed it. After the fall of the Soviet Union, Mila, and her family came to the USA and settled in San Francisco where her mother’s sister lived. After arriving she studied English at John Adams school and worked for the Russian airline, Aeroflot, while it offered flights from SFO. When the company closed its offices, Mila began taking care of her mother. In 2016, urged by her sister Liza, who has worked at RGP since the building opened, Mila applied for a job as CNA and started working at RGP in 2016. After taking a much needed leave of absence, she retrained to work at the front desk since July, a job she was familiar with since she also has a receptionist certificate. Residents from the third and seventh floors with whom Mila worked were glad to see that she had returned.

“I like working at the front desk which is really another way of helping people. There is more communication; I speak with residents, with delivery people, employees from all departments. I help people at the front desk too, but in a different way.

I like working with people, to help people. But it’s more than just ‘helping,’ “Mila explained. “I help them with the things they need; their physical needs and also the need to talk, to tell stories, to connect. I like helping people not to feel alone.

My hobby is flowers and gardening. When I was a child, I used to help my grandmother who had a very large garden with roses, gladiolas, fruit trees—apples, cherry, pears, plums. I like flowers as my grandmother did.”

L’Hitraot



In 2008, when companies were laying off employees right and left, I felt lucky to get a job here at RGP working at the front desk with my eclectic experience

as a Rebbitzen, Executive Assistant and Midwife. The staff at RGP recognized my knowledge and skills, so when there was an opening, I moved to the Health Services department where I’ve been ever since.

Being rooted in the San Francisco Jewish community, I have had the honor of helping families I knew and those that I met here. Helping people face difficult realities and traverse the hurdles of ageing has become a bit of a specialty. Then having my own parents living here and seeing them daily during Covid, was an absolute blessing.

I will be retiring next week, appropriate that my last day is just before Kol Nidre. I begin a new life where I can spend more time with my grandchildren and pursue my passion of art full time. I will take with me a wealth of memories of all the residents and co-workers I have known throughout my time here. Don’t be surprised if you see me in the future, since RGP has become a sort of home for me. I hope you will continue to enjoy my sculptures throughout the building.

It has been a privilege to work here. I thank you,

Melanie Miguel

High Holy Days : A Time of Reflection and Don't Forget... Renewal

By Linda Bernstein, Pharm.D., M.J.S.,
Pastoral Care Intern (9-15-22)



The High Holy Days mark a special time for reflection and don't forget... renewal!

I say, "don't forget renewal" because after one has spent many weeks leading up to, during and after the High Holy Days, thinking about things we might have done that caused

hurt to others or betrayed our personal moral code, one is sometimes so emotionally exhausted that you forget there is a flip side to reflection. The other side of the spiritual coin is renewal, thinking about ways you can do better for the future and carve out new life paths going forward to better our lives and those of others.

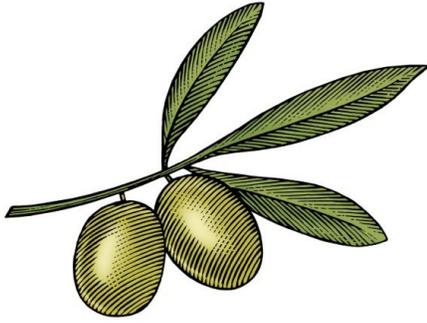
Three years ago, I underwent just such a period of reflection and renewal. After over forty years practicing pharmacy in many forms, I decided to pursue one of my long-standing passions—becoming a cantor. I found that my path to reach the goal of becoming a cantor was through the Cantors Assembly, the professional organization of Conservative cantors. I applied and was accepted to their internship program and became a "CICA" or Cantorial Intern of the Cantors Assembly. To become a full-fledged cantor, I had to pass many examinations. I found out that rather than working one on one with a tutor to prepare for the tests, I could take classes at the Academy for Jewish Religion California (AJRCA) which has a CICA program. I started taking classes in 2019. One thing led to another, and I ended up getting a Masters in Jewish Studies (MJS) specializing in music in Jewish life.

As often happens in life, one does not know where the road will lead. I suddenly realized I also liked and excelled in researching and writing essays and sermons based upon the Torah teachings. Again, the creative, analytical and expositional skills I had applied for decades as part of my pharmacy work were equally usable when tackling an intricate Torah portion. One of our deans heard a sermon I wrote and suggested I apply to the AJRCA Rabbinical Program, which I did and got accepted. I am now a fourth-year rabbinical student and am happy to say I am going to be doing my pastoral care internship with Rhoda Goldman Plaza this year. In two years, I will graduate as a Rabbi/Cantor!

Sometimes at the sunset of our lives we think there is not much we can do to keep the sun shining. We feel as if a veil has clouded our vision and blunted our impetus to try new things. But in fact, we have a wealth of experiences and skills that can be reformulated, re-purposed, and renewed to potentially create a whole new life opportunity that will not only make us feel better about ourselves, but have a positive impact on our community and the world at large.

Let us use this year's High Holy Day period of reflection and renewal to lift the veil that clouds our vision and to help us realize there can be a new, clear path ahead that makes use of the many experiences, insights, and abilities we have gathered and honed during our lifetime.

May we all continue to refresh our zest for living each day by trying new activities, volunteering, getting involved in a committee or even singing! May the new year bring us joy, good health, and the renewed enthusiasm for the future to uplift our spirits and optimize our many blessings to heal ourselves and the world.



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*Founded by Jewish Family and Children's
Services and Mount Zion Health Fund*

RHODA GOLDMAN PLAZA

The appeal of Rhoda Goldman Plaza is undeniable. Older adults and their families prefer our unsurpassed assisted living and memory care community enriched by culture and tradition.

Residents enjoy superb, “made-from-scratch” cuisine that is always well reviewed by our most vocal critics; our residents! While our dining selections please the appetite, accommodations showcase spacious, private apartments designed to maximize space and comfort. In fact, we’re re-defining your life as Living Well With Assistance— we believe our community is every bit as good as a five-star hotel. And, professionally trained, courteous staff promotes your health and well-being with choices of activity programs both on and off-site.

Our Terrace Memory program provides specialized memory care to residents through therapeutic activities that enhance physical, mental, and emotional health. Both privacy and companionship are afforded on our self-contained Terrace.

Living Well With Assistance is more than a promise, but a way of life for our like-minded residents and staff who share the vision of our upscale community.

Visit Rhoda Goldman Plaza today by calling 415.345.5072.

Founded by Jewish Family and Children's Services and Mt. Zion Health Fund in 2000, Rhoda Goldman Plaza (RGP) was established as a non-profit assisted living facility to provide a better and more secure life for older adults.