



River Garden News



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Summer 2025

Volume 91



*A beneficiary agency of the
Jewish Federation and Foundation of Northeast Florida*

Published by River Garden Senior Services
11401 Old St. Augustine Road
Jacksonville, Florida 32258
904.260.1818
www.rivergarden.org

Our Mission

To provide a wide range of quality senior care services in residential, outpatient and community based settings.

To create a comfortable and dignified home for seniors, serving all in our care with excellence regardless of financial resources.

To serve people of all faiths, while maintaining an environment supportive of Jewish identity and informed by Jewish values.

To act as a valuable senior services resource for the entire community.

Front Cover Photo:

After her troupe performed a **Hula for Heart** program, Nurse Manager Regina Baker shares a 'hang loose' greeting with resident Sharon Smith.

If you have a resident story or feedback you'd like to share, please let us know. We also welcome opportunities to meet with senior groups in the community to discuss our programs & services.

Please contact Kari Bell.

kbell@rivergarden.org or 904.288.7855

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Prayer for Peace

May we see the day when war and bloodshed cease, when a great peace will embrace the whole world. Then nation will not threaten nation, and mankind will not again know war. For all who live on earth shall realize that we have not come into being to hate or to destroy. We have come into being to praise, to labor and to love. Compassionate God, bless the leaders of all nations with the power of compassion. Fulfill the promise conveyed in Scripture: I will bring peace to the Land, and you shall lie down and no one shall terrify you. I will rid the land of vicious beasts and it shall not be ravaged by war. Let love and justice flow like a mighty stream. Let peace fill the earth as waters fill the sea. Amen.



שלום



River Garden is a beneficiary agency of the Jewish Federation and Foundation of Northeast Florida

Inside Line

By Mauri Witten Mizrahi, Chief Executive Officer

Mazel Tov to River Garden on entering its 80th year!

In our 80th year, we proudly celebrate that we continue to:

- Provide a wide range of quality senior care services in residential, outpatient and community-based settings
- Create a comfortable and dignified home for seniors, serving all with excellence regardless of financial resources
- Serve people of all faiths, while maintaining an environment supportive of Jewish identity and informed by Jewish values
- Act as a valuable senior services resource for the entire community

Beginning with the Ladies Hebrew Sheltering Aid Society, volunteerism at River Garden has played a central role in our community. This summer, we are pleased to continue this tradition and welcome 20 teens to our River Garden Teens volunteer program.

For 32 years, the annual River Garden Foundation Gala has provided financial support to the Home. Once again, the River Garden Foundation is busy planning the 33rd River Garden Foundation Gala—*Welcome to Wonderland*—which will be held on Saturday, November 22, 2025, at the Prime Osborn Convention Center. Co-Chairs Erin Rogozinski Weintraub & Sandy Zimmerman and their Gala Committee are creating an evening celebrating the wonderland of River Garden.

For 29 years, the annual River Garden Classic has supported staff education. This year \$129,053 was raised and the golf tournament, which took place at Deerwood Country Club on April 28, 2025, was chaired by Tom Harris and generously sponsored by Hardage-Giddens Funeral Homes and Cemeteries. Jody Brandenburg, of blessed memory, was honored for his unwavering support of River Garden during his lifetime.

On March 23, 2025, the community celebrated River Garden's 79th anniversary. From the inception of government ratings, River Garden's nursing home has been a 5-star (highest possible) rated skilled nursing facility and a recipient of the Governor's

Gold Seal for Excellence in Long Term Care. Thank you to Faye Mizrahi, Chair of the Day, for doing an excellent job leading the River Garden Senior Services Annual Meeting where trustees and officers were elected and installed, including Malcom Bloom, as the newly installed President of The Coves Board.

For 65 years, River Garden, a founding member of the Association of Jewish Aging Service (AJAS), has been a national leader in Jewish aging services. In early April, staff leadership and board members attended the 2025 annual conference in Atlanta and returned inspired and energized.

For more than 10 years, staff from Jewish agencies in Jacksonville have been participating in the Myron I. Flagler Israel Learning Seminar (ILS). ILS is a program that engages Jewish communal professionals in a year-long study about Israel and Jewish peoplehood. The ILS culminates in a week-long seminar in Israel. We are proud to share that Betty Sorna, chief financial officer, and Bobbie Jo Mentz, chief operating officer, are part of this year's cohort and hope to travel to Israel soon.

Since the beginning of 2025, River Garden has engaged with THW Design to develop a conceptual plan and design informed by the work the strategic planning committee completed in 2024. Currently, we are in process of determining the financial feasibility of the proposed plan.

We hope you will join us in continuing to honor and celebrate River Garden's 80-year legacy as we create the future for generations to come.

I hope you enjoy this season's issue of the River Garden News. Our future is bright.



Resident Adventures & Life Enrichment

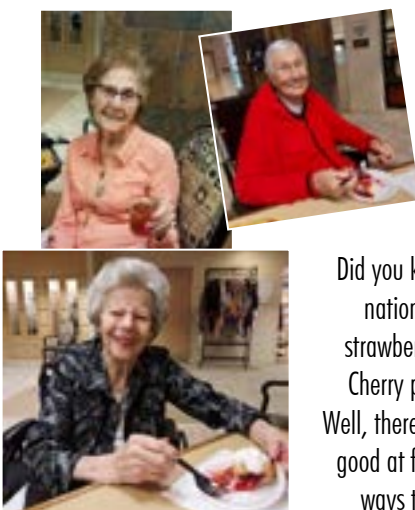
Earlier this spring, residents from the Home delivered fifty (50) handmade ceramic money banks to Wolfson Children's Hospital. Each bank was filled with \$5 in quarters for the children to spend on the "Wolfie Wagon," the Wolfson Auxiliary's store on wheels.

The residents at River Garden enjoy opportunities to give back to their community and engage with the younger generations here in Jacksonville. Many years ago, they had crafted banks for the hospital, and they were eager to participate again.

In short, the Wolfie Wagon is a program of the Wolfson Children's Auxiliary, with the goal of being a 'bright spot' for kids undergoing care at the hospital. Patients are able to select a bank donated by the residents of River Garden, complete with \$5, so they can make snack, toy or gift purchases from the Wolfie Wagon.

With the creative support of the Life Enrichment team and volunteers, residents used their talents to create beautiful banks of various shapes and sizes. All pieces were handmade from start to finish in the River Garden ceramics studio to create long-lasting, brightly colored works of art that are sure to catch the eye of the children at Wolfson Children's Hospital.

On the return trip to River Garden, they also made a stop at Ronald McDonald House, where they donated several pounds of pop-tabs. For over a decade, this tradition continues in honor of former residents, specifically George Klein and Fran Young, of blessed memory.



Did you know there is a national 'day' for strawberry shortcake? Cherry pie? Iced tea? Well, there is—and we're good at finding yummy ways to celebrate.



We always enjoy the visits gifted us by the JCA Berman Family Concert Series. The talent of the musicians that visit our campus is exceptional!





▶ Nancy Davis, our Director of Jewish Life, regularly cooks up favorite treats for our residents. As a nod to our founders from eight decades ago, she baked Mary Safer's mandel bread recipe. Dr. Edwin Safer was a fitting taste taster.



▶ Charles and Gigi enjoyed a mini-reunion in the Price Welcome Center with their granddaughter and her growing family. Charles and Gigi have been connected to the heart of River Garden for a long, long time, and they are happy to call our campus 'home'.



Advocacy is important to River Garden, and Congressman John Rutherford recently visited our campus to discuss key issues facing Florida's nursing homes — including Medicaid, staffing mandates and workforce shortages.

▶ While on her way to the beauty salon, Harriet enjoyed posing for a photograph.

Family Council is a quarterly meeting designed to help family members of our residents learn more about topics of interest and operations within our Home. Thanks to our Social Services team and volunteer Chairs of the Day for making this a valuable exchange.





It is always wonderful to celebrate and spend time with special people in our lives.

mother's day & father's day



Mother's Day was in full swing at River Garden on Sunday May 11. Residents of the Home enjoyed having tea with their family members, as they listened to Beverly Chapman play the violin. Members at The Coves enjoyed an exquisite brunch with guests. Father's Day delivered more entertainment and delicious food.



Reminiscing ...

My first real job was as a carrier for the local newspaper – a ‘paper boy’.

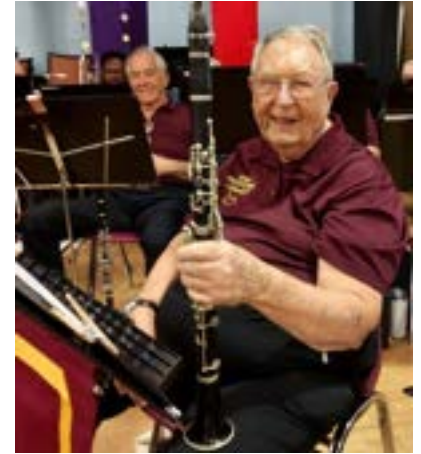
At age 14, I thought that I should get a real, paying job so I walked to the paper office and told them I wanted a job delivering papers. They explained what was expected of me, sold me a canvas carrying bag which I slung over my shoulder, and away I went, up and down the hills of Eastern Kentucky delivering papers.

Now this was a small town with paved streets and sidewalks, but it was still up and down—mostly up. The paper was usually only 6 to 8 pages so I could, a lot of the time, fold it and sail it onto the porches as I passed by. A folded paper does not throw as a rock, straight, but rather with a little bit of an arc.

I had 150 customers and made \$0.07 a week profit per customer, if I was paid. The price of the paper was \$0.25 a week, which I collected from each customer each Saturday. If I wasn’t paid the \$0.25, I lost \$0.18 because that was what the paper cost me. I was a businessman—a small, small business man!

Fold and sail, fold and sail, walk and walk, up and down, collect on Saturdays for five years. I delivered papers until a week before I started college.

What was my experience and accomplishments as a result of this job?



I learned how a newspaper, back then, was made. I watched it happen, from making the type, pouring the ads in molten lead, putting this all together, mounting it on the press and watching the paper that I was going to carry being printed.

Better still, I learned that to have a good business you must have perseverance and be dependable—sunshine, rain, snow or sleet. I learned the business skills of making change, keeping books, collecting and interacting with people. I learned that by working hard I could have the money to buy some wish items that we otherwise couldn’t afford—like a bicycle, 35mm camera and clarinet to name some of the big ones. And, I learned that outside exercise builds good leg muscles.

That was 79 fun years ago.

~ Ernest Barnes, Member of The Coves



A few years ago, after a very boring ladies luncheon, a friend of mine and I decided to go shopping. We went to Loehmann’s in Westchester where we proceeded to select a few items to try on. The store, in lieu of having private dressing rooms, had a designated common changing area with a nearby rack on which to put one’s clothes. Accordingly, as my friend and I were in the process trying on the items we selected, we hung our own clothing on the nearby rack. My outfit happened to be blue ultra suede suit and, as I am a petite 4 feet and 11 inches tall, the suit had been custom made. No sooner than I had hung up my outfit, another woman whose height was well in excess of 5 feet 5 inches took the outfit off the rack and proceeded to try it on. I immediately mentioned to the woman that the garment was mine and she quickly replied *‘I saw it first,’* at which point my friend said, *‘Let her try it on.’* Needless to say, what followed was comical, as the woman realized the size differential—and the overall situation—at which point she could not stop apologizing.

~ Phyllis Bernard, Resident of the Home



Bring Your Talents to Life Through Volunteering

Everyone has unique gifts waiting to be shared with the world. Volunteering at River Garden offers the perfect opportunity to transform your personal talents into meaningful contributions that make a real difference in others' lives.

Whether you're a musician who can brighten someone's day with a song, an artistic type who can lead creative workshops or an avid reader who can read short stories aloud, your passions can serve a greater purpose. You might even want to explore a new activity and discover a hidden talent or new joy.

The most rewarding aspect of volunteer work is seeing and feeling the direct impact of your contributions. You will create ripple effects of positivity that extend far beyond the immediate moment. Let us know how you would like to become involved.



To learn more about
volunteering with River Garden,
scan the QR code or contact
Esther Yegelwel
eyegelwel@rivergarden.org



Hannah is the heart and hands behind the thriving indoor raised garden beds at River Garden.

Growing Together: Sunday Gardening with Hannah

With a family farm background and herbalism degree, Hannah brings a unique depth of expertise, experience and commitment to her work with residents and within the gardens themselves.

Hannah's weekly gardening class, now held on Sunday mornings, invites residents to enjoy the act of tending a living space together and the hobby's sensory aspects by offering opportunities to get their hands in soil and identify natural scents. She also shares lessons on what they are cultivating and creative ways to use it—like making herbal sea salt scrubs or incorporating herbs into art projects.

Whether supporting residents in transforming their space with personalized potted plants or nurturing the garden beds, Hannah helps residents connect with nature, each other and the rhythms of growth.

Welcome Teens!

We're excited to welcome 20 enthusiastic teen volunteers to River Garden this summer! Whether reading stories, playing games, taking residents for a walk or bike ride, or simply sharing conversations, they create meaningful connections while gaining valuable experience.



Matzah Pizza Party: A Tasty “Thank You” for Our Volunteers!

During Passover, as a small gesture of appreciation, Volunteer Services hosted a relaxed and delicious **Matzah Pizza Party** — and it was a hit!

Volunteers gathered for a lighthearted afternoon filled with good company, laughter. Dozens of personal matzah pizzas were customized with toppings and, for many, it was their first time trying matzah pizza. All were won over with some volunteers even requesting baking instructions for home.

Yet, the party offered more than pizza — it provided an effortless context for volunteers to come together and connect. They easily made introductions, swapped stories and enjoyed some well-deserved fun. It was a great celebration of the incredible community that makes River Garden...River Garden!



Fabric & Fun in Adult Day: Volunteer Deinya Mautz Shares Her Story



When I first started volunteering at River Garden in 2014, I started with the Adult Day Program (ADP), which has always been kind of my favorite, along with memory care.

As a quilter, I have a lot of fabric at home; recently it started ‘talking to me’ in the night and I knew I needed to put it to good use. I knew the ADP offered a whole variety of experiences, so I thought ‘why not offer quilting?’

I think of myself as the mechanic: I do the cutting, the sewing and the finishing work. And, the women I’ve worked with in the ADP do the beautiful work in between. They choose the fabrics, outline the patterns for me to cut and then arrange the layout.

So far, we have made three quilts together. They have all been very different. It has been just fabulous to see the personal growth for those who may never have done quilting. There is a noticeable shift from being nervous about making a mistake to feeling immense pride and joy when the quilt is completed and it’s given to the social workers so they can pass it on to a resident in the Home.

My hope is that we’ll also be moving towards making some pillowcases for the children’s hospital. It is exciting to see the creativity of the people that attend the day program come to life. It’s so sweet – really feels good!

Welcome To Wonderland



Gala Committee members pictured on the scenic River Garden campus.

Photo credit: Dan Harris PhotoArt



Mark your calendars for an unforgettable evening! The **33rd River Garden Foundation Gala – Welcome to Wonderland** will take place on **Saturday, November 22, 2025**, at the Prime Osborn Convention Center.

This year's event is proudly co-chaired by Erin Rogozinski Weintraub and Sandy Zimmerman, who are bringing their creativity and passion to make this night truly magical.



Christina Levine, CFRE
Chief Development Officer
clevine@rivergarden.org

Each year, the Gala plays a vital role in supporting River Garden's mission to provide exceptional care to seniors regardless of their financial resources. It has helped educate the community about the unique nature of River Garden, its national reputation as a model elder care agency and the special role it plays in our community. Thanks to the continued generosity of sponsors, the Gala has raised more than **\$5.9 million** to date, directly benefiting the residents of River Garden.

We hope you will join us for a captivating evening filled with whimsy, glamour and purpose on November 22.

Reservations and sponsorship opportunities are available at www.rivergarden.org/gala. For more information, please contact Michelle Branly at mbranly@rivergarden.org or 904.886.8431.

Look: A New Yahrzeit Wall

We are excited to share an exciting addition to the River Garden Parker Chapel — our new digital **Yahrzeit Memorial Wall**, made possible in part by a generous grant from the Linda DuBow Beautification Fund of the Jewish Federation & Foundation of Northeast Florida.

The interactive wall features easy to read digital memorial plaques. The main screen displays plaques for yahrzeits being observed during the current Hebrew calendar week. During holidays when Yizkor is recited, all plaques will scroll in remembrance.

A searchable, alphabetized index makes it simple to locate loved ones' plaques. Enhanced personalization is available with the option to include up to three photographs and/or a brief biography. In addition, family members can be linked together.

This meaningful enhancement to our chapel provides a modern, lasting way to commemorate family and friends. Individual plaques are available for a gift of \$500. For more information, contact Michelle Branly in the River Garden Foundation, 904.886.8431 or mbranly@rivergarden.org.



Scan the QR code to watch a demo video.



Guardians of Tomorrow

Do You Have Questions About Planned Giving? Contact the River Garden Foundation.

Christina Levine | 904.886.8430 | clevine@rivergarden.org

Please remember River Garden and the Jewish Community in your Estate and Legacy Giving





The River Garden Foundation proudly hosted its **29th River Garden Classic** golf tournament on April 28 at Deerwood Country Club. The long-standing event continues to thrive thanks to the unwavering support of individual donors and corporate partners—most notably, Hardage-Giddens Funeral Homes & Cemeteries, the tournament’s long-time Title Sponsor and tournament Chair, Tom Harris.

We are proud to share this year’s tournament had 104 players and raised \$129,053. Since its inception, the tournament has raised more than \$2.5 million to benefit

River Garden Hebrew Home. During the evening reception, Tournament Chairman Tom Harris highlighted the event’s meaningful purpose, saying, *“The generous support we receive helps provide vital education and training for the dedicated professionals who care for our residents every day. That’s the kind of impact we can all feel proud of.”*

Our deepest thanks go to the River Garden Classic Committee, our generous sponsors, tireless volunteers, enthusiastic players and hardworking staff. Your commitment and compassion made this year’s tournament another remarkable success.



1st Place Gross: Elizabeth Sorna, Paul Healy, Tayler Kielmaan and Candice Hill



1st Place Net: Ted Rueger, David Bielski, Jeff Leach and Howard Fetner



Harris Rittenberg, Steven Warfield, Tom Harris and Michael Price



Michael Coile and Paul Campbell



River Garden Staff: Fore the Fun of It



Committee Member & ‘Course Marshal’: Pete DeVita

Thank You to Our Sponsors

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SAVE THE DATE

30TH RIVER GARDEN CLASSIC

APRIL 27, 2026



Father & Son Team:
Ken Jacobs, Josh Jacobs, Ethan Plotkin and Rick Plotkin



Bobby Maldonado, Jon Passen, Brandon Trager and Kevin Potter



Allen Morris, Jamie Shelton, Bill Dobsha and Boris Lyubomirsky



Volunteers: Beth Wolpoff, Danielle Leder and Debbie Goldstein

Field Trips Are Good For The Soul

What if we told you that the secret to vibrant senior living isn't found in a pill bottle, but on a bus to adventure?

Thanks to Life Enrichment Coordinator Liz Jackson and our dedicated driver Jackie Goodwin, members of The Coves are embracing spring and summer with field trips galore! These carefully planned excursions have become the highlight of many members' weeks, bringing joy and anticipation to daily life.

Just like in our youth, field trips remain one of the best ways to make meaningful connections and explore the world around us. Research consistently shows that active seniors who participate in group outings experience enhanced well-being, reduced isolation and improved cognitive function. These adventures help foster new friendships while combating depression and loneliness that can affect older adults.

Our recent trips have taken residents on delightful journeys throughout the region. They've explored the charming town of Green Cove Springs, picked fresh strawberries at a local farm, enjoyed the beauty of Middleton Stables and indulged their sweet tooth at Sweet Pete's candy shoppe. Each destination offers unique experiences that spark conversations, create lasting memories and reignite genuine excitement for life.

The benefits extend far beyond the day of the trip itself. Residents return home with stories to share, new experiences to reflect upon and anticipation for the next adventure. Field trips prove that **curiosity and wonder don't have age limits**—they're truly good for the soul.



Get Ready for Campus Olympics

The excitement doesn't stop with field trips! Wellness Coordinator Yvette Neal is always focused on healthy living. Beginning in July, our members will start training for **The Coves Olympics**, with the main, week-long competition scheduled for late July. This fun-filled event will bring out everyone's competitive spirit while promoting physical activity, teamwork and community engagement.



In April, members & staff of The Coves were walking their way to wellness as they counted their steps. Next time, they'll be aiming for 1,000,000!

Small Occasions, Big Celebrations

Cinco de Mayo parties, Kentucky Derby games and tropical dinners help members at The Coves stay connected to the fun side of life. No matter what the occasion, everyone show up in good spirits, with big smiles and great outfits!



Ole!

Fun Fact: Mexico's Independence Day is on September 16, but Cinco de Mayo commemorates the Mexican victory over French forces at the Battle of Puebla in 1862, an event that bolstered the spirit of freedom in Mexican people.



Whoa, Nelly!

Fun Fact: The first Saturday in May is the traditional date for the Kentucky Derby. This year's 151st event in Louisville, KY, was won by an American Thoroughbred named Sovereignty. Sovereignty is a descendant of Secretariat, the legendary 1973 winner.



Aloha!

Just in time for the heat of summer, Norberto and his dining services team deliver cool drinks and a wonderful, tropical feast.

Fun Fact: The first public beach was in Revere Beach in Massachusetts.



Nancy Davis
Director of Jewish Life
 ndavis@rivergarden.org

Joyful Judaism!

The Jewish Life Department has been busy across the campus, bringing a variety of opportunities for Jewish engagement to residents, Coves members and staff. Our goal is to inform and enhance the Jewish culture of the campus in a variety of ways, including educational, social and spiritual.

We continue to offer a wide variety of activities to give residents options to participate in what is meaningful for them, including holiday celebrations, films, trivia, guest speakers, book reviews and Torah study. We have enjoyed visits from the middle schoolers from Martin J. Gottlieb Day School (MJGDS), The Laurie Preschool at the Jacksonville Jewish Center, as well as students from Beth El, The Beaches Synagogue.

In recent months we welcomed Rabbi Merrill Shapiro, head of the St. Augustine Jewish Historical Society, for an engaging talk about Jewish involvement in the civil rights movement in St. Augustine. Residents were also riveted by Dr. Inbal Cohen-Rasner, a local physician and composer, who shared the powerful story of her mother's journey from Alexandria to Israel, weaving together the impactful story with her own musical compositions. The conversation was moderated by Suzie Becker.

For Tu B'Shevat, Judaism's "birthday of the trees," we made homemade treats incorporating the seven species of produce mentioned in the Torah – wheat, barley, figs, grapes, dates, pomegranates and olives and had a "Fruits of Israel" tasting for both River Garden and The Coves. We had a great time celebrating Purim across the campus. The Jewish Life Department baked hamantaschen from scratch in the beautiful Frisch Pavilion. We also assembled and delivered mishloach manot across the campus. The Coves held their annual Purim-themed costume dinner, and our annual Megillah

reading was followed by a carnival-themed luncheon for the residents.

As always, River Garden families were invited to attend a lovely Passover seder with their loved one. The middle schoolers from MJGDS returned for their annual chocolate seder, and CEO Mauri and COO Bobbie Jo prepared fresh matzo brei in all of the campus dining rooms throughout the holiday, providing a fresh-from-the-pan tasty treat for all.

On April 24, we held our annual Yom HaShoah commemorative program. Our keynote speaker was Manfred Katz, a 97 year-old member of The Coves. Born in Germany, Manfred shared his powerful story of separation from his family, forced labor and ultimate survival and immigration to the U.S. where he was reunited with his sister and met his beloved wife, Libbie, z"l.

In May we celebrated Yom HaAtzmaut (Israeli Independence Day) with our annual Taste of Israel lunchtime buffet for all residents and staff, and in the afternoon we delivered Israeli-made snacks to all departments across the Home. Our community shaliach (Israeli emissary), Oren Pery, brought a fun and educational game about Israeli geography that the residents really loved! Lag B'Omer was a blast with a cookout-themed lunch for residents and an afternoon patio party with frozen treats and games. Our thanks to Dining Services and Life Enrichment teams for helping us plan these special celebrations!

Summer began with a beautiful Shavuot, including our homemade cheesecake bars with cherry topping. The fun continues in the coming months with arts & crafts, book reviews, Torah study, baking demonstrations and more! If you have any ideas for activities or programs on our campus please email ndavis@rivergarden.org.







Message from Carol D'Onofrio

Incoming River Garden Auxiliary President

On June 17, I was honored to be installed as President of the River Garden Auxiliary for 2025-2027 and look forward to continuing the wonderful work that the Auxiliary has accomplished under Ellen Rubens and her Board.

I am inspired to continue the mission of the Auxiliary that ultimately serves the residents of the River Garden Hebrew Home. My mother, of blessed memory,) was the recipient of the love and care from the River Garden family and I wish to continue that support for others. I look forward to working with the Board that was installed at our closing luncheon and look forward to new opportunities, friendships and more!

Message from Ellen Rubens

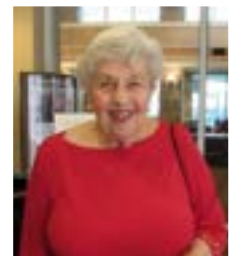
Outgoing River Garden Auxiliary President

As the outgoing president of the River Garden Auxiliary for 2023-2025, I want to personally thank all the Auxiliary board members, volunteers, community-wide members and event patrons for their continued dedication and support. We have experienced so much fun and personal satisfaction along the way in working toward meeting our goal of supporting programming initiatives and dedicated events for the residents. We have done this by increasing our membership, sponsoring extraordinary events like our special luncheons and game day, while maintaining a thriving gift shop, the Tombola raffle and the book collection project through countless volunteer hours. Just since our current operational year began last August, the Auxiliary has donated \$50,000 to River Garden to support these goals! A special thank you to the incredible staff of River Garden whose support helped facilitate our projects.

My life has been enriched by the River Garden community who displayed confidence in me as their Auxiliary president these past two years.



We are saddened by the sudden passing of Evelyn Peck. For over a decade, she managed the River Garden Auxiliary's gift shop-creating innovative merchandise displays and bringing in record-breaking sales revenues to contribute to the home. Her memory will be forever a blessing.



Please join our efforts to support River Garden Hebrew Home. Information is online.

<https://www.rivergarden.org/river-garden-auxiliary/>



Hurricane Preparedness

- Evacuation
- Shelter
- Emergency Kit
- Flashlight
- Batteries
- Water
- Non-Perishable Food
- Radio
- Generator
- Plywood
- Sandbags
- Medications
- Documents
- Cash
- First Aid
- Fuel
- Candles
- Matches
- Cellphone

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 E G S S G A B D N A S V F K A Z I S
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 T N G F M O K L E E T I U F C E P A
 O O L R J Z I Y M R L C R L L L T C
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 Z P C M H D V C R D B Q E W T F K D
 W L K T L F I Q G H C W O R Z A W E
 R L Y F H P Z O E A T O W D A J I M
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 A C T N G F B D C I P D J I P T C K
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 U L R V W E B H K W F E N H R Q C J
 E O A H S K E K I S E I R E T T A B
 L G Q Q Z I T X T I B E U X E Y Z D

Duval County Emergency Management and Shelter Guide

Are you ready? **JaxReady**— brought to you by the Emergency Preparedness Division and Information Technologies Division of the City of Jacksonville— will help you monitor weather threats and plan for evacuation in the event of a natural disaster. **JaxReady** provides access to current threat levels, weather reports and wildfire updates, as well as up-to-the-minute news feeds for emergency preparedness and evacuation.

EMERGENCY PREPAREDNESS

FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

CREATE A NETWORK OF SUPPORT TO HELP YOU IN CASE OF AN EMERGENCY

- Plan how you will communicate if you have a communication disability
- Plan for your transportation if you need help traveling
- Plan how you will evacuate with any assistive devices

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- Contact information for important people and care providers
- A list of medicines you need, dosage instructions, and any allergies
- Styles and serial numbers of all medical and assistive devices
- Need-to-know information for first responders and others who might need to help you

Food, water, and essentials for you and pets or service animals

Medicines, medical supplies, batteries, and chargers

Copies of Medicaid, Medicare, and other insurance cards

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES

- Talk to a health care provider about what to do
- Identify an alternative power source for devices
- Update your emergency contacts of the plan

Navigating Dementia with Compassion and Care

Dementia affects each individual differently, but common challenges for caregivers include:

- **Constant Supervision:** Ensuring safety and preventing wandering can be a 24/7 concern.
- **Emotional Strain:** Witnessing cognitive decline and managing challenging behaviors can be emotionally draining.
- **Physical Exhaustion:** Assisting with daily tasks, managing mobility issues and dealing with sleep disturbances can lead to physical burnout.
- **Social Isolation:** Caregiving responsibilities can limit your own social interactions and support network.
- **Difficulty Maintaining Personal Well-being:** Finding time for your own health, hobbies and appointments often feels impossible.

How Adult Day Programs Can Benefit You

Adult day programs are designed to address these challenges by offering a multifaceted approach to care.

For a Person with dementia:

- **Cognitive Stimulation:** Engaging activities tailored to different cognitive levels, such as reminiscence therapy, gentle exercises, arts and crafts, music and games, can help maintain cognitive function and provide enjoyment.
- **Social Interaction:** Opportunities to socialize with peers in a supportive environment can reduce feelings of isolation and loneliness, improving mood and overall well-being.
- **Structured Routine:** A predictable schedule can provide a sense of security and reduce anxiety often associated with dementia.
- **Personalized Care:** Trained and compassionate staff understand the unique needs of individuals with dementia and provide assistance with personal care, medication reminders and behavioral support.
- **Safe and Secure Environment:** Programs are designed with safety in mind, minimizing risks and providing a supervised setting.

For You, the Caregiver:

- **Respite and Relief:** Adult day programs offer invaluable respite time, allowing you to attend to your own needs – whether it's going to appointments, running errands, pursuing hobbies, or simply taking a much-needed break to recharge.
- **Reduced Stress and Burnout:** Knowing your loved one is in a safe and engaging environment can significantly reduce your stress levels and prevent caregiver burnout.
- **Peace of Mind:** The professional care and supervision provided by adult day programs offer peace of mind, knowing your loved one is well-cared for.
- **Connection and Support:** Some programs offer caregiver support groups or connect caregivers with valuable resources and information.
- **Maintaining Your Own Well-being:** By providing dedicated time for yourself, adult day programs empower you to prioritize your own physical and mental health, ultimately making you a more effective and sustainable caregiver.



Taking the First Step

Don't wait until you're feeling overwhelmed. Explore the Adult Day Program or contact us about our support group. Our services could be the lifeline you and your loved one truly need.

To learn more, contact Erica Hickey at 904.288.7858 or visit www.rivergarden.org.

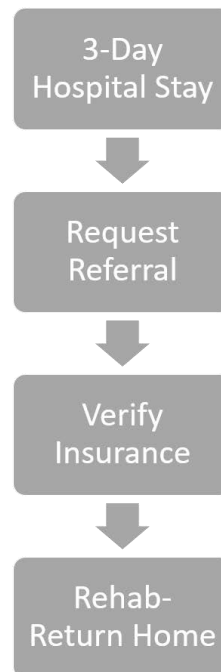
Request River Garden

INPATIENT SHORT-TERM REHABILITATION

ADMISSIONS@RIVERGARDEN.ORG OR 904.886.8420

If you have an upcoming procedure planned, contact our Admissions Office early to make your arrangements. If you are unable to plan ahead, here are a few guidelines:

- Your inpatient hospital stay must be at **least three (3) consecutive nights** to be eligible for coverage by traditional Medicare. Observation days do not count. Other insurances may require a pre-authorization.
- Please advise your hospital care team that you **specifically request River Garden** for short-term rehab. **Your case manager or social worker will then send us a referral.** If we can meet your care needs, our Admissions team and the hospital will coordinate transition to River Garden.
- Medicare covers the cost of short-term rehab services for qualified beneficiaries who meet criteria for skilled nursing care. Medicare Advantage and other insurance plans provide varying coverage for short-term rehab. **Our Admission Team will assist with verifying coverage** for you.
- Once admitted to River Garden, the clinical team will work with you to **determine the best discharge plan** for you.



OUTPATIENT THERAPY

If you are experiencing pain or recovering from an injury or fall, you can get physical, occupational and speech therapy at River Garden!

Outpatient therapy services are designed to help you regain function, reduce discomfort and improve your quality of life. At River Garden, we offer personalized care for all adults ages 18+, and we treat a wide range of conditions, from neurological disorders to balance issues and chronic pain management.

Our therapists work one-on-one with clients to improve mobility and strength through exercises, training and personalized care plans.

To start outpatient therapy, you generally need a prescription or referral from your doctor. Here's how you can obtain one:

- **Visit Your Doctor:** If you're experiencing issues that might benefit from rehabilitation, such as pain, limited mobility or difficulty performing everyday activities, schedule an appointment with your primary care doctor to discuss your symptoms and concerns.
- **Get a Referral:** If your doctor agrees that therapy could be helpful, he/she can provide a prescription or referral. This may include details about the type of therapy needed (e.g. physical therapy or occupational therapy) and any specific treatment goals.
- **Contact River Garden:** Once you have your prescription, you can contact the River Garden Therapy Center at 904.886.8454 or rehab@rivergarden.org to schedule an appointment.

July 10, 11:30AM - 1:00PM

Independent & Unstoppable: Living a Healthy Life at Every Age

Join us for an empowering presentation designed to help seniors thrive with confidence and vitality. We'll explore the best dietary practices for older adults that support heart health, energy and longevity; and how to start and stick with a simple walking program to boost mobility and mood. Whether you're aging gracefully or supporting someone who is, this session offers actionable advice to stay independent, strong and unstoppable at every stage of life.



July 24, 11:30AM - 1:00PM

Advancing the Science: The Latest in Alzheimer's and Dementia Research

Join us for an informative lunch and learn session featuring the Alzheimer's Association and their innovative Brain Bus program.



The Brain Bus will be open for walk-through tours from 10:00AM - 11:00AM and 1:00PM - 2:00PM. Lunch presentation (indoors) from 11:30AM - 12:30PM

July 31, 11:30AM - 1:00PM

Strength & Balance: The Otago Approach to Fall Prevention

Join us for a comprehensive seminar exploring one of the most effective fall prevention programs available for adults. The Otago Exercise Program (OEP) stands out as a proven, evidence-based intervention that can significantly reduce falls and fall-related injuries.



The OEP combines strength and balance training with walking programs that participants can do anytime! This intervention is transforming fall risk management and building the physical foundation for safer, more confident daily living.

Scan QR Code to Pre-Register

Location

River Garden Cohen Auditorium



Contact Information

Kari Bell - 904.288.7855



More Information

kbeller@rivergarden.org

Teamwork Makes The Dream Work

Attending the AJAS conference alongside our board members is always incredibly valuable for strengthening our commitment to excellence in care. These collaborative exchanges help us continuously improve our services while staying true to our Jewish values and agency mission.



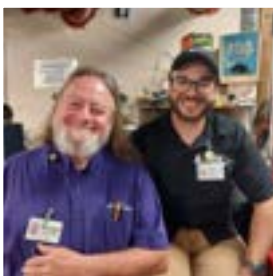
During National Nursing Home Week, we celebrated all of our incredible staff who make River Garden a true Home. A special shoutout to our Environmental Services team – the unsung heroes who work tirelessly behind the scenes to ensure every corner of our community is clean, safe and welcoming. Their dedication creates the foundation for quality care, and their attention to detail makes such a difference in our residents' daily lives. We're grateful for their hard work and the pride they take in maintaining our Home.



River Garden continues to welcome nursing students from UNF. There's something truly special about witnessing the next generation develop their skills while providing compassionate care to our residents. We're proud to play a part in shaping tomorrow's healthcare heroes.



Activity professionals from other Jacksonville area communities joined at River Garden for a meet-and-greet. Fifteen coordinators attended the event, each exchanging best practices and brainstorming about new ideas to use with their residents. This was a 'first' for River Garden to host such an event; we look forward to hosting again soon.



Congratulations to Wade and Trevor, two guys who celebrated recent work anniversaries. We're glad you are part of our River Garden Plant Operations team!



River Garden Senior Services
11401 Old St. Augustine Road
Jacksonville, Florida 32258
904.260.1818
www.rivergarden.org



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Please remember River Garden and the Jacksonville Jewish Community in your Estate and Legacy Giving