



L'Shana Tova

Rosh Hashanah arrives and with it comes thoughts of apples and honey, honey cake, and family coming together to celebrate. It is a time to look back at the past year and reflect upon the roles we all played in life- as child, parent, grandparent, friend and partner (both personally and/or professionally). We can so easily get caught up in "what I should have done" last year and "opportunities missed". I encourage you to spend a bit of time reflecting on days gone by, but, my hope is that you will spend equally or more time on the future.



For RCJL, the past year brought a complete remodel of the Sukkat Shalom Skilled area, the farewell to many dear residents and beloved staff members, the welcoming of new residents and their families. The growing use of our Jewish County Connection van brought our residents to more events in the community. Yes, there were sad times, but all in all, it was a very good year for everyone at RCJL.

And on to the New Year of 5769. From the Board of Directors and all of us at RCJL, we wish you a very happy and healthy new year.

Jan Corran
Executive Director

Now We Can Sing: Home in America

Two extremely talented artists will perform at Reutlinger this month; we welcome Julliard-trained flutist Barbara Siesel, performance artist/producer and Keith Torgan professional singer/storyteller. The duo calls New York City their home. We are so excited that Reutlinger is a scheduled stop on their West Coast tour!

As Hitler and the Nazis' came to power in the 1930's – Jewish musicians were banned from playing the music of Bach, Beethoven, Mozart, Schubert, Gershwin and other great composers. "Now We Can Sing" is a moving and inspiring musical event centering on this music. It follows artists through that dreadful era as they ultimately immigrate to a new land and establish lives.

Now we can sing also features the stunning photography of Clemens Kalischer and video interviews with Judische Kulturbund musicians. In this universal work, mastery, passion and self-expression transcend the isolation of hatred, racism and intolerance.

We Invite Family and Friends of Reutlinger to join us for an Inspirational Evening:

Wednesday October 29
6:30 p.m. – 7:45 p.m.
Assisted Living 1st Floor

Please call Carol Goldman, Director of Programs at 925-964-2076

October 2008

Lehrhaus Judaica Fall Semester at Reutlinger

Preview the Exciting Legion of Honor Exhibit! From Nefertiti to the Italian Renaissance: The James Simon Collection at the Berlin Museums

James Simon was a towering giant of philanthropy in early 20th century Germany. He funded the excavations at Tell el Amarna in Egypt that discovered the fabled bust of Queen Nefertiti as well as supporting expeditions to China where a 7th century Buddhist statue of the 11-headed Avaloketishvara was found. Some of the finest pieces from his original collection will go on display this October at the Legion of Honor, where his eclectic tastes will be reflected in pieces from ancient Egypt, the Near East, Central Asia and the Italian Renaissance. This class will give historical context for the unique Legion of Honor exhibit honoring James Simon's contributions to the Berlin National Museums and beyond.

Date: Tuesday, Nov. 11 & 18
Time: 1:30 - 2:45 p.m.
Instructor: Jehon Grist, Ph.D
First Floor - Assisted Living
No Charge

Co-sponsored by the Reutlinger Community for Jewish Living. We thank Martha Ann and Sandy Wishnev for their generous gift in support of lifelong learning at the Reutlinger Community.

Note: There is limited seating. For those of you that are not Reutlinger residents, please call Carol Goldman at 964-2076 if you plan to attend.

We're On the Web: www.rcjl.org

Concert Pianist Bruce Pratt Jr. to Perform at RCJL

Bruce Pratt is that rare combination of naturally gifted and classically educated and trained. He is a very warm and personable musician. As a performer he captivates his audience with commentaries delivered with an ease and fluidity that seems to bridge the gap between audience and stage. His wonderful diversity of selections is complimented by his ability to sense the mood and desire of the audience.

We invite family and friends of the Reutlinger Community to join us join us for a wonderful afternoon.

Sunday, October 12th
1:30 p.m. - Sukkat Shalom
Schiff Dining Room

3:00 p.m. - Assisted Living 1st Floor

WELCOME TO RCJL

Harry Freiberg
Boyd Fyffe
Sally Hauser
Mary Kramer
Lillian Pollens
Beverly & Herman Schulack

September Employee of the Month:

Elma Wolf

Elma is a noc-shift LVN on Assisted living

Congratulations Elma!

Honors for our Elders

The 17th Annual ART WITH ELDERES Exhibition will be opening with a Gala Reception on October 19 in San Francisco at One Market Plaza. Out of more than 650 paintings entered from Bay Area Nursing Homes, I am proud to announce the residents at RCJL who have been invited to exhibit their work of art this year:



Viola Dubov, Miriam Dubowsky, Ruth Janger, Rose Kritchiver, Zoe Landau, Lynne Meyer, Elisabeth Pavel, Henry Simon, Gertrude Weiss

Ruth Black's painting was chosen, and though she is no longer with us, her painting will be exhibited this year, with her family attending in honor of her. The exhibition will travel in 2008 -2009 throughout San Francisco. It will remain at the Opening site through November 7. If you would like to attend the opening ceremonies, please pick up an invitation from me in the Art room or call me at 925-964-2034. The invitation will give you the necessary information form and envelope to purchase your tickets; the deadline for receipt at Eldergivers is OCTOBER 6.

Betty Rothaus
Director of the Art Program



Singing in the Sukkah

Reutlinger residents plan on spending some wonderful days in our Sukkah. If you are visiting on either of these two dates be sure to stop by to shake the Etrog and Lulav!

Wednesday, October 15, 1:30 p.m.

We will be having a "sweet" dessert party featuring fruits and desserts. Mark Levy will join us with his guitar as we sing familiar Jewish holiday melodies.

Thursday, October 16, 11:30 a.m.

After a morning of "cooks corner" and visiting with residents Contra Costa Jewish Day School students will join residents for lunch in our Sukkah! The intergenerational group will enjoy music provided by Klezmer Violinist Julie Egger, (Red Hot Chachkas).

Bible Love Stories: Sacred and Profane

Jacob and Rachel, Samson and Delilah, David and Bathsheba, Solomon and Sheba, Ruth and Boaz, Esther and Ahashueros - stories of love, lust and intrigue which have morals (or lack of) for all time. In this course we will read text and see classic film representations to decipher what these ancient tales have to tell us in the 21st century. Mark Levy, seasoned song maker, song leader will instruct this 3-session course.

**Monday, October 27 and November 3, and November 10
6:30 - 7:45 p.m., Assisted Living, 2nd Floor Activity Room**

Please contact Carol Goldman, Director of Programs for more information or if you plan to attend.

Spotlight On . . .

RCJL Resident Rabbi Joel Dobin

Have you seen the magnificent display case in Assisted Living 1st floor near the nursing station? The entire display features Rabbi Dobin's unique and artistic jewelry collection created for his wife Fran. While residing at Rossmoor in Walnut Creek he became the president of the lapidary and jewelry club. Rabbi Dobin invites you to stop by to view his works. He hopes you enjoy the exhibit as much as he enjoys sharing them with our community.

Carol Goldman
Director of Programs

Rebecca Shih, Volunteer

Rebecca has been a student volunteer with RCJL since May 2005. She was in the 11th grade at that time. She discovered RCJL through her high school career center. On the volunteer application that she filled out at the time, she stated that the reason for volunteering was "to help others, give back to the community". Rebecca you have done that and so much more.

Rebecca participated in many activities at RCJL, e.g. bingo, giving manicures, addressing newsletters, socials, friendly visitor and clay classes in Sukkat Shalom. She loved to help the residents in Sukkat Shalom with their clay projects, particularly with the clay hair maker.

After completing 2 years of college at Diablo Valley College Rebecca is off to UC Santa Barbara as a Business Economics major, with an emphasis on Accounting. Rebecca will be leaving us on 9-12-08.

Dearest Rebecca, thank you from all the residents and staff at RCJL for all your generous time and kindness in your volunteer service here.

It's volunteer's like you that help make RCJL the great community that we are.

Congratulations on your bright future ahead.

Irma Voorhees
Volunteer Coordinator/Concierge

Forgiveness

Although I wrote this article several years ago, I find myself reading it over again whenever I recognize that I am feeling at odds with myself, dwelling on something that has caused me to become bitterly angry or resentful.

I hope you find it helpful during the spiritual renewal of High Holy Days, when we ask for forgiveness from family and friends:

It is natural to feel angry and hurt when we feel we've been wronged. But did you know that people who hold grudges may be putting their physical health in jeopardy?

Robert Enright, Ph.D., at the University of Wisconsin, Madison, has done 15 years of research on the connection between forgiveness and physiology. His studies show that people who do not learn to forgive suffer from more chronic illnesses. Anger induced stress can raise your cholesterol, increase your blood pressure and heart rate, and have an effect on your cardiovascular, neurological and immune systems.

Dr. Frederic Luskin, Ph.D., author of *Forgive For Good: A Proven Prescription for Health and Happiness*, outlines steps one can take toward forgiveness:

Identify your feelings about what happened and talk to someone you trust about your experience

Understand that forgiveness is for you, not for anyone else

Forgiving someone doesn't always mean reconciling with the person or condoning what they did. The goal is to let go of the pain and find peace.

Keep things in perspective. Remember that your distress is coming from your hurt feelings and not from what actually may have happened to offend you.

When you feel upset use a simple stress management technique to calm your body's flight or fight response.

Give up expecting things from other people that they may not choose to give you

Avoid going over the hurtful incident in your mind.

Remember that a life well lived is your best revenge. Instead of focusing on your hurt feelings, which gives the person who caused you pain power over you, learn to look for the beauty, kindness and love around you

Remind yourself that you're no longer a victim as you've made the choice to forgive.

Dr. Fred Luskin defines forgiveness as the "peace and understanding that comes from blaming that which has hurt you less, taking the life experience less personally, and changing your grievance story." For more information on forgiveness log on to www.forgiving.org and www.learningtoforgive.com.

Elaine Zolfarelli, MSW
Assistant Administrator

SPECIAL HAPPENINGS IN OCTOBER AT RCJL ...

Traditions

- Sundays Bingo ~ 1:15
Tuesdays Green Thumb Club ~ 1:15
Fridays Singing With Natasha ~ 1:15
10/7 Lunch Outing
10/28 Family Dinner - Please RSVP by
 October 21 to Karen or Joanna at
 964-2092.

... and more

Sukkat Shalom

- 10/29 Lunch Outing to Max's
10/17 & 10/31 Clay Class With Angela
Mondays, Thursdays & Alternating Fridays: Evening
Activities
Wednesdays: Arts & Crafts Class
10/8 & 15 **Voter Registration**

... and more

Assisted Living

- 10/2 Bonnie Weiss Presents: Men of the
 Silver Screen/ Buddy Ebsen & Ray Bolger
10/5 Violinist Yakov Stanislav in Concert
10/12 Temple Isaiah Family Day: Tikkun
 in the Community
10/19 Jeanne's Piano & Violin Students:
 A Beatles Tribute
10/22 Ben Brussel Presents: Klezmer, Yiddish
 & Israeli Music
10/26 Eastern European music with "Quintair"
10/28 Outing to Temple Isaiah -
 Intergenerational Tea Social

... and more



Featuring:

Sept. 21, 2008 -
January 20, 2009

***"On My Grandmother's
Table I Will Find..."***

OPEN TO THE PUBLIC

Private Tours Upon Request
(4 person minimum per tour)
To arrange a tour please call
museum & exhibit docent
at 925-932-0396.